



Sugar and Cancer

Does sugar “feed” cancer?

The simplest form of sugar is a molecule called glucose. Every cell in our body, including cancer cells, needs glucose for energy. Glucose comes from the carbohydrates we consume and also from our body. Even if all sugar or other forms of carbohydrate are cut from the diet, your body will make the sugar you need from fat and protein. However, this can be an unhealthy state for the body and can lead to weight loss and malnutrition.

Is sugar unhealthy?

When we consume carbohydrates, our bodies produce insulin to process the sugar. This is the normal process of metabolizing food, but too much insulin can be unhealthy for our bodies. Excessive intake of sugar can contribute to obesity and an increased risk of chronic diseases, including cancer. Processed foods will raise blood sugar and insulin levels more rapidly, so moderation is key. While we have not found that sugar directly causes cancer or contributes to the growth of cancer cells, what we do know for sure is that too much sugar, and too much insulin is not good for our health.

Are all carbohydrates the same?

While it is not necessary to completely avoid sugar, reducing added sugar and consuming nutrient-dense, high fiber carbohydrates is associated with a reduced risk of cancer.

Consume less:	Consume more:
<ul style="list-style-type: none">• Soda• Fruit drinks• Candy• Processed grains• Cookies/cakes/pie	<ul style="list-style-type: none">• Fruits• Vegetables• Whole grains• Nuts/seeds• Beans

What’s the Bottom Line?

It is true that cancer cells utilize sugar for energy, but so does every other cell in our body. If you are going through treatment, it is important to remember that your healthy cells need energy now more than ever. Avoiding sugar all together can leave your healthy cells starved for energy. Whenever possible, limit intake of processed carbohydrates and food with added sugar. Instead, choose high quality carbohydrates packed full of nutrients and fiber.

Reference: https://higherlogicdownload.s3.amazonaws.com/THEACADEMY/5305c4a8-5a9a-419b-9f22-89c196d27453/UploadedImages/ON/Documents/Sugar_and_Cancer-7_22.pdf