



Sugar Content of Popular Sodas

What Lab Tests Uncovered

WHAT

Sugar Content of Popular Sweetened Beverages, a new study released this month in the journal *Obesity*, shows that, contrary to standard estimates, the high fructose corn syrup (HFCS) used in popular sodas may be as high as 65 percent fructose.

WHO

The laboratory analysis was conducted by researchers at the University of Southern California's Childhood Obesity Research Center.

WHY

Not only are Americans drinking 50 gallons of soda every year (containing 34 pounds of sugar), soda drinkers are consuming more fructose than anyone realized. This is of particular concern because of the negative health effects fructose has on the body – in addition to the harm done by soda's empty calories.

HOW

Researchers used high performance liquid chromatography to analyze the sugar profile of 23 popular sodas. Particular attention was paid to determine the fructose content of each beverage.

Key Findings

- There is 18 percent more fructose in the HFCS used by soda companies than estimated.
- Several major brands appear to be produced with HFCS that is 65 percent fructose.
- The mean fructose content in the HFCS used was 59 percent.

Health Consequences of Fructose Consumption

- Insulin resistance and increased risk for diabetes
- Acute rise in blood pressure
- Fat deposition in the liver, contributing to risk of liver disease
- Kidney stones
- Gain in visceral fat

