

Good Sugar, Bad Sugar

By Bryon Verhaeghe

The food in our diet contains fat, protein, and carbohydrates. All animal life needs carbohydrates for energy. A surplus of carbohydrates in the diet is stored as fat. Most of our carbohydrates come from plants and range from: the dense energy found in vegetable oils, medium dense energy found in starch, and the fast releasing energy we call sugar.

Plants bind water with carbon using the sun's energy. When scientists noticed that this molecule released water when heated, they called it "hydrated carbon". Water is called hydro or hydrate and over time this became "carbohydrate".

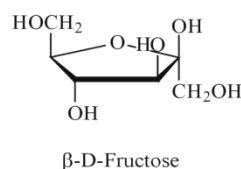
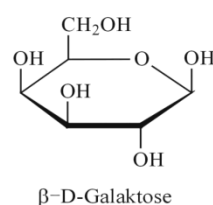
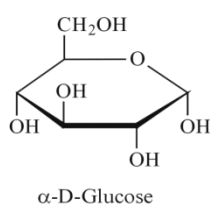
The dictionary defines organic as a hydrogen or nitrogen directly bonded to a carbon. In this definition water is not organic and all carbohydrates are. This means that all sugar is organic, by definition, and so are growth hormones and anti-biotics. This is why some "organic food" labels also state that they are hormone and antibiotic free.

Sugar is a sweet carbohydrate and we often include the name of the source: cane-sugar, beet-sugar, date-sugar, grape-sugar, corn-sugar etc. Honey contains more sugar than other sweeteners. The fast releasing energy in sugar can make some people feel excited, hyperactive, and jittery, or even give them a "panic attack feeling".



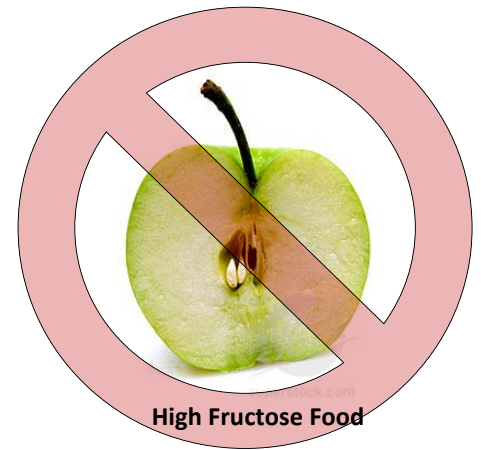
The word sugar has the same meaning as saccharide. The smallest sugar unit is called a mono-saccharide and means one sugar. Table sugar is a di-saccharide where "di" means two. A chain of sugars is a poly-saccharide or many sugars.

This is also known as a complex carbohydrate. Digestion of carbohydrates is a process of releasing mono-saccharides from the food.

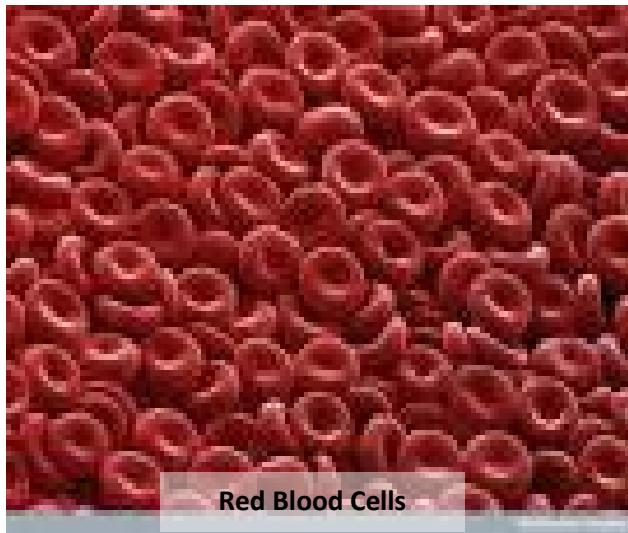


There are three mono-saccharides of importance to us called glucose, fructose and galactose. Glucose comes from the term glue and it

tends to stick in our cells and liver. It releases slowly to maintain blood sugar levels. Fructose was first noticed in fruits and is high in crispy foods such as apples, pears and melons. Fructose is many times sweeter than glucose. Galactose is the sugar found in milk (glucose + galactose =lactose). Some of us have trouble digesting these milk sugars and are lactose or dairy intolerant. We rely on friendly bacteria called acidophilus for this digestion.

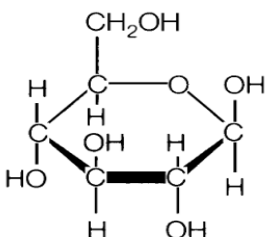
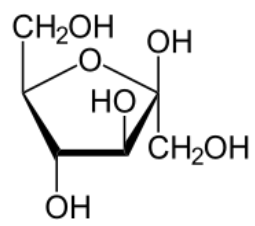


When digestion is finished the blood picks up the nutrients and first



passes through the liver where all fructose is removed. Excess fructose in the diet causes fatty liver. If any fructose escapes the liver it then causes problems in other parts of the body. As a fast releasing energy it actually can burn our nerves and be associated with the numbness and other symptoms of diabetes such as loss of eyesight. The kidneys attempt to rid excess fructose from the blood and over time the kidneys begin to fail.

Fructose is now associated with elevated levels of triglycerides and the bad LDL cholesterol. Once this happens we develop arterial plaque and high blood pressure. Often this process takes years of fructose consumption and previously was called “old age”. If the liver keeps up we do well but when the liver overloads we have extensive problems. Fructose consumption is much harder on our health than previously thought.

<p>Good Sugar - <u>Glucose</u></p>	<p>Bad Sugar - <u>Fructose</u></p>
<div style="text-align: center;">  </div> <ul style="list-style-type: none"> • Sticky • Chewy • Rice (Fructose/Glucose :0.02/0.01) • Potatoes (Fructose/Glucose :0.50/0.54) • Grapefruit (Fructose/Glucose :1.77/1.61) • Dates (Fructose/Glucose :19.56/19.87) • Figs (Fructose/Glucose :22.93/24.79) 	<div style="text-align: center;">  </div> <ul style="list-style-type: none"> • Sweet • Crispy • Orange (Fructose/Glucose :2.40/2.13) • Watermelon (Fructose/Glucose:3.36/1.58) • Apples (Fructose/Glucose : 5.9/2.4) • Pear (Fructose/Glucose :6.23/2.76) • Mango (Fructose/Glucose :60/85)

Being healthy and following a good diet are personal choices. Here at Rebound we like people to take charge of their health and to understand how the body works. We help with the diet changes and supplement selection. Getting well and being at your best will set you up for a long and happy life. One component may be some simple diet changes. Give us a call and schedule a consultation.

Most people are surprised to learn that eating well tastes good.



**Rebound
Health**

17/F The Strand (Building)
49 Bonham Strand East
Sheung Wan, Hong Kong

Phone 2544-4055

info@reboundhealth.com
www.reboundhealth.com

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