

THE OBESITY CODE: UNLOCKING THE SECRETS OF WEIGHT LOSS:  
Fung, Jason, MD. Greystone Books, Ltd., British Columbia, CA, 2016

Part 5 What's Wrong with Our Diet  
Chapter 15 The Diet Soda **DELUSION**

Questions

1. What benefits do people expect from consuming artificial sweeteners in sugar-free drinks and processed foods?  
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2. How popular is the use of artificial sweeteners?  
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3. What are the findings of research studies about the use of artificial sweeteners, including studies of adolescents and children, regarding the expected benefits?  
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4. What are the findings of the research studies regarding insulin levels and food cravings?  
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5. What incidents of disease have the studies shown to be associated with the consumption of artificial sweeteners?

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6. How do the findings of industry-sponsored studies differ from the findings of independently-funded studies?

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7. How has the use of artificial sweeteners affected the escalating obesity epidemic?

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8. What non-food chemicals, in addition to artificial sweeteners are considered safe to consume?

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9. What is “the bottom line” concerning the consumption of beverages and processed foods made with artificial sweeteners?

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