

Colorado

CAFÉ SCIENTIFIQUE

Tuesday 14 December 2010

at the Wynkoop Brewing Company

<http://www.wynkoop.com/>

Corner of 18th and Wynkoop in LoDo, Denver

About a block from Light Rail. Thirteen minutes by foot from Auraria.

Could all that sugar you love be killing you?

Richard J. Johnson, MD

**Chief, Division of Renal Diseases and Hypertension
University of Colorado Medical School**

Dr. Johnson's 2008 book "The Sugar Fix: The High-Fructose Fallout That Is Making You Fat and Sick" was a bombshell in the medical community. It had been assumed that high-fructose corn syrup was simply a source of calories (and good ones, right? Doesn't fructose mean it's from fruit? That has to be healthy!) The actual content of fructose in real fruit is nowhere near as high as in many foods to which high-fructose corn syrup is added. But Dr. Johnson's work suggests that these sweeteners are linked to health problems such as obesity, diabetes, and joint and abdominal illnesses. They may also increase your risk for liver and kidney diseases, premature aging, and certain types of cancer. He'll tell us what the evidence for this is, what constitutes a healthy diet, and how we can modify what we eat accordingly. Important: How does beer fare in his analysis??

EVERYONE IS WELCOME. The discussion starts at 6:30 in the Mercantile Room (no food service there). Come before 6 PM to leave yourself time to get something to eat, or stay and eat afterwards. We end around 8 PM.

There's no charge. The Wynkoop is generously providing the facility; we buy our own drinks. It is first come, first seated, and **seating is limited** so that everyone can take part in the discussion.

The Colorado Café Scientifique is organized by an informal group of faculty from CU and institutions up and down the Front Range, as well as science fans from industry, government and elsewhere. We welcome your input, including ideas for speakers and topics. Bring them with you to the next Café, or e-mail them and any questions to John.Cohen@UCDenver.edu

**Essential information about the topic and the event on our Web site at:
<http://CafeSciColorado.org>**