

Dangers of Sugar in your diet!

*Note: I tried to get the information off of the USDA website, but due to the lapse in federal government funding, the website is not available.

Excess Weight Gain: Each teaspoon of sugar provides 15 calories. With such a high calorie density, sugar can lead to excess weight gain quickly if eaten in large amounts on a consistent basis.

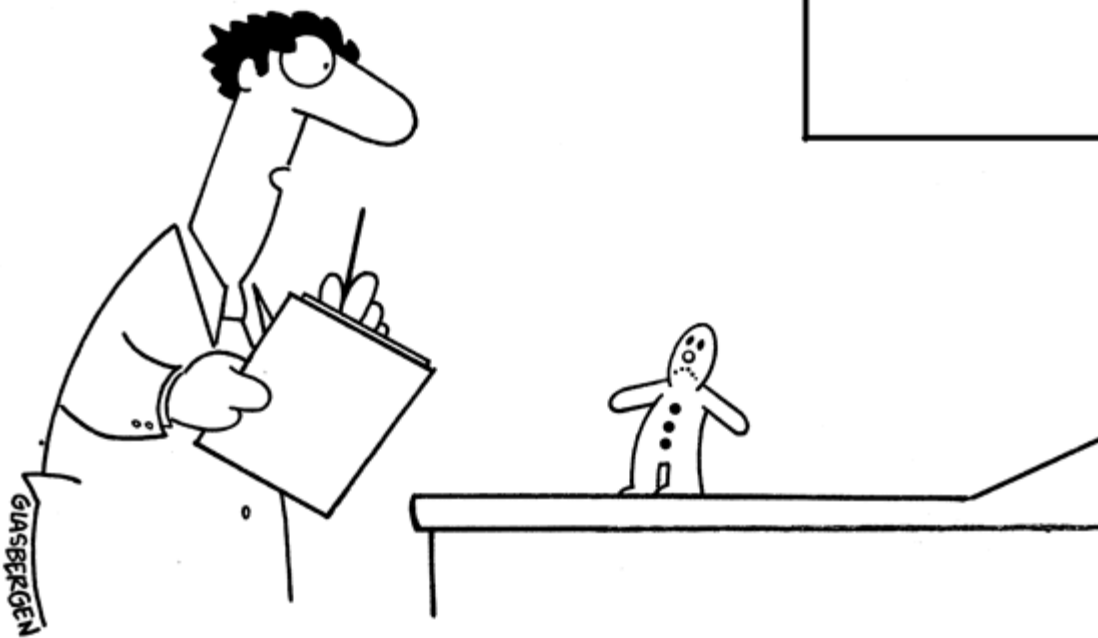
Eating sugar does not cause diabetes; however, weight gain from eating too much sugar can lead to type 2 diabetes.

Migraine headaches can be triggered by various things in different people. Sugar is often linked with the development of migraines.

Atherosclerosis is the buildup of plaque on arterial walls. This condition can limit the amount of blood flow through the arteries and can be a serious risk factor for other cardiovascular diseases. Sugar intake can lead to increased triglyceride levels that can lead to atherosclerosis.

Source: http://www.ehow.com/info_8170347_dangers-much-sugar.html

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“Your blood sugar is too high.”

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