

Newsletter on Food Contamination

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DINACAI has a Health Alerts unit, in which information, from the most relevant news about food intoxication, is compiled.

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This edition's slogan: "Deceit is in the heart of those devise evil, but joy in those who promote peace". Proverbs 12:20

September, 2011

Salmonella outbreak in turkey meat

A press release from the Center for Disease Control and Prevention (CDC) of the United States, informed that "a total of 77 infected people by the outbreak of Salmonella Heidelberg strain have been registered in 26 states between March 1st and August 1st of 2011".

More than a third of the affected were hospitalized. The disease is linked to a virulent salmonella strain that has existed during decades. This strain is resistant to many antibiotics, which increases the risk of hospitalization and/or treatment failure.



CONTENIDO:

- Most relevant news regarding food contamination.
- Debates
- Social

Experts suggest thoroughly cooking every meat product to a temperature of 74°C. The investigation will continue until the exact source of the bacteria is identified.

www.ElSitoAvicola.com

Salmonella in Mayonnaise

A *Salmonella Enteritidis* outbreak is the responsible for the intoxication of 66 persons, one who passed away, for consuming raw mayonnaise in a fast food restaurant located in Peñalolén, Chile. The Ministry of Health has issued a resolution in which they prohibit the creation and consumption of mayonnaise, as a preventive measure.

There is a lack of precaution in maintaining foods in adequate temperatures. "In general, the products that are more dangerous, didn't have a proper temperature care, allowing the creation of bacteria and microorganism pathogens.

www.chile.com



USA issues warning concerning Mexican papayas contaminated with Salmonella



United States authorities issued an alert and banned the entrance of Mexican papayas after finding salmonella in several shipments. The Food and Drug Administration said (FDA) “The evidence shows a wide contamination of Mexican papayas with salmonella”. Having detected at least 100 cases of salmonella in 23 states, the FDA directed its investigation towards imported papaya from Mexico. Between May and August a total of 211 fruits were analyzed, and traces of this dangerous bacteria were found in about 15% of the cases.

The contaminated fruit shipments were imported by 28 different companies, they came from the Mexican producing regions. The FDA announced simultaneously that they were going to reinforce their collaboration with their Mexican counterpart, SENASICA, in order to eradicate this contamination in the producing regions.

Ecuador’s Ministry of Health alerts of three types of beverages containing Methanol



The citizens have been alerted on the consumption of three drinks that containing tampered liquor. “Vino Tentador” “Vino San Francisco” and “Vino San Pedro” are not apt for human consumption because they contain methanol.

This substance, when ingested, produces metabolites such as formic acid and formaldehyde, which are highly toxic, can lead to neurotoxicity and even death.

Several studies performed in the National Institute of Hygiene and Tropical Medicine by Leopoldo Izquieta Pérez determined the presence of methyl alcohol, both in biological samples of patients and in samples of the product.

The obtained analysis of a product commercialized under the name “Vino Tentador”, which were packed in cardboard boxes and confiscated in the province of Tungurahua, tested positive for methyl alcohol in a concentration of 107mg/100ml.

The ministry has ordered a freeze of all the production plants of alcohol in Tungurahua. The authorities have conducted a series of confiscations of the main suppliers of alcohol; they are also working on the identification of the distribution networks.

Health authorities insist that people avoid consuming any type of alcohols of dubious origin for protection. The authorities also inform that the MSP gives free counseling for 24 hours with a physician expert in toxicology.

Cotopaxinoticias.com



Monitoring seafood consumption in Latin America

Health Authorities in Honduras have begun monitoring the consumption of seafood, particularly some mollusks, because of the effect of the red tide. Mexico, Guatemala and El Salvador issued a warning to ban the consumption of snails, mussels, clams, oysters, and abalone, for being contaminated. So far the Honduran coasts have not been affected, but expansion is being monitored to prevent poisoning in the population. For the time being, the red tide is present in Mexico, Guatemala and El Salvador, but the expansion is not ruled out throughout the whole Central American region.



Symptomatology

The symptoms when consuming any contaminated seafood are:

- * Tingling sensation in the lips, face, mouth, which can extend to loss of force and muscular paralysis;
- * Respiratory distress that may cause even death.

If such symptoms are reported, the affected must go immediately to the nearest hospital or health center in order to receive adequate medical attention.

The ban is specifically for the above-mentioned species. The rest of the seafood is free of contamination from the toxins that are in the sea, product of the tide. Fish, crab, shrimp, lobster and squid may be consumed because their alimentation is diverse hence it is not contaminated.

Investigation on plagues in potatoes

The Food Inspection Agency of Canada has put in quarantine a farm in Ottawa after discovering a microscopic plague that can damage potatoes and other crops. Destructor *Ditylenchus* is a plague (nematode) that lays eggs in potatoes, carrots, other crops, and can extend to other healthy crops. It spreads primarily through movement of infested planting material and soil.

The plague has been discovered in Canada on Prince Edward's Island, where according to the agency has been controlled. The Agriculture and

Agro-alimentary sector of Canada and the province of Ontario are also investigating how the plague may have found his way to Ontario.



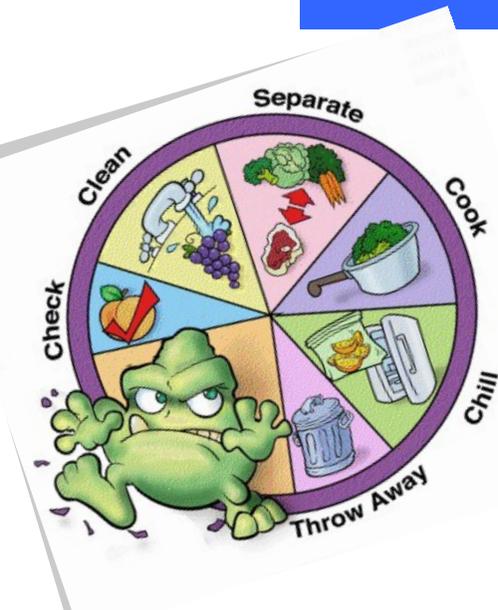
Did you Know ?

Annually, 76 millions of persons in the United States get sick for consuming infected foods. The common causes for this include bacteria, parasites and viruses. The symptoms vary from mild to severe. Harmful bacteria are the most common cause of food diseases. Food may contain bacteria when purchased. Raw meat may get contaminated while the animal is being killed. Fruits and vegetables may get contaminated while they grow or while they are processed. Also it can occur in the kitchen if you leave food at room temperature.



On August 8 of 2011, Oregon's Health Authority announced that at least 10 infections of E. Coli had been linked to a strawberry farm on Newberg, Oregon. Four patients had been hospitalized and an elderly woman died of kidney failure associated with E. Coli (hemolytic uremic syndrome – HUS).

On August 3 of 2011, Cargill withdrew at least 36 000 000 pounds of turkey meat products (fresh and frozen), produced in Springdale, Arkansas, due to possible contamination with Salmonella Heidelberg.



On June of 2011, near 3000 cases of Dole salad bags were removed from the brand after a random test found the bacteria Listeria in a bag of salad. The salads were distributed in Illinois, Indiana, Kentucky, Maine, Michigan, Mississippi, New Jersey, New York, Ohio, Pennsylvania, Tennessee, Wisconsin, and parts of Canada.

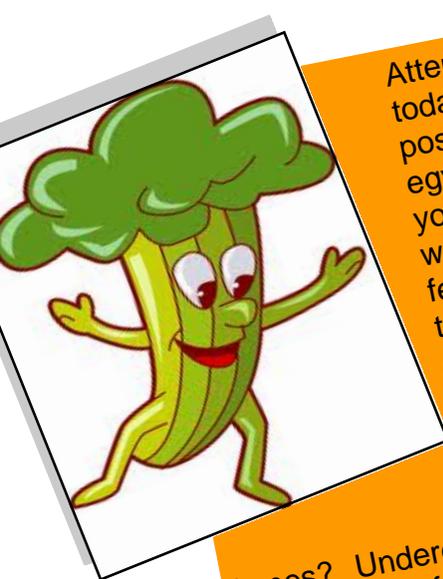
Papaya contamination appears to be the cause of a Salmonella outbreak. Salmonella food poisoning was detected in 23 states, informs the FDA who are also warning consumers of the situation.

Did You Know?... The intake of fruits and vegetables may save 1.7 million lives a year worldwide.

Eating a sufficient amount of fruits and vegetables may save 1.7 million lives a year worldwide, according to the World Health Organization (WHO). Diets without fruits and vegetables are “one of the 10 risk factors of mortality worldwide”. Low consumption of these foods causes 19% of gastrointestinal cancer, 31% of ischemic heart diseases, and 11% of strokes diagnosed around the world. The Global Strategy of the WHO on diet, physical activity and health emphasizes the increased consumption of fruit and vegetable as one of the recommendations to be considered when developing policies and national dietary guidelines.

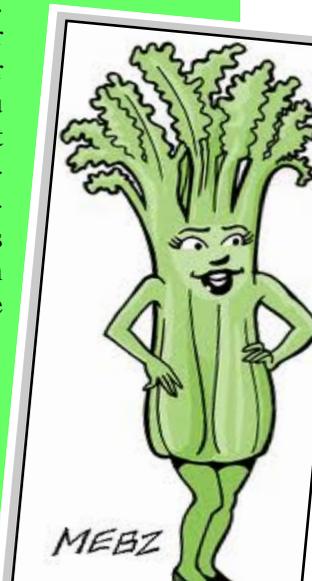


Did You Know?... You can pickup women by eating celery?



Attention men, today we propose a strategy to improve your luck with women. Suffering hours in the gym in order to have abs of steel? Spending our savings in fancy perfumes? Undergoing surgery to transform our face in Brad Pitt?

No! All you have to do is add one food to your diet: “CELERY”. This vegetable increases the level of pheromones in the sweat of men. Pheromones are chemical substances that intervene in the communication between two animals of the same specie, for example, in seduction and sexual attraction. These substances are secreted unconsciously through skin and they automatically awaken your sex drive. It is not about physical attraction but of chemical attraction. Eating celery will not improve your appearance but it will increase your capacity of attraction. Have you never been attracted to a person not knowing why? That happens because of the chemical reaction between your and the other person’s pheromones. With this information you don’t have any excuse to leave that vegetable from your menu.

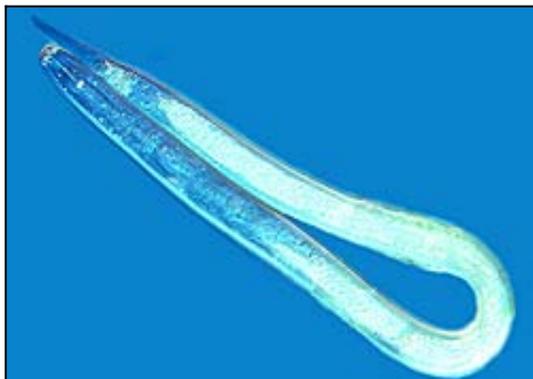


Scientists from the ARS developed a better test to identify a nematode that attacks potatoes.

Scientists from the Agricultural Research Service (ARS) have developed a new weapon against the cyst nematode of potatoes. This new diagnostic test can identify the type of nematode infesting the crops. ARS is the main agency for scientific investigations of the Agricultural Department of USA (USDA).

There are two types of nematode and the cyst nematode and the golden nematode. The capacity to distinguish between the two is important because breeders have developed new varieties of potatoes that may resist attacks from the golden nematode, but there are aren't new varieties of potatoes that can resist the cyst nematode. If the cyst nematode is found in a field, farmers cannot plant potatoes on that soil.

The golden nematode has been a problem in New York and Canada. The cyst nematode was discovered in Idaho in 2006 and it has been founded in Europe. Potatoes and seed potatoes are exchanged through international borders, so the monitoring is important in potato production regions.



todes of potatoes: the golden nematode. The capacity to distinguish between the two is important because breeders have developed new varieties of potatoes that may resist attacks from the golden nematode. If the cyst nematode is found in a field, farmers cannot plant potatoes on that soil.

(*Globodera rostochiensis*) has been a problem in New York and Canada since 1941, and has been founded in Europe. The cyst nematode (*G. pallida*) was discovered in Idaho in 2006 and it has been founded in Europe.

The diagnostic test is one of several new technologies designed to distinguish between the types of potato nematodes, but is also more sensitive than the others.

United States Department of Agriculture (USDA)

Warning on Colorado melons on listeriosis outbreak



Health officials issued a warning on Colorado melons due to the outbreak of bacteria that is responsible of four deaths in the states of Colorado and New Mexico, creating concern among the farmers that depend on their sale.

The agency pointed out that it is the first epidemic outbreak on listeria in the United States linked to melons.

The warning from the Center for Disease Control and Prevention (CDC) was made after 16 cases of intoxication were reported by a strain of listeria in 4 states, including eleven in Colorado, two in Texas, one in Nebraska, another in Oklahoma and one more in Indiana.

Listeriosis is a serious infection caused usually by ingesting foods that are contaminated with the bacteria *Listeria monocytogenes*. The disease affects primarily the elder, pregnant women, newborns and adult with a weak immunologic system.

Japan: fear that rice is also radioactive

Excessive levels of radiation were found in bovine meat, tea, milk, seafood, water and even in places located more than 360 kilometers from the damaged nuclear plant. However, the greatest concerns revolve around the next harvest of rice, in a month.

The fear is justified since nearly half of the rice fields are located in zones within the range of radioactive emissions of Fukushima, more than two thirds of the Japanese provinces will control the levels of cesium in the fields and grains, informed Mainichi newspaper.

It is believed that rice production began in Japan **in the year 300 b.c.**, according to experts, and the associated traditions of its growth are **indispensable parts of Japanese culture**. "Rice production nourishes the **spirit of 'yui'**, something that lasted until the modern era".



Removed from Canadian market: Bacon, due to listeria contamination

An establishment in Ontario, Canada, is removing approximately 380,000 pounds of bacon products, that may be contaminated on *Listeria monocytogenes*, as announced by the Food Safety and Inspection Services (FSIS) of the Agricultural Department of USA (USDA). The consumption of contaminated foods with *Listeria monocytogenes* may cause listeriosis, a rare but potentially fatal disease. Healthy people rarely suffer from listeriosis.

Recommendations for people in risk of listeriosis

Wash your hands with warm water and soap for at least 20 seconds, before and after handling raw meat and chicken.

Keep raw meat, chicken and fish away from other foods that are not to be cooked.

Use pre-cooked foods or foods ready to eat as soon as you can.

Listeria may grow inside the refrigerator. Your refrigerator must be at 40° F (4.4°C) or less, and your freezer must be on 0° F (-17.8°C) or less.

Www.usda.com



Diet drinks may help raise more than lose your weight?

Not all that glitters is gold. According to a study made by **the American Diabetes Association**, the consumption of diet drinks may help raise your weight and increase waist circumference.

The American Diabetes Association presented a study proving that the ingestion of **diet sodas**, which are highly consumed by women and men that want to stay in shape, is associated with the widening of the waist and may increase a few extra pounds.

The study found that people who frequently drank diet soda, at least two portions a day, had an increase in waist circumference 70% more than those who didn't have diet sodas in their diets. A second study shows that **aspartame**, artificial sweetening that is used in diet sodas, actually increase the amount of sugar in the blood of mice prone to diabetes. Other research ensure its use and others don't.

Many studies guarantee the consumption on a level of **Acceptable Daily Intake (ADI)**, which is not harmful. The World

Health Organization (WHO) gives a figure that assures no problem on consuming it. In the case of **aspartame**, **only 40 or 50 ml per kilo of body weight** per day may be consumed. It is the daily intake admissible so that it will not cause problems in the organism.

There are several debates on this subject because many studies say that they may produced diabetes related problems, that it would contribute to increase or decrease sugar levels in blood, and other series of consequences like the aggravation of headaches or epilepsy, visual, allergic or liver problems. **“I think there is no need to add anything else but the usual: if you want a healthier life from every point of view, turn to water”**.

CONSUMER EROSKI



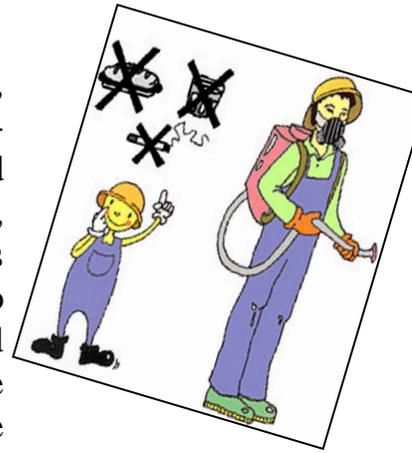
Diet is not the same as light?
Light means that is lighter because it has fewer calories than a normal contribution, it is generally about 50% less than. Now, to be truly free, it has to say calorie-free, fat-free, sugar-free, because here we are saying that the contribution will be lower.
Diet is when a sweetener replaces the sugar.

A SIP OF SODA: HOW SOFT DRINKS IMPACT YOUR HEALTH

- ASTHMA**
Sodium benzoate, found in sodas, is used as a preservative (prolongs shelf life). Studies prove that it adds sodium to the diet and reduces the availability of potassium. Some reported reactions to sodium benzoate include increasing uric acid levels, asthma, and eczema.
Each day 11 Americans die from asthma.
- DISSOLVES TOOTH ENAMEL**
Sugar and acid in soft drinks easily dissolve tooth enamel. When both attack reaches the nerve, the root, and the area at the base of the tooth, the tooth may be lost if left untreated. An insurance can't do anything.
- HEART DISEASE**
Most soft drinks contain high fructose corn syrup, a sweetener. Fructose increases triglyceride levels and contributes to obesity. High fructose corn syrup has been associated with an increased risk of metabolic syndrome, a condition associated with an increased risk of both diabetes and heart disease.
In 2006, more than one in every four deaths was caused by heart disease.
- KIDNEY ISSUES**
Cokea contain high levels of phosphoric acid, which has been linked to kidney stones and other renal problems.
You are more likely to get kidney disease if you are:
- Male
- Caucasian
- Very overweight
- REPRODUCTIVE ISSUES**
Soft drink cans are coated with a resin that contains BPA (bisphenol-A). This is the same cancer-causing chemical found in plastic baby bottles, water bottles, and other containers that interact with the endocrine system, potentially causing premature puberty and reproductive abnormalities.
90% of plastic bottles contain BPA.
- SUGAR OVERLOAD**
Twenty minutes after drinking a soda, your blood sugar spikes, causing an insulin burst. Your liver responds to this by burning any sugar you eat.
Fatty products like caffeine absorption is complete. You people drink, your blood pressure rises, as a response, your liver dumps more sugar into your bloodstream. The subsequent response in your brain are more frequent, preventing attention.
45 minutes later, your body up your digestive production, stimulating the pleasure centers of your brain. This is physically the same as being hooked on the drug.
80% of cardiovascular disease is related to obesity.
- OBESITY**
The relationship between soft drink consumption and body weight is so strong that researchers calculate that for each additional soda consumed, the risk of obesity increases 1.5 times.
42% of breast and colon cancer is diagnosed in obese individuals.
30% of gall bladder surgery is related to obesity.
- OSTEOPOROSIS**
Soft drinks contain phosphoric acid and a high fructose diet has been associated with bone breakdown and an increased risk of osteoporosis. When phosphoric acid is consumed in the urine, it binds calcium with it, depriving the bones and the rest of the body of this important mineral.
Eighty percent of those affected by osteoporosis are women. Seventy percent are obese.
- INCREASED RISK OF DIABETES**
Those who drink more soda have an 85% increased risk of developing Type 2 diabetes.
Approximately 1 in 10 health care dollars is spent on diabetes.

Residues of pesticides in food?

Experts set allowed levels of these residues in foods that guarantee, within reasonable limits, its safety for the consumer. The incorporation of concepts such as good agricultural practices and integrated pest management have allowed to obtain similar production results, without much dependence on pesticides while the success of ecological agriculture and livestock has proved to exist without them. It is possible to find pesticide residues in food because the same are used or have been used in other times, and also because we use sensitive techniques that allow us to discover them.



Pesticides or agrochemicals are chemical substances or a mix of substances destined to kill, repel, attract, moderate or interrupt the growth of organisms considered as plagues. According to WHO data, around 100,000 persons die each year because of the use of pesticides, and around 200,000 persons are intoxicated severely by its uses in agriculture and livestock. There is uncertainty on the effects of the prolonged exposure to low doses of pesticides. Current monitoring systems are inadequate to define the potential risks related to the use of pesticides and related diseases.

that and

Discovering these residues doesn't always involve toxicological risks, it only indicates that they have been employed in some time during their production or they are ubiquitous contaminants of water, land, or air, consequently animals.

What are you waiting to drink tomato juice?

Tomato is without a doubt one of the most known and most common vegetables. Tomato juice is a very nutritious drink that gives our organism a variety of benefits that allow us to maintain healthy. The benefits of tomato juice to our daily nutrition:

Lycopene acts as an antioxidant protecting cells and organs, source of vitamins and minerals, especially vitamin A and C.

These vitamins help our immune system by destroying free radicals that enter our bloodstream and damage cells.



ADVICE OF THIS EDITION

Cilantro, also a natural antibiotic that fights food poisoning.

The coriander essential oil not only serves for massage purposes, spicing foods or treating stomach problems, as it is commonly used. A new study published in the Journal of Medical Microbiology has demonstrated that, in addition, this Mediterranean herb **may fight wide range of harmful bacteria for our organism.**

This finding opens the possibility of giving a double medical use to cilantro oil, designed to cope with food poisoning and as a natural alternative to antibiotics. You can take advantage of its ability to prevent food poisoning when included in foods to prevent various diseases transmitted by what we eat.



Its effectiveness was tested against 12 different strains of bacteria, including

Escherichia coli, *Salmonella enterica*, *Bacillus cereus* and *Staphylococcus aureus* resistant to methicillin (MRSA), and most were eradicated by the solutions with 1.6 percent coriander oil, which **reduced their growth.**

"This oil damages the membrane that surrounds the bacterial cell and disrupts the barrier between the cell and its environment. This inhibits the essential processes, including respiration, which ultimately leads to bacterial cell death".

www.ecologiablog.com



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