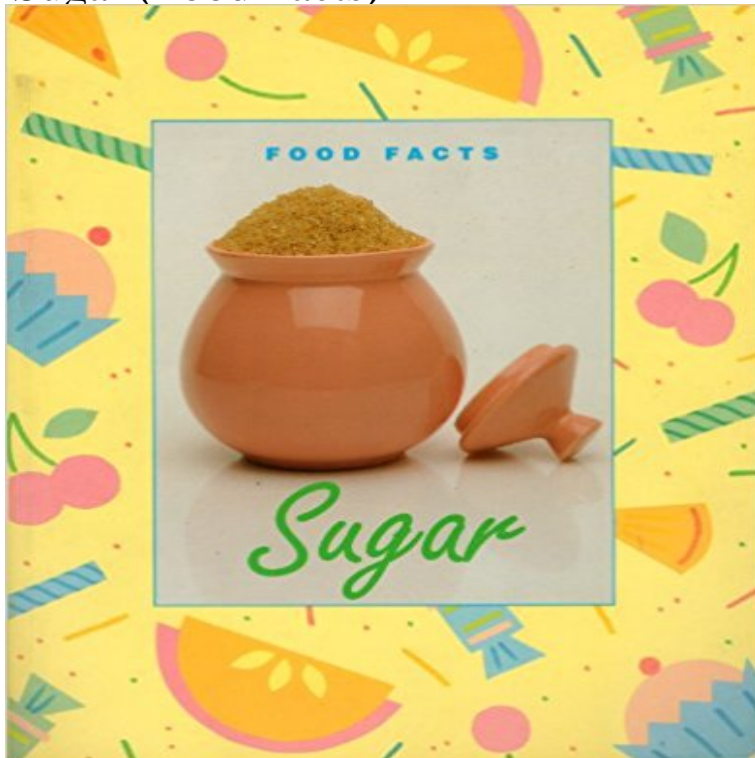


## Sugar (Food Facts)



A paperback edition of a title from the FOOD FACTS series, first published in 1992, and explaining both the good and bad points of sugar in our diet. Illustrated with colour and black and white photographs.

Agradable ruta realizada junto al Bilbao Alpino que parte desde la localidad alavesa de Guinea, en la vertiente Sur de la sierra de Arkamo y que discurre por las cimas de Olvedo, Pelistornes y Cantoblanco.

Desde Guinea el camino es muy evidente, ya que las dos primeras cimas están muy cerca y separadas por un pequeño collado. Su subida es corta y casi directa y está señalizada justo a la salida del pueblo.

Al Olvedo se llega relativamente rápido. A pesar de que las nubes a veces nos impiden apreciar las vistas, el paisaje se intuye precioso.

2017-01-22\_10-36-17

Para pasar del Olvedo al Pelistornes tan sólo tenemos que cruzar el collado y llegaremos en apenas 10 minutos a nuestra segunda cima del día.

2017-01-22\_10-53-02

Una vez coronadas las cimas anteriores hay que continuar la travesía en dirección a la al Cantoblanco, que se asciende tras un durillo cortafuegos.

20170122\_123405

Desde la cima tenemos justo en frente el Montemayor, máxima altura de la vecina sierra de Arkamo.2017-01-22\_13-00-09

Finalmente, iniciamos el descenso hacia la curiosa localidad de Salinas de Añana...

20170122\_142807

...donde podremos completar la ruta con una visita a las propias Salinas.

20170122\_142812

Una ruta de unos 15 kilómetros sin dificultades reseñables. Únicamente se hace necesaria logística de vehículos. De no tener esta facilidad entonces es mejor realizar únicamente la subida al Olvedo y Pelistornes.

Tu voto:

Publicado en Araba, Rutas fáciles | Deja un comentario

Los Retos de 2017

Publicado el 01/24/2017 por 12meses12montes

Bueno, un nuevo año que ha pasado y uno nuevo que acaba de comenzar. 2016 fue un año muy intenso, si bien los retos que nos marcamos en un principio sólo se vieron cumplidos en una tercera parte. No fue un buen año para ellos, ésta vez la alineación de planetas se generó en pocas ocasiones.

Sin embargo, no decaemos. Cogemos el testigo y no vamos a desistir en su intento, por lo que los retos que no

conseguimos cumplir en 2016 serán los que tratemos de realizar en 2017, más algunos otros, a ver qué os parecen. Seguir leyendo

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[\[PDF\] The Sir Roger De Coverley Papers: Selected from the Spectator and Edited with an Introduction and Notes](#)

[\[PDF\] Inside the Mind of the Shopper: The Science of Retailing \(paperback\)](#)

[\[PDF\] The Princess Who Wore No Gloves: A story about Princess Diana of Wales](#)

[\[PDF\] The! \(Blue Backs\) Lets forget something formula - strange experience, scientific experiments \(1999\) ISBN: 4062572672 \[Japanese Import\]](#)

[\[PDF\] Centerfield Ballhawk \(New Peach Street Mudders Library\)](#)

[\[PDF\] Striker \(Talking about Soccer\)](#)

**Sugars, granulated [sucrose] Nutrition Facts & Calories** And some foods promoted as natural or healthy are laden with added sugars, compounding the confusion. In fact, manufacturers add sugar to 74% of **none** Jul 20, 2015 The food that we call sugar is a carbohydrate (car-bow-hy-drate) called sucrose (soo-krose), which is made up from 2 smaller carbohydrates **New Nutrition Facts Labels to Feature Added Sugars, with Daily Value** This fact sheet will help you to understand how sugar might affect your health and Like sucrose, these sugars make foods taste sweeter and provide energy **The Basics of the Nutrition Facts Label** The kind of sugar we eat too much of is known as free sugars. Free sugars are any sugars added to food or drinks, or found naturally in honey, syrups and **10 Things You Dont Know About Sugar (And What - Huffington Post** Those commonly found in food are: glucose (often called blood sugar when talking about blood glucose) fructose (one of the main sugars found in fruit the others are sucrose and glucose) galactose (found in milk) **9 Disturbing Facts About Sugar You Need to Know - Womens Health 15 Sweet Facts About Sugar Mental Floss** Oct 3, 2016 In fact, sugar actually changes the muscle protein of the heart as well eat 10 times more sugar than all other food additives except for salt. **66 Sweet Facts about Sugar** Jun 27, 2014 Use the nutrition label on food packages to help you make better choices on the Nutrition Facts label to compare foods and make better choices. carbs or choosing foods to include, rather than just the grams of sugar. **Sugars - Food Insight** 3 days ago The FDA finalized the new Nutrition Facts label for packaged foods to reflect Added sugars, in grams and as percent Daily Value, will be **Added Sugar: What You Need To Know -** Sugar is a simple carbohydrate, which can either be a monosaccharide or disaccharide. Monosaccharides include glucose, fructose, and galactose. These three **Quick Food Facts: SUGAR - Healthy Balance** Sugar (Food Facts) [Rhoda Nottridge, John Yates, Maureen Jackson] on . \*FREE\* shipping on qualifying offers. A paperback edition of a title from **Sugar Nutrient Facts - My Food Diary** In fact, meat protein may cause as much insulin release as sugar. Table sugar and high fructose corn syrup provide essentially no nutritional value. **sugar Health Topics Facts about Sugar - World Sugar Research Organisation** Sugar. This Food Fact Sheet will help you to understand how sugar may affect your health and wellbeing. Is the amount of sugar some of us eat and drink **Sugar Food Fact Sheet V14 - British Dietetic Association -** Jul 30, 2013 Excessive sugar in the diet is not the best idea when it comes to In fact, worldwide we are consuming about 500 extra calories a day from sugar. This in turn can lead to over consumption of food and consequently, obesity. **9 Shocking Facts You Need to Know About Sugar** **Alternet** Sugar is one of the most ubiquitous seasonings in the world it has been an important crop and commodity since ancient times, and is still used to flavor foods **The truth about sugar BBC Good Food** Oct 14, 2009 **BACKGROUND** Sugar alcohols or polyols, as they are also called, are sugar replacers and have a long history of use in a wide variety of foods. **Added Sugar in the Diet The Nutrition Source Harvard T.H. Chan** But its not all bad news - sugar is a carbohydrate found naturally in a host of different foods from lactose in milk to the fructose in fruit and honey. In fact, if youre **14 Mind-Blowing Facts About Sugar (Infographic) - mindbodygreen** May 20, 2016 Right now, its impossible for consumers who look at a Nutrition Facts label to know how much of the sugar in foods is added and how that **Hidden in Plain Sight** Sugars also are extracted from their sources to produce ingredients such as table sugar. This can include sugars from corn such as corn syrup or high fructose corn syrup as well as the sources for table sugar such as sugar beets or sugar cane. Many sugars are used to sweeten or preserve other food products. **Sugar Food Facts Answer Sheet - Be the Change Consulting** Dec 8, 2016 Man reading a food label - The Basics of the Nutrition Facts Panel Eating too much added sugar makes it difficult to meet nutrient needs **The truth about low-fat foods BBC Good Food** It is important to read the nutrition facts label when purchasing food. These labels can be confusing. Check to see how much sugar is in a product. One gram of **Sugar Alcohols Fact Sheet - IFIC Foundation - Your - Food Insight** By law, The Nutrition Facts Label must list the grams of sugar in each product. But

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some foods naturally contain sugar, while others get theirs from added **Sugars in our diet - Live Well - NHS Choices** food preparation or processing. They often serve a functional role or are added to make food taste sweet. **BALLON POP: SUGAR FOOD FACTS ANSWER Sugary Drinks and Obesity Fact Sheet The Nutrition Source** The good: This food is very low in Saturated Fat, Cholesterol and Sodium. The bad: A large portion of the calories in this food come from sugars. Caloric Ratio **Taking a Closer Look At Labels: American Diabetes Association Sugar (Food Facts): Rhoda Nottridge, John Yates, Maureen Jackson** In fact when we eat foods high in carbs especially white refined ones, our bodies digest them more quickly. This can lead to blood sugar swings and cravings