

## PREVIEW\_ Emily Maguire - Sugar\_ Friend or Foe\_ (SD 2016) 1

**Emily Maguire:** The problem with sugar intake is not just happening in the developed countries, it's not just in America or the United Kingdom, it's also happening in developing countries as well.

And the thing for me, one poignant moment that I noticed this when we were in South Africa for the low carb conference with Karen and we actually visited the townships. I don't know if anybody else in here apart from the group that was with us in South Africa have visited there but that is some of the poorest areas in South Africa.

And as we were sitting we saw trucks of Coca-Cola driving past us and their merchandise was all of Coca-Cola. It's so accessible now because of how cheap it actually is. Now if you look at the trends in America, it was interesting to know, so it was from about the 1950's, the turn of the century, has increased by about 40%, but you can see that this increase come from the high fructose corn syrup.

The high-fructose corn syrup is also introduced as this new amazing kind of sweetener of choice. You thought it was going to be a lot better for your health, but as we know high fructose corn syrup has pretty much the same chemical make up as that of sucrose, so therefore table sugar.