

SUGAR- YOUR REAL ENEMY

A lot of people think that if they cut out fat from their diet, their weight loss will be faster and they will achieve levels of fitness.

Fat is required by the body for a variety of functions. Not to forget, there are good fats and bad fats.

Sugar is the real enemy. A little sugar will not do you harm, because the body burns it to produce energy, provided you are creating a situation for your body to burn that (exercise, physical activity).

Sugar is an empty calorie. Empty calories are foods that provide high amounts of energy with very little or zero nutritional value.

Sugar that does not get broken down by the body will be converted to fat.

Cookies, soft drinks, juices, breakfast cereals, yogurts, flavored milks, pastries, savory items, chips, tomato ketchup, jams, etc all are sugar laden products that line the shelves of our supermarkets and grocery stores today.

Sugar raises our blood sugar levels rapidly. It causes an imbalance in our sugar levels, and can lead to diabetes, heart disease, high-blood pressure, obesity and weight gain.

Sugar makes you more hungry, it gives rise to what is known as 'hunger craving'. You are not physically hungry, but your body demands more food or more sugar to bring your blood sugar levels back within balance. That is the reason one bit of chocolate or sweet is never enough?

Sugar weakens your collagen. Gives rise to wrinkles in the skin. This is caused by the "free radical" (bad for your body), that is produced by excess sugar in your body.

White sugar, refined, table sugar is of no use to our body.

Provide healthy sugar to your body from natural foods like Fruits, Vegetables, Honey, Jaggery, etc.

Reduce your intake day by day. It's a lifestyle change.

Have a little, but make sure you do your exercise to burn or break down that sugar, so it does not get stored away as fat in your body.

You can't say NO to all pastries, desserts or foods that contain sugar, but you can reduce your intake and ensure you do your bit of exercise.

You know you can do it, so you only need to start.