

## WHAT'S IN A NAME?

Do you shy away from any foods with ingredients you can't pronounce? Or is your grocery cart teeming with nutritional panels you don't understand, or don't bother to read? Additives come in all sorts of varieties - some are harmless and others deadly, and the lengths of their names don't always correspond to their risk level. Short of having a PhD in Nutrition or a handy dandy pocket encyclopedia, how is the average person expected to know and/or care about which are which? Here is a guide to help you on your next shopping excursion. You may want to rethink those boxes of Jell-O in your basket...

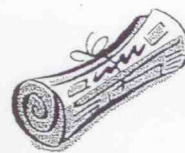
### Scary Sounding - But Safe!

The following is a list of ingredients that, in and of themselves, are considered absolutely no threat to your health.

- **Propylene Glycol Alginate** - A thickening agent - found in beer, candy, cheese and other dairy products.
- **Alpha Tocopherol** - Actually Vitamin E! An antioxidant and nutrient found in nuts, grains and oils.
- **Carrageenan** - Thickening agent found in cottage cheese, ice cream, infant formula and jelly.
- **Ethylenediamine tetraacetic acid (EDTA)** - Chelating agent (traps metal impurities that would turn food rancid and/or break down artificial colors) found in margarine, mayonnaise, soft drinks and processed fruits and veggies.
- **Erythorbic Acid** - An antioxidant and color stabilizer found in cured meat.
- **Ferrous Gluconate** - Produces that jet black color in black olives.
- **Fumaric Acid** - Tartness agent found in pie filling, powdered drinks and pudding.

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# Nutri News



U.S. Food Corp.

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## WHEY PROTEINS FOUND TO HELP PREVENT BREAST CANCER

Washington - A recent study conducted at the Arkansas Children's Nutrition Center found that whey and soy protein may help prevent breast cancer. This research, funded by the U.S. Department of Agriculture (USDA), is featured in February's "Cancer, Epidemiology, Biomarkers and Prevention," - an official journal of the American Association for Cancer Research.

According to ACNC Director Thomas Badger, who heads the USDA-funded project, 180,000 new breast cancer cases are diagnosed each year in women living in the U.S.

In laboratory studies, researchers compared the protective effects of soy protein and whey protein against chemically induced tumors in the milk producing glands of rats. They found that approximately 25 percent fewer rats had mammary tumors when fed a diet containing soy protein as compared with rats eating a standard diet.

Whey protein prevented approximately 50 percent of mammary cancer.

Rats were fed one of three protein diets: Group 1 was fed a control diet containing the major milk protein casein, Group 2 received a diet made with soy protein isolate, and Group 3 was fed a diet with processed whey protein. All rats in the control group developed at least one tumor; 77 percent of the soy-fed rats had at least one tumor; and about 54 percent of the whey-fed rats had at least one tumor. Among the rats that ate the whey diet, those that developed mammary cancer had fewer and smaller tumors than control rats.

**Thus, whey appears to be at least twice as effective as soy in reducing both tumor incidence and multiplicity, researchers concluded.**

"These data indicate that feeding rats diets made with whey protein can prevent mammary tumor formation in the major animal model of human breast cancer and illustrate the importance of dietary factors in disease prevention," said Badger, who has filed for a patent on the whey compound.

*"...adding whey or soy protein to the diet may help protect women and children from developing breast cancer."*

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