

Food law and regulation



Food Law and Regulation Food Law and Regulation Soy-Based Infant Formula Estrogen-like component in soy can result into alterations in growth of breast tissue in boys and early inception of puberty in females. According to the Canadian doctors and American Academy of Pediatrics, the substitute for soy recipe is amino acid formulations. The amino acids are the main source for pure protein. The amino acid formulations contain all the essential and non-essential amino acids and other ingredients included in the current infant formulas to provide proper nutrition. The American Academy of Pediatrics also advocates for human milk as the best source of infant nutrition (Science.gov, 2013).

Bread

According to Chinese scientists, consumption of bread that contains estrogen-like can lead to enlargement of breasts in male. Such enlargement of breasts would develop if the male consumed large amount of estrogen. It was concluded that male with large breasts must have consumed bread containing synthetic estrogen. Furthermore, traditional breads that contain dong quai are believed to constitute estrogen-like components. Specialists argue that people should consume traditional breads under strict supervision of a qualified herbalist to avoid any complications. In addition, they demanded that any bread that contains estrogen-like components should be indicated. Only those who want the component should purchase it.

Dairy Products

To maintain safe milk in Canada, any milk meant for human consumption must be subjected to various regulatory acts which are imposed by Canadian Food Inspection Agency, the Canadian Agriculture Products Act and Dairy Product Regulations. These organizations ensure that any milk meant for the

human consumption is graded and packed in healthy containers to avoid any contamination. In addition, they collaborate with companies that produce livestock food to ensure they do not include large or harmful amount of estrogen. Lastly, before any dairy product is allowed to the market, it must be tested to ensure it does not contain any harmful estrogen-like components (Science. gov, 2013).

Fish and meat

Nutritionists in Canada and USA argued advised people to consume organically produced food most of the time. They also claimed that utilization of cruciferous vegetables like cabbage, cauliflower and kale are helpful as they contain substances that aid in elimination of harmful estrogens. Those who love fish and meat were encouraged to consume wild fish and hormone-free meat to avoid absorbing harmful estrogen in their body system. Farmers are encouraged to avoid using pesticides to control weeds. Instead, they were encouraged to use biological methods to control weeds. The process was meant to avoid introduction of artificial estrogen in the environment. Such estrogen can easily be eaten by grazing animals or swimming fish (Science. gov, 2013).

Chocolate

Nutritionists argue any chocolate whether cheap or expensive, sugary milk chocolate or less sugary, white or dark is harmful to health. However, they argue those with chocolate cravings to consume high quality unsweetened cocoa because it contains antioxidants like cocoa flavanols that protects the skin. It also regulates estrogen in the body system. In addition, all chocolate manufacturing industries are supposed to comply with all hygiene regulations laws. The Canadian and American governments carry out regular

inspections to ensure manufactured chocolate does not contain harmful estrogen. In addition, packaging materials should fulfill all set legal and hygiene standards (Science. gov, 2013).

References

Science. gov. (2013). Effective Dietary Interventions.

Retrieved from <http://www.science.gov>.

<http://www.science.gov/topicpages/e/effective+dietary+interventions.html>