

# HEART SMART

*Newsletter*



## CANCER LINK FOUND

**A new study discovers cancer causer in the most popular soda brands.\***

**\*Center for Science in the Public Interest (CSPI)**

Some of the most popular soda brands could be responsible for nearly 15,000 cancers a year, according to a new analyses done by the CSPI. High levels of a known carcinogen called 4-MI are a produced when ammonia is used to make the caramel food dye found in soda.

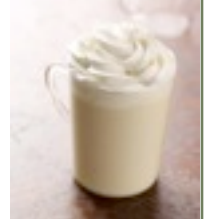
4-MI was detected in large amounts in both regular and diet versions of Coke and Pepsi. CSPI, has begun lobbying the FDA to require soda companies add 4-MI to their label ingredients. As of now, it is still legal for soda companies not to disclose

carcinogens on their label. CSPI is asking the FDA to force the soda industry to list “ammonia-sulfite process caramel coloring” or “chemically modified caramel coloring” as a warning to consumers.

Shortly after the study came out, Coca Cola announced they would use a lower MI formulation of caramel coloring, to avoid cancer labels on their products sold in California. The State, under Prop 65, requires all products with high 4-MI levels to bear a cancer causing label.

### Best/Worst Drinks Worst Hot Chocolate:

Starbucks Venti 2% White Hot Chocolate (20 oz)  
600 calories  
23 g fat (14 saturated)  
78 g sugars  
360 mg sodium



**Best:**  
Starbucks Grande Nonfat Vanilla Creme (16 oz)  
270 calories  
7 g fat (4.5 saturated)  
38 g sugars

**Worst Smoothie:**  
Smoothie King's The Hulk, Strawberry (40 oz)  
2,070 calories  
64 g fat ( 26 g saturated)  
250 g sugars



**Best:**  
Smoothie King's The Shredder, Strawberry (20 oz)  
356 calories  
1 g fat  
41 g sugars

**Worst Juice Imposter:**  
Arizona Kiwi Strawberry (23.5 oz)  
360 calories  
0 g fat  
84g sugar

**Best:**  
Diet Snapple Noni Berry Juice (17.5 oz)  
33 calories  
0 g fat  
2 g sugar



*\*According to Eat This Not That.*