

Sugary Drinks Endangers our Health

VOCABULARY WORDS

1. annually /'anyʊəlē/ once a year; every year.
Example: The organization gives a prize annually to the best community.
2. diabetes /dai·uh·bee·teez/ a disease that occurs when your blood glucose, also called blood sugar, is too high.
Example: He controls sugar intake because he wants to avoid having diabetes.
3. reduction /rə'dækSH(ə)n/ the action or fact of making a specified thing smaller or less in amount, degree, or size.
Example: The employees protested against the reduction in wages.
4. cardiometabolic /kaar·dee·ow medə'bālik/ means (medicine) Concerning both heart disease and metabolic disorders such as diabetes.
Example: Cardiometabolic disease risk in adults is increasing.
5. intended /in'tendəd/ planned or meant
Example: The advertisements are intended to improve the company's image.



In our soda, tea, coffee and juice: We like to drink sugar. Americans eat about 60 pounds (27 kilograms) of sugar **annually** on average -- and almost half of that comes from drinks, according to the American Heart Association.

For people who are at risk for or have **diabetes**, drinks sweetened without sugar may help, according to a study published recently.

In a study published in JAMA Network Open, researchers found replacing sugar-sweetened beverages with low- or no-calorie sweetened beverages (called "LNCSB" by nutrition professionals) was associated with small **reductions** in weight and **cardiometabolic** risk factors, the study said.

"Universally, everyone is recommending a reduction of sugar," said senior study author Dr. John Sievenpiper. "Now the next question is: What's the best way to replace it? "Some beverages will give you that **intended** benefit and in a way that's similar to what you would expect from water." (CNN)

DISCUSSION

1. Do you think that sugar is addictive? Why?
2. What are the worst effects of too much sugar?
3. Should parents allow their kids to eat anything sweet?\
4. What are your favorite sweets?
5. How do you control your sweet intake?
6. What can people do to not be addicted to sweets?