



READ & DISCUSS

Sweet Things

Is it time to ditch sugar?

It's no secret that sugar can cause issues if you're indulging in a little too much of the sweet stuff. Still, most Americans are eating too much sugar. While ditching the sweet stuff can result in a physically healthier you, it's the effect sugar has on our mental health that's worth taking a second look. You've probably heard of the term "sugar rush" — and have maybe even turned to a donut or soda for an extra boost during a long day. Yet sugar may not be such a positive pick-me-up after all.

Withdrawing from sweets can feel like a panic attack.

Quitting processed sugar might not be as simple as you think. Withdrawing from sugar can actually cause side effects, such as:

anxiety irritability confusion fatigue

This has led experts to look at how the withdrawal symptoms from sugar can resemble those of certain addictive substances.

When someone misuses a substance for a period of time, like cocaine, their body goes into a physiological state of withdrawal when they stop using it. That's why going cold turkey from sugar may not be the best solution for someone who also has anxiety.

"Suddenly stopping sugar intake can mimic withdrawal and feel like a panic attack," Naidoo says. And if you have an anxiety disorder, this experience of withdrawal can be heightened.

Source:

www.healthline.com

<https://www.healthline.com/health/mental-health/how-sugar-harms-mental-health#withdrawal>

Follow-up & Discussion Questions

1. Are you addicted to anything?
2. What is your go-to sugar rush?
3. If it wasn't unhealthy, would you have liked to be a sugar junkie?
4. Which sweet things have you seen in other parts of the world, that you can not find in your country?
5. Have you ever tried quitting an addiction?
6. Do you have any sugar junkies in your family?

This can be a teacher-student discussion, pair work or a group discussion.

