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Fundamental Biological Molecules

Dr. Steel

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Sugar Challenge

I initially went into this challenge being nervous because I knew that I wasn't going to feel well by the end. You don't really notice how much sugar is in your diet until you start to remove it. As an extra challenge I checked my blood glucose levels three times each day while doing this challenge. On the first day, I didn't really notice too many changes besides being hungry. I cooked my meals and put time into what I was doing. Overall, I felt pretty good about the whole thing on the first day. However, by the time I got to the second day I was exhausted, woke up with an extreme headache, and I could not think straight. The best way to describe it is that it felt like my head was stuck in a fish bowl that was just too small. I did notice something interesting with my blood glucose levels though. Even though I had not been consuming added sugar I noticed a large spike in my glucose levels (which is not normal for me). I typically have good blood glucose levels, but it was almost like my body was in shock. Since I did not consume any added sugar, I feel like my body began to release glucose into my blood because I was under "starving" conditions. On the final day, I still felt terrible, but my blood glucose levels were returning to normal. Ultimately, I quit the no added sugar challenge right after the three required days. Personally, removing added sugars did not help me much (I couldn't even imagine removing all carbohydrates from my diet). For some people this kind of diet would be perfectly fine, but I would never consider this again.