

WHAT HAPPENS ONE HOUR AFTER DRINKING A CAN OF COKE

We all know Coca Cola is laden with sugar and that, at a push, you could use it to clean your toilet. But it's a bit of a mystery as to what it does to your body.

Now, thanks to Niraj Naik, we have the answer to that question.

The brains behind website *The Renegade Pharmacist* has revealed exactly what a refreshing can of Coke does to your system within the first hour of drinking it. And it's not pretty.

First 10 minutes

10 teaspoons of sugar hit your system. (100% of your recommended daily intake.) You don't immediately vomit from the overwhelming sweetness because phosphoric acid cuts the flavour, allowing you to keep it down.

20 minutes in

Your blood sugar spikes, causing an insulin burst. Your liver responds to this by turning any sugar it can get its hands on into fat. (There's plenty of that at this particular moment)

40 minutes in

Caffeine absorption is complete. Your pupils dilate, your blood pressure rises, and as a response your liver dumps more sugar into your bloodstream. The adenosine receptors in your brain are now blocked preventing drowsiness.

60 minutes in

The phosphoric acid binds calcium, magnesium and zinc in your lower intestine, providing a further boost in metabolism. The high doses of sugar and artificial sweeteners also increase the urinary excretion of calcium.

After 60 minutes

The caffeine's diuretic properties come into play. It is now assured that you'll evacuate the bonded calcium, magnesium and zinc that was headed to your bones as well as sodium, electrolyte and water.

As the rave inside of you dies down you'll start to have a sugar crash. You may become irritable and/or sluggish. You've also now, literally, pissed away all the water that was in the Coke. But not before infusing it with valuable nutrients your body could have used for things like having the ability to hydrate your system or build strong bones and teeth.



How many grams of sugar is 10 teaspoons?

<http://www.newhealthguide.org/How-Many-Grams-Of-Sugar-In-A-Teaspoon.html>

How much IS the recommended daily intake of sugar for New Zealanders?

<http://www.mydailyintake.net/daily-intake-levels/>

What is Phosphoric Acid? And what is it doing in food?

<http://blog.fooducate.com/2009/06/30/11-quick-facts-about-phosphoric-acid-yes-that-chemical-in-coca-cola/>

What is insulin? And what does your liver do? Which disease is caused by problems controlling insulin?

http://kidshealth.org/kid/word/i/word_insulin.html

Where do you think the fat ends up? Find an image.

What is caffeine? What foods and drinks do you normally expect to find it in? What effects does it have on your body?

<https://faculty.washington.edu/chudler/caff.html>

This means that the phosphoric acid locks onto these nutrients that are in your digestive system, so they are not available for use. But what's *urinary excretion*?

Diuretic is a good word. Look it up. It links to the word *evacuate* as well.

Find an image of a nutrition information panel from coca cola or another soft drink / energy drink.