

Resolution 5A

Misrepresentations of High Fructose Corn Syrup HFCS

2012 The U.S. Health Freedom Congress

Schaumburg, IL, June 14, 2012

Referring to Letter prepared by Health Freedom Activist Clinton Miller

FINDING

Whereas HFCS is a product that scientific evidence shows is not just different than cane sugar (sucrose), but also that it poses significantly more risks on human health than cane sugar such as:

HFCS poses a life-threatening risk to consumers with HFI (Hereditary Fructose Intolerance), a disorder affecting an estimated one in 20,000 Americans. HFI patients must remove all sources of fructose (including sucrose) from their diets. In addition to consumers who suffer from HFI, up to 30% of Americans suffer from fructose malabsorption, a digestive disorder in which absorption of fructose is impaired by deficient fructose carriers in the small intestine's enterocytes. Consumers with these conditions must review food labels for the presence of fructose-containing ingredients. Labeling fructose-spiked syrup as “corn sugar” would endanger the health of these Americans.

It (HFCS) increases serum triglycerides, insulin levels, as well as blood pressure;

It has significantly different acute metabolic effects than sucrose;

It disrupts glucose homeostasis, posing a greater risk of progression to Type 2 Diabetes (Akar F, 2012) (Le MT, 2012) (Sheludiakova A, 2011);

Rats fed HFCS, in the absence of omega-3x developed insulin sensitivity and cognitive challenges, a fact found in a recent study conducted at UCLA (Choi, 2012);

According to the UCLA Choi study published in the May 15, 2012 issue of the *Journal of Physiology*, regular intake of fructose, such as that found in corn-syrup, can negatively impact memory and learning ability—in as little as 6 weeks;

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A study conducted at Princeton University found greater weight gain with the consumption of HFCS than regular table sugar (cane sugar).

According to Princeton researchers, there is a link to the increase in the rates of obesity and the 60 pounds of HFCS consumed annually by most Americans. (Parker, 2010). (Since HFCS was introduced 40 years ago, the rates of obesity have skyrocketed from 15% to more than 35% in American adults and more than 16% in American children); and

Whereas frequent television advertisements sponsored by the Corn Refiners Association (CRA) state that there is “no difference between “corn sugar” and “cane sugar”;

Whereas high fructose corn syrup is widely added to processed foods, including soft drinks, condiments, applesauce, and baby food;

Whereas CRA includes industry giants Archer Daniels Midland, Cargill, Inc., as well as Corn Products International, Inc./National Starch, Penford Products Co., Roquette America, Inc., and Tate & Lyle Ingredients Americas;

Whereas the FDA has wisely rejected a petition from the industry sponsored organization to rename HFCS as corn sugar;

Whereas HFCS is present in foods at levels not permitted by FDA--up to 90 percent fructose averaging 65 percent in sodas when FDA permits no more than 55 percent fructose ;

Whereas the FTC (Federal Trade Commission) has taken no action to stop the CRA Campaign; and

Whereas, according to the FTC website, “*When the FTC finds a case of fraud perpetrated on consumers, the agency files actions in federal district court for immediate and permanent orders to stop scams; prevent fraudsters from perpetrating scams in the future; freeze their assets; and get compensation for victims.*”:

THEREFORE BE IT RESOLVED that:

1. The FDA immediately require all foods containing HFCS to be labeled with name of the alternative sweetener followed by the percentage of fructose it contains (High Fructose Corn Syrup--65); and
2. The FTC immediately:

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- (i) take action to stop the CRA advertising campaign that corn is sugar because it is a fraud perpetrated on American consumers;
- (ii) file actions in federal district court for immediate and permanent orders to stop the scam;
- (iii) prevent the CRA and member companies from perpetrating this scam in the future;
- (iv) freeze the CRA's assets; and
- (v) get compensation for victims.

Be it resolved that the 2012 Health Freedom Congress has considered the following resolutions and hereby adopts the health freedom principles embodied in the resolutions and offers the support of the member organizations to the extent determined by each organization's governing principles. *

*This statement was adopted to apply to the set of resolutions that the 2012 Health Freedom Congress passed June 14, 2012.