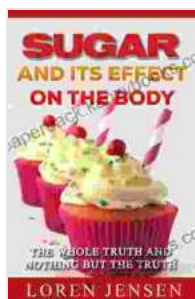


# The Truth About Sugar: How It Affects Your Body

Sugar is a hot topic these days, with some people claiming it's addictive and harmful, while others insist it's a harmless treat. So what's the truth? In this article, we'll take a look at the science behind sugar and its effects on the body. We'll also provide tips for reducing your sugar intake and making healthier choices.



## Sugar and its effect on the Body: The Whole Truth and Nothing but the Truth

★★★★☆ 4.2 out of 5

Language : English  
File size : 2208 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 43 pages



## What is sugar?

Sugar is a type of carbohydrate that provides your body with energy. It's found naturally in fruits, vegetables, and milk. Sugar is also added to many processed foods, such as candy, soda, and baked goods.

## How does sugar affect the body?

When you eat sugar, it's broken down into glucose in your digestive tract. Glucose is then absorbed into your bloodstream and used for energy. However, if you eat too much sugar, your body can't use it all for energy. The excess sugar is stored as fat.

Eating too much sugar can lead to a number of health problems, including:

- Weight gain
- Type 2 diabetes
- Heart disease
- Cancer

### **How to reduce your sugar intake**

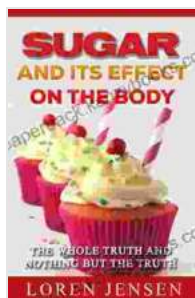
The American Heart Association recommends that women consume no more than 6 teaspoons of added sugar per day, and men consume no more than 9 teaspoons per day. However, most Americans consume much more than this recommended amount.

There are a number of ways to reduce your sugar intake, including:

- Read food labels carefully and choose foods that are low in sugar.
- Limit your intake of processed foods, such as candy, soda, and baked goods.
- Choose whole fruits and vegetables over sugary snacks.
- Make your own snacks and drinks instead of buying pre-packaged ones.

- Talk to your doctor or a registered dietitian about developing a personalized plan for reducing your sugar intake.

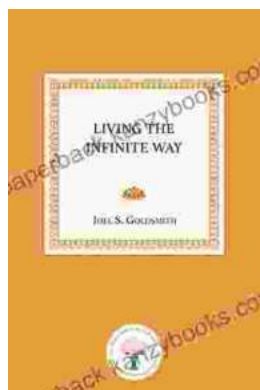
Sugar is a major source of empty calories and can contribute to a number of health problems. By reducing your sugar intake, you can improve your overall health and well-being.



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