

HIGH FRUCTOSE CORN SYRUP HAVE WE FOUND THE PERFECT SWEETENER?

Far from perfect, High Fructose Corn Syrup comes with several issues that cause great concern for adults and children who are now consuming more of it than sugar.

1. A very complicated, very expensive three-step enzymatic process is used to break down cornstarch into glucose and then another processing step to make fructose.
2. The enzymes are from Genetically Modified Foods in order to make the glucose chains more stable.
3. Regular sugar is equal parts of glucose and fructose, whereas HFCS goes up to 80% fructose with the final being 55% fructose.
4. Processed fructose is nearly 20x sweeter than table sugar.
5. High Fructose Corn Syrup extends the shelf life of processed foods and is cheaper than sugar.
6. Because High Fructose Corn Syrup easily metabolizes into fat, it does increase the risk of obesity in children.
7. The ingestion of fructose does not trigger the release of the hormone leptin, which signals fullness or satiation.
8. All cells of the body readily use glucose for many functions, but only the liver metabolizes fructose.
 - a. This means the pancreas will not release insulin as it normally would.
 - b. Fructose will then convert to stored fat and consequently can raise serum triglyceride levels.
 - c. In order for the body to digest and convert fructose into glucose, it will deplete the liver's supply of ATP energy stores.
 - d. This extra work on the liver has been shown to increase fatty deposits consistent with an alcoholic or cirrhotic liver.

So, what is the alternative? Too much glucose in the diet will cause insulin resistance over time and excessive fructose increases fat storage and stresses the liver.

Be informed and make choices that ultimately result in moderation of all sugars!

Considerations when choosing a sweetener:

1. Natural and Organic sugar – 100% sucrose
2. Maple Syrup – 65% sucrose, sweeter than sugar so less is needed, best if organic
3. Honey – fructose, glucose and sucrose
4. Agave nectar – 90% fructose, 10% glucose, sweeter than sugar so less is needed, low glycemic
5. Stevia – 200-300x sweeter than sugar but has a small after taste, it comes from a plant, low glycemic
6. Xylitol – considered a sugar alcohol that the body also makes naturally; usually made from birch wood and contains 45% less calories than sucrose; it is a low glycemic sweetener. Large doses can initially result in mild diarrhea or slight cramping, but usually goes away after a couple of days as the body adjusts.