



**Marinalg
Carrageenan Media Monitoring
May 24, 2013**

CARRAGEENAN COVERAGE SUMMARY

NOSB Decision Response Hits

Mentions of the USDA NOSB decision regarding carrageenan include: An article in *The Alternative Daily* calling carrageenan a toxic ingredient, which quotes Dr. Pradeep Dudeja, Professor of Physiology in Medicine at the University of Illinois, Chicago, who cites Dr. Joanne Tobacman's research; and a story in *Force Change* that calls for the removal of carrageenan from organic products and includes an easy-to-sign petition to Miles McEvoy of the NOP.

Coalition Blogs

This week, three blogs were published by the Marinalg team to generate positive messaging surrounding carrageenan. Two of the blogs were posted to the Marinalg site and penned by Catherine Adams Hutt, PhD, Registered Dietitian. In her blog on May 20, Adams describes how the USDA's regulatory actions on carrageenan have been based on sound science and those that are in the interest of public health. In her blog on May 23, Adams explains how carrageenan's attackers are unnecessarily instilling fear in consumers' minds centered around Tobacman's rejected science and that the USDA supports carrageenan based on sound and relevant science only.

In addition to the Marinalg blogs, Marshall Matz of Olsson Frank Weeda Terman Matz PC posted on the OFW Law Ag/FDA blog a piece supporting the USDA's decision, which also directs readers to post comments to the federal docket.

Other Notable Hits

Notable positive or neutral hits included: an article written in the *Warwick Beacon* (a publication based out of Warwick, R.I. published twice a week on Tuesday and Thursday), which quotes Kathleen J. Melanson, associate professor of nutrition science at the University of Rhode Island, who dispels any concerns about the safety of carrageenan; a mention in *Food Trients*, which does not call out carrageenan in its list of the "16 Worst Food Additives" and declares it a non-harmful stabilizer; a story in *Food Navigator* about the appeal of hydrocolloids that points out carrageenan as one hydrocolloid that "may benefit from better marketing and communications about its natural origin"; and a story in the *Sun Star* about how the Seaweed Industry Association of the Philippines (SIAP) got the support of the Export Development Council (EDC) in its campaign against Tobacman's studies on carrageenan.

Notable negative mentions include: A story in *Wealthy Choices Network* about "chemical terrorism in our food" that calls carrageenan a toxic ingredient; a story in *Natural Style* that points to the Cornucopia Institute's negative report on carrageenan as a source for why consumers should avoid the additive; a piece in the blog *Price Plow* that describes the supposed side effects of consuming carrageenan regularly; a piece in the blog *Eating Local and Organic* which calls to



question carrageenan's safety and tells readers to avoid it whenever possible; and a story in *Nourishing Wellness* about how carrageenan could be the cause of stomach pains and inflammation of the GI tract.

NOSB Response

***The Alternative Daily* – “Toxic Ingredient Even In Organic: The Effects of Carrageenan” – May 20, 2013**

Carrageenan is a highly popular additive often found in organic foods. It is derived from red seaweed, but, unfortunately, the process used to make it leaves it unhealthy and refined. This additive is used in both conventional and organic products with regularity. “Carrageenan has a unique chemical structure, and research has shown it may trigger an innate immune response in the body,” says Dr. Pradeep Dudeja, Professor of Physiology in Medicine at the University of Illinois, Chicago, who has co-authored nine studies on carrageenan. “The immune response leads to inflammation, which is a serious public health concern since chronic, low-grade inflammation is a well-known precursor to more serious diseases, including heart disease, Alzheimer’s, Parkinson’s, diabetes and cancer,” he adds.

<http://www.thealternativedaily.com/toxic-ingredient-even-in-organic-the-effects-of-carrageenan/>

***Force Change* – “Remove Dangerous Additive From Organic Products” – May 20, 2013**

Carrageenan, an additive commonly used in foods, is currently allowed in certified organic foods although it is linked to gastrointestinal inflammation and higher rates of colon cancer. Carrageenan’s approval is about to expire under the National Organic Program (NOP), however, the NOP is recommending approval of carrageenan in organics for another five years. This is unacceptable as studies show clear health risks. Carrageenan must be banned in all organic products.

http://forcechange.com/65103/remove-dangerous-additive-from-organic-products/?utm_source=rss&utm_medium=rss&utm_campaign=remove-dangerous-additive-from-organic-products

Carrageenan in the News & Blogs

***Warwick Beacon* – “URI professor downplays concerns over food additive” – May 23, 2013**

When purchasing organic soymilk from her local market, Maria Anna Kellner of Warwick never thought she would question one of the ingredients listed on the carton...However, after using the milk for a few days, she happened to look at the nutrition label and saw carrageenan listed as an ingredient...She was so concerned, Kellner called the Hood Company, which owns Rolling Hills Farm. It took her a while, but she finally was directed to an employee in the Consumer Affairs department. Kellner said the employee told her the extract is used as a common thickening agent, but added that the company frequently gets calls concerning the ingredient. Kathleen J. Melanson, associate professor of nutrition science at the University of Rhode Island, explained that concerns about carrageenan have been common since the 1960s and 1970s, but it is simply due to a lot of confusion.

http://www.warwickonline.com/stories/URI-professor-downplays-concerns-over-food-additive,82319?category_id=4&town_id=1&sub_type=stories



Marinalg blog – “Public Health Defenders Side with Science and Support Carrageenan” – May 23, 2013

The United States supports one of the safest food supplies in the world. I would state “the safest”, but it’s hard to prove. What is easy to prove is the rigor of regulatory review in the United States by the Food and Drug Administration (FDA) and the US Department of Agriculture (USDA) that ensures foods and food ingredients are safe as consumed, are not adulterated and are correctly labeled. The FDA and USDA are charged with protecting the public health; they are staffed with scientists – microbiologists, toxicologists – and analysts.

<http://www.marinalg.org/public-health-defenders-side-with-science-and-support-carrageenan/>

Olsson Frank Weeda Ag/FDA blog – “USDA is Right on Carrageenan” – May 23, 2013

Kudos to Secretary Vilsack and USDA for basing their regulatory decisions on sound science. Another recent example is the Proposed Rule published on May 3rd that would re-list carrageenan as appropriate for use in organic food products. The USDA decision is consistent with a recent decision by FDA affirming the safety of carrageenan for all food products. Moreover, the World Health Organization (WHO) and many other regulatory authorities around the world have approved carrageenan for use as a food ingredient.

<http://agfdablog.com/2013/05/23/usda-is-right-on-carrageenan/>

Daily Y – “Colgate Toothpaste” – May 23, 2013

...Sodium Fluoride, Triclosan, Hydrated Silica, PVM/VA Copolymer, Sodium Lauryl Sulfate, Sodium Hydroxide, Propylene Glycol and Carrageenan all raise health concerns when you consider what they are, how they are processed and how they are ingested, inhaled, absorbed, or in any way consumed...Carrageenan causes inflammation when ingested-chronic inflammation is a root cause of heart disease, Alzheimers, Parkinsons and cancer. Carrageenan is also reported to interfere with macrophage activity.

http://daily.yworlds.com/2013/05/23/colgate-toothpaste/?utm_source=rss&utm_medium=rss&utm_campaign=colgate-toothpaste

Wealthy Choices Network – “The Reality of Chemical Terrorism In Our Food” – May 22, 2013

...Toxic Emulsifiers: An emulsifier replaces surface proteins and aids in forming the network in specific food recipes. There are no healthy non-organic emulsifiers. They are all toxic causing everything from infertility, digestive disorders and migraines.* Examples: Polysorbate 80, Mono-diglycerides, Carrageenan, Xanthan Gum (non-organic), Guar Gum, Soy Lecithin or Soya Lecithin.

<http://www.wellthychoices.net/2013/05/22/the-reality-of-chemical-terrorism-in-our-food/>

Oh My Veggies (blog) – “recipe | cinnamon vanilla cashew milk” – May 23, 2013

If I only knew how easy it was to make my own non-dairy milks, I would have started doing it years ago. Why did it take me so long to discover this? Okay, it’s still not as easy as picking up a carton of almond milk at the store. But it’s easier than I thought it would be. After learning about carrageenan, I decided that I wanted to avoid non-dairy milk made with it. This is not a lecture-y blog, so don’t take this as me telling you what you should or should not eat, but I decided that for me, I’d rather seek out products that don’t use carrageenan.

[http://ohmyveggies.com/recipe-cinnamon-vanilla-cashew-milk/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+TheTypeAHousewife+\(Oh+My+Veggies](http://ohmyveggies.com/recipe-cinnamon-vanilla-cashew-milk/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+TheTypeAHousewife+(Oh+My+Veggies)



***Ruby's Rants & Raves* – “GMO free shopping list” – May 22, 2013**

With the recent federal legislation passed concerning our food and the inclusion of the “Monsanto Protection Act” it is overtly obvious that the powers that be pretty much don't give a **** about what they feed us or it's consequences on our health. YoBaby Yogurt cups \$2.50 – ** A note on organic yogurt ** The USDA allows products containing carrageenan to be labeled “organic” so make sure you read the ingredients before you buy!!

<http://rubysrantsnraives.wordpress.com/2013/05/22/gmo-free-shopping-list/>

***Food Trients* – “Part II: The 16 Worst Food Additives & How To Avoid Them” – May 21, 2013**

... You may have been eating a particular food for so many years that you never really stopped to read the label of what it actually contains. Now, some food additives don't pose a risk to your health while others do. It's frustrating that sometimes both types of additives can actually be combined in one food. For example, sugar-free packaged yogurts. They may be made with non-harmful stabilizers like carrageenan and yet contain the artificial sweetener aspartame or sucralose. To be sure that your favorite processed/packaged food doesn't also contain food additives you don't want, be sure to read the label and look for these common “bad” food additives.

<http://www.foodtrients.com/news/part-ii-the-16-worst-food-additives-and-how-to-avoid-them/>

***Nutritional Style* – “Carrageenan; Stay Away” – May 21, 2013**

I often recommend dairy free milks, like coconut milk, almond, and hemp for a delicious milky beverage to add to your smoothies, or to top your granola, because many people are dairy intolerant or benefit from less dairy in their diet. Homemade nut and seed milks are best, of course, but I used to purchase boxed milks too, and they were always organic. There's an ingredient in boxed milks that I'm no longer confident in recommending. It's carrageenan, a food additive that's extracted from red seaweed and is used as a thickening agent. This additive has been controversial for decades, but the FDA and other nations continue to stand behind it. Sadly, our standards for organic certification in the US do not protect us from this additive.

<http://nutritionalstyle.com/2013/05/21/carrageenan-stay-away/>

***Yoga VPA (blog)* – “Homemade Almond Milk: No Carrageenan” – May 21, 2013**

What's In Your Store-Bought Almond Milk? If you've ever bought almond milk did you take a look at the ingredients? In addition to almonds and water you will often find added nutrients like vitamin A, E, D and calcium. Personally I don't really care for fortified food. It makes me suspicious of its quality in the first place. But what I dislike the most in almond milk are the thickening agents. One that is very common is carrageenan. Carrageenan is derived from seaweed and the scientific research about its effects on human health has consistently shown it to cause inflammation, especially in the gut.

<http://yogavpk.com/diet/homemade-almond-milk-no-carrageenan/>



Green Smoothie Power (blog) – “Why I don’t add Almond Milk, Soy Milk or Coconut Water to Green Smoothies” – May 21, 2013

...Example 3: Silk Original Soy Milk: Many reasons not to drink this or any soy milk for that matter, and again, why contaminate a perfectly pure and natural Green Smoothie with these ingredients? Here we have added sugar and 2 suspicious food additives on the label: “Carrageenan” and “Natural Flavors.” Carrageenan is a thickening agent which is known to increase inflammation in the body, in especially gastrointestinal inflammation.

<http://greensmoothiepower.com/green-smoothie/why-i-dont-add-almond-milk-soy-milk-or-coconut-water-to-green-smoothies/>

Food Navigator – “Hydrocolloids may have appeal in clean label and natural-focused products” – May 21, 2013

The natural and familiar origins of food hydrocolloids make them ideal for clean label foods and mean they have ‘good prospects’ when communicating to consumers who focus on a products ‘naturalness’, say researchers. The new consumer research data explores perceptions of food hydrocolloids, finding that such ingredients have strong potential to add value to food and drink products by informing consumers on the natural origins of such ingredients.

<http://www.foodnavigator.com/Science-Nutrition/Hydrocolloids-may-have-appeal-in-clean-label-and-natural-focused-products>

Price Plow (blog) – “MHP Paleo Protein... with Modified CORN Maltodextrin? #FAIL” – May 21, 2013

... Nothing undergoing this much chemical engineering should be included in a supposed paleo product. Xanthan gum is a thickening agent produced by the fermentation of plant sugars...typically those of corn, wheat, dairy, or soy. Yet another ingredient incompatible with the paleo lifestyle. Finally, the product includes carrageenan, this is an extract of red seaweed that undergoes a tremendous amount of processing to make it suitable for use as a thickening agent in food. It gets worse, carrageenan is known to cause colon inflammation in animal studies, and is a believed human carcinogen. You can see a summary of these risks in this report by the cornucopia institute, a nonprofit research group that addresses food supply issues.

<http://www.priceplow.com/blog/2013/05/mhp-paleo-protein-not-so-paleo>

Marinalg blog – “USDA Lets the Science Speak to Dictate Regulatory Direction” – May 20, 2013

It is easy for public health officials to err on the side of caution. Look no further than the European Union to find examples of application for the “Precautionary Principle”. With all due respect to our European friends and colleagues, the Precautionary Principle translates into poor policy – regulation driven by consumer perception and fears with science hidden in the closet. Regulatory policy must have science as its foundation, or it has no compass.

<http://www.marinalg.org/usda-lets-the-science-speak-to-dictate-regulatory-direction/>

Eating Local and Organic (blog) – “Carrageenan: Safe Or Not?” – May 20, 2013

Carrageenan is an ultra-refined chemical that’s produced from red seaweed and is a food additive that’s in a lot of products including milk, yogurt, and ice cream. But it’s highly processed. So much stuff has been written about carrageenan, some saying it’s good and some saying it’s bad. There are some that say it’s only the undegraded kind (not food-grade) that’s bad.

<http://eatinglocalandorganic.com/carrageenan-safe-or-not/>



***Back to Organic* – “Made in the USA Magic Wand Treats” – May 20, 2013**

... Have you ever Googled “Healthy Rice Krispie treats?” Well, there are plenty of recipes out there with honey instead of marshmallows, coconut oil instead of butter, and extra flavors like peanut or almond butter. I am sure there is a Gluten Free one as well. I decided to stick with the Kellogg recipe I grew up making with my mother but used Brown Rice Krispies, Dandies air-puffed marshmallow with more natural, Non-GMO ingredients, and pasture butter for more CLA and Vitamin E. The only ingredient I am not happy about in the marshmallows is Carrageenan but you cannot have everything unless you make your own!

<http://backtoorganic.com/made-in-the-usa-magic-wand-treats/>

***Sun Star* – “Council backs SIAP on carrageenan study” – May 20, 2013**

The Seaweed Industry Association of the Philippines (SIAP) got the support of the Export Development Council (EDC) in its campaign against an American scientist’s study on carrageenan. In a recent meeting, SIAP chairman Max Ricohermoso told Sun.Star Cebu that EDC came up with a resolution to support the industry’s information drive in both domestic and international markets on carrageenan’s health benefits. “EDC’s support is about confirming our positive carrageenan positioning with the domestic and international media,” said Ricohermoso, president of MCPI Corp.

<http://www.sunstar.com.ph/cebu/business/2013/05/20/council-backs-siap-carrageenan-study-283334>

***Nourishing Wellness* – “Carrageenan: Could this common additive be the ‘cause’ of your belly fat or belly pains?” – May 20, 2013**

I just learned something that is discouraging but confirms why we all have to read labels. Carrageenan is derived from certain types of red algae, a seaweed found throughout the coasts of North America and Europe. The product is used as a thickening agent, stabilizer, and emulsifier, meaning that it helps keep mixed ingredients from separating. r. Joanne K. Tobacman, M.D., an associate professor of clinical medicine at the University of Illinois College of Medicine, has published 18 peer-reviewed studies that address the biological effects of carrageenan and is convinced that it is harmful to human health. In April 2012, she addressed the National Organic Standards Board on this issue and urged reconsideration of the use of carrageenan in organic foods. In her presentation, Dr. Tobacman said that her research has shown that exposure to carrageenan causes inflammation, ulcerations and malignancies in the gastrointestinal tract.

<http://nourishingwellness.com/2013/05/carrageenancould-this-common-additive-be-the-cause-of-your-belly-fat-or-belly-pains/>

***Becoming Lola (blog)* – “Meatless Monday: dark truths about ingredients in supermarket ice cream” – May 20, 2013**

First is Sheer Bliss pictured above which I ate happily (Cream, Milk, Cane Sugar, Nonfat Dry Milk, Pure Cocoa Powder, Guar Gum, Carob Bean Gum) and boasts every flavor from vanilla pomegranate to antioxidant rich dark chocolate. My only pet peeve is that they dig their own grave by adding carrageenan which is as wholesome as MSG for all intents and purposes, but it sure beats out Breyer's and Friendly's any day.

http://becominglola.blogspot.com/2013/05/meatless-monday-dark-truths-about.html#.UZqA_iv73cY



***Melodie Unchained* – “Going Nuts Over DIY Almond Milk (gross pun, awesome recipe)” – May 19, 2013**

... Rarely criticized is commercial almond milk, which has never sat well with me despite it often being recommended as the "healthiest" alternative to dairy. Take one quick glance at the ingredient list and you can see why! Cane sugar (table sugar's cousin in disguise)? Carrageenan (allegedly a cancer causing compound derived from seaweeds)?

<http://melodieunchained.blogspot.com/2013/05/going-nuts-over-diy-almond-milk-gross.html>

***A Pinch of Salt (blog)* – “Dress up Coffee Creamer” – May 18, 2013**

... Awesome - so now, not only do you get to drink natural flavors, but you also get to poison your body with carrageenan. If you don't know what carrageenan is - look it up. It's considered all natural because it's taken from seaweed. It's used as a thickening agent in frozen yogurt, creamers and other low fat milk products. It's said to cause gastrointestinal problems along with a few other issues. For the longest time I couldn't figure out why my stomach hurt after getting froyo. Now I know.

<http://a-pinch-of-salt-with-lynore.blogspot.com/2013/05/dress-up-coffee-creamer.html>

***My Whole Food Life (blog)* – “Clean Eating Nutella Ice Cream” – May 18, 2013**

Most organic store bought ice cream costs an arm and a leg. Sadly, a good percentage of them still contain carrageenan, which may be linked to cancer. I personally don't feel comfortable eating it and that is why I got the ice cream maker. This recipe is really easy and only took 30 minutes! I used my Homemade Nutella Recipe to make this.

<http://mywholefoodlife.com/2013/05/18/clean-eating-nutella-ice-cream/>

***The Yogurt Blog (blog)* – “Spotlight on Astro® BioBest® Omega 3” – May 17, 2013**

I saw the Astro® BioBest® Omega 3 Strawberry/Raspberry/Peach/Blackberry (12×100g Multipack) at Foodland yesterday and the Omega3 label caught my attention so picked one up for a closer look. I saw that it has 1 billion probiotic cultures, Lactobacillus acidophilus NCFM, Bifidobacterium lactis Bi-07. Wow, probiotics + Omega 3! So I looked it up on the web. The only thing I am concerned about is the ingredient Carrageenan. I have been avoiding frozen yogurt like Menchie's and Yogen Fruze and switched to grocery yogurts because of this ingredient, so I was disappointed to find it in a BioBest probiotic yogurt product.

<http://yogurtblog.wordpress.com/2013/05/17/spotlight-on-astro-biobest-omega-3/>