

1 OBJECTIVES

- Determine fructose metabolism and characteristics.
- To evaluate the clinical effects of fructose dietary excess.

2 FRUCTOSE METABOLISM

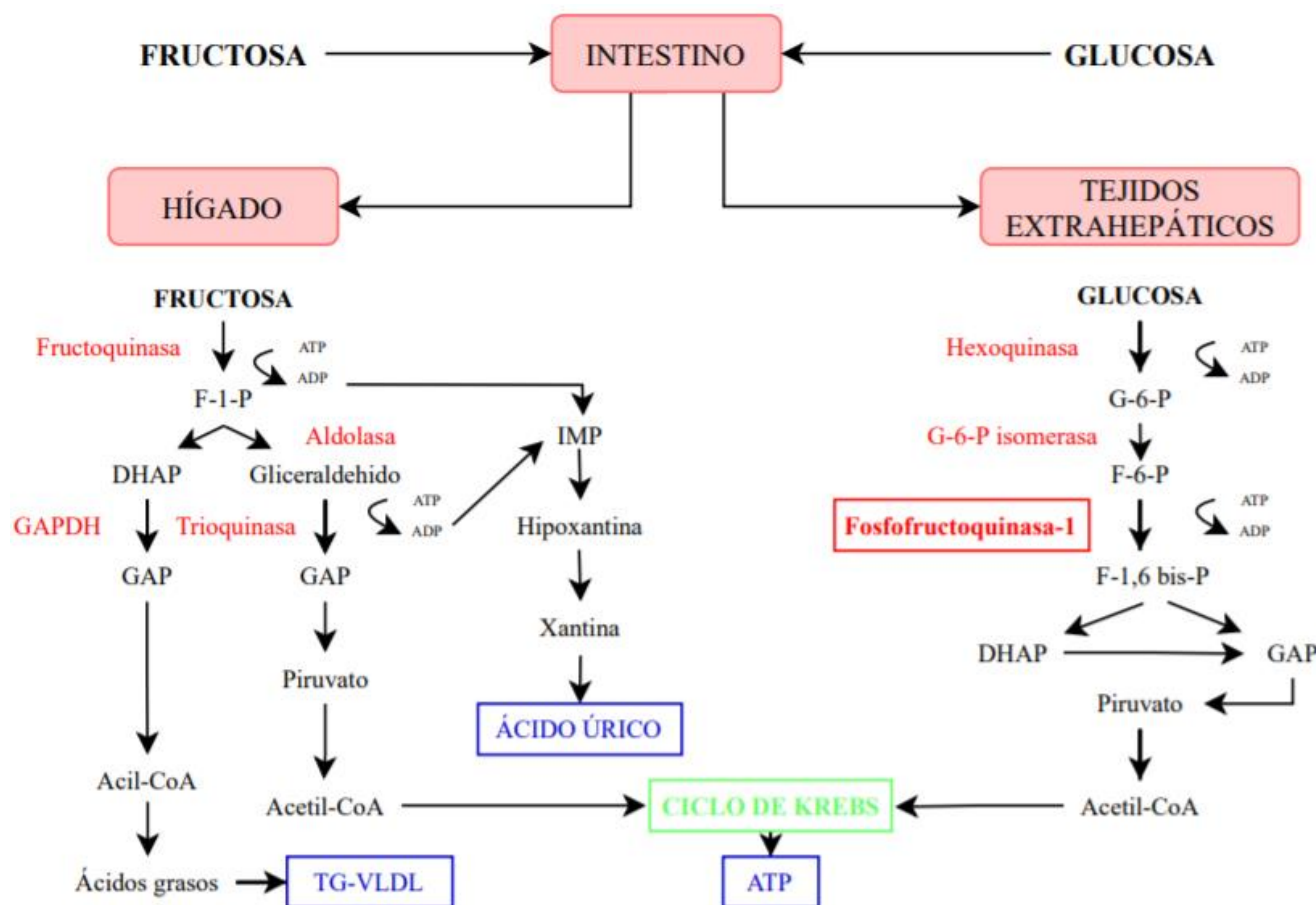


Figure 1. Fructose and glucose metabolism (Based in Muriel *et al*, 2021).

3 HIGH FRUCTOSE CORN SYRUP ↓ OBESITY



Figure 2. Correlation between HFCS consumption and the percentage of obesity since 1961 (Bray, 2008; Rippe & Angelopoulos, 2013).

4 METABOLIC DYSREGULATION AND CLINICAL EFFECTS

- Insulin Resistance
- Diabetes Mellitus Type 2
- Non-alcoholic Fatty Liver Disease

METABOLIC SYNDROME

5 CONCLUSIONS

Increased consumption of fructose, specifically HFCS, together with obesity and lifestyle, leads to clinical effects that may result in a public health problem.