

# smart this is a smart brochure

Keep it for handy access to free and factual, consumer-friendly information on the following topical food and nutrition-related issues and share the information with family, friends, neighbours and schools:

**FACS presents the FACTS:**  
**www.foodfacts.org.za**

Aflatoxin \* Acrylamide \* Allergy \*  
Antibiotics and Veterinary Drug Residues \*  
Avian Flu \* Botulism \* Calcium and  
Nutrition \* Canning \* The Cold Chain \*  
Economic Foods / Proteins \* Enrichment \*  
Fibre in Foods \* Food Additives \* Food  
Fortification \* Food Poisoning \* Frying Oil  
Safety \* Genetically Modified Organisms \*  
Glycaemic Index \* Hormones in Meat \*  
Iodation of Salt \* Labelling \* Milk, Calcium  
and Nutrition \* Monosodium Glutamate -  
the Facts \* MSG Workshop \*  
Nutraceuticals / Functional Foods \*  
Obesity \* Olive Oil \* Organic Food \* PET  
Bottle Re-use \* Safe Food Handling \* Safe  
Meat \* Sudan Red \* Tartrazine \* Trans  
Fatty Acids \*

**!** \*If you would like us to send you a print-out of any of these articles please send a self addressed, postage-paid envelope to:  
FACS. PO Box 27852, Sunnyside. 0132

about  
**F·A·C·S**  
FOOD ADVISORY CONSUMER SERVICE



The Food Advisory Consumer Service is a service established to provide the consumer with correct and relevant information on a variety of food and nutrition issues. It is administered by the South African Association for Food Science and Technology (SAAFoST) - a non profit, scientific organisation for food professionals in South Africa.

FACS is run by a committee representing SAAFoST, the South African National Consumer Union (SANCU), the Association of Dietetics (ADSA) and professional representatives of other consumer-friendly organisations.



FACS: [www.foodfacts.org.za](http://www.foodfacts.org.za)



SAAFoST: [www.saafoست.org.za](http://www.saafoست.org.za)



ASSOCIATION FOR DIETETICS  
IN SOUTH AFRICA

ADSA: [www.dietetics.co.za](http://www.dietetics.co.za)



SANCU: [www.sancu.co.za](http://www.sancu.co.za)

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www.foodfacts.org.za

# Food and Nutrition FACTS

*The real deal!*



**F·A·C·S**  
FOOD ADVISORY CONSUMER SERVICE

## Dear Consumer,

- Are you confused by many of today's food and nutrition issues?
- Are you continually hearing and reading stories about food safety that just don't sound right?
- Are you concerned that you and your family may not be properly informed about food issues and that your health may be at risk?

If so, you'll be glad to know that there is an authoritative website for consumers where you can find accurate and factually correct information on a host of food and nutrition issues:

[www.foodfacts.org.za](http://www.foodfacts.org.za)

The Food Advisory Consumer Service (FACS) is a consumer-friendly service presented and run by food and nutrition professionals in South Africa. It provides real, scientifically accurate information on a growing range of food issues. The material is sourced from well-known, respected and scientifically credible organisations, associations and universities throughout the world. It is prepared and presented by discerning and demanding local professionals who are themselves consumers. Professionals who are also formally trained, widely experienced and actively involved in the safe preparation, manufacture and distribution of food and who have a comprehensive and unbiased view of its nutritional and therapeutic benefits. Science is not always an easy subject to put into simple language but every attempt has been made to make the information as user-friendly as possible.

### real information

The field of food science and nutrition is very wide and complex - even food professionals struggle to keep abreast of only small parts of it and have to pool resources and knowledge in offering a service such as FACS. Finding and presenting the real facts, as opposed to generating and spreading sensationalist "scare stories" in order to sell newspapers or promote political agendas, takes longer and makes for more truthful, but unfortunately, sometimes less interesting reading! This can place the providers of reliable information at a bit of a disadvantage and FACS aims to overcome this.

### misinformation

Unfortunately, misinformation abounds. This is because the worst, most sensational news travels the fastest and the furthest and is an excellent marketing medium for unsubstantiated quasi-scientific theories, activists, egos and unethical or downright dishonest producers. If you feel that you are being coerced into making buying decisions through uncertainty or fear - be suspicious!

Remember, there are two types of experts - those formally trained in particular fields of expertise and the self-appointed versions with few real credentials other than the "gift of the gab" who appear on talk shows proclaiming themselves to be instant experts on everything! Try to distinguish between them. One way of doing so is to hear what they have to say about an issue and then compare it to the FACS version on: [www.foodfacts.org.za](http://www.foodfacts.org.za)

### myths, missions and emotions

There is very little doubt that science will lead the way forward by using research to give us safer, nutritionally improved and less environmentally damaging food. However, misinformed activists and alarmists go out of their way to terrify the public about **GENETICALLY MODIFIED FOODS** with horror stories about "Frankenfoods". Anti-progress individuals such as these probably also resisted the advent of electricity, the telephone and motorised transport. See our unbiased article on the website and decide for yourself.

Millions of people throughout the world consume **ASPARTAME** on a daily basis and have been doing so for years. Sensationalist stories as to its potential toxicity have been circulating via the Internet and other media. See our opinion for a more balanced

and scientifically accurate view!

Much has been written about diets and foods for **HIV-AIDS** sufferers. Should it include the apparently immuno-suppressing African potato and **OLIVE OIL**? Read and decide.

Have you been made to feel like a very lucky **TARTRAZINE**, **MSG** or **FOOD ADDITIVE** survivor? Misinformation on these topics, often from supposedly credible sources, is rife. Read our articles for a balanced perspective on these. Whatever the sensation seekers may say, South African food regulations provide world-class protection so, while you're about it, check what the legal requirements are for **LABELLING** and **ORGANIC FOODS**.

If your interest is nutrition, see the interesting information on the **GLYCAEMIC INDEX**, **FIBRE**, and **OBESITY** and be well informed on these issues.

### the real bad news

Naturally, not everything is safe! Unfortunately the real hazards are usually those that don't hit the headlines. To avoid the food safety problems that really do exist and affect consumers everywhere in the world on a day-to-day basis, read the articles on **FOOD POISONING**, **AFLATOXIN** and **SAFE FOOD HANDLING!**

### work in progress

The FACS website will be updated and added to on a continuous basis - as determined by real and potential crises such as **AVIAN FLU** or **SUDAN RED** or by make-believe calamities such as **MSG** and **TARTRAZINE** as stoked up by the alarmists, the naïve, the poorly informed, the extremists, the fundamentalists, the activists and the conspiracy theorists. However.....

.....it's really about you!



Since this website is for you, the consumer, let us know what you would want to see on it and we can update it according to your food and nutrition interests and concerns.

Yours in food and nutrition facts,

*The FACS Team*

of Food and Nutrition Professionals

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