



November 3, 2016 – Grand Rapids, MI

## As Much Sugar As You Want!

Continuing the topic from Tuesday's [message](#), I'm going to take a look at one specific statement that the author made in his article in JAMA (1). I chose it because he specifically stated it was used to justify the increase in carbohydrate recommendations in public health policy. I also had never heard of it before—and I've been around awhile. The inner quote was taken from an article written in 2001 (2) that was used as a reference in the opinion piece.

"The prevailing notion emerged that 'it was difficult, if not virtually impossible, to overeat on a high-carbohydrate diet' and that replacing fat with carbohydrate would facilitate ad lib weight control."

Really? You can eat as many carbs as you want, including sugar, and you won't get fat? The article the quote was taken from did not state it as fact, rather it suggested that it was a theory about carbohydrates. I checked on the source in that reference. It was an opinion article that wasn't available online (3), but I checked out the authors to see what their research pattern suggested. In an article published in 1997, they conducted a clinical trial concluding that subjects ate fewer total carbohydrates when they were on a high-starch carbohydrate diet than a high-sugar carbohydrate diet (4). Looking at a couple of their other research projects, they certainly did not suggest that one could eat as many carbohydrates as desired, including foods high in sugar, without gaining weight.



Taking a statement out of context is a poor way to try to prove a point. I'll give you another statement I checked out as well as the reason I think this matters on Saturday.

What are you prepared to do today?

**Dr. Chet**

### References:

1. <http://bit.ly/2dmWZGU>
2. J. Nutr. 2001; 131 (10): 2775S-2781S
3. IJOB 1995; 19 (suppl. 5):S27-S37
4. IJOB 1997; 21(10):846-859

---

## **WGUV** FM 88.5/95.3 **npr** *Straight Talk on Health*

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to [www.wgvu.org/wgvunews](http://www.wgvu.org/wgvunews) and clicking on "Listen Live" at the top.

---

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at [DrChet.com](http://DrChet.com) — © Chet Zelasko PhD LLC