

November 16, 2009

Taiha Wagner, L.P.N. Just One Bite, Inc. 12100 Singletree Lane, Suite 190 Eden Prairie, MN 55344

Dear Ms. Wagner:

We read the November 15 article “Prepare to eat well, stay well,” with interest. There has been a lot of confusion about high fructose corn syrup. We would like to provide you with science-based information on this safe sweetener.

According to the American Dietetic Association (ADA), “high fructose corn syrup...is nutritionally equivalent to sucrose. Once absorbed into the blood stream, the two sweeteners are indistinguishable.” The ADA also noted that “Both sweeteners contain the same number of calories (4 per gram) and consist of about equal parts of fructose and glucose.” (Hot Topics, “High Fructose Corn Syrup.” December 2008.)

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_19399_ENU_HTML.htm

The American Medical Association stated that, “Because the composition of high fructose corn syrup and sucrose are so similar, particularly on absorption by the body, it appears unlikely that high fructose corn syrup contributes more to obesity or other conditions than sucrose.” (Report 3 of the Council on Science and Public Health A-08, June 2008.)

<http://www.ama-assn.org/ama/no-index/about-ama/18641.shtml>

Credible research has demonstrated that high fructose corn syrup affects appetite the same as sugar. Research by Pablo Monsivais, et al. at the University of Washington found that beverages sweetened with sugar and high fructose corn syrup as well as 1% milk all have similar effects on feelings of fullness. (Monsivais P, Perrigue MM, Drewnowski A. 2007. Sugars and satiety: does the type of sweetener make a difference? *Am J Clin Nutr.* Jul;86(1):116-23.)

Stijn Soenen and Margriet S Westerterp-Plantenga from the Department of Human Biology at Maastricht University in The Netherlands studied the effects of beverages sweetened with sugar and high fructose corn syrup as well as milk on feelings of fullness. The researchers found “no differences in satiety, compensation or overconsumption” between the three beverages. (Soenen S and Westerterp-Plantenga MS. 2007. No differences in satiety or energy intake after high-fructose corn syrup, sucrose, or milk preloads. *Am J Clin Nutr* 86:1586 -94.)

As many dietitians agree, all sugars should be consumed in moderation as part of a balanced lifestyle.

To read the latest research and learn more about high fructose corn syrup, please visit www.SweetSurprise.com. Please feel free to contact me if you would like additional information about the products made from corn.

Thank you for your consideration,

Audrae Erickson
President
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