

# EXPERTS BRING PERSPECTIVE to HIGH FRUCTOSE CORN SYRUP

"After studying current research, the American Medical Association (AMA) today concluded that high fructose syrup does not appear to contribute more to obesity than other caloric sweeteners..." **American Medical Association** (AMA press release, June 17, 2008)

"No persuasive evidence supports the claim that high fructose corn syrup is a unique contributor to obesity." **American Dietetic Association** (Hot Topics paper on High Fructose Corn Syrup, December 2008)

The Food and Drug Administration stated, referring to a process commonly used by the corn refining industry, that it "would not object to the use of the term 'natural' on a product containing the HFCS produced by [that] manufacturing process..." **Geraldine A. June, Supervisor, Product Evaluation and Labeling Team, Center for Food Safety and Applied Nutrition** (Letter to Corn Refiners Association, July 3, 2008)

"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** (*The New York Times*, July 2, 2006)

"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, author of "What to Eat" and "Food Politics"** (*Spokesman Review*, January 2, 2008)

"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., Executive Director, Center for Science in the Public Interest** (Associated Press, September 10, 2008)

"This is a marketing issue, not a metabolic issue... The real issue is not high fructose corn syrup. It's that we've forgotten what a real serving size is. We have to eat less of everything." **David Klurfeld, Ph.D., Human Nutrition National Program Leader, Agricultural Research Service, United States Department of Agriculture** (Institute of Food Technologists (IFT) Annual Meeting, June 8, 2009)

"High fructose corn syrup is one of the most misunderstood products in the food supply." **David S. Ludwig, M.D., Ph.D., Associate Professor of Pediatrics, Harvard Medical School** (NBC Nightly News with Brian Williams, April 22, 2009)

"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** (*Los Angeles Times*, July 14, 2008)

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"I don't think it is likely that things would be very different if people consumed increased amounts of either sucrose or high fructose corn syrup." "Overconsumption of either sweetener, along with dietary fat and decreased physical activity, could contribute to weight gain." **Peter J. Havel, Ph.D., Associate Researcher, Department of Nutrition, University of California - Davis** (*The New York Times*, July 2, 2006)

"There is no difference in how the human body handles HFCS and sugar. The two sweeteners are equivalent metabolically." **James M. Rippe, M.D., Cardiologist and Biomedical Sciences Professor, University of Central Florida** (*Wall Street Journal*, May 7, 2008)

"Like all nutritive sweeteners, it [high fructose corn syrup] contains calories. But critics who attack a single ingredient as the sole cause of obesity are wrong and counterproductive. A quixotic search for an easy answer means true solutions to the obesity problem are not being found." **John S. White, Ph.D., Caloric Sweetener Expert and President, White Technical Research** (*The New York Times*, July 9, 2006)

"At the end of the day, it's calories that count, not high fructose corn syrup." **Roger Clemens, Ph.D., Adjunct Professor, Pharmacology and Pharmaceutical Sciences, School of Pharmacy, University of Southern California** (*USC Health Now*, December 2008)

"High fructose corn syrup (HFCS) is a sugar, nothing more, nothing less. If you choose not to eat it, I'm fine with that decision. But your decision should be made because you have decided to eat less sweetened foods and drinks, not because you believe HFCS is some dietary devil to be avoided at all costs." **Jo-Ann Heslin, M.A., R.D., C.D.N., Food and Nutrition Columnist** (*HealthNewsDigest.com*, July 20, 2008)

"The culprit in obesity is not the high fructose corn syrup...but it's the overconsumption of calories contributing to the weight gain." **Madelyn Fernstrom, Ph.D., C.N.S., Director, University of Pittsburgh Medical Center Weight Management Center** (*The TODAY Show*, October 9, 2007)

"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** (*The Washington Times*, December 6, 2006)

"The real deal about high fructose corn syrup is that your body doesn't see it any differently than sugar or honey. Why? Because HFCS is comprised of approximately equal ratios of glucose and fructose just like sugar (sucrose) and honey. It is purified from corn with no artificial ingredients as sugar is derived from sugar cane and sugar beets." **Susan Mitchell, Ph.D., R.D., L.N., Family Circle Health and Medical Advisory Board Member** (*ThirdAge.com*, November 20, 2008)

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