

False Alarm:

A Report on the
**Center for Science in the Public Interest,
1971-2006**

By Steven Milloy
Free Enterprise Education Institute
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I. Executive Summary

The Center for Science in the Public Interest (CSPI) has been alarming the public about the food it eats since 1971. This report reviews over 90 scares that CSPI has promoted during the past 35 years, and evaluates the factual and scientific bases of the scares.

Based on this review, it appears that CSPI has spent decades irresponsibly frightening the public about alleged hazards of virtually every section of the food pyramid including: meats and dairy products; fish and seafood; fruits and vegetables; bread and pasta; and fats, oils and sweets.

It is concluded that the name “Center for Science in the Public Interest” is a misnomer – CSPI’s alarmism, by and large, is neither based on credible science nor can it be said to be “in the public interest.”

II. Introduction

Since February 25, 1971, the Center for Science in the Public Interest (CSPI) has been alarming the public about the various food and beverages that it consumes. Led by Michael Jacobson since its inception, CSPI's brand of dietary nanny-ism has earned the group the sobriquet of "the Food Police."

Through reports, media releases, lawsuits, media commentary, its monthly newsletter entitled, *Nutrition Action Healthletter*, and other attention-grabbing activities, CSPI's ongoing themes are that the American diet is damaging to health, and that the government and food and beverage industry are to blame.

Now after 35 years of food scares, it is time to take a look back at CSPI's record and to see what sense can be made of the group's non-stop dietary alarmism.

What scares has CSPI promoted? Was there anything to be truly scared about? What is the worst food according to CSPI? What were some of the memorable comments made by the often quotable group? Is there credible "science" behind CSPI's alarmism? Is CSPI's alarmism truly in the "public interest"?

The 91 scares presented in this report were compiled from media reports and CSPI publications that date back to 1973. Although this report attempts to be as comprehensive as possible about CSPI's numerous scares and colorful language, undoubtedly many scares and quotes have been inadvertently omitted, particularly from the 1970s and 1980s.

In spotlighting CSPI's 35 years of scares, summary efforts are made to explore the key facts underlying the various scares, either within each individual food scare vignette or in the report's last section which is reserved for CSPI's "bread-and butter" scares – those involving claims of excessive levels of dietary fat, sugar, salt and calories.

As you read this report, keep in mind CSPI's own self-proclaimed standard for evaluating health claims as indicated by the following exchange.

In 2003, the U.S. Food and Drug Administration (FDA) approved nut processors' request to allow packages of nuts to carry the following language:

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

A CSPI spokesman responded by stating,¹

It would be unfortunate if the claim turned out later to be untrue. No one's going to get their money back.

So what if 35 years of CSPI claims turned out to be false alarms?

III. 91 Scares from 35 Years

The following 91 vignettes attempt to sketch CSPI's food scares in approximate chronological order. In some cases, CSPI has trumpeted the same scares repeatedly over the course of as long as 25 years or more. This list is necessarily incomplete as only limited access (since January 1, 2000) was available to CSPI's monthly publication, *Nutrition Action Healthletter*, which CSPI started publishing in 1974. Each scare is accompanied by a section entitled "The Facts," which provides scientific and factual perspective for the scare.

Scare 1 - Bacon. CSPI alleged in 1973 that nitrates used in bacon may cause cancer and should be banned.² CSPI's Michael Jacobson later said that bacon is "the most dangerous food in the supermarket... Bacon is nothing but little strips of fat laced with nitrosamines. The fat promotes heart disease, America's No.1 health problem; the nitrosamines promote cancer, the No. 2 health problem."³

The Facts. Sodium nitrate and sodium nitrite are preservatives used to cure meats like ham, bacon and hot dogs. They block the growth of botulism-causing bacteria and give cured meats their characteristic color and flavor. Tests on lab animals raised concerns that sodium nitrate might be linked with cancer. But no study ever linked sodium nitrate with cancer in humans and it is still used today although it has largely been replaced by sodium nitrite. Moreover, people consume more nitrates from vegetables – including spinach, beets, radishes, celery and cabbages – than from cured meat products.⁴ Alarm was then raised about nitrites used as preservatives since, under certain conditions such as frying, they can combine with breakdown products of amines to form compounds known as nitrosamines, which also have been linked with cancer in laboratory animals. But nitrosamines are found infrequently in cured meats, except perhaps overcooked bacon. If nitrosamines are present, it's usually in small amounts. While the USDA regulates nitrosamine levels in cured meats, no one knows what constitutes a dangerous level – if there is one. In any event, bacon is not "laced" with nitrosamines.

Scare 2 - Red Dye No. 2. In 1974, CSPI protested the FDA's decision to approve Red Dye No. 2 as safe.⁵ At a Consumer Federation of America luncheon in 1974, CSPI's Jacobson removed the maraschino cherries from the fruit cups at the luncheon and delivered an impromptu speech about the alleged hazards of Red Dye No. 2.⁶

The Facts. By 1970, Red No. 2 was used in over \$10 billion worth of food products including soft drinks, candy and baked goods. Base on controversial lab animal tests conducted in the early 1970s, the FDA initially resisting taking action but ultimately prohibited use of the dye on January 19, 1976 – even though the FDA commissioner declared at the time, "there was no evidence of a public health hazard" from the dye and added that even if Red No. 2 did cause cancer in lab rats, a human would have to drink 7,500 cans of soda a day to reach the rats level of consumption.⁷

Scare 3 - Caffeine. In 1976, CSPI urged the government to warn women to reduce coffee consumption, claiming caffeine increases the risk of birth defects.⁸ In 1979, CSPI sent letters to 12,500 obstetricians and gynecologists and 1,500 midwives urging them to advise pregnant women not to drink coffee.⁹ CSPI's Jacobson claimed that as little as five cups of coffee a day can have "significant effects" on the fetus and that each year 400,000 women drink that much coffee routinely. CSPI later warned pregnant women to

“swear off coffee, tea and other beverages containing caffeine,” claiming that thousands of babies may be born deformed each year because their mothers drank as many as five cups of coffee a day during pregnancy.¹⁰ In 1980, the FDA issued a verbal warning to pregnant women even though the agency’s review of the science concluded that the evidence connecting caffeine to human birth defects is not conclusive and caffeinated beverages didn’t warrant warning labels.¹¹ CSPI’s Jacobson responded, “I think it’s unfortunate that FDA has backed down on the one sure way of warning women and that’s by requiring warning labels on coffee and tea. I think it just represents FDA’s fear of the industry and will result in many needless birth defects.” In 1997, CSPI again petitioned the FDA to require food makers to include caffeine content on product labels, arguing that pregnant women especially need to know.¹² An FDA spokesman replied that there is no proof that babies have been hurt by caffeine.

The Facts. A recent review of the scientific literature on caffeine and the risk of reproductive and developmental effects in humans concluded that, “It should be noted that evaluation of the developmental risks of caffeine based solely on epidemiological studies is difficult because the findings are inconsistent. Even more important, is the fact that caffeine users are subject to multiple confounding factors that make analyses difficult and prevent investigators from reaching definitive conclusions. For example, the caffeine content of foods and beverages can vary considerably, which can interfere with obtaining valid interpretations from many human studies. Isolated epidemiological studies dealing with the risk of [spontaneous] abortion, without evaluating other developmental and reproductive effects, are the most difficult to interpret, because they present special problems that are sometimes ignored in epidemiological studies... Lack of biological plausibility to support the concept that caffeine has been responsible for human malformations is another important part of this analysis. For example, no one has described the Caffeine "teratogenic syndrome," a cluster of malformations associated with caffeine ingestion. Proven human teratogens have an identifiable syndrome.”¹³

Scare 4 - Red Dye No. 40. In 1976, CSPI warned FDA that Red Dye No. 40, the second most widely used dye in the U.S., may cause cancer (lymphoma) and should be banned.¹⁴ CSPI accused the American Cancer Society of “highly irresponsible” conduct for giving out lollipops containing Red Dye No. 40 because the dye’s safety had not been “established beyond doubt.”¹⁵

The Facts. Red Dye No. 40 retains FDA approval to this day. No study of humans or laboratory animals links Red No. 40 with lymphoma.¹⁶

Scare 5 - BHT. In 1977, CSPI petitioned FDA to ban butylated hydroxytoluene (BHT), a food preservative found in a wide variety of products from cake mixes and instant potatoes to shortening and sausages.¹⁷ CSPI claimed that BHT might cause cancer, interfere with normal liver functioning, interact with steroid hormones and oral contraceptives, and cause allergic reactions in some people.

BHT is used to keep the fats and oils in food from turning rancid. Almost 30 years later, the FDA still considers BHT to be “generally recognized as safe” (GRAS) – the safest rating from the FDA.¹⁸

Scare 6 - Snack food television ads. In 1977, CSPI asked Federal Trade Commission to ban TV ads of snack foods that contain sugar.¹⁹ CSPI delivered 170 extracted, decayed teeth to the FTC to protest sugary snack food ads on children's television shows.²⁰

The Facts. "Many factors in addition to sugars affect the caries process, including the form of food or fluid, the duration of the exposure, nutrient composition, sequence of eating, salivary flow, presence of buffers, and oral hygiene," wrote researchers in a 2003 article entitled "Sugars and Dental Caries" published in the American Journal of Clinical Nutrition. Emphasizing the complexity of the issue, the researchers noted, "Since the introduction of fluoride, the incidence of caries worldwide has decreased, despite increases in sugar consumption."²¹ Moreover, no scientific study credibly links television advertisement with adverse impacts on children's health.

Scare 7 - Beer. In 1979, CSPI criticized the FDA for allowing the sale of beer containing trace levels of nitrosamines, which CSPI alleged are a cancer-causing agent.²² CSPI's Jacobson says the risk of exposure to nitrosamines is 20 times greater for beer than for bacon.

The Facts. An FDA spokesman said that the FDA had not warned consumers partly because there seemed to be no immediate health threat. "On the basis of what we know now, we don't see any reason for people not to continue drinking moderate amounts." While high doses of nitrosamines have been linked with cancer in laboratory animal studies, no study links the levels of nitrosamines detected in alcoholic beverages with increased risk of cancer.

Scare 8 - Hot dog casing. CSPI asked the FDA to ban use of Orange B, a food coloring used in the casings of 200 million pounds of hot dogs a year because it contained the alleged cancer-causing chemical beta-naphthylamine.²³

The Facts. No study links Orange B with cancer in humans or laboratory animals and the dye remains approved for use by the FDA.²⁴

Scare 9 - Salt. In 1981, CSPI petitioned the FDA for controls on the use of salt in processed foods, citing a 1979 FDA advisory committee that concluded that salt is not safe and should be restricted.²⁵ In 2005, CSPI again sued to force the FDA to regulate salt.²⁶ "There is no way the FDA can look at the science and say with a straight face that salt is 'generally recognized as safe,'" said CSPI's Jacobson. Later in 2005, CSPI again attacked salt alleging that some food makers "recklessly" load up their products with more salt than their competitors.²⁷ "Excess sodium in the diet causes tens of thousands of preventable heart attacks and strokes each year. This salt assault is probably good for funeral directors and coffin makers, but it is a disaster for shoppers and restaurant patrons," said CSPI's Jacobson. CSPI urged Congress to create a new division of Sodium Reduction within the FDA that could encourage – through the bully pulpit and regulation – food companies to use less salt," CSPI stated in its media release. In a February 2005 report, entitled "Salt the Forgotten Killer and the FDA's Failure to Protect the Public Health," CSPI claimed that salt kills 150,000 people per year.

The Facts. See "Debunking CSPI's Bread-and-Butter Myths," below, about salt.

Scare 10 - Various food additives. Along with Public Citizen, CSPI sued the federal government to stop the use of 23 additives found in candy, baked goods, drugs and cosmetics, arguing that the additives have not been proven safe and their use is illegal.²⁸

The Facts. All the food colorings retain FDA approval to this day.²⁹

Scare 11 - Sulfites. CSPI petitioned the FDA to restrict the use of sulfites, used as a prevent discoloration and bacterial growth, claiming they posed a health threat to asthmatics and others who are allergy-prone.³⁰ Sulfites were used by restaurants to preserve the fresh appearance of fruits and vegetables, by fisherman on shellfish, by winemakers to halt fermentation, and by food manufacturers on a variety of processed items. CSPI's Jacobson estimated that one in 20 asthma sufferers may have allergic reactions to sulfites, including faintness, severe wheezing, loss of consciousness and coma." CSPI subsequently criticized the FDA for not banning sulfites, saying they posed a deadly threat to more than a million Americans.³¹

The Facts. Sulfites have been used for decades and are harmless to most people. The FDA said in 1988 that the reaction to sulfites is essentially allergic in nature and does not justify an all-out ban of the chemicals in food or drugs, and that "the available safety data" did not support a complete ban. Sulfites remain "generally recognized as safe" (GRAS) but their use on fresh produce has been banned and labeling is required when they are used in processed foods.³² Federal law identifies eight foods or food groups as the major food allergens: milk, eggs, fish (e.g., bass, flounder, and cod), Crustacean shellfish (e.g., crab, lobster, and shrimp), tree nuts (e.g., almonds, walnuts, and pecans), peanuts, wheat, and soybeans.³³ Although more than 160 food s have been identified to cause food allergies in sensitive individuals, the eight major food allergens account for over 90 percent of all documented food allergies in the U.S. and represent the foods most likely to result in severe or life-threatening reactions. It is estimated that 2 percent of adults and about 5 percent of infants and young children in the U.S. suffer from food allergies. Approximately 30,000 consumers require emergency room treatment and 150 Americans die each year because of allergic reactions to food.

The FDA has stated, "Of all the food additives for which FDA has received adverse reaction reports, the ones that most closely resemble true allergens are sulfur-based preservatives. Sulfites are used primarily as antioxidants to prevent or reduce discoloration of light-colored fruits and vegetables, such as dried apples and potatoes, and to inhibit the growth of microorganisms in fermented foods such as wine. "Though most people don't have a problem with sulfites, they are a hazard of unpredictable severity to people, particularly asthmatics, who are sensitive to these substances. FDA uses the term "allergic-type responses" to describe the range of symptoms suffered by these individuals after eating sulfite-treated foods. Responses range from mild to life-threatening. "FDA's sulfite specialists say scientists, at this time, are not sure how the body reacts to sulfites. To help sulfite-sensitive people avoid problems, FDA requires the presence of sulfites in processed foods to be declared on the label, and prohibits the use of sulfites on fresh produce intended to be sold or served raw to consumers."³⁴

Scare 12 - Coffee advertising. CSPI petitioned the Federal Trade Commission to stop coffee industry ads that say coffee "lets you calm yourself down and perks you up," claiming the ads were "dishonest and dangerous."³⁵ CSPI's Jacobson said, the caffeine in coffee "promotes anxiety, jitters and insomnia, not calmness or serenity" and has been associated with birth defects in animals and with several diseases.

The Facts. A 2002 review of the scientific research on caffeine concluded, “It seems reasonable to conclude that no convincing evidence has been presented to show that caffeine consumption increases the risk of any reproductive adversity.”³⁶ A 2005 review concluded, “Intake of coffee... has often been discussed as a potential cardiovascular risk factor. However, definitive data about this topic are missing and newer studies even point out for a favorable rather than hazardous effect. Despite many studies no clear association between coffee and the risk of hypertension, myocardial infarction and other cardiovascular diseases was found. Recent publications suggest that moderate coffee intake does not represent a health hazard, but may even be associated with beneficial effects on the cardiovascular system and diabetes.”³⁷

Scare 13 - Cooking oil. CSPI declared that fast food restaurants should stop using beef fat for frying potatoes and other foods alleging that the practice exposed customers to increased risk of heart disease from saturated fat.³⁸ By August 1990, every major fast food chain had announced that they would stop frying potatoes in beef fat – reducing saturated fat by as much as 45 percent (but not the total fat content).³⁹ CSPI’s Jacobson commented, “One person in a group of four says he won’t go to a fast food restaurant because there is nothing for him to eat, so no one goes, and the restaurant has lost four customers, not just one... Fast food restaurants are still not health-food havens. Many of their hamburger sandwiches, hot dogs and breakfast sandwiches are oozing with fat, largely saturated fat, which promotes heart disease.”

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat.

Scare 14 - Livestock feed supplements. CSPI announced it would petition the government to ban three drugs used in livestock to promote growth and treat some health conditions because, CSPI said, the drugs were possible cancer-causing agents in people.⁴⁰

The Facts. Although the FDA banned dimetridazole in 1986,⁴¹ laboratory tests do not indicate that the drug acted as a mutagen or caused cancer in animals.⁴² The FDA has banned off-label use of ipronidazole⁴³ but evidence of carcinogenicity in laboratory rat tests is unclear.⁴⁴ Carbadox remains approved for use.⁴⁵ There is no evidence that any of the drugs cause cancer in humans.

Scare 15 - Palm and coconut oils. Based on alleged consumer concerns about the relationship between saturated fats and heart disease, CSPI petitioned the FDA to require food products that contain palm oil and coconut oil to label the oils as “saturated fats.”⁴⁶ CSPI publicly urged Taco bell to switch from frying foods in coconut oil to soybean oil.⁴⁷ CSPI continued its anti-palm oil crusade in May 2005 with a report entitled, “Crude Oil: How Palm Oil Harms Health, Rainforest and Wildlife.”

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat.

Scare 16 - Sugar. CSPI’s Michael Jacobson said the FDA displayed “real ignorance” in concluding that sugar is not linked to any disease but tooth decay. The FDA said, “There is no conclusive evidence that demonstrates a hazard to the general public when sugars are consumed at the levels that are now current and in the manner now practiced.”⁴⁸

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about sugar.

Score 17 - Wine and whiskey. In 1986, CSPI accused federal regulators of endangering Americans by failing to warn them that many alcoholic beverages contain urethane – “a potent cancer-causing chemical,” according to CSPI.⁴⁹ Urethane is formed as a by-product through reactions that occur naturally in the production of some alcoholic beverages. U.S. government researchers had detected urethane levels in 13 of 81 wines, 9 of 20 sherries, 11 of 36 bourbons, and 19 of 42 brandies. “Laboratory tests indicate that urethane poses a significant risk to even moderate drinkers... Until urethane contamination can be prevented, wine and liquor drinkers are playing Russian roulette,” said CSPI’s Jacobson. CSPI later claimed that urethane contamination might pose a cancer risk for nearly 1 of every 200 Americans consuming moderate amounts of liquor.⁵⁰

The Facts. Under normal dietary habits excluding alcoholic beverages, the unavoidable daily intake of urethane is estimated based on the results of laboratory animal experiments to pose an incremental cancer risk of 0.0001 percent. Regular consumption of alcohol may increase the incremental risk to 0.0005 percent.⁵¹ No study links urethane with cancer in humans.

Score 18 – Poultry. CSPI joined a call in 1987 for a nationwide boycott of poultry to protest contamination by salmonella and other food-poisoning organisms.⁵²

The Facts. Chicken was not at the time a major cause of salmonellosis, the disease caused by salmonella. Chicken was involved in only 3 percent of the disease outbreaks for the prior 12 years, according to the Centers for Disease Control. It was impossible to find a food cause for 39 percent of the salmonellosis outbreaks in the United States; 32 percent were the result of mixed foods, 12 percent involved beef and veal; 6 percent were traced to turkey; 4 percent to pork and processed pork; about 4 percent to dairy products; about 1 percent to fish and shellfish and less than 1 percent to lamb.

Score 19. Pasta salad. CSPI attacked pasta salad as being too caloric and fatty.⁵³ CSPI’s Jacobson said, “Consumer beware: Pasta salads are out there to expand your waistline.”

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about fat and calories.

Score 20 – Spam. On the 50th anniversary of Spam in 1987, CSPI called the meat product, “the perfect food to promote heart disease and raise blood cholesterol.” CSPI denounced Spam for “clogging up America’s arteries” with fat and overloading on sodium and preservatives.⁵⁴

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about fat and salt.

Score 21 - Olestra. Following the FDA’s announcement that it would examine the safety of Procter & Gamble’s fat substitute olestra in 1987, CSPI’s Jacobson said, “It may turn out to be a boon. It may allow companies to cut way back on the use of coconut oil or beef fat, which are highly saturated fats... Despite all the [public relations] efforts by [Procter & Gamble], [olestra] is a long way from entering the food supply.”⁵⁵ Two months later, CSPI announced that tests of olestra “don’t furnish convincing evidence of safety. Rather, they give serious cause for concern,” citing health problems reported in a

study of laboratory rats fed high levels of olestra.⁵⁶ By 1995, CSPI had concluded that, “olestra’s benefits would be minimum and that it is not safe.”⁵⁷ In response to Frito-Lay’s test marketing of olestra-containing Max-brand chips in Eau Claire, WI, CSPI’s Jacobson said, “Max is turning Eau Claire and these other test cities into America’s diarrhea capitals. These chips give a whole new meaning to the term ‘snack attack.’”⁵⁸ In July 1996, CSPI asked the FDA to ban olestra, claiming CSPI received 192 complaints via a toll-free hotline of olestra causing diarrhea among consumers in the test cities. In 2004, CSPI blamed WOW chips containing olestra for causing several embarrassing episodes of fecal incontinence in the workplace and for 19-year old man’s incontinence while on a date.⁵⁹ CSPI’s Jacobson warned consumers, “If you’re going to buy [products containing olestra], you might also want to stock up on [toilet paper] and plan not to stray too far from the bathroom.”

The Facts. Olestra is approved by the FDA and its safety has been endorsed by numerous groups including the American Diabetes Association, American Medical Association and American Dietetic Association.⁶⁰ For more information, see “Good Stories, Bad Science: A Guide for Journalists to the Health Claims of ‘Consumer Activist’ Groups,” by the American Council on Science and Health.⁶¹

Scare 22 - Ice cream. In response to a 1988 dairy industry campaign with the slogan, “Ice Cream – The treat that treats you good,” CSPI responded by stating, “One of the worst things you can do for your health is eat more saturated fat. And ice cream is loaded with it.”⁶² In 2003, CSPI again attacked ice cream in a media release entitled, “Ice Cream Shops Serving Coronaries in Cones.”⁶³ CSPI likened an empty Ben & Jerry’s Chocolate-dipped waffle cone to a half-pound rack of BBQ baby back ribs; a Cold Stone Creamery’s regular Mud Pie Mojo to two Pizza Hut Personal Pan Pepperoni Pizzas; and Haagen-Daz’s Mint Chip Dazzler to eating a T-bone steak, Caesar salad and baked potato with sour cream. “It’s as if these ice cream shops were competing with each other to see who could inflict the greatest toll on our arteries and waistslines,” read CSPI’s media release. “Certainly the sheer size and caloric density of these ‘indulgences’ has something to do with the size of Americans’ pants,” the release quoted CSPI’s Jacobson as saying. Weeks later CSPI went after ice cream bars, fruit bars and other frozen treats for being too caloric and fatty, stating that, “The good news is that scores of frozen bars are low in calories and saturated fat. But some food manufacturers seem to be competing with each other to make their bars as bad for you as possible.”⁶⁴

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat.

Scare 23 - Artificial sweeteners. In response to the FDA approving the artificial sweetener marketed as “Sunette,” CSPI warned it may cause cancer based on tumors found in laboratory animals fed Sunette.⁶⁵ In 1996, CSPI asked the FDA to ban Sunette (acesulfame-K) pending better proof that it doesn’t cause cancer⁶⁶. The FDA said the tumors were “what could routinely be expected” and not due to feeding with the sweetener. In CSPI’s 1991 book entitled, “Safe Food: Eating Wisely in a Risky World,” CSPI raised concerns about aspartame and sucralose.⁶⁷ In response to a study indicating that saccharin’s ability to cause cancer may be limited to rats, CSPI’s Jacobson said that the study wasn’t definitive and that “the body of evidence suggests saccharin slightly

increases the risk of cancer” in people.⁶⁸ Jacobson urged people to avoid saccharin, aspartame and acesulfame-K because of safety questions and because they aren’t effective for weight loss.

The Facts. A 2004 review of the scientific literature concluded, “According to the current literature, the possible risk of artificial sweeteners to induce cancer seems to be negligible.”⁶⁹

Scare 24 - Beef from cattle supplemented with growth hormones. Amid the debate over beef and veal from cattle treated with growth hormone – in which the FDA said the low-levels of hormones used are safe while the European Economic Community announced a Jan. 1, 1989 ban on U.S. beef – CSPI urged hormone-free beef saying, “The question is whether consumers should be forced to wait until the scientific dust settles, or whether it’s better to be safe than sorry.” Although CSPI acknowledged there was no conclusive scientific evidence of a direct link between cancer and hormone-treated cattle, the government had been derelict in failing to pursue more research.

The Facts. The FDA says, “Certain steroid hormones have been approved for use at very low concentrations to increase the rate of weight gain and/or improve feed efficiency in beef cattle. No steroid hormones are approved for use in poultry. All of the steroid hormonal growth-promoting drugs are available for over-the-counter purchase in the U.S., and are generally administered by the livestock producer at specific stages of production. Residue levels of these hormones in food have been demonstrated to be safe, as they are well below any level that would have a known effect in humans.”⁷⁰

Scare 25 - Milk. In 1990, CSPI tested 20 milk sample from store shelves in metropolitan Washington, D.C. and reported that 20 percent were “tainted” with sulfamethazine (SMZ), a sulfa drug used to treat cattle and that had been linked with cancer in lab animal tests. CSPI’s Jacobson alleged that even in small doses SMZ in milk could trigger allergic reactions and that the evidence that it causes cancer in rats, although in much higher doses, should not be ignored.

The Facts. Drugs from the same class as SMZ are used in humans at a dose of about 2,000 milligrams a day, which – according to Thomas Jukes, then a biophysicist at the University of California at Berkeley – delivers a dose equivalent to drinking about 200 tons of SMZ contaminated milk. At a House Government Operations subcommittee hearing, Rep. Dick Arme (R-TX) said, “Someone took a rat and shot it with enough of this stuff to kill an elephant. A lot of people in this country are beginning to feel like we are being overprotected.”⁷¹ Subsequent FDA testing of milk samples either found no antibiotic residues⁷² or levels that were far below those that would threaten public health.⁷³

Scare 26 - Microwave pizza/popcorn packaging. In 1990, CSPI recommended that consumers avoid pizza, popcorn and any other food whose packaging uses heat susceptors (metal-ized discs or strips built into packaging that absorb microwaves to act like little frying pans in order to brown or crisp foods).⁷⁴ “We do know that some chemicals are getting in... We’re concerned because of some of the chemicals that are used in the packaging,” said a CSPI spokesman.

The Facts. The FDA responded at the time that that, “We don’t perceive this as an imminent health hazard to the public... If we thought it harmful, we would have taken the opportunity to take these off the shelves. In 2005, CSPI published an interview with an FDA official who noted that new heat susceptors dramatically reduce the migration of chemicals into food.”⁷⁵

Scare 27 – McDonald’s hamburgers. Amid a 1990 controversy over newspaper ads in the *New York Times* and *Wall Street Journal* placed by anti-cholesterol crusader Phil Sokolof accusing McDonald’s of “poisoning” Americans because of the fat levels in its hamburgers – a claim that as presented in the ads was incorrect – CSPI’s Bonnie Liebman stated, “To me the important part is that the general thrust of the ad was correct. Many of the foods served at McDonald’s are loaded with saturated fat and cholesterol and eating less would reduce heart disease.”⁷⁶

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat.

Scare 28 - Whole milk. CSPI called upon Congress to ban milk with more than 2 percent fat from school cafeterias.⁷⁷

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat.

Scare 29 - Shark meat. CSPI criticized the FDA in 1991 for refusing to follow Florida in issuing warnings about eating shark meat because of mercury contamination.⁷⁸ Florida had issued an advisory after finding “excessive” methylmercury levels in 25 shark meat samples. The average methylmercury level in the Florida study, 1.48 parts per million (ppm), exceeded the FDA’s guideline of 1 ppm. “It’s a shame that the FDA is taking such a lackadaisical approach to the problem...,” said a CSPI spokesman.

The Facts. But an FDA Spokesman questioned the validity of the Florida study, noting, “There are only 25 samples and these come from retail grocery stores. With methylmercury, certain areas or species of fish will show up with more – you have to look at the whole catch... We don’t have an automatic trigger that says we should issue an advisory above the 1 ppm level.” Some studies suggest that even 25 times that amount is still safe, added the FDA spokesman.

Scare 30 - Candy bars. In response to M&M/Mars’ announcement of a reduced-fat Milky Way candy bar in 1992, CSPI’s Bonnie Liebman observed that, “Even if they took out all the fat, this candy bar would not turn into a cantaloupe.”⁷⁹

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about dietary fat.

Scare 31 - Chinese food. CSPI tested Chinese food from mid-priced restaurants in Washington, D.C., Chicago and San Francisco in 1993, and concluded that McDonald’s food was safer. CSPI found, for example, that an order of kung pao chicken had almost as much fat as four Quarter Pounders; an order of moo shu pork has more than twice the cholesterol of an Egg McMuffin; and lo mein had twice the salt of a Pizza Hut pizza.⁸⁰ “Soup and egg roll aside, what we found would make your chopsticks splinter,” said CSPI’s report entitled, “A Wok on the Wild Side.”

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat, cholesterol and salt.

Scare 32 - Thanksgiving foods. In response to a 1993 report from the American Council on Science and Health spotlighting the fact that many foods naturally contain trace levels of substances that can poison or cause cancer – undertaken for the purpose of allaying concerns over trace amounts of manmade chemicals found in foods – CSPI’s Jacobson told the Associated Press that the toxins that occur naturally in food are in such tiny amounts that they pose no problem and are unavoidable [but] “that doesn’t justify adding additional toxic substances to foods.”⁸¹

The Facts. ACSH’s Elizabeth Whelan responded, “The chemical doesn’t matter; it’s the dose that matters.”

Scare 33 - Italian food. CSPI surveyed Italian restaurants in San Francisco, Chicago and New York in 1994 and reported that the average serving of: Fettuccine Alfredo for example has 97 grams of fat (as much fat as five Quarter Pounders, as much as saturated fat as Breyer’s butter almost ice cream or more than twice your daily limit, according to CSPI); lasagna has 53 grams of fat (more saturated fat than two Big Macs); fried calamari has 70 grams (more cholesterol than a four-egg omelet); and eggplant parmesan with a side of spaghetti has 62 grams of fat (the same as five egg rolls).⁸² “Fettuccine Alfredo is the worst food I’ve seen in my 15 years as a nutritionist. It’s a heart attack on a plate...Italian food can be one of the best foods when dining out or it can be the worst meal you ever eat. It all depends on what you choose,” said a CSPI spokesman. CSPI claimed that Italian food was much worse than Chinese food in terms of fat and calories.⁸³ “The worst Italian dishes are in a class by themselves... [Fettuccini Alfredo] is much worse than Kung Pao chicken [the dish that was rated as one of the fattiest on the group’s Chinese menu].”

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat and cholesterol.

Scare 34 - Movie popcorn. CSPI criticized movie popcorn in 1994 because of the coconut oil that theaters pop their corn in. CSPI’s Jacobson said the saturated fat in coconut oil turns popcorn from “the Snow White of snack foods into Godzilla” and that “As far as fat and heart disease are concerned, movie theater popcorn is certainly one of the worst foods you can buy.”⁸⁴ Jacobson urged moviegoers to sneak in their own popcorn from home. Another CSPI spokesman said that “The smallest unbuttered popcorn is worse than or as bad as the very worst candy bar that is offered at the concession stand.”

The Facts. A movie theater spokesman replied, “It’s not a health issue. It’s a small indulgence.” See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat.

Scare 35 - Mexican food. CSPI surveyed the fat content of Mexican restaurant dishes in Chicago, Dallas, San Francisco and Washington, DC in 1994 and concluded that the only “safe bet” to be chicken fajitas with flour tortillas – but only when eaten without the

trimmings.⁸⁵ CSPI's Jacobson said, "Mexican food is not seen as health food, but seeing that you're using up three-fourths of your fat intake just on the side dishes [i.e., Mexican rice, refried beans, sour cream and guacamole] is utterly shocking." Jacobson said that Mexican restaurants could use lean ground beef and offer whole wheat tortillas and brown rice to make healthier dishes, since poor diet is blamed for an estimated 400,000 deaths annually. "We're hardly blaming Mexican restaurants. We're merely pointing out that they are one of the contributors and we need the Mexican restaurant industry to become part of the solutions," said Jacobson. In 2003, CSPI went after Chipotle and other so-called fresh-Mex restaurants for selling high-calorie and high-fat foods.⁸⁶ "Fresh Mex chains cultivate an aura of healthfulness, and sometimes it's deserved...[but] Chipotle's Carnitas Burrito is like an artillery shell filled with a day's worth of saturated fat and sodium," said CSPI's Jacobson.

The Facts. See "Debunking CSPI's Bread-and-Butter Myths," below, about saturated fat, calories, obesity and salt.

Scare 36 - Raw oysters. In 1995, CSPI criticized a \$500,000 FDA campaign to educate the public about the slight risk of potentially lethal food poisoning from raw oysters (caused by vibrio vulnificus bacteria) commenting that, "The answer is to remove these proven deadly products from the market. The FDA is abdicating their [sic] responsibility."⁸⁷ CSPI renewed its warning about raw oysters in 2001, stating, "Consumers can't afford to wait any longer for industry action."⁸⁸ The FDA's food safety chief responded, "The FDA's advice has been and continues to be that people who are at high risk should not eat oysters." The campaign against shellfish continued through July 2001 with CSPI's report "Death on the Half Shell."

The Facts. The FDA has stated, "Each year millions of Americans enjoy eating raw oysters. However, some people with certain medical conditions are at high risk for becoming seriously ill and dying from eating raw oysters. The U.S. Food and Drug Administration (FDA) is advising these high-risk individuals not to eat raw oysters, and to only eat oysters that have been thoroughly cooked."⁸⁹ The Center for Disease Control and Prevention has stated, "Although there is no national surveillance system for V. vulnificus infections, the Gulf Coast states, in collaboration with CDC, conduct regional Vibrio surveillance; Alabama, Florida, Louisiana, and Texas have participated since 1988 and Mississippi, since 1989. From 1988 through 1995, CDC received reports of 302 V. vulnificus infections from the Gulf Coast states; of these, 141 (47%) were associated with eating contaminated seafood, 128 (42%) with wound infections, and 33 (11%) with unknown sources. Of the 141 persons with V. vulnificus infections associated with ingestion, 136 (96%) had eaten raw oysters. Among the 242 persons for whom outcome was known, 86 (36%) died (CDC, unpublished data, 1996)."⁹⁰

Scare 37 - Pizza Hut. CSPI criticized Pizza Hut's TripleDecker pie (two thin crusts and two cheese layers) in 1996 stating, "This is exactly the type of product that companies shouldn't be pushing.... [A two slice serving] "would provide eaters with more than half of their [recommended] daily fat and virtually their entire sodium intake."⁹¹

The Facts. See "Debunking CSPI's Bread-and-Butter Myths," below, about saturated fat and salt.

Scare 38 - Breakfast platters from Denny's, International House of Pancakes and Bob's Big Boy. CSPI attacked family-style restaurant platters in 1996 claiming, "Most people don't realize how bad typical breakfast platters really are. We found many breakfasts that give you an entire day's worth of fat, saturated fat, sodium and cholesterol – all before 10 o'clock in the morning... The Grand Slam-type breakfast [two each of eggs, sausages, bacon and pancakes] is a knockout."⁹²

The Facts. See "Debunking CSPI's Bread-and-Butter Myths," below, about fat, saturated fat, salt and cholesterol.

Scare 39 - Baked goods from Au Bon Pain, The Cheesecake Factory, Cinnabon, Mrs. Fields, Starbucks and Vie de France. In 1996, CSPI criticized Cinnabon's World Famous Cinnamon Rolls, The Cheesecake Factory's Original Cheesecake, Au Bon Pain pecan rolls, Starbucks' cinnamon scones and Mrs. Fields double fudge brownies as having too many calories and too much fat. "The Cinnabon is a perfect example of everything that's wrong with the way Americans eat... It has all the fat and calories of a full meal and almost none of the nutrients that you would want," said a CSPI spokesman.⁹³ A Cinnabon spokesman replied, "This is not something you're serving up with dinner.. Cinnabon is more a symbol of what's right with food in America. People want choices in their diet... and people can choose to eat a Cinnabon and incorporate that into an overall healthy diet."

The Facts. See "Debunking CSPI's Bread-and-Butter Myths," below, about fat and calories.

Scare 40 - Trans fats. CSPI urged restaurants in 1996 to stop using cooking oils containing trans fats.⁹⁴ "Few people know that trans fat raises cholesterol levels as much as saturated fat does," said a CSPI spokesman. In 2003, CSPI petitioned the FDA to ban the use of trans fats, claiming the move could save between 11,000 and 30,000 lives a year.⁹⁵ In 2006, CSPI sued KFC to stop the chicken chain from cooking with trans fats.⁹⁶

The Facts. See "Debunking CSPI's Bread-and-Butter Myths," below, about trans fats.

Scare 41 - Casual dining food. CSPI criticized casual dining restaurant fare in 1996 – including Applebee's, Bennigan's Chart House, Chili's, TGI Friday's Grady's American Grill, Hard Rock Café, Houlihan's, Houston's Marie Callender's, Planet Hollywood, Red Robin and Ruby Tuesday – as having too many calories and too much fat.⁹⁷ "I'm sorry to say that casual dinner houses make even fast food look good," say a CSPI spokesman. CSPI's Jacobson said that the restaurant industry should begin "to bear some responsibility for its contribution to obesity, heart disease and cancer." Jacobson called restaurant hamburgers "sumo wrestler cuisine" and said "It makes McDonald's fare look like spa cuisine."

The Facts. See "Debunking CSPI's Bread-and-Butter Myths," below, about fat and calories.

Scare 42 - Steakhouses. CSPI criticized steakhouse fare in 1997 – including that at Damon's Lone Star, LongHorn, Outback, Steak and Ale, Stuart Anderson's and Tony

Roma's – as having too many calories and too much fat.⁹⁸ “A cheese fries appetizer is worse than any of the steak platter we analyzed. In fact, it's worse than anything we've ever analyzed, including a plate of fettuccine Alfredo [which the group previously described as ‘heart attack on a plate’],” said a CSPI spokesman.

The Facts. See “Debunking CSPI's Bread-and-Butter Myths,” below, about fat and calories.

Score 43 - Eggs. CSPI petitioned the FDA in 1997 to require that egg cartons warn consumers that eating raw or undercooked eggs can poison them.⁹⁹ “Eggs have become the No. 1 contributor to food poisoning outbreaks, with hundreds of thousands of Americans getting sick or dying every year,” said a CSPI spokesman.

The Facts. CSPI acknowledged that 45 billion eggs are produced annually in the U.S. and only a small fraction are contaminated, CSPI maintained that consumers don't know which ones will make them sick. The Egg Nutrition Center, however, offers consumers tips for avoiding contaminated eggs.¹⁰⁰

Score 44 - Food safety. In 1981, Sen. Orrin Hatch (R-Utah) introduced a bill to amend the federal law banning any cancer-causing chemical regardless of risk – known as the Delaney Clause. CSPI decried the move as an “audacious” attempt to “gut” food safety laws.¹⁰¹ The bill would have deemed a substance safe if its potential to cause cancer was regarded as trivial or inconsequential. Jacobson said he favored making food safety laws stricter, not more flexible.

The Facts. “Scientists associated with the American Council on Science and Health (ACSH) once again present an analysis of the natural foods that make up a traditional holiday dinner. Results indicate that our favorite foods are loaded with chemicals that can cause cancer in laboratory animals when administered in very high doses -- but none of these “carcinogens” are manmade or added to the foods. Instead, they occur naturally. But ACSH scientists have good news: these natural “carcinogens” pose no hazard to human health -- nor, for that matter, do manmade ones,” says the American Council on Safety and Health.¹⁰²

In the wake of a rash of widely-publicized food poisoning incidents – including alfalfa sprouts contaminated by E. coli, hepatitis-tainted strawberries in school lunches, children sick from unpasteurized apple juice, 140 sickened by bacteria-laden raw oysters and the recall of 25 million pounds of hamburger – CSPI criticized the government's elaborate food safety system commenting, “Almost monthly we are seeing new causes for concern based on food problems.¹⁰³ We don't have a government system to fix those problems.” Three months later the same CSPI spokesman acknowledged that although food poisoning seems to be on the rise, it may be because science has improved detection of harmful microbes and health providers are doing a better job of reporting illnesses so they can be traced.¹⁰⁴ In response to the January 2002 potentially hamburger-related salmonella poisoning of an elderly woman, a CSPI spokesman said “President Bush, don't make us put our lives on the line every time we put meat on our plates.”¹⁰⁵

The Facts. One month later, CSPI acknowledged that illness rates for salmonella had been declining.¹⁰⁶

Scare 45 - Thanksgiving turkey. Ahead of Thanksgiving 1997, a CSPI spokesman said, “Consumers need to treat every turkey as though it harbors a feast of bacteria.”¹⁰⁷ CSPI also warned the public off homemade eggnog as it may be contaminated with salmonella from raw eggs.

The Facts. While turkey and other foods should be handled properly to reduce the risk of foodborne illness, CDC statistics indicate that turkey is not an unusually dangerous food. Between 1988-1992, for example, turkey was identified as the source of contamination in 0.7 percent to 1.7 percent of reported cases of foodborne illness in the U.S.¹⁰⁸ The range was 0.2 percent to 1.8 percent between 1993-1997.¹⁰⁹ See Scare 43, above, for information about raw egg risks.

Scare 46 - Soda. CSPI warned that regular soda poses a big health threat to American teens, wants it banned from schools, taxes placed on its sale and advertising to children halted.¹¹⁰ CSPI’s Jacobson linked soda to obesity, kidney stones, heart disease and calcium deficiency in teenagers, although – as the Associated Press pointed out – “he offered little scientific evidence.” CSPI subsequently attacked Royal Crown Co.’s RC Edge (with 63 percent more caffeine than RC’s regular cola) stating, “There is nothing good about giving a sugary drink with a mildly addictive stimulant to kids,” said a CSPI spokesman.¹¹¹ CSPI attacked soda again in its 2005 report “Liquid Candy” as having too many calories and called for the FDA to require health warning labels.¹¹² CSPI claimed in a media release that, “Americans consumer gargantuan quantities of carbonated soft drinks and suffer untoward health consequences.”

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about sugar.

Scare 47 - McDonald’s at the Smithsonian. CSPI criticized the Smithsonian Institution in 2002 for permitting McDonald’s to provide food service at the National Air and Space Museum.¹¹³ “A typical [McDonald’s] Value Meal... is exactly the type of diet that the federal government [has] recommended against... It is sad that the federally supported Smithsonian is making no effort whatsoever to encourage its millions of visitors to choose more-healthy diets...,” CSPI’s media release stated.

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about “bad”/“good” foods.

Scare 48 - Bread and bakery items. CSPI petitioned the FDA to ban the decades-old use of potassium bromate from breads and other bakery items alleging it can cause cancer in laboratory animals.¹¹⁴ Potassium bromate improves the texture and strength of certain doughs. Even though bakers use only small amounts of potassium bromate and it cooks away while dough bakes. CSPI’s Jacobson said, “It’s a small threat. But it’s not a negligible threat, and it’s a completely unnecessary threat.”

The Facts. Potassium bromate remains approved for use in breads. “Neither short- nor long-term feeding with flour treated with high levels of potassium bromate or with bread made from it revealed any adverse effects and, at the level of use for technological treatment of flour, bromate is converted to bromide; low or undetectable residues remain

in bread prepared from treated flours,” according to the International Programme on Chemical Safety.¹¹⁵

Scare 49 - Greek food. CSPI stated in 2000, “A few dishes--like chicken, lamb, or pork souvlaki – are as healthy as the healthiest meals at Italian, Chinese, or typical American restaurants. Others make you wonder whether “Greece” should be spelled “Grease.” A typical entree of stuffed grape leaves or spinach pie, for example, has more artery-clogging fat than a Big Mac. A gyro or an order of moussaka has twice as much.”¹¹⁶

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about fat.

Scare 50 - Meat, cheese, milk, butter and other foods with animal fat. CSPI warned in October 2000: “It’s the most potent animal carcinogen ever tested. Evidence is building that it causes birth defects, diabetes, learning and developmental delays, endometriosis, and immune system abnormalities. How can one chemical and its relatives be so devastating to so many parts of the body? ‘Dioxin is diabolic,’ says epidemiologist Richard Clapp of the Boston University School of Public Health. ‘That’s why I call it the Darth Vader of toxic chemicals. It disrupts many systems. You don’t want it in your neighborhood.’ Or in your food. Ninety percent of the dioxin that enters our bodies comes from meat, cheese, milk, butter, and other foods that contain animal fat.”¹¹⁷

The Facts. To debunk the dioxin scare, JunkScience.com tested a sample of Ben & Jerry’s ice cream for dioxin – Ben & Jerry’s had claimed in one of its “green” marketing campaigns that there was no safe exposure to dioxin. JunkScience.com reported that a single serving of the Ben & Jerry’s “World’s Best Vanilla” contained 200 times the level of dioxin that the EPA said was safe. So far, Ben & Jerry’s has not been banned as too dangerous for human consumption.¹¹⁸

Scare 51 - Drinking water. CSPI attacked the safety of drinking water in June 2000 stating: “H₂ and O. If you think that’s all your water contains, think again. A lot can happen on the way to the tap or bottle. Water can pickup healthy minerals like magnesium and calcium as it travels through rock formations. It can become laced with pesticides that are washed into rivers and streams. The chlorine that’s used to disinfect it can react with decaying leaves to form toxic byproducts. And even the purest water can become contaminated with lead from the pipes in your home. The Environmental Protection Agency (EPA) requires water utilities to keep the levels of 80 potential contaminants below legal limits. But even when water meets all regulations, it still may not be suitable for everyone to drink... Indeed, almost 90 percent of the 55,000 public water systems in the U.S. report no violations of the EPA’s limits for drinking water contaminants. But that’s no guarantee that the water won’t make you sick.”¹¹⁹

The Facts. Indeed, there is no guarantee that drinking water (or anything else, for that matter) won’t make you sick – but it’s very unlikely.¹²⁰ Isolated instances of contaminated drinking water occur, but are few and far between. Water from the tap is regulated by the U.S. Environmental Protection Agency and bottled water is regulated by the U.S. Food and Drug Administration.

Scare 52 - Meat and non-Hodgkin’s lymphoma. CSPI reported in March 2000: “Women who eat red meat frequently have a higher risk of non-Hodgkin’s lymphoma,

says a new study from the Harvard School of Public Health. The cancer of the lymph glands is on the upswing among older people.”¹²¹

The Facts. A February 2006 National Cancer institute study reported, “Non-Hodgkin Lymphoma (NHL) incidence has risen dramatically over past decades, but the reasons for most of this increase are not known... This study was conducted as a population-based case-control study in Iowa, Detroit, Seattle and Los Angeles and was designed to determine whether meat, meat-cooking methods, [heterocyclic amines] or [polyaromatic hydrocarbons] from meat were associated with NHL risk... Overall, our study suggests that consumption of meat, whether or not it is well-done, does not increase the risk of NHL. Furthermore, neither HCAs nor B[a]P from meat increase the risk of NHL.”¹²²

Scare 53 - Mrs. Fields Cookies. “An American success story... doing its part to bolster the American obesity epidemic. Now you don't have to wait until you're at the airport or passing a Mrs. Fields retail outlet to sink your teeth into one of her ‘indulgent-size’ cookies. You can ‘treat yourself to a little indulgence’ any time, night or day. A little here, a little there ... a little on your derriere... The best you can say about Mrs. Fields' new cookies is that they're half the size of the cookie monsters in her stores... Eat too many and oversized may end up referring to more than just the cookies.”¹²³

The Facts. See “Debunking CSPI's Bread-and-Butter Myths,” below, about “bad”/“good” foods.

Scare 54 - Cheese. “As a nation, we get more bone-building calcium from cheese than from any other food except milk. But cheese also gives us more (artery-clogging) saturated fat than any other food, even beef or milk. And it's a major source of cholesterol and sodium.”¹²⁴

The Facts. See “Debunking CSPI's Bread-and-Butter Myths,” below, about saturated fat, cholesterol and salt.

Scare 55 - Nestlé's Yogurt Raisinets. “Just what Americans need: something to eat while gaining weight.”¹²⁵

The Facts. See “Debunking CSPI's Bread-and-Butter Myths,” below, about “bad”/“good” foods.

Scare 56 - Chain pizzerias. CSPI advised the public to limit its consumption of pizza from chain pizzerias – like Pizza Hut, Domino's Pizza, Little Caesars and Pap John's – because of its fat and calorie content.¹²⁶ “While most people wouldn't unwrap and eat a second Quarter Pounder or Big Mac, many people reach for a second, third or even fourth slice of their favorite pizza,” CSPI said. “More cheese on your pizza means more crust in your arteries... The saturated fat in the carpet of cheese is one of pizza's biggest problems – adding fatty meats just makes matters worse,” CSPI stated in a media release.¹²⁷ CSPI recommended that consumers order half-the-cheese pizzas and avoid “stuffed crust,” multi-meat combos and side orders like bread sticks.”

The Facts. See “Debunking CSPI's Bread-and-Butter Myths,” below, about saturated fat, cholesterol and salt.

Scare 57 - French fries/Potato chips. Following publication of an April 2002 Swedish study reporting that acrylamide, – formed naturally during the cooking process and suspected to cause cancer in laboratory animals fed high doses – was detected in French fries and breads, CSPI stated that, “The amounts of acrylamide found in potato chips, French fries and other carbohydrate rich foods would be expected to significantly increase the risk of cancer in humans.”¹²⁸ CSPI reported that its own tests indicated that McDonald’s French fries had 600 times the level of acrylamide that the EPA allows in drinking water.¹²⁹ CSPI’s Jacobson said, “There has long been a reason... to eat less greasy French fries and snack chips – they’re high in fat and calories. Acrylamide is yet another reason to eat less of those foods.”

The Facts. First, it’s not clear that acrylamide is at all a cancer-causing substance. Some scientists seem to have induced cancer in laboratory rats by feeding them the “maximum tolerated dose” of acrylamide — an amount just below the level the rats would be poisoned from simply eating the acrylamide. The rats used in such experiments are bred to be genetically disposed to cancer. They are so susceptible to cancer that merely changing the amount of food they consume affects their cancer risk. In the study used by the EPA as the basis for its limit on acrylamide in drinking water, the lowest lifetime daily dose at which the rats had a significant increase in cancer risk was 500 micrograms (millionths of a gram) per kilogram of bodyweight. For a 154-pound human, this equates to a lifetime daily dose of 35,000 micrograms. What does this mean for CSPI’s results? I hope you like McDonald’s French fries because you’d have to eat 486 large servings — weighing out at 182 pounds — every day for life to get the same amount of acrylamide as the EPA’s lab rats. If you prefer low-fat foods, how about 5,000 one-ounce servings — weighing out at 312 pounds — of Honey Nut Cheerios per day for life? You could actually probably eat even more French fries and Cheerios because there’s no evidence that acrylamide causes cancer in humans! Even the EPA describes the evidence concerning acrylamide and human cancer risk as “inadequate.”

Scare 58 - Starbucks Frappuccinos. CSPI attacked Starbucks’ Frappuccino drink in 2002 for their fat and calorie content in 2002¹³⁰ and again in 2006¹³¹. In its release entitled, “Starbucks on Steroids,” CSPI said a drink from Starbucks “can be as bad for your arteries as a three-quarter pound New York strip steak. If there ever were a poster beverage for requiring calorie information on menu boards, [a Frappuccino] is it.”

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat.

Scare 59 - ‘Value’/‘Super-sized’ fast food meals. CSPI attacked so-called “value” or super-sized” meals in 2002 for their calorie and fat levels and advised consumers to “share with a friend.”¹³²

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat and calories.

Scare 60 - Pasta Anytime. Calling it “Food Porn Anytime,” CSPI’s criticized Kraft’s new shelf-stable Pasta Anytime pasta in 2002 as having too much fat and salt.¹³³

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat and salt.

Scare 61 - Meat substitute Quorn. In 2002, CSPI demanded that the meat substitute Quorn be recalled because it caused people to vomit and have diarrhea.¹³⁴ CSPI's Jacobson said, "Quorn mycoprotein has been proven to cause severe digestive reactions [that] have led to fainting and dehydration, which could be life-threatening... The FDA's stance with regard to Quorn has been 'get sick first, ask questions later... This product was cavalierly waved through by the FDA with an alarming lack of curiosity.'"

The Facts. Quorn's manufacturer estimated the adverse reaction rate for Quorn to be about 1 in 146,000 consumers. This is 400 times lower than the adverse reaction rate for soy products and over 29,000 times lower than for lactose intolerance from dairy products.¹³⁵

Scare 62 - Chocolate covered nuts. CSPI stated in November 2003: "The nuts come in recloseable bags that you can zip shut. Our advice: Keep them zipped. According to the package, each serving (13 cashews or almonds or a quarter-cup of peanuts) has five grams of saturated fat – a quarter of a day's worth... Just because the bag is recloseable doesn't mean your pants will be."¹³⁶

The Facts. See "Debunking CSPI's Bread-and-Butter Myths," below, about saturated fat.

Scare 63 - Dish pizza. CSPI stated in March 2003: "You have to wonder about Pizza Hut. Does the company sell angiograph machines on the side? Or could they have a controlling interest in a liposuction equipment manufacturer? Surely the biggest pizza chain knows that more than one out of two Americans is overweight. Its executives must have heard that we need to cut back on saturated fat to reduce the risk of heart disease. Do they eat the new Pizza Hut Chicago Dish Pizza ... or is it just for their unsuspecting customers?"¹³⁷

The Facts. See "Debunking CSPI's Bread-and-Butter Myths," below, about saturated fat.

Scare 64 - Dairy Queen's Brownie Earthquake Desert. CSPI stated in June 2002: "The pile-it-on trend goes beyond desserts. That's why we have cheese-covered tortilla chips, sausage-pepperoni-beef-ham pizzas, and bacon cheeseburgers. It's only a matter of time before someone comes up with a cheese-fries-brownie-sundae 'Explosion.'"¹³⁸

The Facts. See "Debunking CSPI's Bread-and-Butter Myths," below, about "bad"/"good" foods.

Scare 65 - Burger King Milkshakes. "Why Burger King quadrupled the fat and saturated fat when it reformulated its shakes beats us. Just don't let it beat you ... into a quadruple bypass."¹³⁹

The Facts. See "Debunking CSPI's Bread-and-Butter Myths," below, about saturated fat.

Scare 66 - Dunkin' Donuts Muffins. CSPI stated in January 2002: "What can you get at Dunkin' Donuts that has more calories than a Big Mac, more saturated fat than a Quarter

Pounder, and more sugar than a Mrs. Fields' Double Fudge Brownie? Hint: It's not a doughnut.”¹⁴⁰

The Facts. See “Debunking CSPI's Bread-and-Butter Myths,” below, about calories and sugar.

Scare 67 - Obesity. In March 2004, a study from the Centers for Disease Control and Prevention reported that poor diet and physical inactivity caused more than 400,000 deaths in 2000. CSPI's Michael Jacobson applauded the report on television.¹⁴¹ Another CSPI spokesman told the *Boston Globe* that she was happy the Bush administration was drawing attention to obesity.¹⁴² CSPI also immediately cited the CDC estimate in an ad campaign run on college campuses.¹⁴³

The Facts. When CDC revised the estimated death toll downward by 93.5 percent to 25,814 in April 2005, CSPI backpedaled stating, “We have never made obesity the sole rationale for the policies that we are working on.”¹⁴⁴

Scare 68 - Bacon/hot dogs and diabetes. CSPI reported in April 2004 that, “Women who ate bacon at least twice a week had a 17 percent higher risk – and those who ate hot dogs that frequently had a 24 percent higher risk – of diabetes than those who ate the meats less than once a week, says a new study...”¹⁴⁵

The Facts. The reported increases in risk (17 percent and 24 percent, respectively) are weak and flaky statistical associations with little credibility. As the National Cancer Institute has noted, “In studies of disease patterns in human populations, risks of less than 100 percent are considered small and usually difficult to interpret. Such increases may be due to chance, statistical bias or effects of confounding factors that are sometimes not evident.” Also no direct evidence was presented to tie processed meats with diabetes risk. The study authors themselves pointed out that those subjects with the highest risk of diabetes also had high body mass indexes, which may be a sign of an inactive lifestyle. The study's authors also conceded that they did not collect data on what other foods were consumed along with processed meats – like high fat side dishes – which may be a significant omission.¹⁴⁶

Scare 69 - Cheesecake Factory Low-Carb Cheesecake. CSPI stated in 2004, “And, like any cheesecake, this one will also make an impression on your artery walls. With 29 grams of saturated fat – a 1 1/2-day supply – it's roughly the same impression as six tablespoons of lard.”¹⁴⁷

The Facts. See “Debunking CSPI's Bread-and-Butter Myths,” below, about saturated fat.

Scare 70 - Carbohydrates and colon cancer. CSPI reported in April 2004, “Eating large amounts of carbohydrates that raise blood sugar levels may increase the risk of colon cancer, say researchers at Harvard University. Women who ate foods like refined grains (breads, cereals, cookies, cakes, and other sweets made with white flour), potatoes, and white rice the most often were nearly three times more likely to be diagnosed with colon cancer than women who ate those foods the least often.”¹⁴⁸

The Facts. This was a small study with statistically weak results. The study authors themselves questioned the validity of their results because of a variety of data and methodological problems.¹⁴⁹

Score 71 - Hardee's Thickburger. CSPI attacked fast food chain Hardee's for participating in the large burger market – i.e., 1/3-pound, 1/2-pound and 2/3-pound “payloads” – stating that “To those who say we don't need calorie counts on menu boards, I say, “Have you met the Thickburger?”¹⁵⁰ CSPI noted that the Monster Thickburger had 1,200 calories and two days worth of saturated fat. “A good rule of thumb is that if a burger needs a comma in its calorie count, it's virtually impossible to fit into a healthy diet,” said CSPI's Jacobson. CSPI later said “the new Monster Thickburger is the fast-food equivalent of a snuff film.”¹⁵¹

The Facts. See “Debunking CSPI's Bread-and-Butter Myths,” below, about saturated fat, calories and “bad”/“good” foods.

Score 72 - Skillet dinners. ““Imagine a home filled with the aroma of garlic and fresh herbs sautéing in olive oil,’ says Bertolli's Grilled Chicken Alfredo with Portobello Mushrooms Complete Skillet Dinner for Two. Then imagine an angiogram of your arteries filled with sludge, courtesy of the cream in each Alfredo Dinner for Two. Despite the (low-fat) chicken breast, mushrooms, and pasta, Bertolli adds enough cream to supply 22 grams of saturated fat (more than an entire day's worth) to each diner's heart, which is already reeling from the 1,210 mg of sodium (half a day's worth) in each of the package's two 710-calorie servings.”¹⁵²

The Facts. See “Debunking CSPI's Bread-and-Butter Myths,” below, about saturated fat, calories and “bad”/“good” foods.

Score 73 - Starbucks Chantico Drinking Chocolate. CSPI complained in 2005, “What exactly is Starbucks' new Chantico Drinking Chocolate? The Web site calls it a ‘drinkable dessert,’ and a company fact sheet compares its calories to brownies, tiramisu, cheesecake, and other solid desserts. But most people will think of Chantico as hot chocolate. (It's a warm chocolate beverage served in a cup, after all.) And, since most customers order off the menu board, not the Web site or a fact sheet, they won't have a clue that the petite, six-ounce cup harbors 390 calories and 10 grams – half a day's worth – of artery-clogging saturated fat.”¹⁵³

The Facts. See “Debunking CSPI's Bread-and-Butter Myths,” below, about saturated fat, calories and “bad”/“good” foods.

Score 74 - Airline free meals. CSPI stated in 2005, “To cut costs, discount airlines don't offer free meals. But on longer flights, some serve more than just a beverage and a bag of peanuts or pretzels. Watch your rear. Take Southwest Airlines, the leading discounter. On longer flights, each customer gets a Snack Pack of “tasty snacks served up with a little LUV.” And a lot of calories. On a recent Los Angeles-to-Nashville flight, the Snack Pack held six Golden Oreo cookies (250 calories), six Ritz Crackers with Real Cheese (200 calories), and a bag of Jell-O Fruit Snacks (90 calories). That's more than 25 percent of a day's calories for many people... A carrier like Southwest, which wants to cut costs (and

avoid the need for refrigeration), could at least serve whole-grain crackers like Triscuits and boxes of dried fruit like raisins or shelf-stable fruit cups. Maybe then it won't have to order wider seats on its new planes.”¹⁵⁴

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about calories and “bad”/“good” foods.

Scare 75 - Restaurant ‘diet’ menus. In January 2005, CSPI reported, “T.G.I. Friday's has Atkins. Applebee's has Weight Watchers. Ruby Tuesday has Smart Eating. Are chain restaurants trying to stem the obesity epidemic? Don't bet on it... The bad news is that hiding among the healthier items on the low-carb menus are Buffalo wings, steaks, burgers, and pork chops, sometimes covered with cheese. And some menus print only those nutrients – like carbs or fiber – that look good. In fact, missing numbers – for bad fat or sodium – are often high. And even low-fat dishes like grilled chicken or bean soup are usually swimming in sodium.”¹⁵⁵

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat and salt.

Scare 76 - Fondue. In January 2005, CSPI warned, “It's easy to picture a pair of elegantly dressed diners chatting about how much fun it is to dip chunks of bread into melted cheese as they sip on the white wine that the package recommends. Better they talk about that than the 440 calories and 20 grams of saturated fat (an entire day's worth) in each cup of fondue. Or the 950 milligrams of sodium. Or the fact that each of them is downing the equivalent of a nine-ounce filet mignon with four pats of butter melted on top. Or whether either of them knows a good cardiologist who's got an opening for back-to-back appointments.”¹⁵⁶

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat and salt.

Scare 77 - Low-fat luncheon meats. If you've got three minutes to pack lunch, nothing's quicker than ham on rye, roast beef on a roll, or turkey on whole wheat. And you can easily dodge the saturated fat that ordinary bologna or salami can slide into your sandwich. Any well-stocked meat aisle is crammed with packages sporting claims like ‘97% fat-free,’ ‘lean,’ and ‘light.’ The catch: most lunch meats are saturated with salt.”¹⁵⁷

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about salt.

Scare 78 - Uno’s pizzas. In July 2005, CSPI reported, “Want some ‘legendary restaurant pizza from your own oven’? Uno, which calls itself ‘The Original Chicago Pizzeria,’ now sells its Deep Dish Pepperoni Pizza in supermarket refrigerator cases nationwide. Lucky you. Now you can tuck into a slice of pizza that delivers 410 calories and eight grams of saturated fat – 40 percent of a day's worth – and never have to get off your couch. And you don't have to pay extra for the 860 milligrams of sodium that makes Uno’s a double whammy to your arteries.”¹⁵⁸

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat, calories and salt.

Score 79 - Natural’ and ‘organic dinner foods. In a June 2005 report, entitled “Frozen Promises,” CSPI criticized various lines of “natural” and/or “organic” frozen dinner as too high in calories, fat and salt including products marketed as/by: Linda McCartney’s meatless meals, Whole Foods’ “Whole Kitchen”, South Beach Diet, Moosewood, Seeds of Change, and Cedarlane.¹⁵⁹

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat, calories and salt.

Score 80 - School cafeteria food. In 2005, CSPI asked parents, “Is your child’s school cafeteria food free of rodents, under-cooked or improperly stored food, and other hazards than can cause serious – and possible fatal – food poisoning?”¹⁶⁰ To answer that question, CSPI advised parents to take advantage of a new law requiring more frequent inspections and easy access to school cafeteria inspection reports.

The Facts. From 1973 to 1997, there were about 15 confirmed outbreaks per year of food poisoning associated with school cafeterias. While food poisoning can occur in a school setting, it appears to be a rare occurrence.¹⁶¹

Score 81 - Starbucks’ Sweets. CSPI stated in October 2005, “Every day, millions of Americans stop at a Starbucks for a quick pick-me-up on their way to or from work or play. And Starbucks conveniently offers a selection of sweets to go with its beverages. How considerate. It’s just that millions of Americans would be better off without some of the chain’s treats. Take the Chocolate Peanut Butter Stack. The smallish (5-ounce) bar is made of sugar, peanut butter, milk chocolate, eggs, heavy whipping cream, white flour, cocoa butter, milk fat, and margarine, among other things. No one would mistake it for a bag of baby carrots or a slice of cantaloupe. But they might be surprised to learn that it’s got more calories (670) than a McDonald’s Big Mac (560) and, at 20 grams, twice the saturated fat. In fact, it’s got as many calories as a Big Mac-sized Cinnabon and more sugar than a can of Coke.”¹⁶²

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat and calories.

Score 82 - Dove Ice Cream. CSPI stated in September 2005, “There is a wonderful surprise inside every flavor of new Dove Ice Cream,” croons the label. ‘Open it up to find a lusciously rich and creamy chocolate layer made from Dove Chocolate and fresh cream. We call it Dove Chocolate Ganache. You’ll call it heaven!’ We’d call it something more down-to-earth, say, a reason to check your health insurance policy’s coverage for angioplasty and liposuction.”¹⁶³

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat and calories.

Score 83 - Fresh produce. CSPI announced in November 2005 that “fresh produce [including lettuce, melons, sprouts, tomatoes and other fruit- and vegetable-containing dishes] is catching up with chicken as a major culprit of Salmonella infections [and] produce-related outbreaks tend to be larger than poultry-related outbreaks, and sicken more people, sometimes hundreds at a time.”¹⁶⁴

The Facts. Produce-related cases of food poisoning are likely on the rise due to improved food poisoning reporting systems and increased consumption of fresh produce.

Score 84 - Refrigerated mashed potatoes. CSPI warned in December 2005, “If you no longer mash your own potatoes, a package of Simply Potatoes refrigerated Mashed Potatoes might look more appealing than an economical box of dried potato flakes... Each serving brings 170 calories and 520 milligrams of sodium to your plate. And it delivers 5 grams of saturated fat and 1 gram of trans fat to each modest (2/3 cup) portion... Who needs around a quarter of a day's bad fat that will end up as Silly Putty in your arteries?”¹⁶⁵

The Facts. See “Debunking CSPI's Bread-and-Butter Myths,” below, about saturated fat, calories and salt.

Score 85 - Mini-baked goods. CSPI warned in January 2006, “The folks at Entenmann's must be worried that adults can't get quick, compact sources of sugar, saturated fat, and empty calories. Sure, you can find plenty of fatty sweets at your local Starbucks, Dunkin' Donuts, Mrs. Fields, or Cinnabon. Or you can stop by any grocery store for packages of cookies, muffins, cupcakes, or pastries. But who wants to get caught sneaking Ring Dings out of the attaché case at work? Or serving Honey Buns to the bridge club? The solution? Designer junk ... also known as Enten-mini's. Now you can satisfy a sweet tooth, clog an artery, pad a belly, and feel sophisticated all at the same time.”¹⁶⁶

The Facts. See “Debunking CSPI's Bread-and-Butter Myths,” below, about saturated fat, calories and sugar.

Score 86 - Sponge Bob Squarepants. CSPI sued Nickelodeon and Kellogg to stop the companies from marketing fun and snack foods to children 8 years old or younger.¹⁶⁷ “Nickelodeon and Kellogg engage in business practices that literally sicken our children... In any other sphere of American life it would be considered creepy and predatory for adults to propose commercial transactions to toddlers and young children... This litigation is truly a last resort – and vitally important to our children's health,” said CSPI's Jacobson.¹⁶⁸

The Facts. CSPI's lawsuit relies on a report by the National Academy of Sciences' Institute of Medicine. But the IOM report trumpeted by CSPI did not examine, and therefore does not link, food marketing practices with harm to children's health. The report merely concluded what everyone already knows – advertising works.¹⁶⁹

Score 87 - Hospital food. CSPI reported in February 2006 that 18 of the nation's top hospitals are “unnecessarily harming their faculties and staffs, their visitors, and some patients by serving foods with partially hydrogenated oil – the biggest source of artery-

clogging trans fats in the American diet.”¹⁷⁰ CSPI’s Jacobson said, “Partially hydrogenated oil has as much place in hospital cafeterias as ashtrays have in the operating rooms. Serving foods high in trans fats in a health-care setting violates the principle of ‘first, do no harm.’”

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about trans fats.

Score 88 - Sports drinks. In March 2006, CSPI announced, “If the soft drink industry had any respect for children’s health, it would extend its recent pull-out from elementary schools and remove soda “sports” drinks and other high calories beverages from middle and high schools... The small profit that schools earn from soda sales does not justify a practice that causes health problems in students.”¹⁷¹

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about sugar.

Score 89 - Margarine spreads. In April 2006, CSPI criticized the FDA for allowing margarine spread makers to state on their label that their products contain 0 grams of trans fats per serving as long as the product in actuality as less than 0.50 grams per serving.¹⁷² “Eat a few servings of these and other ostensibly trans-free products each day, and without even knowing it, you might end up consuming considerably more trans fat than you should.”

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about trans fats.

Score 90 - Buttermilk biscuits. “It’s hard to see what’s so perfect about Pillsbury Perfect Portions Buttermilk Biscuits, Each one has 200 calories, 3 grams of saturated fat, and... 4 1/2 grams of trans fat. That’s about what you’d get in a Krispy Kreme Original Glazed Doughnut--a third of a day’s bad fat in a few airy bites... ‘Peel, place and bake!’ sings the Pillsbury label. To your arteries, it sounds more like ‘reel, brace, and quake.’”¹⁷³

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat, trans fats and calories.

Score 91 - Extreme Ice Cream. CSPI warned in June 2006, “Fifty years ago, ice creams were all within striking distance of your basic Breyer’s vanilla or chocolate. Now the Ben & Jerry’s, Haagen-Dazses, Godivas, and Doves of the world have crammed twice the calories and two to three times the saturated fat into each scoop.”¹⁷⁴

The Facts. See “Debunking CSPI’s Bread-and-Butter Myths,” below, about saturated fat and calories.

IV. Debunking CSPI's Bread-and-Butter Myths

As the “91 scares” indicate, CSPI’s food frightening is often based on the presence of fat, cholesterol, trans fats, sugar, salt and calories in targeted foods. Relying on the public being ingrained with the notions that these substances are to be avoided at all costs for the sake of health, CSPI’s scares often boil down to scary recitations of the amounts of fats, calories and salt measured in foods.

But while CSPI has spent the past three decades frightening the public about the composition of foods, scientific research has slowly debunked much of this dietary hysteria. But don’t plan on hearing that from CSPI – such disclosure would end its 35-year long food horror show.

Unscare 1 - Fat. One of CSPI’s main tricks is to measure the amount of fat, particularly saturated fat, various foods or food products contain and then to claim that the food increases the risk of heart attack. It is not at all clear, however, that consumption of dietary fat increases the risk of heart attack in healthy people.

Although saturated fat tends to increase cholesterol levels, in the much-vaunted Framingham Heart Study involving 5,200 men and women who have been extensively studied in over 1,000 published reports since 1948, high cholesterol levels were not associated with increased heart disease risk after age 47. After age 47, in fact, those whose cholesterol went down had the highest risk of a heart attack. “For each 1 mg/dl drop of cholesterol there was an 11 percent increase in coronary and total mortality,” reported the study’s authors.¹⁷⁵

Moreover, “the results of [studies] between dietary fat and coronary heart disease have been inconsistent,” reported Harvard researchers in 1997.¹⁷⁶ Their study of more than 80,000 women followed for 14 years reported no statistically significant correlations between total fat, animal fat, saturated fat and cholesterol with increased risk of heart disease.

Given the nature of the data concerning dietary fat intake and health outcomes, the inconsistency between study results mentioned by the Harvard researchers is precisely what one would expect to occur simply by chance if there was no causal relationship between dietary fat and heart disease in healthy people.

None of this is new information. A May 1980 report from a National Academy of Sciences expert panel concluded that there is little evidence that fat and cholesterol consumption increase the risk of heart and blood vessel disease in healthy people. Predictably, CSPI alleged the report was flawed and requested the NAS to retract it.¹⁷⁷

Even a key CSPI ally acknowledges that the fat myth is wrong. Harvard University’s Walter Willett recently told the *New York Times* that our cholesterol levels have been declining, and we have been smoking less, and yet the incidence of heart disease has not

declined as would be expected. “That is very disconcerting,” Willett said. “It suggests that something else bad is happening.”¹⁷⁸

Unscare 2 - Trans fat. Trans fatty acids or “trans fat” are vegetable oils that have been altered to be firm at room temperature. Trans fats are often used in pastries, crackers, margarine and cooking oils.

While there are studies that purport to link consumption of trans fats with increased risk heart disease, when you look at the data and methodology behind the studies, their claims rapidly fall apart.

Studies indicate that consumption of trans fats may slightly but temporarily elevate levels of so-called “bad” cholesterol and temporarily lower levels of so-called “good cholesterol.” This simple blood chemistry is not in dispute. What is in dispute is the long-term significance of temporary changes in blood cholesterol levels.

Trans fat alarmists would have you believe that these transient blood chemistry changes increase your chances of having a heart attack. The available scientific data, however, don’t back up that assertion.

A number of studies of human populations have attempted to statistically associate consumption of trans fats with increased heart attack risk, but the only conclusion that can be fairly drawn from any of them is that, if there is a risk, it’s too small to measure through standard epidemiologic methodology.¹⁷⁹

One of the major challenges for epidemiologists researchers is to tease out the potential impacts of trans fats from other dietary, lifestyle and genetic factors that might be relevant to heart disease. So far, it’s been an impossible task – and it’s unlikely to change.

The failure of human studies to support the alarmism was amply illustrated a few years ago when the National Academy of Sciences’ Institute of Medicine (IOM) jumped on the trans fat alarmist bandwagon. While touting studies showing that trans fats temporarily altered blood chemistry, the IOM glaringly did not cite any studies showing that trans fats posed any real risk to real people.¹⁸⁰

Unscare 3 - Low-fat foods/diet. The flip side to CSPI’s broken record about the danger of dietary fat is its repeated claims about the alleged health benefits of low-fat foods and diets. But low-fat diets don’t reduce the risk of cardiovascular disease, colorectal cancer or invasive breast cancer, according to three large studies published this week in the *Journal of the American Medical Association*. The researchers divided 48,835 women into two groups based on diet-- one group with 19,541 women consumed a low fat diet and the other group with 29,294 women consumed their usual diets -- and followed the women for 8.1 years.

The most significant result of the \$415 million study is that low-fat diets don’t reduce heart disease risk. As the researchers put it, “Over [an average] of 8.1 years, a dietary

intervention that reduced total fat intake and increased intake of vegetables, fruits and grains did not significantly reduce the risk of coronary heart disease, stroke or cardiovascular disease in postmenopausal women and achieved only modest effects on cardiovascular risk factors...”

Low-fat diets didn't even improve heart health among the population of women who had heart disease at the beginning of the study. In fact, the low-fat diet regimen was associated with a slightly increased risk of heart disease among these women.

Moreover, a study published one month earlier in the Jan. 4 *Journal of the American Medical Association* involving the same group of women in the current study reported that low fat diets were associated with only moderate and temporary weight loss – an average of 4.8 pounds after the first year, after which most of the weight was regained.

None of this is to say that there aren't some people with certain genetic backgrounds or medical conditions who might benefit from certain physician-prescribed dietary changes, but generally speaking, low-fat diets don't appear to confer any significant health benefits that are detectable on a population scale.

Unscare 4 - Sugar. CSPI has a history of scaring the public about sugar-sweetened foods causing weight gain, tooth decay and diabetes.

But “there is no clear and consistent association between increased intake of added sugars and [body weight],” stated a 2002 report from the National Academy of Sciences’ Institute of Medicine titled, “Dietary Reference Intakes on Macronutrients.”

While consumption of dietary sugars has been linked with dental caries, it's not a simple relationship. “Many factors in addition to sugars affect the caries process, including the form of food or fluid, the duration of the exposure, nutrient composition, sequence of eating, salivary flow, presence of buffers, and oral hygiene,” wrote researchers in a 2003 article entitled “Sugars and Dental Caries” published in the *American Journal of Clinical Nutrition*. Emphasizing the complexity of the issue, the researchers noted, “Since the introduction of fluoride, the incidence of caries worldwide has decreased, despite increases in sugar consumption.”

A recent study of 39,876 women entitled “A Prospective Study of Sugar Intake and Risk of Type 2 Diabetes in Women” (*Diabetes Care*, April 2003) concluded that sugar intake was not associated with the risk of type 2 diabetes and that “these data support the recent American Diabetes Association’s guideline that a moderate amount of sugar can be incorporated into a healthy diet.”

Unscare 5 - Salt. CSPI has railed about the alleged health problems caused by dietary salt for more than a quarter century.

It's true that dietary salt may, in some salt-sensitive people, slightly increase their blood pressure, but it's not clear that the increase leads to health effects or that restricting their intake of salt makes them any healthier.

Since 1995, 10 studies have reported on whether lower sodium diets produce health benefits. All 10 studies indicate that, among the general population, lower sodium diets don't produce health benefits. In fact, not a single study has ever shown improved health outcomes for broad populations on reduced sodium diets.

In February 2004, a coalition of six Canadian medical groups rejected a recommendation for universal salt restriction, choosing instead to make lifestyle recommendations for reducing blood pressure such as exercising, eating a balanced diet, and stress management.

Unscare 6 - Calories. Along with saturated fat measurements, reporting the calories contained in particular foods is a key scaremongering tactic CSPI uses to attack foods it doesn't approve. While there's no argument that some foods and dishes are high calorie in nature and eating a high calorie-diet may cause weight gain, there are several key points to remember regarding daily caloric intake.

The FDA selected 2,000 calories as the daily reference value (DRV). But this level was chosen, in part, because the FDA claims it approximates the caloric requirements for postmenopausal women. – which the FDA believes is most at risk from excessive intake of calories and fat. But since postmenopausal women only make up about 10 percent of the population, the FDA's DRV for calories is meaningless number for the vast majority of us. It's probably not too meaningful even for most postmenopausal women who come in all shapes and sizes with varying metabolisms and levels of physical activity.

Ironically, food labels fail to disclose any of this information.

The fate of the calories you eat depends primarily on your metabolism and level of physical activity. What you eat and when is best dictated by what suits your daily activity and health status, rather than by CSPI arm-waving. Consult your physician about your diet, not CSPI.

Finally, consider CSPI's ironic comments on calories in the context of artificial sweeteners and other food additives:¹⁸¹

“There is a common theme with the new additives, taking advantage of people's fear of calories ... the subtle sales message being, ‘Eat these foods and you'll be as beautiful as Angie Dickinson...’”

“People's fear of calories”? Now where would anyone get such an idea?

Unscare 7 - Caffeine. CSPI has targeted caffeine for more than 25 years, particularly with respect to consumption by children. A 2002 review of the science in *Food and Chemical Toxicology* concluded,

Overall, the effects of caffeine in children seem to be modest and typically innocuous.

Children should avoid over-consumption of caffeine – that’s just common sense – but they can safely consume the typical amounts found in soft drinks.

Unscare 8 - ‘Bad’/‘Good’ foods. CSPI often labels foods it disapproves of as “food porn.” There is, however, no such thing as “bad” food or “good” food.

First, virtually any food can be part of an overall nutritious diet. One can certainly enjoy moderate amounts of ice cream, soft drinks, potato chips or any other treat as part of an otherwise nutritionally complete and balanced diet.

Next, any food consumed in excess – even a food with the CSPI stamp of approval – can make a diet nutritionally unbalanced.

In 1979, Sen. George McGovern stated at a Senate hearing on food labeling that, “On the whole, quick foods are a nutritious addition to a balanced diet.”¹⁸² CSPI’s ever-intolerant Jacobson told the *Washington Post* that he was “deeply troubled” by McGovern’s statement. Jacobson expressed dismay that “one of the nation’s most astute and ardent advocates of good nutrition endorsed the food served at fast food and other franchised restaurants” and urged Sen. McGovern “to correct misinterpretations left by [his] recent statements...”

But as McGovern explained in a subsequent interview, “There’s nothing wrong with eating an occasional hamburger or piece of chicken. It’s no violation of dietary goals to make an occasional trip [to a fast food restaurant]. Nobody’s recommending that you eat there every day. But it’s not correct to say that what they’re serving is junk.”

McGovern hit the nail (and CSPI) on the head.

V. What's the 'worst' food according to CSPI?

So what is the worst food according to CSPI? You be the judge based on the following quotes from the group.

1. "[Bacon is] "the most dangerous food in the supermarket."¹⁸³
2. "Fettuccine Alfredo is the worst food I've seen in my 15 years as a nutritionist."¹⁸⁴
3. "One of the worst things you can do for your health is eat more saturated fat. And ice cream is loaded with it."¹⁸⁵
4. "As far as fat and heart disease are concerned, movie theater popcorn is certainly one of the worst foods you can buy."¹⁸⁶
5. "A cheese fries appetizer is worse than any of the steak platter we analyzed. In fact, it's worse than anything we've ever analyzed, including a plate of fettuccine Alfredo."¹⁸⁷
6. [Denny's, Big Boy, Shoney's, Perkins, SHOP, Cracker Barrel, Bob Evans, Bakers Square, Waffle House, Village Inn, and Carrows], generally speaking, [serve] different combinations of your arteries' worst nightmares.¹⁸⁸
7. "Yet plain old sodium chloride [salt] may be the most dangerous food additive of all."¹⁸⁹
8. "[Pizza Hut Stuffed Crust Meat Lover's Pizza is] is the worst of both worlds with about a day's worth of sodium and saturated fat in just two slices."¹⁹⁰
9. A "veggie" sandwich of avocado and cheese was among the worst choices [at a deli], with 40 grams total fat - as much as in two McDonald's Quarter Pounders, a CSPI spokesman told the Associated Press.¹⁹¹
10. "Hamburgers are already the worst food in the average American's diet... They contribute more artery-clogging fat than any other single food. [McDonald's dropping the price of a Big Mac to 55 cents] could make the problem worse."¹⁹²
11. "Not only is milk high in fat, it's the worst kind of fat."¹⁹³
12. French fries are "loaded with trans fats and are about the worst thing anyone can eat."¹⁹⁴

There are no articles in the scientific literature reporting that bacon, fettuccine Alfredo, ice cream, movie theater popcorn, cheese fries, breakfast platters, salt, pizza, deli sandwiches, hamburgers, milk or French fries have ever caused anyone's death or illness

– or that any one of these foods is “worse” or more “dangerous” than another – due to their intrinsic properties (e.g., saturated fat content). So a couple of questions come to mind: What is CSPI’s scientific basis for claiming these foods are “the worst”? Is CSPI’s “science,” in fact, what is actually “the worst”?

VI. 35 Quotes from 35 Years

The public relations-savvy CSPI has known since its beginning that dry facts-and-figures are no way to attract media and public attention. So you can count on hyperbolic and colorful language from CSPI to help dramatize its scares. Below are just some of CSPI's notable quotes.

1. "Bacon is nothing but little strips of fat laced with nitrosamines."¹⁹⁵
2. "[CSPI] can think of few American food products that are more injurious to health than Coca-Cola... we guarantee you [the Chinese government] that in the long run, they will cause tooth decay, sleeplessness and headaches."¹⁹⁶
3. "There is no way the FDA can look at the science and say with a straight face that salt is 'generally recognized as safe'."¹⁹⁷
4. "Excess sodium in the diet causes tens of thousands of preventable heart attacks and strokes each year. This salt assault is probably good for funeral directors and coffin makers, but it is a disaster for shoppers and restaurant patrons,"¹⁹⁸
5. "Until urethane contamination can be prevented, wine and liquor drinkers are playing Russian roulette."¹⁹⁹
6. "If you're going to buy [products containing fat substitute olestra], you might also want to stock up on [toilet paper] and plan not to stray too far from the bathroom."²⁰⁰
7. "It's as if these ice cream shops were competing with each other to see who could inflict the greatest toll on our arteries and waistlines... Certainly the sheer size and caloric density of these 'indulgences' has something to do with the size of Americans' pants."²⁰¹
8. "Even if they took out all the fat, [the Milky Way Light] candy bar would not turn into a cantaloupe."²⁰²
9. "Soup and egg roll aside, what we found [in Chinese food] would make your chopsticks splinter."²⁰³
10. "Fettuccine Alfredo is the worst food I've seen in my 15 years as a nutritionist. It's a heart attack on a plate..."²⁰⁴
11. [The saturated fat in coconut oil turns movie popcorn from] "the Snow White of snack foods into Godzilla."²⁰⁵
12. "Chipotle's Carnitas Burrito is like an artillery shell filled with a day's worth of saturated fat and sodium."²⁰⁶

13. “[Hamburgers from casual restaurants are] “sumo wrestler cuisine” [that] make McDonald’s fare look like spa cuisine.”²⁰⁷
14. “President Bush, don’t make us put our lives on the line every time we put meat on our plates.”²⁰⁸
15. “Consumers need to treat every turkey as though it harbors a feast of bacteria.”²⁰⁹
16. “More cheese on your pizza means more crust in your arteries... The saturated fat in the carpet of cheese is one of pizza’s biggest problems – adding fatty meats just makes matters worse.”²¹⁰
17. “[A Starbucks Frappuccino] can be as bad for your arteries as a three-quarter pound New York strip steak. If there ever were a poster beverage for requiring calorie information on menu boards, [a Frappuccino] is it.”²¹¹
18. “[Hardee’s] new Monster Thickburger is the fast-food equivalent of a snuff film.”²¹²
19. “Nickolodeon and Kellogg engage in business practices that literally sicken our children... In any other sphere of American life it would be considered creepy and predatory for adults to propose commercial transactions to toddlers and young children...”²¹³
20. “[Cooking oil containing trans fats] has as much place in hospital cafeterias as ashtrays have in the operating rooms.”²¹⁴
21. “Yes, we know. Halloween is on the way. The best treat to give neighborhood kids in these everything’s gotta-be-tamper-proof times: wiggly worms, stickers, or other tiny toys. If nothing but candy will do... you could always hand out low-fat granola bars – and toothbrushes.”²¹⁵
22. “Of course, CSPI is proud of finding something wrong with practically everything.”²¹⁶
23. “Sometimes its fun to joust with major companies. It must be some Don Quixote-like pleasure. David and Goliath. At least tweaking the big ones.”²¹⁷
24. “In the ‘70s, parents could be shocked to learn that their kids’ favorite cereal was 40 percent sugar. Now parents are so concerned about drugs and AIDS, that if they’re drinking Miller beer, the parents are happy. The goal posts have been moved so far that hotdogs on white bread with soda pop don’t seem as bad as they used to.”²¹⁸
25. “The way I [Michael Jacobson] read menus is to look for an ingredient I don’t want, and then forget that dish.”²¹⁹

26. “Sometimes on Sundays I [Michael Jacobson] cook up a storm – make a giant pot of lentil-and-rice, or something thick, and have it for lunch every day for a week. It saves a tremendous amount of time and money, and it’s delicious.”²²⁰

27. “‘Peel, place and bake!’ sings the Pillsbury [buttermilk biscuit] label. To your arteries, it sounds more like ‘reel, brace, and quake.’”²²¹

28. “The Starbucks Venti Strawberries & Crème Frappuccino Blended Crème with whipped cream is... the nutritional equivalent of a Pizza Hut Personal Pan Pepperoni Pizza that you sip through a straw.”²²²

29. “Now [with Entemann’s mini-baked goods] you can satisfy a sweet tooth, clog an artery, pad a belly, and feel sophisticated all at the same time.”²²³

30. “Who needs around a quarter of a day's bad fat [from refrigerated mashed potatoes] that will end up as Silly Putty in your arteries?”²²⁴

31. “Why Burger King quadrupled the fat and saturated fat when it reformulated its shakes beats us. Just don't let it beat you ... into a quadruple bypass.”²²⁵

32. “It’s only a matter of time before someone comes up with a cheese-fries-brownie-sundae ‘Explosion.’”²²⁶

33. Just because the bag [of chocolate covered nuts] is recloseable doesn't mean your pants will be.”²²⁷

34. “Just what Americans need: something to eat while gaining weight.”²²⁸

35. “[Some Greek food makes] you wonder whether “Greece” should be spelled “Grease.”²²⁹

Funny quotes – that is, unless your business happens to be the butt of the joke.

VII. Discussion

The record indicates that, over the last 35 years, CSPI has tried to scare the public about virtually every sort of food and beverage – even fresh produce and water. Every scare has turned out to be entirely imaginary or greatly exaggerated.

Nevertheless, CSPI lists its accomplishments on its web site as the following:²³⁰

- A new federal law was enacted that sets standards for health claims on food labels and provides full and clear nutrition information on nearly all packaged foods.
- Millions of Americans changed their food choices at popular restaurants thanks to CSPI's widely publicized studies on the nutritional value of restaurant meals. Thousands of restaurants have added healthier options to their menus.
- Major fast-food chains have stopped frying with beef fat and many have introduced more healthful foods.
- Scores of deceptive ads by companies such as McDonald's, Kraft, and Campbell Soup have been stopped.

To celebrate CSPI's 35th anniversary, CSPI chief Jacobson added the following to CSPI's list of "accomplishments":²³¹

- Persuaded the government to require food labels to disclose the amount of artery-clogging trans fats;
- Championed the federal law that sets a strict definition for "organic" food;
- Convinced the government to ban potentially lethal sulfite preservatives in fresh fruits and vegetables and to advise pregnant women not to consume caffeine;

Because this report has focused on food scares, CSPI's food labeling claims haven't been addressed here, except to point out the irony of CSPI advocating for accurate food labels and demanding halts to supposedly "deceptive" ad campaigns – what if CSPI was held to standards of accuracy and truthfulness in its communications with the public? (Will a serving of fettuccine Alfredo really cause a diner to have a heart attack?) Also, CSPI's advocacy for food labeling seems more of an effort to scare, rather than to inform consumers. Food labeling sounds like a good idea – and it may be to some extent – but there is no evidence that the sort of uninformative/nonuseful labeling that we have today impacts consumers or their health in a beneficial way. While food labeling requirements have only increased during the last three decades, Americans have only gotten fatter, according to CSPI and other food police-type groups.

CSPI's self-proclaimed "accomplishments," therefore, amount to:

- Unjustifiably scaring countless millions of Americans about restaurant meals, processed foods and, to a certain extent, even unprocessed foods;
- Forcing restaurants to offer supposedly healthier options on their menus (which CSPI subsequently criticized as being unhealthy; see Section III – Scare 75, above);
- Prodding the fast-food industry to stop frying foods in beef fat (which no scientific evidence indicated was unhealthy; see Section III - Scare 13, above);

- Convincing the government to scare the public about trans fats (which no scientific evidence indicates is a health threat; see Section IV - Trans Fat, above);
- Championing an effort to deceive the public with the “organic” label (when the USDA approved the “organic” label it noted that it did so only to facilitate marketing of organic foods, not because organic foods were safer or more nutritious than conventional foods);²³² and
- Pressuring the government to ban sulfites used on salad bars (a real, but relatively minor, risk – the FDA still permits the use of sulfites in processed foods but use must be labeled; see Section III, Scare 11, above).

It’s not a very impressive record with respect to any real improvement in nutrition and health.

Two words should come to mind when CSPI is mentioned: wrong and extreme. As the 91 scares indicate, CSPI has been either substantially or entirely wrong in virtually every scare it has undertaken to promote.

CSPI’s position on nutrition and diet is extreme. CSPI’s Jacobson once heralded food shortages as a means to health, stating:²³³

Heart disease plummeted in Holland and Denmark during the most severe food shortages of World War II. Records of English manors in the 1600s revealed that the peasantry feasted on perhaps a pound of bread, a spud and a couple of carrots per day – “basically a wonderfully healthy diet, as eaten by 95 percent of the populations...”

Food shortages as a means to health? What’s so wonderful about a diet that likely contributed to the 16-century life expectancy which was in the mid-30s?

But Jacobson is not joking – here is how he has described his own diet:²³⁴

But now lunch is homemade, fat-free lentil soup, a bagel with honey, or yogurt and a couple of pieces of fruit. Snacks are usually carrots, or a handful of peanuts. A splurge, he said, might be a tomato and low-fat cheese sandwich, or butter on a poppy seed bagel. "Look, I don't rush out to buy Oreo cookies or sit down to a pint of Haagen-Dazs," he said. "A splurge for me might be not having a one-cup serving of frozen yogurt, but a one-and-a-third cup serving."

Perhaps this lifestyle suits Jacobson, but it’s not clear that it suits anyone – much less everyone – else.

This report would be incomplete without addressing the most presumptuous aspect of CSPI – its name, “Center for Science in the Public Interest.”

As to science, CSPI doesn’t really do any.

Sure, the group may send restaurant or packaged food to outside laboratories for analysis of its fat and salt content – but this hardly constitute science so much as it does routine lab work.

To the extent that CSPI attempts to supply scientific rationale to its advocacy, it tends to jump to unwarranted conclusions – as in the case of acrylamide, for example – or recycle decades-old nutritional myths that have long been debunked – as it does in virtually any attack on food involving fat, salt, and sugar, for example.

CSPI's communications with the public are hardly scientific in nature. CSPI's likening of a hamburger to a snuff film, for example, may be attention-grabbing, but it's not how serious scientists describe their results. Moreover, the combination of hyperbolic language to scare the public with nutritional misinformation would seem to be irresponsible.

Irresponsibility, however, has not seemed to hurt CSPI. The group claims to have "900,000 members" and its 2005 tax return indicates that its gross revenue was \$16.2 million – a budget in line with those of largest non-profit think-tanks in the U.S.

CSPI's astounding financial success brings us back to our starting point – CSPI's comment concerning the FDA allowing nut processors to advertise the consumption of nuts as perhaps reducing one's risk of heart disease. That comment was:

It would be unfortunate if the claim turned out later to be untrue. No one's going to get their money back.

So what is CSPI's refund policy?

VIII. About the Author

Steven J. Milloy is the publisher of JunkScience.com; executive director of the Free Enterprise Education Institute; president of the consulting firm of Steven J. Milloy, Inc.; a managing partner of the investment advisory firm Action Fund Management, LLC; a columnist for FoxNews.com; and an adjunct scholar with the Competitive Enterprise Institute.

Since April 1, 1996, JunkScience.com has spotlighted the misuse of science by social activists, government regulators, politicians, businesses, trial lawyers and others. JunkScience.com has been recognized for its work, including being named: a “Top Resource” and one of the “Most Popular” health news web sites by Yahoo!; “One of the 50 Best Web Sites” by *Popular Science*; a “Hot Pick” by *Science* magazine; and a “leading debunker” of global warming by *Rolling Stone* magazine. Mr. Milloy was also a member of the judging panel for the 2004 American Association for the Advancement of Science (AAAS) Journalism Awards: Online Category.

JunkScience.com has been spotlighted by numerous national and international media outlets including the *Washington Post*, *New York Times*, *Los Angeles Times*, *USA Today*, *The Times* (UK), *Financial Times* (UK), *Daily Telegraph* (UK), *National Post* (Canada), *Forbes*, and *MSNBC*. Mr. Milloy has appeared on local, national and international television and radio including: ABC's *World News Tonight with Peter Jennings* and *Good Morning America*; CNBC's *Squawkbox* and *Kudlow & Company*; CNN's *Crossfire* and *Talk Back Live*; *CNNfn*; CNN International's *Insight*; MSNBC's *News with Brian Williams*; Fox News Channel's *Fox Report*, *Fox and Friends*, *The O'Reilly Factor*, *Special Report with Brit Hume*, and *Your World With Neal Cavuto*; Comedy Central's *The Daily Show*; National Public Radio's *Talk of the Nation*; the *G. Gordon Liddy Show* and many other national and local television and radio programs.

Mr. Milloy holds a Bachelor of Arts (Natural Sciences) from the Johns Hopkins University; a Master of Health Sciences (Biostatistics) from the Johns Hopkins University School of Hygiene and Public Health; a Juris Doctorate from the University of Baltimore, and a Master of Laws (Securities Regulation) from the Georgetown University Law Center.

Mr. Milloy is an advocate for free enterprise/free market principles and policies in conjunction with the Free Enterprise Education Institute. FEEI is supported by individuals, foundations and businesses.

Mr. Milloy is president of Steven J. Milloy, Inc., which provides news and consulting services on environment- and health-related public policy issues to food, beverage, and other consumer product businesses and organizations.

Mr. Milloy has testified on risk assessment and Superfund before the U.S. Congress; and has lectured before numerous organizations.

In addition to hundreds of columns and articles published in newspapers and online, Mr. Milloy's has authored the following books: *Junk Science: Self-defense Against Health Scares and Scams*, Cato Institute, 2001; *Silencing Science*, with co-author Michael Gough, Cato Institute, 1999; *Science Without Sense: The Risky Business of Public Health Research*, Cato Institute, 1995; and *Science-Based Risk Assessment: A Piece of the Superfund Puzzle*, National Environmental Policy Institute, 1995.

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