

## The Sweet Poison—Sugar

In our over-load information society, we have been told many conflicting facts about proteins, carbohydrates and fats, but one area that has not been misunderstood is SUGAR. By now, we should all know the answer to the question, How much sugar am I allowed in one day? The answer is zero. There is no recommended daily allowance for sugar. Most of you are probably saying right now, "Sure, no sugar". We are not saying you cannot have sugar, but there is no such thing as a recommended allowance for sugar. Sugar is a refined product that is made by man and put into many items we eat every-day.



You, the public, have been fooled by the word "sugar" thinking our bodies need sugar for survival. Our bodies need glucose for survival and it usually is found present in our bloodstream. Many of our foods, such as fruits, vegetables and rice are converted into glucose. The body uses glucose for energy and it is metabolized to produce warmth. Unfortunately, many manufacturers have combined all carbohydrates on food labels into one category- whether refined or not. Many products are separating out the sugar grams on the label. Be aware of a product that has a total of 25 grams of carbohydrates and 20 grams of it are sugar. This product is mostly all sugar and is not a very healthy food. (anything in moderation is still a good philosophy).

Here are words used to describe sugar in the ingredients on a food label are:

- Lactose- sugar from milk. "Lactose intolerance" - caused by the sugar in the milk.
- Maltose - sugar from malt
- Fructose- sugar from fruit
- Dextrose- sugar from starch "corn sugar"
- Sucrose - refined sugar from sugar cane or beets

The refined product of sugar cane "sucrose" can be very addictive. The more our body has, the more it wants. If you raise your children limiting their sugar intake, you will be surprised how they do not crave sugar like other kids. As a matter of fact, they will taste the sugar in certain products and say the food is too sweet.

The bottom line is that sugar can be detrimental to your health. Many people have developed diabetes, cancer and skin problems due to long term overdoses of sugar. Due to many hours lapsing between meals and insulin levels dropping, your body begins to crave the nourishment, and usually sugar or "sucrose" is the outcome. Next time you get a craving and your first thought is sugar - remember this article, drink a big glass of water and reach for something healthy!