



HEAVY WEIGHT

CHANGES IN BLOOD SUGAR FROM CONSUMING EXCESS SUGARS CAUSE LOWER ENERGY LEVELS AND WEIGHT GAIN



American Dietetic
Association

Proper nourishment is a basic human need. This need, so intrinsic to the health and happiness of every person, is central to many social issues. Hunger, obesity, eating disorders, organic food, and local farming are just a few related topics.

For more information: www.eatright.org

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