

Corn syrup speech essay



**ASSIGN
BUSTER**

A. Attention-getter- Halloween is a holiday that people consume a lot of candy, and the holidays are right around the corner with more delicious treats. Therefore, it may or may not be a surprised that the average American consumes 150 pounds of sugar a year.

B. Thesis- Today, I am going to talk about high fructose corn syrup, why it is used, and research of how it is affecting us.

C. Significance- Many companies have switched to high fructose corn over pure cane sugar to lower cost. As a result, it may be cheaper for us at the checkout stand, but is it affecting our health and weight.

D. Overview- I am going to discuss what high fructose corn syrup is, the increase in obese Americans, and a few tips to reduce intake of this substance.

Body

3 Sugar Replaces High Fructose Corn Syrup – What is it?

1. Until the 1970s, most of the sugar we consumed came from sucrose derived from sugar beets or sugar cane. Then, high fructose corn syrup began to gain popularity as a sweetener because it was much less expensive to produce.

2. High fructose corn syrup is a thick, gummy substance that is used in our food and beverages, particularly from large soda makers like Coca Cola and Pepsi

3. High fructose corn syrup is made by treating corn (which is usually genetically modified corn) with a variety of enzymes, some of which are also genetically modified, to first extract the sugar glucose and then convert some of it into fructose, since fructose tastes sweeter than glucose. The end result is a mixture of 55% fructose and 45% glucose, which is called " high fructose corn syrup (Mericle).

4. I have a chart to show the rise in obesity in Northern America, fast food chains that are using HFCS in the food they prepare, and how much Coke is saving since they switched from sugar to HFCS.

E. American's Waistlines and Diseases Rise

1. Here is a quote from the book, Fat Land, written by Greg Critser, " Social forces have expanded America's waistline. People are working more hours, spending more time commuting, and increasingly working at jobs that are not " sweat-friendly." Increased snacking and " grazing," more television, video, and computer watching by children, and cuts in physical education in schools, resulted in an alarming rise in childhood obesity and type 2 diabetes in children (Critser).

2. Today, nearly one third of adult Americans are obese and another third are overweight. The number of obese children has doubled to one in five. Obesity increases the risk of heart disease, certain cancers and chronic illnesses like Type II diabetes and arthritis.

3. Food science research at Rutgers University has uncovered evidence that our addiction to canned soft drinks is directly linked to diabetes because of

the high-fructose corn syrup. In a laboratory study of commonly consumed carbonated beverages, the scientists found that drinks containing the syrup had high levels of reactive compounds that have been shown by others to have the potential to trigger cell and tissue damage that could cause the disease, which is at epidemic levels (Ho).

Conclusion

4. The fact remains that Americans consume large quantities of high-fructose corn syrup in the form of soft drinks, fruit-flavored beverages and other processed foods. These types of foods are often high in calories and low in nutritional value. This fact alone is reason to be cautious about foods containing high-fructose corn syrup (CDC).

5. I have told you a brief history of corn syrup with statistics and research as to how it is affected our health and our weight. You may think twice the next time you consume something with HFCS due to the harm it causes to our body. It is difficult to get away from products that have HFCS, but you can limit drinks with HFCS, drink more water and eat more fruits and vegetables.