



The 3 Worst Foods to Eat & Why

'Tuesday Talks w/ Dr. Doug'

A. **SUGAR!!!**

Of all the deadliest foods in the history of mankind, sugar is arguably the worst of all...

Sugar consumption for the average person over the years:

- 1700's – 4 lbs / year
- 1800's – 18 lbs / year
- 1900's – 90 lbs / year
- 2010 – 182 lbs / year
 - o Most processed food, Juice, Soda, Candy, Trail mixes/bar, Fruit, Wine, Salad Dressing, Cakes, Cookies, Pies, Crackers, Spaghetti Sauce, Ketchup, Syrup, Peanut Butter, etc.
 - o American heart association states that daily sugar intake should not exceed 6.5 tsp for women and 9.5 tsp for men.
 - o (1) 12 oz can of soda contains 10-11 tsp of sugar.

Types of Sugars = Glucose, Fructose, Sucrose, High Fructose Corn Syrup (HFCS) and lots of others!

- **FRUCTOSE IS BY FAR THE BIGGEST KILLER OF ALL!**

How it's made:

Sucrose: Also known as "Table Sugar," the white stuff.

- Sugar Cane or Sugar Beet mixed with hot water, chemicals & bleach.
- 50% Fructose & 50% Glucose.

High Fructose Corn Syrup (HFCS):

- Corn, chemicals, fungus, more chemicals and more chemicals!!!
- 55% Fructose & 45% Glucose.

WHY GO THROUGH ALL THIS INSTEAD OF JUST USING SUGAR??? \$\$\$

How it's digested:

- Digested into Glucose & Fructose then absorbed rapidly into the bloodstream.
- Fructose goes to liver and gets metabolized into Glucose, but unfortunately creates *Uric Acid* as a byproduct during the process.
- Uric Acid is found normally in the bloodstream, however it is very bad in large quantities! It causes all sorts of health problems, the 2 worst of which is fatty liver & kidney disease.
 - o It all leads to **INFLAMMATION** in the body.

Health Effects of too much Sugar:

Cripples the Immune System	Increases LDL & Lowers HDL	Toxemia During Pregnancy				
Increases Triglyceride	Cancer	Hypoglycemia	Poor Eyesight	Premature Aging		
Multiple Sclerosis	Obesity	Arthritis	Eczema	Alzheimer's	Headaches	
Migraines	Gout	Seizures	ADD / ADHD	Fibromyalgia	Violent Behavior	Lots of others...

What to do From Here:

- 1) Stay away from Sugar! If you must add some sweetness to something, use:
 - a. Stevia – Natural herb that’s sweeter than table sugar. Get it in the supplement isle.
 - b. Dextrose – It’s pure Glucose. It’s not as sweet as sugar, so you have to use a bit more.
 - c. Lo Han Kuo – Very sweet fruit used as a substitute.
- 2) Do NOT use artificial sweeteners. They are *worse* than sugar!
- 3) Read your labels. Try really hard not to consume HFCS, Fructose Corn Syrup, Corn syrup, Cane Juice, Evaporated Cane Juice, Sugar, Molasses, etc.
 - a. The earlier the words appear on the ingredient list, the more there is of it.
- 4) Fruits contain Fructose and are healthy, *BUT* be careful with how much you eat. As a standard recommendation, I strongly advise **keeping your TOTAL fructose consumption below 25 grams per day**. However, aim for **15 grams or less**, because you will most likely consume “hidden” sources of fructose from most beverages and processed food.

Fruit	Serving Size	Grams of Fructose
Limes	1 medium	0
Lemons	1 medium	0.6
Cranberries	1 cup	0.7
Passion fruit	1 medium	0.9
Prune	1 medium	1.2
Apricot	1 medium	1.3
Guava	2 medium	2.2
Date	1 medium	2.6
Cantaloupe	1/8 of Melon	2.8
Raspberries	1 cup	3.0
Clementine	1 medium	3.4
Kiwifruit	1 medium	3.4
Blackberries	1 cup	3.5
Star fruit	1 medium	3.6
Cherries, sweet	10	3.8
Strawberries	1 cup	3.8
Cherries, sour	1 cup	4.0
Pineapple	1 slice (.75")	4.0
Grapefruit, pink / red	1/2 medium	4.3

Fruit	Serving Size	Grams of Fructose
Boysenberries	1 cup	4.6
Tangerine/mandarin	1 medium	4.8
Nectarine	1 medium	5.4
Peach	1 medium	5.9
Orange (navel)	1 medium	6.1
Papaya	1/2 medium	6.3
Honeydew	1/8 melon	6.7
Banana	1 medium	7.1
Blueberries	1 cup	7.4
Date (Medjool)	1 medium	7.7
Apple (composite)	1 medium	9.5
Persimmon	1 medium	10.6
Watermelon	1/16 Melon	11.3
Pear	1 medium	11.8
Raisins	1/4 cup	12.3
Grapes, (green / red)	1 cup	12.4
Mango	1/2 medium	16.2
Apricots, dried	1 cup	16.4
Figs, dried	1 cup	23.0

For more information on this topic check out:

- “Setting Things Straight” by Dr. John Madeira
- http://en.wikipedia.org/wiki/High_fructose_corn_syrup
- “The Sugar Fix” by Dr. Richard Johnson
- Dr. Joseph Mercola @ www.mercola.com