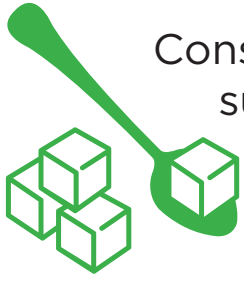# DELTA DENTAL®

RETHINK YOUR DRINK

Why is Too Much Sugar Bad For Your Health?

Consuming too much sugar can lead to diseases like diabetes. Many people believe sugar gives you energy, however, sugar DRAINS your energy quickly after it is consumed. Sugar can also wear away at the enamel that protects your teeth. Think before you drink.
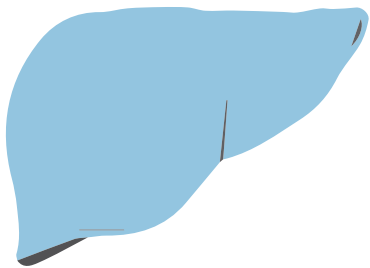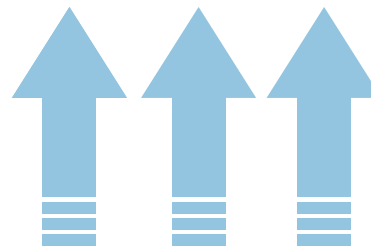
Effects of consuming too much sugar:

Sugar tells your body you are hungry. This causes you to eat more and develop an insulin resistance.

Bacteria in your mouth consumes the sugar you eat or drink and converts it to acid. The acid attacks enamel which leads to tooth decay.

Sugar is processed by your liver. Eating too much sugar can cause liver damage.

Sugar increases your uric acid levels, which can cause heart and kidney disease.

How to manage your sugar consumption:
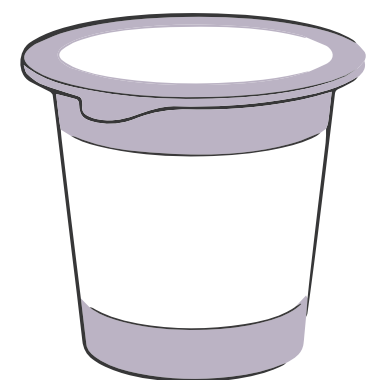
OMEGA-3

Increase your consumption of healthy fats.

Examples include, raw nuts, coconut oil, free-range eggs, and salmon.

Drink water!

Avoid sugary beverages and drink more water.

Eat more fermented foods.

Examples of these include, yogurt and pickled vegetables.