



**Marinalg
Carrageenan Media Monitoring
June 7, 2013**

CARRAGEENAN COVERAGE SUMMARY

USDA National Organic Program Docket Closing Media Alert

The Marinalg media alert titled “Scientists, Nutritionists and Food Safety Experts Ready to Discuss Carrageenan” was published via PR Newswire at 8:00AM EST on Tuesday, June 4.

Since it’s release, the alert has been picked up in 75 online outlets, including notable outlets such as *PR Newswire*, *The Wall Street Journal*, *Boston.com*, *The Press Enterprise*, *Food Safety News Today*, *Ingredients Network*, *Sacramento Bee*, *Reuters*, *Food Dive*, *Yahoo! News*, *Boundless Vegan*, *Food Industry Today*, and the entire network of American City Business Journals.

Since its release, there have been 455 total alert views, including 65 views from the media. Among the media views are 15 newspaper media views, 18 web-only media views, 11 freelance writer views, 6 blogger views, and 4 wire service media views.

The release has been posted to the Marinalg [website](#) landing page, as well as the [News & Resources](#) section. It has also been posted to the Marinalg [Facebook](#) account with a link to retrieve the full press release from the Marinalg website.

NOSB Decision Response Hits

Media mentions referencing the NOSB decision response include a piece posted to the International Dairy Foods Association (IDFA) website in support of the USDA’s proposed rule to relist carrageenan as an allowable substance in organic foods. This story was also published on *Global FoodMate* and *SiloBreaker*. Another mention was seen in the blog for Green Acres Market (a health food store with three locations in the Kansas City-area), which calls carrageenan to attention as an additive consumers should be wary of.

Other Notable Hits

Notable positive or neutral hits included: A mention on *BuzzFeed* on its list of “14 Dark Secrets Of How Your Groceries Are Made” that points out carrageenan as an ingredient in ice cream and calls it “not bad, just odd”; a story in *Where Food Comes From* which examines seaweed’s use in the foods consumers eat and mentions carrageenan; a mention in the blog *Assistant Village Idiot* that discusses carrageenan’s history as an Irish moss; and an article in *FIS World News* about the rise in Chilean exports of algae-based products

Notable negative mentions include: a mention in the blog *The Daily Green* about the “5 ingredients to avoid in snacks” that points out carrageenan and its ability to cause stomach issues; an article in *Black America Web* about avoiding

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almond milk that contains carrageenan; a story in *The Alternative Daily* that calls carrageenan one of its 10 “weird and deadly ingredients to avoid” and mentions that it causes gastrointestinal issues; a piece in *Naturally Lala* that says how carrageenan is the reason many people have lactose issues; multiple stories (appearing in *Focus Taiwan News Channel*, *Taiwan News*, *China Daily*, *The China Post*, *Yahoo! News Singapore*, *China.org*, *Asia News Network*, etc.) about how one of Taiwan’s biggest food producers, Uni-President Enterprises, is using ingredients from supplier Rico Industrial Co., Ltd., that had passed their expiration dates and were low-grade materials and names carrageenan as one of the ingredients; mentions in outlets *Body Unburdened*, *GoRaw* and *The Paleo List* about carrageenan appearing in a number of different varieties of coconut milks/waters; a story in RK McWilliams that mentions Dr. Joanne Tobacman’s research on carrageenan; and a piece in *Green Cradle* about how carrageenan can be irritating to the gut of some consumers.

USDA National Organic Program Docket Closing Media Alert

PR Newswire – “Scientists, Nutritionists and Food Safety Experts Ready to Discuss Carrageenan” – June 4, 2013

At 11:59 p.m. on June 3 the United States Department of Agriculture (USDA) National Organic Program's docket closed, and they ceased taking comments regarding a proposed rule to renew the listing of carrageenan without restriction as an allowed non-synthetic ingredient in U.S. organic foods. While this process is part of a normal five-year review for all ingredients in U.S. organic food, carrageenan has been the subject of considerable misinformation distributed to the media by a trade group.

<http://www.prnewswire.com/news-releases/scientists-nutritionists-and-food-safety-experts-ready-to-discuss-carrageenan-210054851.html>

Notable features include:

- **The Wall Street Journal** - <http://pn.newsblaze.com/story/2013060405011400026.pnw/topstory.html>
- **Sys-Con Media** - <http://pn.newsblaze.com/story/2013060405011400026.pnw/topstory.html>
- **News Blaze** - <http://pn.newsblaze.com/story/2013060405011400026.pnw/topstory.html>
- **Yahoo! News** - <http://news.yahoo.com/scientists-nutritionists-food-safety-experts-ready-discuss-carrageenan-120000082.html>
- **Reuters** - <http://www.reuters.com/article/2013/06/04/marinalg-usda-comment-idUSnPNPH25506+1e0+PRN20130604>
- **Boston.com** - <http://finance.boston.com/boston/news/read/24340679/scientists>
- **Sacramento Bee** - <http://www.sacbee.com/2013/06/04/5469251/scientists-nutritionists-and-food.html>
- **Food Safety News Today** - http://foodsafety.einnews.com/pr_news/152757907/scientists-nutritionists-and-food-safety-experts-ready-to-discuss-carrageenan
- **Washington Business Journal** - http://www.bizjournals.com/washington/prnewswire/press_releases/Georgia/2013/06/04/PH25506?ana=prnews
- **Philadelphia Business Journal** - http://www.bizjournals.com/philadelphia/prnewswire/press_releases/Georgia/2013/06/04/PH25506?ana=prnews



- **New York Business Journal** - http://www.bizjournals.com/newyork/prnewswire/press_releases/Georgia/2013/06/04/PH25506?ana=prnews
- **Chicago Business News** - http://www.bizjournals.com/chicago/prnewswire/press_releases/Georgia/2013/06/04/PH25506?ana=prnews
- **Politics PR** - <http://politicspr.filesatweb.com/2013/06/scientists-nutritionists-and-food.html>
- **US Government Portal** - <http://www.usgovernmentportal.com/us-agriculture-department-p3?language=en>
- **Cloud Food Services** - http://cloudfoods.co/news/scientists-nutritionists-and-food-safety-experts-ready-to-discuss-carrageenan/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+cloudfoods+%28Cloud+Foods%29
- **World News** - http://article.wn.com/view/2013/06/04/Scientists_Nutritionists_and_Food_Safety_Experts_Ready_to_Di/-/related_news
- **Red Orbit** - <http://www.redorbit.com/news/business/1112864393/scientists-nutritionists-and-food-safety-experts-ready-to-discuss-carrageenan/>
- **Ingredients Network** - http://www.ingredientsnetwork.com/prnewswire?doc=201306040800PR_NEWS_USPR_____PH25506&showRelease=1&dir=0&categories=FOOD-INGREDIENTS&andorquestion=OR&&passDir=0,1,2,3,4,5,6,15,17,34
- **SPI World News** - <http://www.sectorpublishingintelligence.co.uk/news/453283/scientists+nutritionists+and+food+safety+experts+ready+to+discuss+carrageenan>

NOSB Decision Response in the News and Blogs

IDFA (International Dairy Foods Association) – “IDFA Supports Proposed Rule on National List for Organic Foods” – June 6, 2013

In comments submitted last Friday, IDFA supported the U.S. Department of Agriculture’s proposed rule to relist four ingredients, commonly used in dairy products, on the list of allowable substances in organic foods. The ingredients are agar, carrageenan, cellulose and animal enzymes, including rennet used to make cheese. Although these ingredients have been approved for years, the use of carrageenan in both organic and non-organic foods recently has been called into question by activists and some in the media....

<http://www.idfa.org/news--views/headline-news/details/8247/>

Also featured in:

- **Global FoodMate** - http://news.foodmate.com/201306/news_19518.html
- **Silobreaker** - http://news.silobreaker.com/idfa-supports-proposed-rule-on-national-list-for-organic-foods-5_2266871182491910213

Green Acres Market (blog) – “Carrageenan—a seaweed extract worth monitoring!” – May 28, 2013

If you listened to the GreenAcres Health Talk radio show last week, you heard Sharon Sherman of Pet Guard tell us she never uses carrageenan in her pet food products. She’s a purist and doesn’t believe in anything processed or adding emulsifiers or gums to her all natural preparations. But if we look at even some all natural products, we’ll see that word carrageenan pop up along with xanthan gum, cellulose gum, locust bean gum, agar, and so on. Processed food



producers say carrageenan is similar to gelatin or corn starch. Well, why not use those two binders instead of carrageenan which is a seaweed extract and is scrutinized pretty carefully by the organic food industry?

<http://greenacres.com/index.php/blog/jenks>

Carrageenan in the News & Blogs

BuzzFeed – “14 Dark Secrets Of How Your Groceries Are Made” – June 4, 2013

... 8. Many ice creams are thickened and stabilized with carrageenan, which is actually a seaweed extract. Not bad, just...odd? More info here.

[As of 9:45am on June 7, 2013 the BuzzFeed article had been viewed 760,000 times since publication. It was tweeted 1,700 times, shared on Facebook 16,000 times, and received 39,000 likes on Facebook. The article received 600 comments/reactions on the BuzzFeed website, and was emailed 1131 times. Following the posting of the article to the BuzzFeed website, the article’s author Rachel Sanders tweeted “let the record show that i love carrageenan.”

Link to Rachel Sanders’ Tweet: <https://twitter.com/rachelysanders/status/342029495156498432>
<http://www.buzzfeed.com/rachelysanders/dark-secrets-how-food-groceries-are-made>

Growing Things and Making Things (Blog) – “Foraged Food Friday: Common Hogweed” – June 7, 2013

What with getting distracted by seaweed last week, I almost missed the best time to harvest this one, as it's the young shoots that are favoured, and they're already turning into stalks of grown-up leaves.... Also eating: Carrageen ice cream...

<http://growingthingsandmakingthings.blogspot.com/>

Food Identity Theft – “‘Nutrition’ drinks with additives that are hazardous to your brain can’t replace real food” – June 6, 2013

Another additive, the thickening agent carrageenan, as we reported here last month, is not considered particularly great for “gut health,” either, as it can cause inflammation in the colon (as well as being another likely source of free glutamic acid).... And that brings me to PediaSure®, which follows in the path of Ensure, ingredient-wise, by delivering a “triple whammy” of excitotoxins in the form of milk protein concentrate, soy protein isolate and whey protein concentrate along with carrageenan.... it is critical to remove excitotoxin triggers from the system” by “closely monitoring food and supplement intake.” And that’s not to mention carrageenan’s potentially inflammatory (and possibly carcinogenic) effect on the gastrointestinal tract....

<http://foodidentitytheft.com/nutrition-drinks-with-additives-that-are-hazardous-to-your-brain-cant-replace-real-food/>

My Non-Toxic Life (Blog) – “Recipe for Almond Milk” – June 6, 2013

Most store bought almond milk contains a controversial ingredient, Carrageenan. According to the report by the Cornucopia Institute, Carrageenan may be to blame for increased gastrointestinal problems. What is more disturbing, this controversial ingredient is in organic food. (<http://www.cornucopia.org/carrageenan-2013/>) Here is a good recipe that I got from Natalia Rose’s Fresh Energy Cookbook.

<http://thenontoxiclife.wordpress.com/2013/06/06/recipe-for-almond-milk/>



Science Index – “Aqueous Ethanol Extract of the Fruit of *Xylopia aethiopica* (Annonaceae) exhibits anti-anaphylactic and anti-inflammatory actions in mice” – June 6, 2013

The effects of XAE assessed on the maximal and total oedema responses in the carrageenan-induced paw oedema in mice was used to evaluate the anti-inflammatory action of the extract.... In the same doses, when administered before the induction of the mouse carrageenan-induced paw oedema, the mean maximal swelling attained during 6h was reduced to 41.02±6.94%, 35.61±4.30%, and 29.09±4.90% of the inflamed control response respectively and total paw swellings induced over the 6h were also dose-dependently and significantly suppressed to 74.84±14.84%, 63.95±9.37%, and 48.13±10.90% of the inflamed control response respectively....

[http://scienceindex.com/stories/3172473/Aqueous Ethanol Extract of the Fruit of *Xylopia aethiopica* Annonaceae exhibits antianaphylactic and antiinflammatory actions in mice.html](http://scienceindex.com/stories/3172473/Aqueous_Ethanol_Extract_of_the_Fruit_of_Xylopia_aethiopica_Annonaceae_exhibits_antianaphylactic_and_antiinflammatory_actions_in_mice.html)

Life Wise – “10 Weird And Deadly Ingredients To Avoid” – June 6, 2013

...Carageenan is a thickening agent extracted from red seaweed and often used as a fat substitute in many food products, including processed meats, as well as cosmetics and pharmaceuticals. In its processed form, manufactured via alkali chemical solvents, it can be hazardous to health. Some studies have linked carageenan to gastrointestinal disturbances including inflammatory bowel syndrome (IBS), intestinal ulcers and colorectal problems....

<http://southweb.org/lifewise/10-weird-and-deadly-ingredients-to-avoid/>

Low-Carb Forums – “carrageenan?” – June 6, 2013

I've noticed a lot of posts here where people are looking for products without carrageenan. I think I heard Chris Kresser warn against it in a podcast, even against the small amounts in canned coconut milk. It's in almond milk, coconut milk, cream cheese, cream -- several things which low carbers and even some paleo types consider staples. I've looked it up several times and some people are warning that it causes inflammation, gastrointestinal problems, even cancer. Others scoff at the idea that such a common ingredient that has been used for 70 years could be unsafe. Any opinions here? Is it something that just a few people react to or is it universally hazardous?

<http://forum.lowcarber.org/showthread.php?p=8757218#post8757218>

Celiac.com – “Carageenan!” – June 6, 2013

I found a post somewhere on this board about Carageenan. After doing some research we found that it can cause Celiac symptoms in some patients. So we cut it out completely, amazing how many "gluten free" foods had this ingredient. Happy to report, she hasn't had a flareup or any celiac symptoms since then....

[Response] Carageenan is IODINE. I am very sensitive to freakin' carageenan. When I first went gluten-free and low iodine, an exposure would make me itch and break out. I have since normalized with my sensitivity to carageenan, but in the beginning while trying to get the dh to subside it was a horrid trigger. I'm so pleased you found a solution. Understand it isn't just carageenan (though she may have an intolerance).

<http://www.celiac.com/gluten-free/topic/102222-carageenan/>

The Daily Green – “5 ingredients to avoid in snacks” – June 6, 2013

...Carrageenan: Although carrageenan is derived from a natural source: red algae or seaweed, it's not necessarily natural for our bodies. Carrageenan has been used medically for bronchitis & intestinal issues, but chemists found this



thickening agent can also be added to foods: ice cream, salad dressing, even toothpaste. Because carrageenan can pull water into the intestines, it can have laxative effects. Finding stomach distress after a particular meal? Check the labels for carrageenan....

<http://ftedailygreen.wordpress.com/2013/06/05/5-ingredients-to-avoid-in-snacks/>

Black America Web – “Make That Grocery List, Check It Twice: Beware of These Not-So-Healthy Foods” – June 5, 2013

Even when you try to eat healthy, you sometimes end up with things that aren't actually as good for you as you might believe... One possible alternative is almond milk, but buyers should check labels and avoid almond milk that contains carrageenan, a compound that has been linked to digestive tract problems.

<http://drday.blackamericaweb.com/index.php/get-well-wednesday/3014-david-foreman#.Ua9PFfY1lAt>

Leyte Samar Daily Express – “Seaweeds, among regulated marine products” – June 5, 2013

The Department of Industry or D.O.I., has re-leased a List of Prohibited and Regulated Products for Export Under Executive Order No. 1016, approved in December 2012... The list of prohibited species included 6 groups of organisms, including several species of marine plants (seaweeds and sea-grasses)... Incidentally, exportation of dried seaweeds (Kalvarezii and Eucheumaspp.) is covered with necessary permits – seaweeds being one of the Philippines top marine export products, including its semi- and processed products, e.g. Carrageenan, Pet Foods, etc...

<http://www.scribd.com/doc/145842968/LSDE-June-06-Thursday-2013-pdf>

The Alternative Daily – “10 Weird and Deadly Ingredients to Avoid” – June 5, 2013

... Carrageenan is a thickening agent extracted from red seaweed and often used as a fat substitute in many food products, including processed meats, as well as cosmetics and pharmaceuticals. In its processed form, manufactured via alkali chemical solvents, it can be hazardous to health. Some studies have linked carrageenan to gastrointestinal disturbances including inflammatory bowel syndrome (IBS), intestinal ulcers and colorectal problems.

<http://www.thealternativedaily.com/10-weird-and-deadly-ingredients-to-avoid/>

Gumtree – “Be Brown Professional Sunless Spray Tan Tanning Solution” – June 5, 2013

...be brown contains: ONLY the finest European Eco Certified “ORGANIC” DHA (Dihydroxyacetone), Vitamins A & E (anti-oxidants), Chondrus Crispus (Carrageenan) – Seaweed is scientifically proven to contain unprecedented skin renewal, hydrating and anti-inflammatory properties, for younger, healthier looking skin.

<http://www.gumtree.com.au/s-ad/bundall/miscellaneous-goods/be-brown-professional-sunless-spray-tan-tanning-solution/1021067351>

Naturally Lala – “Does Milk Really Do the Body Good?” – June 5, 2013

... Milk also contains many cancer causing hormones like casein (which is a protein needed by the calf to build hooves and horns), and carrageenan (causes gastrointestinal inflammation which is the reason why most people are lactose intolerant). The dairy industry refuses to tell us that because they don't want to lose money.

<http://naturallylala.com/2013/06/05/does-milk-really-do-the-body-good/>

Mercury News – “Recipe: Strawberry Gazpacho” – June 4, 2013



...4. For the fig leaf curd: Add leaves to warm milk. Cover with plastic wrap and allow the flavor to infuse for about 20 minutes, until it is assertive and well-balanced. Strain the infusion, add simple syrup, and season to taste with salt. Weigh the milk mixture, then weigh out enough kappa carrageenan to equal 1.5 percent of the liquid weight (for example, for 100 grams of liquid, use 1.5 grams of carrageenan). Heat mixture to 175 degrees. With a whisk, mix in the carrageenan; continue whisking until it thickens. Cool the gel in a shallow pan in the refrigerator until it is completely set. Break the set gel into pieces and puree in a blender until it becomes smooth and fluid. Strain curd and refrigerate.
http://www.mercurynews.com/recipes/ci_23356975/recipe-strawberry-gazpacho

Low-Carb Forums – “Almond Milk -- No Carrageenan and Cheap” – June 4, 2013

...This has never occurred to me, but she's right. I've never wanted to go through the whole process of making it from whole almonds so I always buy it. I don't see any reason her method wouldn't work. You'd get a little sediment at the bottom but so what? The almond butter I buy is made from roasted almonds but you can buy it from raw, and roasted might taste good anyway. I just thought I pass along the tip. I keep hearing bad things about carrageenan -- it causes inflammation -- and I think I should try to get away from it.

<http://forum.lowcarber.org/showthread.php?p=8757214#post8757214>

Where Food Comes From – “Seafood 101: A Look At Edible Seaweed” – June 3, 2013

... Edible seaweed are algae that can be eaten and used in the preparation of food. It typically contains high amounts of fiber and, contrary to land based plant foods, they contain a complete protein. They may belong to one of several groups of multicellular algae: the red algae, green algae, and brown algae. Seaweeds are also harvested or cultivated for the extraction of alginate, agar and carrageenan, gelatinous substances collectively known as hydrocolloids or phycocolloids.

<http://www.wherefoodcomesfrom.com/article/10584/Seafood-101-A-Look-At-Edible-Seaweed#.Ua5hIWT73cY>

Assistant Village Idiot (blog) – “Irish Mossing Museum” – June 3, 2013

...Most recently we went to the Irish Mossing Museum in Scituate, MA, more properly called the Maritime Museum. Irish Moss was a cash crop out of the ocean off-and-on for a hundred years, as it was used as an ingredient in medicines, foods, soaps. If you used to read the ingredients on labels, the word carrageenan may look familiar. That comes from Irish moss - a good Gaelic-sounding word, isn't it?

<http://assistantvillageidiot.blogspot.com/2013/06/irish-mossing-museum.html>

Food Navigator – “Go Veggie: ‘Food allergies are becoming part of the mainstream now’ ” – June 3, 2013

Not so long ago, cheese alternatives were pretty grim. They were a poor substitute for the real thing, and something most people unable or unwilling to eat regular cheese could manage without. Today, they are tasty, affordable and - like almond milk or gluten-free health bars - designed to appeal to a far broader demographic than the allergic or intolerant, although this group now represents a sizable portion of the US population, says Go Veggie marketing director Jamie Schapiro... Go Veggie purple products are dairy free and target people avoiding milk because they are allergic/intolerant to it, or want to avoid dairy products for other reasons. The new cream cheese contains soy protein concentrate, whereas the cheese slices are soy-free, and use a combination of pea protein, rice, potato and carrageenan.



<http://www.foodnavigator-usa.com/Manufacturers/Go-Veggie-Food-allergies-are-becoming-part-of-the-mainstream-now>

China Daily – “Recalled in Taiwan, sold on mainland” – June 3, 2013

Desserts recalled by the Taiwan company Uni-President were still being produced and sold on the Chinese mainland on Sunday, two days after they were removed from shelves in Taiwan as a precaution. Uni-President's Taiwan office recalled seven products on Friday after they were found to contain an ingredient bought from supplier Roci Industrial Co. The products recalled by Uni-President contained a different ingredient, carrageenan, which is an approved food-hardening agent. "Some of the ingredients come from Taiwan, but I'm not sure if the seven products, which were recalled in Taiwan, are involved," said a man who gave his name as Wang at the Beijing branch of Uni-President China Holdings Ltd.

http://europe.chinadaily.com.cn/china/2013-06/03/content_16557608.htm

Also featured in:

- **China.org** - http://www.china.org.cn/china/2013-06/03/content_29007839.htm
- **Soshok** - <http://www.soshiok.com/article/24785>
- **Asia News Network** - <http://www.asianewsnet.net/Desserts-recalled-in-Taiwan-sold-in-mainland-China-47474.html>

FIS World News – “Algae exports on the rise” – June 3, 2013

The exports of products made with algae generated a total of USD 41 million in the first three months of 2013, according to the Fisheries Development Institute (IFOP). As the Bulletin of Fisheries and Aquaculture Exports issued by the Institute stated it, the figure is 8.5 per cent higher than that obtained in the same period last year... The main exported algae-based products until last March were dried algae (90.5 per cent), carrageenan (5.8 per cent) and agar agar (1.8 per cent).

<http://www.fis.com/fis/worldnews/worldnews.asp?monthyear=&day=3&id=61220&l=e&special=&ndb=1%20target=>

Asia One News – “Major Taiwanese firms embroiled in food scares” – June 1, 2013

... After the prosecutors' investigation, the Uni-President Group announced that it had only purchased carrageenan from Rico, a type of sea algae extract that can be used as a thickening additive for foods. The carrageenan was excluded from the tabbed ingredients, making the company's products relatively safe for customers, said Uni-President, but it will be recalling seven types of snacks to allay the fears of customers.

<http://news.asiaone.com/News/Latest%2BNews/SoShiok/Story/A1Story20130601-426669.html>

The China Post – “Major firms embroiled in food scares” – June 1, 2013

After the prosecutors' investigation, the Uni-President Group announced that it had only purchased carrageenan from Rico, a type of sea algae extract that can be used as a thickening additive for foods. The carrageenan was excluded from the tabbed ingredients, making the company's products relatively safe for customers, said Uni-President, but it will be recalling seven types of snacks to allay the fears of customers. Both A.G.V. and Elate suspended the sale of their “suspected” products and notified customers that they were offering refunds in the wake of the TDPO's investigation.

<http://www.chinapost.com.tw/taiwan/national/national-news/2013/06/01/380111/p2/Major-firms.htm>



Also featured in:

- **Yahoo! News Singapore** – <http://sg.news.yahoo.com/major-taiwan-firms-embroiled-food-scares-061003418.html>

***Want China Times* – “Dairy, jelly desserts recalled in Taiwan for substandard ingredients” – June 1, 2013**

Several Taiwanese manufacturers of dairy and jelly desserts decided Friday to recall some of their products that are suspected of having used questionable or unacceptable ingredients. Uni-President Enterprise Corp pulled seven of its products off shelves, including one kind of pudding, Rui Sui egg roll ice cream, and chocolate-flavored Polar Delight ice cream... Uni-President said the company only bought carrageenan, a natural algae extract used as a thickener, from Rico and did not purchase any of the suspect additives.

<http://www.wantchinatimes.com/news-subclass-cnt.aspx?id=20130601000064&cid=1103>

***Body Unburdened* – “The carcinogen hiding in your {cow, coconut, rice, almond, soy} milk” – June 1, 2013**

If you buy {cow, coconut, rice, almond, soy} milk from the grocery store, you may be purchasing a product with a known carcinogen in it: carrageenan. You buy organic? Well it still might be in there. Carrageenan is a substance that is extracted from red seaweed (so naturally-derived) and widely used in the food industry for its thickening and stabilizing properties.

<http://bodyunburdened.com/author/body2956/>

***GoRaw* – “Make Coconut Milk at Home—and Reasons Why You Should!” – May 31, 2013**

Whether or not you’re a raw vegan, you may have made the decision to not drink milk from a cow, goat or sheep and seen all the alternatives on the market. Now, next to the 2% and full fat milks are a wealth of cartons filled with almond, soy and coconut milk. At first, many who avoid regular dairy milks rejoiced! But then many of us realized that they contain additives and stabilizers, as well as being highly processed. One of the worst additives most of these alternative milks use is something called carrageenan, which seems innocuous on the surface. But dig a little deeper into this thickening agent made from an Irish form of seaweed and you’ll find that research shows that it causes gastrointestinal inflammation, lesions and even colon cancer in animals.

<http://news.goraw.com/2013/05/how-to-make-coconut-milk-at-home-and-why/>

***The Paleo List* – “Is Coconut Milk Paleo?” – May 31, 2013**

Pure coconut milk, often found in cans is the real deal, so long as it’s just coconut and water. Some companies add preservatives, thickeners, gums or carrageenan, and these are ingredients that are best avoided because they can be problematic, especially in people with gastrointestinal disorders. Two great coconut milk brands include Aroy-D and Natural Value. Both of these are pure, legit and BPA-free. The coconut milk seen in big cartons is a bit different. Yes, it’s made from coconut, but it’s generally sweetened, flavored, additive-heavy and thickened with gums or carrageenan.

<http://thepaleolist.com/2013/05/31/is-coconut-milk-paleo/>

***Test Kitchen Tuesday* – “Friday Round Up–5/31/13” – May 31, 2013**



... More info on why carrageenan should be avoided. A lot of folks think this ingredient is only in non-dairy products, but in reality, it pops up in so many things, including a lot of traditional dairy.

<http://testkitchentuesday.com/2013/05/31/friday-round-up53113/>

***RK McWilliams* – “More on Carrageenan” – May 29, 2013**

I received a comment on my blog from a carrageenan-lover. I actually found the exact same post on another website addressing carrageenan, so she either copied it, or wrote it and posts it on blogs about carrageenan. She objects to comments about carrageenan, stating one woman, Dr. Joanne Tobacman, a scientist, is responsible for the carrageenan, “myths.” So, I checked online, and sure enough, there are many articles about Dr. Tobacman’s research, spanning over twenty years. I found her actual research results at the nih.gov website.

<http://rkmcwilliams.com/chemicals-in-food/more-on-carrageenan/>

***Green Cradle* – “Could Your Organic Food Be Making You Sick to Your Stomach: Carrageenan and Food Labels?” – May 22, 2013**

The back of the food label on your organic product may be as free range as the ingredients inside it. Indeed, you may have already found that the back label isn’t even in the back anymore; it may be at the top; sometimes it’s been strategically moved to the left or right side of the box, or deep underneath where you only once looked for a hole. For one example, lets say you turn your organic yogurt, sour cream, turkey breast or almond milk to find the ingredient “Carrageenan.” To be fair, it’s hard to get anything out of a word like Carrageenan. It lacks a certain carcinogenic spice that comes across with more savory terms, such as Butylated Hydroxyanisole or Ammonium Sulfate. Those sorts of terms sound too flavorful or exotic to go down easily, certainly enough to give you heart burn or a tumor.

<http://www.greencradle.net/2013/05/could-your-organic-food-be-making-you-sick-to-your-stomach-carrageenan-and-food-labels/>