

# What are the Advantages and Disadvantages of Candy

## Detail Introduction :

Many people are born with a sweet tooth, because sweet food not only tastes delicious, but also is wonderful. As a kind of sweets, candies are very popular. I always like to prepare some at home, which is indispensable for festive occasions or festive occasions.

Confectionery Machine can produce many types of candies, and most food processing plants now have the equipment to make all kinds of candies and then sell them. There are a dazzling array of candies on the market. For all kinds of candies, do you know what effects and functions they have, and what are the disadvantages? If you want to know, just look down.



The first thing to introduce is the benefits of eating sugar:

### 1. Supplement sugar

Candies are rich in sugar. Eating candies can supplement the sugar needed by the human body. When sugar enters the human body, it is decomposed into organic enzymes, which can provide energy.

### 2. Make people happy

When you are in a low mood, you can eat some candies, because the candies contain honey ingredients, which are sweet in your mouth, can make your mood from sadness, suddenly get better, which is also a good effect of candy in healing mood.

### 3. Treat dehydration

Vomiting and diarrhea can cause dehydration. Drinking a cup of sugar water can effectively restore electrolyte balance and function and treat dehydration.

### 4. Prevent low blood sugar

Hypoglycemia can easily lead to coma, and timely sugar supplementation can effectively prevent the occurrence of coma.

#### 5. Protect the liver

Candy contains a lot of sugar. Sugar is an important substance that constitutes tissues and promotes the normal function of the liver. Eating some sugar can protect the liver.

There are many effects of eating sweets. The five benefits are introduced above. Eating some sweets is very beneficial to human health. Although eating sweets is good, it is not advisable to eat more. Eating too much can also cause adverse effects on the body. Good influence, let's look at the disadvantages of eating sugar.

Disadvantages of eating sugar:

#### 1. Lead to obesity

After eating candies, part of the ingredients replenish energy for the body, and the other part is stored as sugar in the muscles and liver.

#### 2. Lead to osteoporosis

The metabolism of carbohydrates in the body requires a lot of vitamins and minerals. Therefore, if you eat sugar regularly, it will cause a lack of vitamins and calcium in the body, leading to insufficient nutrition and supplements.

#### 3. Cause tooth decay

There are many bacteria in the human mouth. If you eat sugar often, these bacteria will decompose and ferment the residual sugar in the mouth. In this process, acidic substances will be produced, which will damage the teeth and cause tooth decay.

#### 4. Affect digestive function

The metabolism of sweets such as candies in the body needs to consume a lot of vitamins, the secretion of saliva and digestive juice is reduced, and the gastric acid is too much, which causes intestinal fermentation and indigestion.

#### 5. A sense of dependence

People who like to eat candies will have a sense of dependence on candies if they eat them frequently. They are very anxious if they don't eat them all day. They will think about candies all the time, which will affect their appetite. If they are children, they may have bad habits such as anorexia and partial eclipse.



The above is an introduction to the advantages and disadvantages of candies. Eating candies has many advantages. Eating some candies appropriately is good for our health. Although candies are delicious, we should not eat more. If you eat more, it is also good for our body. There is a certain hazard. When eating sweets, you must not only control the amount you eat, but also grasp the time to eat, and eat sweets at an appropriate time.

Confectionery Machine can produce many types of candies. When choosing, you can buy many different candies and taste different flavors. This will not only meet your taste needs, but also bring you a better experience. Make your mood more pleasant.