



EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health



High Fructose Corn Syrup

We have noticed it on food labels, heard about it in the news, and even seen commercials promoting or criticizing this mystery sweetener. Whether High Fructose Corn Syrup (HFCS) is hazardous or harmless has been a subject of debate among consumers and producers for decades. There is a *cornucopia* of misinformation out there, so lend us your *ears* to get the facts straight.

What products have High Fructose Corn Syrup? HFCS was first introduced to the food and beverage industries in the 1970's as a cheaper alternative to table sugar (sucrose). In the United States, more than **40%** of the foods and beverages with added sugar contain HFCS. This includes non-diet soft drinks, certain breads, cereals, and yogurts.

How is High Fructose Corn Syrup different from table sugar? Table sugar is made up of a 50:50 ratio of fructose and glucose. HFCS has slightly more fructose, with a ratio of about 55% fructose to 45% glucose. Both sugars contain about 16 Calories per teaspoon.

Did High Fructose Corn Syrup Cause the Obesity Epidemic in the United States? Several researchers have noted a correlation between the increase in obesity and an increased use of HFCS in the United States. However, they have also acknowledged that daily caloric consumption has risen along with a decrease in physical activity. Keep in mind that regardless of how your products are sweetened, any sweetener provides empty calories which, in excess, could eventually lead to weight gain and obesity.

Worried about your High Fructose Corn Syrup intake? Check the ingredients list on packaged foods and minimize your intake of products that are high in HFCS. Additionally, try cutting back on your sugar sweetened beverage consumption in the dining halls. Instead, drink more water or non-fat milk. If you still have a craving for soda, try filling your glass with seltzer and add a splash of lemon.

Don't keep this on the husk-husk

Revised By: Megan Yuen

Reviewed By: Malcolm Watford, D. Phil - Department of Nutritional Sciences

References: *Straight Talk About High-Fructose Corn Syrup: What it is and What it Ain't*. Available at: <http://www.ncbi.nlm.nih.gov/pubmed/19064536>. Accessed on: 3/27/2018. *Consumption of High-Fructose Corn Syrup in Beverages May Play a Role in the Epidemic of Obesity*. Available at: <http://www.ncbi.nlm.nih.gov/pubmed/15051594>. Accessed on: 3/27/2018. *Fast Facts About High-Fructose Corn Syrup*. Available at: <https://www.foodinsight.org/Content/3862/HFCS%20FACT%20SHEET%20-%20FINAL.pdf>. Accessed on: 3/27/2018. *Enzymatic Preparation of High Fructose Syrup from Inulin*. Available at: <https://www.researchgate.net/publication/311576852> *Enzymatic Preparation of High Fructose Syrup from Inulin*. Accessed on 3/27/2018.

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