

PREVIEW_ Jason Fung - Interview (Breckenridge 2017) 3

Dr. Fung: Robert Lustig was probably more correct than incorrect and people get on him for being kind of sensationalistic when he said that sugar is a toxin. Really if you're talking about obesity and type 2 diabetes, it is a toxin. But the point of toxicology is that the dose makes a huge difference, the dose makes the poison. So oxygen into high-level is toxic, right? Drink too much water, you can die. You see that with people running marathons and so on. So anything into high dose is toxic. If it's a very low dose it's not toxic. So really the question is how much can you eat and...?

Dr. Eenfeldt: When does it become a toxin?

Dr. Fung: I think that it's a gradient of course, but if you're trying to lose weight you should try and eat as close to zero as possible. It's not going to be possible right?

Dr. Eenfeldt: Not absolute zero, but get close to zero.

Dr. Fung: Yeah, exactly.

Dr. Eenfeldt: Make it easier to lose weight.

Dr. Fung: Yeah but it's useful to understand that the fructose part of the carbs is really just so much worse for you than the carbohydrate, so you can't say, "Well I'm going to have just 50 g of carbohydrates, but I'm going to have, you know, Coca-Cola."

Dr. Eenfeldt: All my carbs are going to be sugar.

Dr. Fung: Exactly, if those carbs are sugar, it's not going to work. If you say, "I'm going to have 50 g of carbohydrates today", and you have a little bit of potato that's probably fine, as opposed to, "I'm going to have 50 g of sugar sweetened soda."