



Brain food

Our brains run on glucose. But it's a delicate balance: too little and we can't focus; too much and we may have memory and cognitive problems.



Heart hazard

If 17 to 21 percent of your daily calories come from added sugar, you have a 38 percent higher risk of dying from cardiovascular disease than someone on a low-added-sugar diet, according to a study in JAMA: Internal Medicine.



Liver disease

A sugar-heavy diet contributes to fatty liver, a condition that can eventually progress to diseases such as cirrhosis or liver cancer.



Energy frenemy

A quick hit of energy is associated with a sugary snack. But that energy slump afterward? #thestruggleisreal



Obesity

One U.S. study found that for each 12-ounce can of soda consumed a day, a child's odds of becoming obese rose 60 percent within a 1½-year followup period.



Cancer contributor

One study found that sugar consumption increased the development and metastasis of breast tumours in mice.



Skin ager

High sugar consumption may damage collagen and elastin molecules, leading to wrinkles and sagging skin. Limit your intake for an anti-aging boost.



Asthma trigger

A 2008 study suggested high sugar consumption may be linked to allergic inflammation of the airway in mice.