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### CAUGHT 'N THE NET

## A RUSH TO JUDGMENT?

By Dr. Gary C. Smith

Three excellent popular articles on "trans fats" appeared in February 2007 Issues of Food Technology (by Laura Leake, pp. 66-68), USA Today (by Nanci Hellmich, [www.usatoday.com/news/health/2007-02-22-trans-fat-cover\\_x.htm](http://www.usatoday.com/news/health/2007-02-22-trans-fat-cover_x.htm)) and Food Processing (by Kathryn Trim, pp. 43-48).



"It seems that trans fats have become public enemy No. 1, an evil villain out to kill everyone via french fries and doughnuts," says Trim, and she quotes Nicholas Kristof (New York Times) as comparing the selling of trans-fat laden Girl Scout cookies to "death at the hands of Al Qaeda." Hellmich quotes Dr. Michael Jacobson (CSPI) as saying "trans fats are so bad that the government should order them extracted from the food supply" and Dr. Walter Willett (Harvard University) as saying "trans fats are a metabolic poison that has no place in human diets."

Leake provides a succinct description of the differences in "trans" vs. "non-trans" fats and "non-conjugated synthetic trans fat" from naturally occurring (e.g., conjugated linoleic acid, in meat and milk) fatty acids with conjugated trans double bonds. FDA defines "trans fats" as "fats that contain one or more trans linkages that are not in a conjugated system."

They discuss the history of the hydrogenation of vegetable oils (beginning with Crisco™ in 1911) that creates synthetic trans fats. In the 1980s, partially hydrogenated oils were considered a healthier alternative to the use of saturated fats. Subsequent research, however, demonstrated that trans fats are the only known food to both raise bad (LDL) cholesterol and lower good (HDL) cholesterol at the same time.

In 2003, FDA issued a regulation requiring manufacturers to list trans fat on the Nutrition Facts panel of foods; the labeling rule allowed for voluntary, then mandatory, compliance by January 1, 2006.

Identified as trying to reduce, eliminate or ban trans fats are States (e.g., Massachusetts), counties (e.g., West Chester, NY), towns (e.g., New York City), theme parks (e.g., Walt Disney), supermarkets (e.g., Wild Oats), restaurants (e.g., McDonald's), oil manufacturers (e.g., Cargill) snack-food companies (e.g., Frito Lay), spread makers (e.g., Kraft) and coffee providers (e.g., Starbucks).

Caution, though, is urged by experts from FDA (e.g., Dr. Barbara Schneeman), American Dietetics Association (e.g., Dawn Jackson Blatner, RD) and American Heart Association (Dr. Robert Eckel) that consumers can't look at trans fat by itself; they have to look at trans fat, saturated fat and cholesterol for reducing cardiovascular disease. ■

# DON'T MISS OUR UPCOMING HACCP AND MICRO 101 COURSES



## HACCP COURSE

**Green Bay :: June 19-20 • Phoenix :: Oct. 9-10 • San Antonio • Dec. 4-5**

The **HACCP** course is designed to educate individuals in HACCP systems development, implementation, and management. The course is ideal for Plant HACCP Team members, Plant Management Teams, Corporate Executives, and anyone whose job function will impact the facility HACCP Plan. The course is taught by a professional staff, including Dr. Gary C. Smith of Colorado State University and Robert Pease, Audit Specialist for FSNS. The course is accredited by the International HACCP Alliance and attendees will receive their certification upon completion of the two day course.

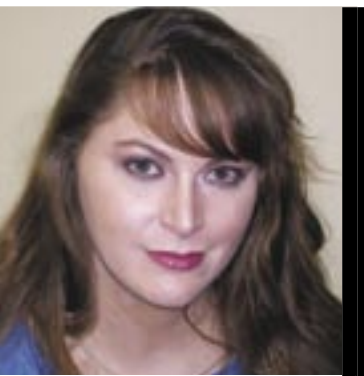
## MICRO 101 COURSE

**Green Bay :: June 21-22 • Phoenix :: Oct. 11-12 • San Antonio • Dec. 6-7**

The **Micro 101** course is ideal for QA/QC personnel, entry level lab staff and general plant personnel. FSNS will guide you through the basic principles of microbiology related to the overall quality and safety of food products. Participants will gain basic knowledge of key microorganisms and the associated relevance to food safety and quality. The course will also cover basic laboratory processes, data interpretation, customer complaint investigations, challenge/validation testing and shelf life analysis. Participants will have the opportunity to observe and participate in a "hands on" session to further support an increased knowledge and awareness of food microbiology. This course is taught by an expert staff including, Dr. Wendy Warren-Serna, Director of Technical Services for FSNS and Wendy Maduff, Manager of Technical Services. ■

**Contact Bobbi Giblin at 888-525-9788 x229 or [bgiblin@food-safetynet.com](mailto:bgiblin@food-safetynet.com) for more information or to register.**

## WELCOME WENDY MADUFF, MANAGER OF TECHNICAL SERVICES



We are proud to welcome **Wendy Maduff** as the new Manager of Technical Services at our San Antonio Corporate Office. Throughout her education in Food Science, Wendy has served as a Graduate Research Assistant, Graduate Teaching Assistant, and Microbial Consultant. Wendy has several publications and a patent with the University of California as well as one currently in progress. She received her BS in Human Nutrition and Foods from Virginia Tech and her MS in Microbiology from Clemson University. Wendy will earn her Ph.D. in Food Science from the University of California at Davis in June. We are all confident Wendy will have an immediate impact on FSNS with her technical expertise, research and development experience, and her continued exploration and passion for Food Science. Please join us in welcoming Wendy to the Food Safety Net Services family! ■



## STOP BY & VISIT OUR NEW TRADE SHOW BOOTH

As you may have noticed, Food Safety Net Services updated its look in 2006! We first introduced a new logo, then an updated website, and now a new tradeshow booth! Our modern booth was inaugurated in January at the International Poultry Expo and has since traveled to Las Vegas for NMA MEATXPO and Washington, DC for the Food Safety and Security Summit. Come visit us at any of our upcoming shows to see what all the buzz is about! ■

### **Wisconsin Association of Meat Packers**

April 12-15  
Madison, WI

### **Pet Food Forum**

April 16-17  
Chicago, IL

### **Wisconsin Cheese Makers Association**

April 18  
LaCrosse, WI

### **Fresh Tech**

April 25-28  
Palm Springs, CA

### **UFPA**

May 5-8  
Chicago, IL

### **Texas Association of Food Protection**

June 6-8  
Austin, TX

## FOOD SAFETY NET SERVICES AWARDED USDA-FSIS CONTRACT

Food Safety Net Services has recently been awarded the contract for a new USDA-FSIS microbial baseline study to reestablish the national prevalence of *Campylobacter* spp. and other key microorganisms for young turkey carcasses. The study is scheduled to begin during fall 2007.

Establishment and re-assessment of microbial baseline data by the USDA-FSIS for meat and poultry is critical to the development of food safety policies and microbial hazard prevention programs based on scientific and risk-based principles. Specifically for this baseline study, the data will be used to estimate the prevalence and quantitative level of selected microorganisms during carcass processing at federally inspected plants.

For more information on other services provided by Food Safety Net Services, please visit our website at [www.food-safetynet.com](http://www.food-safetynet.com)

## OUR DFW LABORATORY - SAME LOCATION. DIFFERENT NUMBER.

Our DFW Laboratory has new telephone and fax numbers!  
**972-602-2078 (phone) :: 972-602-2248 (fax)**



For comments on this newsletter, please contact Terri Pease at (210) 477-3626 or [newsletter@food-safetynet.com](mailto:newsletter@food-safetynet.com).

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