

Fructose Metabolism and Health Risks

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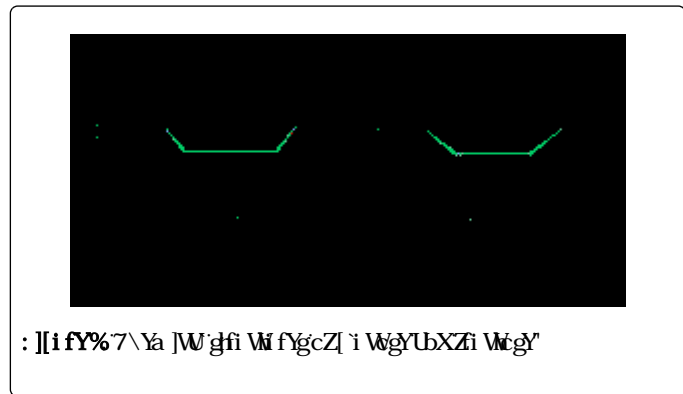
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Mini Review

Fructose is a simple sugar that is found in many fruits and vegetables. It is a natural component of many foods and is also added to many processed foods and beverages. Fructose is metabolized in the liver and can be converted to glucose and other sugars. Fructose is also a component of many sweeteners and is used in many processed foods and beverages. Fructose is a natural component of many foods and is also added to many processed foods and beverages. Fructose is metabolized in the liver and can be converted to glucose and other sugars. Fructose is also a component of many sweeteners and is used in many processed foods and beverages.



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Fructose absorption and metabolism

Fructose is absorbed in the small intestine and enters the liver. In the liver, fructose is converted to fructose-1,6-bisphosphate by the enzyme fructose-1,6-bisphosphatase. Fructose-1,6-bisphosphate is then converted to fructose-6-phosphate by the enzyme fructose-1,6-bisphosphatase. Fructose-6-phosphate is then converted to fructose-1,6-bisphosphate by the enzyme fructose-1,6-bisphosphatase. Fructose-1,6-bisphosphate is then converted to fructose-6-phosphate by the enzyme fructose-1,6-bisphosphatase.

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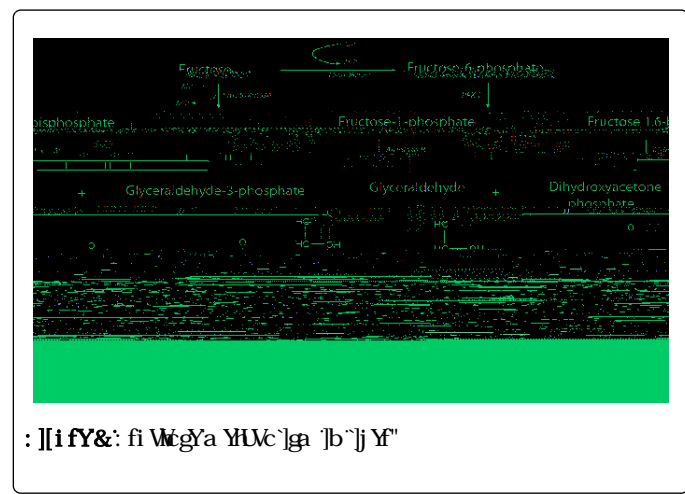


Figure 1: Fructose metabolism pathway.

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[i WbYc [Yb g g z [nW [Ybc ngz h] WfVcl m] WUjX WwWz 7cf] WwWz

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