

High Fructose Corn Syrup Has Been Quietly, Deceitfully Renamed

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High fructose corn syrup is a killer. Since humans started consuming it, obesity rates have more than tripled and diabetes incidence has increased more than seven fold since. Even when used in moderation it is a major cause of heart disease, obesity, cancer, dementia, liver failure, tooth decay, and more.

So what does the FDA do about this silent killer? It allows food producers to change the name of the infamous sweetener in order to trick consumers into thinking they are not eating high fructose corn syrup.

That's right, high fructose corn syrup now goes by a new, deceitful name – "*Natural Sweetener*" – designed to trick customers into making ill-informed choices that will impact on their health.

Consumers are finally catching on to the fact that what we put in our mouths effects our waistline as well as our health. Since consumers have become much smarter and finally waking up to these realities, they are demanding healthier food choices. Every food company is smearing 100% natural on every box of anything regardless of whats inside the box.

Now we have to know the new sneaky name to know whether or not we are consuming High Fructose Corn Syrup or not. Obviously the best way to avoid this mess is to buy from companies you really trust.

Big food companies are hiding ingredients they know we really don't want to consume in their products. This time it's the presence of a new version of high fructose corn syrup. But this is not the innocuous fructose that has sweetened the fruits humans have eaten since time began. This is a questionable ingredient with many names that could be causing all sorts of health problems.

The product is General Mills' Vanilla Chex, an updated version of the Chex cereal sold in most conventional grocery and discount stores for many years. The front of the box clearly states that the product contains "no high fructose corn syrup" (HFCS), but turn it over to read the ingredient list and there it is – the new isolated fructose.

Why is that a problem? According to the Corn Refiners Association (CRA), there's been a sneaky name change. The term 'fructose' is now being used to denote a product that was previously known as HFCS-90, meaning it is 90 percent pure fructose. Compare this to what is termed 'regular' HFCS, which contains either 42 or 55 percent fructose, and you will know why General Mills is so eager to keep you in the dark.

CRA explains:

"A third product, HFCS-90, is sometimes used in natural and 'light' foods, where very little is needed to provide sweetness. Syrups with 90% fructose will not state high fructose corn syrup on the label [anymore], they will state 'fructose' or 'fructose syrup'."

And the way that they get away with this is fairly simple:

"Simply eliminating the high fructose corn syrup designation for the laboratory sweetener that's nine-tenths fructose and calling it what it really is: fructose. And that's how a processed-food product like Vanilla Chex that contains "fructose", a substance that, according to the corn refiners, used to be called HFCS-90, can now declare itself to be high fructose corn syrup-free."