SUGAR NOT SO SWEET FOR MENTAL HEALTH

PARIS: Sugar lovers have little to fear for their teeth and your waistline, but also your mental health. Claims that sugar, including high-fructose corn syrup, causes diabetes and cancer have sparked a backlash by other experts. Researchers at University College London (UCL) compared the reported sugar intake of more than 60,000 people in a long-term British study to their mood. The study participants, civil servants, were monitored from 1994 to 2012, and their mental health was measured by the Oxford Health Questionnaire, which asks about depression and anxiety. The researchers found that a higher sugar intake was not associated with worse mental health outcomes.

"The sugar intake of the participants was not associated with depression or anxiety, which may be reassuring for those who are concerned about their mental health," said Dr. Collins. "However, it is important to note that this study was not designed to determine whether sugar intake causes mental health problems, but rather to investigate the association between sugar intake and mental health outcomes in a large, population-based study."

"These findings suggest that people who are concerned about their mental health may not need to worry about sugar intake per se, but should consider other factors that may influence mental health, such as physical activity, sleep, and social support," she added.

"Nevertheless, it is important to remember that this study was conducted in a large, population-based sample and should be interpreted with caution. Further research is needed to understand the complex interplay between diet and mental health, and to identify strategies for promoting mental health."