

Food Rules

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Food Rule # 6: Avoid food products that have some form of sugar (or sweetener) listed among the top three ingredients.

Michael Pollan's sixth food rule is one that should be followed because sugar is the cause of different health issues. In our current society, many people have some form of hyperglycemia (high blood sugar) which is a cause of diabetes. Diabetes as a disease can lead to other health issues and can even cause death. Obesity can also be caused by a high sugar diet. This epidemic of obesity can lead to diseases as well as psychological issue and eating disorders. Being aware of the ingredients in the foods we eat and having less sugar intake will benefit our health.
