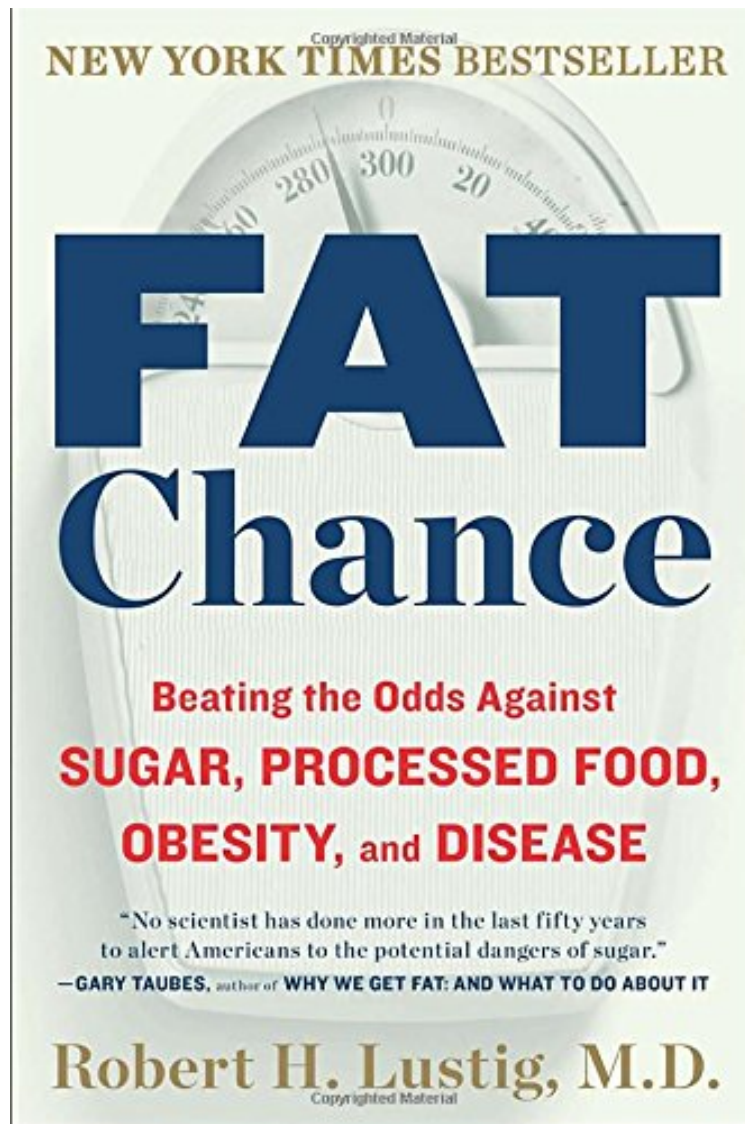


Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease

Robert H. Lustig

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Robert H. Lustig : Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease before purchasing it in order to gage whether or not it would be worth my time, and all praised Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease:

469 of 482 people found the following review helpful. Life changing nutritional education By customer I had hit a wall

in terms of eating right and dieting. Then my sister shared with me how much she was able to lower her LDL in her cholesterol by reducing her sugar intake. I started to Google articles on sugar and came across Dr Lustig's YouTube video. It was 90 minutes but it was, in a word, captivating. I was then fortunate to find out that he was coming out with a book at the end of December. I had it delivered to my Kindle while on a beach vacation during the Christmas/ New Year's holidays. Well, as much as that does not sound like a good vacation book (I did read 2 other novels), it was fantastic on multiple levels. Dr Lustig has a gift because not only is he obviously educated in his field but he is articulate and extremely thorough. Specifically, his book details how sugar is bad for you but he takes it to a level where you totally get it. He explains it from angles that you have never even realized existed...politically, economically, socially and of course, scientifically. And it is not just sugar. He gets into every corner of nutrition....fiber, insulin, leptin, stress, exercise. The book covers everything. It is obvious he put a tremendous amount of effort into this book. He also states very clearly that he has scientific back-up to all of his statements. As I mentioned above, I was looking for a "new diet book" but this book is much more than that. Realizing what is going on in my body because I absolutely love and eat so many carbs was mind boggling. He teaches you all about food labels and let me tell you, it is an education. I am married over 25 years and my wife always does the food shopping. This book had such an effect on me, that I went food shopping by myself so that I could take the time and read the food labels. You cannot believe how much sugar is in your food. I am not even viewing my change in eating as a diet. This is about understanding what is going on with all of the garbage that we consume. For me, it is a change of life. The book just clicked with me. If you want to live longer(in addition to many other benefits such as losing weight), read this book cover to cover. I also love the fact that he endorses the glass of red wine I am drinking right now. 427 of 449 people found the following review helpful. A book that might change how you eat! By Christina Dudley I devoured this book. Lustig, a pediatric endocrinologist at UCSF whose "Sugar: The Bitter Truth" lecture video got lots of hits on YouTube, has been watching the rise of obesity and its attendant ills in his practice over the last umpteen years. While not every obese person is unhealthy (and many people with acceptable BMIs still suffer from metabolic syndrome), obesity frequently brings in train "the cluster of chronic metabolic diseases...which includes...type 2 diabetes, hypertension (high blood pressure), lipid (blood fat) disorders, and cardiovascular disease," along with "co-morbidities associated with obesity, such as orthopedic problems, sleep apnea, gallstones, and depression." Lustig even mentioned the increase of dementia as tied to this whole mess, as insulin resistance leads to dementia! Consider some of his alarming statistics:- 1/4 of U.S. children are now obese;- Greater than 40% of death certificates now list diabetes as the cause of death, up from 13% 20 years ago;- The percentage of obese humans GLOBALLY has doubled in the last 28 years; there are now 30% more overnourished (obese) people than undernourished, worldwide;- Fructose (all the sugars you can think of, apart from the sugar in milk) is "inevitably metabolized to fat";- Fructose consumption has doubled in the past 30 years and increased six-fold in the last century;- The majority of humans, regardless of weight, release double the insulin today as we did 30 years ago for the same amount of glucose; this hyperinsulinemia leads to insulin resistance, the body thinking it's starving, and increased eating, especially for foods high in fat and sugar because our dopamine receptors aren't getting cleared--a vicious cycle;- The processed food industry has turned to increased sugars of all kinds to improve flavor and shelf life; we eat lots of processed foods; therefore, 20-25% of all calories we consume on average come from sugars; in adolescents this number can approach 40% of daily calories. Because I was blitzing through this, I didn't absorb the science as well as I might have, but Lustig helped me understand that how often, how much, and how unhealthily we eat can be a function not of choice but of our biochemistry. The feedback systems and processing systems which served humans so well for eons were not built to handle as much food as we eat nowadays, particularly the avalanche of empty sugar calories. Sweets and fats used to be hard for us to come by--if we hit a surplus, of course our bodies stored it up (as fat) for a rainy day! Unfortunately, there are no more rainy days, so we keep storing and storing and overloading the system. Lustig's book is not about dieting or losing weight--in fact he says we have natural weights we gravitate toward, and there isn't a heckuva lot we can do about it, exercise or no exercise. But obesity is a new thing that is environmentally-aided, and that can be fought against. His conclusion? You can probably guess. Lots of fruits and vegetables and fiber. The fiber in fruits requires enough work to digest that it effectively negates the fructose. Milk or water to drink (lactose is not processed like fructose). Meats (not corn-fed) and dairy (ditto) are fine, but don't skip the produce. Whole grains (all the brown in them--exactly how my son doesn't like them), but even then there's no need for tons of grain. And, if it has a nutrition label, it's a processed food. Use sparingly. The low-hanging fruit Lustig tackles first is ridding your life of soda, smoothies, frappuccinos, and fruit juice. (8 ozs of orange juice has more sugar than 8 ozs of Coke.) If you do alcohol, do just enough wine to get the resveratrol benefits and then lay off. As Lustig points out, changing one's food environment is all but impossible for the poor. After all, corn and soy receive massive government subsidies, making the processed foods based on them cheap, cheap, cheap. Even if you had access to fresh produce, your money goes farther on the stuff in boxes, and food stamps cover soda. One of the more disheartening bits of the book was when he talked about meeting with Michelle Obama's personal chef Sam Kass, the point person for the White House Obesity Task Force. Kass admitted everyone in the White House (incl the Pres) had read Lustig's NYTimes article "Is sugar toxic?" but they would do nothing to help. "Because they don't want the fight, this Administration has enough

enemies." Sigh. Not that the Republicans mentioned fared any better. Basically, changing our food landscape is up to us. For those of us with the dollars, vote with our dollars! If we don't buy it, not all the food stamps in the world will make it profitable. Kind of a bummer to read this going into Christmas-cookie season, but one of my New Year's Resolutions will be to improve the food environment for my kids. (How I wish I had a time machine! I would never have introduced our biggest consumption area for processed foods--breakfast cereal. I can only comfort myself that we don't eat any off of his "Ten Worst Children's Breakfast Cereals" list!) Highly recommend. (Thank you to NetGalley and Hudson Street Press for the ARC.) 1 of 1 people found the following review helpful. I am convinced (english/portuguese) By L. F. C. Cerqueira The book spends a lot of pages educating the reader about the mechanisms of action of various hormones and enzymes involved in the metabolism and the development of metabolic syndrome. Part of the book, I would say that the first third, can get a little dull because of that, but throughout its development, it is clear that the concepts are essential for the reader to understand the formation of fat. The book is very educational so far as to remove the fat person's guilt and take some of the blame to the rightful owners, the ones who manages and produces food filled with highly toxic substances and huge propensity to addiction, and the government has not the will and the political will to regulate. The book goes through various diet types and points out what they all have in common, that is the absence of processed sugar, which is the key part of a successful diet. The key to health, he points out, is to eat unprocessed foods and daily exercise. He demonstrates this based on numerous studies cited in the course of the entire book, identified in the Appendix, as a master's thesis was, but with a more irreverent language. It is a very educational book. I think it's valuable information, unless the author has told a very convincing lie with a very well mounted mosaic of data and scientific papers arranged to meet his fallacy. Otherwise, it is likely to be true and should help anyone who intends to achieve a healthier life, longevity and respect to one's body.-----Eu estou convencido O livro gasta muito tempo educando o leitor a respeito dos mecanismos de ação de diversos hormônios e enzimas que atuam na metabolização e no desenvolvimento de síndrome metabólica. Parte do livro, diria que o primeiro terço, pode ficar um pouco maçante por causa disso, mas no decorrer da história, vai ficando fundamental ao leitor compreender os processos da insulina, leptina, grelina e outros, para entender como atuam a síndrome metabólica e o processo de formação de gordura. O livro é bastante educativo ao ponto de remover a culpa do gordo e levar parte da culpa a quem, de direito, a quem controla e produz os alimentos, que os enche de substâncias altamente tóxicas e de enorme propensão a agravar a situação, e que o governo não tem o pulso e a vontade política para regular. O livro passa por vários tipos de dieta e aponta que o que todas elas tem em comum é a ausência de açúcar processado, sendo esse o ponto fundamental de uma dieta de sucesso. Além disso, ele aponta, esta na alimentação sem alimentos processados e exercícios diários. Ele demonstra isso baseando-se em inúmeras pesquisas citadas no decorrer de todo o livro, apontadas nos apêndices, como se uma dissertação fosse, mas com uma linguagem mais irreverente. É um livro muito educativo. Recomendo para todos. Acho que é informação preciosa, que a não ser que o autor tenha contado uma mentira muito convincente com um mosaico muito bem montado de dados e artigos científicos arranjados de forma a atender sua falácia, é provável que seja verdade e devem auxiliar qualquer um que pretende atingir uma vida mais saudável, longevidade e respeito ao seu corpo.

The landmark New York Times best seller that reveals how the explosion of sugar in our diets has created an obesity epidemic, and what we can do to save ourselves. Robert Lustig is at the forefront of war against sugar—showing us that it's toxic, it's addictive, and it's everywhere because the food companies want it to be. His 90-minute YouTube video "Sugar: The Bitter Truth" has been viewed more than 7 million times. Now, in this landmark book, he documents the science and the politics that have led to personal misery and public crisis—the pandemic of obesity and chronic disease—over the last thirty years. In the late 1970s, when the U.S. government declared that we needed to get the fat out of our diets, the food industry responded by pumping in more sugar to make food more palatable (and more salable), and by removing the fiber to make food last longer on the shelf. The result has been a perfect storm for our health, disastrously altering our biochemistry to make us think we're starving, drive our eating habits out of our control, and turn us into couch potatoes. If we cannot control how we eat, it's because of the catastrophic excess of sugar in our diet—the resulting hormonal imbalances have rewired our brains! To help us lose weight and recover our health, Lustig presents strategies we can each use to readjust the key hormones that regulate hunger, reward, and stress, as well as societal strategies to improve the health of the next generation. With scientific rigor and even a little humor, *Fat Chance* categorically proves that "a calorie is not a calorie," and takes that knowledge to its logical conclusion—an overhaul of the global food system.

No scientist has done more in the last fifty years to alert Americans to the potential dangers of sugar in the diet than Dr. Robert Lustig. --Gary Taubes, author of *Good Calories, Bad Calories* and *Why We Get Fat* "Our eating habits are killing us. In this timely and important book, Dr. Robert Lustig presents the

scientific evidence for the toxicity of sugar and the disastrous effects of modern industrial food on the hormones that control hunger, satiety, and weight. He gives recommendations for a personal solution to the problem we face and also suggests a public policy solution. Fat Chance is the best book I've read on the relationship between diet and health and the clearest explanation of epidemic obesity in our society."--Andrew Weil, M.D., author of Spontaneous Happiness and You Can't Afford to Get Sick

"Fat Chance is THE manifesto for our time. It reveals the real reasons why we are a fat nation and how to cure the obesity epidemic. It gets right to the root of the problem, which is not gluttony and sloth, as the food industry, government and your neighbor would have you believe. It is because we are drowning in a sea of sugar which poisons our metabolism, shrinks our brains, and threatens our national security and global competitiveness. Every American, politician, teacher, and business leader must read this book. Our nation's future depends on it."--Mark Hyman, M.D., author of The Blood Sugar Solution

"Fat Chance is an extraordinary achievement. Obesity's causes, mechanisms, health consequences, and preventive approaches are all devilishly complicated, but Dr. Lustig's outstanding contribution clarifies the complexity via a writing style that's accessible, insightful, and often gently humorous. Robert Lustig is a clinician, a scientist, and an advocate—a combination that makes him uniquely qualified to bring the condition's many facets into sharp focus. Obesity has become the world's number one health problem. Fat Chance is the book for all of us who must confront this epidemic."--S. Boyd Eaton, M.D., Departments of Radiology and Anthropology, Emory University, and father of the Paleo Diet movement

"Robert Lustig is neither ringing an alarm bell nor giving us a gentle, paternalistic nudge. His message is more authentic. He is a medical doctor issuing a prescription. In order to address a current cocktail of health threats, Americans must alter their diets and do so radically. Those alterations must begin with a dramatic reduction in the consumption of sugars."--Alec Baldwin

"The obesity pandemic is well documented. But what can be done about it? More importantly, when does a personal health issue rise to become a public health crisis? In Fat Chance, Dr. Robert Lustig examines the science of obesity to determine the role that our current diet (especially too much sugar and too little fiber) plays in weight gain and disease. Using that knowledge, he proposes changes in our personal, public, and governmental attitudes to combat this scourge. Fat Chance is a 'savory' read with a 'sweet' finish."--Sanjay Gupta, M.D., neurosurgeon and CNN medical correspondent

About the Author Robert H. Lustig, M.D., MSL, is professor of pediatrics in the Division of Endocrinology and a member of the Institute for Health Policy Studies at University of California, San Francisco. He has authored 120 peer-reviewed articles and 70 reviews, as well as The Fat Chance Cookbook and the upcoming The Hacking of the American Mind. He has mentored 30 pediatric endocrine fellows and trained numerous other allied health professionals. He is the former chairman of the Obesity Task Force of the Pediatric Endocrine Society, a member of the Obesity Task Force of the Endocrine Society, and a member of the Pediatric Obesity Devices Committee of the U.S. Food and Drug Administration. He is also the president of the nonprofit Institute for Responsible Nutrition, dedicated to reversing childhood obesity and Type 2 Diabetes. He consults for several childhood obesity advocacy groups and government agencies.

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The Mediterranean Diet Pioppi, a small town in Italy, is the home of the Mediterranean diet. In Ancel Keys' Seven Countries study (Italy was one of the countries), this diet was associated with lower death rates from heart disease. The diet was popularized in America due to its population's low incidence of disease and long lifespan. Unfortunately, Pioppi and many surrounding areas that originally consumed a peasant fare can no longer afford to do so. Processed food is more readily available and cheaper. These areas, once renowned for their health, have soaring rates of obesity in part due to a current lack of whole grains, fresh fruits, and vegetables from their diets. These items are just too expensive, and they don't taste as good.

Here's what's in the real Mediterranean diet: high olive oil consumption (mono-unsaturated fat); legumes (beans, lentils, peas); fruits, vegetables, and unrefined grains (fiber); dairy products (saturated fat); eggs (high-quality protein); fish (omega-3s); and wine in moderation (resveratrol, flavonoids, and likely other factors). Americans misunderstand the Mediterranean diet, because they think it is all about pasta, which is Italian but not Mediterranean. Because what the Italians used to eat in Italy is not what the Italians eat in the United States. The pasta and pizza movement actually started in the United States within the poor Italian immigrant population, based on the cost of carbohydrates versus meat. That diet then migrated over to Italy. And now the Italians have our problem.