

THE OBESITY CODE: UNLOCKING THE SECRETS OF WEIGHT LOSS:  
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Part 5 What's Wrong with Our Diet

Chapter 14 The Deadly: **EFFECTS OF FRUCTOSE**

Questions

1. What single type of sugary 'food group' has contributed most to the American obesity crisis?

*pp. 157-158*

2. How has the rise in Asian sugar consumption affected Asian diabetic health in one generation?

*pp. 158, 160 and 166-167*

3. Why is sugar so fattening?

*p. 159 and 166*

4. Compare how glucose, fructose and sucrose (table sugar) are processed (metabolized) in the body.

*pp. 160-161*

5. What does and *doesn't* the glycemic index measure and what is the index of fructose compared to glucose?

*p. 161*

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6. What is the appeal of high fructose corn syrup to commercial interests?

*pp. 161-163*

7. What organ is affected by overconsumption of fructose?

*pp. 163-164*

8. How were healthy people affected in studies of glucose vs. fructose?

*pp. 164-165*

9. How does the liver act like a balloon?

*p. 165*

10. Why is the uniquely fattening effect of sugar consumption and more dangerous than other refined carbohydrates?

*p.165*