



On a Mission for REAL Nutrition

By Kimberly Roberto

Sugar: The Bad Guy of the Standard American Diet

Sugar, with its beautiful white crystals, its delicious sweet taste has become the staple food of most American's diets. Sugar also has a dark side- a very dark side! Sugar is the leading contributor to Obesity, Type 2 Diabetes, and Cancer. I could fill up a whole book with just information on sugar but I want to focus on some things that will bring to light the reality of the situation.

The average American consumes 53 teaspoons of sugar per day according to John Robbins, author of *Healthy at 100*. That is the equivalent of a five pound bag of sugar being consumed by every man, woman and child every 10 days. You may wonder how this is possible but it is important to realize that there are exorbitant amounts of sugar in our food supply. For instance, one can of soda contains about 13 teaspoons of sugar. Everyone knows that soda contains a lot of sugar but the hidden sources of sugar are too often overlooked. Sugar is in practically every pasta sauce, lunch meat, canned soup, condiment, bread, cracker, the list goes on and on. You have to look for all forms of sugar when you read labels- sugar, high fructose corn syrup, cane syrup, dextrose, sucrose, maltodextrin, etc. Check your labels- you will probably be surprised. We are so accustomed to sugar that we just cannot do without it. But at what cost?

Obesity: In the last newsletter, I explained that fat does not make you fat. The rest of the story is that sugar DOES! When sugar enters the body, it is broken down into its simplest form for appropriate use. The sugar is then moved out of the bloodstream for transport. The body can only handle about 1-2 teaspoons of sugar in the bloodstream at any given time (or risk shock and coma). The excess is transported to the cells to be used as energy. Unfortunately, most people consume more sugar than is needed for energy and therefore the body must do something with the excess. What does it do? **It stores excess sugar as fat.** This is a well known fact but too many times it is ignored.

Type 2 Diabetes: In order for the body to move sugar into the cells, it requires the use of the hormone insulin to move it across the cell membrane. When this process is overloaded due to the constant bombardment of sugar, the insulin receptors begin to burn out. The result is elevated blood sugar, in other words: diabetes. The long term complications of diabetes include vision damage, kidney dysfunction, heart disease, neurological paresthesia in the body, and poor healing of wounds. Like many of the common killers of Americans, Type 2 Diabetes can be largely prevented and even reversed through diet and lifestyle.

Cancer: In 1931, a German professor named Otto Warburg won a Nobel Peace Prize for his studies showing that cancer cells use sugar as their main source of energy, whereas healthy cells use oxygen. He said, *“Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.”* This was in 1931! His studies were widely accepted back then and still are today. Why then, does our food supply not reflect this knowledge? Why does our healthcare system not educate people about this fact and recommend dietary changes that would eliminate the food and fuel for cancer? I will let you draw your own conclusions there. However, it seems that there are many influences other than promoting the health of Americans at work.

These are just a few of the reasons that sugar should be limited or avoided altogether. If Americans just tackled this one element alone tremendous improvements in health would be seen. If you would like to see my “Top 10 Reasons to Avoid Sugar” List you will find it on my blog at www.smartmeals.wordpress.com.

I want to leave you by asking you to look at your current diet, examine your favorite products, and seek to reduce or eliminate the sources of sugar that could be affecting your health and the health of your families. Start eating to live instead of living to eat. This mantra can help you on your way.

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