

What's Wrong with Sugar?

Listen to the story and fill in the blanks with the correct word.

Many people, especially children, enjoy sweet food. New _____, however, says that sugar is unhealthy because it hurts our mental and physical well being.

There are many kinds of sugar. There's sugar in _____. Many people say that's good sugar because it's healthy. Then there's the _____ stuff people buy at the supermarket. That's bad for our health. The _____ kind is hidden sugar. It's the sweet taste that comes from processed corn syrup, called high fructose. It's in soft drinks, salad dressing, _____ and more.

Too much sugar is bad because it _____ an addiction. When we eat it, our brain makes us feel good for a _____ time. After the good feeling goes away, the brain tells us to eat more. That's a craving. Over time, we have to eat more to get that good feeling again. When the brain craves something, our _____ change. We become angry or _____ easily.

Gaining weight is the second _____. When we eat small amounts of food with good sugar, like a banana, our body slowly produces _____. Packaged food or drinks put too much sugar into the body. It can't use all that energy right away, so it's quickly _____ into fat. Many more serious health problems are caused by sugar, like heart _____ and cancer.

What happens if people _____ eating sugar? The first couple of weeks might be uncomfortable. Many people feel _____. After that, the long term benefits are great. People have more energy, their thinking is _____, they sleep well and they don't get sick very _____. The bottom line is that sugar doesn't improve the quality of life. It makes life more _____.