

SWEET TREAT ADDICTION: *The Scourge of Sugar*

Part 3

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CONSUMPTION

The world produced about 168 million tonnes of sugar in 2011. The average person consumes about 24 kg of sugar each year (33.1 kg in industrialised countries)

In 2008, the American per capita total consumption of sugar and sweeteners, exclusive of artificial sweeteners, equalled 61.9 kg (136 lb) per year. This consisted of 29.65 kg (65.4 lb) of refined sugar and 31 kg (68.3 lb) of corn derived sweeteners.

In 1985 world sugar consumption was 98 million tons. By 2010 the consumption soared to 160 million tons and is still climbing. The average person in industrialised countries consumes about 33.1 kg (72.82 lb) of sugar a year. It is no wonder the scourge of sugar is making people sick world wide.

A new study presented at the annual congress of the Australia and New Zealand Obesity Society, on 19 October 2012, from researchers at the University of Wollongong and University of Sydney, revealed that more than half of young Australians are consuming too much sugar. Dr. Gill said, "Research in this area is hindered in Australia because food composition datasets do not distinguish between total and added sugars."

<http://theconversation.edu.au/study-reveals-australian-children-overdosing-on-sugar-10224>

PRODUCING COUNTRIES

The five largest producers of sugar in 2011 were Brazil, India, the European Union, China, and Thailand. In the same year, the largest exporter of sugar was Brazil, distantly followed by Thailand, Australia and India. The largest importers were the European Union, United States, and Indonesia. Currently, Brazil has the highest [per capita](#) consumption of sugar, followed by **Australia**, Thailand, and the European Union.[\[44\]\[45\]](#)

World Sugar Production (1000 metric tons) [\[44\]](#)

<u>Country</u>	<u>2007/08</u>	<u>2008/09</u>	<u>2009/10</u>	<u>2010/11</u>	<u>2011/12</u>
Brazil	31,600	31,850	36,400	38,350	35,750
India	28,630	15,950	20,637	26,650	28,300
European Union	15,614	14,014	16,687	15,090	16,740
China	15,898	13,317	11,429	11,199	11,840
Thailand	7,820	7,200	6,930	9,663	10,170
United States	7,396	6,833	7,224	7,110	7,153
Mexico	5,852	5,260	5,115	5,495	5,650
Russia	3,200	3,481	3,444	2,996	4,800
Pakistan	4,163	3,512	3,420	3,920	4,220
Australia	4,939	4,814	4,700	3,700	4,150
Other	38,424	37,913	37,701	37,264	39,474
Total	163,536	144,144	153,687	161,437	168,247

We've all been falsely led to believe that cereals are healthy for us. So, many people serve them for breakfast because of this misconception and they are easy. However, this is far from the truth.

Most cereals are highly processed into refined carbs and full of refined sugar and damaged oils.

For example... below is a chart taken from from an article Called “**Sugar in Australian Cereals**” by David Gillespie 23 Nov. 08

<http://www.howmuchsugar.com/resources/Documents/atp.pdf>

One small bowl (50g) of Cocoa Puffs from Coles or Woolworths’ house brands will deliver over five teaspoons of sugar. (Below is the % of sugar in each product)

1. Home Brand Cocoa Puffs 44.0%
2. Kelloggs Froot Loops 41.7%
3. Kelloggs Frosties 41.3%
4. Kelloggs All Bran Wheat Flakes Honey Almond 39.0%
5. Kelloggs Cocoa Pops 36.7%
6. Uncle Tobys Oats Temptations Sultanas, Apples & Honey 34.0%
7. Uncle Tobys Plus Sultanas 'n Bran 32.4%
8. Kelloggs Nutrigrain & Cocoa Pops Chex 32.0%
9. Nestlé Nesquick, Kelloggs Crunchy Nut Corn Flakes 31.7%
10. Nestlé Milo, 31.3% (which they fraudulently promote as a healthy drink!)
- 11 Coles Frooty Rings, 100 Healthy Calories Hi-Lite Cereal 31.3%

The Glycemic Index — www.glycemicindex.com

Until the truth about refined sugar and artificial sweeteners is acknowledged, the scourge of sugar will continue to worsen. Governments everywhere will struggle to cope with and pay for all the diseases caused by consumption of refined sugar and artificial sweeteners. Fad diets, drugs, and radical surgery are not the answer as is often claimed; neither is exercise alone. **Good nutrition** is where the change must start, and it needs to start with young women of child bearing age. Young men also need to be involved. If this can be achieved, there would be a significant reduction of sugar related diseases and medical costs, within one generation.

Meanwhile, there are simple measures every parent or person can do. To start, **read the small ingredients section** listed on ALL food labels, including products in health food stores. AVOID all products containing sugar, high fructose corn syrup, dextrose, sucrose, refined flour, and even cane juice, which is yet another form of sugar. Also avoid products with damaged fats and oils. There are some good products on the market today that are made without refined sugar/carbohydrates or artificial sweeteners, including cookies/biscuits. Quality products and meals do not need the addition of sugar to enhance flavour.

Keep in mind that most food labels are deceiving. They say “*natural*,” yet the product may contain refined sugar. Refined sugar is far from natural and should NOT be classified as such. Regulators need to put a stop to this fraud. Another misconception is that “low fat” products are healthier. However these products often have additional sugar added to them.

If you see sugar in the ingredients section of a product you like, call the company and suggest, as a consumer, that they make their product healthier and without refined sugar or artificial sweeteners. Provide them with healthier alternatives listed below.

Except for a few costly restaurants, healthy places to eat out are a rarity. Chefs, cooking schools, cooks, TV cooking shows, recipes in magazines and cook books, cafes, chain food outlets, school, and hospital cafeterias are all part of the problem because they know little if anything about good nutrition. Only by public demand will this situation improve. So, speak up and support

restaurants/cafes that serve affordable meals without sugar, artificial sweeteners, and damaged oils/fats. If you are not sure, call in or visit ahead of time to question if they will prepare meals without added sugar, artificial sweeteners, and damaged oils/fats. The more you request sugar-free foods and products, the more they will become available.

If you care about your children, spouse, student, or customer, don't condemn them to the life threatening effects of a sweet treat addiction and the scourge of sugar. Children deserve better. Mother Nature provides the best treats. They are wholesome nourishing foods, sweetened naturally with the help of the Sun. In Polynesia, this energy is called *Mana*.

Below are suggestions for healthier, natural sweets, which are best consumed first thing in the morning, mid morning, mid afternoon, or late in the evening. To avoid gas or bloating, never consume sweets right after a meal. The exceptions to this rule are papayas/pawpaws and pineapple, which can be consumed with protein because of their enzymes. Also, fruits can be included in smoothies. Eat for your blood type and do not to combine fruits and vegetables because they require different enzymes for digestion.

NATURAL SWEETS (Consume in moderation)

Organic, unsulfured dried fruits, such as dates, figs, raisins, peaches, apricots, prunes, papaya/pawpaws, and mangoes. Always wash well before serving.

Organic apples and stone fruits such as cherries, plums, peaches, nectarines, and pears. Consume fruits in season.

Organic berries of all kinds such as blueberries, raspberries, boysenberries, strawberries, etc.). Again, wash before serving. They can be eaten as is, mixed with other fruits, or pureed into a smoothie or sorbet.

Various different combinations of pureed fruit can be made and served with spices and mint.

Organic tropical fruits such as pomegranates, pineapples, grapes, bananas, grapefruits, watermelon, and other melons.

Organic pawpaw/papaya with fresh lemon/lime juice and mint. Fresh mint can be added to many of the tropical fruits (pineapple in particular) and some berries.

Home made fruit cocktail with different varieties of organic fruits, their natural juices, and mint. Keep tropical fruits separate from cold climate fruits.

Popsicles made from unsweetened (naturally sweet), organic fruit juice; preferably not from concentrate. Avoid fruit "drinks" which are loaded with refined sugar.

Jello made from organic unsweetened (naturally sweet) fruit juice and unflavoured gelatine.

Natural ice cream from unhomogenized milk/cream, yoghurt, or coconut yoghurt, sweetened with unboiled honey (in moderation), fruit, or palm sugar.

Chocolate/carob/drops/candy, sweetened with date/rice/maple syrup or fruit.

Organic fruit sheets or coconut bars with maple syrup. Avoid the many bars made with refined sugar, corn syrup, dextrose, sucrose, and hydrogenated oil.

Gluten free cookies/biscuits, sweetened with fruit, rice/maple syrup, or palm sugar. Avoid cookies with damaged oils. Coconut, amaranth, and quinoa flour are healthy options.
www.goraw.com <http://www.eatright.co.nz/>

Gluten free, whole grain cakes, pies, muffins or cheese cakes, sweetened with fruit, rice/maple syrup, or palm sugar and free of damaged fats/oils.

Whole grain brown rice crackers free of sugar, oils, and MSG. www.edwardandsons.com and <http://www.glutenfreeshop.com.au> (Eat Rite)

Chutneys, Jellies, and jams, sweetened with fruit, or palm sugar, in small quantities.

Cranberry sauce, sweetened with palm sugar.

When a recipe calls for sugar, replace it with natural sweeteners, such as date sugar, palm sugar, unsulphured molasses, rice syrup made from whole brown rice and barley sprouts, unrefined maple syrup, unboiled honey, or natural stevia. Deserts can always be sweetened moderately with natural sweeteners.

When consuming natural sweets, it is important to include fibre at the same meal to avoid a rise in insulin. Thus, it is always better to consume the whole fruit instead of fruit juice, or vegetable juice with the pulp and/or a salad instead of just the juice.

If you crave something sweet, it is usually an indication that your sodium potassium ratio is off balance and you need more potassium rich foods. It could also be an indication that your adrenal glands and pancreas are depleted.

To help overcome sugar cravings, supplement your diet with chromium nicotinate or chromium picolinate, increase the amount of quality protein in your diet, and seek a good nutritionist to help rebuild your adrenal glands and pancreas.

The time it takes to overcome a sweet treat addiction and the scourge of sugar will depend on how well you nourish your body, your genetics, and a great deal of will power.

Recommended reading:

"Get the Sugar Out" by Ann Louise Gittleman

"The Fat Flush Plan & Program" by Ann Louise Gittleman

"The Omni Diet" by Tana Amen & Dr. Daniel Amen

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- [Food Politics](#) by Prof. Marion Nestle
- [PloS Medicine](#) An open-access journal publishing original research and analysis relevant to human health.
- [World Health Organisation](#)