

Do You think Added Sugar Makes Us Fat

BOTTOMLINE: EXCESS FRUCTOSE MAY BE A KEY DRIVER FOR MANY HEALTH ISSUES OF TODAY. FRUCTOSE IS FOUND IN THE PROCESSED FOODS THAT HAVE ADDED SUGAR AND IT IS THE MAIN COMPONENT OF HIGH FRUCTOSE CORN SYRUPS WHICH IS USED IN MANY PROCESSED PRODUCTS INCLUDING SODAS. We all know that too much added sugar is bad for us (what is added sugar). How it is harmful though is multifactorial. There is strong evidence showing that excess dietary sugar is a cause of weight gain. One of the reasons for weight gain, according to Medical News Today, is that the body usually digests products containing added sugars more quickly subsequently they do not offset hunger for very long. This can lead to eating more regularly throughout the day and a greater calorie intake overall. There is also some evidence to suggest that sugar can affect the biological pathways that regulate hunger. A high sugar diet may cause leptin resistance. Leptin is a hormone that regulates hunger by determining how much energy the body needs. The other issue is added sugar is made up of glucose and fructose and our body does not do a great job digesting fructose. Glucose our bodies needs daily. It is the major entry source when we exercise hard and our brain's primary fuel source. But fructose is a totally different sugar. The only place where our body can convert it to something useable is at the liver. Too much fructose can be problematic for the liver. While every cell in the body can use glucose, the liver is the only organ that can metabolize fructose in significant amounts. When people eat a diet that is high in calories and high in fructose, the liver gets overloaded and starts turning the fructose into fat. Because of this and other reasons many scientists believe that excess fructose consumption may be a key driver of many of the most serious diseases of today. These include obesity, type II diabetes, heart disease and even cancer according to healthline.com. There is a large body of research suggesting that too much Fructose is unhealthy (see next page). In addition to that research recent studies have shown that certain foods (high sugar and fat foods) trigger the same reward circuit in the brain as activities like gambling or cocaine. This pleasure-eating trigger completely bypasses the brain's normal biological triggers for being hungry, which can cause people to crave certain foods even if they are full or have had plenty of calories in their system. Fructose is found in fruit. The fructose found in fruit is not a health issue though since fruit is mostly water and fiber, low in calories, and you would have to eat a lot of it to get any unhealthy effects (SEE ARTICLE).

**DO YOU/CAN YOU
DO THIS?**

**SHORT WELLNESS
SELF-CHECKS**

Consuming too much sugar can lead to health issues such as obesity, diabetes, heart disease and tooth decay. If you're very active and exercise regularly some sugar in your diet helps supply ready energy to fuel your muscles and keep your brain active.

HOW MUCH?

Athletes who expend a great deal of calories can approach 10% of calories from sugar. The 2015-2020 Dietary Guidelines for Americans recommends limiting calories from added sugars to **no more than 10% each day**. That's 200 calories, or about 12 teaspoons, for a 2,000 calorie diet.

BUT I would strive to the American Heart Association Guidance (AHA). The AHA suggests an added-sugar limit of no more than 100 calories per day (about 6 teaspoons or 24 grams of sugar) for most women and no more than 150 calories per day (about 9 teaspoons or 36 grams of sugar) for most men. There's no nutritional need or benefit that comes from eating added sugar.

INTERESTING STUDY ON FRUCTOSE

Matched calorie for calorie with the simple sugar glucose, fructose causes significant weight gain, physical inactivity, and body fat deposition, according to research. The researchers studied two groups of mice for two-and-a-half months: one group was fed a diet in which 18 percent of the calories came from fructose, mimicking the intake of adolescents in the United States, and the other was fed 18 percent from glucose. Both groups had exactly the same amount of calories deriving from sugar, the only difference was the type of sugar, either fructose or glucose. The results showed that the fructose-fed mice displayed significantly increased body weight, liver mass, and fat mass in comparison to the glucose-fed mice. Remarkably, the researchers also found that not only were the fructose-fed mice gaining weight, they were also less active. We don't know why animals move less when in the fructose diet," said researchers. "However, we estimated that the reduction in physical activity could account for most of the weight gain."

Eating a lot of fructose in the form of added sugars may (see healthine.com):

- Impair the composition of your blood lipids. Fructose may raise the levels of VLDL cholesterol, leading to fat accumulation around the organs and potentially heart disease
- Increase blood levels of uric acid, leading to gout and high blood pressure
- Cause deposition of fat in the liver, potentially leading to non-alcoholic fatty liver disease
- Cause insulin resistance, which can lead to obesity and type II diabetes
- Fructose doesn't suppress appetite as much as glucose does. As a result, it might promote overeating
- Excess fructose consumption may cause leptin resistance, disturbing body fat regulation and contributing to obesity