

# Sugar

## Soft Drinks

## Sweeteners

## Other Alternatives

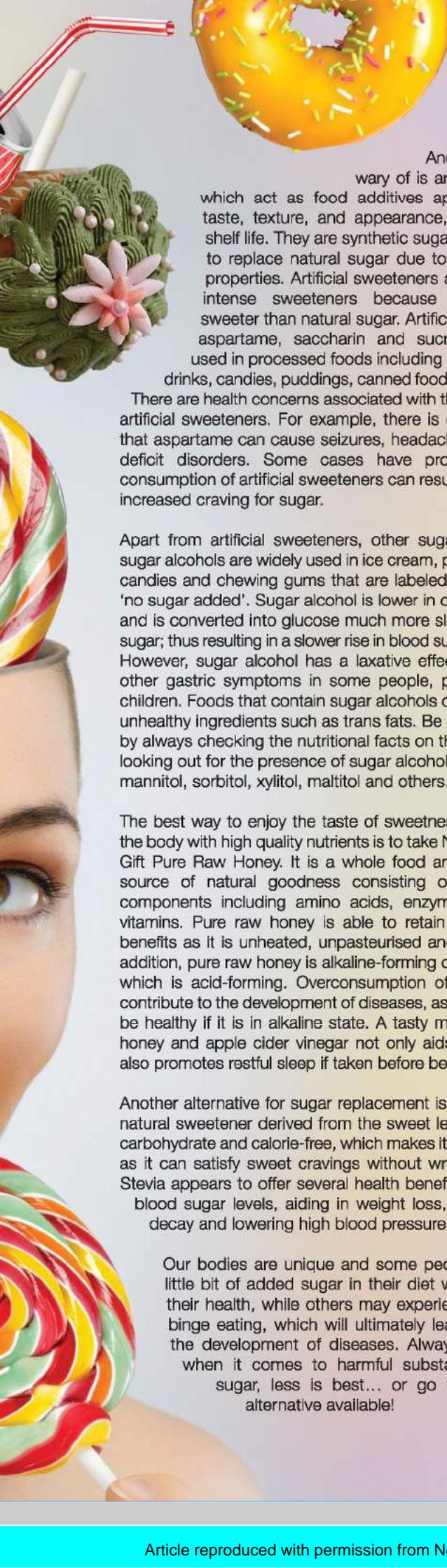
### 糖分/汽水/甜味剂/其他香料

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If you have ever wondered why your favourite foods taste so good, then you should thank your taste buds for allowing you to taste the sweetness of ice cream and chocolate. However, too much sugar is not so sweet for our health. Sugar might just be the single worst ingredient to be added into our diet, although it is found in large amounts in the diets of individuals from all walks of life. Some may not realize that sugar contains empty calories, which means that it provides calories with no added nutrients and as a result, contributes to weight gain as well as a variety of diseases such as diabetes, hypertension, heart attack and others. Nevertheless, it is important to differentiate between added sugars and sugars that occur naturally in foods such as honey, fruits and vegetables which contain various health building nutrients.

"Added sugars" is a term used to refer to sugar that is added to food or drink during processing. The wide range of readily available sugar-sweetened beverages found in the market such as carbonated drinks may be one of the leading contributors to obesity, mainly due to their high sugar content, low satiety and incomplete compensation for total energy. In addition, sugar-sweetened beverages are a prevalent source of readily absorbable sugars and have been associated with an increased risk of developing diabetes. Upon digestion and absorption of a high amount of refined sugar, the pancreas will sense the subsequent rise of blood sugar concentration and release an abnormally huge amount of insulin to promote an uptake of sugar from the bloodstream. Large amounts of insulin can cause your blood sugar to drop to a very low level after an hour, resulting in hypoglycemia. Some people call this the "sugar high" followed by the "crash". You will need another "fix" to bring up your blood sugar level and this up-and-down process not only makes you moody and tired, but also damages your blood vessels and nerves. Substituting drinks containing refined sugars with freshly squeezed fruits and vegetable juices will do wonders for your body by providing life-giving forces and furnishing vital enzymes to all body tissues.





Another area to be wary of is artificial sweeteners, which act as food additives applied to improve taste, texture, and appearance, while prolonging shelf life. They are synthetic sugar substitutes used to replace natural sugar due to their zero calorie properties. Artificial sweeteners are also known as intense sweeteners because they are much sweeter than natural sugar. Artificial sweeteners like aspartame, saccharin and sucralose are widely used in processed foods including baked goods, soft drinks, candies, puddings, canned foods, jams, jellies, etc.

There are health concerns associated with the consumption of artificial sweeteners. For example, there is evidence showing that aspartame can cause seizures, headaches, and attention deficit disorders. Some cases have proven that regular consumption of artificial sweeteners can result in addiction and increased craving for sugar.

Apart from artificial sweeteners, other sugar substitutes like sugar alcohols are widely used in ice cream, puddings, cookies, candies and chewing gums that are labeled as 'sugar-free' or 'no sugar added'. Sugar alcohol is lower in calories than sugar and is converted into glucose much more slowly compared to sugar; thus resulting in a slower rise in blood sugar after ingestion. However, sugar alcohol has a laxative effect and can cause other gastric symptoms in some people, particularly among children. Foods that contain sugar alcohols often contain other unhealthy ingredients such as trans fats. Be a smart consumer by always checking the nutritional facts on the food labels and looking out for the presence of sugar alcohols such as isomalt, mannitol, sorbitol, xylitol, maltitol and others.

The best way to enjoy the taste of sweetness while supplying the body with high quality nutrients is to take NewLife™ Nature's Gift Pure Raw Honey. It is a whole food and a concentrated source of natural goodness consisting of 155 identifiable components including amino acids, enzymes, minerals and vitamins. Pure raw honey is able to retain its natural health benefits as it is unheated, unpasteurised and unprocessed. In addition, pure raw honey is alkaline-forming compared to sugar which is acid-forming. Overconsumption of acidic foods will contribute to the development of diseases, as our body can only be healthy if it is in alkaline state. A tasty mixture of pure raw honey and apple cider vinegar not only aids in digestion, but also promotes restful sleep if taken before bed.

Another alternative for sugar replacement is stevia, which is a natural sweetener derived from the sweet leaf plant. It is both carbohydrate and calorie-free, which makes it a dieter's favourite as it can satisfy sweet cravings without wrecking diet plans. Stevia appears to offer several health benefits like decreasing blood sugar levels, aiding in weight loss, decreasing tooth decay and lowering high blood pressure.

Our bodies are unique and some people can handle a little bit of added sugar in their diet without it affecting their health, while others may experience cravings and binge eating, which will ultimately lead to obesity and the development of diseases. Always remember that when it comes to harmful substances like added sugar, less is best... or go for the healthiest alternative available!

想知道为什么您喜欢的食物味道都那么好? 那么, 您可要好好感谢您的味蕾让您尝到冰淇淋和巧克力的甜美滋味。可是, 太多糖分对我们健康而言, 并不是一件“甜蜜”的事。现今, 糖分是我们日常饮食中一个糟糕的成分, 而且它更是“入侵”成为我们生活中的习惯。部分人或许不知道糖分含有卡路里, 但并无添加任何营养成分, 从而会导致体重增加, 以及各种疾病如糖尿病、高血压、心脏病等。然而, 区分添加糖和糖是非常重要的事项, 糖在蜜糖、水果和蔬菜中是自然产生的, 而且还含有各种能增进健康的营养素。所以, 在蔬果中的糖分是最佳的。

相反, 添加糖可以在食物或饮料中找到。市面上充斥着很多的甜味饮料, 例如会导致肥胖的汽水。主要原因是含有高糖分、低饱和量及不能完全补充体力。此外, 甜味饮料是属于容易吸收的糖分, 会增加患上糖尿病的风险。当身体吸收大量糖分, 胰脏会感测得到, 随即血糖浓度上升, 并释放出异常大量的胰岛素来处理该糖分。一个小时后, 大量的胰岛素会造成血糖降到很低的水平, 令您血糖变低。您需要再进食来修复您的血糖指数, 这个反复的过程会令您情绪变差、身体疲惫, 还会损害您的血管和神经。多饮用鲜榨的果汁和蔬菜汁, 能为您的身体组织赋予力量和酶。

您也应该提防人工甜味剂, 乃其中一种被应用在改善口感、质地、外观及延长食品保质期的食物添加剂。他们是经人造加工的糖分, 不含卡路里, 用以取代天然糖分。人工甜味剂也被称为强力甜味剂, 因为它比天然糖甜得多了。人工甜味剂如阿斯巴甜、糖精和三氯蔗糖被广泛应用在加工食品中, 包括烘焙食品、汽水、糖果、布丁、罐头食品、果酱和果冻等。这些人工甜味剂可说是和身体的健康有直接的影响关系, 有证据显示阿斯巴甜会导致癫痫发作、头痛和注意力缺陷障碍。一些情况下, 证明了经常食用人工甜味剂会导致上瘾, 因此造成消费者会因为渴望而继续食用该食品。

除了人工甜味剂, 其他糖的替代品如糖醇, 它被广泛应用在冰淇淋、布丁、曲奇饼及一些标签着“不含糖分”或“不含添加糖”的口香糖中。相比之下, 糖醇比糖含有较低的卡路里, 以及转化葡萄糖的速度也比较慢, 因此导致摄入后血糖上升指数较慢。可是, 糖醇对部分人, 尤其是儿童会引起轻度腹泻及胃部不适的症状。更糟的是, 一些糖醇出现在含有反式脂肪酸的高度加工食品中。所以, 身为一个精明的消费者, 必须要经常留意食物的营养价值以及食品标签, 留意食品中有无糖醇如异麦芽酮糖醇, 甘露醇, 山梨醇, 木糖醇, 麦芽糖等的存在。

为了获得更高的营养价值, 要尝到“甜头”最佳的方式就是摄取新生命的纯天然蜂蜜。它可是含有155种可识别营养素包括氨基酸、酶、矿物质和维他命的全天然食品。纯天然蜂蜜能够保留天然健康的益处, 因为它未经加热、消毒和加工的处理过程。加上, 纯天然蜂蜜是属于碱性的, 但糖是酸性食品。摄取过多的酸性食品会影响身体体质, 如果体质保持在碱性状态是最佳的。将纯天然蜂蜜加上有机苹果醋, 不止帮助消化, 还可以促使安稳的睡眠。

另一种糖的替代品还有甜叶菊, 它是山矾植物中的天然甜味剂。甜叶菊是不含碳水化合物及不含卡路里, 是减肥者的最爱。因为它能够在不影响饮食计划下, 满足到吃甜的瘾。甜叶菊也为健康带来的几个好处包括, 降低血糖水平, 有助于减肥、减少蛀牙和降低高血压。

我们的身体是独一无二的, 而且每个人的体质都不一样。换句话说, 有些人的饮食中有一些添加糖却不会影响健康, 一些人或许会上瘾, 还会暴饮暴食, 最终会导致肥胖和疾病的衍生。因此, 只好好记住, 当食品中涉及到有害物质如添加糖, 最好就少吃为妙, 或许就找其他比较健康的食品来取代吧!