

Top 10 Proven Negative Effects of Sugar

Proven negative effects of sugar include reducing lifespan, increasing risk of diabetes, promoting weight gain, increasing blood pressure, keeping you hungry, rots your teeth, reduces energy, and much more.

For anyone who wants to show off their abs, information about the proven negative effects of sugar is critical. After all, one proven negative effect of sugar is that sugar increases belly fat.

The Standard American Diet (SAD) has huge amounts of unnecessary, added sugar. Americans consume about 20 teaspoons of ADDED sugar per day compared to the recommended 6 teaspoons for women and 9 teaspoons for men.

Processed food manufactures add sugar because foods taste better and it helps boost sales. Manufactures add sugar to almost all processed foods including energy drinks, baked goods including breads, condiments like tomato sauce, protein bars, and dairy products like “healthy” yogurt.

And, it’s getting harder to recognize added sugar on food labels. Unlikely names like barley malt, ethyl malto, Florida crystals, maltodextrin, muscovado, panocha, and diatase slip right by us. But, they are all sugars.

While the World Health Organization recommends sugars provide only 10% of total calorie intake, Americans average 17% of their calorie intake from sugar. The WHO suggests that reducing sugar intake to less than 5% would likely have additional health benefits.

So, let’s get motivated to cut back on sugar by looking at the ...

Top 10 Proven Negative Effects of Sugar

Here are some of the top proven negative effects of sugar. This should inspire you to reduce your sugar intake to have a healthy, long life without serious chronic disease.

Today, we're going to be answering the question of what does sugar do to your body and the 10 negative effects of sugar.

We will also answer the question, "Is fruit is good or bad for you?" at the end. So don't miss it.

#1. Sugar can give you wrinkles and adds age to your face

Scientists from the Leiden University Medical Centre, in the Netherlands, measured the blood sugar levels of 600 men and women aged between 50 and 70. They then showed the photographs of these people to 60 separate participants and found that those with higher blood sugar looked older than those with lower blood sugar levels.

In fact, for every 1mm/liter increase in blood sugar, [the perceived age of that person rose by five months](#).

#2. Sugar is Also Associated With Acne

Foods ranked high on the Glycemic Index such as sugar and refined carbs have been associated with [greater amounts of acne](#) on the face and body according to the latest research.

A study of Australian men showed that [those who ate a diet with a low glycemic load saw a great reduction in overall acne](#).

It was a small study with only 23 men but is still food for thought.

#3. Sugary drinks cause an 83% increase in developing type II diabetes

In one study of 91,249 women showed those who consumed 1 sugar-sweetened beverage a day had an [83% increased risk of developing type II diabetes](#) compared to those who had only 1 a month.

#4. People Who Eat Sugar Are at a Much Higher Risk of Cancer

There has been a direct link seen between [breast](#), and [colon cancer](#) with sugar consumption.

This is likely due to the fact that insulin is one of the key factors behind the growth and multiplication of cells, and sugar spikes insulin to abnormally high levels.

#5. Sugar Can Ruin Your Teeth

A study by the American Journal of clinical nutrition showed that [sugar destroys the healthy bacteria in our mouth](#). This can cause tooth erosions and may dim that bright smile.

What About Sugar and Weight Gain?

There are 5 proven reason sugar leads to added weight gain...

#6. Sugar is the Premier Definition of Empty Calories

It has no real nutritional value, no nutrients, no minerals, no proteins, and no fiber. Because of this lack of nutrients....

#7. Sugar Makes You Feel Hungry

In a [study by Yale University](#), those that consumed sugar had an INCREASED appetite and desire for more food.

So not only does sugar fill you with empty calories, it makes

you want more of those calories.

This process happens because sugar screws up hormonal levels in the body. Which leads to...

#8. Sugar Blocks Leptin and Raises Insulin to Supernatural Levels

Leptin is a hormone in charge of telling us we're full and need to stop eating. It also tells us we have energy and should go out and use that energy.

Sugar consumption [blocks this hormone](#) from [doing its job](#) and from reaching the brain. Sugar also spikes insulin, making it very hard for the body to access and burn the stored fat in our bodies.

9. Sugar Causes Belly Fat

[Numerous studies](#) have shown direct links from sugar to increased accumulation of [belly fat](#). This is the worst kind of fat because it is the one associated with all sorts of diseases including the world's number one killer heart disease.

Despite knowing all this, it's hard to stop eating sugar because...

#10. Sugar is addictive

Similar to drugs like [cocaine](#), scientists have now shown that sugar causes a very similar release of [dopamine](#) in the brain.

Studies on [neuroplasticity](#) have shown that drug users have similar behavioral addictions to those addicted to sugar.

Point blank, [sugar is ADDICTING](#) and comes without the immediate social repercussions of frequent drug use. That's why it's so hard to stop eating it.

How much should you eat per day?

None. There is not a reason to be eating this food in your diet, but only on the rare occasion as a treat.

What about fruit?

[Fruit](#) has fiber, vitamins, minerals, water, and tons of nutrients that refined sugar does not have. This is why when studies compare diets with refined sugar to fruit sugar, the negative effects are not the same. That being said, you will want to pay attention to fruit sugar if your goal is weight loss.

Things like fruit smoothies are not good for weight loss goals as they do still have sugars even though those sugars are natural.

Sticking to whole sources like apples, oranges, and berries are a better idea.

What Should You Do if You Can't Stop Eating Sugar?

I think this subject needs to be covered in greater detail, so either next week or sometime soon we will be making a video about breaking sugar addiction if that's something you guys want. Breaking a sugar addiction is a great way to help the body lose weight.

But of course, cutting out sugar isn't the only piece you need for fast and effective weight loss.

There are ten important scientific steps that you must understand to get fast and consistent weight loss results. These basic steps are the sometimes surprising reasons why people struggle so hard to lose weight. If you're curious about those ten steps go ahead now and click the screen. It's going to take you to another page where you can drop your email and in return get access to the video of the ten steps

for fast weight loss success backed by science.

Got a question our topic for the health nerd? Just put in the comments section below and rumor has it for every new subscriber I get a new Emperor tamarin monkey is born. So please subscribe to the health nerd for healthy tips and tricks backed by science.

Cheers.

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