

There has been a lot in the news lately about high fructose corn syrup. This type of sweetener is abundantly used in our foods and drinks. Nearly all non-diet sodas are made with it and it is used in all types of food products from cookies to ketchup. The reason it is so popular is because it is very inexpensive, after all it is made from corn which is one of the most widely grown food crops in the U.S.

The reason it has had a lot of news coverage is that there are scientists and nutrition experts that attest that it is more harmful than regular sucrose or table sugar. The food industry and even the government counter this argument, but more and more research is coming out that points to a possible problem.

For one thing, high fructose corn syrup seems to be more readily converted to fat than regular sugar. In addition, a recent study demonstrated that it has a significantly different affect on the brain than regular table sugar.

The brain burns more sugar for energy than any other organ. In this study they found that when regular sugar was consumed it caused an increase in brain activity for 20 minutes. When high fructose corn syrup was consumed it had the opposite effect. It actually suppressed brain activity.

It is not known yet if these differences in brain activity have an affect on behavior or body function, but it is very likely. Hopefully further research will help us to answer these questions. Until then, I suggest you consider reducing all forms of sugar intake and especially high fructose corn syrup.