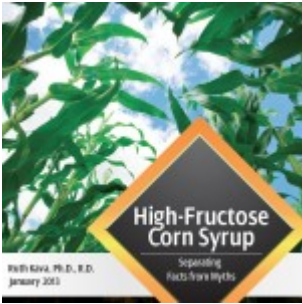


High-Fructose Corn Syrup: Separating Myths from Facts

By ACSH Staff — January 8, 2013



Executive Summary

- Since the 1970s, the use of high-fructose corn syrup in the U.S. food supply has increased dramatically typically as a replacement for sucrose (table sugar) in soft drinks and many food products.
- The prevalence of obesity has also increased substantially between the 1970s and the early 2000s.
- Because of this coincidental timing, HFCS has been erroneously demonized as a unique cause of the obesity epidemic in the United States.
- Sucrose and HFCS have essentially the same composition, and thus it would be highly unlikely for them to have different effects on body weight or metabolism.
- Experimental evidence, as well as analyses of epidemiologic data, indicate that sucrose and HFCS have equivalent effects on food intake and therefore on body weight.
- Scientific evidence does not support the notion that HFCS is uniquely responsible for the American obesity epidemic.

[High-Fructose Corn Syrup: Separating Facts from Myths](#) ^[1]

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