

## **Inquiry Projects Generated from Reading The Case Against Sugar**

- How does sugar intake affect pregnancy and the development of gestational diabetes?
- How does sugar affect my toddler as he grows?
- How does sugar affect pregnancy?
- How bad is artificial sugar compared to natural sugar?
- Why do we crave sugar?
- Does sugar intake have any impact on my epilepsy?
- What is it that decides whether sugar is going to affect us in a negative or positive way?
- What affects does sugar have on children?
- How much sugar is too much sugar?
- How did sugar start as luxury and end up being a common household staple?
- Is sugar the only cause for obesity and diabetes?
- Why or why not is Gary Taubes a credible writer on the topic of sugar?
- "How closely is the brain activity and human behavior toward sugar molecules related to addictive drugs?" or "Is sugar addiction similar to drug addiction in diabetics?"
- What are the physiological effects of sugar on a person's mind?
- What happens to your body when consuming sugar that makes it so addicting ?
- Why do we crave sugar?
- What is the role sugar played in 16th century Mexico?
- How does sugar intake affect pregnancy?
- "Is there a relation between sugar consumption and depression?"
- How does sugar affect our bodies to create cravings?
- Is sugar addiction an eating disorder? Or What is the relationship between sugar addiction and eating disorders?
- How harmful are sugary drinks for children like juice boxes, kool aide and sodas?
- What are some effective ways healthcare professionals help patients stop consuming sugar in their diet?
- How Does Sugar Affect the Brain?
- Is sugar not just a primary trigger but a part of a group of triggers that lead to obesity?
- Are sugar substitutes healthier for you than refined sugar?
- What is metabolic syndrome and how is it affected by sugar?
- Is there such a thing as "good sugar" and, if so, what does that mean?
- Is there a certain amount of glucose, the natural sugar from plants, that would be considered an unhealthy amount to intake or digest?
- Are cyclamates really as dangerous as they made them out to be or was that all just propaganda by the Sugar Industry?
- How is the sugar industry influencing policy and sugar consumption today? (and how does it compare to what they did in the 60s? are they still up to their tricks?)

- Is there a limit to the consumption of Natural sugar? Should we limit our intake of natural sugars and if so how much?
- What is sugar's effect on the endocrine system?
- What is the difference between natural sugar, refined sugar, and artificial sugar?
- What is the history and nature of sugar as an antiseptic?
- How does sugar affect the day-to-day life of children?
- Does sugar really make children hyper?
- How healthy or unhealthy are energy drinks?
- How similar is the reaction of the human brain to sugar to its reaction to the addictive drug cocaine?
- What is the current research saying on the cause of diabetes and how does it compare to Taubes' thesis?
- What are the rates of incidence of childhood type 2 diabetes (and perhaps juvenile fatty liver disease) and the likely causes of the increases in recent decades?
- How do school lunches effect children's obesity?
- Why is sugar so addicting?
- What are the current theories for what causes type 2 diabetes?
- How did Diabetes progress so quickly? What was the cause of this exponential increase?
- Is sugar not just a primary trigger but a part of a group of triggers that lead to obesity?
- How Does Sugar Affect the Brain?
- Are added sugars in processed foods unethical? Are they harming America's health in order to add profits to their company? –Heather
- How much do food companies hide sugar in popular foods? If they do, how do they do it and what should we watch out for?—Brianna
- How does sugar affect our Immune system?—Betsy
- Is sugar from vegetables and fruits bad, and is there a limit for intake of these sugars? Can you eat too much fruit? –Kaitlyn
- What kind and amount of sugar should a diabetic be ingesting?—Mackenzie
- To what degree does cutting out the sugar lead to weight loss? –Michael
- What is the earliest history of sugar cultivation and production?—Maryflor
- Is there really any form of sugar alternative that could be considered the right choice health wise?--Stacy