

**OCCUPY MONSANTO**

As Monsanto has occupied our farms and foods, it's time we take them back.

## The secret behind high fructose corn syrup

By [Occupy Monsanto](#) | [March 19, 2012](#) | [GMO](#), [Health](#), [HFCS](#), [Nutrition](#)

HFCS (high fructose corn syrup) has been getting increased attention in the public eye over recent years, and for good reason. It is banned in a number of countries, but it's in almost any non-organic processed foods in the US, all of which comes from Monsanto's genetically engineered "RoundUp Ready" Bt corn.

HFCS isn't just your standard sugar, first of all. It is specifically engineered to be sweeter, which is why it is "high fructose". While fructose (fruit sugar) is generally considered to be a harmless natural substance, it is not when consumed in the massive amounts present in the average

american's diet, a massive 60 pounds per person per year. Fructose has a much stronger effect on the pancreas than sucrose which table sugar is comprised of. Although the balance of fructose to glucose is a seemingly small amount, 55 to 42% plus 3% of "higher saccharides in HFCS and an equal 50/50 in sucrose, it is further complicated because the fructose in HFCS is totally unbound where as it requires an extra step of metabolism in table sugar because each atom of fructose is connected to a glucose atom. It is also directly linked to the obesity epidemic, as it is processed differently by the body in ways which encourage the creation of more body fat. In a study by Princeton University, rats fed a solution with 50% of the strength of HFCS compared to cola all 100% gained weight quickly, especially abdominal fat and raised triglyceride levels associated with obesity. The rats fed normal sugar at the same levels gained no weight and had no other issues either.



Also of note is that HFCS also turns off the body's "fullness" response, increasing appetite by causing you to think that you've not had enough to eat even though the food and beverages you're consuming are quite packed with calories.

And then there comes the issue of mercury and other toxins that can be found in it due to the industrial methods of processing HFCS.

Simply put, high fructose corn syrup is bad for you.



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