

Fructose Effects On Blood Glucose And Uric Acid Levels

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Abstract

This study aims to show the effects of fructose on health. Interest is based on the due to problems of excess sugar consumption, especially the type of fructose that many peoples do not realize it. This objective is supported by the data world sugar consumption is constantly increasing. Consumption of fructose is past the normal limit will increase the risk of disease. The focus of this research parameter are the blood glucose levels and uric acid. This study design was Randomized Post Test Control Group Design uses the subject of male white rats *Rattus norvegicus* (n = 39). The research subjects were then divided into three groups. The control group K (n = 13) was administered 1 cc of distilled water, the treatment group low dose P1 (n = 13) was given a solution of fructose 1 cc at a dose of 450 mg / 150grBW / day and the treatment group high doses of P2 (n = 13) was given a solution of fructose 1.5 cc at a dose of 1350 mg / 150grBW / day treatment of the subjects carried out for 30 days. Test results on blood glucose levels an increase of 34% (P <0.05) in the high-dose nor in uric acid levels also increased 48% in the high dose (P <0.05). Observation on fructose-containing food products have not been found to the inclusion of fructose contained heavy detail. The conclusion from this research that consumption of fructose at high levels can harm health risk giving. To anticipate the necessary arrangements total amount of consumption of sugar, especially fructose and regulations in order to do innovation will labeling fructose in food and beverage products. Labeling would be beneficial for consumers because they can regulate the amount of sugar consumed fructose safe day.

Keywords: Fructose, Negative Effect, Blood Glucose, Uric Acid, Regulatory