

## Sugar is the Enemy

Posted On Oct 19, Posted by [Nick Mirrione](#) Category [General Food Discussions](#)

Sugar is the enemy. Refined sugar and beverages sweetened with sugar (including fruit and vegetable juices) is the number one contributor to weight problems, gout, diabetes, heart disease and some forms of cancer; not to mention what it does to our teeth. Some even think that excess sugar can contribute to Macular Degeneration in older adults. There is nothing good about sugar and beverages sweetened with sugar. They drive up your daily calorie intake and provide no nutritional value. They leave your body screaming for more of the same. Some say that artificial sweeteners are just as bad as or worse than sugar.

We'll take that up at a later date. Personally, I would rather eat my calories than drink them so I choose to stick with water, coffee, tea or on occasion, I drink a limited amount of 4C or Crystal Light.

As a gastric bypass patient, I have an increased sensitivity to sugar. Too much sugar, which in my case, is more than a small candy bar or a few bites of a piece of cake during one sitting

can cause "dumping syndrome" which affects me in the following manner: cold sweats, a racing heart, which can cause speech impediments, headaches, nausea and in some cases, diarrhea.

In general, you feel like crap for a couple of hours and on every occasion, you say to yourself, "that piece of cake or candy bar wasn't worth it".

That's how it affects me ten and a half years post surgery.

It is much more severe immediately following and shortly after surgery.

Tags: [Foodaholic](#) , [Obsessive-Compulsive Behavior](#) , [Overeating Disorders](#)