

Is sugar a drug?

written by Saarani Vengadesen | 09/09/2021

Our brain uses about [20 percent](#) of the total calories we consume, mostly in the form of glucose. We often feel extremely happy after eating something sweet as our brain release huge amounts of [dopamine](#), encouraging us to consume more. This behavior is quite similar to how our body responds to actual drugs, causing scientists to argue if sugar is a drug or not.