

## Things You May Not Know About Sugar

Sugar taste good and is something that people like to have but dare not because of various health issues especially for diabetics and obese. We like sweet, chocolate bar or candy since our childhood. They have been used as rewards by parents to persuade their children to behave the way they want them to. We usually view sugar as some white crystalline stuff that usually attracts ants if we do not keep them properly. But in reality, it is more than just that; it is really a type of carbohydrate which our body will need to keep ourselves going. Glucose, a form of sugar, is actually our primary source of fuel, with the body converting other carbohydrates into it. Sugar exists in many sources including white, brown and icing sugar, maple syrup, honey, and molasses. It is also hidden in foods like candy and soft drinks, as well as sweetened desserts. One can easily have too much sugar in the diet because sugar can be found in almost everything, even in milk and tobacco. If you look at the food labels that are stipulated on the packages and you will surely find sugar in one form or another, like lactose, fructose and sucrose. When "sugar free" is printed on a pack of food, it simply means that it is free from sucrose, or table sugars. However, it does not really mean that it is totally free from sugar. Those words on the food labels ending with "-ose" are indication of some forms of sugar. Sugar is either used directly as fuel or stored for later use. It can be stored in 2 forms, namely glycogen and fat. Glycogen converts into energy very quickly and is used for high-energy activities like aerobics. However, a person's body can store only about 2,500 calories in this form; anything in excess will be stored as fat which is limitless. The extra amount of fat stored will lead to overweight or even obesity. In addition to make us grow fat, excess sugar consumption can usually cause cavities, mineral imbalances and weight problems. Overweight or obesity can ultimately lead to many health problems including diabetes and heart disease. People who have low calorie needs should choose a diet low in sugars. To avoid getting too much calories from sugar, one should limit the sugar intake to 6 teaspoons a day if he or she eats about 1,600 calories, 12 teaspoons at 2,200 calories, or 18 teaspoons at 2,800 calories. The figures shown intend to serve as a guideline for healthy proportions in the diet and should not be regarded as rigid prescriptions.

## About the Author

Meta site designed for dietitians and nutrition professionals providing. The Nutrition Source is designed to get you started down the path toward.

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