



Health Hint article by David Coory

David Coory is the author of the nutrition book "Stay Healthy by Supplying What's Lacking in Your Diet" and Executive Director of Zealand Publishing House and Health House.

The dangers of too much fruit sugar (fructose)

We think of fruit sugar (fructose) as healthy. And it is, when eaten in moderation with the fibre of whole fruit.

However obesity and diabetes researchers are finding strong links to high intakes of fructose from drinks and foods, particularly those sweetened with cheap, high fructose corn/maize syrup (HFCS).

Fructose is digested differently in our body than glucose, (the other main kind of sugar in our food). Glucose is processed rapidly and burned for energy, whereas fructose is processed slowly like alcohol and converted into fat.

In support of these findings, I recall some years ago, a cash-strapped author friend of mine in Whangarei, to save money, lived for about a week almost entirely on oranges, growing on his hillside section.

He eventually collapsed and was taken to hospital unconscious. His diagnoses was full blown Type II diabetes. Yet he had formally been healthy.

Fruit juices, jams and high fructose corn/maize syrup average 75% fructose/25% glucose, honey 55%/45% glucose, and cane sugar 50%/50%. Ideally our fructose intake should not exceed 20 grams per day.

Typical fructose content is as follows: 1 can/bottle (300ml) soft drink or fruit juice sweetened with corn/maize syrup 20gms, 1 tbs jam 19gms, 1 fruit biscuit 19gms, 1 slice fruit cake 17gms, 1 plate sweetened breakfast cereal 15gms, 1 glass natural fruit juice 6gms, 1 orange, apple or peach 6gms, 1 med banana 5gms, 1 kiwifruit 3gms, 2 tsp white, raw or brown sugar 2gms.

Call free on **0800 140 141** or

visit www.healthhouse.co.nz

