HEALTHY TIPS

High Fructose Corn Syrup Has Been Renamed And Is Now Being Sold As A Natural Sweetener

By bestfolkmedicine · 30/10/2018 · 2 min read



According to Herbs Info, the usage of high fructose corn syrup in commercially-sold food products has long been the major topic of debates on whether it should be used or not because of the numerous studies showing its dangers for our overall health and well-being.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Also known as glucose-fructose syrup or glucose-fructose, this substance is used throughout the world as an artificial sweetener because of its easy handling and because of the low price of corn, the raw material

used for its production.

High Fructose Corn Syrup Is not Natural

As explained on Herbs Info, despite being derived from corn, this is a highly processed product and there is nothing natural about it. However, food corporations are skilled in hiding the ingredients they do not want their consumers to know they are using. As noted on Healthy Holistic Living, this ingredient with all kinds of names is the root of numerous health issues people have been struggling these days.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });
One product which can be found throughout groceries in the U.S. known as General Mills' Vanilla Chex is packed in a box and on its front, it is clearly written that there is "no high fructose corn syrup"; however, on the back of the box, in the ingredient list, high fructose corn syrup is present, just listed as 'isolated fructose'.

This is problematic according to the CRA because it is a sneaky changing of names. The term 'fructose' is now used for a product that was earlier known as HFCS-90 or 90 percent pure fructose. Compared to the 'regular' HFCS which has 42 or 55 percent fructose, it is apparent why General Mills is keen on keeping its customers in the dark.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

The Major Reasons why HFCS Is Bad for You, Regardless of the Name

- **Elevates the chance for heart issues in younger people**

A 2015 study, as seen on Herbs Info, showed that the higher the level of HFCS in a drink, the higher the elevation in the levels of bad cholesterol, total cholesterol, and uric acid whose high levels are known to contribute to heart problems.

- **Impedes normal brain function**

A study from 2015 found that regular intake of HFCS caused damage in a part of the brain known as hippocampus which is in charge of the long-term memory and the regulation of mood by causing strong inflammation in the brain.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

- **It can lead to obesity**

In a review on available literature on HFCS and weight gain, there was a connection discovered between the consumption of drinks that contain HFCS and obesity in children. It was concluded that lowering its consumption may lower the risk of obesity among children.

- **Elevates the risk of chronic lung issues**

Regular intake of soda drinks with HFCS may cause fructose malabsorption that has been associated with lung issues, especially asthma. In one study done with pregnant mothers who elevated the intake of fructose, the risk in their children of being diagnosed with asthma significantly increased.

Sources:

HERBS INFO

Read online: https://bestfolkmedicine.com/2018/10/high-fructose-corn-syrup-has-been-renamed-and-is-now-being-sold-as-a-natural-sweetener/

Downloaded on 28/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.