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**THE INFLUENCE OF SUGAR ON THE ORGANISM**

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**Relevance.** Food contains different materials that help our body stay strong and healthy. Proteins are the most important of them and they are absolutely necessary for the body growth and repair any injuries. The sugar and starches, known as carbohydrates are substances that everyone needs, because they supply energy for the body. Vitamins and minerals help the body to make good use of the food we eat. But obviously, a healthy and well-balanced diet is the main factor in maintaining our health. The body is able to regulate the consumption of harmful and proper substances and provide us with important substances which help the body to make sure be healthy. But now the problem of excessive consumption of sugar is relevant due to the wide variety of foods containing a large amount of sugar, and the increase in the number of people suffering from diabetes, caries and obesity.

**Aim:** to study the positive and negative effects of sugar on the human body, to identify the amount of sugar consumed in the diet of a modern man, to find out the effects of excessive consumption of sugar, to analyze how much sugar people can eat to keep the normal condition of the body, to find ways to protect us from negative sugar consumption effect.

**Materials and methods.** Internet websites, questionnaires, scientific articles and literature, documentary films and videos devoted to this problem have been studied.

**Results and their discussion.** We interviewed 100 people, 50 of whom were at the age of 16-23 and 50 - at the age of 40-55 and received the following results: 29% of people aged 16-23 watch the amount of sugar they eat daily, 71% don't watch how much sugar they eat daily; 34% of people aged 40-55 responded accordingly "yes" and 66% - "no"; 82% of people aged 16-23 think that sugar is harmful for their body, 18% of people of this age think that sugar isn't harmful for them; 90% of people aged 40-55 answered accordingly "yes" and 10% - "no". 97% of people aged 16-23 are afraid of visiting the dentist, 3% of people of this age gave negative answer; 33% people aged 40-55 responded accordingly "yes" and 67% - "no".

**Conclusion:** sugar is an ambiguous product. Moderate consumption of sugar raises the mood, thus benefiting the body and giving energy for the whole day. But our studies have shown that the more hyper-glycemic foods (those that quickly affect blood sugar), including foods containing sugar, a person consumes, the higher his risk for becoming obese and for developing diabetes and heart diseases. Emerging research also suggests connections between hyper-glycemic diets and many different forms of cancer and caries.