Eating may be HAZARDOUS to your health Verrett/Carper

Eating may be HAZARDOUS to your health

THE CASE AGAINST FOOD ADDITIVES

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Jacqueline Verrett, Ph.D.
a biochemist and researcher for the FDA for fifteen years, and
Jean Carper

Ralph Nader says:
"This is a soberly gripping book by a courageous Food and Drug Administration scientist and a lucid consumer writer. The story they tell about the silent violence in your food—how it got there and the FDA's abysmal lack of courage to make the food companies obey the law—makes you want to do something about it. As Eating May Be Hazardous to Your Health points out, you can help do it as a tough and active citizen. The choice is clear: if consumers don't control their government, the food industry will."

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In this consumer-oriented exposé of corruption and inefficiency within the FDA, one of the FDA's leading scientific researchers claims that instead of keeping food free of dangerous chemicals and additives, the FDA at times actually endorses and promotes their use. The authors not only outline the scope of the problem, listing the dangers from specific additives and the everyday foods in which they are found, but offer you, the consumer, practical advice about positive action to protect your own health.



Dr. Jacqueline Verrett received a doctorate in biochemistry from Fordham University in New York City, and for 15 years has been a research scientist with the Food and Drug Administration, testing food additives, pesticides and other chemicals for their toxic effects on animals. She was the first to alert the nation, in 1969, to the dangerous effects of the artificial sweetener cyclamate. Originally from New Orleans, she now lives in Washington, D.C.



PHOTO BY RICHARD GREENBERG

Jean Carper is a free-lance writer, specializing in consumer and health subjects. She has written numerous articles for national magazines (including **Consumer Reports, The Nation, Saturday Review, Today's Health,** and **Reader's Digest**) and a syndicated newspaper column on consumer protection. She is the author of four other books: **Stay Alive!; Bitter Greetings: The Scandal of the Military Draft; The Dark Side of the Marketplace** (co-authored with Senator Warren G. Magnuson) and **Not With a Gun.** Ms. Carper lives in Washington, D.C.

Jacket design by Robert Anthony

The following everyday foods may be dangerous to your health:

- **HOT DOGS, BACON, HAM:** contain cancer-causing nitrites
- **FISH, CHEESE, MILK, EGGS, CHICKEN:** contain PCBs—chemicals that are more toxic than DDT
- **ICE CREAM, CAKE MIXES, CANDY BARS:** contain Red 2. the most widely used food dye, which can cause miscarriages and birth defects
- **PEANUT BUTTER:** sometimes contains aflatoxin, one of the most potent cancer-causing agents ever discovered
- **PROCESSED FOODS:** contain MSG, proven to cause brain damage in infant animals

DR. WILLIAM LIJINSKY, a prominent scientist who has been working on the problem of nitrites in foods at the Oak Ridge National Laboratory since 1961, says about hot dogs, bacon, bologna, smoked fish: "In my opinion nitrites constitute our worst cancer problem. I don't touch any of that stuff when I know nitrite has been added."

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