

# FOOD Insight™

IFIC Foundation  
<http://ific.org>

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## Kidnetic.com: Tap Into The Energy

### Healthful Eating and Physical Activity Tips for Kids and Parents Just a Click Away

There's no question that today's hottest public health topic is the escalating number of overweight Americans, especially the rising rate of overweight children. One child in four is now classified as overweight or at risk for becoming overweight—more than double the rate of a generation ago.

The causes of this problem are complex, including a mix of genetic, social, cultural, environmental, and lifestyle factors, affecting eating and physical activity habits. While there are no simple solutions, the International Food Information Council (IFIC) Foundation and five other organizations — the American Academy of Family Physicians, the American College of Sports Medicine, the American Dietetic Association, the International Life Sciences Institute Center for Health Promotion, and the National Recreation and Park Association — partnered together to

address this issue as part of the ACTIVATE program. On June 26, 2002, the group launched Kidnetic.com, a research-based Web site designed to promote healthful eating and physical activity among kids and their parents.

Kidnetic.com combines food, fitness, fun, feelings, and family dynamics, packaged into an interactive and educational site meant to get kids up and moving instead of surfing the Internet for hours at a time.

### Research Becomes Virtual Reality

In 1999, the IFIC Foundation recognized obesity as an emerging issue and initiated ongoing consumer research, including focus groups, ethnographic studies, and in-home interviews. The research targeted "tweens" (children between the ages of 9 and 12) and their parents, with the goals of better understanding attitudes, perceptions, and behaviors about health, and exploring the best avenues for communicating information about healthful eating and physical activity.

The research found that kids and parents both relate obesity to food more than to physical activity. In addition, kids relate weight to

performance and appearance, but not to health. Kids are not sure what "being fit" means and don't sustain interest in concepts like "nutrition," "physical activity," or "healthy eating." To kids, "healthy" brings to mind somewhat negative images of being required to eat fruits and vegetables or being deprived of their favorite foods. Being healthy equals "rules."

In addition, kids want "small victories" to sustain their interest and build self-esteem and ideas for physical activity beyond organized sports. They want ongoing parental guidance and emotional support.



Research with parents found they do not see overweight as a health issue for their kids — they believe their child will outgrow the problem. They also fear that bringing attention to the problem will cause eating disorders. Parents feel they lack the information and skills to address the issue with their kids. If they were to receive information, they wanted it to be "credible," "quick," and "easy to use."

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# Epidemiological Research: Roots, Roles and Real-Life Limitations

Epidemiology: A branch of medical science that deals with the incidence, distribution, and control of disease in a population.

Merriam-Webster's Collegiate Dictionary, 10th Edition.

If you read the paper, listen to news radio, or catch the nightly news on the television, you have no doubt heard about dozens of research studies linking food and nutrition to health. It's a hot topic; after all, everyone eats! Many of the nutrition-health studies we hear about are epidemiological — population — studies. Epidemiology is a valid and valued form of research, and has long been of special importance in the public health arena. Unfortunately, it is a type of research, with some limitations, that is frequently misinterpreted. Media coverage of epidemiological results is frequently inaccurate, or is described in a way that renders the findings less than useful — or even meaningless — to the average person.

Why does this happen? There are a number of reasons: primary among them is that space in the paper or time "on the air" is limited, so the reporter must make a decision about which facts to report. In those cases, attention-grabbing headlines take priority over the supplemental information that people usually need to really understand the research and its implications. Second, many reporters who write about nutrition research may have no formal training in how to interpret the often complicated studies, and therefore may make mistakes in communicating a study's findings.

Learning a bit about epidemiological research is a good way to help make sure that we, as consumers,

better understand research that may affect our health. Once we know what to look for, it's a lot easier not only to interpret what we read and hear about research, but also to decide if it's important to us.

## Epidemiology 101

Basically, epidemiological studies look at populations to investigate potential associations between aspects of health (such as cancer and heart disease) and diet, lifestyle, genetics, or other factors within populations. Epidemiological studies are observational in nature and the outcomes need further study through other types of research such as intervention or clinical studies. This type of research yields information about the distribution and determinants of disease or other health outcomes for further study, but it does *not* establish cause and effect. For example, comparing per capita meat consumption between various countries may reveal an association between eating meat and certain types of cancer. However, one could not correctly conclude that eating more meat causes the cancers, because other unrelated factors in the diets of meat eaters may truly be the culprits (such as total fat, calories, or the lower levels of vegetable consumption of meat eaters).

Within the category of epidemiological research, there are various types of research designs. *Prospective studies* monitor a group of people over a period of time to observe the effects of diet, behavior, and other factors on health or the incidence of disease, whereas *retrospective* studies look at events and behaviors that have already taken place (University of California Berkeley *Wellness Letter*, 1996). Epidemiological research may also be either observational or experimental. In *experimental* research, part of the population receives some

sort of treatment (sometimes called an *intervention*) and the results are compared with the results for those who do not receive the treatment (the *control group*.) *Observational* research suggests associations or *correlations* between characteristics based on observed differences. To determine cause and effect, experimental research must be conducted.

## The roots of epidemiology

Maybe the word epidemiology is new to you, but the basic concepts of epidemiological research have been around for centuries. Early Greeks and Romans recognized that symptoms of certain diseases were associated with environmental conditions (for example "marsh fever" occurred more frequently among people who lived in swampy areas). Early epidemiologists considered not only infectious diseases like cholera and plague, but also environmental hazards like lead, chronic diseases, and even occupational risks when conducting their research.

Traditional quantitative epidemiology began in the 17th century because of concern for the public's health. That early epidemiological research focused on the plague and poor sanitation (and its accompanying diseases). Infectious disease epidemiology and the germ theory (which states that single agents relate one to one to specific diseases) characterized the mid-to-late 19th century and the first half of the 20th century. For example, John Snow's work on the cause of cholera in the mid-1850s was followed by the study of tuberculosis, anthrax, and later, polio. Beginning in the 1920s, those who started to search for nonmicrobiological causes of disease ran against the tide of current scientific thinking. Joseph Goldberger in the United States was such a pioneer when he

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# Epidemiological Research

established nutritional deficiency as a cause of pellagra. Thus, the study of nutrition and disease was born.

Of course, as is the case today, the conclusions of early epidemiologists were not always correct. Nevertheless, over the years the science of epidemiology matured and became more refined. It has played an enormous role in helping to quantify the magnitude of such diseases as HIV/AIDS, breast cancer, Alzheimer's disease, and tobacco-related disease — and has even suggested some factors that influence their occurrence. Traditionally, epidemiology has been a guiding force behind many public health policies and programs worldwide. The decline in infectious diseases and the rise in the relative importance of noncommunicable diseases (diseases that are not contagious and that cannot be transmitted from person to person) have led to the development of modern epidemiology. Today, consumers may interpret epidemiological data as relating to individuals when in fact, epidemiological studies are intended for focus on broad population groups.

## What do these studies mean to me?

For most people, interpreting epidemiological research isn't an easy task — especially when the full research study is not available for consideration, as is usually the case for consumers. How, then, can we begin to understand whether a study is relevant to our lives? There are a few ways to quickly ascertain whether a given piece of research is applicable to one's life. Granted, this is the "quick-and-dirty" approach to interpreting research, and of course, taking the time to read an entire research report critically is always best. In a pinch, however, the following tips can get you started:

- **Consider the type of risk expressed in the study.**

Remember that it's best to consider both types of risk when evaluating a study (see the sidebar "Risky Business"). Absolute risk will tell you how likely the outcome is to happen overall, whereas relative risk compares the risk between groups. If the absolute risk is negligible, then the relative risk may be irrelevant.

- **Assess whether the results are generalizable to other groups.** Studies are frequently conducted with rather narrow population groups, making for stronger, more valid results, but sacrificing the ability to generalize. For example, a study conducted with men may not mean that the same results would occur in a population of women. Obviously, animal research cannot be easily generalized to humans; the results of research conducted with adults may not be applicable to children, and so on. Researchers usually give those kinds of admonitions at the end of the research study, but these types of statements often get lost (or are not included) due to media's time or space constraints in reporting of research.
- **Remember that an association or correlation doesn't prove cause and effect.** It cannot be stressed enough that an association or correlation does not prove cause and effect. This is one of the easiest mistakes to make when interpreting research — the media do it frequently and so do consumers. When an association is suggested, more research is always needed to determine whether that association really exists, and why.
- **View research studies as discussions among scientists.** Almost no one gets to have the final word, as it is rare that a study provides a final, complete answer. Flip-flopping opinions among experts, although frustrating for the public, reflect the fact that science is a dynamic, evolving process.

## The bottom line

Regardless of whether the study is epidemiological or another type of research, don't change your diet on the basis of the findings of just one new study. For the reason mentioned in the last tip in the list of tips given above, it's unnecessary — and perhaps even unwise — to modify dietary behavior on the basis of the findings of one study especially if you are considering eliminating an entire food category. Wait for confirming studies — and plenty of them — before making a change.

## R.i.s.k.y Business

If you don't fully comprehend the differences between relative and absolute risk, you may completely misunderstand the importance of a research study. Absolute risk refers to the actual risk of an occurrence — the chance that a specific outcome will occur. Relative risk puts risk in comparative terms — for example, the outcome rate for people exposed to the factor in question compared with the outcome rate for those not exposed to the factor. A relative risk of more than 1 indicates an increased risk of the outcome under investigation; a relative risk of less than 1 indicates a decreased risk of the outcome. Relative risks are the most commonly used measure of morbidity or mortality in the medical literature today. In many cases, however, the absolute risk is a far more relevant statistic for the public.

For example, a news report that claims that people who consume Product X are 75 percent more likely to suffer from Problem Y than those who don't consume it may seem to be a pretty convincing and important study. This type of statement is an expression of relative risk. In the same example, the absolute risk of someone in the study suffering from Problem Y may have been only 1 percent. In this case, the absolute risk is the more meaningful result, as it tells us that only 1 percent of people suffer from Problem Y anyway — it was the expression of the results as a relative risk that made the problem seem more important than it really is. However, relative risk can also make a problem appear to be less important than it actually is. Therefore, it is important to consider both relative risk and absolute risk when evaluating research results.

# Kidnetic.com: Tap Into The Energy

The bottom line is that kids and parents need help defining and measuring "fitness," "healthful eating," and "health." In addition, they want information that addresses self-esteem, behavior, parenting, family dynamics, and peer relations. Kids and parents also need positive, realistic approaches to getting fit and help in setting reasonable goals. They want to work together to develop healthful habits, but they need effective tools to do so.

Kids and parents agreed that a Web site was the easiest way to deliver information and reach kids where they already spend time. And so, Kidnetic.com was developed.

## Getting Kids Active

Kids said they wanted to receive information in a way that's "fun," "cool," and "not boring." Kidnetic.com certainly delivers — it features kid-friendly games and ideas for active fun separate from organized sports.

First there's Busy Buddy, an animated character that "lives" on kids' desktops and encourages frequent visits to Kidnetic.com to find fun and energizing activities and recipes.

Betchacant "dares" kids to challenge themselves by tackling simple activities such as "How many times can you jump rope in three minutes? In one minute? On one foot?" Via e-mail, kids can "dare" their friends and family to do the same.

Time Challenge motivates kids to beat the on-screen clock while playing active games such as an in-home scavenger hunt or fitness challenge. Time Challenge is unique because it gets kids up and moving while they are logged on to the computer.

Wet Head Games are active games invented and submitted by kids for kids to be played away from the computer. The assortment includes Chinese Jump Rope, Crab

Soccer, Air Kick, the Dance-Off Challenge, and many more.

Polls and Quizzes on food, physical activity, or family relations let kids vote and test their knowledge and compare their responses to those of their peers. Shout Out, a moderated message board for kids, provides a forum for kids to share their thoughts and feelings.

## Making Health Fun

While research found that kids do not equate body weight with health, they do relate weight to their physical performance and appearance, and the notion of enjoying more energy is appealing. In addition, because they don't sustain interest in concepts like "nutrition," "healthful eating," and "physical activity," Kidnetic.com tries to communicate messages about healthy eating and activity in ways that are fun *and* educational.

Inner G is an animated click-and-drag body (à la the game "Operation") that teaches kids how food and physical activity habits affect health and energy levels. Kids complete Inner G's framework by dragging missing body parts such as the heart, bones, or teeth into the correct body area. When a match is made, Inner G displays quick tips for keeping that body part healthy and suggests links to related recipes and Bright Papers (described below).

How about a steaming bowl of Brewed Monkey Brain Stew (chili) or a few Franken-Fingers with Blood Sauce (chicken fingers)? These "gross-out delights" are just a few of the kid-appealing dishes found at Recipe Roundup. Featured are simple and healthful recipes for kids to make, as well as special family-friendly recipes for kids and parents to whip up together.

Bright Papers are articles on fitness, food, fun, and feelings. Written

in "kid-speak," they inform kids about the links between healthful habits and feeling good, and offer ideas for the achievable goals and tips that kids need to sustain their interest. Bright Paper topics range from portion size control to getting active ten minutes at a time.

## A Credible Resource for Parents

To assure parents about the accuracy of the information found at Kidnetic.com, all content is reviewed by the six founding partner organizations and a scientific advisory panel of experts in nutrition, physical activity, child psychology, and public health.

In addition, the "Parents' Place" section gives parents tools to address healthy lifestyle issues with their kids. A special Bright Paper section for parents only and a list of Frequently Asked Questions provide guidance and practical tips about promoting physical activity, healthful eating, and self-esteem among kids. Parents may Ask An Expert questions about these topics and receive a personal reply from a member of the scientific advisory panel. A Discussion Board for parents allows them to share their thoughts and experiences with other parents.

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## Glycemic Index Q & A

To answer all your questions  
on glycemic index,  
go to <http://ific.org/glycemic>  
for a new set of  
questions and answers.

## Kidnetic

### Opening the Lines of Communication

Research showed that kids and parents welcome opportunities to enhance communication between them. The Kidnetic is a virtual messaging service that encourages information exchanges about topics such as food, physical activity, and the kid-parent relationship. Kids can send their own original messages to parents (or vice versa), or they can complete one of several customizable messages provided.

### What's Next?

To ensure that Kidnetic.com continues to meet the needs of kids and parents, further research and regular updates based on user feedback and additional research are planned.

Although Kidnetic.com alone will not solve the problem of overweight children, it can be an important part of the overall solution. By providing kids and parents with ideas and tools to help them begin to change their habits today, Kidnetic.com is planting the seeds for healthier families tomorrow.

## Four Key Facts About KIDNETIC.COM

- Promotes healthful eating and physical activity among 9 to 12 year-old kids and their parents. The site is about prevention of weight problems, not "treatment" for overweight children.
- Developed on the basis of nearly 3 years of in-depth research with kids and parents.
- Targets "tweens" because they're old enough to start making some of their own decisions, but still open to parental influence.
- Is noncommercial — it contains no advertising and nothing for sale.

Here are a few suggestions for sites aimed at keeping kids healthy:

<http://www.bam.gov> — BAM! answers kids' questions on health issues and recommends ways to make their bodies and minds healthier, stronger, and safer.

<http://www.healthfinder.gov/kids> — Provides good suggestions for sites on exercise and nutrition for kids.

<http://kidnetic.com> — A healthy eating and active living site for kids ages 9 to 12 and their families.

<http://kidshealth.org> — Provides doctor-approved health information about children from before birth through adolescence.

<http://navigator.tufts.edu> — Family-friendly sites rated for content and usability.

<http://www.verbnow.gov> — Encourages tweens to find a verb that fits their personality and interests to use as launching pad to better health



## Who's Behind the Screens at Kidnetic.com

Kidnetic.com is the first component of the ACTIVATE program, a healthful eating and active living initiative. ACTIVATE is committed to promoting healthy family lifestyles to help prevent kids from becoming overweight to reduce their risk of suffering from obesity-related chronic diseases as adults.

ACTIVATE is an educational outreach program of the International Food Information Council (IFIC) Foundation (<http://ific.org>), developed in partnership with:

- American Academy of Family Physicians (<http://www.aafp.org>)
- American College of Sports Medicine (<http://www.acsm.org>)
- American Dietetic Association (<http://www.eatright.org>)
- International Life Sciences Institute Center for Health Promotion (<http://chp.ilsa.org>)
- National Recreation and Park Association (<http://www.nrpa.org>)

## Caffeine and Dehydration: Myth or Fact?

In a recent review article, "Caffeine, Body Fluid-Electrolyte Balance, and Exercise Performance," published in the June 2002 issue of the *International Journal of Sport Nutrition and Exercise Metabolism*, researcher Lawrence E. Armstrong, a professor of exercise and environmental physiology at the University of Connecticut, found that caffeine is not the dehydrating demon some people believe. In fact, he concluded that caffeine is no more a diuretic than water.

For years, health and exercise experts have cautioned that consuming caffeine and caffeinated beverages can lead to dehydration. But Armstrong, an avid runner and a well-respected scientist in the field of thermoregulation and human performance, observed evidence to the contrary, so he reviewed the scientific literature to determine whether abstaining from caffeinated beverages was scientifically and physiologically justifiable.

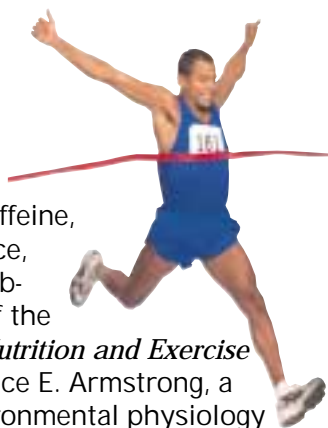
"While there have been several studies done that show caffeine is a mild diuretic, there is no evidence that exercise, when combined with the consumption of caffeine or caffeinated beverages, will result in chronic dehydration, and this is contrary to the advice of most exercise physiologists, physicians and dietitians," explains Armstrong, who has conducted fluid balance research since 1980.

Supporting Armstrong's findings is an *American Journal of Physiology* August 2002 review of the literature on hydration by Dr. Heinz Valtin that cites a University of Nebraska study, which found that caffeinated beverages may be counted toward the daily fluid total.

Armstrong's analysis of the scientific literature that was focused on moderate amounts of caffeine (equivalent to one to four cups of coffee a day) indicates:

- When consuming a caffeinated beverage, the body retains some of the fluid.
- Moderate caffeine consumption causes a mild diuresis very similar to that of water (water, when consumed in large volume, increases urine output).
- A person who regularly consumes caffeine has a higher tolerance to the diuretic effect.
- There is no evidence that consumption of caffeinated beverages causes a fluid-electrolyte imbalance that is detrimental to health or exercise performance.

Although additional research could help confirm these findings, Armstrong's analysis of the literature is encouraging for regular consumers of caffeinated beverages. The article can be accessed at <http://www.humankinetics.com/products/journals/showjournal.cfm>.



## What's Your VERB™?

Whether it be running or skipping, bungee jumping or fly-fishing, the U.S. Department of Health and Human Services (DHHS) wants you to pick a VERB and get moving!

On July 17th, DHHS's Centers for Disease Control and Prevention kicked off the *VERB™: It's What You Do* Youth Media Campaign, a public-private partnership targeted at kids 9 to 13 years old (commonly called "tweens"). The campaign's goal is to encourage tweens to lead healthful lifestyles through physical activity and community involvement. "Our goal is for the *VERB™* campaign to motivate and inspire our children to get active and involved — and to have fun doing so," DHHS Secretary Tommy Thompson said.

*VERB™: It's What You Do* urges tweens to find a verb or two that fits their personality and interests, such as playing tag or jumping rope, and to get out and do it. The campaign hopes to give kids alternatives to sedentary activities like surfing the Internet or watching television. A group of celebrity endorsers will serve as role models to show the benefits of physical activity. Television and radio spots as well as a Web site will provide games, interesting facts, and innovative ideas on how to get active.

Partners of *VERB™* include Disney, AOL Time Warner, Viacom, and Primedia. For more information on *VERB™*, visit the Web site at [www.VERBnow.com](http://www.VERBnow.com).

## What's New at IFIC.ORG?



The International Food Information Council (IFIC) Foundation On-Line has updated its Glossary of Terms, adding more than 125 definitions on topics from agrochemicals to zeaxanthin, and everything in between.

Go to [ifc.org](http://ifc.org) and click on Glossary of Terms.

# Another Look at The Functions of Fat

Our knowledge of the roles and functions of fats is evolving. For the past several decades, healthful eating has been equated with low-fat eating. For many, this has meant avoiding or eliminating foods with fats. But there's more to healthful eating than simply cutting back on fats. The latest edition of *Dietary Guidelines for Americans* recommends choosing "a diet that is low in saturated fat and cholesterol and moderate in total fat." These national guidelines are striving to change the outdated and oversimplified belief that fats are harmful to health.

Experts no longer simply recommend a diet *low* in total fat. Instead, there is greater emphasis on reducing intake of saturated fat and cholesterol. Therefore, less emphasis on a diet *low* in total fat intake translates to a diet *moderate* in total fat. Evidence is also unfolding that the type of fat you eat may be just as important or even more

important than the total amount of fat in your diet because it has become clear that the distinct types of fats in foods have different effects on health. Some fats may even offer benefits to your health. Therefore, it makes sense to moderate, not eliminate, your intake of fats.

## Types of Fats

Although the fat in food is often referred to as a single substance, there is no one type of fat. All fats are composed of fatty acids, which are the building blocks of fat. The attributes of fats — how they function in foods and how they affect health — are determined by the amounts and mixtures of fatty acids.

Individual fatty acids may be saturated, monounsaturated, or polyunsaturated. They differ primarily in the amount of hydrogen they contain. Saturated fatty acids contain the most hydrogen — that is, they are "saturated" with hydrogen. Polyunsaturated fatty acids contain the least amount of hydrogen.

The relative amounts of saturated and unsaturated fatty acids determine whether fats are solid or liquid. Fats with larger amounts of saturated fatty acids are typically more solid, such as butter or the visible fat on meats. Oils are a liquid form of fat and contain larger amounts of unsaturated fatty acids, which are liquid at room temperature.

- **Saturated fatty acids** are mainly found in animal foods, including meat, poultry, butter, and whole-milk dairy products. Unlike other oils, tropical vegetable oils, including coconut, palm kernel, and palm oils, contain mostly saturated fatty acids.

- **Polyunsaturated fatty acids** are found in plant foods, as well as fish and seafood. Plant sources include corn, safflower, sunflower, and sesame oils, as well as some nuts and seeds.

- **Monounsaturated fatty acids** are found in plant foods such as



canola, peanut, and olive oils, as well as nuts and avocados. The fat in meats, including beef, pork, and poultry, is composed of almost equal amounts of monounsaturated and saturated fatty acids.

- **Trans fats** are present in variable amounts in a wide range of foods, including most foods made with partially hydrogenated oils, such as baked goods and fried foods, and some margarine products. Through hydrogenation, unsaturated fatty acids can be made more saturated. This converts a liquid fat into a more stable liquid or semisolid form, resulting in the formation of trans fatty acids. Trans fats also occur naturally in low amounts in meats and dairy products.

In the body, fats are essential for life. Although various types of fats have different effects in the body, the best advice is to moderate, not eliminate, the amount of fats in your diet. Enjoy the appealing qualities of fats by balancing higher-fat items with lower-fat choices, such as grains, vegetables, fruits, dairy products, and lean meats and meat alternatives. Strive for the majority of fat that you consume to be polyunsaturated and monounsaturated fat, while reducing the amount of saturated fat and trans fat that you consume.

## Moving Toward Moderation

Foods with fat can fit.

Moderate, don't eliminate.

- Cut down, not out — that could mean smaller servings or less frequent consumption: you make the choice.
- Aim for progress, not perfection — your diet may need small changes, not a total makeover.
- You can eat the foods you love, just don't overindulge.
- A higher-fat food has its place — you may want to eat it less often, but there's no need to eliminate it altogether.
- Be choosy — find a way to fit in favorite foods and forego extras.

How do you like our new look?

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# New IFIC Foundation Publications

Below are the newest releases from the IFIC Foundation. Single copies of most publications are available free-of-charge. For a comprehensive listing of publications or for bulk prices, please request the IFIC Foundation Publications List below.

- Publications List (MI-4010)  
A complete list of publications and *Food Insight* reprints available from the IFIC Foundation.
- Fish & Your Health (EB-2095)  
This brochure takes a look at the benefits of fish and seafood in a healthful diet. Provides information on the impact of omega-3's and seafood consumption for the general consumer, children and issues on guidance for pregnant women. Favorably reviewed by the American Academy of Family Physicians Foundation.
- Weight Loss: Finding A Weight Loss Program that Works for You (EB-2090)  
This helpful, easy-to-use brochure provides information and check lists for evaluating weight loss programs and services and helps consumers ask the right questions to choose a safe and effective weight loss method.
- Children's Nutrition and Physical Activity Teaching Set (MI-4200)  
A teaching set designed to help kids ages 9-15 understand the importance of combining nutrition and physical activity. The set features a 22" x 34" two-sided color poster highlighting the Physical Activity Pyramid alongside the Food Guide Pyramid. Set includes the "Ten Tips to Healthy Eating and Physical Activity for You" brochure, reproducible slick, and poster. Please send \_\_\_\_\_ copies at \$3.50 and \$1.50 shipping handling. Enclosed is a check for \$\_\_\_\_\_.
- IFIC Review: Low-Calorie Sweeteners and Health (IR-3025)  
This referenced white paper presents an overview of the currently approved sweeteners in the United States and those being considered by the FDA. The role of low-calorie sweeteners in a healthful diet and in weight loss management is also discussed.
- IFIC Review: Understanding Food Allergy (IR-3070)  
This referenced white paper offers the latest scientific information on food allergy. It provides an overview on how to distinguish a food allergy from other sensitivities to food.

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