Title: Bittersweet Memories: Implications of Processed Sugar Consumption on Short-Term Cognitive Function

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Accumulating evidence links the consumption of processed sugar with short-term cognitive impairment. Sugar consumption leads to the secretion of insulin, a hormone that facilitates the regulation of blood glucose. Processed sugar consumption leads to insulin resistance, causing inflammation and damage to the brain. The hippocampus, responsible for spatial and verbal memory, is the primary region of the brain affected by this inflammatory process. Processed sugars are quickly absorbed in the blood, lowering the production of brain-derived neurotrophic factor (BDNF), a substance known to influence the formation of new memories. This original research tests the hypothesis that processed sugar consumption inhibits short-term verbal and spatial memory function among college-aged students. Data collection is still underway; results to be announced. In light of rapid increases in sugar consumption among Americans, studies such as this are critical in elucidating the physiological impact of processed sugar on cognitive health.

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