

FRUCTOSE

Meaning: Fructose is a simple sugar found in many fruits and honey, known for its natural sweetness and potential health effects when consumed in excess.

1. Fructose is often found in fruits and honey, giving them their natural sweetness.
2. Some studies suggest that excessive consumption of fructose may lead to metabolic issues.
3. Unlike glucose, fructose is metabolized differently by the liver, which can affect energy levels.
4. Many processed foods contain high-fructose corn syrup, raising concerns about sugar intake.
5. In moderation, fructose can be part of a healthy diet when consumed from whole fruits.

Source: sentences.whatistheurl.com

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