

## Compare Fructose and Glucose Ratio in Sweeteners

Food	Fructose%	Glucose%	Serving	Fructose(g)	Glucose(g)	Total(g)
High Fructose corn syrup 55 (used in soft drinks)	55%	42%				
High Fructose corn syrup 42 (used in beverages, processed foods, cereals and baked goods)	42%	53%				
High Fructose corn syrup 90 (sed in small quantities for specialty applications, but primarily is used to blend with HFCS 42 to make )HFCS 55	90%	10%				
Surcose	50%	50%				
Sugar Beet	50%	50%				
Sugarcane	50%	50%				

Information: USDA - Nutrient Data Laboratory