

Sugary Soda May Hurt Joints

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Long known to be a leading cause of weight gain while providing no nutritional benefit to consumers, sugary soft drinks have become the enemy of dieticians everywhere. But a new study suggests that sugary drinks not only lead to obesity, they may also be linked to osteoarthritis of the knee.

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http://www.foodmanufacturing.com/videos/2012/11/sugary-soda-may-hurt-joints?qt-most_popular=0