

Ahmed Yosry (2646), Malak Elarieby (2523), Ayoob Elsharif (2657)
First Year PharmD Students, Academic Year 2019/2020
Faculty of Pharmacy, Libyan International Medical University

Introduction

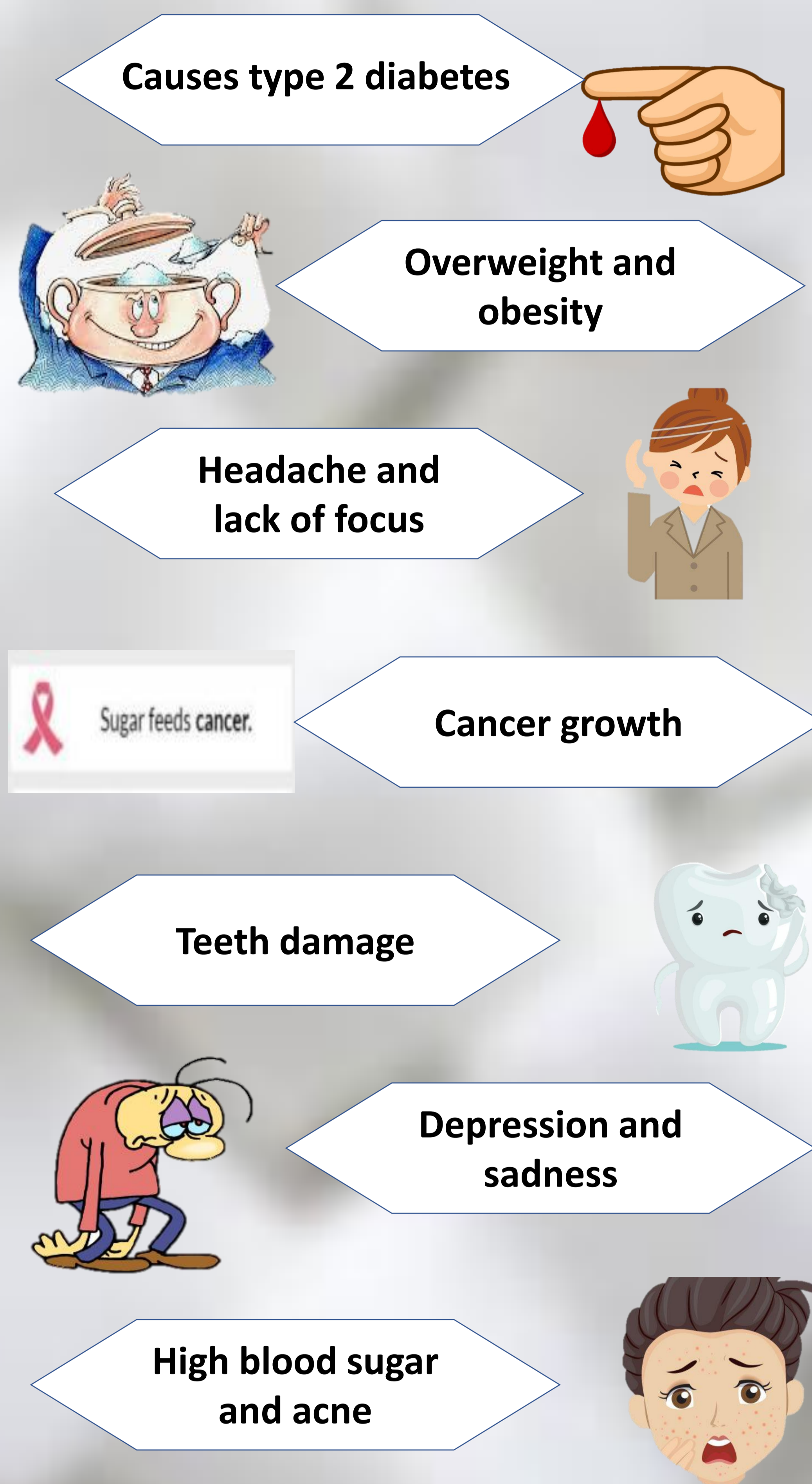
With diseases spreading and deteriorating health among people, let's take a look at the most pathogenic things of those days, which are harmful foods and poor eating habits including eating sugar (sucrose). Despite its pleasant taste and uses in the food industry, sugar plays a major role in the deterioration of health leading to many diseases. When researchers studied and learned about the harmful effects of sugar in our bodies, they named it as the "Sweet Poison". Given that most people cannot spend their day without eating sugar, it is important to discover what sugar is.

What is sugar (sucrose) and its structure?

Sucrose, commonly known as table sugar, It has a molecular formula ($C_{12}H_{22}O_{11}$) and scientifically known as disaccharide which consists of one molecule of glucose and one molecule of fructose. They are joined by a glycosidic bond, a special chemical link that binds carbohydrates together. Glucose and fructose are digested, absorbed and metabolized separately, but both result in the same end product that your body uses for energy. However, sucrose digestion does not begin until the sugar reaches the small intestine in order to digest it by a unique bacteria that secretes a specialized enzyme to break sucrose and absorbed in small intestine to blood stream and liver directly which causes many problem in body.



How does sugar affect the body?



Sugar free life



Ways to avoid sugar



Always read the food labels carefully before buying anything



Do not keep tempting treats at home



Use honey for sweetening

Replace sweets by fresh fruits



Avoid all soda's and fizzy drinks



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