

Sugar effects



TOOTH DECAY

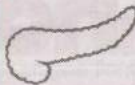
Bacteria in the mouth combines with the sugars from sweet foods (candy, cakes, etc.) to form acid. The acid dissolves the tooth enamel, leading to the start of a cavity.

IMMUNE SYSTEM

Eating sugar will diminish your immune system for several hours. A constant diet of sugar will perpetually leave you at risk to illness.

TIREDFNESS

Hypoglycemia occurs when the pancreas overreacts to the large amount of sugar in the blood and releases too much insulin leaving one with the "tired" feeling as the blood sugar level becomes lower than it should be.



DIABETES

The pancreas eventually wears out from overwork. Diabetes may ensue.

GALLSTONES

Refined sugar may be one of the major dietary risk factors in gallstone disease.



CALCIUM DEPLETION

Foods containing sugars use calcium for their digestive process. Bones may become osteoporotic due to the withdrawn calcium.

SUPPRESSES THE RELEASE OF HUMAN GROWTH HORMONE

Human growth hormone is produced in the anterior portion of the pituitary gland, a pea-sized organ suspended just below the brain. It fuels childhood growth and helps maintain tissues and organs throughout life.

HARDENING OF BLOOD VESSELS



All the excess sugar is modified in the blood. The elevated sugar in the blood causes changes that lead to a hardening of the blood vessels.

VITAMIN B DEPLETION

Foods containing sugars rely on B vitamins for their digestive process. Excess consumption of refined sugars may deplete your body's essential B Vitamins. B12 deficiency may include feeling weak and tired, depression, poor memory, loss of weight and appetite. May also cause problems with balance, memory function, or a sensation of numbness or tingling in hands and feet.

WEIGHT GAIN

The more sugar you eat, the more insulin is released from your pancreas into the bloodstream to combat the higher glucose levels. Insulin promotes fat storage, thus rapid weight gain can occur.

Snickers
Fun Size
1 bar: 17g

8.5g sugar

Reese's Peanut
Butter Cup
Snack Size: 1 cup

11g sugar

M&M's Peanut
Fun Size
1 bag: 18g

9g sugar



It's Halloween time, and with it comes lots of candy — candy that contains high amounts of sugar and little to no nutritional content.

Why is sugar bad?

One of the most obvious reasons is that it tends to be high in calories but is not all that filling, making it easy for you to over-indulge. A couple of those Halloween chocolate bars, a couple of bags of sugar candies and a can of soda can put you over your maximum caloric intake for the day. The excess calories can cause you to gain weight.

Another reason: People tend to eat sweets in place of healthier alternatives. As a result, your body may not be getting all the nutrients it needs in a day.

How much sugar do we need?

According to The World Health Organization, you should keep your sugar intake to no more than 10% of your total caloric intake.

For most people, that's about 50 grams of sugar, or the amount in one can of pop.

If you're overweight or have any other risk factors for heart disease or diabetes, it might be wise to keep it to something closer to 5%.

