

SUGAR: What really happens when you eat fructose

Nov 2012

Ever snacked on sweets and felt hungrier? Or had a cola with your meal and ate more than you usually do? Scientists in the USA have revealed how high levels of fructose can increase your appetite.

On its own, fructose is not thought to contribute to excess weight gain, but if it is combined with high calorie intake, it can be significant. The recent [article on fructose in 'Medscape'](#) reveals how fructose affects the hypothalamus and other areas of the brain to reduce the feeling of satiation, so you keep eating even after you have consumed the calories your body needs. In the gut, high levels of fructose reduce circulating insulin but increase ghrelin and, with this, boost appetite ([Journal of Clinical Endocrinology & Metabolism](#)).

Where does fructose come from? It is a naturally occurring form of sugar but probably the highest quantities, which are excessive to dietary requirements, come from soft drinks - almost all soft drinks contain fructose, and most fruit juices have very high levels. So a sweetened drink with your meal could mean you eat more ... or sweets after dinner could be followed by, well, more sweets, or maybe some calorie-laden cheeses!

Inside the gut, fructose is first digested by the small intestine, but any excess passes into the large intestine where it provides food for gut flora (typically the less friendly types, such as candida) and can lead to symptoms such as bloating and flatulence (and perhaps exacerbate IBS). Excesses have also been linked with gout (one of many studies: [BMJ](#)).

So, consider this blog entry as part of our regular nudge about cutting down on sugars. If you only have one New Year's resolution, this could be it! Keep sugars natural, keep them minimal, and, wherever you can, replace a fruit juice or a soft drink with water: nature's healthiest liquid.

Comments (1) 

yehudi gordon said:

this review highlights a major food health risk at the moment. the food industry hard sell is intense and fructose makes billions of dollars profit for the industry. it is so tempting and even addictive to keep taking fructose - it tastes so good. the vigilance needed to avoid it is intense. every corner shop and supermarket makes a living from fructose. it is easy to see the issue but very difficult to know how to solve it?

Sugar Again

June 2012

We've spoken about sugar before, and now it's in the news again, this time in the form of high fructose corn syrup which, some health officials are saying, may be fuelling the global rise in Type 2 Diabetes. So watch out for it in processed foods - check the label. Other forms of sugar that are well hidden on labels include:

Sorbitol (420), Manitol (421), xylitol (976), maltitol (965) and isomalt. Look out for them, and avoid them where possible. And avoid saccharin (sweetener)!

That's it - a quick blog this week, but an important topic. More info on high fructose [here](#), and if you want to discuss your diet or your family's eating habits and find ways to avoid sugars, get in touch with a nutritionist ...

Can sugar make your skin look old?

Posted by: [harriet](#) in [sugar and health](#), [myblog](#), [keep skin looking young](#) on Apr 2, 2012 

If you're a sugar lover this may not be good news for you - but the more sugar you consume, the older your skin may look. One of the many, many effects of sugar on the body is the way it damages the collagen and elastic protein fibres in the skin. It also makes your skin more vulnerable to the damaging effects of the sun.

More and more research is becoming available about sugar's harmful effects. It's not just the sugar you add to your tea, or the chocolates you eat. Sugar in its harmful forms may be listed on an ingredient label as:

barley malt
corn syrup
dextrose
fruit juice concentrate
maltose
maple syrup
molasses
turbinado
fructose
high-fructose corn syrup

The effect of sugar on the skin is just one thing to be aware of. Sugar opponents may list more than 70 ill-effects, including links with reduced immunity and cancer. For a quick look at the 'top ten sugar side effects' check out [this list](#) from Dan Hammer (the page starts with an overview: scroll down for the top-ten list).

If that begins to make you think twice about the amount of sugar you're consuming, that will be great news for you and your family. The next step is to try new ways of enjoying sweetness in your diet, and eating what you know is good for your health - and your youthfulness. [Our nutritionists](#) are here to help you develop healthy eating habits and redress

any imbalances you have, whether this involves sugar, vitamins, minerals or natural fatty acids.

An important note about chocolate!

There has been a lot in the news recently about the way chocolate can actually help you lose weight. We even joined the general twitter noise on the subject, referring to a recent [Daily Mail article](#). But please, watch out ... while chocolate may have a lot that's good about it, the sugar that is frequently twinned with the chocolate is not good for you.

Fortunately, there are some great alternatives, ranging from pure, raw chocolate to varieties that have very little sugar. Shop around, and see what you can find - while it may take a little while to wean yourself off the more sugary forms of chocolate, you'll soon discover that the benefits of purer chocolate are so great, you may never look back!

Comments (5) 

MFT said:

I thought it was too good to be true !!! 😊

April 03, 2012

Votes: +0

Marilyn Glenville said:

The Glycation theory of ageing is all about the uncontrolled reaction of sugars with proteins which happens when glucose and insulin levels are allowed to get out of control. It's a bit like the browning effect on foods when you bake them. If glycation is allowed to happen, it will create a damaged, 'encrusted' structure in different parts of the body.

This browning effect results in the formation of highly toxic chemicals called Advance Glycation End-products (AGEs). These AGEs damage the protein in cells, preventing them from functioning normally. They also cause membranes and blood vessels to thicken and can harden arteries. Over time, blood vessels will lose their elasticity and skin can become wrinkled – all signs of ageing. Basically ageing is the accumulation of damaged cells, so the more we can do to lessen the damage to our cells, the slower the ageing process will be and the healthier we will become.

Both high levels of glucose and high levels of insulin (i.e. insulin resistance) speed up the damage to cells and that is why it is so important to keep these two substances under control by sorting out your diet.

(taken from my book Fat around the Middle)

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