



Wellness Wednesday

Weekly health & wellness tips for Grand County.

Back Away from the Pumpkin



While we're all in Halloween candy comas, it's a good time for a reminder about the effects of processed sugar on your body.

Americans average about 270 calories of sugar each day, that's about 17 teaspoons a day, compared to the recommended limits of about 12 teaspoon per day or 200 calories. Sugary drinks, candy, baked goods, and sweetened dairy are the main sources of added sugar. But even savory foods, like breads, tomato sauce, and protein bars, can have sugar, making it all too easy to end up with a surplus of the sweet stuff.

Eating sugar gives your brain a surge of dopamine...which is why we'd rather rummage through our kids' plastic pumpkins for a mini Snickers than the vegetable drawer for a carrot. Studies have also linked high sugar intake to a greater risk of depression in adults. Excess sugar consumption can also affect your teeth, joints, skin, liver, heart, pancreas and kidneys.

Today's a good day to reach for water instead of soda, load up on protein and complex carbs, and hide the plastic pumpkin. ([More sugar detox tips.](#))



Illustration courtesy [Axios](#).