Hot Topics in Nutrition

Food Colorings?  BPA?  Organic?  GMO?
Freeze-Dried Foods?

Zonya.com  DietFree.com  EatRealAmerica.com

The Weigh You Want to Live!
National PBS Show...

Zonya's Health Bites

Shopping

Cooking

Fitness

The Weigh You Want to Live!
Bestselling...

Lickety-Split Meals
For Health Conscious People on the Go!

Safe Time • Eat Smart • Lose Weight

Zonya Foco, RD

America's Nutrition Leader

The Weigh You Want to Live!
DIET FREE™

The Eight Habits That Will Change Your Life

DIET FREE®

Lifestyle Guide

DIET FREE®

Water Lemon

DIET FREE®

Daily Tracker

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Movement Training Program

LIVE DIET FREE

American

Live!
Two-Hour PBS Special…

DIET FREE™
with Zonya Foco, RD

The Weigh You Want to Live!
OPRAH & BOB’S
BESTLIFE CHALLENGE

Zonya
AMERICA’S NUTRITION LEADER

The Weigh You Want to Live!
True or False?

Studies show it takes 17 years for what is discovered in science to make it into day-to-day clinical practice.

– Journal of the Royal Society of Medicine, Dec 2011
– “May take as long as two decades” US Dept of Health & Human Services, Agency for Healthcare Research and Quality, 2000
What about Artificial Food Coloring?
Food Dyes References

15. T. J. Sobotka. 2010. Overview and Evaluation of Proposed Association Between Artificial Food Colors and Attention Deficit Hyperactivity Disorders (ADHD) and Problem Behaviors in Children. Interim Toxicology Review.
Blue No. 2  The largest, most recent study suggested, but did not prove that this dye caused brain tumors in male mice. The FDA concluded that there is “reasonable certainty of no harm”.

Green No. 3  A 1981 industry-sponsored study gave hints of bladder cancer, but the FDA re-analyzed the data using other statistical tests and concluded that the dye was safe.
Yellow No. 6  Industry-sponsored animal tests indicate that this dye causes tumors of the adrenal gland and kidney. It may also cause occasional allergic reactions. This dye is contaminated with cancer-causing impurities.

Red No. 3  The evidence that this dye causes thyroid tumors in rats is “convincing” according to a 1983 review committee report requested by FDA. FDA’s recommendations that the dye be banned was overruled by pressure from the Reagan administration.
What about FOOD and BEHAVIOR?

BABY BLUES

THE FOLLOWING PROGRAM, WHEN VIEWED UNDER THE INFLUENCE OF SUGARY BREAKFAST CEREAL, MAY RESULT IN CERTAIN UNDESIRABLE BEHAVIORS.

BRING IT ON!

OH-HOHOOO
Food and Behavior is Related

- Over the last 3 decades, repeated studies have shown that modest doses of synthetic colors can provoke hyperactivity.
- A 2007 government-funded study in *The Lancet* showing increased hyperactivity among nearly 300 children ages 3, 8 and 9.

Action in the U.S.

- In 2008 the Center for Science in the Public Interest (CSPI) petitioned the FDA to ban the use of existing food dyes in the U.S.
- The petition also requests the FDA remove the statement from its Web site that there is "no evidence that food color additives cause hyperactivity or learning disabilities in children".
Tips to minimize: “Eat Real Food”

1. Scrutinize your grocery cart so that the bulk of your nutrition is coming from whole food.
2. Do a beverage check.
3. Leave the bright colors to healthy fruits and vegetables = REAL
Bisphenol A (BPA)

• A synthetic estrogen found in the coatings of food cans (to stop rust) & plastic bottles

• Center for Disease Control Prevention study found BPA in 95% of adult human urine and 93% of children

• Potentially contributes to diabetes, obesity, reproductive disorders, cardiovascular diseases, birth defects, chronic respiratory and kidney diseases and breast cancer

• Where are we getting BPA? = 90% food
Ways to Avoid BPA

• Favor fresh, frozen & freeze-dried
• Boxes vs. cans for soup & broths
• Envelopes vs cans of Tuna
• If you use plastic
  – Avoid Recycle #3 & #7 & bottles with PC
  – Don’t microwave, put in dishwasher, leave in hot sun, or use if scratched
• Better yet, use glass and stainless steel
  – Hello mason jars and pyrex!
• Say “no thanks” to cash register receipts
BPA References

- https://nutritionfacts.org/video/why-bpa-hasnt-been-banned/
- https://nutritionfacts.org/video/are-the-bpa-free-alternatives-safe/
- https://nutritionfacts.org/video/bpa-on-receipts-getting-under-our-skin/
- https://nutritionfacts.org/video/how-to-avoid-the-obesity-related-plastic-chemical-bpa/
What about Organics?

- NO Synthetic pesticides & fertilizers
- NO Genetic modification
- Farm land “Clean” for 3 years prior to harvest

https://nutritionfacts.org/video/are-organic-foods-safer/
Environmental Impact

- Gulf of Mexico Dead Zone
- 6,000-7,000 square miles of hypoxic waters
- Nitrogen and Phosphorus from the MS river
Are pesticide levels in foods harmful?

- There is remarkable little data on the risk to consumers from eating fruits and vegetables that contain pesticide residues.
- Out of the 900 or so active ingredients that can legally be used…
- some 20 cause cancer in animals at high levels over time and are classified as possible human carcinogens.
NIH Agricultural Health Study found…

- Farmers have a higher risk for developing some cancers, including **prostate cancer**.
- Rotenone and paraquat are linked to increased risk of developing **Parkinson’s disease**.
- **Allergic asthma** in men and women may be associated with use of some organophosphate insecticides.
- **Diabetes and thyroid disease** risk may increase for users of some organochlorine chemicals.

[https://aghealth.nih.gov/about/](https://aghealth.nih.gov/about/)
Insecticides and I.Q. in Children

• David Bellinger: a professor at Harvard University School of Public Health, whose research has attributed the loss of nearly 17 million I.Q. points among American children and under one class of insecticides.

• “These chemicals are largely unknown. We do natural experiments on a population and wait until it shows up as bad.”
EWG’s 2015
Dirty Dozen
Shopper’s Guide to Pesticides in Produce

APPLES
CELERY
CHERRY TOMATOES
CUCUMBERS
GRAPE
NECTARINES
HOT PEPPERS & KALE/COLLARD GREENS

PEACHES
POTATOES
SNAP PEAS
SPINACH
STRAWBERRIES
SWEET BELL PEPPERS

EWG’s 2015
Clean Fifteen
Shopper’s Guide to Pesticides in Produce

ASPARAGUS
AVOCADOS
CABBAGE
CANTALOUPE
CAULIFLOWER
EGGPLANT
GRAPEFRUIT
KIWI

MANGOES
ONIONS
PAPayas
PINEAPPLES
SWEET CORN
SWEET PEAS (FROZEN)
SWEET POTATOES
The National Cancer Institute says…

People who **eat more fruits and vegetables**

With or without pesticides-

Have a **lower risk of cancer, AND heart disease, diabetes and Alzheimer’s.**
Organics

What about GMO’s?

- Genetically Modified Organisms
- Goal increase yields while using less pesticides
- Let’s review together why the disparity

What percent of Americans believe that GMO’s are generally safe? 37%

What percent of scientists* believe that GMO’s are generally safe? 88%

*American Association for the Advancement of Science
Source: PEW Research Center 2014
Top GMO Crops

- 90% Soy
- 85% Corn
- 90% Canola
- 95% Sugar Beets
- 94% Cotton
- 10% Alfalfa
- 75% of processed foods

Genetic material has been altered using genetic engineering techniques.
More than traditional cross-breeding…

- Bt cotton and corn varieties are engineered with a built-in insecticide gene from the soil bacteria called Bt.
- Bt. corn is actually registered with the EPA as a pesticide.
- When insects bite Bt. Corn and cotton, they get a mouthful of built-in toxin, produced by every cell of the plant.
- The poison splits open their digestive system and kills them.
- The GMO industry affirms that these toxins are destroyed by the human digestive tract.
GMO Questions

• May 2011, a study reported in Reproductive Toxicology, found transgenic insecticidal GMO protein in 93% of blood samples of pregnant women yet argued test method produced false positives

• In 2013, a study reported in PLOS One found complete genes may pass from food to human blood, again, methodologies questioned.
What is Glyphosate? (Roundup)

- The world’s most widely used herbicide by volume.
- Used extensively in agriculture and garden products
- Increasingly used on crops that are genetically engineered to be tolerant to the herbicide.
- In 2015, Glyphosate, labeled a “probable human carcinogen” (Group 2A) by the WHO cancer agency IARC
- Surprisingly, Roundup is always more toxic than glyphosate alone.
Video

Monsanto Give it a Minute video on Glyphosate
www.secretingredientsmovie.com
Should the U.S. Require GMO Labeling?

19 EU countries have “opted out” of growing GMO crops within all or part of their territories.

The Center for Food Safety
www.justlabelit.org
Do GMO Crops really increase yield?

According to this Oct 29, 2016 NY Times article citing the Food and Agriculture Organization of the United Nations comparing GMO vs. Non GMO crop yields

– Canadian farmers adopted GM seed while European farmers did not.
  • Both Corn and Canola increased yield at equal pace for both countries
  • Sugar beet crop yield increased more sharply in Europe WITHOUT GMO

– GMO’s were supposed to lessen Pesticide Use
  • In US, while insect & fungus killing chemicals decreased, weed killers increased
  • In France, (no GMO) pesticide use has significantly declined.
According to a 2015 ABC News Survey

What percent of Americans believe genetically modified foods should be labelled?

93%
The choice is an individual one

Buying GMO-Free and/or organic may very well “take your health to the next level.”
GMO’s general reading

- [http://factsaboutgmos.org/](http://factsaboutgmos.org/)
- [https://nutritionfacts.org/video/is-monsantos-roundup-pesticide-glyphosate-safe/](https://nutritionfacts.org/video/is-monsantos-roundup-pesticide-glyphosate-safe/)
- [https://www.nongmoproject.org/gmo-facts/](https://www.nongmoproject.org/gmo-facts/)
- Glyphosate and the Gut Microbiome
- Stephanie Seneff, PhD, Senior Scientist, Glyphosate and Autism [https://people.csail.mit.edu/seneff/](https://people.csail.mit.edu/seneff/)
- Widely Used Herbicide Linked to Cancer [Scientific American](http://www.mdpi.com/1660-4601/11/2/2125), 2015
Glyphosate studies


What’s the Most Expensive Food You Buy?

It’s the food you throw away!
1920s: Canned Food
1950s: Frozen Food

Pedigree Selected
Out of 25 possible varieties of peas, Snow Crop uses only the “foremost four,” carefully screened for uniform perfection.

77 Times Protected
Selection of the plumpest, tenderest, pedigreed peas is only one of 77 steps Snow Crop takes to guarantee top quality in every package.

Naturally...
the freshest Peas frozen!

Flavor “fresh-from-the-vine.” Yours everytime with Snow Crop Peas...because they’re selected, protected and frozen to bring you the finest. Serve with a slab of golden butter tonight and taste the difference freshness makes.

Snow Crop Markets, Division of Clinton Foods Inc.
445 Park Avenue, New York 22, N.Y.
1960s: Fast Food
Now Enter…Freeze-Dried Food

- Picked when ripe
- Flash frozen
- Freeze-dried
- Indefinite shelf-life
- Reconstitutes quickly
- Few if any preservatives needed
- Many delicious snacked on dry
- F/V, Beans, Meats, Grains, Milk, Eggs
- No Chopping
- Zero Waste
FREEZE-DRYING PROCESS

1. We begin with the freshest foods, which are then cleaned, sliced, and flash-frozen.

2. In a vacuum changer, 98% of the moisture is removed by vaporizing the ice.

3. The food is sealed in a moisture and oxygen-proof cans to ensure freshness.
Thrive-Life Freeze Dried Foods

Thrive-Life is GMO-Free across the board.

BPA lining is not required for freeze-dried foods.
Order on-line: Delivered to your door

Conviction meets Convenience

ThriveLife.com

AMERICA'S NUTRITION LEADER

The Weigh You Want to Live!
Here’s to Conviction AND Convenience!

Zonya.com      DietFree.com     EatRealAmerica.com

The Weigh You Want to Live!