

# Sugar – What’s the Big Deal?



Sugar has been receiving a lot of attention lately. Sugar itself is not harmful, but when you have *too much* of it, it can become harmful. We need sugar because it supplies energy to every muscle, organ, and cell in our body.

## 10 Reasons to Stop Eating Too Much Sugar

1. Sugar is addictive
2. Sugar is stored as fat if not burned
3. Sugar prevents you from making healthy food choices
4. Sugar is causing your cravings
5. Sugar can increase your kidney size
6. Sugar can make you sick
7. Sugar has very little nutritional value (empty calories)
8. Sugar raises your risk of diabetes and heart disease
9. Sugar is related to bad breath
10. Sugary snacks are expensive



## Symptoms of Sugar Intoxication

- Upset stomach
- Fatigue
- Headache
- Gas
- Mood swings
- Fogginess



## Eating Too Much Sugar is Related to:

- Type 2 diabetes
- Addiction
- Depression
- Dental issues
- Obesity

## Sugar Content in Your Favourite Foods and Drinks

Food/Drink	Sugar (teaspoons)
<b>Snickers Bar (52.7g)</b>	6.75
<b>Coca Cola (1 can)</b>	8.25
<b>Froot Loops (100 g)</b>	10.5
<b>Apples (100 g)</b>	2.6
<b>Nutri-Grain (1 bar)</b>	3.5
<b>Minute Maid Orange Juice (8 oz)</b>	6



Source: [articles.mercola.com](http://articles.mercola.com) ; [statscan.gc.ca](http://statscan.gc.ca) ; [medicalnewstoday.com](http://medicalnewstoday.com)