

Mayo Clinic Minute

Which sugars won't pack on pounds

Video	Audio
	Not all sugars are created equal.
00:12:42	"The real sugar we should worry about is added sugars."
	Dr. Donald Hensrud heads up the Mayo Clinic Healthy Living Program and is the author of <i>The Mayo Clinic Diet</i> book.
	He says added sugars account for a big portion of calories in most people's diets and are one of the main causes of weight gain.
	But there are sweet treats that don't have any added sugars: fruit.
00:12:42 Donald Hensrud, M.D. Healthy Living Program Mayo Clinic	"It gets a reputation of being high in sugar, but a small piece of fruit is only about 60 calories. There's a lot of water. There's other nutrients. There's fiber. So there's many other beneficial things in fruit."
	Not only will sugar from fruit not cause you to gain weight, it likely does the opposite.
00:13:08	"Studies have shown when people increase their fruit and vegetable intake, their overall risk of gaining weight decreases because they're not eating something else that's higher in calories."
	So having a sweet tooth doesn't have to be a bad thing.
	Just make sure you're picking the right sweets with the right kind of sugars.
	For the Mayo Clinic News Network, I'm Ian Roth.