

The SCOOP ON High-Fructose Corn Syrup

You may have heard a lot of information about High-Fructose Corn Syrup in the media. We'd like to give you some quick facts and useful tips to help navigate your way through the information.



WHAT IS HIGH-FRUCTOSE CORN SYRUP (HFCS)?

Food companies introduced High-Fructose Corn Syrup into the food market in the 1970s. HFCS is made by chemically modifying corn starch so that it contains a higher level of fructose (sugar). HFCS tastes sweeter than sugar and it's cheaper, making it a cost-saving incentive for food manufacturers.

WHERE IS HFCS FOUND?

HFCS can be found in soft drinks, fruit drinks, sport drinks, breads, baked goods, cookies, crackers, cereals, jams and baked goods. HFCS can now be found in almost every processed food on the grocery store shelves.

WHY IS HFCS BAD?

There are many reasons HFCS is bad but here are a few important points:

- ★ HFCS is used by food manufacturers because it's a cheap way to sweeten foods. Since HFCS is so cheap, food manufacturers can sell super-size items at low prices. When you get a super-size drink, you are drinking more calories and not getting an additional nutrition benefit.
- ★ Studies have shown that consuming high levels of HFCS may increase the level of fat in the bloodstream.

Revolution Foods does not use products with HFCS in any of our products. We hope these tips are helpful!

PRACTICAL TIPS TO AVOID HFCS:

- 1 READ LABELS!**
Food manufacturers are required to list HFCS on food labels. HFCS may be written on labels the following ways: High-Fructose Corn Syrup, HFCS, HFCS Solids.
- 2 BUY MORE WHOLE FOODS**
such as fruits, vegetables, nuts, poultry, beef. Cook with them at home.
- 3 CHECK YOUR GROCERY STORE SHELVES FOR "ORGANIC" PRODUCTS.**
Most products labeled this way will not have HFCS in them and the cost difference may not be that great.
- 4 AVOID FAST FOOD.**
Most fast food items contain HFCS. If you are eating at a fast food restaurant ask for the ingredients list, you may find items such as salads that do not contain HFCS, but check the dressing label.
- 5 AVOID CANNED OR BOTTLED BEVERAGES.**
Soft drinks, sports drinks, lemonade, iced tea, and almost every sweet drink you can think of contains HFCS. Try 100% juice occasionally or sparkling water beverages.