**HFCS Podcast Questions**

As you listen to the podcasts on High Fructose Corn Syrup and How diets work, answer the following:

1. What is fructose? How is it made?
2. What is table sugar made of? How is this different from High Fructose Corn Syrup (HFCS)?
3. What’s the significance of the farm bill?
4. What are the effects and health issues attributed to consumption of HFCS?
5. How much added sugar is in an average person’s diet? How much of that is HFCS?
6. How does HFCS affect the body?
7. List important health statistics about HFCS.
8. How can you limit HFCS consumption?
9. What do social class/socioeconomic status have to do with HFCS consumption?
10. Why is it hard to lose weight, but easy to put it on?

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