

Food Safety Alert – 1/23/07

An article in the *Daytona Beach News-Journal* says the new 110th Congress plans to reintroduce the Food Safety Act (S. 729) proposed last year by Sen. Dick Durbin (D-III). It argues that the legislation will do little in leading to improved food safety because it fails to address how germs evolve and that a good fiber diet is all that is needed to combat the bacteria. The article contends that our modern diet of highly-processed grains is poor in fiber. That and our intake of added sugars and fats starve the “friendly” bacteria that live within us and puts us at an increased risk of against invading pathogens. “Our not-so-distant ancestors regularly consumed between and often more than 50 and 100 grams of dietary fiber from diverse sources every day. This is the nutritional reality upon which our modern genome was selected and the symbiotic relationship that the trillions of bacteria in our gut evolved to depend upon.” Today, according to the article, Americans consume on average only 12 to 15 grams/day – about half of what the government recommends. “No amount of government oversight will ever completely remove the threat of pathogens in our food supply. There are too many variables from plow to plate -- not to mention that the bad bugs have us out-numbered. While a cleaner and safer food supply has allowed our species to maintain mammalian dominance, we must not lose sight of the delicate nutritional requirements of our friendly gut bugs and the indispensable role they play in our tenuous existence on this microbe-dominated planet.”

<http://www.news-journalonline.com/NewsJournalOnline/Opinion/Editorials/opnOPN65012007.htm>

Text of the bill can be found here:

<http://www.thenhf.com/s729is.txt.pdf>