

“A Little Sweetener,” by Juliette Kellow, *Daily Mirror*, June 2006.

Dear Editor,

The article by Juliette Kellow published June 6th entitled, "A Little Sweetener," properly describes fructose as a low glycemic index ingredient found naturally in fruits. Ms. Kellow is correct in concluding that problems seen experimentally with fructose when it is tested at excessively high levels and in the absence of other carbohydrates "tend not to be seen when fructose is eaten in fruit."

It is important to note that consumers encounter fructose not as an isolated food, but rather as a highly functional ingredient in a balanced diet with foods and beverages containing other simple sugars, complex carbohydrates, proteins, fats and minerals. In fact, metabolic problems reportedly related to fructose — including those involving minerals like zinc and copper — have not been shown to occur at typical consumption levels of fructose or in typical mixed meals.

Though fructose is a caloric sugar (much like sucrose or glucose), its enhanced sweetness relative to sucrose makes it possible to reduce the caloric content in many foods by as much as twenty percent. In addition, fructose offers slimmers additional benefits such as enhanced food and beverage flavors, improved product shelf stability, and soft moist baked goods.