

Discussion at the Park

SUGAR

John Yudkin wrote the book Pure, White and Deadly - How sugar is killing us and what we can do to stop it. In it he states

- 1) There is no physiological requirement for sugar.
- 2) If only a small fraction was known about the effects of sugar were to be revealed in relation to any other material used as a food additive that material would be promptly banned.

Rats fed sugar in amounts hardly -if at all - different from those consumed by many people resulted in effects including enlarged and fatty livers, enlarged kidneys and shortening of life span.

Sucrose = bad

Glucose = good

Question one

Do you believe brown sugar is better for you than white?

Some properties of sugar with e.g. of use

Sweetness (beverages)

Flavour enhancers (canned veg)

Mouth feel or body (soft drinks)

Preservation (candied fruits, jam)

Promotes gelling in pectin (jam)

Produces a range of textures (confectionary)

Depresses freezing point (ice cream)

Caramelises (confectionary, crust on bread)

Decoration (icing)

fermentable (wine)

Question two

Given the list of uses above would you be able to give up sugar?

Non-sugar sweeteners

Sorbitol - as an alternative sugar for diabetics

Xylitol - candy and chewing gum as doesn't harm teeth

Unless taken in fairly small quantities tends to cause diarrhoea.

Question three

Do you use sweeteners, have you wondered if they are a safe alternative?

Just over 200 years ago we used to take 2kg of sugar per person per year; by the middle of the nineteenth century this had increased five-fold to 10kg a year; now we take about 50kg a year.

65% of sugar in the UK is used in food manufacturing.

Question four

How much sugar do you think you consume, do you feel that you are above or below the 50kg average?

When sugar is called pure it has no nutrient left in it.

Many people loose excessive weight very successfully by simply giving up sugar, or severely restricting it.

Sugar = empty calories

Question five

Have you tried a sugar free or reduced diet to loose weight? -Not for medical reasons as this will be the next question.

A high sugar diet has been found to increase the risks of a number of diseases. I refer you to the book for more details on the details of why. It is suggested that many of the health problems are reversed by taking less sugar.

Diseases related to high or even average sugar diets are:-

- Heart attacks
- Diabetes
- Kidney stones
- Crohn's
- Gall stones
- Hiatus hernia
- Peptic Ulcers

Findings show sugar caused rats to sleep less than those without a sugar diet.
Sugar fed rats had retarded growth

High sugar diets have been found to damage:-

- Eyes
- Teeth
- Body tissue
- Skin (seborrhoeic dermatitis)
- Joints (gout)
- Liver
- Life-span
- Hormones (altered)
- Heart
- Linked to cancer
- Gut microbes

Question six

Do you find this list alarming? Feel free to discuss your bodies experiences with relation to this list...

Question seven

Should sugar be controlled by banning, taxing or giving people more information to made informed decisions?