

Are certain types of sugars healthier than others?



Most people consume many different types of sugars from a variety of foods and beverages in their diet. A high intake of sugar is linked to an increased risk of obesity, type 2 diabetes, cardiovascular disease, and certain cancers. But whether some sugars are healthier (or worse) than others remains a question of interest to many...

(See attached link for more information from Harvard Health Publishing) [Are certain types of sugars healthier than others? - Harvard Health](#)

Your registered dieticians with St. Luke's Hemophilia Center are happy to meet with you to discuss your dietary needs in great detail, just give us a call!

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.