

HIGH-SUGAR DIETS AND DISEASE



JULY 26, 2012

**NO-HOST BAR AT 5:30
PROGRAM BEGINS 6 PM**

**\$5 DONATION
SUGGESTED**

Nutrition science researcher Dr. Kimber Stanhope will present a study recently featured in the CBS News 60 Minutes investigative report with Dr. Sanjay Gupta on the metabolic effects of sugar consumption.

People who consume diets high in added sugar have higher risk of having or developing cardiovascular disease and diabetes. Dr. Stanhope will compare the main dietary sugars—sucrose and high fructose corn syrup—and their component monosaccharides: glucose and fructose. Dr. Stanhope will discuss the direct experimental evidence that consumption of high sugar diets is contributing to the U.S. epidemics of cardiovascular disease, diabetes and metabolic syndrome.

DR. KIMBER STANHOPE

Kimber Stanhope received a M.S. in Nutrition Science and a Ph.D. in Nutritional Biology from the University of California at Davis. She is currently an Associate Research Scientist in the Department of Molecular Biosciences at the University of California at Davis. She has over 21 years of nutrition research experience working on more than 150 research projects investigating the regulation of energy homeostasis and carbohydrate/lipid metabolism, and the involvement of endocrine systems in the pathophysiology of obesity, diabetes, and cardiovascular disease.



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