Salt, Sugar Under Fire
As Hazardous to Health

MADISON, Wis.—(UPI)—A University of Wisconsin biochemist says staples such as salt and sugar, especially sucrose, are more hazardous to human health than food additives or even natural food poisons caused by bacteria.

"All material things in the universe are made exclusively of chemicals, including foods, and all chemicals are toxic in the wrong amount," said biochemist F. M. Strong.

"What's important is whether the chemical is hazardous in the amount actually consumed," he said.

Strong said he thought additives were being unduly criticized, despite the fact they must meet strict standards. He said food staples like sugar and salt should also meet strictly controlled standards.

The hazard from sucrose outweighs that from any other substance, Strong said. He said sucrose, cane or beet sugar, was the major cause of dental problems among more than 95 per cent of the U.S. population.

Three to five times the amount of common table salt habitually consumed by many persons produces severe hypertension, Strong said.

Strong said other dietary factors such as saturated fats, cholesterol and 50 to 45 per cent of food calories in the form of fat are associated with heart disease.

"While natural food toxicants have caused widespread human suffering, in most cases today, we know how to guard against them," said Strong, adding this was not true of staples.