Before you pop that top, do you know what's lurking in that tall cool one? When it comes to beverages, sodas are public enemy number one. They may seem inconsequential, but it's hard to believe how quickly the numbers add up. A 12-ounce can of cola contains 144 calories. If you consume at least three sodas a day, that's a total of 432 calories.

Then there's the sugar aspect. One 12-ounce can of soda has a whopping 39 grams of sugar. That's the equivalent to almost 10 teaspoons of sugar. With a 2,000 calorie a day diet, you should be consuming no more than 32 grams of sugar. Even diet sodas are dangerous. Although they boast 0 calories, studies show that diet sodas with artificial sweeteners actually cause people to gain more weight.

It's actually possible that the saccharin maybe change the body's metabolism... and not for the better. Rats which had artificial sweetener were driven to overeat based on a psychological connection between the sweet tastes and calories.

Another study revealed that healthy adults who consumed at least one diet drink a day increased their risk for weight gain.

Although the verdict is still out, the early findings indicate that you should sip on this. Instead of diet sodas, opt for water. Add a spritz of lemon or lime for a tangy taste. Enjoy a glass of sugar-free tea or a cup of skim milk. There are plenty of other alternatives to diet sodas that will be a better fit with your weight-loss program.