Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ The Secrets of Sugar \_\_\_\_\_\_\_\_\_\_\_\_\_/18

1. On average, how many teaspoons of sugar per day do North Americans consume? How many kilograms a year does this work out to?
2. Why is sugar the “basic building block” of so many processed foods?
3. What is the bliss point (think about Goldilocks analogy)?
4. What does 4 grams of sugar equal?
5. “Fats\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, sugars\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and we’re all getting\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” Dr. Lustig
6. What is the chemical composition of sucrose (sugar)?
7. What does glucose feed?
8. Where does fructose go?
9. What does the liver do with excess fructose?
	1. What does “liver fat” lead to?
	2. What does fructose do to your brain?
10. According to Mudd’s presentation, what two factors were contributing to obestity?
11. In what decade did the relationship between sugar and disease begin to be examined?
12. Why did those studies grind to a halt?
13. What was the difference between the healthy rat and the rat that was feed a “typical North American diet” of sugars and fats?
14. How much sugar is the American Heart Association recommending we eat?
15. In 2003 the World Health Organization tried to pass a resolution that would recommend the limiting of our daily sugar intake to just 10% of our daily consumption of food. Why does the video suggest this resolution was pulled?
16. What law did New York City attempt to pass?
17. According to Dr. Lustig, what disease will use up all the healthcare funds in the USA by in the next 13 years?
18. Respond. Based on this documentary, what do you think? What is your own sugar consumption like? Does it concern you at all? Are you likely to change your habits? Do you think the food industry should be held more accountable, or do you think consumers should take more personal responsibility?