

# HIGH FRUCTOSE CORN SYRUP TALKING POINTS

## High fructose corn syrup:

- Is a natural sweetener made from corn
- Is handled by the body the same as sugar
- Has the same number of calories as sugar
- Is nutritionally the same as sugar
- Is fine in moderation
- A sugar is a sugar, whether it comes from cane, corn, or beets

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- High fructose corn syrup, sugar, and honey all contain the same number of calories (four calories per gram).
  - The American public can rest assured that high fructose corn syrup is safe.
  - There is no nutritional benefit gained by replacing high fructose corn syrup with another caloric sweetener. High fructose corn syrup is a natural sweetener made from corn, is functionally superior to sugar, and is handled the same by the body.
  - High fructose corn syrup is a versatile ingredient that adds taste, texture, freshness, and sometimes sweetness to the foods we love. It maintains freshness in condiments, enhances fruit and spice flavors in marinades, aids in fermentation of breads and yogurts, retains moisture in breakfast bars and cereals, maintains consistent flavors in beverages, and keeps ingredients evenly mixed in salad dressings.
  - High fructose corn syrup has contributed to food choice and value for decades. It is made from corn by an American industry that creates jobs.
  - High fructose corn syrup may have a complicated-sounding name but it is actually a type of corn sugar. Many confuse studies performed with pure fructose with high fructose corn syrup. High fructose corn syrup never contains fructose alone, but always in combination with a roughly equivalent amount of a second sugar (glucose).
  - All food grade sweeteners require processing. The process to manufacture sugar is remarkably similar to that of high fructose corn syrup.
  - High fructose corn syrup is not subsidized. The corn used to make high fructose corn syrup is purchased on the open market at prevailing prices.
  - No mercury or mercury-based technology is used in the production of high fructose corn syrup in North America. Safety is the highest priority for the corn refining industry, which is why it immediately commissioned external testing as well as independent expert review of claims concerning mercury and this corn sweetener.

# THE EXPERTS SPEAK UP ABOUT HIGH FRUCTOSE CORN SYRUP

- High fructose corn syrup contains no artificial or synthetic ingredients or color additives and meets the U.S. Food and Drug Administration requirements for use of the term “natural.”
- “Because the composition of high fructose corn syrup and sucrose are so similar, it appears unlikely that high fructose corn syrup contributes more to obesity or other conditions than sucrose.” **American Medical Association**
- “Both sweeteners contain the same number of calories (4 per gram) and consist of equal parts of fructose and glucose. Once absorbed into the blood stream, the two sweeteners are indistinguishable.” **American Dietetic Association**
- In 1983, the U.S. **Food and Drug Administration** formally listed high fructose corn syrup as safe for use in food and reaffirmed that decision in 1996.
- “To pretend that a product sweetened with sugar is healthier than a product sweetened by high fructose corn syrup is totally misguided.” Michael Jacobson Ph.D., Center for Science in the Public Interest
- “The decision to switch from HFCS to cane sugar is 100% marketing and 0% science.” David Ludwig, Director of the Optimal Weight for Life Program, **Children’s Hospital**, Boston, Massachusetts
- “This is a marketing issue, not a metabolic issue.” David Klurfeld, Ph.D., **USDA** Agricultural Research Service
- “There’s no substantial evidence to support the idea that high fructose corn syrup is somehow responsible for obesity.” “If there was no high fructose corn syrup, I don’t think we would see a change in anything important. I think there’s this overreaction.” **Walter Willett, Ph.D., Chairman of the Nutrition Department, Harvard School of Public Health**
- “HFCS is glucose and fructose separated. Table sugar is glucose and fructose stuck together, but quickly separated by digestive enzymes.” “The body can hardly tell them apart.” **Marion Nestle, Ph.D., Paulette Goddard Professor of Nutrition, Food Studies and Public Health, New York University**
- “A number of recent studies...have convinced me that HFCS does not affect weight gain.” **Barry M. Popkin, Ph.D., Professor, Department of Nutrition, University of North Carolina at Chapel Hill**
- “HFCS is the chemical and nutritional equivalent of table sugar (sucrose). The two substances have the same calories, the same chemical composition and are metabolized identically.” **Arthur Frank, M.D., Medical Director, George Washington University Weight Management Program**

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