

## Video: What's the difference between sugar and high-fructose corn syrup?

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Credit: The American Chemical Society

It seems like it's in just about every product on grocery store shelves: high-fructose corn syrup. What is it, and how is it different from regular old sugar? And how did it become such a popular but controversial ingredient?

Reactions is here to answer those sweet questions.

Check out the video here:

Provided by American Chemical Society

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