

**SCIENCE  
VS  
FICTION**



**F·A·C·S**

**FOOD ADVISORY CONSUMER SERVICE**

Food is such an integral part of our lives - after all we have to eat to live (although there are some members of society who live to eat) that you would think that it would be a simple subject that everyone understood perfectly. It is, however, an extremely complicated subject and the understanding of the topic of food is cluttered with lack of knowledge, misconceptions, religious beliefs, traditions and ignorance.



Roast  
beef

Pea  
soup



# FACS

- Established by SAAFoST approximately 20 years ago.
- Established to counter misinformation presented to the consumer via the media and other channels.
- SAAFoST felt there was a need for an independent science based service able to respond rapidly to any food associated sensationalism.
- Initially funded by food companies but now solely funded by SAAFoST so consumers can more readily accept the objectivity of the scientific articles.
- FACS is run by a committee representing SAAFoST, the South African National Consumer Union (SANCU), The Association for Dietetics in South Africa (ADSA), the Nutrition Society of South Africa (NSSA), the Directorate of Food Control of the Department of Health and professional representatives of other consumer-friendly organisations.

## **OBJECTIVES**

To provide consumers, media and other interested parties with information on food and nutrition issues that is relevant and scientifically correct.

# **MEDIA SENSATIONALISM**

- Scientist confirms London may flood
- Soy is more toxic than nutritious
- The Sugar Babe

# LONDON NEWSPAPER

Interviewer: Can you rule out the possibility that London may be flooded in the future.

Scientist: No - I cannot categorically state that this will never happen.

Headline: SCIENTIST CONFIRMS LONDON  
MAY FLOOD

**THE TIMES 07/09/14**  
**ARTICLE BY ANDREA BURGNER**  
**"DO NOT SAY I DIDN'T SAY SOY"**

"Soy sausages, soy bread, soy milk, soy burgers, soy baby formula - for goodness sake, the stuff is more toxic than nutritious (affecting hormones and enzymes in serious and scary ways)"



Vani Hari aka The Food Babe, the Internet activist, has amassed a huge following by attacking what she perceives as threats to people's health from the foods they eat.

A group of PhD students in the USA wrote to Ms Hari as they were tired of watching her attack the food science profession, especially since it is clear she does not really know what it is about.

The Food Babe responded saying she was not interested in a dialogue to present the consumer with balanced non-sensational information. Some of her supporters made death threats to the PhD students.

# **SCIENCE ARTICLES ON** **THE FACS WEBSITE**

Approximately 100 articles on pertinent issues relating to food as well as excellent links to other scientific organisations.

# **NUTRITION INFORMATION**

Child Nutrition

Allergies

Adult Nutrition

Obesity

Prebiotics & Probiotics

Baby Feeding

Economic Foods / Proteins

Enrichment

HIV/AIDS & Nutrition

Dietary Guidelines

# FOOD SCARES & THREATS

Botulism

Avian Flu

Melamine

Sudan Red

Salmonella

Trans-Fatty Acids

Aflatoxin

Dioxins

# **FOOD SAFETY**

Foodborne Illness      Frying Oil Safety

Food Safety & The Science of Toxicology

Food Poisoning      Food Fears

Plastics & Packaging and Food Safety

# **FOOD PROCESSING AND HANDLING**

Canning

Safe Food Handling

Irradiation

Food Fortification

Cold chain

Microwave Cooking

Fluoridation

Processed Foods

# GENERAL FOOD FACTS

Fats

Canola Oil

Salt

Fibre in Foods

Bread

Sugar in the Diet

Labelling

Organic Foods

Functional Foods and Nutraceuticals

# **SCIENTIFIC ANALYSIS OF POPULAR MISCONCEPTIONS**

GMO - Genetically Modified Organisms

MSG - Monosodium Glutamate

Food Additives                      Acrylamide

BPA - Bisphenol A



# **MSG**

Monosodium Glutamate or MSG is bad for you and should be removed from all processed foods.

# **FOOD ADDITIVES**

E Numbers are harmful and undesirable

# **GMO's**

GMO's - Genetically Modified Organisms.

Now called Frankenstein Foods by the fictional fanatics.

# **INTERNATIONAL NETWORK OF FOOD INFORMATION ORGANISATIONS**

- IFIC - International Food Information Council
- EUFIC - European Food Information Council
- NZNF - New Zealand Nutrition Foundation
- AFIC - Asian Food Information Centre
- CISAN - Argentinean Council for Food Safety & Nutrition Information
- CIC - China Food Information Centre



Food  
and  
Nutrition  
**FACTS**

*The real deal!*



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