

Sugar: toxic and addictive

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The WHO (World Health Organization) is proposing that we should eat less than 5 percent of our total daily calories from sugar (down from the 10 percent guideline issued in 2002).

Needless to say, this recommendation is long overdue.



Did you know the average American consumes about three pounds of sugar per week? According to the USDA, our intake of sweets has increased 39 percent between 1950 and 2000.

Sugar is an anti-nutrient. It burns through our B vitamins and depletes magnesium, all critical nutrients for energy, vascular function and mood.

Cancer loves sugar and needs it for angiogenesis—vascular support for growing tumors.

Sugar is addictive. Eating sweets begets more craving for sweets. Sugar should be classified as a drug.

To sugar addicts everywhere: No, you can't allow yourself one cookie a day. If this were the case, then we could tell the alcoholic that one drink a day is fine, too.

Would you?