

Commentary:

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Did you know, as much as one-third of all “100% Honey” sold in stores may not be 100% honey? And your Olive Oil may also not be what it seems. Food Fraud is big business. Some say it is even bigger than the cocaine trade. We here at SafeFoodTest.com believe that Quality, Safe and Nutritious Food should be the goal of every American. Unfortunately when there are crooked food producers looking for the next best way to increase profits and deceive consumers, it becomes a difficult task. This document is to alert the consumer to the Top Ten most adulterated or most commonly faked foods.

But don't take our word for it. There is also a public database, which is accessible at www.foodfraud.org. It details events in fraudulent food production and processing that have occurred since 1980. Check it out and you will not only learn a bunch, but it can help you to make informed decisions when purchasing food.

Below are the top 10 most commonly Adulterated Food and some of the replacement ingredients fraudsters use.

Top Ten Adulterated Foods

1. Olive Oil – non-olive oils such as corn oil, hazelnut oil and palm oil.
2. Milk – whey, bovine milk protein, melamine, and cane sugar.
3. Honey – high fructose corn syrup, glucose, and fructose.
4. Saffron – sandalwood dust, starch, yellow dye, and gelatin threads.
5. Orange Juice – grapefruit juice, marigold flower extract, corn sugar and paprika extract.
6. Coffee – chicory, roasted corn, caramel, malt, glucose, leguminous plants and maltodextrins.
7. Apple Juice (Tie) – high-fructose corn syrup, raisin sweetener and synthetic malic acid.
8. Grape Wine (Tie) – apple juice and a toxic sweet chemical called diethyleneglycol.
9. Maple Syrup (Tie) – corn syrup, beet sugar, and cane sugar.
10. Vanilla Extract – synthetically produced vanillin and maltol.