

Nutrition

The Pros and Cons of Fructose

Fructose is a simple sugar found in many foods, including fruit sugar, honey, corn syrup and high fructose corn syrup. It's almost twice as sweet as sucrose (table sugar).

When humans consume excess fructose, it's more likely to go towards the production of fatty acids and cholesterol than toward the production of glucose to fuel your muscle.

For bodybuilders, you can eat some fruits (2-3 servings) on a daily basis without worrying about the side effects of fructose. Fruit juices, however are a different story as they do not have the fiber that slows down digestion and absorption of whole fruit.

Fructose does have some advantages within the human body. When you consume fructose it does not elevate blood insulin levels much and by keeping insulin levels down helps avoid the deposition of fat.

For those who want to lose bodyfat, then avoiding fructose as much as possible is probably a good idea, otherwise 2-3 servings of fruit a day is recommended.