

Effects of certain contents of foods on the body

Food or drink	Positive impacts on the body	Negative impacts on the body
Sugar	<ul style="list-style-type: none"> Your body needs a small amount of sugar to help maintain blood sugar levels, but this will come naturally from a healthy diet and does not need to be actively included 	<ul style="list-style-type: none"> Makes your organs fat. Can cause obesity. Can cause Type 2 Diabetes. Negative impact on the heart. Causes tense artery walls, something that can lead to high blood pressure and heart disease. It has been suggested that too much sugar could cause your liver to create bad cholesterol as well as preventing your body's ability to clear it out. Eating a high-sugar diet leaves your body feeling hungry, even when you're overeating
Fat (saturated)	<ul style="list-style-type: none"> Help with certain vitamin absorption Help to keep blood sugar levels stable 	<ul style="list-style-type: none"> Can cause obesity. Causes an increase in bad cholesterol.
Fat (unsaturated)	<ul style="list-style-type: none"> Reduces the amount of bad cholesterol and increases the amount of good cholesterol in the body Makes you feel full up Can help to protect against heart disease and stroke 	<ul style="list-style-type: none"> Still has the potential to cause obesity in excess
Salt	<ul style="list-style-type: none"> Some salt in your diet maintains the correct level of electrolytes that ensures body processes work effectively Salt helps to regulate blood pressure 	<ul style="list-style-type: none"> Raises the amount of sodium in your bloodstream and as a result can prevent your kidneys removing water – this causes higher blood pressure and can damage the kidneys long term (kidney disease) which can result in toxic waste products building up in the body. Arteries - The extra blood pressure caused by eating too much salt puts extra strain on the insides of your arteries. To cope with the extra strain, the tiny muscles in the artery walls become stronger and thicker. Yet this only makes the space inside the arteries smaller and raises your blood pressure even higher. This cycle of increasing blood pressure (which occurs slowly over a number of years) can ultimately lead to the arteries bursting or becoming so narrow that they then clog up entirely. When this

		<p>happens, the organs of the body that were receiving the blood from the arteries become starved of the oxygen and nutrients they need. This can result in the organs being damaged and can be fatal.</p> <ul style="list-style-type: none"> • Heart - The raised blood pressure caused by eating too much salt may damage the arteries leading to the heart. At first, it may cause a slight reduction in the amount of blood reaching the heart. This may lead to angina (sharp pains in the chest when being active). With this condition the cells in the heart don't work as well as they should because they are not receiving enough oxygen and nutrients. However, lowering blood pressure may help to alleviate some of the problems and reduce the risk of greater damage. • Higher blood pressure causes arteries to burst or become clogged which can result in a heart attack and can lead to dementia and/or stroke.
<p>Water (lack of)</p> <p>While there are generally no negative effects of drinking water, too little water (dehydration) can have a number of serious consequences</p>	<ul style="list-style-type: none"> • Keeps your body hydrated, ensuring that all systems within your body function effectively • Keeps your kidneys healthy • Keeps your skin healthy 	<ul style="list-style-type: none"> • Dehydration can cause headache, dryness and/or stickiness in the mouth, lips, tongue, and skin. Severe can cause fatigue, very dark or no urine, confusion, dizziness, and chest pain. • The water inside your body acts as a cooling mechanism which doesn't function properly when you don't drink enough. This can cause cramps, a faster pulse, dizziness, light-headedness, fatigue, and feelings of being too hot or cold. • Dehydration interferes with many bodily processes, and can affect the balance of electrolytes, vitamins and minerals. This can cause irregular heart rhythms, and convulsions and can even lead to kidney failure, loss of consciousness, low blood volume, and shock. • Can cause constipation, stomach ulcers and joint pain.