

# Traveling with Sugar: A Global Epidemic Unveiled

Sugar has become an ubiquitous part of our modern diet. It is added to processed foods and beverages, making it difficult to avoid. But sugar is also a major contributor to a number of chronic diseases, including diabetes, obesity, and heart disease.

In his new book, *Traveling with Sugar*, Dr. Jonathan Sugarman takes a deep dive into the global sugar epidemic. He explores the history of sugar consumption, the science behind its harmful effects, and the public policy challenges posed by this growing problem.

Sugar has been a part of the human diet for centuries. But it was not until the 19th century that sugar became widely available and affordable. This was due in part to the development of new technologies that made it possible to refine sugar from sugarcane and beets.



## Traveling with Sugar: Chronicles of a Global Epidemic

by Amy Moran-Thomas

★★★★☆ 4.7 out of 5

Language : English  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 385 pages  
Lending : Enabled



As sugar became more popular, it began to be added to a wider variety of foods and beverages. By the early 20th century, sugar had become a staple of the American diet.

Today, sugar is one of the most widely consumed substances in the world. It is estimated that the average American consumes about 150 pounds of sugar per year.

Sugar is a simple carbohydrate that is quickly broken down into glucose in the body. Glucose is then used for energy by cells throughout the body. However, when we consume too much sugar, our bodies can't use it all for energy. This excess glucose is stored as fat.

Over time, consuming too much sugar can lead to a number of health problems, including:

- **Weight gain and obesity:** Sugar is a high-calorie food that can contribute to weight gain. Obesity is a major risk factor for a number of chronic diseases, including diabetes, heart disease, and stroke.
- **Diabetes:** Sugar can raise blood sugar levels. Over time, high blood sugar levels can damage the blood vessels and organs, leading to complications such as blindness, kidney failure, and heart disease.
- **Heart disease:** Sugar can increase levels of bad cholesterol (LDL) and decrease levels of good cholesterol (HDL). This can lead to the buildup of plaque in the arteries, which can increase the risk of heart attack and stroke.

- **Tooth decay:** Sugar is a major cause of tooth decay. When sugar comes into contact with the bacteria in our mouths, it forms plaque. Plaque can damage the teeth and gums, leading to cavities and gum disease.

The sugar epidemic is a major public health challenge. It is estimated that the economic burden of obesity and diabetes in the United States alone is more than \$1 trillion per year.

Governments around the world are struggling to find ways to address the sugar epidemic. Some countries, such as Mexico and the United Kingdom, have implemented taxes on sugary drinks. Other countries, such as Canada and the United States, have adopted voluntary guidelines for reducing sugar consumption.

The sugar epidemic is a complex problem that requires a multi-pronged approach. Governments, industry, and individuals all need to play a role in reducing sugar consumption.

Sugar is a major contributor to a number of chronic diseases. The sugar epidemic is a serious public health challenge that requires a multi-pronged approach. Governments, industry, and individuals all need to play a role in reducing sugar consumption.

In his book, *Traveling with Sugar*, Dr. Jonathan Sugarman provides a comprehensive overview of the sugar epidemic. He explores the history of sugar consumption, the science behind its harmful effects, and the public policy challenges posed by this growing problem. *Traveling with Sugar* is an essential read for anyone who wants to understand the sugar epidemic and its impact on our health and society.

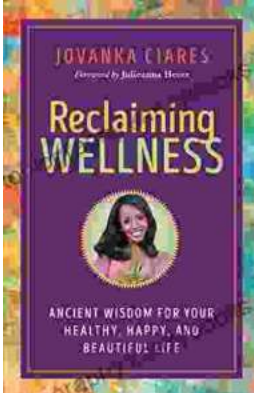


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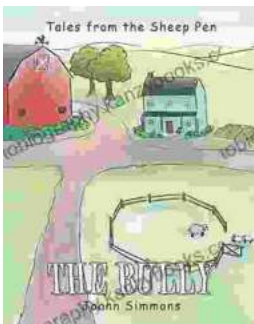
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