

## Gaining Knowledge about Corn Syrup and High Fructose Corn Syrup



You may have heard some news about the debate on whether or not the use of corn syrup as a sweetener is affecting your health in a negative way. Corn Syrup converted to high fructose corn syrup (HFCS) has been on the rise and has made its way into nearly every processed and packaged food over the last 40 years. In the United States, while HFCS and the consumption of sugary foods continues to climb, so does obesity. But how can HFCS be connected as a key contributor to a rise in obesity? Corn syrup, when genetically modified into high fructose corn syrup is taken out of its natural form and is thus not recognized by our bodies as a form of sugar that can be used as fuel. Unlike glucose, fructose or sucrose which all trigger our pancreas to release insulin so that these sugars may be used by our cells for energy while also telling our brain that we are full, HFCS is not recognized. Likewise, HFCS is not recognized by our digestive system and is treated like a chemical in our body, sent straight to the liver and stored as fat. While all sugar and sugary foods should be used in moderation, choose foods that are in their natural form. Foods that contain labels are more than likely not in their natural form regardless of if they contain HFCS. As a general rule of thumb, try to do most of your grocery shopping in the periphery of the store where most of the food is fresh.