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*Finding out what else you eat. H. Hopkins.
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*Microwave oven labeling. V.A. Bittan—p. 16.

rna's total diet study
Through its Total Diet (Market Basket) Survey, The Food and Drug Administration (FDA) keeps tabs on the kinds and amounts of residues and industrial chemicals Americans consume in their food and drink. To make sure that there is no chance of underestimating the average person's intake, the study is based on the voracious appetite of a teen-age boy. However, instead of mixing all the foods that might be eaten during a typical meal, rna divides them into twelve general classes of food and mixes each class separately. Analytical results are not measured against the tolerance and action guidelines used by FDA in enforcement, but against the

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daily intake levels of contaminants considered acceptable and not harmful to human health by FAO and WHO. Analyses and preparation of the foods are carried out only at the FDA's Kansas City Field Office, which has been equipped and staffed to use extremely sensitive analytical methods to find and measure residues of the pesticides and other contaminants involved at the lowest levels at which they can be practically detected in a regular laboratory. Findings enable FDA to maintain a continuing year-by-year check on residue consumption, and to track trends in occurrences of pesticides, polychlorinated biphenyls, and heavy metals in certain classes of foods or in certain areas over extended periods. Recently, analysis of the data for the annual Total Diet Study for fiscal 1975 was completed. It includes 117 individual food items from each of thirty representative areas of the U.S. Frequency and levels of use have declined dramatically, but not, a metabolite of sor, remains prevalent, especially in foods of animal origin. Residues of dieldrin declined somewhat from the late 1960s. Intakes of malathion and dieldrin have increased about 50 per cent over the 1965-70 average, but remain far below the ADI (Acceptable Daily Intake) limits. Polychlorinated biphenyls occurred only at very low levels (primarily in the meat-fish-poultry and grain-cereal composition). Pentachlorobenzene (PCB) began to appear frequently in the sugar and adjunct components and has been traced to an adhesive used in candy bar wrappers. Mercury was found in the meat-fish-poultry composition, with average intake down a third from fiscal 1972. Lead intake, mostly from fresh and processed fruits and vegetables, was calculated to be 14 per cent of the ADI (actual intake was considerably higher because of limitations in the sensitivity of the method of measurement). Cadmium intake was about 80 per cent of the ADI (this may be altered by amount of zinc present in food). The foods included in the Total Diet Study do not reflect the more recent increases in consumption of prepared or convenient foods. In fiscal 1975, the number of adult market baskets was reduced from thirty to twenty. Ten other samples continue to be examined, but the foods collected are those constituting the diets of infants (six months) and toddlers (two years); the infant-toddler study also includes a check for certain mineral nutrients and for nitrate and nitrite.

Microwave oven labeling
FDA has recently issued regulations requiring precautionary labeling on microwave ovens. These regulations are aimed at reducing the possibility of injuries by requiring that microwave ovens carry strategically placed labels reminding users and service personnel of certain safety precautions. Details of the labeling are described, and general hints are given for proper use and care of microwave ovens.