

## **REGULAR COLA INTAKE AND BDM**

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The Framingham Osteoporosis Study suggests that regular consumption of carbonated cola drinks, but not of other carbonated soft drinks, is associated with low BMD in women. Cola intake was associated with lower BMD at each hip site in women but not in men ( $P < .001 - .05$ ). However, it was not linked with lower BMD at the spine for women or men. Compared with those who consumed less than 1 serving of cola per month, those with daily cola intake had a mean BMD 3.7% lower at the femoral neck and 5.4% lower at Ward's area. These results were similar with diet cola and to a lesser extent with decaffeinated cola.

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