



OBESITY

MENTAL HEALTH

**SUGAR
RUSH**

HEART DISEASE

CANCER

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Fructose, a constituent of table sugar, changes cell metabolism and raises the activity of cancer-promoting protein.

MENTAL HEALTH

- Addictive
- Depression
- Anxiety

HEART DISEASE

A sugar-laden diet may raise your risk of dying of heart disease even if you aren't overweight.

Three fizzy drinks per day could triple chance of heart disease