

High Fructose Corn Syrup

High-fructose corn syrup is a man-made processed sweetener and preservative used in many processed foods. It is made by changing the sugar in cornstarch to fructose which is another form of sugar.



The consumption of high-fructose corn syrup has increased since its inception over 30 years ago, in part because it extends the shelf life of foods and is sweeter and cheaper than sugar. It is also easier to blend into beverages than sugar and it helps baked goods retain moisture longer.

For these reasons, it has become a popular ingredient in many foods such as jam, jelly, ketchup, salad dressing, cookies, cereal, granola bars, bread, stuffing, crackers, soda, fruit-flavored drinks and other processed food. It is very important to check your food label. Usually it is listed as one of the first five ingredients on the label.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
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	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
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Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4



Many health and nutrition experts attribute the consumption high fructose corn syrup to the obesity epidemic in this country, as well as the rise in type-2 diabetes. Despite the lack of clarity in research, Americans should limit the intake of foods containing high-fructose corn syrup because of their high caloric and low nutritional values.