

High Fructose Corn Syrup: Villain or Victim?

What is HFCS?

HFCS is a sugary syrup made by further processing regular corn syrup. The resulting product has chemical and physical properties that make it well-suited to the many highly processed foods available today.

What foods is it in?

The largest sources in our diet are sugary drinks and desserts - which make up nearly 2/3 of the added sugars we eat in a day. However, small amounts are also found in many common grocery items like bread, cereal, salad dressing, and yogurt.

Is it safe? Is it healthy?

The scientific consensus is that HFCS is processed by our bodies similar to beet sugar, cane sugar, molasses, or honey. Consuming any of these sugars in high amounts is associated with obesity, insulin resistance, high blood pressure, and high triglycerides.

How much should we eat?

Dietary guidelines recommend limiting ALL added sugars, regardless of the source. Americans currently eat 100grams sugar/day - 3 times the upper limit recommended by the American Heart Association (38g/day for men, 25g/day for women)

Bottom Line:

HFCS is not the poison it is often made out to be but we would certainly be healthier if we consumed less of it. The best way to do this is to avoid sugary drinks and limit dessert foods. Carefully reading food labels can also help guide your food decisions.

For links to good web resources:

<http://bit.ly/kw-hfcs>



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