

《Quora精选：如果一年不吃甜食会怎样？》

What Will Happen If I Stop Eating Added Sugar For A Year?

如果一年不吃甜食会怎样？

20.8k 好评回答@Noor Ullah Jan：



Will lose 15 pounds without diet and exercise

不节食不锻炼也能减掉15磅（13.5斤）

You will have a more healthy heart

你的心脏会更加健康

You will manage your acne scars without any medications

你的粉刺疤痕不用刻意治疗也能控制

You can step back diabetes

击败糖尿病

You will sleep, when you are supposed to sleep

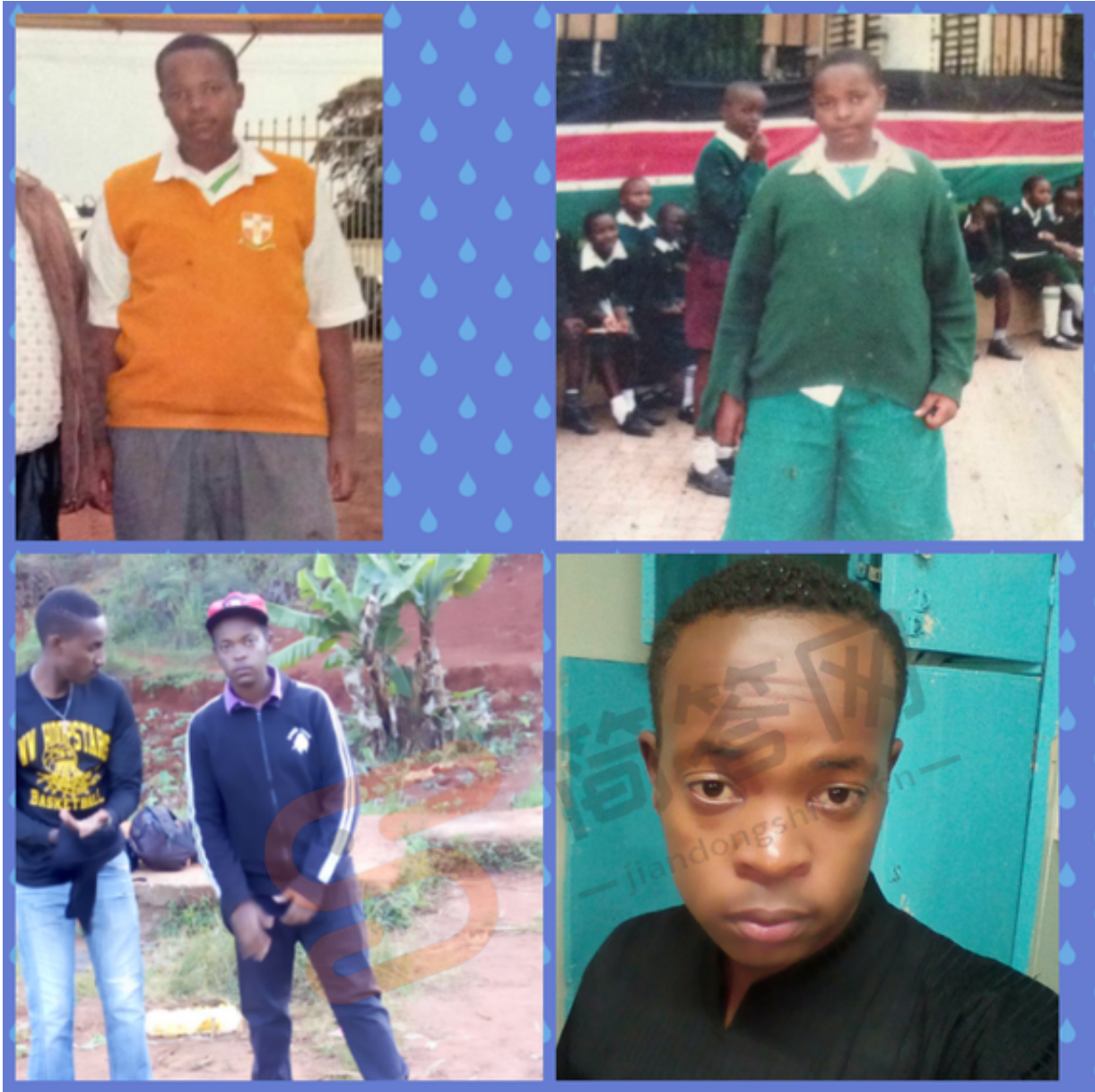
让你想睡就睡

You will have more enhanced memory

记忆力显著提高

2.2k 的好评@Joseph Ndegwa:





I decided to limit my calories, cutting out all wheat products and no any artificial foodstuffs. Fruits and vegetables formed most of my meal. I also did some exercises but changing diet was the main cause of my change.

我减少摄入卡路里，不吃小麦制品，以及加工食品。水果和蔬菜成了我的主要的食物。我也会适当锻炼，但是主要是要饮食来改变我的体重。

428.9k的好评@ David Dahan :



This is not just a woman of 37 years but a mother of 4 kids !

这不仅仅是一位37岁的女子，而是个有了四个孩子的女人！

She has the body of a 22 years old model too... who NEEDS SUGAR anyway ??!

她有着如22岁模特儿般的身材.... (看了这个) 谁还想要吃糖? !!!

EAT HEALTHIER - LOOK & FEEL BETTER - LIVE Longer ! start small

吃的健康, 感觉更好, 更加长寿, 从小习惯改变开始~

Start by not drinking Sodas... then not adding sugar to your coffee... and slowly go from there...

不喝碳酸饮料, 咖啡里面不加糖, 就从这些开始慢慢改变...

