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PaperTitle **Sugar; Why all the Fuss?**

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ABSTRACT

Sugar, formerly considered synonymous with sucrose but now inclusive of high-fructose syrups, has had a bad press for almost half a century and longer with those who associated it with the slave trade. It has been castigated as devoid of nutrients as if the provision of energy was not one of the main purposes of food and drink. It has been incriminated in the aetiology of many illnesses ranging from coronary heart disease, through obesity and diabetes to juvenile delinquency and dental caries – the latter being the only one in which a causal relationship can be established. It is singled out for special consideration by food labelling authorities whose advice if followed would result in foods becoming less palatable or increased use of artificial sweeteners which are they the subject of unsubstantiated adverse criticism. The purported role of sugar in the aetiology of reactive hypoglycaemia – at one time a fashionable illness that reached epidemic proportions in the USA and some other western cultures in the 1980 and still occasionally surfaces in the “health columns” of newspapers and women’s magazines will be discussed.