

Sign In | Register Now

TODAY'S NEWSPAPER
Subscribe | PostPoints

Advertisement



The **EASY** way for simple filers to get their **maximum refund**.

prepare, print & e-file **FREE**

NEWS POLITICS OPINIONS LOCAL SPORTS ARTS & LIVING GOING OUT GUIDE JOBS CARS REAL ESTATE RENTALS SHOPPING

SEARCH: go [washingtonpost.com](#) Web: Results by [Google™](#) | Search Archives

washingtonpost.com > Health > Latest News

Study Finds High-Fructose Corn Syrup Contains Mercury

Wednesday, January 28, 2009; 12:00 AM

MONDAY, Jan. 26 (HealthDay News) -- Almost half of tested samples of commercial high-fructose corn syrup (HFCS) contained mercury, which was also found in nearly a third of 55 popular brand-name food and beverage products where HFCS is the first- or second-highest labeled ingredient, according to two new U.S. studies.

HFCS has replaced sugar as the sweetener in many beverages and foods such as breads, cereals, breakfast bars, lunch meats, yogurts, soups and condiments. On average, Americans consume about 12 teaspoons per day of HFCS, but teens and other high consumers can take in 80 percent more HFCS than average.

"Mercury is toxic in all its forms. Given how much high-fructose corn syrup is consumed by children, it could be a significant additional source of mercury never before considered. We are calling for immediate changes by industry and the [U.S. Food and Drug Administration] to help stop this avoidable mercury contamination of the food supply," the Institute for Agriculture and Trade Policy's Dr. David Wallinga, a co-author of both studies, said in a prepared statement.

TOOLBOX

Resize
 Print
 E-mail
 Save/Share +

WHO'S BLOGGING powered by [sphere](#)

[Links to this article](#)

Advertisement » Your Ad Here



Introducing the smartphone that's fluent in chirp.

The new BlackBerry® Curve™ 8350i with Nextel Direct Connect.™

Get it now →



Advertisement



Everything Data Family Plan

Save \$360 annually over comparable AT&T and Verizon plans.

Get it now →

In the first study, published in current issue of *Environmental Health*, researchers found detectable levels of mercury in nine of 20 samples of commercial HFCS.

And in the second study, the Institute for Agriculture and Trade Policy (IATP), a non-profit watchdog group, found that nearly one in three of 55 brand-name foods contained mercury. The chemical was found most commonly in HFCS-containing dairy products, dressings and condiments.

But an organization representing the refiners is disputing the results published in *Environmental Health*.

"This study appears to be based on outdated information of dubious significance," said Audrae Erickson, president of the Corn Refiners Association, in a statement. "Our industry has used mercury-free versions of the two re-agents mentioned in the study, hydrochloric acid and caustic soda, for several years. These mercury-free re-agents perform important functions, including adjusting pH balances."

However, the IATP told the Minneapolis *Star Tribune* that four plants in Georgia, Tennessee, Ohio and West Virginia still use "mercury-cell" technology that can lead to contamination.

IATP's Ben Lilliston also told *HealthDay* that the *Environmental Health* findings were based on information gathered by the FDA in 2005.

And the group's own study, while not peer-reviewed, was based on products "bought off the shelf in the autumn of 2008," Lilliston added.

Advertisement

FEATURED ADVERTISER LINKS

- [Asbestos Lawyers, Construction, Car Parts, Boiler, Pipe](#)
- [Asbestos and Navy Yard, PCE Coal Labs, Morphine Recall](#)

Ads by Google

[Artery Clearing Secret](#)
Hugh Downs reports on breakthrough from Nobel Prize Winning Doctor
[www.bottomlinesecrets.com](#)

[Lowest Mercury Tuna](#)
Wild-caught tuna high Omega 3. No soy fillers No MSG No chemicals
[www.tropicaltraditions.com](#)

[Smokeless Tobacco](#)
Smokeless Tobacco Uses and Risks. Doctor-Reviewed Info at Healthline.
[Healthline.com](#)

The use of mercury-contaminated caustic soda in the production of HFCS is common. The contamination occurs when mercury cells are used to produce caustic soda.

"The bad news is that nobody knows whether or not their soda or snack food contains HFCS made from ingredients like caustic soda contaminated with mercury. The good news is that mercury-free HFCS ingredients exist. Food companies just need a good push to only use those ingredients," Wallinga said in his prepared statement.

More information

The U.S. Agency for Toxic Substances & Disease Registry has more about [mercury and health](#).

SOURCE: Institute for Agriculture and Trade Policy, news release, Jan. 26, 2009



<p>More on washingtonpost.com</p> <ul style="list-style-type: none"> • More Health News » washingtonpost.com <p>Web-Wide News Alerts</p> <p> MyWebpost</p> <p>Get The Post's take on whatever you're reading -- anywhere on the Web. » Sign Up Learn More</p>	<p>People who read this also read...</p> <ul style="list-style-type: none"> ■ Kennedy Center 'Crisis' Project Throws a Lifeline to Arts Groups ■ Howard Kurtz - Vote of No Confidence ■ Michelle Obama, a Stylish First Lady Who's Now in Vogue, Too ■ Obama Starts Reversing Bush Policies <p>discovery by </p> <p>Most Viewed Health Articles</p> <ul style="list-style-type: none"> ■ Amid nurse shortage, hospitals focus on retention ■ Obama team sees stimulus advancing health reform ■ Moms offer sober reality check on multiple births ■ When toddlers point a lot, more words will follow <p>» Top 35 Health Articles</p> <p>» Most Popular on washingtonpost.com</p>
--	---

This Week in Health

- [Sharing the Pain: A Worldwide Connection for Those With Rare Diseases](#)
- [A Skeptic Becomes A True Believer](#)
- [Want to Expand Your Life Span? Consider Marriage.](#)
- [The MisFits: Give Your Body and Brain a Boost With NIH | Live Q&A, 11 a.m. ET](#)
- [Eat, Drink and Be Healthy: Stay in the Red Zone With Valentine's Day Treats](#)



Anatomy of a Sneeze

How sneezing and coughing helps protect the body.

© 2009 Scout News LLC. All rights reserved.

Ads by Google

[HFCS Mercury Studies](#)
High fructose corn syrup is safe. Mercury study outdated—Learn more.
[HFCSFacts.com/SweetSurprise](#)

[Fructose For Sale](#)
Perfect Substitute for Sugar. Only \$2.99/lb. or Less! Order Now.
[NutsOnline.com/Fructose](#)

[Artery Clearing Secret](#)
Hugh Downs reports on breakthrough from Nobel Prize Winning Doctor
[www.bottomlinesecrets.com](#)

NEWS | POLITICS | OPINIONS | LOCAL | SPORTS | ARTS & LIVING | GOING OUT GUIDE | JOBS | CARS | REAL ESTATE | RENTALS | SHOPPING

SEARCH: washingtonpost.com Web: Results by Search Archives

washingtonpost.com: [About Us](#) | [Work for Us](#) | [Advertisers](#) | [Site Map](#) | [Search Terms](#) | [Topics Index](#) | [Make Us Your Home Page](#) | [mywashingtonpost.com](#) | [Mobile](#) | [RSS](#) | [Widgets](#)
 The Washington Post: [Subscribe](#) | [Home Delivery Service](#) | [Advertisers](#) | [PostPoints](#) | [Electronic Edition](#) | [Online Photo Store](#) | [The Washington Post Store](#) | [About The Post](#) | [National Weekly](#)
 The Washington Post Company: [Information and Other Post Co. Websites](#)