# Diet Dilemma

Sure, diet sodas cut calories--but they might do you more harm than good.

May 27, 2008 By Nicole Joseph

---

Do you find yourself reaching for diet sodas to save a few calories? Recent research has found that diet sodas, like regular, can increase a person's risk for metabolic syndrome—a little-known condition that can increase your risk of heart disease, stroke and diabetes. Symptoms can include high blood pressure, excess body fat around the waist and decreased HDL ("good") cholesterol. The study found that consuming even one soda a day, diet or regular, raised a person's risk for metabolic syndrome by 50 percent.

---

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/diet-dilemma-14653-3726