

Sugar & Water

Why Sugar?

Sugar is a common substance appearing in our daily lives. We add it to our teas and coffees. We bake it into our breads, cakes and cookies and add it into our fresh desserts. We sprinkle it over our various breakfast foods, and we even add it to our curries, stir-fry's or other savoury dishes to add flavour.

But that's not all! Sugar is hidden in preserved foods, such as breads, meat, canned fish, beans and vegetables, or in sauces and condiments, such as tomato/pasta sauce, soya sauce, mustards, mayonnaise and ketchup. It's also hidden in some of our beloved "treats" that we consume on a daily basis, like sodas, fruit juices, candies and ice cream.

Our daily intake of sugar may be more than we know. In fact, Australians eat on average 27 teaspoons (135 grams) of sugar a day (including natural sugars). The American Heart Association recommends that an adult woman should not exceed 5 teaspoons (20 grams) of sugar per day, while an adult male should not exceed 9 teaspoons (36 grams) per day and children should not exceed 3 teaspoons (12 grams) per day. To put this into perspective, a can of soft drink (350 ml) can have 10 teaspoons of sugar (40 grams) and 350 ml of Apple Juice can contain 9.8 teaspoons of sugar (39 grams).

The problem lies with the fact that most people view sugary foods as tasty, satisfying or irresistible. We "crave" sugar and therefore sugar can be described as addictive. Nutritionists and health experts describe sugar as toxic or deadly.

How is sugar bad for you?

1. Sugar has no essential nutrients
2. Sugar is bad for your teeth
3. Added sugar is High in Fructose, which can overload your liver & non-Alcoholic Fatty Liver Disease
4. Sugar can cause Insulin resistance, which is a stepping stone towards Metabolic Syndrome and Diabetes
5. Sugar can give you cancer
6. Sugar has unique fat-promoting effects due to its effects on hormones (in other words, it increases your waistline)
7. Sugar causes massive dopamine release in the brain, which makes you dependant or addicted
8. Sugar is the leading contributing factor to obesity in children and adults
9. Sugar raises your cholesterol and gives you heart disease

Why Water?

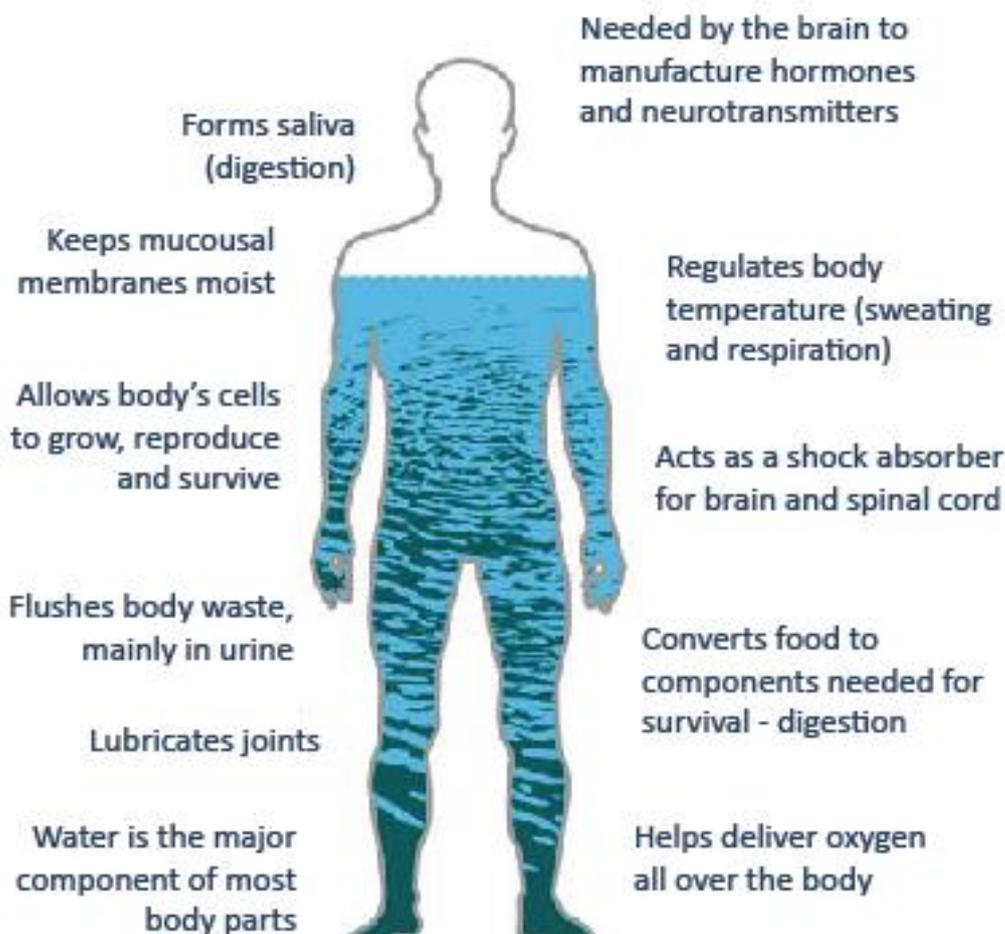
Did you know that our bodies can last for weeks without food, but only days without water? This is because our body is made of 50 – 75 percent water. The main component of blood, digestive juices, urine and perspiration (sweat) is water. Our muscle, fat and bones also contain water.

We need to supply our bodies with fresh water every day because our bodies cannot actually store water. We lose water every day from our lungs (our breath has water, you can test this by breathing onto a mirror or glass and you will see water droplets or condensation). We also lose water daily from our skin, urine and faeces (poo).

The amount of water we lose will also depend on our body size, metabolism, the weather, the food we eat (highly salted or sugary foods can dehydrate us), and of course, how physically active we are.

If we don't drink enough of fresh water, we become at risk of dehydration. Not enough water can increase our risk of kidney stones, urinary tract infections and it can lower our physical and mental performance, as well as gland function.

What Does Water do for You?



<http://water.usgs.gov/edu/images/property-you.png>

Want some more information on Sugar & Water? Visit:

- 10 Disturbing reasons why sugar is bad
<https://authoritynutrition.com/10-disturbing-reasons-why-sugar-is-bad/>
- Fruit Juice is just as bad as soda
<https://authoritynutrition.com/fruit-juice-is-just-as-bad-as-soda/>
- Could you cut sugar intake to 6 teaspoons a day?
<http://www.bodyandsoul.com.au/news-story/449e92b2a0c459d4bd02b5dda4f2ef82>
- Water – a vital nutrient
<https://www.betterhealth.vic.gov.au/health/healthyliving/water-a-vital-nutrient>
- The water in you
<http://water.usgs.gov/edu/propertyyou.html>