

Entertainment

***The Biggest Loser* gives some sugar — lots of it**

The NBC program shows how a year's worth of soda doesn't do a body good

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It's the real thing, all right.

In this exclusive clip from the next episode of *The Biggest Loser*, **Dr. Robert Huizenga** schools the players on what a year's worth of soda consumption looks like – and what it will do to their bodies.

The new season of the NBC weight-loss show features trainer Bob Harper as host and two former reality stars – Richard Hatch from *Survivor* and Erin Willett from *The Voice*.

The Biggest Loser airs Mondays at 9 p.m. ET on NBC.

<http://www.ew.com/article/2016/01/07/biggest-loser-soda>