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IT'S NOT THE FRUCTOSE

The Aug. 25 article blaming high fructose corn syrup for the obesity epidemic in American children is off the mark and only triggers alarmist reactions ("Sinful soda," S.A. Life).

First, it erroneously asserts that high fructose corn syrup is "more fattening than ordinary sugar." An analysis of its content would reveal it is composed of about equal parts fructose and glucose - essentially the same as table sugar or sucrose.

It is interesting to note that obesity rates are rising in Europe where, because of sugar subsidies and trade tariffs, consumption of high fructose corn syrup is virtually nonexistent.

Second, the article claims high fructose corn syrup is the "No. 1" cause of childhood obesity. Multiple factors contribute to the epidemic, but the primary causes are an increase in daily caloric consumption and an acute lack of physical activity. People consume too many calories and get too little exercise.

There is no scientific study that suggests that high fructose corn syrup is consumed differently from sugar or linked to the rise in obesity.

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