

GOOD TWIN VS. EVIL TWIN



Glucose, Sucrose, Fructose, Lactose, Galactose- No, I am not writing a hip hop song. If I was, I might sell more albums than Jay-Z and Eminem combined. Just kidding- now back to reality. Those are actually the names of different sugars that we commonly consume, and they just happen to rhyme. They may all taste sweet, but they are not the same. They are used by the body differently and metabolized differently. In this article we will discuss the differences between two of them; Glucose and Fructose.

Fructose and Glucose are both naturally occurring sugars that can be found in most fruits. Some fruits contain a high percentage of Glucose while some are high in Fructose. It is hard to tell them apart when it comes to taste, which is why the food industry can substitute fructose (which is cheaper to process from corn) with glucose. However, the way they behave once they enter our bodies is totally different, which is why I like to think of Fructose as the evil twin brother of Glucose. Fructose is often taken from corn to sweeten the processed foods that we buy at the supermarket. We call this high-fructose-corn-syrup. This is a big problem, because fructose as opposed to glucose stresses our metabolic system in a negative way.

Below is a summary of what happens to glucose and fructose after they enter our body.

	FRUCTOSE	GLUCOSE
LIVER METABOLISM	Fructose puts a lot more stress on the liver than glucose. 100% of fructose metabolism occurs in the liver.	Only %20 of glucose metabolism occurs in the liver.
ENERGY USE	For every 120 calories of fructose that you eat, 40 calories are stored as fat. Fructose is turned into free fatty acids that deposit as fat droplets in your liver and muscle tissue.	For every 120 calories of glucose that you eat, less than 1 calorie is stored as fat. Glucose is used for energy by nervous system and muscles.
Blood Pressure	One of the byproducts of fructose metabolism is uric acid, which significantly raises your blood pressure. Uric acid also causes gout.	
Appetite Control	Fructose interferes with leptin, which is the hormone	Glucose suppresses your ghrelin, which is you hunger

	that give you the sensation of being satisfied. This results in being more likely to overeat.	hormone, and stimulates leptin. This results in feeling satisfied sooner, thereby helping to prevent over-eating
Insulin Resistance	Fructose causes insulin resistance. Insulin resistance is a leading cause of Type II diabetes	Glucose is readily used by our muscles and nervous system, making it less likely to cause insulin resistance
Cholesterol	Fructose is turned into VLDL, which is the worst kind of cholesterol	

AGAVE ALERT!

Lately agave has been touted as a healthy natural sweetener. Yes it is natural, but it is far from being a healthy sweetener. Agave is actually very high in fructose. It is 70% fructose. So based on the above information in this article we can see that it is not the best choice to use as a sweetener. Recreational drugs like mushrooms and cocaine are natural too, but we don't go around recommending that people sprinkle it on their food or mix it in their tea. If you are looking for a natural sweetener, I recommend stevia, or honey.

It is nearly impossible to eliminate all fructose from your diet, and I do not recommend that you do. Instead, I suggest that you be aware and limit the amount of fructose that you consume. It is recommended that you consume no more than 20-25 grams of fructose a day. Avoid foods that have fructose added, which is the case in many processed foods, beverages, protein bars, and energy bars. Read the label on all your products to see if it contains fructose. Most of the fructose you consume should be from fruit, choosing fruits that are low in fructose. The following website contains a chart of the fructose content of fruit:

http://www.reducetriglycerides.com/reader_triglycerides_low_fructose_fruit.htm

So the next time you go grocery shopping read your labels and beware of the evil twin!

PERSONAL SUCCESS STORY
“MANAGING GRANDMA’S DIET TO IMPROVE HEART HEALTH”

HI GRANDMA! My 84 year old grandmother was diagnosed with high blood pressure, and an irregular fast heartbeat. She was put on a combined blood pressure medication and another medication to control her heartbeat. They also implanted a pacemaker in her chest. We did not want her to have to take that much medication (she is also on insulin for diabetes). As a family, we took action and modified her diet, by eliminating all processed foods (especially those with added fructose), and replacing them with whole foods. We also removed the processed table salt, and replaced it with sea salt. Three weeks ago, she had a check-up with her cardiologist. He was able to eliminate one of her blood pressure medications, and cut her tachycardia (rapid heartbeat) medication in half. The improvement in her health prompted me to begin writing this article. I am happy to be able share this success story with you. I hope that it motivates you to use it to improve your health and your loved ones'. Managing your fructose intake can help prevent cardiovascular disease and diabetes, as well as improve your health if you have already been diagnosed with one of these diseases.

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Source:

<http://www.westonaprice.org/modern-foods/agave-nectar-worse-than-we-thought>