

High Fructose Corn Syrup in Food Triggers Migraines

Researched by Holly Hazen 4th January, 2015

First – what is it exactly? High fructose corn syrup (HFCS) is a food preservative and processed sweetener made from cornstarch. Unlike other sugar additives, it prolongs the expiration date of most foods for a significantly lower price than other options, whilst maintaining a great taste.

Unfortunately, the sweeter, some would say tastier food is, the more likely you are to overeat it. You can eat more when things are sweet, just to please the taste buds. This could be one reason why the "American Journal of Clinical Nutrition" links foods containing HFCS to our ever increasing problem with obesity.

As migraineurs, we must be more aware and hyper vigilant towards foods that contain HFCS, as they can trigger migraines and be damaging to our overall good health and wellbeing.

Cane Sugar is more commonly used here in Australia over High Fructose Corn Syrup (HFCS). From what I read they are the same thing. Cane sugar is just more readily available here.

They both contain fructose and glucose. Cane sugar is 50 per cent glucose and 50 per cent fructose. High fructose corn syrup is closer to 55 per cent fructose and 45 per cent glucose.

Your best defense is to learn to read food labels. Other ingredients to look for are: corn syrup, fruit sugar, levulose, D-fructofuranose, D-arabino-hexulose – these are all indications that the product contains fructose. Notice how they all end in "ose."

Come back and visit us soon at <http://www.migrainesavvy.com>

Until next time, be well and be pain free,

Holly

Detailed List of Foods That Contain High Fructose Corn Syrup in USA

Here is a very detailed list of foods that contain High Fructose Corn Syrup from: [Celestial Healing.net](http://CelestialHealing.net)

Baking and Cooking Ingredients:

Kellogg's® Corn Flake Crumbs
Nabisco Oreo Cookie Crumbs
Shake n Bake - Tangy Honey Glaze
Shake n Bake - Honey Mustard Glaze
Stove Top Stuffing - Chicken
Stove Top Stuffing - Cornbread
Stove Top Stuffing - Home style Herb
Stove Top Stuffing - Pork
Stove Top Stuffing - Turkey

Beverages:

A&W Root Beer
Capri-Sun Iced Tea
Capri-Sun Juice Drink - Fruit Punch
Capri-Sun Juice Drink - Grape
Capri-Sun Juice Drink - Lemonade
Capri-Sun Juice Drink - Mountain Cooler
Capri-Sun Juice Drink - Orange
Capri-Sun Juice Drink - Pacific Cooler
Capri-Sun Juice Drink - Red Berry
Capri-Sun Juice Drink - Splash Cooler
Capri-Sun Juice Drink - Strawberry
Capri-Sun Juice Drink - Strawberry/Kiwi
Capri-Sun Juice Drink - Surfer Cooler
Capri-Sun Juice Drink - Tropical Punch
Capri-Sun Juice Drink - Wild Cherry
Capri-Sun Refreshers - Orange Dragon fruit
Capri-Sun Refreshers - Raspberry Passionfruit
Capri-Sun Refreshers - Strawberry/Kiwi
Capri-Sun Refreshers - Tropical Fruit
Capri-Sun Sport Drink - Berry Ice
Capri-Sun Sport Drink - Clear Cherry Chill
Capri-Sun Sport Drink - Light Speed Lemon Lime
Capri-Sun Sport Drink - Orange Edge
Capri-Sun Sport Drink - Thunder Punch
Coca-Cola
Dari gold Chocolate Milk

Hanson's All-Natural Soda (all flavors)
Hanson's Tonic Water
Jones Soda
Newman's Own Pink Lemonade
Ocean Spray Cranberry Juice
Orangenia
Pepsi
PowerAde
Snapple -Cranberry Raspberry Juice Drink
Sprite
Starbucks' Frappuccino
Thomas Kemper Soda's
Tropicana Orangeade
Tropicana Smoothies
Village Lemonade

Breads:

Brownberry Breads
Pepperidge Farm's line of 100% whole grain breads
Sara Lee Heart Healthy Whole Grain Bread.
Thomas English Muffins
Wonderbread

Breakfast Cereals:

Kellogg's Frosted Rice Krispies®
Kellogg's Tony's Cinnamon Krunchers
Kellogg's Corn Flakes®
Kellogg's Frosted Flakes®
Kellogg's Smorz®
Kellogg's Special K® Red Berries
Kellogg's All-Bran® Bran Buds®
Kellogg's All-Bran® Extra Fiber
Kellogg's All-Bran® Original
Kellogg's Apple Jacks®
Kellogg's Cinnamon Crunch Crispix
Kellogg's Cocoa Krispies®
Kellogg's Complete® Oat Bran Flakes
Kellogg's Complete® Wheat Bran Flakes
Kellogg's Fruit Harvest Strawberry Blueberry
Kellogg's Honey Crunch Corn Flakes®
Kellogg's Crunchy Blends Just Right® Fruit & Nut
Kellogg's Crunchy Blends Low Fat Granola without Raisins
Kellogg's Crunchy Blends Low Fat Granola With Raisins
Kellogg's Mini-Wheats® Frosted Bite Size
Kellogg's Mini-Wheats® Frosted Original

Kellogg's Mini-Wheats® Strawberry
Kellogg's Crunchy Blends Muesli® with Raisins, Dates & Almonds
Kellogg's Product 19®
Kellogg's Raisin Bran
Kellogg's Raisin Bran Crunch®
Kellogg's Rice Krispies Treats® Cereal
Kellogg's Rice Krispies ®
Kellogg's Smart Start® Antioxidants
Kellogg's Smart Start® Soy Protein
Kellogg's Special K®
Kellogg's Special K® Vanilla Almond
Kellogg's Fruit Harvest Peach Strawberry
Kellogg's Sponge Bob Square Pants Cereal
Kellogg's Corn Flakes® with Real Bananas
Kellogg's Spider-man Spidey-Berry Cereal
Kellogg's Frosted Flakes® 1/3 Less Sugar
Kellogg's Special K® low carb lifestyle
Kellogg's Fruit Harvest Banana Berry
Kellogg's Disney Pixar Finding Nemo Cereal
Kellogg's All-Bran Bars Honey Oat
Kellogg's All-Bran Bars Brown Sugar Cinnamon
Kellogg's Disney Pixar The Incredibles
Kellogg's Tiger Power
Kellogg's Smart Start® Healthy Heart
Kellogg's Disney Lilo & Stitch
Kellogg's Special K® Fruit & Yogurt
Kellogg's Mini Swirlz Fudge Ripple
Kellogg's Toasted Honey Crunch
Kellogg's Cran-Vanilla Crunch
Post Blueberry Morning Cereal

Breakfast Pastries:

Eggo® Pancakes Buttermilk
Eggo® Waf-Fulls Blueberry
Eggo® Waf-Fulls Strawberry

Candy Bars:

Hershey's Watchamacallit
Lifesavers - Butter Rum
Lifesavers - Chill-o-mints
Lifesavers - Cryst-o-mint
Lifesavers - Five Flavor Value Pack
Lifesavers - Hard Candy Sours
Lifesavers - Sours
Lifesavers - Tropical Fruits

Lifesavers - Wild Berries
Lifesavers - Wild Cherry
Optimum Opti-Pro Meal Lite Bar
PowerBar

Condiments:

Heinz 57 Sauce
Heinz Ketchup
Hunt's Catsup
Miracle Whip

Cookies and Cakes:

Kellogg's Rice Krispies Treats® Squares Caramel Chocolatey Chunk
Kellogg's Rice Krispies Treats® Squares Original
Kellogg's Rice Krispies Treats® Squares Rainbow
Kellogg's Cereal & Milk Bars Frosted Flakes®
Kellogg's Cereal & Milk Bars Cocoa Krispies®
Kellogg's Pop-Tarts® Frosted Hot Fudge Sundae
Kellogg's Pop-Tarts® Spider-man Spidey-Berry
Kellogg's Pop-Tarts® Apple Cinnamon
Kellogg's Pop-Tarts® Blueberry
Kellogg's Pop-Tarts® Brown Sugar Cinnamon
Kellogg's Pop-Tarts® Chocolate Chip
Kellogg's Pop-Tarts® Frosted Blueberry
Kellogg's Pop-Tarts® Frosted Brown Sugar Cinnamon
Kellogg's Pop-Tarts® Frosted Cherry
Kellogg's Pop-Tarts® Frosted Chocolate Fudge
Kellogg's Pop-Tarts® Frosted Chocolate Vanilla Creme
Kellogg's Pop-Tarts® Frosted Grape
Kellogg's Pop-Tarts® Frosted Raspberry
Kellogg's Pop-Tarts® Frosted S'Mores
Kellogg's Pop-Tarts® Frosted Strawberry
Kellogg's Pop-Tarts® Frosted Wild Berry
Kellogg's Pop-Tarts® Low Fat Frosted Brown Sugar Cinnamon
Kellogg's Pop-Tarts® Star Wars Frosted Lava Berry Explosion
Kellogg's Pop-Tarts® Frosted Caramel Chocolate
Kellogg's Pop-Tarts® Frosted Cookies & Creme
Kellogg's Pop-Tarts® Cinnamon Roll
Kellogg's Pop-Tarts® Low Fat Frosted Chocolate Fudge
Kellogg's Pop-Tarts® Low Fat Frosted Strawberry
Kellogg's Pop-Tarts® Strawberry
Kellogg's Pop-Tarts® Yogurt Blasts Blueberry
Kellogg's Pop-Tarts® Yogurt Blasts Strawberry
Kellogg's Pop-Tarts® French Toast
Kellogg's Pop-Tarts® Sponge Bob Square Pants Wild Bubble-Berry

Kellogg's Pop-Tarts® Chocolate Chip Cookie Dough
Kellogg's Pop-Tarts® The Incredibles Incrediberry Blast
Nabisco Barnum's Animal Crackers
Nabisco Chips Ahoy
Nabisco Fig Newtons
Nabisco Fig Newtons - Fat Free
Nabisco Fig Newtons - Whole Grain
Nabisco Honey Maid Graham Crackers
Nabisco Lorna Dornes
Nabisco Nilla Wafers
Nabisco Nutter Butter
Nabisco Mallomars
Nabisco Oreo Cookies
Nabisco Snackwells - Creme Sandwich
Nabisco Teddy Grahams
Nutri-Grain Twists Apple Cobbler
Nutri-Grain Twists Cappuccino & Creme
Nutri-Grain Twists Strawberry Cheesecake
Nutri-Grain® Muffin Bars Banana
Nutri-Grain® Muffin Bars Cinnamon Raisin
Nutri-Grain® Cereal Bars Apple Cinnamon
Nutri-Grain® Cereal Bars Blueberry
Nutri-Grain® Cereal Bars Cherry
Nutri-Grain® Cereal Bars Mixed Berry
Nutri-Grain® Cereal Bars Raspberry
Nutri-Grain® Cereal Bars Strawberry
Nutri-Grain® Chewy Granola Bars Honey Oat & Raisin
Nutri-Grain® Chewy Granola Bars Chocolatey Chunk
Nutri-Grain® Chewy Granola Bites Chocolatey Chip
Nutri-Grain® Minis Yogurt Icing Blueberry
Nutri-Grain® Minis Yogurt Icing Strawberry
Nutri-Grain® Yogurt Bars Strawberry Yogurt
Nutri-Grain® Yogurt Bars Vanilla Yogurt
Nutri-Grain® Muffin Bars Blueberry
Nutri-Grain® Chewy Granola Bites Caramel Nut Crunch
Grandma's Home style Peanut Butter Cookies

Cough Syrups:

Delsym 12 Hour Cough Suppressant for Children, Orange
Delsym 12 Hour Cough Suppressant, Orange
Delsym Cough Suppressant
Children's Dimetapp Decongestant Infant Drops
Children's Dimetapp Decongestant Plus Cough Infant Drops
Robitussin Infant Cough DM
Robitussin Infant Cough & Cold CF
Robitussin DM Cough Relief Infant Drops, Fruit Punch

Robitussin Pediatric Cough & Cold Formula
Robitussin Pediatric Cough Long-Acting
Robitussin Pediatric Cough & Cold Long-Acting
Robitussin Maximum Strength Cough & Cold
Robitussin Head & Chest Congestion PE
Robitussin Cough DM
Robitussin PE Nasal Decongestant and Expectorant
Robitussin Cough, Cold & Flu Nighttime
Robitussin Chest Congestion Guaifenesin Syrup, USP
Robitussin Cough & Congestion
Robitussin Cough Long-Acting
Robitussin Honey Cough Natural Cough Drops, Honey Center
Vicks NyQuil multi-symptom - original
Vicks NyQuil multi-symptom - cherry
Vicks NyQuil Cough
Vicks Formula 44 Cough
Vicks Formula 44 Expectorant
Vicks Formula 44 Decongestant
Vicks Formula 44 Mult-symptom
Pediatric Vicks 44E Cough & Congestion
Pediatric Vicks 44M Cough & Cold
Vicks Casero

Crackers:

Kraft Cheese Nips
Nabisco Harvest Crisps - Wheat Thins 5 Grain
Nabisco Ritz Bits - Peanut Butter
Nabisco Ritz Bits - Graham Cracker S'mores
Nabisco Ritz Chips - Cheddar - Oven-Toasted Crunch
Nabisco Ritz Crackers
Nabisco Ritz Crackers - Low Sodium
Nabisco Sociables
Nabisco Wheat Thins
Nabisco Wheat Thins - Baked
Nabisco Wheat Thins - Low Sodium
Nabisco Wheat Thins - Multi-Grain
Nabisco Wheat Thins - Ranch
Nabisco Wheat Thins - Reduced Fat

Dairy:

Breakstones Cottage Cheese & Toppings - Peach
Breakstones Cottage Cheese & Toppings - Pineapple
Breyer's Yogurt -Fruit on the Bottom - Strawberry Low fat
Cool Whip
Cool Whip - Extra-Creamy

Cool Whip - Lite
Knudsen - Cottage Double (Peach)
Knudsen - Cottage Double (Pineapple)
Knudsen - Cottage Double (Strawberry)
Yoplait Yogurts

Drink Mixers:

Saratoga Salsa Bloody Mare Mix (spelling is correct)
El Paso Chilli Key Lime Margarita Mix

Fruits and Vegetables:

B&M Original Baked Beans
Contadina Tomato Paste
Claussen Pickles - Bread and Butter Chips
Claussen Pickles - Kosher Dill Burger Slices
Claussen Pickles - Sweet Gherkins
Claussen Pickle Relish
Del Monte canned petite diced tomatoes with Italian seasonings
Del Monte Fruit Naturals Red Grapefruit
Heinz Pickle Relish
Mott's Applesauce
Mt. Olive Sweet Relish
Mt. Olive Bread and Butter Pickles
Ocean Spray Jellied Cranberry Sauce

Ice Creams:

Ben & Jerry's - Chubby Hubby (HFCS and Transfats)
Ben & Jerry's - Cherry Garcia
Ben & Jerry's - Neapolitan Dynamite
Ben & Jerry's - Cherry Garcia Body & Soul
Ben & Jerry's - Cherry Garcia Low Fat Frozen Yogurt Pints
Ben & Jerry's - Cherry Garcia Original Ice Cream Singles
Dreyer's - Girl Scouts Samoas Cookie Ice Cream
Dreyer's - Almond Praline Grand Ice Cream
Dreyer's - Cherry Chocolate Chip Grand Ice Cream
Dreyer's - Cherry Vanilla Grand Ice Cream
Dreyer's - Cookies 'N Cream Grand Ice Cream
Dreyer's - Dulce de Leche Grand Ice Cream
Dreyer's - Nestle Toll House Cookie Swirl Grand Ice Cream
Dreyer's - Spumoni Grand Ice Cream
Dreyer's - Toffee Bar Crunch Grand Ice Cream
Dreyer's - Turtle Sundae Grand Ice Cream
Dreyer's - Ultimate Caramel Cup Grand Ice Cream

Jams, Jellies, and Syrups:

Eggo Syrup Original Syrup
Eggo Syrup Buttery Syrup
Eggo Syrup Lite Syrup
Hershey's Chocolate Syrup
Knott's Boysenberry preserves
Smucker's Grape Jelly

Meats:

Oscar Meyer Pickle and Pimento Loaf

Pastries:

Nabisco Nilla Wafer Pie Crust
Nabisco Oreo Pie Crust
Jello No-Bake - Chips Ahoy
Jello No-Bake - Oreo
Pepperidge Farm's Puff Pastry sheets

Salad Dressings:

Emeril's Italian Vinaigrette
Kraft Salad Dressing - Light done Right Creamy French
Kraft Salad Dressing - Thousand Island Fat Free
Maple Grove Farms Caesar Fat Free
Miracle Whip Salad Dressing
Miracle Whip Salad Dressing - Hot n Spicy
Miracle Whip Salad Dressing - Light
Miracle Whip Salad Dressing - Light Super Easy Squeeze
Miracle Whip Salad Dressing - Non-fat
Miracle Whip Salad Dressing - Super Easy Squeeze
Wishbone Ranch Dressing
Wish-Bone Classic Caesar

Sauces:

A1 Steak Sauce Marinade - Cajun
A1 Steak Sauce Marinade - Chicago
A1 Steak Sauce Marinade - Teriyaki
Bull's Eye BBQ Sauce
Bull's Eye BBQ Sauce - Honey Smoke
Bull's Eye BBQ Sauce - Smokehouse Hickory
Bull's Eye BBQ Sauce - Sweet Hickory Smoke
Bull's Eye BBQ Sauce - Texas Style Mesquite
Crazy Jerry's Alotta Bull BBQ Sauce - Torrid Toro (Hot)

Holy Smoke - Sticky Wings Glaze
Holy Smoke - Bar B Q Glaze
Jim Beam Steak Sauce
Jim Beam Herb & Garlic Gourmet Marinade
Jim Beam Lemon & Herb Gourmet Marinade
Kraft Barbecue Sauce
Penn State Nittany Lions Lime Grilling Sauce
Pork Rubbers Original Competition BBQ Sauce
Tuttorosso Marinara
Tuttorosso Three Cheese
Tuttorosso Traditional
Tuttorosso Flavored With Meat
Tuttorosso Mushroom
Tuttorosso Tomato & Basil
Tuttorosso Tomato, Olive & Garlic
Virginia Gentleman Bourbon BBQ Sauce

Snacks:

Kraft Philadelphia Cream Cheese Strawberry Cheesecake Bar
Kraft Philadelphia Cream Cheese Chocolate covered Strawberry Cheesecake Bar
Oscar Mayer Lunchables - All Star Burgers
Oscar Mayer Lunchables - All-star Hot Dogs
Oscar Mayer Lunchables - Chicken Dunks
Oscar Mayer Lunchables - Chicken Strips
Oscar Mayer Lunchables - Cracker Stackers
Oscar Mayer Lunchables - Nachos
Oscar Mayer Lunchables - Peanut Butter Pile-ups
Oscar Mayer Lunchables - Pizza
Oscar Mayer Lunchables - Pizza Dunks
Oscar Mayer Lunchables - Pizza Pile-ups
Oscar Mayer Lunchables - Pizza Stix
Oscar Mayer Lunchables - Pizza Swirls
Oscar Mayer Lunchables - Tacos

Soups:

Campbell's Vegetable soup (in microwaveable bowl)

The Good News Is What You Can Have

The good news is that [Wiki How](#) has a list of foods to buy as replacements and here they are:

You don't have to go without your favorite foods to avoid high fructose corn syrup.

Many products on the market are meeting this demand by taking the ingredient out of their food.

- **Bread**

Nature's Own and Sara Lee are free of high fructose corn syrup.

- **Cereal**

Any of the Kashi cereal brands do not contain high fructose corn syrup. Cheerios, Grape Nuts and Life cereal are also good options.

- **Condiments**

Any of the Annie's Naturals products and Welch's fruit spreads are free of HFCS. Heinz ketchup and Hellman's mayonnaise are also good options.

- **Ice cream**

Breyer's All Natural ice creams are free of HFCS but be careful; Breyer's is now marketing "Frozen Dairy Dessert" in the same familiar flavours, and these do contain HFCS. Many of the Ben and Jerry's flavors also meet these requirements, although a couple of the ones that contain candy or chocolate may have minor amounts.

- **Chocolate**

Most Cadbury and Dove chocolates are free of HFCS.

- **Applesauce**

Mott's Natural Applesauce is the only main brand applesauce free from HFCS (although there are plenty of organic options - which are

better for you anyway, since conventional apples are high in pesticides).

- **Soda**

Although these are more difficult to find, lesser known soda brands like China Cola and Blue Sky soft drinks don't contain HFCS.

- **Pasta sauce**

Any of the Ragu flavors and most of the Classico brands will not contain HFCS.