THE SUGARCOATED TRUTH

by:
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We Filipinos have a thing for sweet things. From desserts such as halo-halo and leche flan, snacks such as banana cues and taho, to meals such as longanisa and tocino there’s no doubt that we love sweets. Even our version of spaghetti is made sweet instead of the more sour Italian spaghetti. We add sugar on most of the food we eat.

Sugar is naturally found in every food that has carbohydrates. Fruits, vegetables, grains such as rice, and dairy products such as milk all contains sugar. Sugars that occur during the digestion of food we eat are broken down into simpler substance and travel through our blood stream into our body cells. These provide energy for our body and help us form proteins, while excess calories are stored in our body for future use in the form of fat.

As sweet as it may sound, consuming too much sugar can lead to many different health problems. Obesity and diabetes are two of most common effects of excess sugar consumption in the world. However, sugar has also been known to have an impact on our cardiovascular system. In a study made by Dr. Hu and his colleagues in 2014 which was published in the JAMA Internal Medicine, high-sugar diet is associated with having greater risk of dying from a heart disease. The study also indicates that high amounts of sugar in our body affects our liver and may lead to fatty liver disease.

So, how much sugar is actually okay to consume? The American Heart Association suggests that adult males should consume a maximum of approximately 9 teaspoons (36 grams) of added sugar or 150 calories per day. Drinking a 12-ounce can of soda have 39 grams of sugar in it, which is already above the suggested added sugar intake.
References:

https://www.health.harvard.edu/heart-health/the-sweet-danger-of-sugar