

## Mayo Clinic Minute

### Why drinking diet soda isn't the best way to manage weight

Video	Audio
	Few words carry as much weight as the word "diet."
	But, when it comes to drinks, cutting calories with diet soda may not cut the pounds you think it does.
00:06:24 <b>Donald Hensrud, M.D.</b> <b>Mayo Clinic Healthy Living Program</b> <b>Mayo Clinic</b>	"A diet soda doesn't contain any calories. And, compared to a regular soda that has about 150 calories, people are consuming less calories. However, studies have shown that people who consume large amounts of diet soda tend to weigh a little bit more."
	In fact, you can actually gain weight drinking diet soda, according to Dr. Donald Hensrud, who heads up the Mayo Clinic Healthy Living Program and is the author of the <i>Mayo Clinic Diet Book</i> .
00:06:24	"Well, what's going on here? The prevailing theory is that we're consuming diet soda with artificial sweeteners and our brain craves sweet foods at other times, so we're getting more sweet calories in our diet overall that's causing a little bit of weight gain."
	So, if you're working hard to drop some weight but aren't ready to completely drop the soft drinks, there are options.
00:06:52	"Water is the best overall, but maybe a carbonated water or a flavored water can help people to better manage their weight."
	For the Mayo Clinic News Network, I'm Ian Roth.