



### **High Fructose Corn Syrup or Fructose Corn Syrup**

High Fructose Corn Syrup is contained in most processed foods. If you want to lose weight, you need to avoid foods that contain this ingredient.

Fructose stimulates insulin which will cause you to gain weight and also become hungry.

Most common foods containing fructose corn syrup:

- Peanut Butter
- Ketchup
- Salad Dressing
- Soda
- Juices
- Most Cereals
- Most "low fat" Foods
- Prego/ Ragu type sauces
- Canned Fruits

Real peanut butter contains peanut and salt with no other additives.

As for salad dressing, you can use olive oil, lemon juice and wine vinegar. Most balsamic vinegar is wine vinegar with added sugar.

*~You need to read the label on every food you buy.~*