

Salt Consumption Safer Than Sugar: Research

Submitted by [Nimisha Sachdev](#) on Mon, 12/15/2014 - 08:08



1 ODD TIP FOR A FLAT STOMACH



Burn off some of your stomach fat each day by following this 1 weird tip.

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As per a new research, sugar can be more hazardous to health compared to salt. The research found that intake of sugar in excess can lead to increased risk of high blood pressure.

It is assumed by many health experts that salt and sugar should not be taken in excess and intake of both should be regulated so as to avoid any [health problem](#). According to Professor Francesco Cappuccio of University of Warwick, the stress on reducing sugar and not salt is unfair.

The effect of sugar consumption on both human and [animals](#) was examined by two researchers, James J. DiNicolantonio, PharmD, of St. Luke's Mid America Health Institute and Sean C. Lucan, MD, MPH, of Montefiore Medical Center. It was found in their study that [controlling](#) fructose consumption is necessary as it could lead an increased risk of attack in people with history of [hypertension](#) and heart disease.

As per the researchers, it is important to know the reasonable amount of sugar and salt that could be consumed in diet as intake of lower quantity could also lead to negative effects.

As per DiNicolantonio and Lucan, "Added sugars probably matter more than dietary sodium for hypertension, and fructose in particular may uniquely increase [cardiovascular](#) risk by inciting metabolic dysfunction and increasing blood pressure variability, myocardial oxygen demand, heart rate, and inflammation".

Cappuccio believes that intake of both sugar and salt should be taken into [account](#). As per Prof. Tom Saunders of King's College [London](#), it has been proved that reducing salt consumption leads to effective [weight loss](#) and lower blood pressure and there is not much fact about sugar until now that it can lower blood pressure.

5) Foods To Never Eat

Here are 5 foods you should never eat if you want to lose belly fat.







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