

3 YOU SLURP DIET DRINKS

Research suggests that diet drinks may backfire: The taste of something sweet without the calories can cause your body to hold on to calories as fat. In a 2011 study, diet-soda drinkers had a 178% greater increase in waist circumference over 10 years, compared with non-diet-soda

drinkers. "Artificial sweeteners can actually raise your insulin levels and lower your blood sugar, which may stimulate hunger and move existing calories into storage in your fat cells," says Sharon P. Fowler, MPH, one of the study's coauthors. Plus, fake sweeteners may not quell a craving like real sugar can, because sugar triggers a longer dopamine release. So even after downing two Diet Cokes, you may still want the candy bar.

