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AMA finds high fructose syrup unlikely to be more harmful to health than other caloric sweeteners

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CHICAGO — After studying current research, the American Medical Association (AMA) today concluded that high fructose syrup does not appear to contribute more to obesity than other caloric sweeteners, but called for further independent research to be done on the health effects of high fructose syrup and other sweeteners.

"At this time there is insufficient evidence to restrict the use of high fructose syrup or label products that contain it with a warning," said AMA Board Member William Dolan, MD. "We do recommend consumers limit the amount of all added caloric sweeteners to no more than 32 grams of sugar daily based on a 2,000 calorie diet in accordance with the Dietary Guidelines for Americans."

High fructose syrups are sweeteners produced from starches such as corn, rice and wheat. They can be found in a variety of food products, including breakfast cereals, soft drinks and breads. Currently, there are few available studies on the health effects of high fructose syrup and most are focused on the short-term effects.

"Obesity continues to be a major public health problem in this country. Overweight and obese adults and children are at an increased risk for chronic health conditions like heart disease and diabetes" said Dr. Dolan. "Eating a healthier diet can help maintain a healthy weight and drastically reduce your chances of developing weight-related illnesses."

This report was introduced at the AMA's Annual policy-making meeting in Chicago.

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