

SWEET TREAT ADDICTION: The Scourge of Sugar

Part 3

by Lady Carla Davis, MPH

Specializing in Nutrition

CONSUMPTION AND PRODUCTION

Sugar consumption is an important factor in public health. A high sugar diet is linked to increased risk of heart disease, diabetes, poor dental health, high blood pressure, lymphatic and respiratory illnesses, cancer, gut/brain/behavioral problems, immunity, and obesity.

Throughout most of human history, consumption of refined sugar was zero. Then, about 2,000 years ago, with the discovery of sugar cane, things began to change. By 1700, the average per capita consumption of refined sugar in the developed world was approximately 4 pounds per annum, which accounted for less than 1% of caloric intake. By 1800, it was approximately 18 pounds per annum. By 1900, per capita consumption of refined sugar had risen to 60 pounds per annum.

In 1985, world sugar consumption was 98 million metric tons. In 2008, the American total per capita consumption of sugar and sweeteners, exclusive of artificial sweeteners, equalled 136.18 pounds (61.9kg) per year. This consisted of 65.23 pounds (29.65kg) of refined sugar and 68.2 pounds (31kg) of corn derived sweeteners. By 2010, world refined sugar consumption soared to 160 million metric tons. In 2011, the world produced about 168 million metric tons of sugar, and the average person consumed about 52.8 pounds (24kg) of sugar and 72.82 (33.1 kg) pounds in industrialized countries.

In 2011-2012 the Australian Health Survey found that Australians were consuming an average of 60g of sugars each day, or the equivalent of 14 teaspoons of white sugar. On October 19, 2013, another study from researchers at the University of Wollongong and University of Sydney, presented at the annual congress of the Australia and New Zealand Obesity Society, revealed that more than half of young Australians were 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>. To date, this problem continues to be ignored because of industry influence.

By 2013, over 382 million people worldwide had diabetes at a cost of over \$548 billion. The International Diabetes Federation predicts it will rise to 592 million by 2035. <https://www.idf.org/>. In 2013, China, India, USA, Pacific Islands, Micronesia, Saudi Arabia, Kuwait, and Qatar have the highest amount of cases per capita. There are three types, Type 1, type 2, and gestational diabetes.

Between 2014/2015, world wide production of refined sugar reached 175.1 million metric tons, and sugar consumption exceeded 176 million metric tons. Though down a bit in 2017, global sugar consumption was still high at 171.87 million metric tons. It is no wonder that the scourge of sugar is making people sick, world-wide, and medical care costs are soaring out of control.

World Consumption (kilos) of Sugar Per Capita, 2009-2015:

http://www.indiansugar.com/PDFS/World_per_Capita_Consumption_of_Sugar.pdf

The highest (in kilos) sugar consumers in 2015 were: various Caribbean (66.7), Neth. Antilles (56.7), Malaysia (55.6), Brazil (53.6), Singapore (50), Cuba (51.8), El Salvador (51.2), Sudan (49.4), Barbados (49.3), New Zealand (48.6), Australia (48.2), Trinidad & Tobago (48.5), Costa Rica (47.7), Guatemala (45), Serbia (43.7), Fiji (43.4), Nicaragua (43.2), Chile (42.9), Thailand (42.7), Switzerland (42.6), Swaziland (42), Ukraine (40.5), Uruguay (41.1), Jamaica (40.5), & Israel (40.8),

According to WorldAtlas.com, 25 April 2017

<https://www.worldatlas.com/articles/top-sugar-consuming-nations-in-the-world.html> the average person in the United States, consumes 126.4 grams of sugar daily (1/4 lb), which is more than 10 times the lowest recommendation. Germany is the second largest sweet tooth at about 102.9 grams

on average. The Netherlands is the third at 102.5 grams daily. Ireland ranks fourth at 96.7 grams. Australia is fifth at 95.6 grams of sugar daily. Belgium comes in at sixth with 95 grams. The United Kingdom is seventh at 93.2 grams. Mexico is eighth at 92.5 grams, and also ranks number one with obesity, along with various Pacific island nations, who have among the highest rates of diabetes. Finland is ninth at 91.5 grams on average, and Canada is tenth at 89.1 grams of sugar daily.

PRODUCING COUNTRIES

The five largest producers of sugar in 2011/12 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 and Israel have among the highest [per capita](#) consumption of sugar, followed by Australia, Thailand, and the European Union.[\[44\]](#)[\[45\]](#)

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

Country	2007/08	2008/09	2009/10	2010/11	2011/12
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 have 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 including refined sugar and damaged oils.

For example... below is a chart taken from from an article Called “**Sugar in Australian Cereals**” by David Gillespie, Nov. 23, 2008. <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 properly acknowledged, the scourge of sugar will continue to worsen. Governments everywhere will struggle to cope with and pay for

all the diseases caused by the 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 soaring medical costs, within one generation.

Meanwhile, there are simple measures every parent or person can take. To start, **read the small ingredients section** listed on all food labels, including products in health food stores. Ignore the hype on the front of labels and AVOID all products containing sugar, high fructose corn syrup, dextrose, sucrose, refined flour, rice and potato powder/starch, and even cane juice, which is yet another form of sugar. Also AVOID products containing damaged (highly refined, GM) oils/fats, such as canola, soy, corn, peanut, cotton seed, and margarine), which are endocrine disruptors. Search for quality products that are made without refined sugar/carbohydrates, artificial sweeteners, and/or damaged oils/fats. 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 or artificial sweeteners added to them.

If you see sugar or artificial sweetener (e.g. HFCS) in the ingredients section of a product you like, call the company and suggest, as a consumer, that they make their product healthier without the use of refined sugar or artificial sweeteners. Provide them with healthier alternatives listed below. Provide feedback to hotels and airlines, whose meals are generally unhealthy and full of sugar and chemicals.

Except for a few small, costly restaurants and cafés, healthy eat-out or take-away meals are not easy to find. Cooking schools, chefs, 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 and cafés that serve healthy affordable meals without sugar, artificial sweeteners, and damaged oils. If you are not sure, call in or visit them ahead of time to question if they have or will prepare meals without added sugar, artificial sweeteners, and damaged oils. The more you request sugar-free foods, drinks, and products, the more prevalent they will become.

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 sweet 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 with grains or starch. Some fruits, such as papaya/pawpaw and pineapple, can be consumed with protein because of their enzymes. Also, fruits can be included in smoothies with nuts, seeds, and pumpkin seed protein powder. Do not to combine fruits and vegetables because they require different enzymes for digestion. Eat for your blood type.

NATURAL SWEETS HIGH IN FIBER (Consume in moderation and for your blood type).

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

Organic apples and stone fruits such as cherries, plums, peaches, nectarines, and pears. Consume fruits in season. AVOID GMO apples and fruits sprayed with antibiotics. .

Organic berries of all kinds, fresh or frozen, such as blueberries, boysenberries, goji berries,

raspberries, strawberries, etc.. Again, wash before consuming. 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 and semi tropical fruits such as bananas, grapes, grapefruits, mangos, melons, pineapples, pomegranates, watermelon. AVOID grapes sprayed with cryolite/fluoride.

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. AVOID GMO Papaya/pawpaw.

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

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

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

Naturally sweetened kefir, yogurt from unhomogenized milk/cream, or coconut yoghurt, sweetened with unboiled honey, fruit, or palm sugar. For blood type A, B, & AB.

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

Organic fruit sheets or coconut bars with fiber and 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 oils/fats. (Keep consumption to a minimum).

Whole grain brown rice crackers free of sugar, damaged oils, and MSG. www.edwardandsons.com, www.glutenfreeshop.com.au (Eat Rite), www.goraw.com, www.ceresorganics.co.nz to name a few.

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

When a recipe calls for sugar, replace it with natural sweeteners, such as date sugar, palm sugar, coconut sugar, unsulphured molasses, rice syrup (Lundberg) made from whole brown rice, unrefined maple syrup, unboiled honey, or natural stevia. Deserts can always be sweetened moderately with these natural sweeteners, which do not cause an insulin spike.

The more fiber a natural sweet contains the less it will cause an insulin spike. Thus, it is always better to consume the whole fruit instead of fruit juice, and a salad or vegetable juice with the pulp, instead of just vegetable juice.

If you crave something sweet, it is usually an indication that your sodium-potassium ratio is out of balance, and you need more potassium rich foods. It could also be an indication that your adrenal glands and pancreas are depleted (burn-out) and not functioning properly (e.g. hormonal imbalance).

To overcome sugar cravings, consume quality protein, high fiber, and healthy fatty foods early in the day; supplement with chromium nicotinate or chromium picolinate and essential fatty acids in balance (*Omega Nutrition* flax seed oil); and seek a good nutritionist to help restore the function

of your adrenal glands and pancreas. Also get sufficient sleep and plenty of natural, full spectrum daylight and sunshine. 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

"Food, Teens, and Behavior" and **"Food and Behavior"** by Barbara Reed, PhD 1983 and 2009

"Nutrition and Physical Degeneration" by Weston A Price, DDS, Keats Publishers, 1939, 2008, 2010

"Potatoes Not Prozac" by Kathleen Des Maisons, PhD

"Sweets Are Not Treats" by Carla Cassata, NC "Let's Live" 1988

"Sweet Poison" with Dr. Eric Stice, Univ. of Oregon, Sixty Minutes TV, 8 June 2012

"Sugar Blues" by William Duffy, Warner Books 1986

"Sugar: The Bitter Truth Summary" with Prof. Robert Lustig, MD, USSF Division of Endocrinology & Metabolism, 30 July 2009, US Berkley Dept. of Nutritional Sciences

Dr. Jean Mac Schwartz, PhD, Sharon Fleming, PhD, Lorene Ritchie, PhD

"The Blood Solution" by Mark Hyman 2012, University of CA, San Francisco, Dr. Christine Horner, Harvard University

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

© 2017 Lady Carla Davis - www.NourishingBasics.com

References:

"Food, Teens, and Behavior" and **"Food and Behavior"** by Barbara Reed, PhD 1983 and 2009

"Globesity-Fats New Frontier" Foreign Correspondence, ABC TV, 24 July 2012

Food Politics by Prof. Marion Nestle <https://www.foodpolitics.com/>

"Get The Sugar Out" by Ann Louise Gittleman, Random House, 1996 & 2008

International Diabetes Federation <https://www.idf.org/>

Natural Society: <http://naturalsociety.com/sugar-the-toxicity-question-and-what-to-do-about-it/#ixzz54hprzJjO>

"Nutrition and Physical Degeneration" by Weston A Price, DDS, Keats Publishers, 1939, 2008, 2010

"Potatoes Not Prozac" by Kathleen Des Maisons, PhD

"Sugar Blues" by William Duffy, Warner Books 1986

"Sugar: The Bitter Truth Summary" with Prof. Robert Lustig, MD, USSF Division of Endocrinology & Metabolism, 30 July 2009, US Berkley Dept. of Nutritional Sciences

Dr. Jean Mac Schwartz, PhD, Sharon Fleming, PhD, Lorene Ritchie, PhD

"Sweets Are Not Treats" by Carla Cassata, NC "Let's Live" 1988

"Sweet Poison" with Dr. Eric Stice, Univ. of Oregon, Sixty Minutes TV, 8 June 2012

"The Blood Solution" by Mark Hyman 2012, University of CA, San Francisco

Dr. Christine Horner, Harvard University

<http://thechart.blogs.cnn.com/2013/11/14/diabetes-continues-to-spread-around-the-world/>

UCTV Prime series: **"The Skinny on Obesity"** [Health and Medicine] [Show ID: 23591], Dr. Robert Lustig 12 April 2012

<http://www.uctv.tv/skinny-on-obesity/>

<http://www.youtube.com/watch?v=dBnniua6-oM&list=PL39F782316B425249> 1 hr. 29 min. 28 sec.

<http://en.wikipedia.org/wiki/Sugar>

The Nutrition Transition Program - Prof. Barry Popkin <http://www.cpc.unc.edu/projects/nutrans/>

World Health Organisation <http://www.who.int/en/>

World Per Capita Consumption of Sugar:

http://www.indiansugar.com/PDFS/World_per_Capita_Consumption_of_Sugar.pdf

PloS Medicine An open-access journal publishing original research and analysis relevant to human health.