

PREVIEW_ Jason Fung - Interview (Breckenridge 2017) 1

Dr. Fung: People throughout history have known that eating sugar makes you fat, but fructose does not raise your blood glucose level, it's a completely different sugar and fructose does not raise insulin appreciably either.

Dr. Eenfeldt: So some people have even added fructose to products, thinking that is better than glucose, low glycemic index, and thus you could use it as a weight loss tool--

Dr. Fung: Exactly and that's--

Dr. Eenfeldt: Which must have been misguided.

Dr. Fung: I think it is misguided and the fructose of course is quite sweet. For many years it was actually considered a much more benign sweetener than glucose, because it's natural sugar contained within fruit. So it's like, "Here's an all-natural sweetener that doesn't raise your blood glucose and it doesn't raise your serum insulin levels either."

So this is great, we'll just use it for all our bars, and drinks and everything. Of course when you compare what happened when people ate a lot of fructose the results were not good.