

# **EFFECT OF ARTIFICIAL SWEETNERS**

## **1. WEIGHT GAIN**

- Artificial sweeteners increase your appetite thus increasing calorie consumption, which ultimately leads to weight gain.
- You tend to eat larger portions when you eat foods with artificial sweeteners.
- Most of the foods sweetened with artificial sweeteners are high in carbohydrates.

## **2. DIABETES**

- Artificial sweeteners may disrupt body's ability to regulate blood sugar, causing metabolic changes that can be a precursor to diabetes.
- According to the recent reports, too much consumption of artificial sweeteners instead of sugar is one of the major causes of diabetes.

## **3. HIGH BLOOD PRESSURE AND CARDIOVASCULAR DISEASE**

- The risk for coronary heart disease gets significantly elevated in those who consume more than two artificially-sweetened beverages a day.
- It has the same effect as sugar sweetened foods.
- It increases the risk of cardiovascular disorders.

## **4. METABOLIC SYNDROME**

- Metabolic syndrome is a group of conditions that commonly include increased blood pressure, high blood sugar level, excess body fat around the waist, and abnormal cholesterol levels — that occur together, and increase your risk of stroke, heart disease, and other diseases.
- It has been observed that people consuming artificial sweeteners on regular basis have a double risk of contracting metabolic syndrome compared to non-consumers.

## **5. TASTE BUDS BECOME DULL**

- Artificial sweeteners are a lot sweeter than regular table sugar.
- The exposure of your taste buds to such high intensity of sweetness makes them less receptive to naturally occurring sweet foods, such as fruits.
- Also, when your taste buds become dull, you tend to seek out sweeter foods to satiate your sweet cravings.
- If you are really looking for a sugar substitute, then it's always better to go for natural sweeteners like honey.
- They will provide taste without being a potential hazard for your health.