

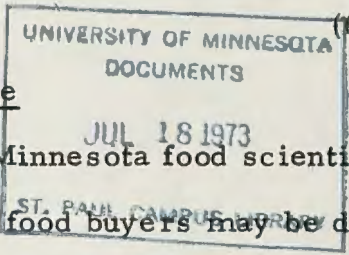
N 2000 CRB
7/13/73

2

1

4 July 13, 1973

Organic Food Syndrome



(612) 373-0710

(0:35)

A University of Minnesota food scientist says a poorly educated generation of food buyers may be developing an "organic food syndrome."

Ted Labuza says "we eat three times a day, yet we have very little knowledge of our food supply. All many people seem to know is the basic four nutrition groups. Consumers don't know much about chemicals in food or that foods are chemicals."

Labuza says a new generation is interested in health, natural and organic products. He adds that many of the chemicals which people express concern about occur naturally in foods. They become additives when these compounds are added to other foods.

* * * *

Naturally Toxic Compounds In Food

(0:32)

Food scientist Ted Labuza says many foods naturally contain compounds that can be toxic to humans. Examples are potatoes, nutmeg, raw soybeans, raw eggs, spinach, rhubarb, chickpeas, cabbage, brussels sprouts and cassava.

A toxic substance doesn't harm everyone who eats it, whether it's present in food naturally or through food processing. What matters is the amount eaten by a person and the ability of his body to break down the compound.

Labuza says every food additive including salt is toxic to the human body at some level of ingestion.

* * * *