Is Sugar Good or Bad? 6/5/13

The average American consumes more then twenty percent of sugar in their daily calories, that is twice as much as doctors recommend. Some people say that sugar is bad for our health but others say its good if you eat the right kind of sugar. In this eesay I’ll explain why sugar isn’t the best thing your health.

There are a lot of risks that come from consuming sugar. Researchers at UCLA just did an experiment on two groups of mice. For five days they put the two groups of mice through advanced mazes. Once the mice figured them out the researchers fed both groups of mice sugar. . They also fed one of gave one of the groups Omega -3 to see if that would help. Six weeks later they put both groups of mice back through the maze s. The group on Omegs -3 showed a decline in Syntactic Activity, said Fernando Gomez- Pinilla. .The group not on Omega -3 showed a resistance to insulation brain function. If this can happen to mice just think what can happen to humans.

Other people say that sugars okay for you if you eat the right kind. They say that there is sugar in healthy foods that some people eat everyday such as cereal, yogurt, and fruit. The thing is that when people think of healthy they think they can eat a lot of it and we all know that to much of any sugar is not good for our health.

In conclusion there are people who think sugars bad for you and others think its not bad. Sugar can ruin your brain, but there is also sugar I healthy foods.

I think sugars okay if you eat it in moderation. But to much or too little is not healthy.

I got my information from Josh Turner and Maeve Rich.