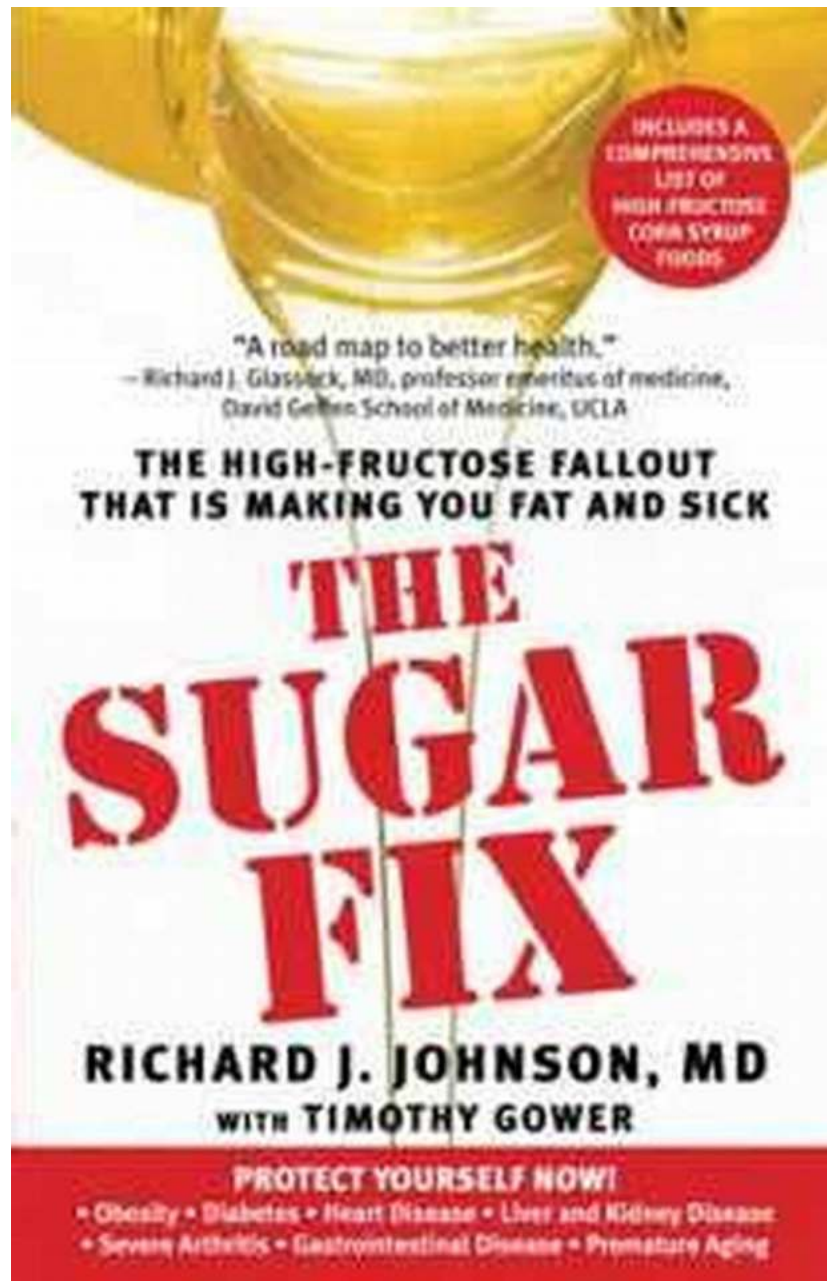


The High Fructose Fallout That Is Making You Fat And Sick

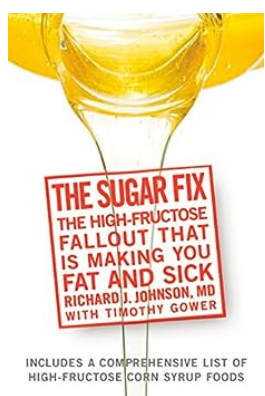


Are you struggling to lose weight? Feeling tired, sluggish, or constantly sick? The culprit behind these issues might be closer than you think - high fructose corn syrup. With its increasing presence in our diets, high fructose corn syrup has

become a major health concern, contributing to weight gain, obesity, and various chronic diseases.

Understanding High Fructose Corn Syrup

If you've been wondering why your weight loss efforts aren't yielding results or why your energy levels are perpetually low, high fructose corn syrup might be the hidden factor you haven't considered. Unlike natural sugars found in fruits and vegetables, high fructose corn syrup is an artificial sweetener derived from corn. It is commonly used in many processed foods, beverages, and even condiments.



The Sugar Fix: The High-Fructose Fallout That Is Making You Fat and Sick by Jean Decety (Kindle Edition)

★★★★☆ 4.2 out of 5

Language	: English
File size	: 5165 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 440 pages



High fructose corn syrup is significantly sweeter than regular sugar and is cheaper to produce, making it an attractive ingredient for food manufacturers. It's found in sodas, fruit juices, snacks, baked goods, and even salad dressings. Unfortunately, our bodies process this sweetener differently than other sugars, leading to various health issues.

The Link Between High Fructose Corn Syrup and Weight Gain

One of the primary concerns with high fructose corn syrup consumption is its impact on weight gain and obesity. When we consume foods and beverages containing this sweetener, our bodies rapidly absorb it without triggering the sensation of fullness. As a result, we tend to consume more calories overall, leading to weight gain over time. The excessive consumption of high fructose corn syrup has been strongly associated with abdominal fat deposition, an important risk factor for various metabolic disorders.

Furthermore, high fructose corn syrup consumption disrupts the normal functioning of ghrelin and leptin, two vital hormones responsible for appetite regulation. These disruptions make it harder to control cravings and overeating, contributing to weight gain and obesity.

High Fructose Corn Syrup and Chronic Diseases

Weight gain is just the tip of the iceberg when it comes to the negative effects of high fructose corn syrup on our health. Studies have shown a clear link between high consumption of this sweetener and an increased risk of developing chronic diseases, such as type 2 diabetes, cardiovascular diseases, and non-alcoholic fatty liver disease (NAFLD).

Due to its unique metabolic pathway, high fructose corn syrup is a major contributor to insulin resistance, a condition that often precedes the development of type 2 diabetes. Additionally, excessive consumption of this sweetener promotes inflammation throughout the body, setting the stage for cardiovascular diseases.

NAFLD, a condition characterized by the accumulation of fat in the liver, is also closely associated with high fructose corn syrup intake. The liver processes

fructose more quickly than glucose, leading to increased fat production in the liver cells. Over time, this can result in liver damage and the development of NAFLD.

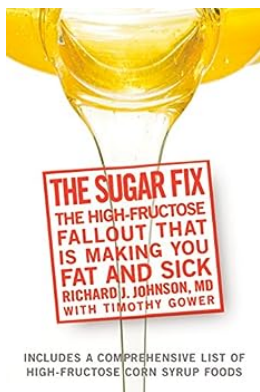
Breaking Up with High Fructose Corn Syrup

The good news is that you have the power to take control of your health and reduce your consumption of high fructose corn syrup. By making a few simple changes to your diet, you can minimize your exposure to this sweetener and improve your overall well-being.

- **Read labels:** Pay attention to ingredient lists when shopping for food. Avoid products that contain high fructose corn syrup or its alternative names, such as corn syrup, glucose-fructose syrup, or fructose syrup.
- **Choose whole foods:** Opt for fresh fruits, vegetables, and lean proteins instead of processed foods that often contain hidden high fructose corn syrup.
- **Drink water:** Replace sugary beverages with water or herbal tea. If you still crave some sweetness, try infusing your water with fresh fruits or herbs.
- **Cook at home:** By preparing meals at home, you have full control over the ingredients you use, allowing you to avoid high fructose corn syrup entirely.

Your Path to a Healthier Future

It's time to break free from the high fructose fallout that is making us fat and sick. By understanding the impact of high fructose corn syrup on our health, we can make informed choices about our diet and reduce our consumption. Choosing whole, unprocessed foods and avoiding sugary beverages will not only help us shed those extra pounds but also reduce the risk of developing chronic diseases.



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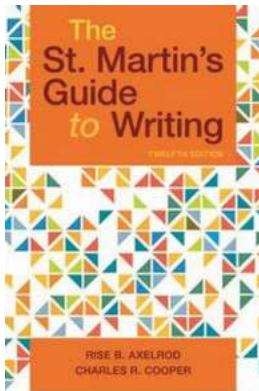


In *The Sugar Fix*, Dr. Richard Johnson, who oversees a pioneering research program, reports on discoveries about how fructose impacts the body—and directly connects the American obesity epidemic to a frightening escalation in our fructose consumption.

It comes as no surprise that the sugar is found in processed foods like candy, baked goods, canned foods, and frozen meals in the form of high-fructose corn syrup, but it is also hidden in less obvious foods like peanut butter, egg products, and soups. Many fruits and vegetables contain high levels of it naturally. Dr. Johnson shows how to cut way back on the sweetener by making effective substitutions. The daily meal plans included here contain no more than 25 grams of fructose, one-quarter of the amount the average American now ingests.

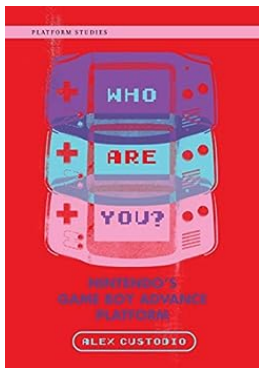
Rather than the low-carb approach of so many recent diets, Dr. Johnson recommends a much easier to enjoy and stick to formula: 50% carbs, 25% fat, and 25% protein. The immediate benefit of this diet is to help anyone shed excess weight. The additional benefits are even more impressive—reduced risk for such serious health problems as high blood pressure, elevated blood fats, and

insulin resistance, conditions directly linked to heart disease, diabetes, kidney disease, and stroke.



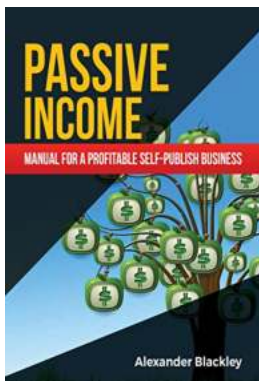
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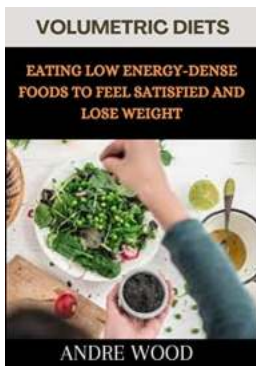
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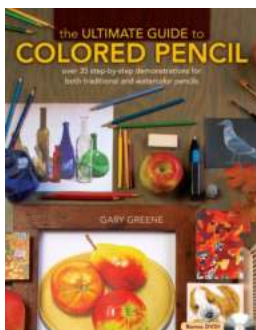
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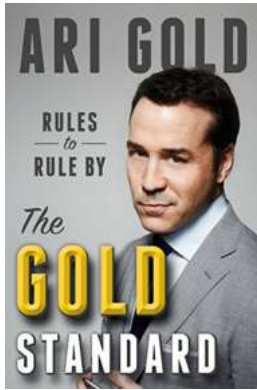
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