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Welcome to the first issue of the Feed & Teach Nutrition Newsletter. This newsletter will be dedicated to the betterment of your health and the advancement of your knowledge in the world of nutrition. Almus Nutrition & Health Sciences will be publishing this newsletter on a bimonthly basis **A**

### What The FDA Allows in Our Food

According to the Public Health Services of the Food and Drug Administration, the following “defect levels” are not to be exceeded if the products are made available for human consumption. Anything at these levels or below is considered acceptable for public sale in the U.S.

1. ASPARAGUS (canned or frozen)

Ten percent of spears infested with six asparagus beetle eggs; either 40 thrips or five insects in 100-gram samples.

2. CHOCOLATE; CHOCOLATE LIQUOR

Up to 60 microscopic insect fragments per 100-gram sample or up to 30 fragments in one sample; or an average of 1.5 rodent hairs in 1 sample of up to 4 hairs in any one sample.

3. COFFEE BEANS

Ten percent insect infested, damaged, or molded.

4. FIG PASTE

Thirteen insect heads in two 100-gram samples.

5. FISH (fresh frozen)

Five percent of fish or fillets with “definite odor of decomposition” over 25% of fish area; or 20% of the fish fillets with “slight odor of decomposition” over 25% of fish area.

6. HOPS

Average of 2,500 aphids per 100 grams.

What The FDA Allows in Our Food (Cont.)

7. PEPPER

Average of 1% insect infested or mold by weight; or 1 milligram of excreta per pound.

8. POPCORN

In six 10-oz samples, either one rodent pellet or one rodent hair per sample; two rodent hairs or 20 gnawed grains per pound with hairs in 50% of samples or 5% by weight of field corn in popcorn.

9. SPINACH (canned or frozen)

In 100-gram samples, wither 50 aphids, thrips, or mites or eight leaf miners; two spinach worms or 10% decomposition.

10. STRAWBERRIES (frozen, whole, sliced)

mold count of 55% in half of the samples.

11. TOMATO PASTE (pizza and other sauces)

In 100-gram samples, either 30 fly eggs and one larva, or two larvae; or mold count averaging 40% (30% for pizza sauce).

Source: U.S. Food and Drug Administration **A**