



Chicago Section  
Institute of Food Technologists



*the First Section*

## February 2014 Meeting Recap

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Food Technologists Can Change the World - for Better or for Worse: Dr. Michael Jacobson, Co-Founder & Executive Director of the Center for Science in the Public Interest

It was a pleasure to see everyone at the Chicago Section IFT February meeting. It was a packed house of over 154 people. There was a lot of energy and good discussions by those that attended. We had nearly 20 people attend the dinner meeting that had not attended in the past.

Michael Jacobson, Ph.D., Co-Founder and Executive Director of the Center for Science in the Public Interest was our guest speaker for the dinner meeting held at Hilton in Northbrook, IL. Afterwards, several people commented that they were glad the Chicago Section IFT gave Dr. Jacobson the opportunity to speak on issues he believes are important for consumers. Dr. Jacobson gave a very good presentation which was followed by an excellent question and answer session.

Dr. Jacobson provided three areas of where some improvements in food quality have occurred – but more improvements are needed in the development of foods:

- Reducing sodium content;
- Reducing sugar content; and
- Providing new and more appealing opportunities to encourage people to consume vegetables.

Reduction of sodium can provide a large benefit to the health of consumers. While the daily value for consumption of sodium is 2,400 mg, many single serving foods are near half this level.

Several individual menu items at restaurants well exceed the daily value; a reasonable example of a full meal would have the consumer having nearly 6,200 mg of sodium in a single meal.

According to the Center for Science and Public Interest, voluntary reduction of sodium from 2005 to 2011 in 402 processed foods monitored have shown a 3.5% decrease in sodium whereas during this same time, 78 fast food items monitored have shown a 2.6% increase in sodium.

In terms of sugar, carbonated sugared soda consumption has decreased 22% from 1998 to 2012 where roughly during this same time period the percent of people overweight has also demonstrated a slight decrease.

Consumption of fruits and vegetables has decreased; in 2002 the average person consumed 724 pounds of fruits and vegetables whereas in 2011 the average person consumed 675 pounds.

I look forward to seeing everyone at the March dinner meeting!



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## March Event

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### Topic: The Good Carbohydrate

*Speaker: Joanne L. Slavin, Ph.D., RD, Department of Food Science and Nutrition, University of Minnesota*

Date: 10-March-2014

**Location: Rosewood, Rosemont, IL**

*John Budin*

*Program Committee Chair, and Chair Elect CSIFT*

*13-Feb-2014*