

Infant Formula Made With Corn Syrup Solids Increases Risk for Obesity & Type 2 Diabetes

The U.S. Department of Agriculture (USDA) recommends that children under the age of 2 years should not consume any added sugars. According to the American Academy of Pediatrics, consuming too many added sugars, such as corn syrup, in childhood increases the likelihood of chronic diseases, such as heart disease, obesity, and type 2 diabetes. With most brain development (90%) occurring before the age of 5, eating too much sugar in early life can also impact a child's learning, memory, concentration, behavior, and emotions.



DID YOU KNOW...

Lactose (glucose connected to galactose) is the naturally occurring carbohydrate energy source in breastmilk.



Glucose Galactose
Many infant formulas are now made with glucose-based corn syrup solids, which are considered added sugars.



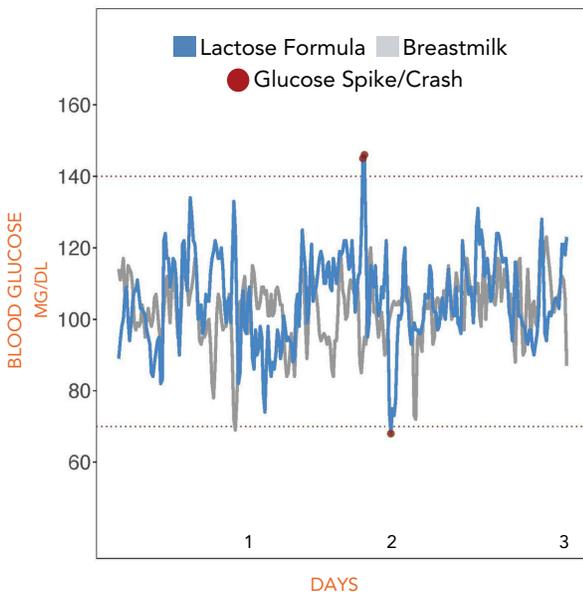
Glucose Glucose
Consuming too much glucose can cause high blood sugar and type 2 diabetes.

NEW

RESEARCH FINDINGS

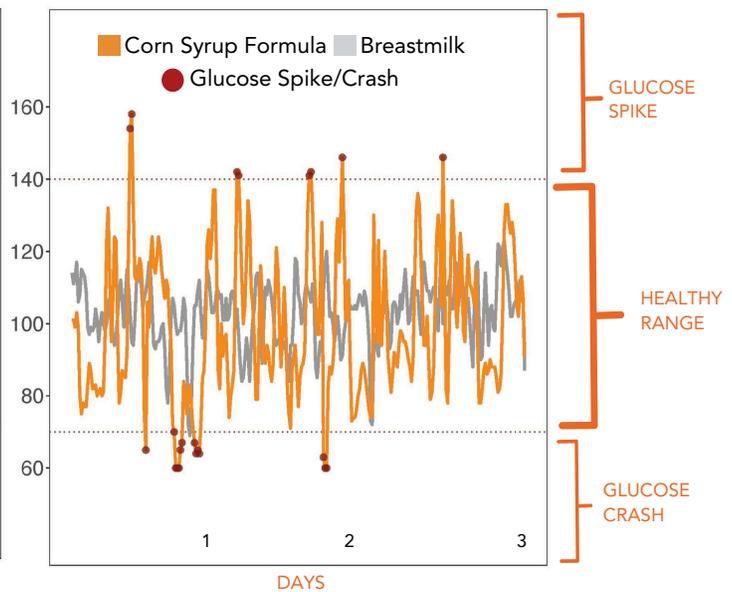
Researchers at Children's Hospital Los Angeles (CHLA) are investigating how infant feeding affects early development. One study by CHLA in collaboration with WIC found that infants consuming corn syrup-based formula have a 10% higher risk of obesity by age 4 years. The [CHLA Infant Feeding Study](#) examines changes in blood sugar (glucose) of 6-month-old infants over three days. Early results show that infants consuming traditional lactose-based formula (Figure 1) have similar blood glucose levels compared to breastfed infants. However, Infants consuming corn syrup-based formula (Figure 2) have highly unstable blood glucose levels compared to breastfed infants, with more frequent spikes and crashes throughout the day. This blood glucose instability disrupts appetite regulation and may increase the risk of developing type 2 diabetes later in life.

FIGURE 1



Lactose-Based Formula Top Ingredients: Whole milk, Demineralized whey powder, Vegetable oils

FIGURE 2



Corn Syrup-Based Formula Top Ingredients: Corn Syrup, Milk Protein Isolate, High Oleic Safflower Oil

How Much Added Sugar is In My Infant's Formula?

Recent data show that 59% of all formula sold in the US are made with added sugars, including corn syrup instead of lactose. A recent CHLA analysis examining the nutrient composition of lactose and corn syrup-based formulas found:



LACTOSE-BASED FORMULA

Averages 2 grams of added sugars per 100 grams of formula.



CORN SYRUP-BASED FORMULA

Averages 5 grams of added sugar per 100 grams of formula.



Infants fed corn syrup-based formula could consume up to 60 grams of added sugars per day - about 2 sodas worth of sugar!

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Our sources for this fact sheet can be found by scanning the QR code here:



INFANT FORMULA CHECKLIST

When deciding what formula is best for your infant, here are quick and easy guidelines to follow:

- Check labels on infant formula. You can check to see if your infant formula contains corn syrup by reading the ingredients list on the back of the container. In the image below, corn syrup solids is the first ingredient:



REMINDER

You don't need to read all the ingredients - just the first one - to tell if there's lactose or corn syrup in the formula!

- Avoid purchasing corn syrup-based infant formulas.
- Consult with your pediatrician and WIC offices for the best formula option for your infant.

