

Zucker

Zuckerarten

Rohrzucker

Careful inspection will also show the difference between these unrefined sugars and the brown sugars made by adding molasses to white sugar. With the latter, you will notice that the colour is only on the surface, and a quick rinse with a little water will reveal the white crystals of sucrose. In the UK, however, this kind of testing should be unnecessary, since labelling makes it easy to distinguish these two kinds of brown sugar. The raw sugars are labelled as 'unrefined' or 'raw', and the country of origin is given. The coloured white sugars have to be labelled so as to indicate their ingredients. The wording will be something like 'Ingredients: cane sugar, molasses'.

Gesundheit

Unterschiede brauner und weißer Zucker

The different sugar diets produced the same growth rate, size of litters and carbohydrate metabolism. The only differences were the usual ones we had discovered between rats fed sugar and rats fed starch.

We thought it would be interesting to see what the effect was, not simply on the rats themselves but on their pups. We therefore allowed the pups to stay with their mothers until they were ready to be weaned at three weeks or so. To our surprise, about half of the pups born to mothers fed starch or white sugar died when they were between 10 and 15 days old, whereas most of those born to mothers fed brown sugar survived until they were weaned at 22 or 23 days. We repeated these experiments several times, until about 300 pups had been born to mothers on each of the three diets. Of the total of 909 pups born, the survival score was 37 per cent from mothers fed starch, 53 per cent from mothers fed white sugar, and almost 90 per cent from mothers fed brown sugar. What is more, every one of the 'starch pups' and 'white-sugar pups', even those that survived, were clearly ill, with swollen abdomens and weak hind legs; on the other hand none of the 'brown-sugar pups' showed these abnormalities.

gesundheit

http://julianaszabluk.com/wp-content/uploads/2021/01/Pure-White-and-Deadly-How-Sugar-Is-Killing-Us-and-What-We-Can-Do-to-Stop-It-by-John-Yudkin-z-lib.org_.epub_.pdf

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