

## 白糖危害您健康的多種因素

撰稿人：[Nancy Appleton, PhD](#)

[Lick The Sugar Habit](#) – 書之作者

除了會導致人體失去平衡外，過量的糖分可能會引發其他嚴重的後果。以下所列出的是一些從各種醫學期刊和其他科學刊物摘下有關於糖所變化成的不良影響。



1. 糖會壓制您的免疫系統，削弱您防禦傳染病的抵抗力。<sup>1,2</sup>
2. 糖擾亂您身體系統裡的礦物質平衡：造成鉻和銅的缺乏，並乾擾鈣和鎂的吸收。<sup>3,4,5,6</sup>
3. 糖可導致兒童的腎上腺素迅速上升、好動症、焦慮、注意力難以集中和急躁症。<sup>7,8</sup>
4. 糖能夠顯著提升總膽固醇量、甘油三酯及壞膽固醇，並降低好的膽固醇水平。<sup>9,10,11,12</sup>
5. 糖會造成人體組織失去彈性和功能。<sup>13</sup>
6. 糖能餵養癌細胞及與許多癌症有關聯，如乳癌、卵巢癌、前列腺癌、直腸癌、胰腺癌、膽管癌、肺癌、膽囊癌和胃癌。<sup>14,15,16,17,18,19,20</sup>
7. 糖會增加空腹血糖水平，並可能會導致低血糖反應。<sup>21,22</sup>
8. 糖使視力衰退。<sup>23</sup>
9. 糖會導致許多胃腸道的問題，其中包括：呈酸性的消化道、消化不良、吸收不良等腸道疾病、增加罹患克羅恩病(Crohn's disease)和潰瘍性結腸炎。<sup>24,25,26,27,28</sup>
10. 糖可導致早衰。<sup>29</sup>
11. 糖可導致酒精中毒。<sup>30</sup>
12. 糖可使您的唾液變成酸性、引發蛀牙和牙周病。<sup>31,32,33</sup>
13. 糖會造成過胖。<sup>34</sup>
14. 糖可引起自體免疫性疾病，如：關節炎、哮喘、多發性硬化症。<sup>35,36,37</sup>
15. 糖可極力促使白色念珠菌無節制地增長（酵母菌感染）。<sup>38</sup>
16. 糖可導致膽囊結石。<sup>39</sup>
17. 糖可引起闌尾炎。<sup>40</sup>
18. 糖可引起痔瘡。<sup>41</sup>
19. 糖可導致靜脈曲張。<sup>42</sup>
20. 糖可提高口服避孕藥者對血糖和胰島素反應。<sup>43</sup>
21. 糖可造成骨質疏鬆症。<sup>44</sup>
22. 糖可導致您對胰島素的敏感性降低，從而導致胰島素水平異常提高，並最終引發糖尿病。<sup>45,46,47</sup>
23. 糖會降低您的維生素 E 水平。<sup>48</sup>
24. 糖可增加您的血壓的收縮壓值。<sup>49</sup>

25. 糖可引致昏睡及降低兒童的活動率。<sup>50</sup>
26. 高糖量攝取會提高高度糖基化終產物 (AGE) (一種糖分子聚合物，會破壞人體內的蛋白質)。<sup>51</sup>
27. 糖可乾擾您的蛋白質吸收。<sup>52</sup>
28. 糖會導致食物過敏。<sup>53</sup>
29. 糖會導致妊娠毒血症。<sup>54</sup>
30. 糖會增加兒童罹患濕疹的風險。<sup>55</sup>
31. 糖可導致動脈粥樣硬化症和心血管疾病。<sup>56,57</sup>
32. 糖可損害 DNA 的結構。<sup>58</sup>
33. 糖會影響蛋白質的結構，並永久性地改變蛋白質在您體內所產生的功效。<sup>59,60</sup>
34. 糖可使您的皮膚膠原結構產生變化、導致肌膚老化。<sup>61</sup>
35. 糖可導致白內障和近視。<sup>62,63</sup>
36. 糖可引起肺氣腫。<sup>64</sup>
37. 高糖量攝取會破壞許多身體系統的平衡。<sup>65</sup>
38. 糖會降低酵素的反應能力。<sup>66</sup>
39. 帕金森氏症病患的糖分攝取量比一般人高。<sup>67</sup>
40. 糖可增加肝細胞分裂而使肝臟變大，同時增加肝臟的脂肪量。<sup>68,69</sup>
41. 糖會增加腎臟的尺寸和造成腎臟病理學上的改變，如形成腎結石。<sup>70,71</sup>
42. 糖會損害您的胰腺。<sup>72</sup>
43. 糖會增加您體液的滯留。<sup>73</sup>
44. 糖是您腸胃蠕動的頭號敵人。<sup>74</sup>
45. 糖會危及您的毛細血管。<sup>75</sup>
46. 糖會使您的肌腱更脆弱。<sup>76</sup>
47. 糖會造成頭痛，包括偏頭痛。<sup>77</sup>
48. 糖會降低學習能力，影響孩童的成績，而且會造成學習障礙。<sup>78,79</sup>
49. 糖會增加  $\delta$  (Delta)、 $\alpha$  (Alpha)及  $\theta$  (Theta)的腦電波，並改變您的思考能力。<sup>80</sup>
50. 糖會造成憂鬱症。<sup>81</sup>
51. 糖會增加您罹患痛風的風險。<sup>82</sup>
52. 糖會增加您罹患阿爾茨海默氏病的風險。<sup>83</sup>
53. 糖會導致荷爾蒙失衡，如：提高男性的雌激素含量、加劇經前期綜合症，並減少生長激素。<sup>84,85,86,87</sup>
54. 糖可導致頭暈。<sup>88</sup>
55. 高糖分攝取量會增加自由基與氧化應激。<sup>89</sup>
56. 高糖飲食會顯著增加血小板粘附性及周邊血管疾病。<sup>90</sup>
57. 懷孕間攝取高糖分會導致懷孕期縮短和產下體型過小的嬰兒(SGA)之雙重風險。<sup>91,92</sup>
58. 糖是一種會令人上癮的物質。<sup>93</sup>
59. 糖像酒精一樣會令人感到興奮。<sup>94</sup>
60. 給早產兒食用糖可影響他們的二氧化碳製造量。<sup>95</sup>
61. 減少食糖攝入量可提高情緒穩定度。<sup>96</sup>

62. 糖在您的血液中變化成脂肪的指數是澱粉的 2 至 5 倍。<sup>97</sup>
63. 糖會在肥胖者的體內快速被吸收，導致他們攝取過量的食物。<sup>98</sup>
64. 糖會進一步使注意力不足過動症(ADHD)的兒童的症狀惡化。<sup>99</sup>
65. 糖不利於尿液電解質的組成。<sup>100</sup>
66. 糖會減慢您的腎上腺功能。<sup>101</sup>
67. 糖在正常健康的個體中具有能導致不正常代謝過程的潛能，並會促進慢性退化疾病。<sup>102</sup>
68. 由靜脈餵養的糖水會阻斷腦部的氧氣。<sup>103</sup>
69. 糖會增加罹患脊髓灰質炎的風險。<sup>104</sup>
70. 高糖分攝取量可引起癲癇症發作。<sup>105</sup>
71. 高糖造成肥胖者血壓提高。<sup>106</sup>
72. 在重症監護病房：減少糖分攝取量可拯救生命。<sup>107</sup>
73. 糖可誘導細胞死亡。<sup>108</sup>
74. 在少年康復營地中，當提供孩子們低糖的飲食，反社會行為可下降 44%。
75. 糖使新生兒脫水。<sup>110</sup>
76. 糖會導致牙齦疾病。<sup>111</sup>

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