

Summary

Carbohydrates are an integral part of human diet. We distinguish them according to their length, usability, glycemic response and taste. Sugars are mainly found in sweetened beverages and processed food. Consuming empty calories in the form of sugar sweetened drinks leads to the recommended daily allowance of sugars and total energy intake is being exceeded. It has negative impact on risk of civilization diseases like obesity, type 2 diabetes mellitus, dental caries and depression. Limiting the intake of sweetened beverages and industrial processed foods, principles of healthy diet and enough of exercise helps to prevent these diseases.