

## The Truth About Sugar and Fructose

### BIBLE:

**3 John 2** – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

**Isaiah 55:2** – “...Eat that which is good.”

### SOP:

“...**SUGAR**... We know that a free use of these things is positively injurious to health, and, in many cases, we think that if they were not used at all, a much better state of health would be enjoyed...” {3T 21.1}

“...from the light given me, sugar, when largely used, is more injurious than meat...” {TSDF 121.2}

“Sugar is not good for the stomach, it causes fermentation and this clouds the brain and brings peevishness into the disposition.” {CD 327.1}

“Sugar clogs the system. It hinders the working of the living machine.” {TSDF 121.1}

### SOME FACTS:

- 1: Approximately 200 years ago, Americans on average consumed 14 pounds of sugar each year per person. Today, the average is ¼ -½ lb. of sugar every day. That's about 90 to 180 lbs. of sugar we put in our bodies every year.
- 2: There are 120 teaspoons in every pound of sugar. ½ lb. = 60 teaspoons ¼ lb. = 30 teaspoons
3. Americans on average swallow about 22 teaspoons of sugar minimum per day.
4. In many children, 20-40% of their daily caloric intake comes from sugar.  
(The top 20 percentile are eating 40% of their calories from sugar)
5. The foods that contain the most sugar are: Soft drinks, followed by candy, cakes, cookies and pies.
6. A 12 oz. regular soft drink contains 10 teaspoons of sugar.
7. Six teaspoons of sugar = 100 added extra calories.

(According to the W.H.O., total sugar in the diet from fruits, vegetables and added sugars, including honey, should not make up more than 10% of total caloric intake. For a 2000 caloric intake, this represents 200 calories from sugar (12t. / 4T.)

8. (Men) Do not eat sugar many hours before a blood test... It can decrease the testosterone levels by 25%.
9. Brown Sugar is nothing more than White Sugar mixed with Molasses to make it brown.
10. Fructose is very unhealthy too. (Eliminate white products)

## HOW WHITE SUGAR IS MADE

### “WHITE” SUGAR IS CREATED IN A COUPLE OF WAYS.

Mill white sugar is the result of sulfur dioxide being introduced to the cane juice before evaporation. It effectively bleaches the mixture.

In the production of refined white sugar, which is the most common product in the Western world, the raw sugar syrup is mixed with a heavy syrup and run through a centrifuge again to take away the outer coating of the raw sugar crystals.

Phosphoric acid and calcium hydroxide are then added to the juice which then combine and absorb or trap impurities. Alternatively, carbon dioxide is used to achieve the same effect.

<http://www.sucrose.com/learn.htm>

### SCIENTIFIC NAMES OF SUGAR: HIDDEN NAMES OF SUGAR:

- Agave Nectar
- Barbados Sugar
- Barley Malt
- Beet Sugar
- Brown Sugar
- Buttered Syrup
- Cane Crystals
- Cane Juice Crystals
- Cane Sugar
- Caramel
- Carob Syrup
- Castor Sugar
- Confectioner's Sugar
- Corn Syrup
- Corn Sweetener
- Corn Syrup Solids
- Crystalline Fructose
- Demerara Sugar
- Dextrin
- Dextran
- Dextrose
- Diastatic Malt
- Diatase
- D-Mannose
- Evaporated Cane Juice
- Ethyl Maltol
- Florida Crystals
- Free Flowing
- Fructose
- Galactose
- Glucose Solids

- Golden Sugar
- Golden Syrup
- Granulated Sugar
- Grape Sugar
- Grape Juice Concentrate
- HFCS
- High-Fructose Corn Syrup
- Icing Sugar
- Invert Sugar
- Lactose
- Malt Syrup
- Maltodextrin
- Maltose
- Mannitol
- Muscovado Sugar
- Panocha
- Refiner's Syrup
- Rice Syrup
- Sorbitol
- Sorghum Syrup
- Sucrose
- Sugar
- Syrup
- Table Sugar
- Treacle

## **YELLOW SUGAR**

<http://articlesunlimited.holisticnetworkexchange.com/hidden-sugar-in-foods.html>

## **HEALTH DANGERS OF CONSUMING SUGAR**

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|---|---|
| <b>1. Elevates Blood Pressure</b>                     | <b>12. Depletes The Body Of B-Vitamins Causing Nervousness And Irritability And A Lack Of Mental Function</b> |
| <b>2. Elevates Triglycerides And LDL</b>              | <b>13. Decreases Energy Levels</b>  |
| <b>3. Causes A Depletion of Vitamins And Minerals</b> | <b>14. Increases Bacteria Build Up In The Body</b>  |
| <b>4. Responsible In The Formation Of Gout</b>        | <b>15. Increases Chance of Infection</b>  |
| <b>5. Heart Disease (Clogs Arteries)</b>              | <b>16. Causes Obesity</b>   |
| <b>6. Liver Damage</b>                                | <b>17. Cancer</b>   |
| <b>7. Eye Problems/Damage</b>                         | <b>18. Candida Albicans</b>   |
| <b>8. Diabetes Worsened</b>                           | <b>19. Tooth Decay</b>  |
| <b>9. It Compromises The Immune System</b>            | <b>20. ADD/ADHD</b>   |
| <b>10. It Fuels Tumor Growth</b>                      | <b>21. Causes Strokes</b>   |
| <b>11. Makes The Blood Acidic</b>                     | <b>22. And Much more</b>  |

### KEEP THE FOLLOWING IN MIND:

Even when eating "The Raw Sugar" medical Science recommends no more than 6 teaspoons (2 T.) per day. So if you make a dessert that contains 2 cups of sugar and you only get 16 slices out of it, that would be 2 Tablespoons of sugar in each slice (there are 16 Tablespoons of sugar in 1 cup...2 cups would = 32 Tablespoons). That would be your recommended amount for the day.

Now let's say you make cookies that required only one cup of sugar (16 Tablespoons) and your batch makes 36 cookies...there would be a little less than half a tablespoon (1.5 teaspoons) in each cookie...

If using a sweetener, try to stick to honey as much as possible, but even when eating honey, be sparing. (See Proverbs 24:13 and 25:27)

### STEVIA IS GREAT FOR DIABETICS

Agave Nectar has been found to be just as harmful to the body as High fructose corn syrup

### LINKS REGARDING FACTS ABOUT SUGAR:

<http://articles.mercola.com/sites/articles/archive/2010/04/20/sugar-dangers.aspx> (A MUST READ)

<http://healthypets.mercola.com/sites/articles/archive/2010/01/26/Sugar-May-BeBad-But-This-Sweetener-Is-Far-More-Deadly-Part-2.aspx> (THIS IS A MUST READ)

<http://www.kitchentablemedicine.com/how-much-sugar-do-americans-consume-each-year-each-day/>

<http://www.healthtruthrevealed.com/articles/09324117406/article>

<http://www.aolnews.com/health/article/study-in-singapore-links-sugary-softdrinks-and-pancreatic-cancer/19348936?icid=main>

<http://www.greenlivingtips.com/articles/73/1/White-sugar-vs-raw-sugar.html>

[http://commonsensehealth.com/Diet-and-Nutrition/List\\_of\\_Sugar\\_Names\\_and\\_Sugar\\_Facts.shtml](http://commonsensehealth.com/Diet-and-Nutrition/List_of_Sugar_Names_and_Sugar_Facts.shtml)

### BROWN SUGAR

[https://en.wikipedia.org/wiki/Brown\\_sugar](https://en.wikipedia.org/wiki/Brown_sugar)

### VIDEOS ABOUT THE DANGERS OF CONSUMING SUGAR:

#1: Sugar Dangers by Dr. Richard Johnson

<http://www.youtube.com/watch?v=OOJ3SiRj4AQ> (Part 1)

[http://www.youtube.com/watch?v=leZzLs2\\_Ut8&feature=related](http://www.youtube.com/watch?v=leZzLs2_Ut8&feature=related) (Part 2)

<http://www.youtube.com/watch?v=EsLqtYa26GE&feature=related> (Part 3)

#2: Sugar: The Bitter Truth by: Robert H. Lustig M.D.

<http://www.youtube.com/watch?v=dBnniua6-oM>

### SOP ABBREVIATIONS:

3T = Testimonies For The Church, Volume 3

TSDF = Testimony Studies on Diets and Foods

CD = Counsels on Diets and Foods

### Link to my blog:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/06/the-truth-about-sugar-and-fructose.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2018/01/the-truth-about-sugar-and-fructose.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/the-truth-about-sugar-and-fructose.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/04/the-truth-about-sugar-and-fructose.html>