

Is Sugar an Accessory or a Necessary?

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Sugar is an ingredient of many fruits that gives sweet taste to it and at the same time sugar has ability to give energy to the body. In order words when we are tired and feel lethargic, any drink e.g. juices having sugar helps by giving spontaneous energy. It makes us feel better. Most of the packed juices have added sugar into it that helps to preserve the juice for longer time. Whereas fresh juices have sugar from fruit origin that breaks down in liver and does not require insulin, an hormone that is required to maintain the level of sugar (Glucose) in blood within normal range and aids its up take by cells to use it as energy and store the surplus sugar in liver as glycogen.

The best option for all, including the weight watchers is to eat fresh fruits. Fresh fruits have many nutrients that are destroyed during their processing. Latest Research indicates that intake of fruits and vegetables cannot be substituted with the intake of tablets and other preparations carrying various nutrients and minerals supplements. Another thing that makes fruits special is the presence of fibre, most of it is removed during juice extraction.

Soluble fibers bind with fatty acids and slow down the process of digestion that results in slow absorption of sugar in blood and facilitates the growth of Health Supporting Micro-organisms in intestine. This temper off the sudden glucose rise in the blood that occurs on uptake of table sugar rich food commodities and helps to regulate blood sugar level in people with diabetes. These fibers help lower LDL (bad) cholesterol. Insoluble fibers help to hydrate and to move waste through the intestine and control the pH level in the intestine. These fibers help prevent constipation. Vegetable are also good source of fibre with having carbohydrates (sugars) and other nutrients, though generally sugars are present in negligible quantity in them.

The diabetic patients, diabetic e.g. a disease condition where blood sugar level is higher than normal, hence can safely use fruits but have to restrict the uptake of table sugar. Same is true for patients for gestational diabetes that occurs during pregnancy but is resolved on delivery.

In simple words fresh juice is better to drink on regular basis but packed juice works better for spontaneous supply of energy when it is low. For diabetic patients, fresh juices are safer as compared to packed juices with an exception of orange juice that is best for all because manufacturers generally supply orange juice with little or without added sugar.

A glass of water having table sugar, is the worst option, as it merely supplies energy (calories) without any vitamins and other nutrients that are present in fruits vegetables and in the fresh juices.

Many of us have strange understanding about sugar. We do not restrict uptake of candies, soft drinks, ice cream, desserts and other items rich in sugar content, that merely have any essential nutrients present in them. On other hand we cut down fruits and starchy vegetables, full of healthy factors including essential nutrients from our menu merely because they have certain types of sugar present in them. For essential nutrients, we take vitamins and other supplements whose significance has recently been proven as worthless, rather these commodities add an additional source to pollute Human bodies with harmful chemicals, though they are in traces hence are not easily detectable, added in the supplement products during the process of their manufacturing storage etc.

The consequence of diet plan using this approach is poor health with higher risk for causing diseases mainly because for having compromised immune system which in fact relies on fulfillment of body s nutrients demand.....Weight loss with health loss.

Not only that, many of us switch to artificial sweeteners for weight loss or diabetic management ignoring the risks associated with the use of these sweeteners. The risk includes cancer, strokes, seizures, low birth weight, high blood pressure, vomiting, dizziness mental illnesses etc. Artificial sweeteners are being used in different food products e.g. diet products. Those who wish to eliminate the sugar from their meal, completely become dependent on diet products, hence usually take artificial sweeteners in quantity more than the permitted level. This practice over a period of time imposes serious health issues.

An intelligent approach towards healthy weight loss, is to add commodities in meal plan that help to burn fat. A few cups of green tea in a day, a spoonful of black seed with warm water etc. are good to start with.

In addition to this, substitute the table sugar intake with non-pasteurized honey (natural honey without any processing) that would provide sweet taste with lot of health supporting rare factors along with the other nutrients in comparable amount of sweetness with reference to table sugar. Next to honey, natural brown sugar is the healthier option. Brown sugar is unrefined or partially refined sugar that has minor nutritional significance with having minimal amount of minerals. It is also devoid of harmful chemical pollutants though present in traces in white table sugar that remain as residues as a consequence of chemical treatments during manufacturing procedure leading to the production of white sugar particularly through low cost production methods. Consumption of brown sugar is reported to improve blood circulation, enhance digestion and increase the production of red blood cells. Drinks that contain brown sugar have the effect to relieve the menstrual cramps. Brown sugar has beneficial effect on skin in addition to delaying the aging process.

Sugar is necessary when is consumed along with other coexisting nutritional ingredients as in fruits, vegetables honey etc. otherwise it is an accessory that can be substituted with honey or with brown sugar mainly because having white sugar rich food and drinks causes sudden increase to sugar (Glucose) level in blood leading to hyperactivity of brain that is usually associated with mood shift, a response that human body and mind experience on having drugs, in addition to having negatively modulated body metabolism as a consequence of sudden stimulus mediated metabolic drift leading to initiation of physiological events governing the metabolic syndromes each time when white sugar rich diet is consumed with having a gradual change in microbial flora population present in intestine and in mouth over a period of time on continuing intake of white sugar rich diets for long time on regular basis. Keeping in view the focus of this paper, I would like to avoid to share further details of underlying mechanisms regulating the physiological events governing the illnesses with consumption of white sugar at molecular level genetically [1-6].

Sparing white sugar from diet and substituting it with honey and brown sugar can significantly improve the Global Index of Human Health and can spare the time and efforts are being invested in Research that is under progress on diabetics cancer obesity mental illnesses blood pressure aging and other related illnesses.

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