Health Consequences of Moderate Sugar Diets Revealed by OPAs

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Major Findings:

- Consuming 25% Kcal from added sugar increases MORTALITY and decreases reproduction of mice!


- The form of fructose matters! Fructose/glucose mixture increases MORTALITY relative to sucrose.

Ruff et al. 2015, J. Nutr.
Just a Spoonful of Sugar... helps you put you in the group!