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Guard against sugar addiction

Sugar can be addictive, but its excessive consumption can cause health problems. So, as much as you can, avoid a sugar glut!



New Delhi: Sugar can be addictive, but its excessive consumption can cause health problems. So, as much as you can, avoid a sugar glut!



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Simran Saini, nutritionist and weight loss consultant, Fortis Hospital, explains the harmful



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- The daily recommended intake of sugar is not more than six teaspoons for women and nine teaspoons for men.
- Most of us consume too much sugar without realising it. It is well hidden in processed foods. A single can of cold drink has seven teaspoons of sugar. A large serving of cold drink can have as much as 44 teaspoons. Chocolates, pastries, candies, fast food, breakfast cereals, ice creams, canned fruit juices, soups, alcoholic drinks and desserts have very high amounts of sugar.
- Sugar has calories but none of the vitamins or minerals that our body needs.
- Excessive sugar accumulates in our bodies, causing health conditions like obesity, tooth decay, diabetes and an impaired immune system.
- Sugar can also result in diseases associated with metabolism like high cholesterol levels, insulin resistance and increased blood pressure.
- People with severe sugar addiction can opt for sugar substitutes as a safe alternative. They offer the same taste as sugar but with a zero calories.

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from diabetes, obesity and other health

conditions. People who consume sugar substitutes are able to significantly reduce their calorie intake without feeling hungry. Stevia, aspartame, and sucralose are three sugar substitutes popular worldwide that are now available in India too

- It is important to reduce our daily consumption of sugar if we have to stay healthy and avoid serious medical disorders as we grow old. Sugar substitutes are a sweet but safe way to satisfy our sweet tooth without compromising on health.

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