

How Sugar Impacts the Brain

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TED-Ed

When we eat sugar, our taste buds, our gut and our brain all take notice. This activation of our reward system is similar to how our bodies process addictive substances. An overload of sugar spikes dopamine levels and leaves us craving more sweets.

Video of How sugar affects the brain - Nicole Avena

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<http://www.foodmanufacturing.com/videos/2014/01/how-sugar-impacts-brain>