

Whole fruits are rich in nutrients and fiber, promoting digestion and overall health.

Fruit juices, with reduced fiber, can cause rapid sugar absorption; diluting them with water helps.

High-Fructose Corn Syrup (HFCS) in processed foods is linked to health issues.

Recommendations include prioritizing whole fruits, moderating fruit juice intake, and avoiding HFCS-containing products for better



Table sugar - brown and white sugar is NOT the body's sugar. They are just sources for body sugar, just like flour. BODY SUGARS aka the petrol for the engine in the body.

Glucose, Fructose, Galactose.

You need to glucose the main body sugar when you are ACTIVE

Working, WORK Playing, Dancing

WHEN ACTIVE