

Sugar as High Fructose Corn Syrup

Our American diet is hurting us physically in several ways. One of the culprits is the consumption of sugary foods high in fructose and low in copper. Copper is essential for the formation of elastin and collagen--the glue that holds the joints of the body together.

Fructose itself also inhibits copper metabolism. A deficiency in copper leads to bone fragility, anemia, defects of the connective tissue, arteries, and bone, infertility, heart arrhythmias, high cholesterol levels, heart attacks, and an inability to control blood sugar.

The use of high fructose corn syrup during the past 30 years has increased significantly, particularly in soft drinks, fruit juices and other beverages aimed at growing children. These children are also increasingly likely to be copper deficient as liver is no longer part of the American diet.

The American diet now contains 25% sugar, mostly from fructose. This is up from 19% fifteen years ago when most of the sugar in the diet came from glucose. The average American now consumes 153 pounds of sugar, mostly in the form of fructose.

In April 2010 a Princeton study showed that eating lots of HFCS is going makes a person fatter, and unhealthier than simply eating lots of sugar. The university reports that rats that ate HFCS gained significantly more weight than those that ate table sugar, even when their overall caloric intake was the same.

Until the 1970s most of the sugar we ate came from sucrose derived from sugar beets or sugar cane. Then sugar from corn--corn syrup, fructose, dextrose, dextrine and especially high fructose corn syrup (HFCS)--began to gain popularity as a sweetener because it was much less expensive to produce. It was also heavily promoted as the sugar of choice for Diabetics.

High fructose corn syrup can be manipulated to contain equal amounts of fructose and glucose, or up to 80 percent fructose and 20 percent glucose.² High fructose corn syrup has almost twice the fructose, a double danger compared to sugar.

High fructose corn syrup is extremely soluble and mixes well in many foods. It is cheap to produce, sweet and easy to store. It's used in everything from bread to pasta sauces to bacon to beer as well as in "health products" like protein bars and "natural" sodas.

High fructose corn syrup is the primary sweetener used in soft drinks, now readily available to children in school vending machines. The soft drink industry increased US production from 22 to 41 gallons of soft drinks per person a year between 1970 and 1997.

Teenagers and children, the industry's main targets, are among the largest consumers. In the past 10 years, soft drink consumption among children has almost doubled in the U.S.

Teenage boys now drink, on average, three or more cans of soda per day, and 10 percent drink seven or more cans a day. The average for teenage girls is more than two cans a

day, and 10 percent drink more than five cans a day. A typical 20-ounce Coke contains zero fat, zero protein and 67 grams of carbohydrates, usually in the form of high fructose corn syrup.

Fructose converts to fat more than any other sugar. Because fructose is not an insulin dependent sugar, the liver has to metabolize it instead of the pancreas. Thus, eating fructose raises serum triglycerides significantly. Test animals fed large amounts of fructose develop fatty liver deposits and cirrhosis, similar to problems that develop in the livers of alcoholics.

Pure fructose has no nutritional value, containing no enzymes, vitamins or minerals. The body's micronutrients stores of vitamins and minerals are used up during the metabolism of fructose. While naturally occurring sugars, as well as sucrose, contain fructose bound to other sugars, high fructose corn syrup contains a good deal of "free" or unbound fructose that interferes with the heart's use of key minerals like magnesium, copper and chromium.

The ratio of sugar in whole fruit is usually 50 percent glucose and 50 percent fructose. Fruit contains fiber that slows down the metabolism of fructose and other sugars. Most commercial fruit juices sold today have HFCS added. The danger here is that the fructose in HFCS is absorbed very quickly.

The most sensitive people to fructose include children, women on oral contraceptives, people with hypertension, people with high blood sugar, people with high triglycerides, non-insulin dependent diabetics, people with functional bowel disease and postmenopausal women.

Everyone should avoid over-exposure to fructose due to the health dangers. One or two pieces of fruit per day is fine, but commercial fruit juices and any products containing high fructose corn syrup are more dangerous than sugar and should be removed from the diet.

Changing dietary habits can reverse the damage caused by high sugar diets, and return the body to a healthier state. The body cannot rebalance blood sugar without the correct vitamins and minerals. Replacing missing vitamins and minerals is essential to aid the body in repairing and improving its health.

Contact a holistic wellness provider who specializes in evaluating the health of the body. There are simple, non-invasive tests to evaluate the impact of sugar intake on the body. These tests can easily determine the risk for pancreas exhaustion or Pre-Diabetes.

A dietary evaluation can also determine if the types of foods consumed could be too high in sugar, increasing the risk for declining health. A specialized vitamin and mineral analysis can also help determine missing nutrients that can help improve overall health and sugar metabolism.

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Call today to schedule a 30-minute no charge consultation & dietary/sugar analysis.