

SUGAR-So, what is the big deal?

Sugar has dramatic effects on the human body. We have drastically increased our consumption of sugar, and many times, it is hidden from us. Sucrose, dextrose, and high fructose corn syrup are refined sugars which are processed into many foods. You don't even realize they are present in many instances, but they are. The problem is what sugar is doing to your body, and you don't even realize it until damage has taken place.

Let's see what happens when sugar enters your body. Once consumed, sugar stimulates your pancreas to release insulin. Insulin lowers blood sugar levels, but it also promotes the storage of fat. So, when you consume high amounts of sugar, you are at risk for rapid fat gain and elevated triglyceride levels. Both of these things lead to cardiovascular disease.

Simple sugars or carbohydrates, such as refined sugars are rapidly broken down in the body, leading to rapid release of insulin. It is much better to consume complex carbohydrates, which are broken down slower, and do not cause these rapid glucose/insulin spikes which are detrimental to the human body. For example, when these simple sugars are consumed, the insulin released rapidly drops the blood sugar, and as a result, you feel hungry again, much quicker. This causes you to consume even more calories which leads to obesity.

Glycemic Index is a term I want you to know. It is a measure of how a food affects blood sugar levels. You want to avoid foods that are high Glycemic Index foods, which cause a rapid release of insulin. Low Glycemic Index Foods are ones which produce a slower breakdown of food and a slower release of insulin, thus avoiding the damaging glucose/insulin spikes just mentioned.

Let's discuss a few items concerning some of the detrimental effects sugar can have on the body:

Immune System-sugar can suppress your immune system and lower your defenses against infection.

Obesity-Glucose/insulin spikes can lead to obesity and increased belly fat

Cardiovascular disease-Increased intake of sugar can lead to increased cholesterol (LDL or bad cholesterol and total cholesterol), and triglycerides.

Sugar can produce tooth decay and periodontal disease.

Sugar consumption can also lead to diabetes.

The so called, "bad bacteria" in your gastro-intestinal tract love sugar. Please note how many people get sick after Halloween.

Instead of going to the operating room this month, I want you to perform an experiment at home with your friends and family. You will need a teaspoon, bowl of sugar, and a plate. Please note each teaspoon of sugar equals five grams. We are going to take a look at some product categories and see just how much sugar you are actually getting into your body. Now, you are ready for the SUGAR SHOW!

Let us start with SODAS. For the most part, each can of soda contains 12 fluid ounces of product. However, when the amount of sugar is reported, it is done so for an 8 fluid ounce serving. Please remember to match serving size with the actual container of product. For example, one popular soda reports 31 grams of sugar per 8 fluid ounce serving. Remember, one can is 12 fluid ounces. This means if you drink the entire can, (which you will), you are actually consuming 46.5 grams of sugar, not 31. Take the grams of sugar and divide it by 5 to get the number of teaspoons. 46.5 divided by 5 is 9.3. This means you are consuming just over 9 teaspoons of sugar in that can of soda. Please take 9 teaspoons of sugar from your bowl, and deposit them on the plate. Wow! What a pile of sugar! Can you think of a food or drink where you, yourself would add 9 teaspoons of sugar to get your desired taste?

I looked over some categories of more popular products, and here are some generalizations:

Cereals contain from 30-60 grams of sugar per serving. So, there are an added 6-12 teaspoons of sugar in this example.

Energy drinks are similar, but can range from 30-60 plus grams of added sugar.

Yogurt can often contain more than 30 grams per serving.

Sports drinks may contain in excess of 20 grams per serving.

Take some of the foods you eat and perform the SUGAR SHOW to see for yourself. So, how much is too much? I try to limit my intake of sugar to 15 grams or less per serving of product. I also try not to consume multiple products during the day which contain sugar. I like the idea of ideal body weight for height as a general rule, but obviously, there are exceptions, as muscle weighs more than fat. However, using this and BMI, you get a general idea of where you should be. From my research, the USDA has no recommended daily allowance, or RDA for sugar consumption. However, they advise 40 grams of sugar for every 2,000 calories consumed to be a reasonable amount.

This is why my product, Dr. Steve's Pro Bites contains less than grams of sugar per serving. It is a Low Glycemic Index product, which means you avoid the harmful glucose/insulin spikes we discussed, previously.

Please perform the SUGAR SHOW at home with friends and family. Remember to match serving size with the actual product container.

Always know: When you take great care of your body, it will take great care of you, especially when under the stress of athletic competition or fighting an illness or injury.

Thank you.

Dr. Steve

Steven L. Snodgrass, M.D., F.A.C.S.

Steven L. Snodgrass, M.D., Dr. Steve developed his protein snack with your great health in mind. He works with athletes and patients to meet their special physical and nutritional needs. Now, you can enjoy Dr. Steve's Pro Bites, and feel the difference. Please visit www.probites.com or www.samsclub.com to purchase by the case. Please give us a try, and see for yourself. You may contact Dr. Steve at drsteve@insightbb.com

Thank you.

Dr. Steve