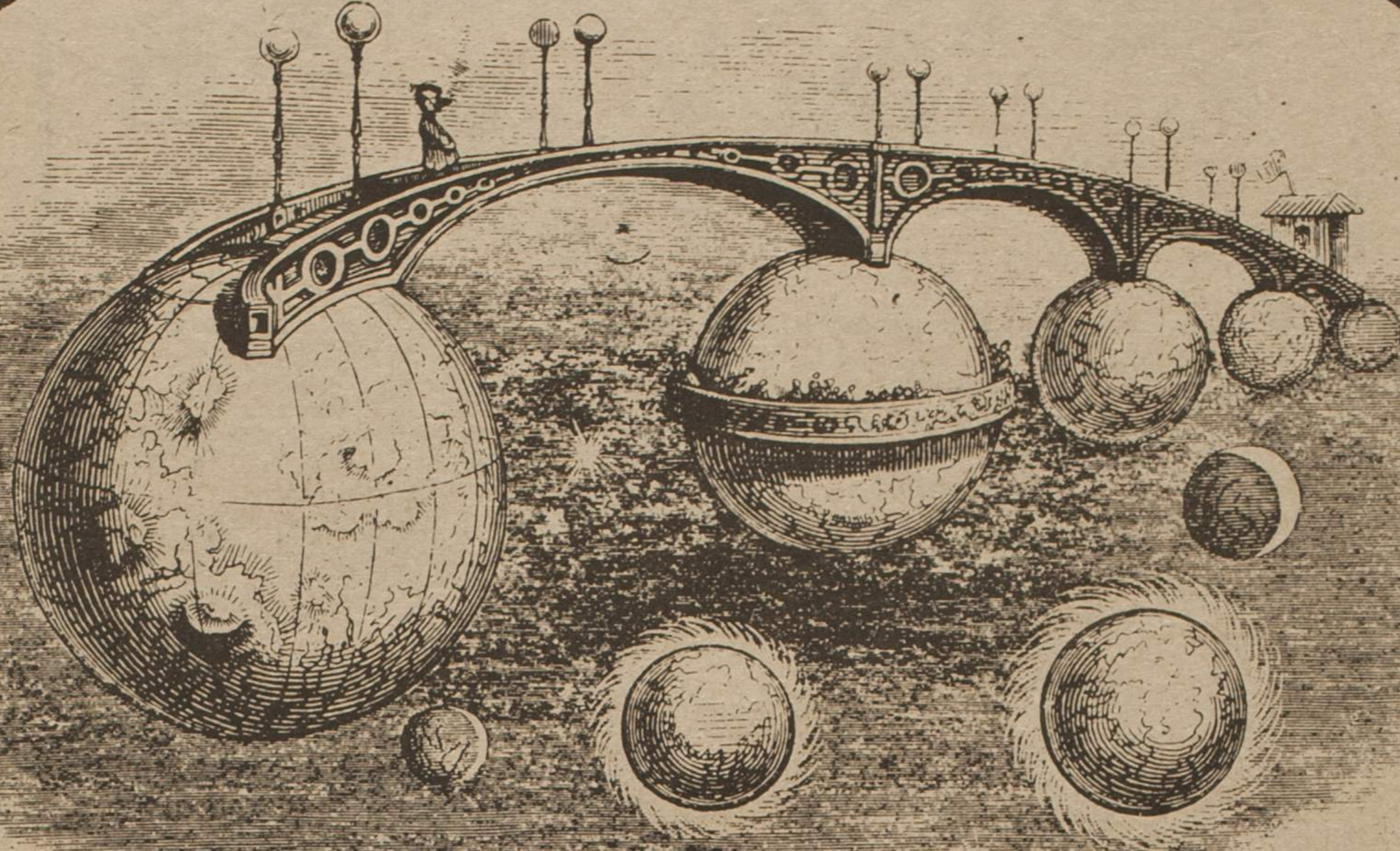


# COOP NEWS



## NO MORE SUGAR KISSES

By Diane Luber

If you have a sweet tooth like mine, being told that "sugar is bad for you" isn't going to noticeably limit your search for sweet satisfaction. You might make the switch from white or brown sugar to honey and molasses but you probably need more information to convince you that you really need to curb your appetite for sweets. I have here some solid facts that have helped me to think more than twice about munching on a candy bar or trickling honey on my morning toast. I'm passing them on to you so that we can all help each other to avoid sugar's attraction and to come to appreciate the myriad other flavors waiting to be tried.

### Are All Sugars the Same

The three common single sugars are glucose, fructose, and galactose. These three taken individually or combined together in varying arrangements comprise what we identify as sugars. Glucose and fructose are the sugars most commonly found in fruits and vegetables.

Granulated sugar, powdered sugar, "raw sugar," brown sugar, and molasses are all sucrose which is fructose linked together with glucose. Honey is a mixture of sucrose, glucose, fructose, water, and other substances. Lactose, the sugar found in milk, is composed of glucose linked to galactose. Starch, while not usually thought of as sugar, is made up of many glucose units linked into long chains. Starch is found in fruits, vegetables, and grains.

Digestion of sugars begins in the mouth. Salivary enzymes and bacteria digest glucose, sucrose, fructose, and lactose as well as break down the long chains of glucose in starch into shorter ones. Starch is broken down only to the double glucose sugar, maltose; not to single glucose units. After passing through the stomach, they enter the small intestine where the sugar chains and double-sugars are digested into their single sugar components. The three single sugars pass from the small in-

testine through blood vessels to the liver. There they are either converted into glycogen for storage to meet future needs or converted into glucose that is carried in the bloodstream as "blood sugar."

### Why does Sugar

#### cause Cavities

The bacteria in the mouth break down glucose, sucrose, fructose, and lactose into lactic and pyruvic acids. These acids dissolve the enamel covering of the teeth allowing the soft dentin underneath to be exposed and digested. Since starches are not broken down into single sugars in the mouth, they cannot directly cause tooth decay. Stickiness of food enhances its decaying properties. Sticky candy and even dried fruit stay in contact with teeth longer, giving bacteria longer to act. Sticky cooked starch can cause decay indirectly by trapping sugars and bacteria in the mouth. So no matter what you eat - brush and floss your teeth

to insure dental health.

If you eat large amounts of sugar (with the exception of lactose), your body will not be able to absorb as much calcium. Calcium is an important component of bones, helps blood to clot, and nervous system to function smoothly.

Deficiencies in B vitamins may also result from overeating refined sugars. Several B vitamins are needed for the body to digest and assimilate sugar. These vitamins are present in non-refined sources such as fruits, vegetables, and whole grains. If sugar is refined, stripped of its other nutrients, our bodies will use the B vitamins from other foods to digest it, and not have enough B vitamins left for other uses. Other deficiencies may result when sugar replaces better quality food - sodas instead of fruit juice or milk, sweet rolls instead of eggs or cereals, etc. Sugar has also been implicated as a contributing factor in hypoglycemia, diabetes, and heart attack.

Honey is recommended by some as a "natural" sweetener but is better described as a naturally refined sugar. The B vitamins found in honey are probably not even enough to digest the sugar much less contribute to our daily requirements. So honey can contribute to tooth decay, vitamin, and mineral imbalances just like sugar. However honey has three things going for it:

- Honey takes longer to digest than sugar so you don't experience the sugar "rush" that is so hard on your body.
- Honey is sweeter than sugar, so you can use less to achieve the same sweetness level.
- Honey that is locally grown may contain antigens against locally grown pollen, thereby helping hayfever sufferers.

Blackstrap molasses contains appreciable amounts of iron and calcium and many people include it in their diet for these reasons. If you do, just be sure to account for the sugar in it as well.

### How can I Eat Less Sugar

- 1) Start slowly - slow progress will be more lasting than overnight conversion.
- 2) Reduce the amount of sugar or honey you put in your coffee or tea.
- 3) Replace soft drinks with water or unsweetened fruit juices.
- 4) Pay attention to the labels on the food you buy. Ingredients are listed in order

## STILL MEETING AFTER ALL THESE YEARS



*Want to lower your food bill?*

### FOOD CO-OP

#### Organizational Meetings:

Thurs. Sept. 19 7:30PM United Ministries Bldg. 1204 Oread

Sun. Sept. 22 3:00PM South Park Bandstand  
(in case of rain, postpone one week)

Come to either meeting (or both). Listen, learn, and share your ideas. The co-op will be an incorporated, non-profit organization with a store front, specializing in high quality foods like:

Milk and Dairy Products

Fresh Produce

Natural Foods

Imported Foods (including cheese)

Beans, Nuts, Seeds, Herbs, Spices, Oils, "Health Foods," Grains, Flours,

Can get paper products, dog and cat food, and many other items

(No obligation from attending meeting)

It's deceptive in its innocence. An old note among the files that, in retrospect, reads like a birth certificate. During the fall of 1974 these flyers were tacked around Lawrence, testing the response for another food co-op in town. (There were already several in operation.) Thirty people appeared for the first meeting and with cautious enthusiasm shaped the early life of the Community Mercantile.

Sunday pre-order pick-ups began almost immediately in the back room of the Mercantile Grocery, Lawrence's natural food store. As the recession of 1974 eroded the Mercantile's financial base, the co-op was faced with the awesome choice of buying out the business and its location at 730B Massachusetts, or finding a new distribution center. A fund raising push in December of '74 brought in the initial \$5,000 needed to purchase the business. (Essentially a gift price from Judy and Harry Kroeger.)

On January 2, 1975 the Community Mercantile opened, the first co-op food store in Lawrence since the 1920's. The other small buying clubs merged with the store-front group and a rapid expansion forced the co-op to move five months later to 615 Massachusetts, a controversial move at the time. The 600 block location was the home for two years of increasing business and

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