

# NAMPA Responds to Seattle Organic Restaurant's Grossly Incorrect Article on Canned Food

## 5 reasons why you should avoid Canned food; All because they are harmful



In this section of [Seattle Organic Restaurants](#) I'm going to talk about hams of canned food. No logical, reasonable person would suggest that canned foods and canned fruits and vegetables are as good or better than [fresh foods](#), [vegetables](#), and [fruits](#). It is obvious that fresh is good and retains most of its [nutrients](#). This much, almost no one argues with. But the big question is how bad canned products are, really? Well the answer might surprise you or not.

### 1. Bisphenol or BPA

The most worrisome of all, among canned foods that can harm you, is plastic contaminants in our canned goods. Most canned food these days have a plastic coating inside the can to supposedly keep the food, vegetables, and fruits – fresh. Well, it may keep them more fresh than otherwise without it being stored up inside a metal object, but this comes at the expense of harming you. The inner plastic lining is poisonous at small measures, although FDA tells us that the small amounts should not worry us too much. Well this plastic coating is Bisphenol or BPA for short and it is harmful, first because humans are not suppose to eat plastic material made from crude oil and second because FDA should be honest and tell people the truth rather than serve the [interests of big corporations](#) that give it large sums of money through back channel donations and hidden funds through partner organizations.

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**Comment [1]:** Actually, plenty of logical and reasonable people have stated that canned fruits and vegetables are good for you.

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**Comment [2]:** Should check facts on this comment: from Eating Well: Don't turn up your nose at canned produce. "While some vegetables and legumes lose [nutrients](#) in the canning process, others actually see their healthy compounds increase," says Gene Lester, Ph.D., a research plant physiologist at the USDA's Food Quality Lab in Beltsville, MD. That's because canning calls for heating, which causes certain raw vegetables, such as corn and tomatoes, to release [antioxidants](#) and make them more available. Plus, a recent report in the journal *Nutrition & Food Sciences* found that canned often trumps fresh in price, prep time and food waste.

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**Comment [3]:** Actually – the liner provides unprecedented food safety protection. There has not been a food borne illness from the failure of a metal can in over 35 years –and that is attributable to the liner.

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**Comment [4]:** The author seems to be confused. Which is it – does the lining keep the food fresh or not.

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**Comment [5]:** Regulatory scientists worldwide disagree. Experts in food safety and risk assessment in the U.S., Europe, Japan, Australia, New Zealand and Canada have reviewed BPA use in can coatings and found it to be safe.

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**Comment [6]:** Given this goes against all regulatory assessments, a citation to support this statement would be helpful.

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**Comment [7]:** First of all, BPA is not the plastic material. It is used as a component to make the plastic liner. Secondly, regulators know that all food contact materials migrate small portions of that material into the food that is packaged, which is why there is a regulatory assessment process in place to ensure those non-food materials (packaging materials) are safe. BPA used in food packaging has been through this review process and found to be safe.

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**Comment [8]:** To be fair, the "Organics" Food industry has reached over \$31 Billion in sales in 2012 – that also sounds like "Big Business".

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**Comment [9]:** Interesting comment, but would require some facts to back it up. Please explain what mechanism is even in place for any person or organization to make a "donation" to FDA?

BPA kills rats in laboratories even at smaller portions, like 1,000 times less than what an average American consumes per meal. I hope soon FDA would do a U-turn on this and come clean and tell people about the harm to humans caused by BPA like they do periodically about drugs which they have claimed for decades to be safe, only to tell us now that they were not safe. I just hope it does not take decades before they try to protect the public against BPA. BPA is a toxic chemical that causes hormone imbalances and wide variety of health issues ranging from hypertension, aggression, obesity to cancer and heart disease. Based on FDA 17% of the American diet comes from canned foods yet there are no regulation or safety standards regarding the amount of BPA in canned foods. A study by Environmental Working Group shows that more than 50% of cans with brand names have toxic BPA in them.

## 2. Imported Canned Food

Imported Canned Food is even worse than American Canned Food. In many countries where canned food is cheaper than Europe, Canada and USA, American food corporations are more and more importing to make higher profits, the canned food is even less nutritious than their counterparts in Europe and North America. First the foods are picked when they are not ripe and have 80% less nutrients than a fully ripe fruits and vegetables. Second, the facilities are not as hygienic and inspected on a regular basis as their counterparts in Europe and North America and hence have the cause of a few incidences of outbreaks in the last 20 years, like the famous incident regarding canned green beans from Brazil or the salmonella outbreak from sprouts from Columbia. Less than 2% of canned foods are inspected by FDA or Home Land security or any other organization (e.g. EPA for environmental monitoring). So I would avoid canned food if at all possible. Instead I would recommend, at the least, try glass jars instead of cans for stored foods.

## 3. Leaking. Aluminum leaks

Just as Aluminum pots and pans leak, so do aluminum cans. In fact, what most people are unaware of is that most often foods are put into aluminum cans, then seals, and then cooked, supposedly retain the freshness. Well, it will certainly retain the aluminum free radicals hanging around after heating and contaminating the contents.

Over a period of time Aluminum accumulation in body can cause memory problem like Alzheimer's. More than 5,000 million pounds of aluminum is used every year for making food cans. Aluminum cans have several advantages for the producer including light weight, compact packaging and lower price. Most canned foods like soups, vegetables, chicken or beef broth and tomato sauces are made of aluminum because it's more economical.

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**Comment [10]:** Either this statement is completely wrong or the author has access to a study that no one else is aware of. According to US FDA, the average consumer ingests 0.5ug/Kg Body weight per day of BPA. This claim then states that there is some research that suggest BPA kills rats at ~0.01ug of BPA According to the math:  
 $0.5\text{ug/kg BW/day} * 60\text{KG person} = 30\text{ugBPA}$   
 $30\text{ug BPA} / 3 \text{ meals per day} = 10\text{ug BPA}$   
 $10\text{ug BPA} / 1,000 = 0.01\text{ug BPA}$

Please share how you came up with this calculation.

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**Comment [11]:** Soy, unlike BPA which is quickly metabolized into an inactive form and excreted quickly, has several known phytoestrogens known to impact hormones. Using the reporters logic, it should be banned.

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**Comment [12]:** Regulatory agencies have considered the studies that purportedly show these effects and found them invalid. See FDA's risk assessment for a complete review and explanation.

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**Comment [13]:** As noted, the use of BPA is regulated. This statement shows a woeful ignorance of food regulations.

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**Comment [14]:** If you are interested in what happens to the very low levels of BPA that are ingested, please see:  
<http://www.ncbi.nlm.nih.gov/pubmed/21705716>  
<http://www.pnnl.gov/news/release.aspx?id=4178>

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**Comment [15]:** Without some reference here this is just the author making unsubstantiated accusation. Should use data/references to back up claims.

NAMPA 4/17/2015 5:10 PM

**Comment [16]:** Great example, had this product been "canned" this outbreak would not have happened. The canning process ensures this type of Food Illness does not occur.

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**Comment [17]:** All packaging materials, including glass, migrate some portion of that material into food.

Some believe that the plastic lining of the [aluminum cans](#) are supposed to prevent corrosion and contaminating food with aluminum. But the reality is that most of the time these plastic liners can't completely protect food against aluminum since cans leak aluminum when heated and while they are sealed - they will contaminate food.

#### 4. Preservatives

The lovely, no so friendly, [preservatives](#). They are referred to in a dozen different names, and every few months, a new name is established for the same few ingredients that are mixed up to come up with friendly-sounding names. But, the fact is that if it smells [like manure](#), looks like manure, tastes like manure – it is most certainly manure.

These [preservatives](#) are kept in state of non-compounding to other molecules with the, yes you guessed it, [SALT](#). Extensive amount of [sodium](#) (salt) is used to keep the preservatives in canned food from rotting so that it can keep the food from rotting. Lovely. FDA responds to all this by simply issued a statement, "... there has been no proof that these [preservatives](#) would cause major damage to human cells or that they are harmful to mass public". My interpretation of this is this, "... these [preservatives](#) are not drastically harmful towards healthy people, but they may be harmful to [pregnant women](#), babies, children, elderly, or anyone that is suffering from a chronic disease". That's just my interpretation.

#### 5. Low level food quality

Let's be honest with ourselves and admit that if the [fruits and vegetables](#) and other ingredients are of high quality, they will be [sold fresh and for the highest price possible for a maximum of profit by the distributors](#).

Now if the quality of the ingredients are not that great or the [fruits and vegetables](#) look old and stale or not so healthy, then they will be hidden from the eyes of supermarket shoppers and be forced into a can along with other such [low quality food](#), cooked up in a mass oven while still inside the can and then shipped all over the world and sold may be one or two years later from when they were picked and were prepared. Don't expect the ingredients inside your canned foods to be of high quality. If you do, then you could buy the London Bridge and thinking that it is the Tower of London Bridge – and the two cannot be more different than one another.

#### Solution

The reality is that your can of pinto beans, tuna or vegetable juice could put your health at risk. 17% of the [American diet](#) comes from canned food, is it worth it to contaminate your daily

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**Comment [18]:** This entire section is WRONG. Most food is put into steel cans. This type of error puts the whole article's findings into question.

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**Comment [19]:** Wrong again, canned food does not need "preservatives" the can keeps the food free from oxygen and light that oxidize foods. Salt or other food additives are used for flavor, so buy low or no sodium versions of canned foods if you want to avoid sodium.

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**Comment [20]:** A staple of organic farming, is it not?

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**Comment [21]:** Please provide your credentials so we can compare them against the scientists at FDA.

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**Comment [22]:** Agree with this comment. Try and buy locally grown "fresh" vegetables in the Midwest in January. In cans you are likely buying locally grown vegetables picked and canned just miles from where you live versus "fresh" picked early and sent on a ship from South America.

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**Comment [23]:** Without data to support this, this sounds more like a sales pitch to bolster the "fresh" food market that facts.

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**Comment [24]:** On the other hand, if you want to support US farmers, who can only sell a small portion of their crops into the fresh and frozen market, buy canned foods as it provides the only option to collect and use those leftover crops.

grains, [protein](#) or vegetables with [aluminum](#) and BPA? FDA has approved aluminum food packaging but as explained there is health risk associated with canned food.

So what should you do?

Completely eliminate canned foods and if you are looking for your favorite tomato sauce use the ones in glass jars. [Don't consume vegetables or grains in cans, simply buy fresh ones.](#) The risk of developing many [chronic diseases](#) such as cancer, [heart disease](#), [obesity](#), [diabetes](#), nervous system disorder and Alzheimer's goes down by consuming fresh foods that do not have any packaging.

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**Comment [25]:** This shows a complete lack of understanding and disrespect to a vast majority of the population that does not have the luxury of buying fresh produce.