



JUNE MacLEOD is not frightened by reports linking saccharin with cancer. She said her family is prone to diabetes and for this reason she will continue to buy diet pop and artificial sweeteners along with her other weekly groceries.

Milton consumers say

Ban on saccharin 'silly', 'unfair'

By Ann Hauprich-Nielsen
The Canadian government's recent announcement that a gradual ban on saccharin, as an ingredient in food products, will begin on July 1, 1977 has sparked a largely negative response from consumers interviewed at Milton stores last week.

Many questioned the validity of the experiments on Canadian rats that link the artificial sweetener with bladder cancer because cancer was detected only after the rats had been given doses of saccharin equivalent to 800 cans of diet drink a day.

Others asked why saccharin products should be banned when cigarettes, which are much more likely to cause cancer and lung disease, are still readily available with only a warning on the outside of the package.

Some of the reactions to the ban voiced by local consumers to The Champion follow.

MAUREEN LOWRIE: "The three people in our household drink the equivalent of a case of diet pop a week and will continue to do so as long as we can buy it in the stores. I think the ban on saccharin is silly because I'd have to drink the equivalent of 800 cans of diet drink a day before getting cancer. I have no plans of doing this. I think the new reports linking saccharin with cancer are about as factual as the stories in the movie gossip magazines."

COLLEEN CORP: "The reports don't really bother me. I still use saccharin tablets and drink both kinds of pop."

JUNE MacLEOD: "My whole family is prone to diabetes, so we have to stay away from sugar. I'm not paying too much attention to the reports right now. I think it's better for teenagers to drink diet pop because there aren't as many calories. I'll keep buying it as long as it's on the market."

BARBARA MORRISON: "I find the news reports on saccharin bothersome. They've made me think twice about products that contain saccharin. I'm not buying as much diet pop as I used to."

FAYE HIGGS: "I think they (Canadian Food and Drug Administration) are making a



MAUREEN LOWRIE

an excessive amount. It bothers me that the only alternative to gum sweetened with saccharin is the type with sugar that gives you cavities. Also, I don't think it's fair to put a ban on saccharin but not on cigarettes which, in my opinion, are far more harmful to a person's health."

MRS. G. A. ERLICK: "I used to buy Tab and diet 7-Up, but I was never thrilled about them. The new reports linking saccharin with cancer just confirmed a feeling I already had that all these artificial sweeteners aren't all together good for you."



RUTH BASKETT

Manor birthday

Halton Centennial Manor is making plans for its 25th anniversary, July 10 this year.

The manor was opened July 10, 1952. This year's celebration will include a birthday party, and open house. Guest speakers will be invited, and souvenirs distributed to mark the event.

The regional Committee of Community and Social Services is appointing a committee to plan the celebration, with an expected budget of \$25,000.

DID YOU KNOW
Sept-iles, Quebec, residents have the highest average income in Canada, \$12,592. Next come Oakville, Ontario with \$12,212 and Alberni, British Columbia with \$11,659. This information can be found for 100 selected Canadian cities in the 1976 edition of Taxation Statistics, available from Supply and Services.

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big fuss over nothing. As I understand it, they gave excessive amounts of saccharin to the rats before detecting cancer. I'm sure if we all did that we could harm ourselves, too, but I don't believe saccharin is harmful if taken in moderation like a tablet in a cup of coffee or an occasional can of diet pop. I think they'd do better to ban things like cigarettes which are far worse for a person's health.

RUTH BASKETT: "I don't drink diet pop or use saccharin tablets, but I do chew sugarless gum that is sweetened with saccharin. I chew about four packs a week and I don't believe this to be

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Diabetics can do without the artificial sweeteners

Diet soft drinks and artificial sweeteners are not essential to the diet of diabetics.

Rather they are "a social convenience" upon which diabetics and others in our society have become far too dependent in recent years.

This was the opinion expressed by Jan Goeller, National Nutrition Consultant for the Canadian Diabetic Association last week when asked to comment on how Canada's diabetics will be affected by the ban on saccharin.

"I'm distressed to hear some diabetics feel they can't get along without their diet pop and artificial sweeteners," Mrs. Goeller told The Champion. "But it is simply a luxury to have food sweetened. These things are not vital to the diabetic way of eating."

Mrs. Goeller said the diabetic way of eating is "a healthy plan", a way of eating which is good for the whole family and includes basic food stuffs such as milk, eggs, fish, meats, fruits and vegetables.

"The key to diabetic eating is to use ordinary foods in regulated quantities," Mrs. Goeller said.

"The problem," she explained, "is that people have grown accustomed to having convenience food products at hand, and in some cases, individuals have become overly dependent on certain products."

As an example, she said, she heard from a diabetic shortly after the ban on diet soft drinks was announced, who didn't know what he was going to do without his 10 cans of diet pop a day.

"My reaction was that he shouldn't be drinking 10 bottles of diet pop a day in the

first place," Mrs. Goeller said. "I recommended that he cut down on his consumption of the drink and suggested several sugarless alternatives, including soda water and iced tea."

On the other hand, Mrs. Goeller said, if a person is bound and determined to have sweet in their beverage, they will still be able to buy the artificial sweetener through their pharmacy.

But she suggests diabetics check with their doctor or phone the Canadian Diabetic Association (962-5861) to find out which sugar substitute is safest for them to use, and then use it in moderation.

"We prefer that diabetics

not use a nutritive sweetener because it has calories and some sugar value," she said. "In fact, some brands contain between 85 and 94 per cent dextrose and lactose."

Mrs. Goeller said she views the ban on saccharin as a challenge to all Canadian people—not just diabetics—to start learning to like the taste of food as it is.

"Sugar at a less than 10 per cent level acts as a flavor enhancer," she said, "but when people feel they need sugar in their peanut butter and on fruit which are naturally sweetened, I start to question our society's standard of sweetness from a health point of view."

Many confuse words diabetic, diatetic

Now that saccharin is being banned as an ingredient in food products, diabetics should be more careful than ever not to assume that foods labeled "diabetic" are also safe for the diabetic.

Jan Goeller, National Nutrition Consultant for the Canadian Diabetic Association said last week she is worried that manufacturers of low-calorie products may turn to sorbitol or fructose as an artificial sweetener when saccharin is no longer permitted in their foods and soft drinks.

"Foods sweetened with sorbitol or fructose may be fine for the diabetic, but not for the diatetic," Mrs. Goeller said.

She added that some of the "diabetic" food on the market today is not suitable for

diabetics because of it being low in sodium.

She said diabetics should always check with their doctor before trying any foods labelled "diabetic."

"The doctor may refer the patient to the dietitian at the hospital, but this will be paid for by O.H.I.P.," Mrs. Goeller said.

ARTHUR A. JOHNSON O.D.
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(A kilowatt-hour is one thousand watts, used for one hour. For example, ten 100-watt bulbs burning for an hour.)

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APRIL 4, 1977

at 3 p.m., 2nd floor

The strictest confidence will be observed in all interviews.

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