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The Last Word on Sugar

The sugar war continues in the health headlines these last few days of 2016. Here's a summary of what was said and my opinion.

Researchers reviewed the science behind the nutritional guidelines that fewer than 10% of calories should come from sugar (1), a position held by the World Health Organization and the USDA. After examining the science behind those guidelines, they concluded that the guidelines are not trustworthy.



Experts responded by calling what the researchers did junk science (2). The researchers were funded by a group composed of soda, candy, and fast-food companies. The experts said that is implied bias and was shameful. They accused the researchers of using tactics similar to those of the tobacco industry in trying to suggest that second-hand smoke was safe.

Well? Is sugar good or bad, at least, when it comes to obesity and type 2 diabetes? Just like I've said every time this issue comes up, the experts' opinions and the guidelines are based on inadequate data, just as the researchers found in this study. What is missing are the studies that show that sugar is related to obesity in normal-weight subjects who do not overeat, eat their vegetables, and get some exercise.

We end 2016 the way we began. Eat less. Eat better. Move more.

What are you prepared to do today?

Dr. Chet

References:

1. Ann Intern Med. 2016.DOI: 10.7326/M16-2020
2. Ann Intern Med. 2016.DOI: 10.7326/M16-2754

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