

REVIEW STUDY ON EFFECT OF SUGAR OVER HUMAN HEALTH

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DOI: 10.5958/2249-7137.2021.02490.3

ABSTRACT

Sugar is a carbohydrate building block that may be found naturally in a variety of foods such as fruit, milk, vegetables, and grains. Added sugar, on the other hand, can be found in flavored yogurt, sweetened drinks, baked goods, and cereals, and it is extensively utilized in industry. Carbohydrates come in a variety of forms, including monosaccharide and polysaccharide, and have a variety of characteristics in the food business and nutritionally. Sugars serve a variety of functions in the food business, including preservation, antioxidants, and the enhancement of color, taste, and texture, in addition to their primary function of sweetness. Many foods rich in added sugar offer energy, but they are also low in other nutrients, affecting the balance of nutrients such as minerals, vitamins, and proteins. As a result, excessive sugar consumption is very hazardous, particularly at crucial periods such as infancy, pregnancy, and aging. To maintain the body healthy, it's critical to limit the amount of high-sugar foods consumed. This page discusses the many kinds of sugars, their role in diet, and their health implications.

KEYWORDS: Diet, Harmful, Health, Nutrition, Sugar.

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