



Why We Should Avoid High Fructose Corn Syrup

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The Dangers of High Fructose Corn Syrup

High Fructose Corn Syrup is the sweetener used in almost all processed foods and beverages in America today. It began replacing sugar in the mid-70s and is the sweetener of choice for most manufacturers today. It is preferred because it is cheap, readily available and has a longer shelf life than table sugar.

It is produced by refining corn starch through several complicated chemical reductions. One of the steps uses caustic soda (which is sometimes produced in mercury cells).

In the early 70s the average American consumed about 5 grams of fructose largely from fruits and vegetables. Today we consume over 80 grams primarily from HFCS.

- The Mercury Cells used to produce the Caustic soda used in the productions of HFCS leaves trace amounts of mercury in HFCS
- The Washington Post recently published a report of 55 popular products where HFCS was the 1st or 2nd ingredient listed. Trace amounts of mercury were found in all 55 products.

This is a health issue because unlike glucose that is metabolized in the blood stream, fructose is metabolized in the liver.

Health issues from HFCS consumption include:

- Weight gain
- Diabetes
- Fatty Liver Disease
- Hypertension and elevate HDL
- Mercury Exposure

Princeton Study links HFCS to Weigh Gain

In March of 2010 a Princeton University team proved rats gained significantly more weight when they consumed HFCS instead of table sugar, even when overall caloric intake was the same. In addition to weight gain, long-term consumption of HFCS led to abdominal fat and a rise in circulating blood fats called triglycerides. <http://www.princeton.edu/neuroscience/>