

The Bitter Truth. 1 hr 30 min

Robert Lusting is an American pediatric endocrinologist who explores the negative side of a sugary diet. He studied the current American diet and its consequences. He says, if we looked at what causes the current rise of chronic diseases, the answer is obesity or being overweight. Dr. Lusting showed the diet data of Americans which shows that currently, Americans consume more calories than before. Dr. Lusting argues that Americans do not eat more food, but they consume more fructose, which is a disaster for our health. He also points out that fructose is evil not only metabolically, but also economically. Fructose is a cheap source of sugar that is added to every single food at the grocery store. He says that fructose is added even to toddlers' foods, for instance, apples which has a detrimental effect on children's health. He demonstrated how obesity is getting younger and younger due to fructose consumption.

Throughout the video, Dr. Lusting showed various facts about why we end up consuming more fructose in our diet. As per Dr. Lusting, the US policies are designed as a way that manufacturing companies take the benefit of producing cheaply many edible goods.

He also gives research-based facts proving that saturated fats are not that bad and health institutions suggest not to consume them. The bottom line fructose is more dangerous than fat consumption or consuming more calories from other macronutrients.