

Re: To sugar or not to sugar, that is the question!

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Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-11/msg00450.html>

- *From:* Enrico C <use_replyto_address@xxxxxxxxxxxxxx>
 - *Date:* Mon, 28 Nov 2005 21:30:01 +0100
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On 27 Nov 2005 09:05:49 -0800, Mr-Natural-Health wrote in
<news:1133111149.623630.236660@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx> on
sci.med.nutrition :

> Enrico C wrote:

- >> On the one hand, I believe that not eating sugar (as such, it's quite
- >> different if it comes with fiber in fruit) and sugary sweets helps to avoid
- >> overeating, as those kinds of foods don't satiate you for a long time and
- >> can make you crave for more.
- >> On the other hand, I noticed it much depends on the individual.
- >> Some people do eat jam at breakfast every morning, for instance, still they
- >> do not crave for more, nor do they binge on candies all day long.
- >> Others do crave and overeat, instead.
- >> So I guess there is no absolute truth about that.
- >> I mean, "no free sugar" might be a good idea for overweight people or for
- >> people with eating disorders, but shouldn't be an axiom for everyone.
- >> What do you reckon, folks? :)
- >
- > Huh? Do you have a clue as to what you are talking about?

Yep! Added sugar, sugared foods, foods where simple sugars are the main ingredients like jam or "milk" chocolate, soda pops, sugared sweets, Sicilian ice creams (dunno why they like very sweet ice creams), and lots of other stuff alike...

Not my cup of tea, by the way. I like best foods where sugars come together with fiber or other elements, such as in fruits or vegetables or whole cereales or milk, or where sugars come in a form that is released more slowly, such as pasta "al dente" or oats for breakfast... :)

>

- > Start the day off with a good breakfast (which means some protein to
- > stabilize your blood sugar).

My favored breakfast is oats or muesli+whole milk+coffee+some nuts, pinenuts, hazelnuts or almonds, or sheep's milk ricotta sometimes. Then I have some little snack at midmorning, maybe a piece of fruit or a bit of dark chocolate, and maybe some more milk.

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- > And, you will have fewer urges to eat
- > sugary crap before lunch.

Well, I don't have any, as long as I stick to these kinds of foods. :)

- > Of course, some idiots will likely screw breakfast up something
- > terrible.

Yep!

- > Just thought that you might want to know.

- ***Follow-Ups:***

- ◆ ***Re: To sugar or not to sugar, that is the question!***
◇ *From: Mr-Natural-Health*

- ***References:***

- ◆ ***To sugar or not to sugar, that is the question!***
◇ *From: Enrico C*
- ◆ ***Re: To sugar or not to sugar, that is the question!***
◇ *From: Mr-Natural-Health*

- Prev by Date: ***Re: soy is NOT real food – more evidence***
- Next by Date: ***Re: soy is NOT real food – more evidence***
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