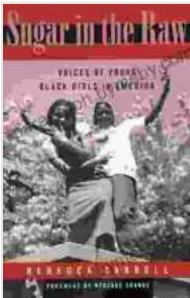


# Sugar in the Raw: Your Guide to the Sweet Stuff



## Sugar in the Raw: Voices of Young Black Girls in America by Rebecca Carroll

★★★★☆ 4.5 out of 5

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Sugar is a ubiquitous ingredient in our modern diet. It's added to everything from candy and soda to bread and yogurt. But what exactly is sugar, and what are its health effects?

Sugar is a simple carbohydrate that provides energy to the body. It's found naturally in fruits, vegetables, and milk. However, most of the sugar in our diet comes from processed foods and beverages. This added sugar is often referred to as "empty calories" because it provides no nutritional value.

Consuming too much added sugar can have a number of negative health effects, including:

- Weight gain
- Tooth decay

- Type 2 diabetes
- Heart disease
- Stroke
- Cancer

The American Heart Association recommends that women limit their added sugar intake to 25 grams per day and that men limit their intake to 36 grams per day. However, most Americans consume much more sugar than this. The average American consumes about 17 teaspoons of added sugar per day.

If you're trying to reduce your sugar intake, there are a few things you can do:

- Read food labels carefully and choose foods that are low in added sugar.
- Limit your intake of sugary drinks, such as soda, juice, and sports drinks.
- Choose whole fruits over processed fruit snacks.
- Reduce your intake of baked goods, candy, and other sugary treats.

Reducing your sugar intake can improve your overall health and well-being. By making a few simple changes to your diet, you can reduce your risk of chronic diseases and live a healthier life.

## **The History of Sugar**

Sugar has been a part of the human diet for thousands of years. The first known use of sugar was in India around 8000 BC. Sugar was originally used as a medicine and a preservative. It wasn't until the 16th century that sugar became a popular food item.

The sugar industry boomed in the 18th and 19th centuries, thanks to the development of new sugar plantations in the Caribbean and South America. Sugar became a major commodity, and it was used to sweeten everything from tea and coffee to desserts and candy.

In the 20th century, sugar became even more popular, thanks to the development of new food processing technologies. Sugar is now used in a wide variety of processed foods and beverages.

## **The Different Types of Sugar**

There are many different types of sugar, but the most common type is sucrose. Sucrose is a disaccharide, which means it is made up of two sugar molecules: glucose and fructose.

Other types of sugar include:

- **Glucose:** Glucose is a monosaccharide, which means it is made up of a single sugar molecule. Glucose is the body's main source of energy.
- **Fructose:** Fructose is a monosaccharide that is found in fruits and honey. Fructose is sweeter than glucose.
- **Lactose:** Lactose is a disaccharide that is found in milk. Lactose is less sweet than glucose or fructose.

- Maltose: Maltose is a disaccharide that is found in malted grains. Maltose is used as a sweetener in some foods and beverages.

## **The Health Benefits and Risks of Sugar**

Sugar provides energy to the body and can be a source of pleasure. However, consuming too much sugar can have a number of negative health effects.

### **Health Benefits of Sugar**

Sugar can provide a number of health benefits, including:

- Energy: Sugar is a quick and easy source of energy for the body.
- Mood: Sugar can improve mood and energy levels.
- Cognitive function: Sugar can improve cognitive function and memory.

### **Health Risks of Sugar**

Consuming too much sugar can have a number of negative health effects, including:

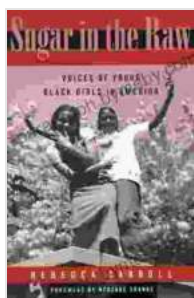
- Weight gain: Sugar is high in calories and can contribute to weight gain.
- Tooth decay: Sugar can cause tooth decay by feeding the bacteria that live in the mouth.
- Type 2 diabetes: Consuming too much sugar can increase your risk of developing type 2 diabetes.
- Heart disease: Consuming too much sugar can increase your risk of developing heart disease.

- Stroke: Consuming too much sugar can increase your risk of having a stroke.
- Cancer: Some studies have linked consuming too much sugar to an increased risk of cancer.

## How to Reduce Your Sugar Intake

If you're trying to reduce your sugar intake, there are a few things you can do:

- Read food labels carefully and choose foods that are low in added sugar.
- Limit your intake of sugary drinks, such as soda, juice, and sports drinks.
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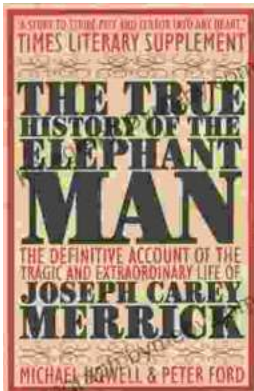
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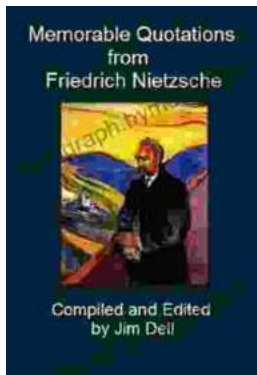
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