

Article-Based Observation: Q

Directions: Read the article "[Small intestine is first stop for fructose](#)" and then answer these questions:

1. What is fructose?

2. How does the body use fructose for energy?

3. What was previously believed about the metabolism of fructose, and what did this new research find?

4. Why is it important to limit how much fructose reaches the liver?

5. How did the researchers keep track of which sugars get metabolized in which organs?

6. What did the researchers find for low sugar doses?

7. What did the researchers find for high sugar doses?

8. How is this research related to human foods? How can these findings be translated into dietary recommendations?

9. If these results could somehow be translated for humans, what recommendation might be made?

10. Draw a diagram to depict the main idea of the article?

11. What questions do you still have after reading the article?