

## More Healthy Resources to digest



**IS FRUIT SUGAR HEALTHY OR UNHEALTHY?**



**WHAT IS INSULIN RESISTANCE?**



**SODAS AND YOUR HEALTH: RISKS DEBATED**

# SUGAR



## What is it with Sugar?

In 1st of October, UAE started applying an excise tax on fizzy and energy drinks. But why? Sugary drinks and their related obesity and other lifestyle-related diseases have now become a 'silent' long-term challenge that will cost governments in healthcare liabilities and lost productivity. This is the outcome of ***Refined Sugar***

But what is Refined Sugar? And why it's bad for you?

Refined sugar is made from sucrose extracted from raw sugar cane or sugar beets. Often added to processed foods and beverages, refined

**WHO:** around 1 Million diabetic in UAE in 2014

**AD Health Authority:** 14% pupils in schools are over weight. 15% of them are obese. Which is a rich factor to diabetes.

*The National, April 7, 2016*

sugar has several forms such as granulated white sugar, brown sugar, fructose, sucrose, dextrose, high fructose corn syrup and malt syrup. In USA, the average American consumes about 22 tsp. of refined sugars each day, which is 355 calories, according to the American Heart Association, or AHA. The recommended daily consumption of added sugar is 150 calories or 9 tsp. daily for men, and 100 calories or 6 tsp. for women. Consuming excessive amounts of added sugars may cause serious problems with your health.

## Refined Sugar Problems

**Diabetes:** Diabetes means your body's inability to produce enough insulin (the hormone responsible of delivering sugar to your body's cells to use it for energy and maintain your blood sugar level at certain level) and hence, you will be in need for an external source of that hormone.

**Obesity:** refined sugar (as any other refined food element as wheat and salt) is a condensed form of sugar. Which means you consume a large amount of it before feeling full. Excess amount of sugar, which is not used, will be stored as fat in your body.

**Tooth Decay:** When mouth bacteria comes into contact with sugar, it generates acid, which results in tooth decay by destroying the enamel.

**Vitamin and Minerals Depletion:** Refined Sugar needs B-Vitamins, Calcium and Magnesium for their digestion. Which leads to depletion in their storage levels in your body.

### Are All Sugar Bad? Shall we stop consuming sugar?

You can't stop using or consuming sugar. Sugar is the main source of energy for your body cells.

What we need to do is to use an alternative clean and whole source of this fuel.

**Natural Sugar:** this is the sugar found in the food as a natural component (Fruit, Whole grain, nuts...etc) , along with the other minerals, vitamins, fibers and variant nutrient that are combined together in the whole food.

By using this whole natural approach for fuel intake and your sweet tooth rush, you help your blood stream maintain a steady insulin level because of the slow digestion and sugar release into your blood stream. Which will help your pancreas responding moderately to insulin requests.

*What to drink  
other than  
carbonated soda  
drinks?*



You can add some fruits and herbs to your water, which will help you stay hydrated, and enjoy different fresh and healthy tastes. Without the excessive sugar.

You can try : Lemon, Cucumber, Mint, Orange and Strawberry.

Still can't resist the sparking effect of the carbonated drink?

Try to flavor sparkling water.