

# CONTENTS

<i>Acknowledgments</i> .....	vii
<i>Introduction</i> .....	viii

## **PART I CRYSTALS AND CORN SYRUP: A BRIEF HISTORY OF FRUCTOSE**

<b>Chapter 1: The Fructose Factor</b> .....	3
<b>Chapter 2: Raising Cane</b> .....	12
<b>Chapter 3: Sweet and Dangerous</b> .....	27

## **PART II THE PRICE OF SUGAR: FRUCTOSE, URIC ACID, AND YOUR HEALTH**

<b>Chapter 4: Signs of Trouble</b> .....	41
<b>Chapter 5: The Acid Test</b> .....	57
<b>Chapter 6: Sugar Shock</b> .....	77
<b>Chapter 7: The (Other) Trouble with Fructose</b> .....	96

## **PART III SWEET SALVATION: THE LOW-FRUCTOSE SOLUTION**

<b>Chapter 8: Steak and Potatoes</b> .....	113
<b>Chapter 9: Group Therapy</b> .....	125
<b>Chapter 10: The Case for Milk</b> .....	144
<b>Chapter 11: The Low-Fructose Diet</b> .....	154

**PART IV MORE THAN A DIET:  
THE LOW-FRUCTOSE LIFESTYLE**

<b>Chapter 12: Further Steps</b> .....	<b>195</b>
<b>Chapter 13: Good Questions</b> .....	<b>213</b>
<b>Chapter 14: Epilogue</b> .....	<b>228</b>

**APPENDICES**

<i>Recipes for the Low-Fructose Diet</i> .....	<b>235</b>
<i>The Fructose Content of Common Foods</i> .....	<b>278</b>
<i>The Fructose Content of Popular Fast Foods</i> .....	<b>286</b>
<i>The Purine Content of Selected Foods</i> .....	<b>292</b>
<i>References</i> .....	<b>293</b>
<i>Index</i> .....	<b>296</b>