

The Skinny on Sugar Part 1



I'm planning on this being a two-part series. I want to give you the skinny on the newest science related to sugar. I want to dispel some serious myths and set the record straight.

This information was shared in a publication called Cut the Sugar by Better Homes & Gardens. I could call it a book, but it was more like a thick magazine.

I found much of this simply laid out and informative. You'll be surprised in some instances with what I am going to share.

I'll lay this out by topic.

First topic up is HEART. I think this one is one of the most important ones to get straight. Many doctors are not aware of this and continue to dispense old information.

HEART

While saturated fat has long been thought of as the cause of heart disease, newer research points to a link between added sugar and poor heart health. An analysis of more than 11,000 studies found that a diet high in added sugar increased blood pressure, triglycerides, and LDL (bad) cholesterol; all of which

contribute to heart disease.

Old science blames the fat intake. New sciences reveal it's added sugar (the carbohydrates).

TEETH

It's true that eating too much candy can rot your teeth. Sugar interacts with the saliva and bacteria in your mouth to create an acidic environment, which in turn eats away at the enamel of your teeth and creates cavities.

My takeaway. The bread does as much damage to your teeth as the candy.

BRAIN

Although the brain needs carbohydrate to do its job, too much of the sweet stuff may impair memory. What's more, excessive sugar intake among adults is associated with poor cognitive function.

So, if you thought that sugary drink was going to give you a pick-me-up and help you do a better job on that test, think again.

There's a lot to absorb here and share with others around you whom you care about. I'll leave you with these first three items to chew on. Next up will be the new sugar science related to Your Gut Health, Your Pancreas and even Your Skin.

Cheers,