

# Coca-Cola

Carbonated Soft Drink

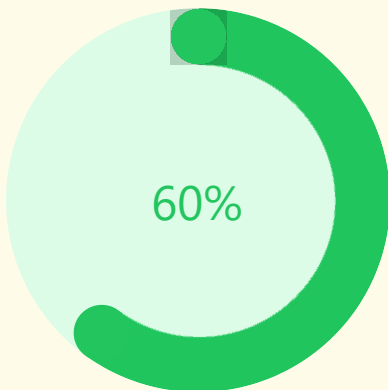
Beverage

American Origin

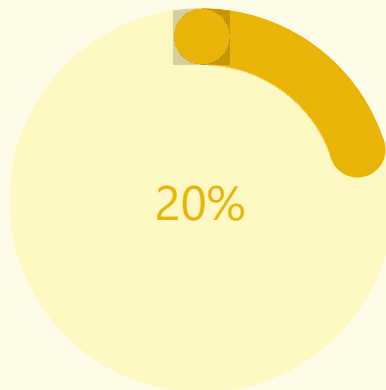
## Facts:

- Coca-Cola originated in the late 19th century
- Sold in over 200 countries worldwide
- The iconic bottle design remains unchanged since 1915

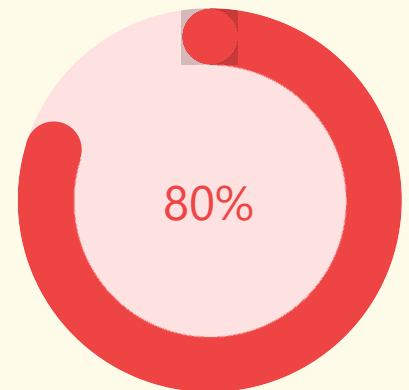
### Immediate Risks



### Health Score



### Long Term Risks



## Ingredients Breakdown

### Caffeine

**Description:** A naturally occurring stimulant found in plants.

#### Effects:

- Increases heart rate
- Disrupts sleep patterns
- Can lead to caffeine dependence

# Sugar

**Description:** A sweet crystalline substance obtained from plants.

**Effects:**

- Contributes to weight gain and obesity
- Increases risk of type 2 diabetes
- Damages tooth enamel

# Phosphoric Acid

**Description:** A colourless liquid used as an acidulant and preservative.

**Effects:**

- Erodes tooth enamel
- Can cause digestive issues
- Increases risk of osteoporosis

# Colour E150d (Caramel Class IV)

**Description:** An artificial food colouring made through caustic soda treatment.

**Effects:**

- Potential carcinogenic properties
- Can cause allergic reactions
- Might exacerbate neurological disorders

## Recommendations

- Limit consumption due to high sugar and acidity

- Encourage alternative low-calorie beverages like infused water
- Balance with regular exercise and a healthy diet
- Choose sugar-free and low-caffeine options if needed

## Alternatives

- **Sprite Lemon:** Has less caffeine and no sugar, still a decent fizzy beverage
- **Dabur Real Activ Lemonade:** A homemade-inspired drink using Indian lemons, spices, and natural ingredients with lower calorie content
- **Kingfisher Lemonade:** A locally popular, brewed beverage that has less sugar with natural lemon taste
- **Fresca:** A zero-calorie citrus flavoured drink popular among those who value cleaner ingredients

## References

- [Health risks of Coca-Cola: What it does to the body](#)
- [Drinking Cola: Is It Good for You?](#)