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| | |
|----------------|--|
| Volume / Issue | Articles in Press, Accepted Manuscript |
| Document Type | Research Note |
| DOI | |
| Article Title | The Negative Impact of Sugar on the Brain |
| Running Title | The Negative Impact of Sugar on the Brain |
| Abstract | <p>The brain uses more energy than any other organ in the human body and glucose is its source of fuel. But what happens when the brain is exposed to an excessive amount of sugars in the standard American diet? In this case, more is definitely not better. In the brain, excess sugar impairs both our cognitive skills and our self-control (having a little sugar stimulates a craving for more). Sugar has drug-like effects in the reward center of the brain. Scientists have proposed that sweet foods—along with salty and fatty foods—can produce addiction-like effects in the human brain, driving loss of self-control, overeating, and subsequent weight gain. In early humans, this stimulus helped lead them to calorie-rich foods, which aided survival when food was scarce. But now this primitive</p> |
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| Keywords | calorie-rich,,,Sugar,,,Brain |
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| Degree | Other |
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