

Ms Philippa Smith
Chair, FSANZ
And the other members of the Board of FSANZ

Dear Ms Smith,

**OPEN LETTER TO THE BOARD OF
FOOD STANDARDS AUSTRALIA NEW ZEALAND (FSANZ)**

We the undersigned organisations and individuals concerned with children's diet and well-being, write to signal our concern about your agency's lack of response in relation to the findings of the Southampton study, and urge you to take further action as a matter of priority.

In April 2008, the UK Food Standards Agency (FSA) called for the 6 artificial colours cited in the study to be phased out of all foods in the UK by the end of 2009 due to safety concerns. This study has added to the existing scientific evidence linking food additives to behaviour in children, determining that " The present findings.... lend strong support for the case that food additives exacerbate hyperactivity behaviours in children".

Critically, the study also showed that these additives in combination posed a significant threat to children *in general*, not just to those children with a history of hyperactivity. This finding is at odds with the current advice on the FSANZ website which still states that food additives only cause reactions in a small percentage of the population.

It is extremely concerning therefore that FSANZ has not followed the lead of the UK regulator and acted swiftly to initiate the removal of these additives from our food supply in Australia and New Zealand. Consumers expect and assume that the safety of our food supply is second to none, and it is unacceptable to continue to use food additives here in Australia and New Zealand which are being phased out of foods in the UK because they may put children at risk.

Our children deserve no less protection, and it is the job of FSANZ to ensure that our foods are free from additives and contaminants which could cause harm. Clearly, in this case, FSANZ is knowingly continuing to allow additives which are potentially detrimental to children in general to be used widely throughout our foods.

These particular additives are found throughout our everyday foods, not just in junk foods or lollies. They can be found in fruit juices, cordials, muesli bars, dried fruit snacks, biscuits, custards and yoghurts, as well being used extensively in soft drink, ice cream and confectionery products. Children are major consumers of all these products so it is critical that parents be made aware of the fact that many leading brands do contain food additives that have been linked to increases in hyperactive behaviour in children.

We believe that the response from FSANZ on this matter has not been appropriate or in the public's best interest, and is also inconsistent with your agency's stated ultimate goal - "A safe food supply and well-informed consumers".

We recognise that there are criticisms of the Southampton study and that the results do not prove cause and effect. The study tested a combination of the colour additives and the preservative sodium benzoate and could not therefore identify individual effects of each additive, or whether it was the combination that produced the observed effect. However the UK Food Standards Agency have concluded that since sodium benzoate was in both test mixtures, yet the results for each differed, the observed effects most likely came from one or more of the colourings.

We also recognise that sodium benzoate does have an important role as an anti-mould and anti-bacterial agent. However the artificial food colours listed perform no function in food products aside from visual appeal and have no health benefit whatsoever to the consumer. What's more there are numerous other safe food additives available to industry to deliver colour effects in food and drink. There is no justification for keeping these additives in our foods, aside perhaps from economic benefit, which must not take precedence over children's wellbeing. While there may further research required, we urge FSANZ to err on the side of caution and protect Australian and New Zealand children from any potential harm.

For these reasons there is justification for acting now. Given the strength of the scientific evidence, the proactive example set by the FSA, and the duty of FSANZ to the Australian public, we urge the FSANZ board to review the agency's position on this matter as a matter of priority.

Specifically, we recommend that the board:

1. Require FSANZ to call for a voluntary phasing out of these additives in ALL food by end 2009, as per the UK example.
2. Require FSANZ to introduce mandatory warning labels for all products which continue to use these additives during this time (e g "*This product contains additives which are not recommended for children*").
3. Instigate legislation for these additives to be banned from all food and drink products in Australia and New Zealand by 2010.
4. Take action to see that further research is initiated into the effects of the other additives which are also widely banned overseas, yet still used in Australia and New Zealand, and which, based on anecdotal evidence, are likely to cause similar adverse effects (or worse) as the 6 additives cited in the Southampton study.

We trust the Board will give its urgent attention to this matter and act swiftly to ensure that the health and wellbeing of our nations' children are put first. We would be happy to assist in any way we can.

Yours sincerely,



Julie Eady
Additive Alert



Sue Dengate
Food Intolerance Network



Kathleen Daalmeyer
Additive Education



And supported by:

Dr Lindsay Adams, MBBS, FRACP, Paediatrician

Ms Julie Albrecht, Consultant Dietitian Nutritionist, Principal, *Julie Albrecht and Associates*

Ms Val Allen, Dip Ed, ND, Naturopath, Founder and Director, *Perth Natural Medical Clinic*

Ms Sue Bartoll, Naturopath

Dr Paul Bergamo, BAppSc (ClinSci); BCSc (Chiro), Grad Dip Health Sci (Nutrition), Division of Chiropractic, *School of Health Sciences, RMIT*, Chair, *Children's Health Centre of Australia*

Ms Jude Blereau, Author and Wholefood Educator, *Wholefoods*

Dr Ivy J Bullen, MD, MBBS, D (Obst), RCOG, Fellow of the Australian College of Nutritional and Environmental Medicine, *Balya Cancer Self Help and Wellness Inc*

Ms Debbie Bushell, MEd, BEd, Dip Teaching, Certified Parent Teen Coach, *Parent Teen Matters*

Ms Linda Byart, Health Advocate, CEO, *Well Men Centres*

Ms Fiona Chambers, BHSAI, Dip.App.Sci.(Agriculture), Owner/Manager, *Fernleigh Free-Range*

Hon Mr Kim Chance MLC Member for the Agricultural Region, *Western Australian Parliament*.

Ms Narelle Chenery, Creator of Miessence, MiVitality and MiEnviron, Director Research and Development, *ONEgroup*

Dr Phillipa Clark, Senior Lecturer Developmental Paediatrics, Developmental Paediatrician, *University of Auckland*

Ms Valerie Coles, Social Worker

Ms Jude Conway, Community Health Educator

Ms Leanne Cooper, Director, *Cadence Health*

Ms Carolyn Creswell, Founder, *Carmans Fine Foods Pty Ltd*

Dr Peter Daale, BA, BPsych, MSc, DBA, MAPS, FAIM, CEO, *Cancer Support Association of WA Inc*

Ms Judy Davie, Nutritionist, *The Food Coach*, Author, *Read the Label*

Mr David Day, CEO, *Mundella Foods Pty Ltd*

Ms Barb de Corti, Founder and CEO, *Enjo Australia*

Ms Maggie Dent, Parenting Specialist, Author

A/Prof Peter Dingle, BEd, BSc, PhD, Nutritional and Environmental Toxicologist

Ms Jane Dostine, BSc.MNut.Diet. APD, Dietitian, *Allergy Appointment*

Ms Olivia Dyer and Ms Bridie Fulvio, Authors, *Low to No Additives: Family Favourites*

Ms Dorothy Edgelow, Director, *The Childrens Whole Health Foundation*
Ms Margaret Evans, Editor, *NOVA Magazine*
Ms Stefanie Fairbairn, BSc Hons (Nutrition & H Biol), Nutritionist and Early Childhood Educator
Mr Richard Ferreira, CEO, *Portobello Fresh Food Merchants*
M Heidi Finlay, Founder, *The Allergy Free Zone*
Ms Robyn Fisher, Convenor, *Canterbury Food Intolerance Group NZ*
Ms Jane Fricker, Founder, *Hullabaloo Food*
Ms Helen Frost, Nutrition Educator, *Powerful Nutrition for Life*
Ms Anna Gare, TV Chef, *The Lifestyle Channel*
Ms Alison Gould, Psychologist
Mr Hasser Graham, Psychologist, *Hasser Graham and Associates*
Ms Tizzie Hall, International Baby Whisperer, *Save Our Sleep*
Dr Jason Han, Psychologist, PhD (Ed Psych), MSc (Neuro Psych), BSc (Hons), MAPS AAANT, *Balya Cancer Self Help and Wellness Inc*
Mr Don Hancey, Celebrity Chef, *Don Hancey Consulting*
Dr Elizabeth Harris *Kurow Medical Centre*
Maureen Hawke, Director, *Learning Connections*
Mr Jeremy Hill, Dip Nat Medicine, Naturopath and Founder, *Essential Health Centre*
Dr Wilvene Hill, Medical Director, *The Allergy Centre*
Ms Elaine Hollingsworth, Founder / Director *Hippocrates Health Centre*
Ms Deborah Hoffman APD, Dietitian
Dr Peter Holsman, Medical Director, *Well Being Institute of Australia*
Mr John Hyde, MLA, WA Parliamentary Secretary for Health
Dr John Irvine, Child psychologist and author, Director, *Read Clinic*,
Prof George Jelinek, Professor Emergency Medicine, *University of Western Australia*.
Prof Philip Jennings, Prof of Energy Studies, School of Engineering and Energy, *Murdoch University*
Ms Julie Jordan-Ely, Founder and CEO, *Paediatric Continence Association Of Australia (PCAA)*
Ms Annie Kavanagh, President, *Organic Growers Association of WA*
Ms Amanda Kennett, *Food Sense Catering*
Ms Karen Kingham, Consultant Dietician APD, *BBC Australian Good Food*
Ms Noula Kirlis, Owner, *Organic Kitchen Catering*
Dr Joe Kosterich, MBBS, CEO, *Australasian Institute of Anti-Aging Medicine (AIAM)*
Dr K Paul Lee, Orthodontist
Ms Andi Lew, TV Presenter, Author " *7 Things Your Doctor Forgot To Tell You*"
Ms Renee Lintescu, Dietician, Principal, *Wellness Buddies*
Mr Luc Longley, World Champion Basketball Player
Mr Frank Manglaviti, Managing Director, *Naturally Good Products*
Ms Julie Masci, B.Health.Sci.(Nutr & Diet), Dietician / Nutritionist, *Taylor Medical Centre*
Ms Grace Mazur, Managing Director, *Thermomix*
Mr Sandy MacKenzie, Former Member, *Australian Council for Children and Parenting*, Former Development Director of Public Health, *Burnet Institute of Medical Research*
Ms Jane McCaffrey, Masters of Nutritional Medicine (CAND), Education Director, *Life Academy*
Dr Joanna McMillan-Price, PhD Nutrit. Sc, Certified Nutritionist and Dietician, Author
Ms Janine Michael, MA Hons Psych., BA Adv Dip Holistic Kinesiology, Specialist - Children with Behaviour and Learning Difficulties
Ms Jenny Michalczyk, Proprietor, *EnviroOptions*
Mr James and Ms Monica Meldrum, Founders, *Whole Kids*
Dr Andrew Monk, Standards Chair, *Biological Farmers Association*

Dr Gray Moritz, Chiropractor, *Family Wellness Chiropractic*

Dr Simon Morris, M.B.,CH.B.,D.C.H.,D.R.A.C.O.G., *General Practitioner, Latrobe Family Medical Practice*

Ms Sidney M Mytton-Watson, MA, BA Dip FA, Author, ADHD Counsellor / Psychotherapist

Dr Adrienne Newman, General Practitioner

Ms Cyndi O'Meara, Nutritionist, Author and Health Advocate, *Changing Habits, Changing Lives*

Ms Elizabeth O'Neill, BA (ECE), Grad Dip Health Promotions

Mr John O'Neill, BEd, Dip Teach (Primary), Primary School Principal

Mr David Oliver, CEO, *Solaris Care Foundation Cancer Support Centres*

Mr Ian Parmenter, *Consuming Passions*

Ms Diane Pascoe Naturopath and Homeopath, ND

A/Prof Brad Pettitt, Dean of School of Sustainability, *Institute for Sustainability and Technology Policy, Murdoch University*

Prof Kerryn Phelps, Founder *Uclinic*, Past President, *AMA*, Adjunct Professor, *Sydney University Faculty of Medicine in the Schools of Public Health*

Mr John Pietryka, Adv. Dip. HSci. (Naturopathy), B. App. Sci. (Medical Lab Science), Member ANPA, NHAA, Naturopath - *All Natural Advantage*

Dr Sally Price, MBBS, FRACGP

Ms Katy Reed, *Smart Snacks*

Melanie Reid BSc (Hons) Post Grad Dip Nutr & Diet APD, Dietician

Mr Lawrie Renshall, Principal, *Nana Glen Primary School NSW*

Mr Brad Rienets, Director, *Renner Health Products Pty Ltd*

Ms Kate Rogers, APD Dietician, *Health Management Dietetics*

Ms Jeanie Ryan, B.Health.Sc. Nutrit and Diet, Dietician

Ms Sue Saltmarsh, Chairperson, *Drug Free Attention Difficulties Support Group*

Dr Joanne Samer, MBBS, Post Grad Dip Health Sciences

Ms Margaret K Sasse, Director of Toddler Kindy, *Gymbaroo Pty Ltd*

Dr Sonia Savage, BSc (Chiropractic), BChiro (Hons), Chiropractor, *Mullaloo Chiropractic*

Mr Tony Sharpe, Director, *Educating Palates*

Ms Helen Shaylor, Adv Dip App Sci (Nat), Naturopath, Nutrition Lecturer.

MS Judith Schulz, Founder, *Circles of Learning*

Dr Warren Sipser, Chiropractor, Author, " *7 Things Your Doctor Forgot To Tell You*"

Ms Pat Slattery, retired Principal, Director, *WiseOnes: Nurturing High Potential*

Ms Sharon Snowdon, BA BSc (Hons) Grad Dip Applied Psych, Psychologist /statistician

Mr Daan Spijer, LLB, Past CEO, *ACNEM (Australasian College of Nutritional and Environmental Medicine.*

Mr Bill Statham, Author *The Chemical Maze, Possibility.com*

Dr Igor Tabrizian, M.B.B.S. (UWA)

Mr Peter Tagliaferri, Mayor, *City of Fremantle*

Mr Ross Taylor, Chairman, *Brady Cancer Support Foundation Inc.*, Past President, *Breast Cancer Foundation of WA Inc.*, Past President, *Cancer Support Association of WA Inc.*

Ms Michelle Vogrinec, Managing Director, *GAIA Skin Naturals*

Dr Alison Walsh, MBBS, FRACGP, DipRANZCOG, IBCLC, locum GP and Lactation Consultant

Ms Jan West, Community Health Educator

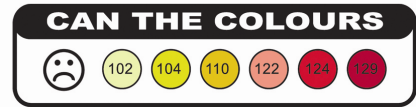
Dr Keren Witcombe, MBBS DA DRANZCOG FRACGP Grad Dip App Sci Nutr Env Med.

Mr Martin Whitely, MLA BCom, DipEd, *Member for Bassendean*

Dr Annie Whybourne, Paediatrician, *Northern Consultant Paediatricians*

Mr Ray Wilson, CEO, *Western Potatoes Ltd*

Ms Kay Winters, Occupational Therapist, *Indigo Peak*










Ms Ros Worthington OAM, Founder, *Breast Cancer Foundation of WA*, Founder, *Make a Wish Foundation*.

Dr John Wray, MB, BS. FRACP. Developmental Paediatrician. Senior Clinical Advisor, *Child Development Service, Child and Adolescent Community Health, Western Australia*.

KIDS FIRST CAMPAIGN

CAN THE COLOURS

						
---	---	---	---	---	---	---

KIDS FIRST CAMPAIGN

