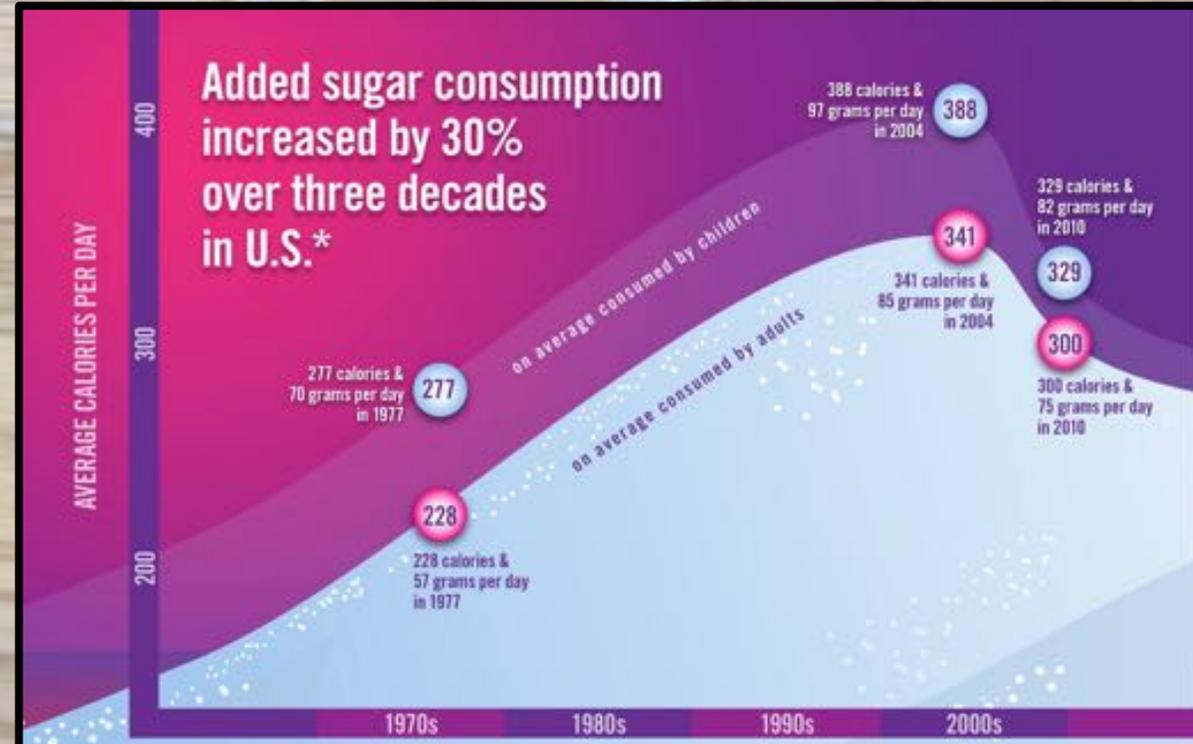


Health Consequences of Moderate Sugar Diets Revealed by OPAs

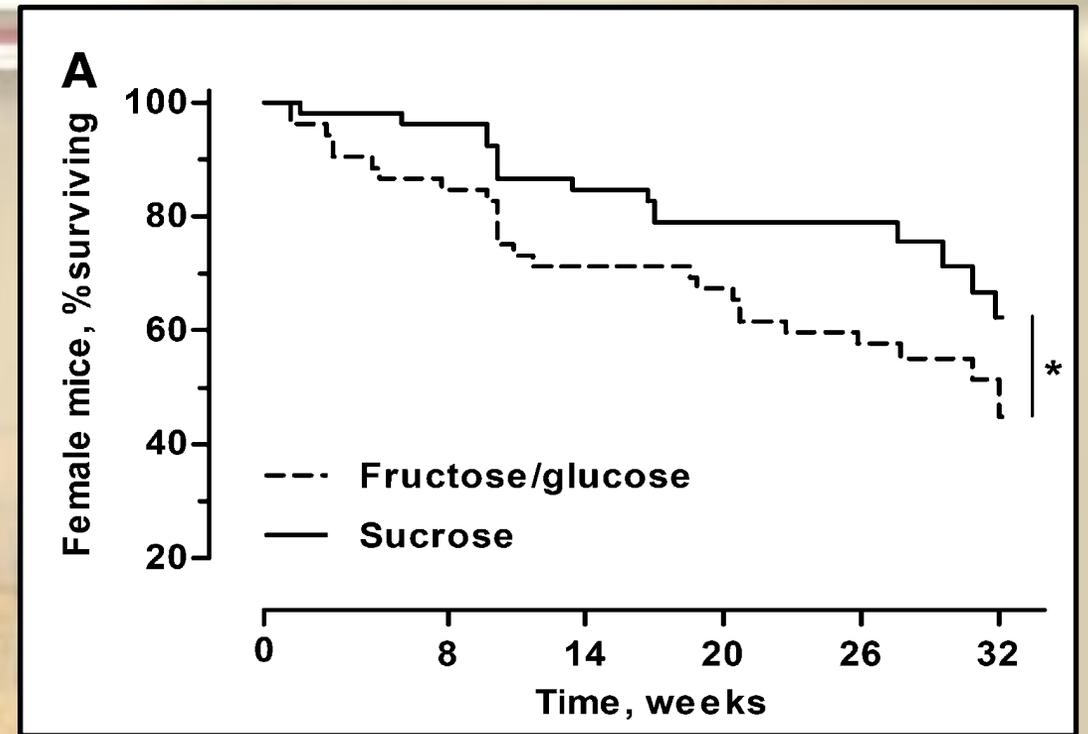
James Ruff
Wayne Potts Laboratory
Department of Biology



Major Findings:

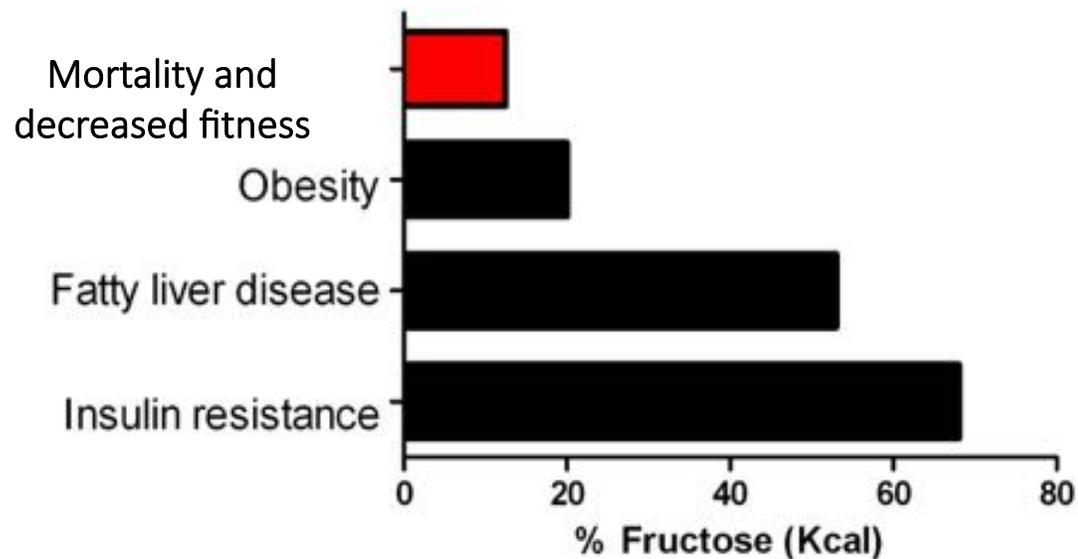
- Consuming 25% Kcal from added sugar increases **MORTALITY** and decreases reproduction of mice!

Ruff et al. 2012, Nat. Commun.



- 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 to put you in the ground!

