Visions of Sugar Plums [1]

Week of: Dec 25, 2015

Serious sweet tooth [2]

Hey Alice,

I am a 19-year-old male and I am on the worst end of sugar intake. On normal days, I have found myself to consume upwards of 500 grams of sugar, and I have no idea how much I eat on special occasions where candy and other sweets are bountiful.

I am a lanky kid with a family history of excessively high metabolisms. When I reach for a snack, I grab an entire box of cookies—mostly vanilla wafers or graham crackers—and a large cup of milk because I don't want to have to get up again. I always reach for easy to eat and high calorie food choices because they take less effort to consume and last me longer.

To go along with this large quantity food consumed, I exercise a lot and am fairly hyper at all times. I enjoy the way I live and love playing sports all the time and I don't want to change it. I am merely wondering what other high calorie, easy access foods are out there that would be even a little bit healthier for me to eat. My father is also a borderline diabetic.

Thanks Alice,

Sugar Destroyer

Read more [2]

Why do people find fatty or sugary foods comforting? [3]

Dear Alice,

Why do people find fatty or sugary foods comforting? I mean, what is it in these types of foods that causes the body / mind to see this type of food as comforting or pleasurable? Surely from the point of view of the body, it prefers foods that are high in nutrients? so why do people who turn to food for comfort always turn to fatty or sugary foods that don't offer the body anything? just wondering??? and I hope that made sense because I'm sorry it's quite badly worded!

Read more [3]
**Sucralose (Splenda)** [4]

(1)
Dear Alice,

What are your thoughts regarding the use of Splenda as a sugar substitute? I have heard that the body is not able to metabolize this and that it is excreted through the urine. Do you have any current research on Splenda and the side effects? I realize it is a relatively new product. Thank you!

(2)
Dear Alice,

I searched the archives and found no information on Splenda or sucralose. Lately, it seems like Splenda is gaining popularity in the crowded sugar-substitute category. It seems too good to be true? measures cup for cup like sugar, you can bake with it and mix it into drinks, and it is made from sugar so it really tastes like sugar. My two questions are... is this a safe product, or are there some disadvantages with the product? And secondly, if it is very safe and versatile, why aren't more companies using it now?

Read more [4]

**Still can't control cravings for sweets** [5]

Dear Alice,

I try to eat a piece of fruit for dessert after a meal; however, when I have substituted after-meal sweet cravings with fruit, I still end up craving some other type of sweets, i.e., candy, chocolate, ice cream. It seems that after every meal, I can't feel satisfied until I have eaten something of this food category. I do try to listen to my body and this appears to be programmed into my mind telling my body it is wanting this food consistently. Can you provide any explanation as I am trying to lose weight and this type of food is empty calories and unhealthy? I work out 6 days a week and have recently given up smoking.

Read more [5]

**Ice cream for breakfast?** [6]

Dear Alice,

Is there anything wrong with eating ice cream for breakfast?

? icecreamlover

Read more [6]