

## **How High Fructose Corn Syrup Damages Your Body**

Drinking high-fructose corn syrup (HFCS), the main ingredient in most soft drinks throughout the world, increases your triglyceride levels and your LDL (bad) cholesterol. These effects only occurred in the study participants who drank fructose -- not glucose.

Consumption of beverages containing fructose rose 135 percent between 1977 and 2001. Food and beverage manufacturers began switching their sweeteners from sucrose (table sugar) to corn syrup in the 1970s when they discovered that HFCS was not only cheaper to make, it was also much sweeter (processed fructose is nearly 20 times sweeter than table sugar), a switch that has drastically altered the American diet.

In 1966, sucrose made up 86 percent of sweeteners. Today, 55 percent of sweeteners used are made from corn.