

KEY POINTS about HIGH FRUCTOSE CORN SYRUP

- The American Medical Association stated in June 2008 that "...high fructose syrup does not appear to contribute to obesity more than other caloric sweeteners..." And, the American Dietetic Association concluded in December 2008 that "No persuasive evidence supports the claim that high fructose corn syrup is a unique contributor to obesity."
- In 1983, the U.S. Food and Drug Administration (FDA) formally listed high fructose corn syrup as safe for use in food and reaffirmed that decision in 1996.
- High fructose corn syrup may have a complicated-sounding name, but it's actually a simple sweetener, made from corn, that is nutritionally the same as sugar.
- High fructose corn syrup is not sweeter than sugar; and high fructose corn syrup, sugar and honey all contain the same number of calories (four calories per gram).
- High fructose corn syrup and sugar are handled similarly by the body.
- Many confuse pure "fructose" with "high fructose corn syrup." Recent studies that have examined pure fructose have been inappropriately applied to high fructose corn syrup and have caused significant consumer confusion. High fructose corn syrup never contains fructose alone, but always in combination with a roughly equivalent amount of a second sugar (glucose).
- High fructose corn syrup is made from corn, a natural grain product. High fructose corn syrup contains no artificial or synthetic ingredients or color additives and meets the FDA requirements for use of the term "natural."
- To see the latest research and learn more about high fructose corn syrup, please visit www.SweetSurprise.com and www.HFCSfacts.com.

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