

QUESTION OF THE WEEK**Q:** Is high fructose corn syrup bad for you?

Probably. We used to think that high fructose corn syrup was just an indicator of poor quality food. By 2000, 42 to 55 percent of added sweeteners to food were from high fructose corn syrup. In fact, it is quite a challenge trying to avoid it because it is added not only to candies but other foods.

Studies have increasingly shown HFCS linked to type 2 diabetes, liver disease, hypertension and cardiovascular disease. Recently, corn syrup has been shown to cause direct brain damage. Also, the way high fructose corn syrup is extrapolated from corn involves mercury. Increase in blood levels of mercury, a potent neurotoxin, may be found in high consumers of HFCS.

If you want to make something sweet, consider natural honey or Stevia.



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