It's all glucose to me: High fructose corn syrup has more fructose than advertised

By ACSH Staff — October 27, 2010

Apparently, the high fructose corn syrup (HFCS) found in sodas has too much fructose [1]. According to researchers at the University of Southern California’s Keck School of Medicine who tested 23 cans and bottles of popular sodas, the HFCS in the sodas contains as much as 65 percent fructose, as opposed to the standard 55 percent. HFCS is falsely under the gun as a cause of obesity because it was added ubiquitously to processed foods beginning around the same time the obesity rate began to increase.

ACSH’s Dr. Josh Bloom wonders what all the fuss is about. “Sucrose (cane sugar) is broken down to fructose and glucose in the stomach. Fructose is then metabolized into glucose by the liver, so all sugar is broken down into glucose in the end. I do, however, have a problem with its use in certain canned vegetables, soup and baked goods to improve their color because it adds unnecessary calories to those foods.”

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