

Re: Poisonous Food Ingredient?

Source: <http://sci.tech-archive.net/Archive/sci.chem/2005-05/msg00676.html>

- *From:* Bob <bbx107@xxxxxxxxxxx>
 - *Date:* Sun, 29 May 2005 19:20:37 -0700
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On 29 May 2005 15:35:00 -0700, "Andrew" <KellyClarksonTV@xxxxxx> wrote:

>Both my girlfriend and I agree that sugar is a poisonous food
>ingredient. Anybody here agree with us?

"Sugar" is a whole class of things. Your body makes sugars; they are absolutely essential for us. All organisms make sugars; we consume them no matter what we eat. What sugar are you concerned about? Why?

If you also consider water toxic and sodium chloride toxic, I suppose you can say sugars are toxic. It is all a matter of dose.

bob

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- *Follow-Ups:*
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 - ◇ *From:* Andrew
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