



The Bitter Side of Sugar

Its hidden link to disease

BY HECTOR BELARDO

Sugar is a staple of the American diet but fuels a growing health crisis, contributing to obesity, diabetes, heart disease, and cognitive decline. Americans consume far more sugar than recommended, often hidden in everyday foods. High sugar intake leads to insulin resistance, inflammation, and mental health issues. Breaking free from its addictive grip requires small changes like reading labels, reducing sugary drinks, and choosing whole foods. To protect our health, we must rethink our diets.



Sugar Shock: The 10 Sweetest Fast-Food Drinks

- 1/** Sour Tango Lemonade (CosMc's): 110g sugar per large serving.
- 2/** CosMc's Berry Hibiscus Sour-Ade (McDonald's): 108g sugar in a large.
- 3/** Chai Frappé Burst (CosMc's): 107g sugar per large.
- 4/** Tropical Smoothie Café Sunrise Sunset Smoothie: 94g sugar in a 24oz serving.
- 5/** Sonic Large Cherry Limeade: 86g sugar in a 44oz serving.
- 6/** Wendy's Large Tropical Berry Lemonade: 83g sugar.
- 7/** Starbucks Venti Java Chip Frappuccino: 80g sugar in a 24oz size.
- 8/** Dairy Queen Blizzards (select flavors): Up to 74g sugar in a large.
- 9/** Chick-fil-A Frosted Lemonade (large): 64g sugar.
- 10/** Taco Bell Wild Strawberry Freeze: 58g sugar for a large.

Top 10 Fast-Food Carb Bombs and Their Sugar Stats

- 1/** Dairy Queen Honey BBQ Chicken Basket: 186g carbs, 48g sugar.
- 2/** McDonald's Big Breakfast with Hotcakes: 123g carbs, 48g sugar.
- 3/** Panda Express Chow Mein (Large): 115g carbs, 10g sugar.
- 4/** Chipotle Burrito with Rice, Beans, Guacamole: 105g carbs, 5g sugar.
- 5/** Jack in the Box Chicken Teriyaki Bowl: 109g carbs, 33g sugar.
- 6/** Panera Grilled Cheese with Tomato Soup: 94g carbs, 18g sugar.
- 7/** Culver's Bacon Deluxe Double Burger with Fries: 88g carbs, 7g sugar.
- 8/** Wendy's Homestyle Chicken Sandwich with Fries: 100g carbs, 6g sugar.
- 9/** Subway Sweet Onion Chicken Teriyaki Sub: 76g carbs, 20g sugar.
- 10/** Burger King Chicken Fries (9-piece): 43g carbs, 1g sugar.



Come Sweat out the Sweetness and join us!