Never Buy Meat, Potatoes or Herbs With This Label on it

Posted By Dr. Mercola | November 05 2011 | 177,750 views

Irradiated herbs, seasonings and spices are exposed to HALF A BILLION chest X-ray's worth of gamma radiation. This information is clearly publicized by the USDA and FDA.

The FDA presently supports the use of Cobalt-60 culled from nuclear reactors on all domestically produced conventional food.

The level of gamma-radiation used starts at 1 KiloGray -- equivalent to 16,700,000 chest x-rays -- and goes all the way up to 30KiloGray (500,000,000 chest x-rays or 10,000 times a human lethal dose).

According to Green Med Info:

> *"Despite the irresponsible promotion of this process as safe, food irradiation destroys much of the vitamin content of food, produces a number of toxic byproducts: formaldehyde, benzene, and formic acid, as well as unique radiolytic products, e.g. 2-alklycyclobutanoes, that have been demonstrated to be cytotoxic (damages cells), genotoxic (damages DNA), and carcinogenic (causes cancer) in test tube and animal studies."*

Story at-a-glance

- Irradiation leads to the formation of furan, which has been linked to liver toxicity, including carcinogenicity
- Irradiated foods must be labeled with the statement "treated with radiation" or "treated by irradiation" and the international symbol for irradiation, the radura
- Irradiated foods contain compounds called 2-alkylcyclobutanones (2-ACBs), which may promote tumor growth and colon cancer; they are found *exclusively* in irradiated foods
- Irradiation is essentially a very effective medium for masking filthy conditions in slaughterhouses and food processing plants; You can avoid irradiation by choosing locally grown, organic foods as much as possible

By Dr. Mercola

You're probably well aware that certain foods, like milk and juices, at your grocery store are pasteurized -- a process that uses heat to kill off bacteria from your food, and in the process destroys nutrients and denatures the food.

But you may not know that foods may also be irradiated -- a process that exposes your food to radiant energy, including gamma rays, electron beams and X-rays.

Irradiation was approved by the U.S. Food and Drug Administration (FDA) in 1963, and today is used on more than 40 food products dispersed throughout 37 countries. If this sounds a bit alarming to you, you are not alone.

After nuclear disasters like the Fukushima meltdown in Japan, radiation poisoning to food is one of

the primary health concerns. So how is it that food processors can expose your food to radiation on purpose, in the name of food safety?

Are There Health Risks to Eating Irradiated Food?

The FDA claims, "Irradiation is an important food safety tool in fighting foodborne illness," noting that the sources and amounts of radiation applied to foods are not strong enough to cause the food to become radioactive. They also state that "food irradiation does not significantly change the nutrient content, flavor, or texture of food." However, as Sayer Ji, found of GreenMedInfo.com, states:

> *"The FDA presently supports and actively promotes the use of Cobalt-60 culled from Nuclear Reactors as a form of "electronic pasteurization" on all domestically produced conventional food.*
>
> *The use of euphemisms like "food additive" and "pasteurization" to describe the process of blasting food with high levels of gamma-radiation cannot obviate the fact that the very same death-rays generated by thermonuclear warfare to destroy life are now being applied to food to "make it safer" …*
>
> *This is not a hypochondriac's rantings, as we aren't talking here about small amounts of radiation. The level of gamma-radiation used starts at 1KiloGray (equivalent to 16,700,000 chest x-rays or 333 times a human lethal dose) and goes all the way up to 30KiloGray (500,000,000 times a human lethal dose)."*

As you might suspect, exposing food to the equivalent of hundreds of millions of x-rays does not appear to
Alternatively, evidence to date suggests it may be having a detrimental effect on the health of those who c

A New Class of Food Contaminants

2-alkylcyclobutanones (2-ACBs) are radiolytic derivatives of triglycerides found *exclusively* in irradiated foo
generated proportionally to fat content of the food and the dose of absorbed radiation.

Research in animals suggests the compounds may promote tumor growth and colon cancer, and studies s
alkylcyclobutanones are able to cross the intestinal barrier, enter into the bloodstream, and be stored in th
The compounds have also been shown to be cytotoxic and genotoxic, which means they may damage cel
Studies on human cells also revealed potential cancer-causing effects, with researchers concluding "this c
regarded as a possible risk factor for processes in colon carcinogenesis related to initiation and progressio

More Reasons to be Wary of Irradiation

Needless to say, the research to date is raising major red flags that irradiation is NOT as safe as food safe
you believe. In addition to the formation of potentially toxic 2-ACBs, irradiation leads to the formation of fur
fructose, sucrose, or glucose. Furan in foods has been linked to liver toxicity, including carcinogenicity.

Another study found that cats developed "mysterious" and "remarkable" severe neurological dysfunction, i
disorders, vision loss and paralysis, after being fed a diet of irradiated foods during gestation. When they v
irradiated foods, they slowly recovered. This is a major clue that irradiated foods deserve some serious re
unfortunately they have already infiltrated the food system. And it's not as though this concerning evidence

brought to light. One paper on potential dangers, prepared for the meeting of the Joint FAO/IAEA/WHO Ex Irradiated Food, dates back to *1969*. The author stated:

> *" … irradiation can bring about chemical transformations in food and food components resulting in th mutagens."*

Does Irradiation Actually Mask Filthy Food Production?

The FDA is quick to state that "Irradiation is not a substitute for good sanitation and process control in mea an added layer of safety." But it is, in essence, a tool to wipe out bacteria, parasites and other potential pa food. This means food manufacturers have an out of sorts … After all, they're going to nuke everything lat the trouble of actually growing your food in sanitary conditions to begin with?

Irradiation is essentially a very effective medium for masking filthy conditions in slaughterhouses and food foundational solution to this problem lies in preventing contamination at the source -- on the farm, during p and so on -- not in wiping out pathogens later using questionable technological interventions like radiation be any need for irradiation, as there simply shouldn't be E. coli in your lettuce or Salmonella in your poultry

So why is there?

Our "global food system," which encourages farming on a massive scale, poses steep problems for food s batch of contaminated spinach or peppers easily sicken people across an entire country, but it's very diffic contaminated food back to its source … and even harder to then pinpoint the source of the contamination.

Public health agencies like the FDA use the term "field-to-fork continuum" to describe the path any given f your plate, and during any of the following steps, contamination is possible:

- Open field production
- Harvesting
- Field packing
- Greenhouse production
- Packinghouse or field packing
- Repacking and other distribution operations
- Fresh-cut/value-added processing
- Food service and retail
- Consumer

As you can see, the more steps your food goes through before it reaches your plate, the greater your chan becomes.

But again, the solution is not to subject your foods to radiation to make them "safe" … they should be safe is one of the primary reasons why I encourage you to think long and hard about the sources of your food. food directly from the field or after harvest, such as directly from a farmer or farmer's market, you knock ou that could expose your food to contamination, not to mention you'll have assurance the food has not been

Do You Want to Avoid Irradiated Foods?

In the United States, the following foods may be irradiated:

Fresh meat and poultry (including whole or cut up birds, skinless poultry, pork chops, roasts, stew meat, liver, hamburgers, ground meat, and ground poultry)	Wheat and wheat powder	White potatoes
Many spices	Dry vegetable seasonings	Fresh shell eggs
Fresh produce		

Fortunately, the FDA currently requires that irradiated foods include labeling with the statement "treated w by irradiation" and the international symbol for irradiation, the radura:

However, there are exceptions:

- Irradiated meat used in another product (such as sausage) does not have to contain the radura imag have to list irradiated meat in the ingredients, though).
- Restaurants are not required to disclose the use of irradiated foods. So be aware that any time you e of knowing if your food has been irradiated.

You can also avoid irradiation by choosing locally grown, organic foods as much as possible. Certified org irradiated, and foods from a small, local farm are unlikely to be either. So, as I've said many times before, farmers in your area and, as much as possible, getting your food from these types of high-quality, small-sc of the simplest ways to access pure, unadulterated food.

» **Source:** Green Med Info June 20, 2011

» **Source:** Green Med Info

- **Source:** Nutrition and Cancer 2002;44(2):189-91
- **Source:** Journal of Agricultural and Food Chemistry October 5, 2005;53(20):7826-31
- **Source:** Food and Chemical Toxicology December 2007;45(12):2581-91

Related Links:

- **Irradiated Food Causes Brain Damage**
- **FDA Allows Irradiation of Produce**
- **What are the Most Common F**