



Dr. Berg®

THE KNOWLEDGE DOC

MALTODEXTRIN

#1

Worst Ingredient Hiding In Your Foods



What is maltodextrin?

Maltodextrin is a polysaccharide, which translates to “many sugars.” It’s a refined starchy carbohydrate made by artificially bonding a cluster of sugar molecules. It’s highly processed and typically used as a filler in a wide range of packaged and processed foods.

How is it made?

Maltodextrin is made by hydrolysis, a process that uses acid and enzymes to break down starches into small sugar molecules, which are then purified and processed into a fine powder.

What does it taste like?

Though maltodextrin mainly comprises sugar molecules, it doesn’t taste tart or sweet. In fact, most people can’t taste maltodextrin at all.

It's safe...or is it?

Maltodextrin is considered safe and classified as GRAS (Generally Recognized As Safe), which exploits an industry loophole that allows manufacturers to avoid conducting safety studies. This bypasses FDA safety evaluations, and—as long as a company claims it’s safe—maltodextrin is assumed to be suitable for human consumption.

The #1 worst ingredient hiding in your foods

Maltodextrin has an extremely high glycemic index (GI), ranging between 110 and 136. This means it will rapidly raise your blood sugar levels. In contrast, the GIs of table sugar and pure glucose are 65 and 100 respectively—both significantly lower than maltodextrin.

! DID YOU KNOW?

Maltodextrin is categorized as a starch, not a sugar. However, it causes more significant blood sugar spikes than any other type of sugar.

Maltodextrin goes by many names:

- Corn starch
- Modified corn starch
- Modified food starch
- Dextrin

Rapid elevation of blood sugar can cause:

- Sharp insulin spikes
 - Energy crashes
 - Sugar cravings
 - Intestinal inflammation and cell damage
- ... and the worst part is, you won't even be aware it's happening.**



Manufacturers use maltodextrin as a sweetener without having to list it as sugar on nutrition labels, which explains why maltodextrin is often found in weight-loss and diet products.

Legally, manufacturers can claim that a food is sugar-free despite significantly impacting blood sugar levels. This potentially misleads consumers into thinking the product is a healthy choice.

But how can this be?

The FDA clarified its stance on labeling added sugars, stating that substances created through hydrolysis, such as maltodextrin, may or may not count as added sugars based on specific conditions.

If the amount of maltodextrin is less than 0.5 grams per serving, a product can be marketed as having zero added sugars. While 0.5 grams per serving doesn't sound like a lot, many nutrition labels are based on unrealistic serving sizes, which can inadvertently lead to excessive intake of maltodextrin.

! FACT

Maltodextrin is a common horticultural insecticide frequently used in open fields and greenhouse environments.

! FACT

Most maltodextrin is hydrolyzed from corn starch, typically made from GMO corn contaminated with glyphosate, a herbicide and antibiotic compound linked to various health issues.

! FACT

In some cases, maltodextrin is made from wheat and contains gluten, a protein that humans can't fully digest. Gluten is a common irritant and has the potential to trigger inflammation.

Hidden sources of maltodextrin:

- Canned fruits
- Sauces and salad dressings
- Diet snacks
- Low-fat foods
- Sugar-free foods
- Sports drinks
- Infant formulas
- Pet foods
- Supplements
- Flavorings
- Sweeteners

✓ HELPFUL TIP:

Always read nutrition labels carefully before purchasing any supplement.