

WHAT'S IN A NAME?

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

Scary Sounding - But Safe!

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

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

Continued on page 4

Nutri News



U.S. Food Corp.

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GLOBAL • NUTRITION • NEWSLETTER

WHEY PROTEINS FOUND TO HELP PREVENT BREAST CANCER

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

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

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

Whey protein prevented approximately 50 percent of mammary cancer.

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

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

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

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

Continued on page 2

"This significant new research, although preliminary, suggests that adding whey or soy protein to the diet may help protect women and children from developing breast cancer," said U.S. Secretary of Agriculture Dan Glickman. "These findings underscore the importance of research as the critical link between nutrition and health," Glickman added.

NutriMil is the only widely distributed whey protein-based milk alternative on the market! ■

HEALTH NUTS TAKE NOTE!

Despite their bad rep, nuts can be a healthy addition to your menu.



If you're like most people, when you find yourself seated in front of a bowl of peanuts, you see them as a fatty indulgence and try your best to keep your hands off. This mentality is mostly due to their much-talked about high fat content - between 14 and 21 grams. However, what you don't hear very often is the good news: nuts are healthy! They contain mono- and polyunsaturated fat - the kinds that lower LDL ("bad") cholesterol and maintain high levels of your HDL ("good") cholesterol. In addition, several large studies including Physicians' Health Study have found nuts to reduce coronary risk. Nuts also contain protein, calcium, iron, fiber and Vitamins A, C & E. Since they are a plant food, nuts also contain important phytochemicals such as carotenoids, flavonoids, indoles and phenolic acid. It is actually recommended by experts that you eat 2 tablespoons of nuts five times a week - so munch on! ■

LOCAL MARATHONS FUN WAY TO KEEP FIT

All year round in Southern California outdoor athletic events abound due to the near-perfect weather and high population of health-conscious people. U.S. Food Corporation is proud to have been and continues to be a major supporter of many such events by providing tastes and take-home samples of free NutriMil to athletes and spectators alike.

Take advantage of the abundance of opportunities to join in the fun and stay fit by signing up to run, skate, walk or wheel your way through a local mini marathon or charity walk. Keep your eyes peeled for flyers or ads for upcoming events, and even if you can't participate, be sure to go cheer on your friends and neighbors and stop by NutriMil's booth for a free sample! ■



And the winner is...

Run To The Farside

TOP PHOTO
Eric Tollefson
of Tacoma, WA
Finished with a
time of:

30:25

RIGHT PHOTO
Chris Lundy
Finished with a
time of:

35:09

Past NutriMil Sponsored Events:

- American Heart Walk
- 10th Annual AIDS Walk
- Irvine Harvest Fest
- Lake Tahoe Marathon
- Carlsbad Triathlon
- Champions Run For Children
- Flo Jo Memorial
- California International Marathon
- Susan B. Komen Breast Cancer Run
- America's Finest City Festival
- 10th Annual SD Earth Day
- Walk To Cure Diabetes
- Light the Night Against Crime Run/Walk
- Making Strides Against Breast Cancer
- Carlsbad 5000
- Huntington Beach Marathon
- The Great American Adventure Run
- Margaret's Run Around The Block For Cancer
- Heart And Sole Walk/Run
- Long Beach Marathon

REGULAR CHECK-UPS STILL GOOD ADVICE

Recent studies have shown that people who go to the doctor on a regular basis - not just when they're ill - are more likely to receive a more complete examination and more thorough counseling. This is due to the fact that if you only go to the doctor with an acute episode or a very specific complaint, you're more likely to only get treated for that specific thing, as opposed to receiving a full range of services. Patients who see their doctors regularly develop a relationship with them, and their doctors will be more familiar with their medical history. These things combine to make ongoing communication between doctor and patient an important factor in your overall well-being. ■

GO BANANAS!!!

You've all seen the commercial in which bananas are



touted as "possibly nature's perfect food." Ever wonder whether or not the facts actually back that claim? Well, they do! Native to the Caribbean and Central America, bananas are loaded with potassium -- one banana contains 450 mg, which is one fifth of the adult daily requirement, and offers plenty of magnesium (33 mg) and Vitamin C (10 mg), too. In addition, bananas help to strengthen the stomach lining and are good for soothing indigestion. Great straight from the peel, cut up on cereal, in breads and cakes or as part of a fruit salad, this favorite food of monkeys goes a long way for humans as well.

The long yellow banana that you're used to seeing most often is the common Cavendish variety, but bananas also can be short, red and chunky, or large and squashlike in their composition. These tasty alternatives offer just as much nutrition as the "regular" bananas! Look for them in your favorite grocery store, as well as recipes for their preparation. ■



Recipes

Did You Resolve to Eat Healthier in the New Millenium? Follow these recipes to load up on bananas, nuts and more healthy stuff!

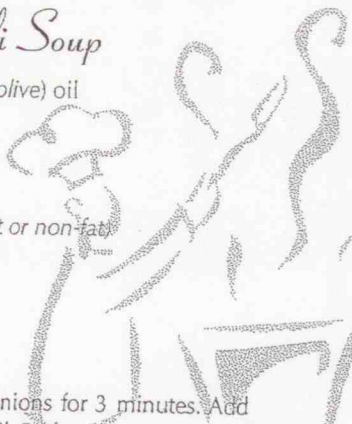
(*italicized notes are substitutes for lower-fat ideas)

Cream O' Broccoli Soup

- 1 tablespoon vegetable (or olive) oil
- 1 small onion, chopped
- 4 cups fresh broccoli
- 2 cups chicken broth
- 1 cup ricotta cheese (*low fat or non-fat*)
- 1 cup Low Fat NutriMil
- 1 teaspoon lemon juice
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Heat oil in saucepan. Saute onions for 3 minutes. Add broccoli and broth; bring to boil. Reduce heat, cover and simmer 10 to 15 minutes or until broccoli is tender. Remove from heat and cool slightly. In blender container combine ricotta and NutriMil until smooth. Add to soup. Stir in lemon juice, salt and pepper. Puree in batches in blender. Return to saucepan and heat through, but do not boil; stir frequently. Serve hot or cold.

Serves 6.



Cream O' Broccoli Soup

MANUFACTURER'S COUPON EXPIRES 12/31/00

SAVE 50¢

On Any Size Package of NutriMil

CONSUMER: Limit one coupon per purchase. Good only on purchase indicated. Any other use constitutes fraud. Copies or facsimiles not accepted. Customer pays tax, if any. Void where prohibited by law. Good only in the USA.

RETAILER: U.S. Food Corporation will reimburse you for the face value of the coupon plus 8¢ handling provided you and the consumer have complied with the terms of the offer. Cash value 1/100¢. Retailers and authorized clearing houses send to: U.S. Food Corporation, 2121 Palomar Airport Road, Ste. #206, Carlsbad, CA 92009



NutriMil is a wholesome, delicious tasting, all-natural whey protein-based milk alternative. It is recommended for people who are lactose intolerant and can be enjoyed by anyone who loves the taste of milk and is interested in a healthy diet that is free from saturated fat and cholesterol.

Enter to Win!

Have a favorite NutriMil recipe of your own? Our top four picks will make the next newsletter and will receive fun NutriMil prizes. Send it to us by 7/1/00, to: Recipe Club
2121 Palomar Airport Rd. Suite 206
Carlsbad, CA 92009

Nutty Banana Bread

- 2 cups all-purpose flour (*or whole wheat flour*)
- 1/2 teaspoon baking soda
- 1 cup white sugar (*or 1/2 cup fructose*)
- 1 egg
- 5 tablespoons Low Fat or Fat Free NutriMil
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup butter (*or low-fat margarine*)
- 1 cup mashed bananas
- 1/2 cup chopped nuts

Sift together flour, baking soda, baking powder, and salt. In a large bowl, cream sugar and butter or margarine. Beat the egg slightly, and mix into the creamed mixture with the bananas. Mix in sifted ingredients until just combined. Stir in NutriMil and nuts. Spread batter into one greased and floured 9x5 inch loaf pan. Bake at 350° F (175° C) until top is brown and cracks along the top.

Nutty Banana Bread

NAME from page 1

- **Mono and Diglycerides** - Emulsifiers used for, among other things, softening bread, stabilizing margarine, and keeping the oil in peanut butter from separating.
- **Polysorbate 60** - Emulsifier similar to above, found in baked goods, frozen desserts and imitation dairy products.
- **Sodium Carboxmethylcellulose** - A thickening and stabilizing agent found in beer, candy diet foods and ice cream.

Easier to Pronounce - Harder on Your Health!

- **Aspartame** - (also known as NutraSweet) - An artificial sweetener linked to dizziness, hallucinations, headaches and even cancer; found in diet soda, gelatin and frozen dessert.
- **Blue 1** - An artificial coloring found in baked goods, beverages and candy which has been shown to have a small cancer risk.
- **Blue 2** - Found to cause brain tumors in mice (has yet to be tested on humans). Found in beverages, candy and pet food.
- **Green 3** - Another artificial color found in beverages and candy - depending which study you read, it has been linked to cancer or is completely safe.
- **Olestra** - The infamous fat substitute, found in chips and crackers that has been shown to cause severe diarrhea, abdominal cramps and flatulence. Definitely not worth the "benefits"!
- **Potassium Bromate** - Used to increase volume in bread (found in white flour), potassium bromate has been found to cause cancer in animals, and was even banned in the UK in 1989.
- **Red 3** - An artificial coloring Found in baked goods, candy, and - would you believe - cherries in fruit cocktail!?! Since Red

3 has been found to cause thyroid tumors in rats, the FDA tried to have it banned altogether in the 80s, but were overruled by the Regan Administration.

- **Saccharin** - Used as a tabletop sugar substitute, saccharin is 350 times sweeter than regular sugar, and has been linked to many types of cancer (including bladder, ovarian and skin) in animals and bladder cancer in humans.
- **Sodium Nitrate** - Used to keep hotdogs and bacon appetizing by stabilizing their red color and adding flavor, sodium nitrate is also found in ham, corned beef and even smoked fish. Unfortunately, adding nitrate to foods can create nitrosamines, which are potently cancer causing chemicals.
- **Yellow 6** - The third most widely used dye, Yellow 6 is found in baked goods, beverages, candy, gelatin and sausage and has been found to cause tumors in the adrenal gland and kidney. ■

To receive future issues of
NutriNews, or for more
information please call
U.S. Food Corporation
toll free at: 1-877-NutriMil
(1-877-688-7464),
or visit: www.nutrimil.com

