

Dr. Richard Johnson's References

- 1 Johnson, R. J. *et al.* The Fructose Survival Hypothesis for Obesity. *Philos Trans R Soc Lond B Biol Sci* **378** (2023). <https://pubmed.ncbi.nlm.nih.gov/37482773/>
- 2 Johnson, R. J., Sanchez-Lozada, L. G. & Lanaspa, M. A. The fructose survival hypothesis as a mechanism for unifying the various obesity hypotheses. *Obesity (Silver Spring)* **32**, 12-22 (2024). <https://doi.org/10.1002/oby.23920>
- 3 Taylor, S. R. *et al.* Dietary fructose improves intestinal cell survival and nutrient absorption. *Nature* **597**, 263-267 (2021). <https://doi.org/10.1038/s41586-021-03827-2>
- 4 Roncal-Jimenez, C. A. *et al.* Sucrose induces fatty liver and pancreatic inflammation in male breeder rats independent of excess energy intake. *Metabolism* **60**, 1259-1270 (2011). <https://pubmed.ncbi.nlm.nih.gov/21489572/>
- 5 Sievenpiper, J. L. *et al.* Effect of fructose on body weight in controlled feeding trials: a systematic review and meta-analysis. *Ann Intern Med* **156**, 291-304 (2012). <https://doi.org/10.7326/0003-4819-156-4-201202210-00007>
- 6 Osei, K., Falko, J., Bossetti, B. M. & Holland, G. C. Metabolic effects of fructose as a natural sweetener in the physiologic meals of ambulatory obese patients with type II diabetes. *Am J Med* **83**, 249-255 (1987). [https://doi.org/10.1016/0002-9343\(87\)90693-0](https://doi.org/10.1016/0002-9343(87)90693-0)
- 7 Anderson, J. W., Story, L. J., Zettwoch, N. C., Gustafson, N. J. & Jefferson, B. S. Metabolic effects of fructose supplementation in diabetic individuals. *Diabetes Care* **12**, 337-344 (1989). <https://pubmed.ncbi.nlm.nih.gov/2721342/>
- 8 Osei, K. & Bossetti, B. Dietary fructose as a natural sweetener in poorly controlled type 2 diabetes: a 12-month crossover study of effects on glucose, lipoprotein and apolipoprotein metabolism. *Diabet Med* **6**, 506-511 (1989). <https://doi.org/10.1111/j.1464-5491.1989.tb01218.x>
- 9 Chiavaroli, L. *et al.* Effect of Fructose on Established Lipid Targets: A Systematic Review and Meta-Analysis of Controlled Feeding Trials. *J Am Heart Assoc* **4**, e001700 (2015). <https://doi.org/10.1161/JAHA.114.001700>
- 10 Chiu, S. *et al.* Effect of fructose on markers of non-alcoholic fatty liver disease (NAFLD): a systematic review and meta-analysis of controlled feeding trials. *Eur J Clin Nutr* **68**, 416-423 (2014). <https://doi.org/10.1038/ejcn.2014.8>
- 11 David Wang, D. *et al.* Effect of fructose on postprandial triglycerides: a systematic review and meta-analysis of controlled feeding trials. *Atherosclerosis* **232**, 125-133 (2014). <https://doi.org/10.1016/j.atherosclerosis.2013.10.019>
- 12 Surwit, R. S. *et al.* Metabolic and behavioral effects of a high-sucrose diet during weight loss. *Am J Clin Nutr* **65**, 908-915 (1997). <https://doi.org/10.1093/ajcn/65.4.908>

Dr. Layne Norton's References

1. Fructose does not increase TAGs <https://pubmed.ncbi.nlm.nih.gov/433820/>
2. Long term high fructose intake does not increase uric acid in humans at 50-60g added per day for 12 weeks to 1 year:
 - <https://pubmed.ncbi.nlm.nih.gov/3618627/>
 - <https://pubmed.ncbi.nlm.nih.gov/2527132/>
 - <https://pubmed.ncbi.nlm.nih.gov/2721342/>
3. When exchanged in a 1:1 ratio with other sugars fructose & HFCS have no effect on:
 - Cardiometabolic markers: <https://pubmed.ncbi.nlm.nih.gov/33029629/>
 - Insulin sensitivity: <https://pubmed.ncbi.nlm.nih.gov/28592603/>
 - No effect on body weight: <https://pubmed.ncbi.nlm.nih.gov/22351714/>
 - Does not induce NAFLD: <https://pubmed.ncbi.nlm.nih.gov/24569542/>
 - Does not effect lipids: <https://pubmed.ncbi.nlm.nih.gov/26358358/>
4. Supplementing with 150g fructose per day had no effect on body weight or any markers of health: <https://pubmed.ncbi.nlm.nih.gov/31796953/>
5. Fructose has no different effect on satiety than milk:
<https://pubmed.ncbi.nlm.nih.gov/18065574/>
6. Fructose pre-load decreases subsequent food intake by 500 kcal more than glucose preload:
 - <https://pubmed.ncbi.nlm.nih.gov/3592650/>
 - <https://pubmed.ncbi.nlm.nih.gov/2178391/>
7. Consuming HFCS or sucrose in a hypocaloric diet causes weight loss regardless of level of fructose or sucrose: <https://pubmed.ncbi.nlm.nih.gov/22866961/>
8. IF it's fructose, how could the higher fructose diet lose more body weight?
<https://pubmed.ncbi.nlm.nih.gov/21621801/>
9. Overfeeding with fructose, glucose, sucrose, or fat equally affect fat balance:
<https://pubmed.ncbi.nlm.nih.gov/10919929/>
10. Salt reduction does not increase body fat loss:
<https://pubmed.ncbi.nlm.nih.gov/29492213/>
11. White rice diet causes massive weight loss:
<https://pubmed.ncbi.nlm.nih.gov/1200726/>