



The Dangers of Excess Sugar

Understanding the negative impacts of sugar is crucial in maintaining a healthy lifestyle. Here are 10 important reasons why you should limit sugar intake to less than 25 grams/ day, not including naturally occurring sugars in whole fruits, vegetables, and dairy products.

1

High blood sugar and insulin can cause spikes, crashes, and diabetes risk.

6

High sugar intake may harm memory and boost cognitive decline risk.

2

Sugar causes weight gain by adding empty calories and boosting hunger.

7

May increase the risk of depression and anxiety.

3

High sugar diets can cause inflammation and harm heart health, increasing blood pressure.

8

Increased risk of certain cancers, including breast and colorectal cancer.

4

Sugar feeds bad bacteria, causing tooth decay and cavities.

9

Higher likelihood of developing kidney disease.

5

Excess sugar, especially fructose, can damage the liver.

10

Potentially linked to a higher risk of autoimmune diseases like Crohn's disease and ulcerative colitis.

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