Whether a Pepsi fan or Diet Coke devotee, some of us really love our soft drinks (and may be a wee bit addicted to them too).While drinking them in moderation and along with a healthy diet and lifestyle is okay, drinking on a habitual basis is associated with weight gain, type 2 diabetes, heart disease, kidney disease, non-alcoholic liver disease, tooth decay and cavities, gout and arthritis.Moderation, Smoderation "Everything with nutrition comes down to moderation and not over doing it," said Rachel Harrison, a registered dietitian and certified nutrition support clinician at Banner - University Medical Center Phoenix."There is potential for a significant decrease in overconsumption of calories and carbohydrates, which can lead to weight loss and improved blood sugar control," Harrison said."There is thought that excessive intake of sugary beverages can release the 'happy' hormone, dopamine," Harrison said."So, if someone who normally consumes an excessive amount of soda/energy drinks quits cold turkey, they can feel lethargic and have food cravings, headaches and depression."Do the Math "It can be a very thoughtless act when consuming drink after drink after drink and not thinking about the calories being consumed," Harrison said."In the beginning of dietary changes, keeping track of what you are putting in your body is an excellent way for your brain to connect exactly how many calories, carbohydrates and caffeine you are putting in your body," Harrison suggested."If water seems boring to certain individuals, try adding cut up fruit or cucumber to add some flavor," Harrison said.Mid-day ?slump?Stressed

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