

# YOUR BODY ON SUGAR



#### Brain

Sugar lights up your brain's reward center with dopamine. Some studies say it is more addictive than cocaine.



Sugar accelerates aging and exacerbates conditions like acne and rosacea.



### **Kidneys**

When blood sugar is too high, the kidneys spill sugar into the urine, which can cause permanent damage.



#### Pancreas

Sugar spurs the pancreas to put insulin production into overdrive.

Be Aware of Added Sugars...



#### Mouth

Sugar consumption leads to tooth decay and gum disease.



#### Heart

Too much sugar hardens arteries & damaged heart tissue.



#### Liver

The liver converts surplus sugar into fat. Overloading the liver with sugar is similar to overloading it with alcohol.



#### **Stomach**

Sugar throws off gut health, interrupting the microbiome of the digestive tract.



### Fertility

High blood sugar impairs reproductive function in both men and women.

They are Everywhere!



## **DRINKS**

- Flavored Milk
- Sports/Energy Drinks
- Soda / Soft Drinks
- Flavored Coffees & Teas
- Juice & Fruit Drinks



# **BREAKFASTS**

- Cereal / Energy Bars
- Smoothies
- Granola & Muesli
- Flavored Oatmeals
- Yogurts



#### **SYRUPS & SWEETS**

- Maple Syrups
- Honey & Molasses
- Jelly, Jam, Spreads
- Drink Mixes
- Candy



## **TREATS**

- Ice Cream & Gelato
- Frozen Yogurt
- Popsicles
- Sherbert & Sorbets
- Frozen Desserts



- Sweet Rolls & Breads
- Cakes, Cookies, Pies
- Donuts & Pastries
- Snack Foods
- Desserts