Harmful Effects of Sugar in American Foods

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Background

Food manufacturers typically add sugar to their foods & drinks for faster selling of their products, enticing customers with sweet flavors. In essence, what this research explores is the history of sugar, its mass usage in the United States, and the harmful effects of high-volume sugar consumption on consumer health. My research goals are to inform and educate consumers about the dangers of high volume sugar consumption, and to encourage healthier nutrition and lifestyle.

Fast Food Culture

This research further explores implications of the fast food culture in the Western diet, its massive influence, and what can be done in the meantime to preserve America’s health and wellness.

Materials & Methods

Literature Review. Qualitative and quantitative research was selected and provided by credible sources, research groups, and highly regarded investigators in the field. Data and population studies in both humans and rats were examined and utilized for medical observation. Research reports were extracted through systematic reviews and meta analyses, random controlled trials, non-randomized controlled trials, cohort studies, case control studies, cross-sectional studies, interviews, patient testimony, and expert opinion.

Peer reviewed articles from academic and medical institutions were examined, in addition to research from investigators, journalists, medical doctors, nutritionists, who’ve contributed to the awareness and or problem solving of this critical issue. I limited any research or data provided from authors of articles or publications that pose a conflict of interest or have received any funding from the food or sugar industry to induce partial or influenced information. Data selected for this research paper spanned from 1970-2018 to create a 50 year comparative analysis over time on annual research published on high volume sugar consumption, and its effects on human health.

Results

Recent studies have linked high sugar consumption to chronic medical illnesses such as diabetes, obesity, cancers, oral disease, heart disease, kidney failure, and hyperactivity in children.

Conclusions

Over the past 50 years, doctors, food suppliers, and consumers were often at odds about the risks and long-term effects of sugar consumption, concluding not enough research or scientific evidence. In 2018, there is now sufficient data to prove that high volumes of sugar consumption in everyday food and beverage has put American lives at high risk for chronic disease and premature death at alarming rates. Chronic disease development may be in conjunction with other unhealthier foods, diet, and lifestyle. My action plan will be to launch a national campaign promoting high volume sugar awareness, disease prevention, and weight control through lifestyle modification.

Bibliography
