Tip of the week Taubes offers an alternative explanation -- people don’t get fat because they overeat;

They overeat because their fat tissue is accumulating excess fat. And why does fat tissue do this? Because dietary carbohydrates, especially fructose, are the primary source of a substance called glycerol-3-phosphate, which causes fat to become fixed in fat tissue. At the same time, this diet raises insulin levels, which prevents fat from being released.

This leads to a simple equation: dietary carbohydrates such as high fructose corn syrup lead to obesity, even if you are actually malnourished. It may be that far more important than the number of calories you consume in a day may be the *type* of calories you consume. And if you’re eating a lot of fructose (and there’s a good chance you are considering it’s the [number one source of calories in the United States!](http://articles.mercola.com/sites/articles/archive/2005/06/14/calories-america.aspx)), it could be programming your body to become fat. Too much fructose will pack on the pounds faster than a buffet of French fries.

If you received your fructose only from vegetables and fruits as most people did a century ago, you’d consume about 15 grams per day -- a far cry from the 73 grams per day the typical adolescent gets from sweetened drinks alone. In vegetables and fruits, it’s mixed in with fiber, vitamins, minerals, enzymes, and beneficial phytonutrients, all which moderate any negative metabolic effects. Many low fat foods, just remove the fats and add fructose, How’s that for ironic?

So please do not get caught up in the common mainstream thinking that eating fat is what causes you to get fat. Much more so, it is eating an excess of simple carbs, including fructose that will lead to a cascade of disastrous metabolic effects in your body. The bottom line is: fructose leads to increased belly fat, insulin resistance and metabolic syndrome -- not to mention the long list of chronic diseases that directly result.

Researchers found that fructose turned into body fat much more quickly than glucose, and that having it for breakfast changed how the body handled fats at lunch. The largest contributor is soda, and it’s in the vast majority of processed foods, such as ketchup, soup, salad dressing, cereals, frozen foods, bread and crackers. So even if you don’t drink soda, if you eat processed foods you’re likely consuming fructose -- and a lot of it. If you’re looking for the occasional sweet treat, I recommend, in this order: 1. the [herb stevia](http://articles.mercola.com/sites/articles/archive/2008/12/16/stevia-the-holy-grail-of-sweeteners.aspx)  2. Raw, organic honey 3. Organic cane sugar