

Fructose: Pure, White, and Deadly? Fructose, by Any Other Name, Is a Health Hazard

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Abstract

The worldwide consumption of sucrose, and thus fructose, has risen logarithmically since 1800. Many concerns about the health hazards of calorie-sweetened beverages, including soft drinks and fruit drinks and the fructose they provide, have been voiced over the past 10 years. These concerns are related to higher energy intake, risk of obesity, risk of diabetes, risk of cardiovascular disease, risk of gout in men, and risk of metabolic syndrome. Fructose appears to be responsible for most of the metabolic risks, including high production of lipids, increased thermogenesis, and higher blood pressure associated with sugar or high fructose corn syrup. Some claim that sugar is natural, but natural does not assure safety.

J Diabetes Sci Technol 2010;4(4):1003-1007

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Abbreviations: (CI) confidence interval, (HFCS) high fructose corn syrup, (LDL) low density lipoprotein, (RR) relative risk

Keywords: cardiometabolic disease, diabetes, obesity, sugar-sweetened beverages

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