



**Marinalg**  
**Carrageenan Media Monitoring**  
**June 14, 2013**

### **CARRAGEENAN COVERAGE SUMMARY**

#### **Seaweed Industry in the News**

Mentions of the seaweed industry in terms of carrageenan production include: A story in *Sun Star* about the improved outlook this year for the exporting of seaweeds, such as carrageenan; a story in various outlets online, including *Bangor Daily News*, *The Courier Gazette* and *Top News Today* about a fire at FMC's Rockland, Maine, plant, which is a large carrageenan producer; a story in the *Fiji Sun* about seaweed (specifically *Euchema Cottinii* seaweed) exporter Wee Kong Marine Products & Exporter Co. Limited and its pursuit of a water license; and a story in *Blackle Mag* about sustainable aquaculture, which mentions and links to the Marinalg.org site.

#### **Other Notable Hits**

Notable positive or neutral mentions of carrageenan include: A release about McCormick Brand's now-available freezer jam that contains carrageenan, which appeared in notable sites such as *MarketWired*, *NBC News*, *Bloomberg* and *Yahoo! Finance*, a story in *The Jakarta Post* about how seaweed's use is becoming more and more common in a variety of everyday products, mentioning carrageenan's use in candy and snacks; and a story in the *East Hampton Patch* about the importance of protecting the ocean and the alginates that come from it (including carrageenan).

Notable negative hits include: A story in *The Stir* (also referenced in *Examiner* and *World News*) calling carrageenan an organic ingredient that causes inflammation and colon cancer, also noting that "Doctors and scientists have even tried to get the FDA to ban it from foods"; stories in *Ottawa Family Living*, *Baby Center* and *The Savory Lotus* blog about dairy-free options calling for readers to avoid non-dairy milks with carrageenan as an ingredient; a piece in *Whippet World* that mentions one woman's story of seemingly being fooled into thinking carrageenan is safe; a story in the notably anti-carrageenan blog *Food Babe* about carrageenan as an ingredients in frozen yogurt that causes inflammation; an infographic in the *Huffington Post* about carrageenan as an ingredient in squeezable yogurts that, though no research is conclusive on its safety, the WHO still advises against feeding infants formula that includes the ingredient (other mentions of carrageenan's use in yogurts were seen in *My 719 Moms* blog and *Wet Paint* blog); a story in *The Non-GMO Mom* blog about carrageenan as an additive that causes inflammation in the intestine and potentially cancer; a mention in *About Health Problems* that says carrageenan may have laxative action can cause allergies, can cause ulcers and malnutrition; a release about Z Trim Holdings biotechnology company using Z Trim Corn Fiber to replace ingredients, including carrageenan, appearing in *PR Newswire*, *Reuters*, *the Sacramento Bee*, among others; and a mention in *Naturale Mama* about choosing dairy that does not include carrageenan.



### *Carrageenan and Seaweed Industry in the News*

#### ***Sun Star (Philippines) – “Seaweed industry sees brighter outlook this year” – June 12, 2013***

The country’s seaweed industry has a brighter production outlook as the sector implements new strategies and tap new markets, the Seaweed Industry Association of the Philippines (Siap) said. By 2016, the seaweed industry cluster is expected to record domestic and export sales of \$14 million to \$394 million, respectively, by tapping new markets in Asia, South America and Africa for quality seaweed-based products like raw dried seaweed, carrageenan and agar.... According to Siap, China is the country’s main buyer for seaweed raw materials, while Indonesia and China are the country’s two main competitors in the carrageenan market....

<http://www.sunstar.com.ph/cebu/business/2013/06/12/seaweed-industry-sees-brighter-outlook-year-286980>

#### ***Bangor Daily News – “Fire put out at Rockland manufacturing plant” – June 12, 2013***

ROCKLAND, Maine — An electrical fire at the FMC Biopolymer plant in on Wednesday afternoon was quickly extinguished, the fire chief said. The fire occurred in a laboratory of the plant, which manufactures carrageenan to be used in food and products such as toothpaste. Rockland Fire Chief Charles Jordan Jr. said the staff had put out the fire when crews arrived. Fire crews checked to make sure there were no “hot spots,” the chief said. Crews were there for less than an hour. He estimated damage at a few thousand dollars but said that was a general estimate because of the uncertainty of whether the electrical fire shorted out equipment. The fire was reported at 4:20 p.m. at the plant, located on the waterfront.

<http://bangordailynews.com/2013/06/12/news/midcoast/fire-put-out-at-rockland-manufacturing-plant/?ref=comments>

Also featured in:

- ***The Courier-Gazette***- <http://bangordailynews.com/2013/06/12/news/midcoast/fire-put-out-at-rockland-manufacturing-plant/?ref=comments>
- ***Top News Today*** - <http://us.topnewstoday.org/us/article/6382749/>
- ***Road Runner*** - <http://features.rr.com/article/01wRbkZfjN4iS>
- ***I4U News*** - <http://www.i4u.com/2013/06/maine/rockland-fire-manufacturing-out-plant-put>

#### ***Fiji Sun – “Seaweed exporter plans to secure water licence” – June 12, 2013***

The only seaweed exporter in the country hopes to secure a wet leasing licence to resolve inconsistent supply from their seaweed farmers to revive seaweed farming. In a letter to the Department of Fisheries, in late March, Wee Kong Marine Products & Exporter Co Limited highlighted the potential of seaweed export to China, a major market. Euchema Cottonii seaweed is used in the production of Carrageenan. Carrageenan is an important product used in cosmetics, food processing and industrial uses, as well as a food source for those living in Indonesia and the Philippines.

<http://www.fijisun.com.fj/2013/06/12/seaweed-exporter-plans-to-secure-water-licence/>



***Blackle Mag – “Sustainable Seaweed Farming as an Agricultural Model” – June 8, 2013***

Research projects like the Coral Triangle Initiative are working to safeguard water zones. Studies like these are international efforts to protect coral reef areas. The intention is to defend not only the reef ecosystems, but also the local fisheries and individuals that live in these regions. They also further examine associations between whether or not indigenous opportunities, like seaweed farming, are viable commodities for local people... The positives of environmentally operated seaweed farms includes improving fish populations and other inhabitants as water life is enhanced by its diet of rich nutrients from agricultural overflow. Additionally, developing maintainable employment that is centered around a healthy, clean waterway is a welcome provision...

<http://blacklemag.com/living/society/sustainable-seaweed-farming-as-an-agricultural-model/>

***Carrageenan in the News & Blogs***

***The Stir – “The Ingredient in Organic Snacks That Could Be Terrible for Your Kid” – June 12, 2013***

Oh great, another food ingredient for us to worry about. Did you know that carrageenan is like poison ivy for your intestines -- supposedly? FAN-TA-STIC! Carrageenan is a thickener made from seaweed that you'll find in ice cream and - - dammit -- those yogurt tubes every single toddler ever just loves. So let's have it. How bad is carrageenan? How much damage does it do? Numerous studies have shown carrageenan to cause everything from intestinal inflammation to colon cancer. Apparently the body considers it an invader. Concerned doctors have tried to get the FDA to ban it from foods, they're so freaked out over it, but so far no luck. Meanwhile, the European Union has banned it from baby formula. Wait -- it's in baby formula?!?...

[http://thestir.cafemom.com/toddler/156833/the\\_ingredient\\_in\\_organic\\_snacks](http://thestir.cafemom.com/toddler/156833/the_ingredient_in_organic_snacks)

***Examiner – “Organic food ingredient may not be good for you” – June 12, 2013***

According to an article posted on The Stir Wednesday, there is an ingredient found in dairy products as well as the organic ones that can cause intestinal inflammation and colon cancer. A carrageenan is like poison ivy for your intestines. It is made from seaweed and is used as a thickener that you can find in ice cream, yogurt, almond milk, and cottage cheese just to name a few. Even though it is made from seaweed, it is so processed that it is unrecognizable to your body. Numerous studies have been performed on carrageenan. Doctors and scientists have even tried to get the FDA to ban it from foods. The FDA denied the petition....

<http://www.examiner.com/article/organic-food-ingredient-may-not-be-good-for-you>

Also featured in:

- ***World News -***

[http://article.wn.com/view/2013/06/12/Organic\\_food\\_ingredient\\_may\\_not\\_be\\_good\\_for\\_you/#/related\\_news](http://article.wn.com/view/2013/06/12/Organic_food_ingredient_may_not_be_good_for_you/#/related_news)



***Ottawa Family Living* – “Best Dairy-Free Options” – June 13, 2013**

Unsweetened Silk Almond Milk is a good brand because it contains no added sugar and uses sunflower lecithin instead of carrageenan as a thickening agent. Processed carrageenan (derived from red seaweed) should be avoided as it can cause serious gastrointestinal issues... Click here [Link to Cornucopia.org] for a shopping guide to avoid foods with carrageenan. Not all foods are on this list, but at least now that you're aware you can check your labels!

<http://www.ottawafamilyliving.com/best-dairy-free-options/>

***Lunatic Outpost (Blog)* – “Ultimate Digestion Thread” – June 13, 2013**

...the food additive carrageenan has been implicated in gastritis and intestinal inflammation.... Carrageenan is a family of linear sulfated polysaccharides that are extracted from red seaweed. It is used in the food industry (even in natural and organic products) for its gelling, thickening and stabilizing properties. Carrageenan is mainly used in meat and dairy products. The problem with carrageenan is that it is implicated to cause gastrointestinal problems in multiple studies. In those studies it was found that carrageenan caused gastrointestinal inflammation and immune responses. It also has been linked to causing gastrointestinal cancer as well. Anyone suffering from gastritis or inflammation diseases should eliminate carrageenan until their gastrointestinal tract heals or should be eliminated forever from their diet....

<http://lunaticoutpost.com/Topic-Ultimate-Digestion-Thread?page=3>

***Way Too Shy to Buy!* – “Sliquid Natural Intimate Lubricant – Sea 4.2 Oz Bottle” – June 13, 2013**

Each extract provides an added boost for your health: Carrageenan, while also being one of nature's most effective natural lubricants, has also been shown to reduce the transmission of HPV (Human Papillomavirus).... Together, these natural extracts of the sea blend with our Naturals H2O lubricant, to provide a slippery, sensual lubricant with the natural healing properties of the sea. 4.2oz. Vegan.

<http://www.way2shy2buy.com/2013/06/sliquid-natural-intimate-lubricant-sea-4-2-oz-bottle/>

***The Dancer's Dish (Blog)* – “The Danger With Comparisons” – June 13, 2013**

...Just taking a peek inside her pantry made me realize how much I still have to learn, and how infantile my skills are in comparison to hers. One quick glance around showed such foreign ingredients as Spanish saffron, soybean paste, curry powder, and harissa spread. There was orange blossom water, Szechuan "preserved gemuese", minced ginger, and sauces in Asian script I couldn't even read. She even has xanthan gum and carrageenan for experiments with molecular gastronomy...

<http://thedancersdish.blogspot.com/2013/06/the-danger-of-comparisons.html>

***IBS Self Help and Support Group* – “SCD Diet. Pls Read if you have not seen progress with FodMap” – June 13, 2013**

So I've had IBS-D for a long time, recently found out that it could be SIBO related... Well I've just discovered the SCD (Specific Carbohydrate Diet)... This is a gist of what the diet prohibits:... Seaweed and seaweed byproducts, such as agar and carrageenan...

<http://www.ibsgroup.org/forums/topic/163835-scd-diet-pls-read-if-you-have-not-seen-progress-with-fodmap/>



**Market Wired – “McCormick Canada's Club House Comes to the Rescue this Pickling and Jamming Season” – June 13, 2013**

With Club House No Cooker Freezer Jam, impressing jam lovers has never been so easy. In less than 30 minutes and without any cooking, any flavour of homemade jam can be prepared. This style of jam has 40 per cent less sugar than regular strawberry jam and is fat free. The secret to this softer and more spreadable jam is that it contains carrageenan, a thickener extracted from red seaweed, so the same amount of fruit and sugar can be used for all types of jam. This is not the case for regular pectin jams. It is also perfect as a tart or cookie filling, or as a topping for ice cream, yogurt, pancakes and cheesecakes.

<http://www.marketwire.com/press-release/mccormick-canadas-club-house-comes-to-the-rescue-this-pickling-and-jamming-season-1801406.htm>

Notable features include:

- **NBC News** - [http://www.nbcnews.com/id/52189646/ns/business-press\\_releases/#.UbsdI\\_Y1ISY](http://www.nbcnews.com/id/52189646/ns/business-press_releases/#.UbsdI_Y1ISY)
- **Bloomberg Government** - [http://www.bgov.com/news\\_item/gAR4Yjnd8pcSdTtLwuwvOA](http://www.bgov.com/news_item/gAR4Yjnd8pcSdTtLwuwvOA)
- **Yahoo! Finance** - <http://finance.yahoo.com/news/mccormick-canadas-club-house-comes-110000810.html>

**The Stir – “The Ingredient in Organic Snacks That Could Be Terrible for Your Kid” – June 12, 2013**

Oh great, another food ingredient for us to worry about. Did you know that carrageenan is like poison ivy for your intestines -- supposedly? FAN-TA-STIC! Carrageenan is a thickener made from seaweed that you'll find in ice cream and - - dammit -- those yogurt tubes every single toddler ever just loves. So let's have it. How bad is carrageenan? How much damage does it do? Numerous studies have shown carrageenan to cause everything from intestinal inflammation to colon cancer. Apparently the body considers it an invader. Concerned doctors have tried to get the FDA to ban it from foods, they're so freaked out over it, but so far no luck. Meanwhile, the European Union has banned it from baby formula. Wait -- it's in baby formula?!?...

[http://thestir.cafemom.com/toddler/156833/the\\_ingredient\\_in\\_organic\\_snacks](http://thestir.cafemom.com/toddler/156833/the_ingredient_in_organic_snacks)

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<http://www.examiner.com/article/organic-food-ingredient-may-not-be-good-for-you>

Also featured in:

- **World News** - [http://article.wn.com/view/2013/06/12/Organic\\_food\\_ingredient\\_may\\_not\\_be\\_good\\_for\\_you/#/related\\_news](http://article.wn.com/view/2013/06/12/Organic_food_ingredient_may_not_be_good_for_you/#/related_news)



***Whippet World* – “Carrageenan, a food additive” – June 12, 2013**

I recently was reading about milk substitutes, and an online article said don't drink almond milk because it has carrageenan in it, and that it is a known carcinogen. I had just started drinking coconut milk, so I checked the ingredients on the carton, and it has carrageenan in it, too. I knew that a lot of canned dog foods had carrageenan in them, so I checked the ingredients in our dogs' brand - Natural Balance - and it has carrageenan in it also. I told my husband what I had read and said that we should find a dog food that didn't include the carrageenan. He asked the people who work at the pet supply store where we buy our dog food about it, and they assured him that it was just a thickener made from kelp, and that it is safe, but we bought a different brand of food anyway (Evangers). I just read this article, and it says that carrageenan is also used as an airplane de-icer!

<http://www.whippetworld.net/board/viewtopic.php?f=2&t=14356>

***Bubble News* – “Funny conspiracy theories III: The Truth About Meth” – June 12, 2013**

The compound carrageenan, commonly found in ice cream and other desserts, is made by growing algae in an unstable liquid byproduct of meth production...

<http://www.bubblews.com/news/650307-funny-conspiracy-theories-iii-the-truth-about-meth>

***Future Derm* – “Looking for an Eco-Friendly Moisturizer?: Orico London Streetwise Oxygenating Day Cream” – June 12, 2013**

Found in the wondrous beauty that is Ireland, Chondrus crispus (hereafter known as Irish moss) is a type of red seaweed that belongs to the Rhodophyta class. Irish moss is the main source of carrageenans, which are sulphated linear polysaccharides. Typically, they have been used in the food industry as a vegan form of gelatin due to their thickening properties (Carbohydrate Polymers). As far as cosmeceuticals are concerned, carrageenan has been used in research because of its inflammatory properties, allowing researchers to test anti-inflammatory treatments (Federation Proceedings). In minimal amounts, this would help to plump skin, making it appear smoother. New research suggests that it might possess antiviral and immunomodulatory properties, which would explain its inclusion in a moisturizer meant for those living in an urban environment (Carbohydrate Polymers).

<http://www.futurederm.com/2013/06/12/looking-for-an-eco-friendly-moisturizer-orico-london-streetwise-oxygenating-day-cream/>

***Food Babe* – “Frozen Yogurt Gone Bad” – June 12, 2013**

...Today Pinkberry's ingredients are available online like most retailers. The Cookies and Cream flavor has TBHQ (commonly used in varnishes, lacquers, pesticide products, cosmetics, and perfumes – not something I want to be eating), GMOs (corn flour, soy lecithin, dextrose, maltodextrin) and carrageenan, which can cause stomach inflammation. These ingredients make this product far from healthy. In addition, they do not use organic dairy, which is #1 on my organic shopping priority list because conventional dairy comes from cows fed mostly a GMO filled diet, injected with growth hormone and/or antibiotics.

<http://foodbabe.com/2013/06/12/frozen-yogurt-gone-bad/>



***Vitamins Match* – “Personal Lubricant Natural 4 Ounces by Oceanus Carrageenan” – June 12, 2013**

"NEW! Natural Carrageenan Personal Lubricant is the first natural personal lubricant formulated from the beginning with a woman's health as the #1 priority. Carrageenan's All Natural formula features ingredients such as Organic Aloe, Agave Inulin, Vitamin E and Carrizma, and of course the star ingredient, carrageenan. Carrageenan is not only the best-known natural lubricant, but has a superior, most like a woman feel. Our natural Carrageenan outperforms all other chemical based lubricants with its soft, silky, not sticky texture. And beyond the best sex ever, Carrageenan offers women added health benefits far and above the relief of vaginal dryness and increased sexual pleasure....

<http://www.vitaminsmatch.com/personal-lubricant-natural-4-ounces/34009/>

***Healthy-Eating-Support (Blog)* - Is carrageenan bad for you? – June 2013**

First, let me say that carrageenan is a food additive that is derived from a red form of seaweed. Although it has no real nutritional value it is used as a thickener and to create a creamy texture in foods, such as cottage cheese, ice cream, yogurt, nut milks, soy milk and other processed foods. According to the U.S. government, carrageenan is categorized as "Generally Recognized as Safe" (GRAS). What this means is that the government cannot find sufficient evidence that carrageenan is harmful to remove it from the food supply.

<http://www.healthy-eating-support.org/is-carrageenan-bad-for-you.html>

***My Road to Good Health (Blog)* – “Safe Non-GMO Soy.. Is there such a thing?” – June 12, 2013**

They don't bother doing the research to find out both sides of the story or to find out if there is "safe" say. If you opt to drink Almond milk instead of Soy milk beware. I avoid it for two reasons, Carrageenan and it's not organic. If you read below you will see why Carrageenan is bad for you. Also, I found out that Almonds are pasteurized basically, sprayed with a chemical to prevent them from spoiling. So unless you buy organic nuts, you are eating chemicals. Read more below to find out the best companies to choose safe soy to eat.

<http://beth-myroadtogooodhealth.blogspot.com/2013/06/safe-non-gmo-soy-is-there-such-thing.html>

***Huffington Post* – “What's Really In Those Squeezable Yogurt Tubes For Kids? (INFOGRAPHIC)” – June 11, 2013**

*Info-graphic reads:* Carrageenan isn't in many yogurts, but it is very common in yogurt “tubes” made for children. For example, while Stonyfield removed the additive – a thickening and stabilizing agent -- from its yogurt cups, the additive remains in the Squeezers. Research is not conclusive, but there have been enough red flags to compel the World Health Organization to advise against feeding infants with formula containing carrageenan. And NIH research in animal models and in mice have linked carrageenan consumption with gastrointestinal problems, including inflammation of the colon, which is a risk factor for colon cancer. In separate research, food-grade carrageenan also increased insulin resistance in mice.

[http://www.huffingtonpost.com/2013/06/11/kids-yogurt-tubes-infographic\\_n\\_3417322.html](http://www.huffingtonpost.com/2013/06/11/kids-yogurt-tubes-infographic_n_3417322.html)



**My 719 Moms (Blog) – “Yogurt tubes our kids eat are full of WHAT?” – June 11, 2013**

Marketers know what they are doing, and putting fun characters with crazy colors on tubes of yogurt have totally convinced my kid that he is doing the right thing by eating yogurt. And he is if the choice is cookies vs yogurt. But this Huffington Post infographic really freaked me out when I saw what was really in those fun little tubes. Full of carrageenan (a thickening agent that doesn't really belong in yogurt)...

<http://www.my719moms.com/news/yogurt-tubes-our-kids-eat-are-full-of-what-/>

**Wet Paint – “The Alarming Truth About What’s in Your Kid’s Yogurt Tubes” – June 11, 2013**

It turns out that some of the ingredients that make up yogurt tubes are not only not that great for kids (or adults) to eat, but a few are downright unpronounceable: carrageenan, anyone?... They also contain food dyes that have been linked to hyperactivity in some studies and provide no actual health benefits, as well as the above-mentioned carrageenan, a thickening additive that has been linked to insulin resistance in mice as well as gastrointestinal issues....

<http://www.wetpaint.com/moms/articles/2013-06-11-alarming-truth-whats-your-kids>

**Baby Center – “Alternative to Cow's Milk?” – June 11, 2013**

So, how to give my daughter good amounts of calcium, good fats, etc, that breastmilk has? I hear goat's milk is the "closest" to human and she'll drink it, but I only found a carton of milk ONCE and it lasted a day. I did find powdered goat's milk. Is this a good alternative? Also, I was thinking of getting some coconut milk (straight from Thailand so no "fortified" stuff - with carrageenan - you buy in the store). I was thinking of creating a concoction that should give her good fats but also calcium, et.c, from the goat's milk (like 4oz water, 2oz coconut milk, and powdered goat's milk). What are your thoughts??

[http://community.babycenter.com/post/a42582337/alternative\\_to\\_cows\\_milk](http://community.babycenter.com/post/a42582337/alternative_to_cows_milk)

**The Vegan Woman – “Is My Shampoo Vegan? A Guide to Vegan Hair Products” – June 11, 2013**

If you haven't heard by now, most gelatin is made by boiling discarded animal bones, skin, and ligaments. It gives products a thick, smooth, gelatinous texture...this goes for hair gels too. Alternative: Try to find ones that use an alternative such as Irish moss (carrageenan) or seaweed (agar, kelp, etc.).

<http://www.theveganwoman.com/is-my-shampoo-vegan-a-guide-to-vegan-hair-products/>

**Suz and Tell (Blog) – “Green Algae” – June 11, 2013**

Algae also have probiotic compounds which are good for the health of our intestines. I also eat algae. The kind I eat is known as Carrageenan which is used as a stabilizer in milk products. In Jamaican we call Carrageenan – ‘Irish Moss’; it is used to make the Irish Moss drink which I thoroughly enjoy.

<http://suzandtell.wordpress.com/2013/06/11/green-algae/>

**Ravishing Health (Blog) – “Homemade Almond Milk” – June 11, 2013**

Believe it or not, there is more to store-bought almond milk than filtered water and almonds. Most manufactures add thickeners such as guar gum, xanthan gum, or carrageenan, a form of plant lecithin and some kind of oil. Although, these ingredients may not be harmful, they are really not needed it make almond milk....

<http://ravishinghealth.wordpress.com/2013/06/11/homemade-almond-milk/>





***Metallofullerenes (Blog) – “Verbosity: Issues Shun to maintain your Family members Well-balanced” – June 11, 2013***

A handful of. Carrageenan ~ Utilized for soft serve ice cream, syrup, also all kinds of cheese when you're a thickening, gelling, too backing real estate broker. It is from seaweed, numerous reports has tied up consume directly to intestinal inflammation and furthermore pan problem. It is unknown the best ways the body's frankly crash carrageenan, and its considered maximise swelling on your body.

<http://metallofullerenes.com/verbosity-issues-shun-to-maintain-your-family-members-well-balanced/>

***The Non-GMO Mom (Blog) – “Carrageenan- It's In Your Food and It Might Be Making You Sick!” – June 10, 2013***

Carrageenan is actually a derivative of seaweed- sounds harmless right? Well, it's not so harmless when you look at the effect it has on the intestines. Just because a product is derived from a natural source, doesn't mean it's safe to ingest. It's been shown to promote abnormal inflammation and growth in the intestines and can cause severe intestinal distress in some people. It's controversial, but many studies have shown carrageenan as a carcinogen- meaning it can cause cancer....

<http://thenongmomom.com/carrageenan-its-in-your-food-and-its-making-you-sick>

***2 Paragraphs – “The Melting of a Great American Brand: Breyers Ice Cream” – June 11, 2013***

I learned that “dairy dessert” is what the FDA calls ice cream knock-offs without sufficient cream/dairy-fat content to meet the government's definition of ice cream. The new ingredients in Breyers non-ice cream fall into three categories: thickeners (guar gum and carrageenan), low-cost sweeteners (corn syrup), food coloring (annatto), and low-cost additives (mono and diglycerides).

<http://2paragraphs.com/2013/06/the-melting-of-a-great-american-brand-breyers-ice-cream/>

***About-Health-Problems – “Health problems caused by carcinogenic substances” – June 11, 2013***

...E 407 (carrageenan) – produce, vitamins and minerals and deficiency may increase risk of cancer. Some products containing carrageenan include certain types of cheese and pate in trade. Carrageenan may have laxative action can cause allergies, can cause ulcers and malnutrition. It's good to know that there are many other sites is considered to be carcinogens (E110 – yellow dye, E 95 – acetsulfam K)....

<http://about-health-problems.com/health-problems-caused-by-carcinogenic-substances/>

***Toddlers, Teens and In-Betweens (Blog) – “An Explanation (without apology)” – June 10, 2013***

After all the news recently about Monsanto and GMO's (genetically modified organisms), I've decided to start feeding my family real food. And since you can't buy much these days that's completely NonGMO, that's a tall order! (By the way, I recently learned about a product called carrageenan that's likely in the milk and yogurt that you buy.....yeah, you may want to avoid that too!)...

<http://zachsgang.blogspot.com/2013/06/an-explanation-without-apology.html?showComment=1370908425144>

***Whole Foods, Whole Person (Blog) – “101 Reasons to Quit Eating Processed Foods Forever” – June 10, 2013***

... 31. Carrageenan causes cancer and digestive disturbances. More info here.

<http://wholefoodswwholeperson.wordpress.com/2013/06/10/101-reasons-to-quit-eating-processed-foods-forever/>



**Chicago Parent – “A guide to non-dairy milks for National Dairy Month” – June 10, 2013**

...Almonds are naturally high in vitamins and nutrients such as vitamin E, manganese, magnesium, phosphorous, potassium, selenium, iron, fiber, zinc and calcium. While cow's milk has about 8 grams of protein per serving, almond milk only has about 1 gram. I like to add a little protein powder to up the protein content and make it just about equal. My personal favorite is the 365 Brand carried at Whole Foods. It is free of the additive called carrageenan. If you have gut issues already, this can disrupt it even more. In fact, a local UIC professor is hitting the FDA hard with their studies to remove it in all food products....

<http://www.chicagoparent.com/community/healthy-jasmine/2013/june/dairy-month>

**PR Newswire – “Z Trim Helps Food Manufacturers ‘Clean’ Their Labels - Replace Chemically Modified Foods With ‘Corn Fiber’ ” – June 10, 2013**

Z Trim Holdings, Inc. (OTC Markets: ZTHO – News), a biotechnology company providing value-added ingredients to a variety of industries, today announced that it will be presenting at this year's Clean Label Conference held by Global Food Forums, to show how Z Trim ingredients can help manufacturer's replace chemically modified foods with Z Trim Corn Fiber. Our customers around the world are currently using Z Trim Corn Fiber to replace a number of ingredients on their ingredient labels, including: Modified Food Starches, Microcrystalline Cellulose, Carboxymethylcellulose, Maltodextrin, Polydextrose, Propylene Glycol Alginate, Guar Gum, Xanthan Gum, Carrageenan Gum...

<http://www.prnewswire.com/news-releases/z-trim-helps-food-manufacturers-clean-their-labels---replace-chemically-modified-foods-with-corn-fiber-210813861.html>

Notable features include:

- **WSPA (CBS Spartanburg, SC)** - <http://www.wspa.com/story/22547851/z-trim-helps-food-manufacturers-clean-their-labels-replace-chemically-modified-foods-with-corn-fiber>
- **ABC News 4 (Charleston, SC)** - <http://www.abcnews4.com/story/22547734/z-trim-helps-food-manufacturers-clean-their-labels-replace-chemically-modified-foods-with-corn-fiber>
- **CBS Atlanta** - <http://www.cbsatlanta.com/story/22547669/z-trim-helps-food-manufacturers-clean-their-labels-replace-chemically-modified-foods-with-corn-fiber>
- **NBC 12 (Central Virginia)** - <http://www.nbc12.com/story/22547851/z-trim-helps-food-manufacturers-clean-their-labels-replace-chemically-modified-foods-with-corn-fiber>
- **KPTM (Fox 42 Omaha, NE)** - <http://www.kptm.com/story/22547851/z-trim-helps-food-manufacturers-clean-their-labels-replace-chemically-modified-foods-with-corn-fiber>
- **KFMB (CBS 8 San Diego, CA)** - <http://www.cbs8.com/story/22547669/z-trim-helps-food-manufacturers-clean-their-labels-replace-chemically-modified-foods-with-corn-fiber>
- **Reuters** - <http://www.reuters.com/article/2013/06/10/il-z-trim-holdings-idUSnPNCG28815+1e0+PRN20130610>
- **The Sacramento Bee** - <http://www.sacbee.com/2013/06/10/5485085/z-trim-helps-food-manufacturers.html>



***The Jakarta Post* – “Seaweed: Answer to some global challenges” – June 10, 2013**

From sushi to ice cream and candy, even shampoo to house paints, medication, car lubricants and much more. These are the daily household products that are developed from seaweed, aquatic cultured-grass that can be planted in the calm and clear water of coastal areas.... The dried seaweed is then processed to become alkali-treated carrageenan and semi-refined carrageenan, ready to become raw materials for candy and various kinds of snacks. The industrial-processed seaweed products are mostly used in the pharmaceutical industry, textile industry and construction industry....

<http://www.thejakartapost.com/news/2013/06/10/seaweed-answer-some-global-challenges.html>

***Godlike Productions (Blog)* – “Silk products are NON-GMO, but contains Carrageenan.” – June 9, 2013**

What is Carrageenan? Its extracted from red seaweed and heavily used as a food additive as a thickening agent for thousands of products. Common side effects include and not limited to, gastrointestinal inflammation, including colon cancer. These low doses can and will lead to more serious diseases. "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,"...

<http://www.godlikeproductions.com/forum1/message2258280/pg1>

***Yahoo! Answers Malaysia* – “Does skim milk have the same taste and texture as 2% milk?” – June 9, 2013**

You can get something called "Skim Rich" which uses carrageenan (a seaweed protein) to thicken it, while it still retains its milk taste. Regular skim milk does not have the same taste and texture as 2%, just as 2% does not have the same taste and texture of 3.25% milk....

<http://malaysia.answers.yahoo.com/question/index?qid=20130609140032AAfUKAx>

***The Savory Lotus (Blog)* – “Honey-Roasted Apricots with Coconut Vanilla Pudding” – June 9, 2013**

...I used grassfed gelatin and fresh pastured eggs, and the result was an amazingly decadent dessert that is actually good for you. This recipe would work perfectly for peaches as well. Read more about why I like to use grassfed gelatin HERE.... This is the canned coconut milk I use. If you use canned, I recommend using natural coconut milk made without carrageenan (a known carcinogen) gums, additives or preservatives.

<http://www.savorylotus.com/2013/06/09/honey-roasted-apricots-with-coconut-vanilla-pudding/>

***Overthrow Martha (Blog)* – “GMO, Pesticides and Health: What to look for on labels.” – June 9, 2013**

I think many people would agree that it would be best to buy organic products and foods that have not been genetically modified, but many people do not based on cost, availability, or lack of knowledge about what GMO is and what it can do to your body.... Still check the labels for carrageenan, a seaweeds substance often found in organic foods to thicken it. There is controversial research showing that it may be harmful. Personally, I'll stay away until the research is all in....

<http://srg123.blogspot.com/2013/06/gmo-pesticides-and-health-what-to-look.html>

***21<sup>st</sup> International Seaweed Symposium (Photos)* – “Carrageenan Meeting, International Seaweed Symposium, BNDCC, Bali” – June 8, 2013**

<http://www.xxiseaweedsymposium.org/photo.php?ID=Day%201%20of%20ISS,%20April%2022,%202013>



***East Hampton Patch (Blog)* – “We Have the Power to Protect the Ocean-Together!” – June 8, 2013**

...The oceans supply almost 20% of a source of protein to people! For some people, it is their only source of protein. In addition to seafood, ocean products such as algae and kelp are used in making many foods like peanut butter, beer, and ice cream. Algae are also an ingredient in cosmetics, shampoo, food supplements, pharmaceuticals... Read your labels, if it contains alginate, carrageenan, or beta carotene, it comes from the sea....

<http://easthampton.patch.com/groups/deborah-klugherss-blog/p/we-have-the-power-to-protect-the-oceantgether>

***Jackie in the Kitchen (Blog)* – “Battle of the Non-Dairy Milks” – June 8, 2013**

When I cut dairy out of my diet I tried the milk alternatives. Almond milk seemed like a good choice. Then I read the labels on even the organic store-bought non-dairy milks and they all have carrageenan, an emulsifier, thickener and oh yeah known carcinogen. Carrageenan is also in sour cream, whipping cream and in products like Boost & Ensure - meal replacement drinks they give to people in the hospital \*head explodes\*. End rant....

<http://jackieinthekitchen.blogspot.com/2013/06/battle-of-non-dairy-milks.html>

***Best-News.US* – “Unified response to the problem pudding promotional events: Continental safety of materials used” – June 8, 2013**

...The same brand of products, why did not the shelf on the mainland it? Unify China's answer is that in mainland China sales of raw materials used pudding security company said that the mainland pudding ingredients are carrageenan production, imports from Chile, by the National Entry-Exit Inspection and Quarantine Bureau of qualified post-test.

<http://www.best-news.us/news-4615701-Unified-response-to-the-problem- pudding-promotional-events:-Continental-safety-of-materials-used.html>

***The Tasty Alternative (Blog)* – “Homemade Coconut-Cashew SCD Yogurt (dairy free, paleo, cane-sugar free, gum free w/ vegan option)” – June 7, 2013**

Vegans might also want to experiment with pectin or sunflower lecithin as thickeners. I personally stay away from seaweed based thickeners (such as agar agar), as it can exacerbate IBD symptoms and cause inflammation in the intestines. I stopped ingesting carageenan long ago for this reason (it's actually why I started making homemade nut milk 5 years ago).

<http://www.thetastyalternative.com/2013/06/homemade-coconut-cashew-scd-yogurt.html>

***Naturale Mama (Blog)* – “How to Choose Grocery Store Dairy Without Getting Duped” – June 7, 2013**

...Rule #2 – Avoid carcinogens like carageenan, preservatives, and artificial flavors! No product, especially cultured dairy, should contain these nasty, toxic ingredients. Culturing dairy is, for the most part, pretty simple. There should be no need to include these crappy additives – unless of course you're just looking for shelf-stability (moola) and/or trying to cover up the nasty taste because you've removed all the good stuff from the product in the first place!...

<http://www.naturalemama.com/how-to-choose-grocery-store-dairy-without-getting-duped/>