

Got Health?

Clarke County Public Health

High Fructose Corn Syrup

High fructose corn syrup (HFCS) is a type of artificial sugar made from corn syrup. Experts say sugar and HFCS are key factors in today's obesity epidemic. Both are linked to several health issues including diabetes and heart disease.

The fructose in HFCS can cause health issues if eaten in excessive amounts. Most carbs are broken down into glucose, the basic form of carbs, and the predominant fuel source for high-intensity exercise and various processes. The fructose found in HFCS or in table sugar needs to be converted to fat or glycogen (stored carbs) by the liver before it can be used as fuel. HFCS adds unnatural amounts of fructose to your diet, and the human body has not evolved to handle it properly.

When consumed in excess, high fructose corn syrup is easily converted to fat due to the fructose being metabolized in the liver—which has limited storage. Large doses of fructose from soda or sweets can overload the liver and then be converted to fat. In the long term, the fat accumulation leads to health problems (fatty liver disease and type 2 diabetes).

Studies show that fructose does not stimulate regions of the brain that control appetite, therefore causing visceral fat accumulation (the fat that surrounds your organs and is the worst type of body fat) caused by overeating, and leading to obesity.



Public Health
Prevent. Promote. Protect.

UPCOMING EVENTS:

Healthy, Fit and Fun Night

August 9, 2018
5:30-7:00pm
Courthouse Lawn



FREE Diabetes Prevention Program

Monday's
12:00-1:00pm
820 N. Main St, Suite 1
Osceola, IA

This Issue:

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Upcoming events

Health Benefits of Cinnamon



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Health Benefits of Cinnamon



Cinnamon is high in a substance with powerful medicinal properties. It is a spice made from the inner bark of trees known as Cinnamomum. It is an ingredient that has been used throughout history dating clear back to Ancient Egypt.

Ceylon cinnamon: also known as “true” cinnamon.

Cassia cinnamon: the more common variety today and what people generally refer to as “cinnamon.”

Scientists believe that the oily part of cinnamon, cinnamaldehyde, is responsible for most of the powerful effects on health and metabolism.

Cinnamon is loaded with **antioxidants** that protect your body from oxidative damage caused by free radicals. Studies have compared activity of 26 spices; cinnamon even outranks “superfoods” like garlic and oregano.

Cinnamon also contains anti-inflammatory properties—which is incredibly important. It helps your body **fight infections** and **repair tissue damage**. This may also help **lower your risk of disease**.



Cinnamon has been linked to a reduced risk of heart disease, the world’s most common cause of premature death. Those who have type 2 diabetes have been shown to have beneficial effects on blood markers by consuming 1 gram to half a teaspoon of cinnamon per day. It reduces levels of total cholesterol by lowering the “bad” LDL cholesterol and triglycerides, while “good” HDL cholesterol remains stable. Studies have also been conducted and show that cinnamon **reduces blood pressure**.

Improved sensitivity to the hormone insulin, one of the key hormones that regulate metabolism and energy use, has been linked to increased intake of cinnamon. It can dramatically reduce insulin resistance and allow insulin to do its job.



Apart from the beneficial effects on insulin resistance, cinnamon can **lower blood sugar** by several other mechanisms. It has been shown to decrease the amount of glucose that enters your bloodstream after a meal. It does this by interfering with numerous digestive enzymes, which **slows the breakdown** of carbohydrates in your digestive tract. Cinnamon can also act on cells by mimicking insulin, which greatly improves glucose uptake by your cells, though it acts much slower than insulin itself. Numerous studies have confirmed the anti-diabetic effects of cinnamon show that it

can lower fasting blood sugar levels by 10-29%. The effective dose is typically 1-6 grams or ½ -2 teaspoons of cinnamon per day.



Cinnamon has been widely studied for its potential use in **cancer prevention** and treatment. Overall, the **evidence is limited** to test-tube and animal studies, which suggest that cinnamon extracts may protect against cancer. It acts by **reducing the growth** of cancer cells and the formation of blood vessels in tumors and appears to be toxic to cancer cells, causing cell death.



It is better to use Ceylon or “true” cinnamon, because not all cinnamon is created equal. Cassia varieties contain significant amounts of a compound called **coumarin**, which is believed to be **harmful in large doses**. All cinnamon should have health benefits, but Cassia may cause problems in large doses due to the coumarin content. Unfortunately, most cinnamon found in supermarkets is the cheaper Cassia variety. You may be able to find Ceylon in some **health food stores** or there is a good selection on Amazon.