

# Spooky Sugary Treats

Not just for kids! Do you dip into the candy stash?  
Stay strong, excess sugar isn't good for ANYONE in your home!



Halloween is all about dressing up and getting tons of candy. This means sky high sugar intake for many. Therefore, we are dedicating this article to some fast facts about sugar (glucose) and its effect on the body.

Whether it be little trick-or-treaters, or having extra goodies in the house, most of us end up indulging in delicious treats simply because they are at hand.

We don't want to ruin this special time, but you should know the effects beforehand. It just might inspire you to take it easy and not over do it. Remember, moderation is key for a healthy lifestyle.



## IT ROTTS YOUR TEETH

This one is a no-brainer, but worth mentioning nonetheless. You won't have to do too much dressing up during Halloween if you have a mouth full of rotten nubs.

The research has long established that sugar DEFINITELY is the arch enemy of healthy teeth. Is your child a fan of the popular sour candies, i.e. Sour Patch Kids? These are particularly nasty. They are highly acidic and THEY START TO DISSOLVE TOOTH ENAMEL ON CONTACT.

## IT IS ADDICTIVE

Like other drugs that feed the reward system in our brain, so does sugar. It raises dopamine levels similar to cocaine and creates a craving for more. Go easy!

## SUCKS THE GOOD STUFF RIGHT OUT OF YOU



Sugar is not something the human body needs. It replaces healthy food options and creates nutritional deficiencies.

Growing recent scientific evidence shows that eating too much added sugar is linked to serious diseases, such as diabetes, heart disease and liver disease.

Most Americans are consuming way too much sugar, on average, nearly 57 pounds of added sugar per person, every year.

## SUGAR MAKES YOU DUMB



You've seen the Zombie shows where the zombie creatures walk around like mindless dimwits. Eat enough sugar and you won't need a costume.

A 2017 study found a link between excess sugar intake, cognitive skills and our self-control.

Researchers found that rats who over-consumed fructose had damaged synaptic activity in the brain, meaning that communication among brain cells was impaired.

Researchers are also establishing links from sugar intake to Alzheimer's and dementia. Alzheimer's is now referred to as Type 3 Diabetes.

You want to be able to function your best at work and for your child to succeed in school. Excess sugar will most definitely hinder performance.

## CRASH & BURN

Often called the sugar crash, most of us have experienced this at one time or another. Eat enough sugar and you might turn into an actual monster. It's a very real thing and not at all good for us.

Technically speaking, this is the peak and then sudden drop in blood sugar from excessive sugar intake. You may experience irritability, mood swings, fatigue and an overall feeling of despair.

Have fun on Halloween, but don't overdo it. Try and limit how much your child eats per day, as it can affect their school performance and mood.



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