

Is A Tablespoon Of Sugar Every Day Too Much?

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4 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=JMAFWbHqML0](https://www.youtube.com/watch?v=jMAFWbHqML0)
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SUMMARY

The discussion emphasizes the importance of understanding sugar and carbohydrates, advocating for moderation rather than complete avoidance. It highlights that sugar, often demonized, can be part of a balanced diet when combined with proteins and fats to maintain stable blood sugar levels.

- *Sugar encompasses all carbohydrates, not just sweeteners.*
- *Moderation is key; one can enjoy sugar without strict dieting.*
- *Combining sugars with proteins or fats helps regulate blood sugar levels.*
- *Many people mistakenly believe that sugar substitutes are healthier, leading to overeating.*
- *Refined sugar has no nutritional value and can be addictive, but moderation is crucial.*
- *Different carbohydrates (like complex carbs) can be healthy when paired correctly with other foods.*
- *The way food is consumed (e.g., rice with dal) can impact blood sugar management.*

it's not about how to pick up the right shoes how to combine your sugar with the right food the worst thing you can do is substitute it with another thing and have overdose of it sugar is the evil sugar is the white poison sugar is every poison and I don't know whatever else gets added but but really just let's talk about it and give everybody a little bit of a sugar rush as we have this conversation

so first let me clear it out sugar doesn't mean just your sweet sugar sugar basically means carbohydrates right so that's the first thing you should know in order to whatever body poles you have you don't need to give up sugar when I mean again when I say sugar I mean carbohydrates okay yes I eat everything I eat in moderation and I enjoy when I have to because that's what life is about you need to do a diet that

fits your lifestyle otherwise you're going to be a very unhappy person and especially if you're with someone who's you're going out with someone they'll be even much more unhappy with you so I've learned this the hard way moderation is the key and that's what I tell everyone whoever comes to me that listen you don't need to diet on a day where you're gonna have the maximum fun you know you have the whole year to do that

so why choose that particular day where everyone is going on and that's the day you actually choose to diet let's break different kinds of sugars you say sugars are also in carbohydrates and carbohydrates another evil altogether right like everybody's I think resolution is go of dairy go up sugar go of carbohydrates and I'm thinking like okay guys what are we going to eat but really let's break sugars down and and you know in your

opinion how can people go about picking the

right sugars versus perhaps The Not So Right sugars so you know what it's not about how to pick up the right sugars how to combine your sugar with the right food so what what basically I mean by this is for example even today fruit is considered sugar and a carbohydrate which most people don't want to have it but if you have a fruit along with that you have some nuts or you have some form of protein or fats along with it it

balances your blood sugar levels the game today is all about maintaining a blood sugar level all health issues today are concerned with maintaining your blood sugar levels because if they're on a roller coaster you will suffer a number of health issues now how can this be done very simple have moderation you have your sweet sugar that's what you like to do you know it's been approved you can have one or two teaspoons a day it's not going to

make a difference the worst thing you can do is substitute it with another thing and have overdose of it because what changes in a coconut sugar and the sugar is the nutritive value the calories don't change how it affects your blood sugar levels also doesn't it and that's all most people don't get it so when they go for a gluten-free sugar-free dessert they're so excited that they eat the entire cake rather than eating a piece but when you actually go for a sugar

cake with actual sugar is actually lesser amount so eating lesser calories you are actually controlling your blood sugar levels slightly better because all of a sudden you know that this is unhealthy so let's eat less of it so it's all also about a marketing gimmick how people are selling sugar today saying that yes refined sugar has zero nutritive value it doesn't do any benefit to your body it is kind of addictive and it does change your gut

microbe so you need to know these facts as well but as I said moderation is the key there's so many things that are harmful I know people who will have cigarettes and then they say no no we don't have cake because sugar causes harm to your body and I'm like you're smoking like that's worse you know so it also depends with what evil you're comparing with now when it comes to other forms of carbohydrate when it

comes to your rice white rice or when it comes to your rotis when it comes to you know your potato those form of carbohydrates are very different you know now you can cause certain carbohydrate like complex carbohydrate which are your potatoes and you know you know whole wheat all those kinds of those things are fine to have again if you combine it with vegetables protein and fat and that's why they say you know put a ghee on your Roti because again

doesn't raise a blood sugar level so if we stick to the wave used to eat it's all good again with rice if you only have rice huge quantity is a problem but if you have rice the way it's supposed to be had with your Dal with little bit of a kachuma on the side a little bit of pickle on the side your blood sugar levels will be maintained and you will be able to enjoy carbohydrate for

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