

Sugar Myths & Truths

1) **All Sugar is Bad For You:** Not True. We need sugar for bodily functions such as mind and muscle function. Too little sugar wreaks havoc on all the bodies' essential mechanisms, especially energy levels. Low blood sugar can cause weakness, nausea and vomiting, cold sweats and in some cases coma.

2) **Sugars Cause a Sharp Rise in Blood Sugar Levels:** Only the simple sugars do this. The rate at which sugars cause the blood sugar to rise is called the glycemic index. Surprisingly Maltose and Glucose are at the top of the index which is measured at 100. Sucrose measures 60. There are many sugars such as those found in fruit (fructose) that release very slowly and create stability and energy long term.

3) **Sugar Makes You Fat:** Again this is the bias produced by the overconsumption of sucrose and the movement to counteract it. Not all sugar is bad, in fact consuming the right sugars throughout the day can boost energy levels and metabolism and burn more fat! Being lethargic and sleepy is not conducive to exercise.

4) **Artificial Sweeteners are Preferable Over Sugar:** This is a double edged sword. Saccharin has been proven to cause cancer, however is still consumed in great quantities. There have also been links between aspartame and arthritis and fibromyalgia. The best course surely would be to avoid these sweeteners altogether.

5) **Sugar Causes Diabetes:** False. The overproduction of insulin over time when sucrose is consumed in great quantities may have a roll in pancreatic loss of function. Being overweight and having a genetic predisposition would seem much greater risk factors. Of course the line becomes blurred then due to poor diet and hygiene as in most obese cases. Sugar does the most damage when diabetes already exists. Large quantities of sucrose in the bloodstream can cause an acidic condition that can lead to kidney failure.

6) **Sugar Causes Hyperactivity in Children:** Not True. The American Dietetic Association and the FDA say there is no sound evidence to indicate that sugar is responsible for behavioral changes in youths or adults. In fact some studies suggest low protein, high carbohydrate meals can lead to relaxation. However links have been found between artificial colorings and preservative and hyperactivity in children.

