

The Sweet and the Sour of Sugar



In the past, people had a good idea of how much sugar was entering their bodies because they baked their own bread and cakes, and squeezed their own juice. It was also easier to recognise sugar as an ingredient because it didn't have so many different names. These days, we have to watch out for words like glucose, corn syrup, dextrose, fructose, sucrose, maltose and all sorts of other names. In fact, any ingredient (1) _____ is probably sugar of one kind or another. With so many names, it isn't surprising that people get confused about how much sugar their sweet tooth is really getting.

Often, the food we eat contains 'empty' calories because of (2) _____. Empty calories come from either fats or sugars, which add calories but few or no nutrients to the food. Fats and sugars tend to make food more appealing, and the more of them you eat, the more addicted you become. An overdose of 'bad' sugars in our body (3) _____ and even heart disease. In some cases, sugar can cause diabetes, which can lead to other conditions like blindness. Apart from health complications, (4) _____ can cause problems in the way we act. Children are especially at risk because too much sugar can cause behavioural problems, a lack of concentration and subsequent learning difficulties.

All the bad news about sugar doesn't mean that people should avoid it altogether or replace it with artificial sweeteners, like aspartame, that are created in a laboratory. Although these have fewer calories, they can also cause problems and (5) _____ of diseases. Rather than avoid sugar altogether, we should replace sweets with fruit. It is a great source of natural sugar and also (6) _____ the body against viruses. So, if you are looking to satisfy your sweet tooth, choose something that does that but also provides a bit of nutrition at the same time.

- A. high amounts of sugar entering our blood
- B. are linked to all sorts
- C. that ends with 'ose' or the word 'syrup'
- D. the amount of sugar hidden in it
- E. can lead to weight gain, high blood pressure
- F. that has 'empty' calories without any nutritional value
- G. can be the reason
- H. contains vitamins that help protect

