

## YOUR BODY ON SUGAR



### Brain

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



### Skin

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.



### 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.

**Be Aware of Added Sugars...**

**They are Everywhere!**



### SUGARY DRINKS

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



### SWEETENED BREAKFASTS

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



### SYRUPS & SWEETS

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



### FROZEN TREATS

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



### SWEET PASTRIES

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