



National
Aboriginal
Diabetes
Association

Association
Nationale
Autochtone
du
Diabète

HIGH FRUCTOSE CORN SYRUP

WHAT IS HFCS?

High Fructose Corn Syrup (HFCS) is a sweetener which can replace regular sugar. It is made from cornstarch. In Canada, HFCS is called "fructose glucose" in the ingredient list. When HFCS is made, half of the glucose molecules are changed to fructose.

WHERE IS HFCS FOUND?

HFCS is found in foods with added sugars. This could include soft drinks, sweetened fruit drinks, canned fruits, jams, ketchup, and boxed desserts. HFCS is added to these products because it is cheaper to use than regular sugar.

CAN HFCS AFFECT HEALTH?

Just like sugar, HFCS adds extra calories to foods/drinks. Extra calories can contribute to obesity. Many other health conditions are related to obesity, such as heart disease and diabetes. Digestive issues, like bloating and gas, may also be caused by eating HFCS.

DO ALL FOODS HAVE ADDED SUGARS?

Some foods contain sugars that have not been added, these are natural sugars. Foods such as fruits, vegetables, and milk have sugars that occur naturally. These sugars are part of that nutritious food, and are ok to consume.

ALTERNATIVES TO HFCS FOOD/DRINKS?

- Recommended to limit added sugars. This includes HFCS, but this also includes other added sugars. Names of other added sugars include: brown sugar, fructose, white sugar, molasses, raw sugar, dextrose, etc.
- Can limit added sugars by swapping water for soda drinks & 100% fruit juice for sweetened fruit drinks. Look for foods that say "no added sugar" or "unsweetened" or "reduced or lower in sugar". These products will have little to no added sugars compared to similar products.
- Don't enjoy drinking plain water? Try adding fruits, vegetables, or herbs to give water more flavour. For example: add 2 halved strawberries and 4 mint leaves to a water bottle.



REFERENCES EatRight Ontario (2016) <http://www.eatrightontario.ca/en/Articles/Carbohydrate-and-Sugar/What-you-need-to-know-about-high-fructose-corn-syr.aspx>

YOU CAN DO THIS AT HOME!



Have snacks with no added sugar in your home to promote healthy eating.

RECIPE:

UNSWEETENED APPLESAUCE

PREP TIME: 5 minutes
COOK TIME: 15 minutes
TOTAL TIME: 20 minutes
YIELD: about 5 cups

INGREDIENTS

- 3 lbs apples (of your choice)
- ½ cup water
- ½ tsp cinnamon

DIRECTIONS

- 1 Slice and core apples- don't need to peel them unless you want to
- 2 Place all ingredients in a large pot or saucepan and set over medium heat. Cover and cook for 15-20 minutes or until tender
- 3 Use a masher, blender, or food processor to 'puree' the apples. Can mash or mix them to your desired smoothness. Let the applesauce cool to room temperature then can be stored in refrigerator for up to one week. Can also freeze the applesauce for up to 12 months in sealed containers, leaving one inch of headspace.

RECIPE BY Life Made Simple (2016)
lifemadesimplebakes.com/2016/08/homemade-unsweetened-applesauce/

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Association envisions diabetes-free
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