Seeking to Raise Awareness About the Harmful Effects of Sugar

*Healthy YOU Vending Supports Efforts to Limit Sugar Intake*

SALT LAKE CITY (PRWEB) January 04, 2019 -- Appropriate sugar intake for the human body is one of the most controversial topics in our society today. Many years of research have shown that a diet high in sugar can cause lasting health problems. It is estimated that many Americans get at least 15 percent of their daily calories from various sugars that can create many negative effects over time.

Fueling the body with empty calories that hold little to no nutritional value can leave an individual low in vital nutrients. Vitamin deficiencies are widely abundant in modern societies throughout the world due to poor dietary choices. Many of the body’s functions rely on essential vitamins and minerals to operate at an optimal level. When those crucial factors are missing, such processes cannot happen in an efficient manner. Many avoidable health conditions have been attributed to a diet overly saturated with sugars. Some of these include:

- Type 2 diabetes
- Chronic inflammation
- Heart disease
- Non-alcoholic fatty liver
- Obesity
- Metabolic syndromes
- High blood pressure and cholesterol
- Dental decay and cavities

These ailments have been directly linked to a high sugar intake and researchers are confident others will be included on that list in the near future. It stands to reason that if healthy whole grains, fruits, vegetables and lean proteins are replaced with empty calories that do not provide adequate nutrition, the body’s immune system cannot function properly. This can leave the body’s immune system in a vulnerable position to develop other health conditions and diseases.

Weight gain from a diet high in sugar and simplified carbohydrates is the primary cause of insulin resistant, or type 2 diabetes. Consistently eating sugary foods creates the need for higher insulin production within the body. Over time this process can be taxing on the pancreas by altering the body’s insulin processes—resulting in type 2 diabetes. Maintaining an even blood-glucose level and a healthy body weight is the optimal goal in long-term prevention of this disease.

While it is true that the human brain runs primarily on carbohydrates, many people are ingesting too many of them in simplified forms, such as in baked goods, candies and soda. Carbohydrates are an essential source of fuel for the human body and its functions. Due to a robust variety of sugary foods that are both easily accessible and inexpensive, modern lifestyles often foster unhealthy or unbalanced nutritional choices.

Recognizing this problem is the first step in making the necessary adjustments and finding a healthy solution. Healthy YOU Vending is working hard to bring awareness and aid by providing optimally tailored snack and drink selections that contain lower sugar content than typical vending machine options.

For more information about Healthy YOU Vending, its entrepreneurial philosophy and the Healthy YOU...
Difference, go to http://www.healthyyouvending.com/.
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Healthy YOU Vending is the world leader in the healthy vending industry. With their corporate offices located in Kaysville, Utah, the Healthy YOU team is dedicated to making healthier snacks, drinks and food products more accessible to people across North America. Their vending equipment is privately manufactured in the United States at a state-of-the-art facility. Owner/Operator opportunities for serious-minded and health conscious entrepreneurs are currently available in most states.
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