

YOUR BREAKFAST -- AS SEEN BY A CHEMIST

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***** ** ** *****
*           Chilled Melon           *
*           Scrambled Eggs          *
*   Sugar Cured Ham   Cinnamon Apple Chips *
*   Toast             Coffee Cake      *
*   Coffee            Tea              *
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CHILLED MELON:

Starches	Anisyl Propionate
Sugars	Amyl Acetate
Cellulose	Ascorbic Acid
Pectin	Vitamin A
Malic Acid	Riboflavin
Citric Acid	Thiamine
Succinic Acid	

SCRAMBLED EGGS:

Ovalbumin	Lecithin
Conalbumin	Lipids (Fats)
Ovomucoid	Fatty Acids
Mucin	Butyric Acid
Globulins	Acetic Acid
Amino Acids	Sodium Chloride
Lipovitellin	Lutein
Livetin	Zeaxanthine
Cholesterol	Vitamin A

SUGAR CURED HAM:

Actomyosin	Sucrose
Myogen	Glucose
Nucleoproteins	Collagen
Peptids	Elastin
Amino Acids	Creatine
Myoglobin	Pyroligneous Acid
Lipids (Fats)	Sodium Chloride
Linoleic Acid	Sodium Nitrate
Oleic Acid	Sodium Nitrite
Lecithin	Sodium Phosphate
Cholesterol	
Adenosine Triphosphate (ATP)	

COFFEE:

Caffeine	Acetone
Essential Oils	Methyl Acetate
Methanol	Furan
Acetaldehyde	Diacetyl
Methyl Formate	Butanol
Ethanol	Methylfuran
Dimethyl Sulfide	Isoprene
Propionaldehyde	Methylbutanol

CINNAMON APPLE CHIPS:

Pectin	Propanol
Cellulose	Butanol
Starches	Pentanol
Sucrose	Hexanol
Glucose	Acetaldehyde
Fructose	Propionaldehyde
Malic Acid	Acetone
Lactic Acid	Methyl Formate
Citric Acid	Ethyl Formate
Succinic Acid	Ethyl Acetate
Ascorbic Acid	Butyl Acetate
Cinnamyl Alcohol	Butyl Propionate
Cinnamic Aldehyde	Amyl Acetate
Ethanol	

TOAST & COFFEE CAKE:

Gluten	Niacin
Amylose	Pantothenic Acid
Amino Acids	Vitamin D
Starches	Acetic Acid
Dextrins	Propionic Acid
Sucrose	Butyric Acid
Pentosans	Valeric Acid
Hexosans	Caproic Acid
Triglycerides	Acetone
Sodium Chloride	Diacetyl
Phosphates	Maltol
Calcium	Ethyl Acetate
Iron	Ethyl Lactate
Thiamine	
Riboflavin	
Mono- and Diglycerides	
Methyl Ethyl Ketone	

TEA:

Caffeine	Benzyl Alcohol
Tannin	Geraniol
Essential Oils	Hexyl Alcohol
Butyl Alcohol	
Isoamyl Alcohol	
Phenyl Ethyl Alcohol	

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* Note: The above chemicals are chemicals found naturally in food. *
* No food additives (man-made chemicals) are itemized. Also, please *
* note that the chemical listings are not necessarily complete. *
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* Dear Friend: * * * * *

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* Hope you've enjoyed the "chemist's
* view" of this breakfast menu. * * * * *

* Actually, the menu was translated
* into chemical terms to simply
* emphasize that chemicals --
* man-made or natural -- are
* everywhere! * * * * *

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* Although only the chemicals found
* naturally in food were listed, we
* do have considerable literature on
* the subject of food additives.
* Just write me if you'd like an
* order form. * * * * *

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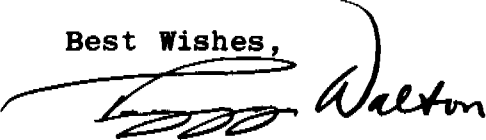
* While we're "talking chemicals",
* you may be interested to know that
* YOU'RE made up of chemicals too.
* Chemists report that our bodies
* are: 65% oxygen; 18% carbon;
* 10% hydrogen; 3% nitrogen;
* 1 1/2% calcium; 1% phosphorus; and
* 1 1/2% gold, silver and other
* elements -- all of which by
* themselves would be worth about
* \$3.50 in the amounts present in
* the average adult's body. * * * * *

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* So, you see, not only your
* favorite foods -- but your best
* friends too -- are chemicals! * * * * *

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* Best Wishes, * * * * *

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* Peggy Walton, Manager
* Consumer Information
* Manufacturing Chemists
* Association
* 1825 Conn. Ave., N.W.
* Washington, D.C. 20009 * * * * *

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* "BREAKFAST CHEMICALS" * * * * *

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