

Sugar & Cancer Myth Script

Insulin is a hormone in your body. It helps transfer sugar, or energy, to your cell.

When sugar levels are high for a long time, it can cause inflammation in your body. Cancer cells like to thrive where there is inflammation.

So, it is more important to control the amount of sugar that you eat than to stay away from sugar completely.

Your body's preferred energy source is sugar. You need sugar for your body to function well.

It's your preferred energy source for your brain. If you want to be sharp in your thinking, you need to have a strong source of sugar in your body.

Everything you eat will turn a good portion into sugar. 100% of the carbohydrates you eat turn into sugar. Some of the fat and protein you eat also turns into sugar.

If you don't get enough sugar, your body has its own control system. It turns your lean body mass into sugar through your liver.

You really can't avoid the impact of sugar on your body. It's more about the impact that sugar has on your insulin levels.

It's more important to think about your food combinations. You can slow the release of sugar into your bloodstream by eating a complex carbohydrate, like a piece of whole wheat toast, a lean protein, and a healthy fat such as peanut butter.

Then when your food is digested, it releases sugar into your system more slowly. This gives your body a chance to manage that sugar without creating so much inflammation in your body.

Some healthy food combinations would be an apple with yogurt or some cheese and crackers.

Dipping your carrots in hummus would be an example of a nice fiber source with a lean protein and a healthy fat.

One thing you need to think about when looking at your food choices is to control the amount of added sugar in your diet.

Look at a food label. Under the "carbohydrates" section, you can see a section for added sugar.

The American Heart Association recommends that women limit added sugar to 25 grams per day. That's equal to 6 teaspoons. Men should limit added sugar to 35 grams per day, or 9 teaspoons.

Just look for foods that have the least amount of added sugar in them.