

Excessive consumption of added sugars can lead to serious illness

Researchers have found many negative health effects that are related to excessive sugar consumption:



Dental health

Tooth decay increases with sugar consumption, and high-sugar diets are associated with a higher dental caries risk.



Heart disease

People who consume high amounts of sugary foods or drinks are more likely to be at risk of heart disease.



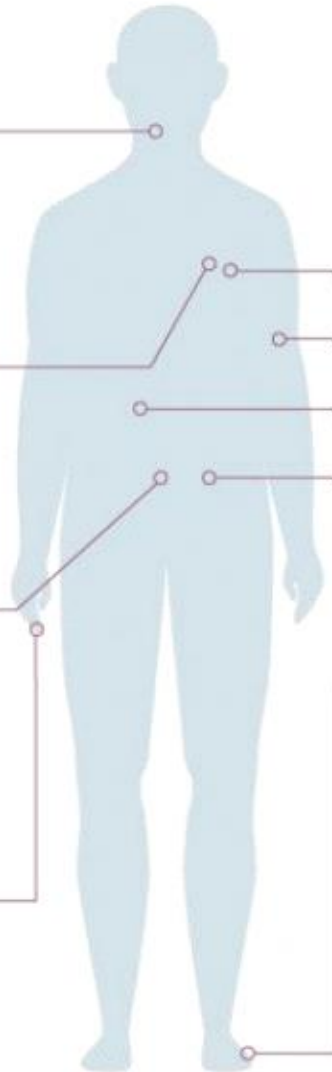
Weight gain (especially abdominal fat)

Increased sugar intake and consumption of added sugars in sugar-sweetened beverages have been linked to body weight gain.



Diabetes

Evidence shows that people who consume high amounts of sugary foods or drinks are more likely to be at risk of type-2 diabetes.



There are a number of scientific studies proposing that fructose may have particularly negative effects on health.

If very high doses of fructose are consumed, fat can accumulate in the liver. This, and other mechanisms, could lead to a range of health conditions.



Fat in the blood



Increased blood pressure



Fatty liver disease



Insulin resistance



Gout

Researchers are still exploring the exact mechanisms by which different sugars, such as fructose, affect the body. But being aware of how much added sugar you eat is important for health.