
Subject: The Bar is Open... Can I get you a drink?
Posted by [DaveGMM](#) on Sun, 14 Dec 2003 02:09:10 GMT
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Diet does actually help if you want to lose weight.

I think you put on something like half a stone if you drink 2 normal sodas a day for about 2 months.

Diet eliminates that factor. Half a stone less to work off
