

## Re: news flash, another corrupt "scientist"

**Source:** <http://sci.tech-archive.net/Archive/sci.med.nutrition/2004-07/1201.html>

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**From:** tcomeau (tunderbar\_at\_hotmail.com)

**Date:** 07/28/04

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This is what I appreciate. Their database of "scientists" and their connections to industry:

<http://www.cspinet.org/integrity/index.html>

I haven't followed or been aware of the stuff you just showed me.

Thanks for the heads up.

TC

rangerhasten@yahoo.com (Wolfbrother) wrote in message  
news:<6eb8f6eb.0407271143.70d2ccc2@posting.google.com>...  
> tunderbar@hotmail.com (tcomeau) wrote in message  
news:<b550f406.0407200553.c802b86@posting.google.com>...  
> > As much as I appreciate the role that CSPI is playing in the  
> > scientific market place, they've gotten it wrong when it comes to  
> > hfcs.  
>  
> You appreciate them? As far as I can tell they are and have always  
> been an corrupt and despicable organization that has done immense harm  
> to the public.  
>  
>  
> [http://www.westonaprice.org/know\\_your\\_fats/cspi.html](http://www.westonaprice.org/know_your_fats/cspi.html)  
>  
>  
> By Mary G. Enig, PhD  
>  
> Oh Mirror, Mirror on the Wall, who's the most revisionist of us all?  
>  
> Center for Science in the Public Interest (CSPI) provides the classic  
> example of chutzpah, like when the child who murders his parents  
> pleads for mercy in court because he is an orphan! In this case, the  
> crime is the complete ruination of the food supply with the  
> replacement of healthy traditional saturated fats with partially  
> hydrogenated soybean oil, and the victim is the unsuspecting public,  
> suffering from ever-increasing rates of cancer, heart disease,  
> infertility, impotence, asthma, allergies, learning disabilities, bone

- > *problems, digestive disorders, diabetes and obesity.*
- >
- > *On October 20, 1993, CSPI had the chutzpah to call a press conference*
- > *in Washington, DC and lambast the major fast-food chains for doing*
- > *what CSPI coerced them into doing, namely, using partially*
- > *hydrogenated vegetable oils in their deep fat-fryers. On that date,*
- > *CSPI, an eager proponent of partially hydrogenated oils for many*
- > *years, even when their adverse health effects were apparent, reversed*
- > *its position after an onslaught of adverse medical reports linking*
- > *trans fatty acids in these processed oils to coronary heart disease*
- > *and cancer. Instead of accepting the blame, CSPI pleaded "not guilty,"*
- > *claiming that the fault lay with the major fast-food chains?including*
- > *McDonald's, Burger King, Wendy's and Kentucky Fried Chicken, because*
- > *they "falsely claim to use '100% vegetable oil' when they actually use*
- > *hydrogenated shortening." (Actually, a fat or oil or mixture of fats*
- > *and/or oils is called a "liquid shortening" when it is used in baking*
- > *and frying; similarly, when poured over lettuce and tomatoes, it is*
- > *called a "salad dressing.")*
- >
- > *According to the CSPI press release, "In 1984, CSPI organized the*
- > *first national campaign to pressure fast-food restaurants and food*
- > *companies to stop frying with beef fat and tropical oils, which are*
- > *high in the cholesterol-raising saturated fats that increase the risk*
- > *of heart disease. After six years of public pressure?including*
- > *full-page newspaper ads placed by Nebraska millionaire and*
- > *cholesterol-crusader Phil Sokolof?the industry finally relented in*
- > *1990. But instead of switching to vegetable oil for frying, CSPI's*
- > *research shows, the companies opted for hydrogenated shortenings,*
- > *which have a longer shelf life and can be used longer in deep-fat*
- > *fryers."*
- >
- > *To understand the depth of the hypocrisy and deception perpetrated on*
- > *the public, let's look at the sordid history of CSPI's*
- > *anti-saturated-fat campaign.*
- >
- > *ANTI-SATURATE RHETORIC*
- > *One of America's most influential and vocal consumer-advocacy group,*
- > *CSPI was founded in 1972, the year that Michael Jacobson, CSPI's*
- > *Executive Director, published Eaters' Digest, a book filled with*
- > *anti-saturated-fat rhetoric.*
- >
- > *CSPI's well publicized campaign against "saturated" frying fats,*
- > *especially those used by fast-food restaurants, was launched in 1984*
- > *and was continued in 1986 when CSPI added the "tropical oils" to their*
- > *list of supposed villains in the American diet.*
- >
- > *The whitewash of trans fatty acids began in 1987 with an article by*
- > *Elaine Blume, published in CSPI's Nutrition Action newsletter. Wrote*
- > *Blume: "From margarine to Tater Tots, partially hydrogenated vegetable*
- > *oils play a major role in our food supply. . . . In fact, hydrogenated*
- > *oils don't post a dire threat to health. . . . Improving on Nature. .*

- > . . *Manufacturers hydrogenate. . . these vegetable oils so they won't*
- > *become rancid while they sit on shelves, or during frying. . . . it*
- > *seems unlikely that hydrogenation contributes much to our burden of*
- > *heart disease. . . The fact that hydrogenated oils appear to be*
- > *relatively benign is cause for thanks, because these fats are*
- > *everywhere."*
- >
- > *In 1988, CSPI published a booklet called Saturated Fat Attack, which*
- > *defended trans fatty acids and partially hydrogenated vegetable oils*
- > *and called for pejorative labeling of "saturated" fats. The booklet*
- > *contained a section called "Biochemistry 101," which claimed that only*
- > *tropical oils were dangerous when hydrogenated. "Hydrogenated (or*
- > *partially hydrogenated) fats are widely used in foods and cause untold*
- > *consternation among consumers. . . [they] start out as plain old*
- > *liquid vegetable oils (usually soybean), which are then reacted with*
- > *hydrogen. . . converting much of the polyunsaturated fatty acids to*
- > *monounsaturated fatty acids. . . [with]. . . small amounts. . .*
- > *converted to saturated fatty acids. . . [e.g.], stearic acid, which*
- > *seems to have no effect on blood cholesterol levels.*
- >
- > *"Overall, hydrogenated fats don't pose a significant risk. . .*
- > *exceptions are hydrogenated [tropical oils, which are made]. . . even*
- > *worse after hydrogenation."*
- >
- > *Obviously, the individuals writing the booklet were completely*
- > *ignorant (or pretended to be ignorant) of lipid science. Modern*
- > *hydrogenation methods create trans fatty acids rather than*
- > *monounsaturated fatty acids, and very few saturated fatty acids. By*
- > *1988, the adverse effects of trans fats were well known. The article*
- > *points out that stearic acid has no effect on blood cholesterol*
- > *levels, yet CSPI continued to accuse beef tallow, which is rich in*
- > *stearic acid, of "raising cholesterol and increasing the risk of heart*
- > *disease." As for the tropical oils, they do not need to be*
- > *hydrogenated!*
- >
- > *Blume was at it again in March 1988 with another article, "The Truth*
- > *About Trans ." "Hydrogenated oils aren't guilty as charged. . . . All*
- > *told, the charges against trans fat just don't stand up. And by*
- > *extension, hydrogenated oils seem relatively innocent. . . . As for*
- > *processed foods, you're better off choosing products made with*
- > *hydrogenated soybean, corn, or cottonseed oil. . . " This article was*
- > *widely disseminated; Michael Jacobson provided it as a handout to*
- > *members of the Maryland Legislature during hearings when the*
- > *University of Maryland group tried to introduce labeling of trans*
- > *fatty acids in the State.*
- >
- > *But by 1990, CSPI could no longer defend the indefensible. In October*
- > *of that year, Bonnie Liebman, CSPI Director of Nutrition, published an*
- > *article "Trans in Trouble" which referred to recent studies by Dutch*
- > *scientists showing that trans fats raised cholesterol. "That's not to*
- > *say trans fatty acids are artery-cloggers," she wrote, ". . . the fats*

> *in our foods may affect cholesterol differently than those used in the*  
> *Dutch experiment. . . . The Bottom Line. . . Trans , shmans. You*  
> *should eat less fat. . . Don't switch back to butter. . . use a soft*  
> *tub diet margarine. . . . "*

>  
> **REVISIONISM**

> *In May, 1991, I wrote a letter to the editor of Nutrition Action,*  
> *outlining and correcting Ms. Liebman's numerous errors, including her*  
> *claim that consumption of trans fatty acids in the US typically ranged*  
> *from 4 to 7 grams per day. By 1991, many Americans eating processed*  
> *foods were consuming over 50 grams of trans fats per day.*

>  
> *The revisionism began in December 1992 when Ms. Liebman wrote: "We've*  
> *been crying 'foul' for some time now, as the margarine industry has*  
> *tried to convince people that eating margarine was as good for their*  
> *hearts as aerobic exercise. . . . And we warned folks several years*  
> *ago that trans fatty acids could be a problem. . . . That's especially*  
> *true now that we know that trans fatty acids are harmful, but we don't*  
> *know how much trans are in different foods." Of course, CSPI had*  
> *issued no such warning, but had been defending trans fats for more*  
> *than five years. And there's no apology for falsely demonizing*  
> *traditional fats. "Don't switch back from margarine to butter," wrote*  
> *Ms. Liebman, ". . . try diet or whipped margarine. . . use a liquid*  
> *margarine."*

>  
> *In November 1993, Bonnie Liebman coauthored an article with Margo*  
> *Wootan called "The Great Trans Wreck," which would have been in*  
> *preparation well before Michael Jacobson's infamous press conference,*  
> *in which they asked, "Why do companies love hydrogenated fat if it's*  
> *so unhealthy? . . . . despite the claims on many packages, most*  
> *companies switched not to vegetable oil, but to vegetable shortening.*  
> *And that created a problem."*

>  
> *Jacobson's press conference was an attempt to deceive CSPI's own*  
> *readers and the public in four distinct ways:*

>  
> *1. He wanted laymen to think that vegetable oil and vegetable*  
> *shortening are two essentially different things*

>  
> *2. He claimed that CSPI recommended vegetable oils only (and not*  
> *shortenings containing trans fatty acids) during its anti-saturate*  
> *campaign*

>  
> *3. He accused the fast food chains of lying when they used*  
> *shortenings, but advertised vegetable oils*

>  
> *4. He asserted that CSPI thought the chains were using vegetable oils*  
> *and not shortenings.*

>  
> *These are just a few elements in the tissue of lies, false innuendoes,*  
> *and cover-ups in the Great Deception orchestrated by Liebman, Wootan*

- > and Jacobson, for in CSPI's January 1991 Nutrition Action, Jacobson
- > reviewed CSPI's twenty-year history and gloated: "Last year, Nutrition
- > Action provided members with postcards to send to McDonald's and
- > Burger King criticizing the frying of potatoes in beef fat. The
- > postcard was timed to coincide with full-page ads sponsored by the
- > National Heart Savers Association criticizing the way McDonald's fries
- > its potatoes. The companies, which were besieged with bad publicity
- > and barraged with thousands of postcards, changed their shortening
- > (emphasis added)."
- >
- > This statement, presented to CSPI's readers during the height of their
- > anti-saturated-fat campaign, destroys the myth that CSPI began to
- > promulgate in 1993, namely, that CSPI did not know that the chains had
- > switched to shortenings, which for all practical purposes meant
- > shortenings mainly composed of partially hydrogenated fats and oils.
- > In fact, as early as 1986, when CSPI announced that "McDonald's
- > restaurants in New York will stop frying Chicken McNuggets and fish
- > filets in beef fat and will use vegetable oil instead," I wrote to
- > Bonnie Liebman warning her that vegetable oil is almost always
- > partially hydrogenated.
- >
- > DAMAGE DONE
- > CSPI's 1988 publication, Saturated Fat Attack, contains a long list of
- > processed foods said to be made with coconut oil, palm oil, tallow,
- > butter or lard. Actually, processors used mostly partially
- > hydrogenated oil for snack foods and baked goods, but often included a
- > small amount of other fats and oils, which were, of course, listed on
- > the label. There were a few hold outs, however: Hi Ho crackers were
- > made with coconut oil, Uneeda biscuits were made with lard, Sara Lee
- > croissants were made with butter and Pepperidge Farm used a blend that
- > contained a lot of coconut oil.
- >
- > But it was the fast food chains that received the brunt of Jacobson's
- > wrath, because they used a blend of 91-95 percent beef fat or 100
- > percent palm oil for frying. He orchestrated well publicized
- > demonstrations in front of McDonald's and a post card campaign to the
- > corporate offices of the fast food chains to protest the use of these
- > "artery-clogging" saturated fats for frying.
- >
- > It is impossible to measure the hazards and grief that Liebman and
- > Jacobson?the leaders of the major nutrition "activist" consumer
- > organization?have inflicted on many millions of an unknowing
- > public?because CSPI's campaign was wildly successful. Thanks to CSPI,
- > healthy traditional fats have almost completely disappeared from the
- > food supply, replaced by manufactured trans fats known to cause many
- > diseases. By 1990, most fast food chains had switched to partially
- > hydrogenated vegetable oil. In 1982, a McDonald's meal of chicken
- > McNuggets, large order of fries and a Danish or pie contained 2.4
- > grams of trans fat, out of a total of 54 grams of fat. In 1992, that
- > same meal contained 19.2 grams trans fats, a 700 percent increase.
- > After his victory with the fast food chains, Jacobson went after the

- > popcorn in movie theatres and our last good dietary source of coconut
- > oil?—one of the supremely healthy fats on the planet?disappeared.
- > "Today," brags Jacobson, "'no tropical oils' is a badge of honor worn
- > by many food packages."
- >
- > *COINCIDENCE OR CONSPIRACY*
- > *Who benefits? Soy, or course. Eighty percent of all partially*
- > *hydrogenated oil used in processed foods in the US comes from soy, as*
- > *does 70 percent of all liquid oil. CSPI claims that its support comes*
- > *from subscribers to its Nutrition Action newsletter, which continues*
- > *to issue hysterical warnings against "artery-clogging" fats in steak,*
- > *whole milk and fettucine Alfredo. One million subscribers provide more*
- > *than 70 percent of CSPI's \$13 million annual income, according to a*
- > *recent report, but CSPI is extremely secretive about the value of its*
- > *assets, salaries paid and use of its revenues. If CSPI has large*
- > *donors, they're not telling who they are, but in fact, in CSPI's*
- > *January, 1991 newsletter, Jacobson notes that "our effort was*
- > *ultimately joined. . . by the American Soybean Association."*
- >
- > *Jacobson's latest crusade? A new meat substitute called Quorn, made*
- > *from protein produced by a fungus, which has proved popular in Europe.*
- > *Thanks to Jacobson's opposition, Quorn wil l not compete with*
- > *imitation meat products made from soy in the US.*