

FOOD Insight™

IFIC Foundation
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Cancer: Does Food Increase or Decrease The Risk?

With so many food “rules” and alarming media reports about food and food ingredients, you may be overwhelmed and confused about what to eat. Health experts agree that certain dietary behaviors — such as consuming plenty of fruits and vegetables — can reduce the risk of cancer. However, even with such easy to follow and well-publicized advice, consumers tend to perceive a risk of cancer from individual food ingredients with very little evidence to support that concern.

When food is related to cancer risk, the problem is not necessarily about good versus bad food, but about poor eating habits. Nevertheless, consumers worry about what’s in their food — including suspected carcinogens, additives, or contaminants. That concern, however, may be out of proportion with the real risk.

In 1996 a prestigious scientific panel concluded that the real cancer risk in our diets comes not from the miniscule amounts of specific chemicals in our food but from *how* we eat. Americans trying to avoid potential cancer-causing substances in foods would benefit most from a diet that includes plenty of fruits

and vegetables and one that’s not too rich in calories, fats, and alcohol.

The National Research Council report, *Carcinogens and Anticarcinogens in the Human Diet*, states that about one-third of all cancer deaths in the nation each year could be attributed to diet (excess caloric intake and excess alcohol consumption), but probably not, in signif-



icant numbers, to natural or synthetic chemicals.

Furthermore, the 1996 *Harvard Report on Cancer Prevention (Volume I: Human Causes of Cancer)* concluded that 65 percent of cancer deaths in the United States can be linked to tobacco use, diet, obesity, and a lack of exercise. Just one percent could

be attributed to food additives and contaminants.

Despite these credible reports, the concern about suspected carcinogens in our food is still a hot topic today. Are these chemical compounds true risk factors?

Unfamiliar Compounds in Food

The following are a few of the chemical compounds making headlines and information about their potential cancer-causing potential.

Acrylamide

In April 2002, a group of Swedish scientists presented research that detected trace levels of a probable human carcinogen and neurotoxicant — acrylamide — in some baked and fried foods. Acrylamide is not added to food, but has recently been found to be a natural by-product of certain foods when they are processed or cooked.

New technologies and analytical methods have made it easier to detect acrylamide in foods. According to the U.S. Food and Drug Administration (FDA), acrylamide appears to be a result of baking, frying, or roasting at high temperatures and is believed to have been present in cooked foods for thousands of years. Acrylamide in food is not the result of contamination from environmental sources.

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Spring for Stronger Bones



The birds are chirping, the sun is shining, the cool breeze is blowing and what a great day to take a walk! Shake off those winter woolies and don a pair of sneakers — Spring is finally here, and there is no better way to welcome her than to meet her outside. Spring is a time for renewal; renew your lawn, renew your shoes, renew your bones. That's right, Spring is a time to renew your bones. By now everyone knows that being physically active is essential for a healthy weight, but how many people know that your bones need it too?

For many people, healthy bones fall into that category of things to deal with “when the time comes.” In fact, we rarely even think about our bones — until we break one. Clearly, by waiting until orthopedic problems occur (usually in the later seasons of life), we severely limit our options for improvement. This first part of a two-part series will focus on maximizing the health of your skeleton. Let's begin by discussing what bone is and what bone needs to stay strong.

Bone Basics

We tend to think of our bones as unchanging because they are hard. However, bones do change in response to a number of things, such as exercise, nutritional status, and injury. Just like our other tissues, our bone tissue constantly renews and repairs itself.

Bone is made of a protein called collagen, which is arranged in a mesh or matrix. Minerals (such as calcium phosphate, magnesium, sodium, and potassium salts) are incorporated into the matrix and make it hard. Calcium is the major mineral in our bones, and bones serve as the body's calcium “reservoir.” In fact, over 99 percent of the body's calcium is located in the skeleton and teeth.

The density of our bones is affected by age, heredity, sex hormones, physical activity, diet, lifestyle choices, and some medications. In women, 99 percent of total bone mineral content has been deposited by the time the early twenties hit. Bone density slowly builds until around age 30 at which point bone formation and bone breakdown are balanced. After menopause, however, bone loss exceeds bone formation leading to an overall decline in bone density. Men don't experience this decrease as early, but some men may show decreased bone density by age 50. By age 65 or 70, men and women lose bone mass at similar rates. Once bone is lost, it cannot be completely replaced.

Osteoporosis: Knowing the Risk Factors

Osteoporosis is a bone-weakening disease that develops slowly — often without any symptoms — and makes bones so brittle that they break or fracture under normal use. According to the National Institutes of Health (NIH), 10 million Americans already have osteoporosis, and 18 million more have low

bone mass, which places them at increased risk for this disease.

Many people don't even realize they have the disease until they are older. However osteoporosis can occur in younger people as well, as a result of a failure to maximize bone mass during childhood and adolescence. The risk factors for osteoporosis include:

- Gender: women are 4 times more likely than men to develop osteoporosis because they naturally have less bone mass, and they tend to lose bone tissue earlier than men.
- Race: Caucasians and Asians are at higher risk than African-Americans and Hispanics.
- Age: the older you are, the more likely you are to have lost bone mass, and after middle age, nearly everyone begins to lose bone mass.
- Smoking.
- Heavy alcohol use.
- Hormone levels: low estrogen or testosterone levels accelerate bone loss.
- Low body weight: underweight people tend to have lower bone mass.
- Family history of osteoporosis.
- Chronic low calcium and vitamin D intake.
- Inactivity: lack of regular exercise (especially weight-bearing exercise such as walking and lifting weights) increases the risk of bone loss.

Exercise For Strong Bones

For the first part of this two-part series, we will focus on the importance of physical activity on bone health. You might think that weight-bearing activities like running and jumping might weaken bones through wear and tear. As it turns out, the opposite is true. Not only is exercise helpful in building bones but it prevents bone breakdown too! Achieving

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Spring for Stronger Bones

peak bone mass (the earlier the better) is the best defense we have against developing osteoporosis. Here are some helpful hints to get you thinking more about physical activity and healthy bones:

Don't Sit Down, Move Around!

Weight-bearing activities such as weight training, walking, running, aerobic dancing, tennis, and gymnastics all help to strengthen bones. Even stretching helps build a strong skeleton because the muscles stress the bone by pulling on them. Research shows that even an hour of physical activity a week can increase bone mass. If you're a beginner, start small with a brisk walk, jog, or bike around the block and gradually increase the amount of time or number of days that you engage in physical activity.

Make Exercise a Family Affair:

Creating healthful habits early on is key to developing and maintaining good health throughout our lives. Whether encouraging children to become involved in organized sports or leading family walks, parents are instrumental in making family fitness a priority and showing children that it can be above all — FUN!

Mix it Up to Keep Moving:

The more you move, the happier your bones will be. Bring a friend along or get a pedometer to record your steps when walking or running. Some experts suggest taking 10,000 steps per day for good health. Plan different activities the week before and mix up your routine to make it more interesting. (Warning: Weight is likely to decrease, stress and tension may lessen, and individual may experience periods of elation when exposed to regular exercise).

Don't Stop Because of Your Age:

Research indicates that exercise during the later years, along with adequate calcium and vitamin D intake, helps slow the decline in bone mass. It also contributes to strength and increased muscle mass as well as improves coordination, which may help prevent falls or accidents that could lead to fractures. Seek out a weight-lifting group, fitness class, or walk with a friend.

Don't Start Smoking or Try to Quit if You Already Smoke:

Research shows that cigarette smoking can have a negative effect on achieving optimal bone mass. This is just one more reason to never start smoking in the first place and to quit if you already smoke.

Get a Bone Scan Test:

If you are in your 30's or 40's and think you are at risk for developing

weakened bones, ask your doctor for a bone scan, if he or she hasn't already suggested it. This applies to both men and women. Quick and painless, a scan will let you and your doctor know what shape your bones are in right now, giving you more time to make improvements, should any be necessary.

If You Have Already Been Diagnosed With Osteoporosis:

You can still exercise and improve the strength of your bones. Physical activity is important for individuals with osteoporosis, but the purpose should be to improve flexibility. Excessive or sudden strain on the bones should be avoided. If your doctor has already prescribed osteoporosis medications — take them regularly — it can make a world of difference.

Tune in to the next *Food Insight* edition for a discussion on eating for stronger bones.

For Additional Information:

Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, National Bone Health Campaign

<http://www.cdc.gov/nccdphp/dnpa/bonehealth/index.htm>

National Institutes of Health, Osteoporosis and Other Related Bone Diseases National Resource Center

<http://www.osteoporosis.org/>

IFIC Review: Physical Activity, Nutrition, and Bone Health,
International Food Information Council Foundation

<http://www.ific.org/publications/reviews/bonehealthir.cfm>

America on the Move

<http://www.americaonthemove.org>

United States Department of Health and Human Services

<http://www.smallstep.gov>

<http://www.presidentschallenge.org>

Updating the Facts on Agricultural Biotechnology

MYTH: *Modern biotechnology is inherently different from conventional breeding and poses greater risks.*

FACT: Modern biotechnology is a refinement of techniques that have been used to improve plants for thousands of years. The main differences, compared to conventional breeding, are that modern technology is a more precise process and there is a broader array of plant improvements that are possible.

Many authoritative scientific bodies — including the National Academy of Sciences — have concluded that crops enhanced by using modern biotechnology are as safe as crops improved through classical breeding methods.

Because of advanced knowledge and greater scrutiny by regulatory agencies, biotech crops and foods may even be safer than their conventionally bred counterparts. Modern biotechnology allows the transfer of a single, well-characterized trait into the crop whereas hybridization allows the transfer of not only the desired trait, but also thousands of unwanted and sometimes poorly understood traits. Therefore, with biotechnology, scientists have a better understanding of the changes being made and are in a better position to assess safety of the food products.

One example of improved safety is a biotech crop that may lower exposure to naturally-occurring toxins. Research has shown that *Bt* corn helps prevent damage to corn stalks caused by the corn ear worm. That damage often leads to invasion by fungi that produce the toxin fumonisin. Therefore, protection against corn ear worm lowers the potential for exposure to fumonisin, which may be linked to esophageal cancer in humans.

MYTH: *Biotech foods will introduce new allergens into the food supply, putting susceptible people at risk.*

FACT: Usually protein is the component of food that provokes an allergic

response, but only a very small number of proteins are allergens. Common sources of food allergens include such widely consumed foods as milk, eggs, wheat, fish, shellfish, tree nuts, peanuts, and soy.

Today, biotech companies avoid using genetic material from plant foods commonly associated with allergies. Furthermore, the U.S. Food and Drug Administration (FDA) regulations would require that the use of genes from a known allergenic food would require allergenicity testing. In the mid 1990s, a biotech variety of soybean was developed with a gene from the Brazil nut, and testing sponsored by the company revealed the presence of an allergen. As a result, this soybean was never sold to consumers, demonstrating how rigorous testing can provide additional assurance of safety.

Researchers are also using biotechnology to remove allergens from foods, such as peanuts. The future development of allergen-free foods may expand the choice of wholesome foods available to allergy sufferers.

MYTH: *Consumers want foods produced through biotechnology to be labeled.*

FACT: The results of a nationally representative consumer survey (conducted by Cogent Research for the International Food Information Council, January 2004) show that when individuals are asked to identify information currently not on food labels that they would like to see added, three out of four say “nothing” and only 1 percent mention “genetically engineered” food. When the current FDA labeling policy is explained to consumers, 53 percent support the policy and 9 percent neither support nor oppose the policy. Consumers who have heard “a lot” about biotechnology are significantly more likely than those who have heard less to support the FDA labeling policy, suggesting that providing consumers with increased information may go a

long way to increasing understanding of the policy. Unlike the results from the survey conducted by Cogent Research, however, the results of some polls suggesting that consumers want labeling do not represent the attitudes of the general public and often use manipulative terminology to bias responses.

MYTH: *Foods derived from biotechnology are not regulated.*

FACT: Plants and foods derived through the use of biotechnology are regulated by as many as three agencies: the U.S. Department of Agriculture (USDA), the U.S. Environmental Protection Agency (EPA), and the FDA.

USDA’s Animal and Plant Health Inspection Service regulates biotech crops to ensure that new varieties do not pose a threat to the environment while they are growing in the field.

EPA regulates biotech crops with built-in protection from harmful pests. EPA regulations ensure not only that the new plant is safe for the environment, but also that the protection produced by the plant is safe for consumers.

In 1992, FDA issued a policy statement addressing the regulation of biotech foods and instituted a pre-market review process. Although this premarket review process is voluntary, it has been honored without exception by companies seeking to commercialize new biotech foods. Since 1992, FDA has conducted more than 51 reviews of biotech foods, none of which raised safety concerns.

MYTH: *Agricultural biotechnology will not benefit developing countries.*

FACT: It is estimated that about 840 million people do not currently have access to sufficient food supplies. Moreover, according to the US Census Bureau, the present world population is about 6 billion and is projected to grow to about 9 billion by 2050

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Cancer: Does Food Increase or Decrease The Risk?

Scientists know that high doses of acrylamide cause cancer in laboratory rats. What is still unclear is whether the minute amounts of acrylamide in cooked foods may cause cancer or have any other harmful effects when people ingest it.

Foods found to contain varying amounts of acrylamide include coffee, fruits, vegetables, cereals, meats, and breads. According to FDA scientist Donna Robie, however, “No one food is contributing to the majority of the acrylamide (found in U.S. diets).”

FDA released exploratory data on acrylamide in late 2002 and early 2003. The agency has developed an action plan and continues to investigate how acrylamide is formed in food, identify ways to reduce acrylamide levels, and to study the human health risk of consuming acrylamide in foods.

Dr. Carl Winter, toxicologist and director of the FoodSafe Program at the University of California, Davis, notes that some animals can develop cancer when they are exposed to high doses of certain chemicals, but it is quite a leap to use the findings from those studies to project the cancer risk to humans, who are exposed to significantly lower doses of the chemical.

“We have a saying in toxicology, ‘The dose makes the poison,’” said Winter. “It’s the amount of a chemical — not its presence or absence — that determines the potential for harm. What’s much less clear is the health significance, if any, of our much lower levels of exposure to acrylamide in foods.”

What should consumers do about acrylamide in food?

The FDA says consumers should not overreact or be alarmed and, until more is known, the agency continues to recommend that consumers eat a balanced diet, choosing a variety of foods that are low in trans fat and saturated fat, and rich in high-fiber grains, fruits and vegetables.

Semicarbazide

In October 2003, the European Food Safety Agency (EFSA) released a risk assessment regarding semicarbazide (SEM) in food. SEM belongs to a family of chemicals called hydrazines, which are known to cause cancer in laboratory animals. The agency reported that small quantities of SEM were found in a number of foods packaged in glass jars and bottles with metal lids with the typical plastic gaskets used to ensure an airtight seal. This seal protects the food from contamination by microbiological hazards, dust, insects, or other foreign objects. Such metal lids are used for products such as fruit juices, jams, honey, baby food, vegetables, sauces, and condiments.

Currently, FDA is examining foods and is continuing to assess the potential toxicity of SEM in food. Additionally, the food industry is working actively to reduce and, if possible, eliminate SEM from food packaging.

What should consumers do about SEM in food?

FDA said consumers should not avoid food packaged in glass jars. “At this time, FDA’s preliminary conclusion is that the levels of semicarbazide reported in foods in Europe are very low and present no risk to the public health.”

The risk, if any, is very small for adults and for infants, according to EFSA. With current information, there is no reason for consumers — including infants — to change their dietary habits because of the possible presence of SEM in certain foods. Sealing gaskets for food containers have been used for many years and have helped protect the quality, wholesomeness, and overall safety of food products. An airtight seal offers product security and has helped provide packaging that maximizes product shelf life. Switching to alternative containers might not offer the same level of food safety and product quality.

Bisphenol A

Bisphenol A (BPA) is a chemical used to make polycarbonate plastic products such as reusable plastic food and drink containers, baby bottles, coatings of cans for food products, compact disks, sports safety equipment, and many common household products.

FDA regulates the use of BPA in food packaging. BPA has been extensively tested and proven to be safe by FDA and other regulatory agencies worldwide. It has been used in consumer products for more than 40 years.

What should consumers do about BPA in food?

BPA has been detected in some foods at extremely low levels (parts per billion). At these low levels, consumers would have to ingest hundreds of pounds of food and beverages (which have been in contact with polycarbonate) every day for an entire lifetime to exceed the safe level of BPA set by the U.S. Environmental Protection Agency. Therefore, consumers are not at significant risk from limited exposure to BPA from foods packaged in plastic containers or cans. On the basis of current research, there is no reason for consumers to change their choice of food items because of the possible presence of BPA in food.

Putting Cancer into Perspective

The possible link between cancer and unfamiliar compounds in food will continue to draw attention, but a report published in 2003 focuses instead on more healthful lifestyles and early-detection tests as a way to dramatically reduce cancer rates. *Fulfilling the Potential of Cancer Prevention and Early Detection* — from the Institute of Medicine of the National Academies, jointly presented with the American Cancer Society

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and other leading health groups — reports an estimated 60,000 deaths and 100,000 new cases of cancer could be prevented each year by 2015 if more Americans used the cancer prevention and early detection recommendations currently available.

The report says that smoking, poor diets, obesity, sedentary lifestyles, and failure to get early cancer detection tests all contribute to the excess burden of cancer. “Many of the behaviors placing people at increased risk for cancer are well recognized, and calls for change are not new,” said Dr. John R. Seffrin, CEO of the American Cancer Society. “What is new, however, is the growing body of evidence confirming the effectiveness of interventions helping people improve their health-related behaviors.”

Cancer rates are declining. Consumers who are worried about chemicals in food being potential causes of cancer should also be aware that death rates from the most common cancers (lung, breast, prostate, and colorectal) are declining, and the number of new cases is leveling off.

According to the *Annual Report to the Nation on the Status of Cancer: 1975-2000*, cancer death rates overall

were stable from 1998 through 2000 — that is, rates were neither increasing nor decreasing. The report, released in September 2003, said that the incidence rates for all types of cancers combined increased from the mid-1970s through 1992, declined from 1992 to 1995, and then stabilized from 1995 to 2000.

Additionally, U.S. life expectancy reached an all-time high of 77.4 years in 2002, according to the Centers for Disease Control and Prevention.

Reducing the Risk; Colorful Foods to Help Combat Cancer

A popular old phrase was “an apple a day keeps the doctor away.” These days, it should be “five to nine a day may help keep cancer away.”

For many years, government agencies and organizations that focus on health and cancer have been touting the powerful benefits of a diet high in fruits and vegetables. According to the National Cancer Institute (NCI), scientific findings continue to support the importance of eating more colorful fruits and vegetables because they may reduce the risk for certain types

of cancer — as well as heart disease, hypertension, diabetes, and other diseases. “Colorful fruits and vegetables — provide essential vitamins, minerals, fiber, and several hundred unique disease-fighting phytochemicals that work together,” said Lorelei DiSogra, EdD, RD, director of the 5 A Day Program at NCI. “Only fruits and vegetables, not pills or supplements, can provide all of these health benefits.”

Although eating more fruits and vegetables could have a profound positive impact on the nation’s health, approximately 70 percent of American adults and children are not eating enough.

Many phytochemicals — natural plant substances — act as antioxidants to help reduce the risk of cancer. “Antioxidants are believed to protect cells from the damage caused by free radicals which can damage cell DNA and theoretically lead to cancer cells,” said DiSogra. “Free radicals are produced as a normal part of metabolism, but antioxidants counteract free radicals and block them from doing any harm.

“A diet rich in fruits and vegetables will also be rich in antioxidants,” said DiSogra. “Some examples of antioxidants are vitamin C (found in citrus fruits), vitamin A (found in sweet potatoes and carrots), lycopene (found in tomato sauce), flavonoids (found in berries), sulforaphane (found in broccoli, cauliflower, cabbage, Brussels sprouts), and lutein (found in dark leafy greens).”

DiSogra said that it’s easy to eat five to nine servings of fruits and vegetables a day because servings are much smaller than people think. One serving is one medium-sized fruit, 1/2 cup of vegetables or fruit (raw, cooked, canned or frozen), 1/4 cup of dried fruit, 3/4 cup of 100 percent juice, or one cup of leafy greens.

Resources for Cancer Prevention and Nutrition

www.cancer.gov

www.5aday.com

www.usda.gov

Updating The Facts

(<http://www.census.gov/ipc/www/worldpop.html>). As the rapid increases in the levels of food production brought about in the last several decades begin to level off and the availability of arable land declines, increased demand for food and fiber, largely in the developing world, will need to be met, primarily through increased yields.

Low yields can contribute to a shortage of nutritious foods in developing countries. Biotechnology can help by developing plants protected from insects and viral pests. For example, biotechnology was used to “immunize” papaya plants against the papaya ringspot virus, which had devastated papaya crops in Hawaii. This technique is now being applied to protect high-value papaya and cucurbit crops throughout Southeast Asia, India, the South Pacific, and Australia.

As former President Jimmy Carter noted, “Biotechnology is not the enemy. Hunger is.” Together with other forms of intervention, developments in biotechnology can contribute to enhancing the nutritional intakes of people throughout the world.

Double-Digit Growth Continues for Biotech Crops



According to *Global Status of Commercialized Transgenic Crops: 2003*, a report released by the International Service for the Acquisition of Agri-biotech Applications (ISAAA), farmers around the world continue to plant biotech crops at a double-digit growth rate, with the total acreage planted in 2003 up 15 percent to 167.2 million acres.

Seven million farmers in 18 countries are planting biotech crops. Of these, more than 85 percent are resource-poor and living in developing nations. In 2003, almost one-third of the global biotech crop area was located in developing countries, up from one-quarter in 2002.

Brazil, South Africa, the United States, Argentina, Canada, and China are the leading growers of biotech crops, accounting for 99 percent of the global crop area.

China and South Africa experienced the greatest annual increase, with both countries planting one-third more biotech crop acres in 2003 than in 2002. Within the next 5 years, ISAAA predicts that 10 million farmers in 25 or more countries will plant 247,000,000 acres of biotech crops.

Why are farmers planting biotech crops? According to Clive James, chairman and founder of ISAAA, "They continue to rapidly adopt biotech crops because of significant agronomic, economic, environmental, and social advantages." From soil conservation through reduced use of tillage in Iowa to increased income for cotton farmers in South Africa, specific examples of these benefits are detailed in the ISAAA report.

The Executive Summary of the report (ISAAA Briefs 30, by Clive James) can be accessed at www.isaaa.org.

FDA Proposes New Action Plan where "Calories Count"

We have heard it said a million times by everyone from our mothers to health professionals, but this time the advice conveyed by the phrase "Calories Count" has the stamp of approval of the U.S. Food and Drug Administration (FDA). Responding to increasing concern regarding obesity in America, in August 2003, FDA created the Obesity Working Group (OWG), which, on March 12, 2004, released a science-based report containing an action plan to address obesity.

"Counting calories is critical for people trying to achieve and maintain a healthy weight, U.S. Department of Health and Human Services Secretary Tommy Thompson said. "This new report highlights FDA's overall strategy for getting consumers accurate, helpful information that allows them to make wise food choices at home, at supermarkets, and in restaurants. Taking small steps to eat a more balanced diet and to stay physically active can go a long way to reversing the epidemic of obesity that harms far too many Americans."

Given the scientific fact that weight control is a matter of balancing calories consumed with calories used, recommendations in the OWG report focus on "calories count" for FDA's plan of action. "We're going back to basics, designing a comprehensive effort to attack obesity through an aggressive, science-based, consumer-friendly program with the simple message that 'calories count,'" said FDA Acting Commissioner Lester M. Crawford, DVM, PhD. Some of the report's recommendations include strengthening food labeling, educating consumers about healthful eating and weight management, and working cooperatively with other government agencies, non-profit organizations, industry, and academic institutions on obesity research.

For additional information on FDA's Obesity Working Group's report, "Calories Count," go to <http://www.fda.gov/oc/initiatives/obesity>.

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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.

Food Guide Pyramid: Basic Maintenance for your Body (EB-2065)

A brochure demonstrating how the USDA Food Guide Pyramid and Dietary Guidelines for Americans can be supported by nutrition messages and tips to help individuals achieve a healthful lifestyle. It covers principles of managing food choices and portions in "real life." Co-developed with the U.S. Department of Agriculture and the Food Marketing Institute.

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.

Prevent Childhood Choking: It's Up to You! (MI-4260)

This colorful 2-sided poster in both English and Spanish is suitable for home or daycare use to help parents and caregivers take the necessary steps to prevent childhood choking on food or other objects. Developed in partnership with the National SAFE KIDS Campaign. Single copies free, multiple copies \$1.50 each.

Caffeine and Women's Health (EB-2040)

Revised and updated brochure providing current scientific facts about caffeine and women's health, including such topics as pregnancy and osteoporosis. This referenced document was developed in partnership with the Association of Women's Health, Obstetric and Neonatal Nurses.

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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