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sugar makes you stupid pdf

Too much sugar will make you stupid, according to researchers. The suggestion follows tests in the laboratory comparing high-fructose corn syrup, which is six times sweeter than cane sugar and a common ingredient in processed foods, with omega-3 fatty acids, known to aid memory and learning.

STUDY: SUGAR MAKES YOU STUPID! | Weekly World News

A study on rats suggests that eating a high fructose diet for as little as six weeks may make you stupid. Luckily, a diet high in omega-3 fatty acids can counteract this IQ loss, researchers suggest.

Does Sugar Make You Stupid? - Live Science

And if you're already obese, overweight, prediabetic or diabetic, reduce your sugar consumption to a maximum of 15g daily. Instead, eat more natural, low refined sugar foods, and cut back on excessive carb intake. Also look for foods that improve gut health like probiotics, unsweetened or organic yoghurts,...

How Sugar Destroys Your Health Review - Does Sugar Make

A team of scientists at the University of California in Los Angeles has found that binging on soda and sweets for as little as six weeks may make you stupid. The new study, published in the Journal of Physiology, is the first to show how a diet steadily high in fructose slows the brain,...

Does Sugar Make You Stupid? - Be Well Buzz

Sugar makes you stupid. While earlier research has revealed how fructose harms the body through its role in diabetes, obesity and fatty liver, this study is the first to uncover how the sweetener influences the brain. The UCLA team zeroed in on high-fructose corn syrup, an inexpensive liquid six times sweeter than cane sugar,...

Sugar makes you stupid | EurekAlert! Science News

Can Sugar Make You Stupid? "High Concern" in Wake of Rat Study. Smarts stunted by fructose, sharpened by Omega-3s, researchers suggest. 2 Minute Read. By Charles Q. Choi, for National Geographic News.

Can Sugar Make You Stupid? "High Concern - Latest Stories

We'll get stupid. Well, stupid-er. Yes, sadly, a new study has found that eating lots of sugar, even for just six weeks, makes you dumb. As we all know, everything delicious is terrible for you ...

Sugar Is Making Us Stupid - jezebel.com

Sugar makes you stupid: Study shows high-fructose diet sabotages learning, memory by University of California, Los Angeles

Sugar makes you stupid: Study shows high-fructose diet

Too Much Sugar Makes You Stupid! This isn't the first time sugar has been linked to declines in brain function. In 2012, researchers investigated the effects of high-fructose syrup, similar to high-fructose corn syrup (HFCS), a cheap sweetener six times sweeter than cane sugar, which is used in many soft drinks, processed foods, condiments, and even some baby foods.

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