Building a Healthier America
Since 1971
CSPI at a Glance

Incorporated: February 25, 1971

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Executive Director: Michael F. Jacobson, Ph.D.

Staff: 60

Sources of support: 900,000 subscribers, members, and
        donors; foundations
        (CSPI accepts no government or industry funding)

Flagship publication: Nutrition Action Healthletter

Major program areas: Nutrition, food safety, agricultural
        biotechnology, alcohol abuse prevention, corporate influence on science,
        diet, and the environment

2006 budget: $17 million
From the President of CSPI’s board of directors

As a long-time consumer advocate, I feel confident in calling CSPI the nation’s premier nutrition advocate and educator. And I’m far from alone in reaching that conclusion. CSPI’s scientific work is prominently featured in hundreds of newspaper, magazine, radio, and television reports every year that often echo my respect for this fine organization. As the New York Times said, “CSPI’s influence is vast.” Former Food and Drug Administration Commissioner David Kessler credited CSPI with “one of the great public health advances of the century” by leading the government, industry, and the public in understanding the connection between diet and health.

Ours is a fast-changing world in which new and daunting challenges arise continuously. It is most reassuring to me that CSPI is there to meet some of those challenges in such timely, creative, and professional ways. For example, when the threat of food bioterrorism increased after the September 11 attacks, CSPI spearheaded an effort that secured budget increases of more than $300 million for expanded government food inspections.

And while obesity has at long last been identified as a government priority, it was CSPI that early on recognized the looming epidemic—as well as the ongoing problems of heart disease, stroke, cancer, and other diet-related health problems. CSPI has sought to ameliorate the obesity problem by educating consumers and the media, urging the government to raise its nutrition standards, and pressing food manufacturers and restaurants to offer both healthier fare and the information that consumers need for making smart choices.

Whatever new challenges our country will face in the next 35 years, you and I owe it to ourselves, our children, and our grandchildren to ensure that CSPI is fully prepared to tackle them. Please join me in helping to make CSPI’s next decades even more productive and exciting. It’s a chance to make an investment with a payoff that can be part of your legacy as well as CSPI’s.

Sincerely,

CSPI Board of Directors

CSPI has accomplished all of this through its mission of:

**Strengthening the role of solid science in our society by:**
- Providing consumers and public policymakers with useful and accurate information.
- Widely disseminating the results of significant independent research and analysis on food, alcohol, health, the environment, and other issues.

**Advocating on behalf of consumers by:**
- Representing the consumer’s interests before regulatory, judicial, and legislative bodies.
- Promoting government policies and corporate practices that improve food safety, nutrition, health, and the environment.

**Ensuring that science and technology are used to serve the public interest by:**
- Disclosing and discouraging conflicts of interest in the scientific community, especially on official advisory committees.
- Encouraging scientists to choose the public-interest path during at least a portion of their professional lives.
When I left the Massachusetts Institute of Technology in 1969 with a freshy minted Ph.D. in microbiology, there were plenty of opportunities for scientists to have careers in academia, government, and, of course, industry. I took a different road: I went to Washington within days of the 1970 Earth Day celebrations to see how I could use my scientific training to help solve some of our nation's health or environmental problems.

I began with a stint in Ralph Nader's office, writing a book about food additives. Little did I know how that project would change my life. There I met two other scientists who recognized the importance of using science and technology for the public good and who also wanted to encourage scientists to engage in public-interest activities. In early 1971, in a tiny borrowed office, we created the Center for Science in the Public Interest as a vehicle for turning our concerns into action.

The early 1970s saw the emergence of movements for consumer protection, auto safety, environmental protection, and legal representation for the poor. In that heady climate it didn't take long for CSPI to find its niche as the organized voice of the American public on nutrition, food safety, health, and other issues. While the "establishment" dismissed as "health-food nuts" anyone who cared about diet and health, CSPI began educating millions of consumers about the nutritional pitfalls lurking in grocery stores and restaurants, winning restrictions on dangerous food additives, shaming corporations into producing more healthful and honestly marketed food products, and leading the historic fight for nutrition labeling on packaged foods.

Over its next 35 years, CSPI will continue to advance the state of scientific knowledge on nutrition and other issues. We will campaign for government policies and corporate practices that promote healthy diets, and shine a spotlight on nutritionally worthless foods, deceptive advertising, contaminated foods, and environmentally destructive agricultural practices. We have our work cut out for us: Hundreds of thousands of Americans still die every year from poor diet and physical inactivity. Tens of millions of people experience food poisoning each year and thousands die. Alcohol abuse accounts for another 85,000 deaths annually. Meanwhile, science itself is being corrupted by corporate influence and crass politics, an area where CSPI is seeking urgently needed reforms in both the public and private sectors.

Thank goodness we don't have to face those fights alone. Millions of Americans hear our message in the media and in the pages of our Nutrition Action Healthletter. Hundreds of thousands of generous individuals and a number of concerned foundations consistently support CSPI. And tens of thousands of enthusiastic activists participate in CSPI's calls to action over the course of a year. They are the bedrock on which CSPI is built — and their financial help is essential, in part because CSPI does not accept advertising or donations from government or industry.

To the members, staff, and board of directors of CSPI, I say "Thank you." I treasure the trust you have placed in me and CSPI and pledge to keep working harder than ever to use science to further the public interest.

Michael F. Jacobson, Ph.D.
Co-Founder and Executive Director
Over the past 35 years, CSPI has led a revolution that is transforming the American diet. Our advocacy work and the enormous popularity of Nutrition Action Healthletter have fostered a generation of health-conscious consumers.

Since 1971, CSPI has consistently focused on nutrition — and for good reason. Unhealthy eating, together with physical inactivity, kills hundreds of thousands of Americans prematurely each year, and obesity, diabetes, heart disease, and other diet-related afflictions cost more than $150 billion in health care costs and lost productivity.

To curb the wasted lives and economic losses, CSPI focuses its advocacy and educational efforts on three groups: policy-makers — to make beneficial changes in laws and regulations — the food industry — to make healthy changes in their products — and consumers — to make healthy changes to their diets. CSPI has been successful because science is on our side, because we have earned a reputation for taking principled positions, free from conflicts of interest, and because we have cultivated the support of a large and growing membership, willing to donate time and money to achieve our common goals.

CSPI’s vision, credibility, expertise, and tenacity have scored some hard-won victories. We have exposed harmful foods and deceptive advertisements, conducted the first-ever studies of the nutritional quality of popular restaurant meals, organized national Food Days, and published countless educational materials for consumers, activists, and teachers. In addition, CSPI has spurred Congress to pass laws, obtained life-saving regulations from federal agencies, and gone to court.
to enforce consumer-protection laws. In the 1980s, The Boston Globe called CSPI “the nation’s most respected nutrition advocacy group based on science.” More recently, the New York Times said CSPI is “one of the most powerful food voices in the country … its influence is vast.”

It was in 1973 that CSPI heralded the end of nutrition-as-usual with publication of its Nutrition Scoreboard book. That groundbreaking guide to better nutrition was the first publication of its kind to emphasize the dangers of eating too much fat, sugar, and sodium. Hundreds of thousands of copies of the book, and over one million copies of a poster version, were distributed. It was the first salvo in what became CSPI’s decades-long campaign to educate the public and health professionals, strengthen government policies, and encourage companies to improve their products.

**IMPROVING PEOPLE’S DIETS**

CSPI was an early advocate for diets lower in saturated fat, cholesterol, sugar, and salt – and higher in fruits, vegetables, and whole grains. Such recommendations gradually began to take root, first among the public and the media, then Congress (a Senate committee’s 1977 Dietary Goals for the United States was a groundbreaking document), and finally in the federal government’s Dietary Guidelines for Americans. Not only does that document inform consumers and professionals, but it also ensures that school food and other federal programs provide healthy meals.

CSPI has consistently sought to strengthen the Dietary Guidelines. In 2005, CSPI helped obtain the most health-oriented guidelines ever by providing key information and countering industry lobbyists who wanted to kill the recommendations for trans fat, sugars, salt, and alcohol.

One of CSPI’s top priorities has been to persuade Congress to fund major campaigns to promote good nutrition and increased physical activity. In 1999, CSPI convinced Congress to triple the budget of the Centers for Disease Control and Prevention’s Division of Nutrition and Physical Activity. In 2000, we helped found an impressive coalition of more than 300 health, professional, and other groups – the National Alliance for Nutrition and Activity – to press Congress to provide even greater funding. Still, the amount the government spends to promote nutrition is only a fraction of what industry invests in urging Americans to eat junk food and drink soda.

**PACKAGED AND PROCESSED FOODS**

While encouraging people to eat healthful, natural foods, CSPI also waged a vigorous campaign to convince companies to improve their products. One notable victory in the 1980s was the reduction of heart-disease-promoting tropical oils in most processed foods.

At the same time, CSPI insisted that foods be advertised and labeled honestly. We have halted deceptive ads or labels
by McDonald’s, KFC, Campbell Soup, Kraft, Kellogg, Quaker Oats, and the beef, pork, and coffee industries, to name just a few.

In the 1980s, CSPI recognized that stopping deceptive marketing needed to be accompanied by providing consumers with more information. CSPI’s effort culminated in the passage of the landmark Nutrition Labeling and Education Act – one of CSPI’s greatest victories for consumers. That law requires easy-to-read Nutrition Facts labels on almost all packaged foods.

In 2003, CSPI won another major victory for consumers when the Food and Drug Administration (FDA) required manufacturers to list trans fat on Nutrition Facts labels. Trans fat, mostly from partially hydrogenated oils, was causing roughly 25,000 to 50,000 fatal heart attacks each year. That labeling requirement alone spurred many food manufacturers to reformulate their products with more healthful oils. In 2004 CSPI petitioned the FDA to virtually eliminate the use of partially hydrogenated oils altogether.

In the last decade, CSPI has also served as an international consumer watchdog on nutrition – and food safety – fighting to ensure that new World Trade Organization agreements take into account consumer concerns and that the new global economy benefits consumers and not just the corporations that stand to profit from increased trade.

**FAST FOOD AND CHAIN-RESTAURANT FOOD**

Two-thirds of Americans are overweight or obese. With Americans eating one-third of their calories outside the home, restaurant meals – served up without any nutrition information – are increasingly contributing to an obesity crisis.

CSPI advocates that consumers be given more information about restaurant menu choices. In the 1980s, CSPI’s *Fast-Food Guide* focused national attention on the burgeoning fast-food industry. CSPI pressured fast-food companies to disclose ingredients and to improve their offerings. In the 1990s, healthy items, like salads and grilled chicken sandwiches, began showing up on fast-food and chain-restaurant menus, and sodium levels in some foods were reduced.

CSPI’s *Nutrition Action Healthletter* conducted the first-ever analyses of the nutritional value of countless table service-restaurant foods. CSPI’s hard-hitting studies of Chinese, Italian, and family-style restaurant meals, and of steakhouses, sandwich shops, and food courts, gained worldwide publicity. A national survey in the 1990s showed that about half of all American adults had heard of CSPI’s restaurant studies and that more than 40 percent of those people had altered their restaurant-eating habits as a result. In 2002, CSPI published *Restaurant Confidential*, a consumer’s guide to the nutritional value of restaurant-food menu items, enabling Americans for the first time to select healthy choices in many restaurants.
Building on those nutrition studies, CSPI is championing legislation that would require chain restaurants to list calories on fast-food menu boards and expanded nutrition information on printed menus at large, sit-down chains like Applebee’s and Denny’s. CSPI is waging grassroots legislative campaigns across the country aimed at giving consumers the ability to make informed choices.

**THE FORGOTTEN KILLER: SALT**

Thirty years ago, CSPI waged a successful campaign to get sodium listed on many food labels. While it was a step in the right direction, it was not enough. Unfortunately, Americans are consuming even more sodium than we did 30 years ago, causing high blood pressure, heart attacks and strokes. Experts estimate that cutting sodium intake in half could save about 150,000 lives a year.

CSPI is now urging companies to voluntarily lower the levels of salt in their products and asking the FDA to set reasonable limits on sodium in various food products. To kick off that effort, CSPI published two major reports in 2005 to alert the public — and companies — to the harmfulness of high-sodium foods.

**SCHOOL FOODS AND CHILDHOOD OBESITY**

Since the 1970s, obesity rates have doubled in children and tripled in adolescents. Poor diet and obesity are also fueling in children a rise in “adult” diseases. Type 2 diabetes has become so common in children that it is no longer called “adult-onset” diabetes.

Schools, unfortunately, have become part of the problem. By the early 2000s, nine out of ten schools offered soft drinks, chips, candy, cookies, and the like from vending machines, school stores, and snack lines in the cafeteria. Probably the biggest culprit contributing to the extra calories kids are consuming is soft drinks, which CSPI famously dubbed “liquid candy” in its landmark publication: Liquid Candy: How Soft Drinks are Harming Americans’ Health. (Teenage boys who drink carbonated or non-carbonated soft drinks consume, astonishingly, an average of three 12-ounce cans per day, and girls more than two cans.) Soft drinks contribute to obesity and crowd more nutritious foods and beverages out of kids’ diets.

CSPI is championing legislation that would require the U.S. Department of Agriculture (USDA) to update its nutrition standards for school foods sold out of vending machines, shops, and snack lines. The current standards date back to the 1970s and are out of synch with current concerns regarding children’s diets and health. Students’ health should be a far higher priority than the “right” of Coke, Pepsi, and other junk-food makers to use schools as a marketing medium.

CSPI is likewise urging USDA to abide by its own Dietary Guidelines for Americans and raise the standards of the foods offered to children through the federal school lunch and
breakfast programs. In addition we advocate increased federal commitment to nutrition education.

CSPI also is pressing for new federal and state policies to curb junk-food marketing to kids. The food industry’s marketing assault – fueled by ten billion dollars a year – undermines parents’ efforts to teach good habits and inundates children with TV commercials, cartoon characters on packages, contests, Internet games, and other forms of marketing. Almost all that is for foods that are high in calories, fat, sugars, or salt and low in nutrients.

CSPI prompted a report by the National Academies’ Institute of Medicine that strongly urged regulation of food marketing to children. And CSPI’s own Guidelines for Responsible Food Marketing to Children gave companies specific recommendations on which foods are, and are not, appropriate to market to kids. Those Guidelines have been well-received by industry, including Kraft, Disney, and Sesame Street Workshop.

“I love what you do for my family – and the nation.”
Judith A. Hiesta
Aurora, Colorado

CSPI works closely with state and local advocates across the nation by answering factual questions, providing strategic advice, and involving CSPI members in their cities and states. In a number of communities, CSPI has been instrumental in helping advocates overcome industry opposition and pass strong measures that will benefit the public’s health. We have been successful, too, in harnessing state and local support for national policy changes.

CSPI has published an array of action guides for parents, teachers, and school boards, including Dispensing Junk: How School Vending Undermines Efforts to Feed Children Well; School Foods Tool Kit: A Guide to Improving Foods and Beverages; and Pestered Parents: How Food Companies Market Obesity to Children. CSPI also recently published a “report card” ranking the nutrition policies of all states and the largest local school districts.

GRASSROOTS INITIATIVE TO INVOLVE PARENTS AND OTHER ADVOCATES

An unprecedented level of concern about childhood obesity, trans fat, and junk-food marketing to children has encouraged CSPI to develop an initiative that is channeling that concern into support for meaningful policy solutions.

USING THE COURTS TO IMPROVE FOOD MARKETING AND NUTRITION

When coordinated efforts by CSPI’s scientists, policy experts, and outreach and communications specialists fail, CSPI has found that litigation can be an effective tool to encourage change by policymakers and the food industry.
In 2004, CSPI launched its Litigation Project to seek from the courts the redress that uninterested or paralyzed government agencies so often neglect. In concert with private attorneys and state attorneys general, we are now holding the food industry – and sometimes federal agencies – directly accountable.

The threat or filing of lawsuits is spurring major brands, such as Tropicana, Aunt Jemima, and Quaker, to stop deceiving consumers and pressuring soft drink companies to pull sugary sodas and other high-calorie drinks out of schools. Partly as a result of CSPI’s efforts, soft-drink makers voluntarily removed soda from elementary schools.

In 2006, CSPI kicked off a major campaign by warning media giant Viacom (the parent company of Nickelodeon) and Kellogg to stop marketing junk food to children under eight years old – or face court action by CSPI.

**Eating Green**

CSPI advocates for better diets and sustainable agriculture, because a diet that is most healthful for consumers often is most protective of the environment, too. In 1990, CSPI led the effort to win passage of a law that set the first federal definition of “organic” foods.

CSPI’s newest project, *Eating Green*, promotes a more plant-based diet to improve health, protect the environment, and improve animal welfare. Such a diet would prevent tens of thousands of heart attacks, cancer deaths, and food poisonings annually and would greatly reduce the need for pesticides, fertilizer, water, and the vast acres of land needed to grow corn and other crops to feed livestock. Beyond educating consumers, the *Eating Green* project promotes government policies that would encourage people to eat more fruits, vegetables, and whole grains and less fatty animal products.

The long-term benefits of *Eating Green* could be immense – from improving human health to ameliorating the misery of animals raised on factory farms, from preserving huge amounts of land to safeguarding our water supply. CSPI summarized those benefits in a recent book, *Six Arguments for a Greener Diet*. 
No one should fear that the food they are eating will cause sickness or death. That’s why one of CSPI’s highest priorities is strong food-safety, food-inspection, and food-additive laws. Dangerous bacteria, pesticides, and additives should not taint our food. And with bioterrorism raising the threat of intentional contamination, CSPI’s food-safety work is more important than ever.

Each year, millions of Americans are sickened, and thousands killed, by foodborne bacteria. But the good news is that the incidence of foodborne illnesses is declining. One reason is USDA’s 1997 requirement that meat and poultry processors actually test for pathogens (rather than just looking at the carcasses). CSPI fought for that testing and helped modernize our country’s meat inspection system. Our next goal is a law that would require tougher standards to further reduce hazards and empower USDA to shut down processors that habitually fail to meet those standards.

Pound-for-pound, the single most dangerous food is shellfish from the Gulf of Mexico. Vibrio bacteria in the oysters and clams kill about 20 people every year. The FDA has abdicated its responsibility to protect consumers by allowing the shellfish industry to regulate itself—and by failing to make the life-saving safety improvements that CSPI has been advocating for years.

FARM TO TABLE

The best way to get rid of deadly bacteria in our food is to eliminate them from the farms — where they originate. Cleaner feedlots and better feeding practices could reduce levels of E. coli in cattle. Ending forced molting of chickens could reduce Salmonella contamination of eggs. And better handling of manure could prevent the tainting of lettuce, strawberries, and other foods.

“CSPI does a tremendous amount for our health and safety. I don’t trust the FDA, but I trust you to protect and inform me.”

Shelly Stobbelaar
Warren, Michigan
In 2004, CSPI won major progress on one front when the FDA proposed requiring egg farmers to clean up their operations to eliminate Salmonella contamination. Obtaining strong egg-safety regulations is vitally important because it could pave the way to cleaning up cattle feedlots and farms that grow fruits and vegetables.

**Emerging Food Hazards**

CSPI has been a leading advocate for much stronger protection of our food supply from mad cow disease. That disease can jump to humans who eat contaminated meat and can cause rare, but horrifying and always-fatal brain damage. We helped to stop the stunning of cattle by air-injection rifles, a common practice that was contaminating meat with potentially infective brain tissue. We also helped establish USDA standards that keep spinal cords out of processed meat. And when the first case of mad cow disease appeared in the U.S., CSPI’s calm advice on what beef was safest to eat – and on the truly minimal risk consumers faced – was printed in newspapers nationwide.

In 2005, CSPI reported on the government’s failure to develop a mandatory animal identification system. America desperately needs such a program, which would enable health officials to trace infected cattle back to the originating farm so they could test other cattle in the herd.

**Food Additives and Contaminants**

Since 1971, CSPI has been the only consumer group that routinely monitors the safety of food additives. Due to CSPI’s work, sodium nitrite, dyes, and other chemicals have been better labeled or restricted in use. In a highly publicized battle in the 1980s, CSPI obtained restrictions on sulfite preservatives: The FDA banned sulfites from fresh fruits and vegetables and required better labeling on packaged foods, thereby preventing many deaths from severe allergic reactions.

CSPI investigates and exposes other “chemical wonders” in our food. For example, CSPI has urged tougher regulation by the FDA of potassium bromate (used in bread), olestra (the fat substitute that causes diarrhea and stomach cramps), Quorn (a fungus-based meat substitute that can cause severe vomiting and anaphylactic reactions), and sorbitol. Artificial sweeteners have long been a special concern. CSPI has opposed the use of saccharin, acesulfame-K, and aspartame, which studies indicate may cause cancer and, at the very least, need to be better tested.

Acrylamide is a probable human carcinogen found in many processed foods. It forms in carbohydrate-containing foods – breads, cereals, potato chips, and coffee – that are baked, fried, or broiled. CSPI was the first organization to test American foods for acrylamide and is urging the FDA to set limits in various categories of food.
PROTECTING AMERICA’S FOOD FROM INTERNATIONAL THREATS

When Secretary of Health and Human Services Tommy Thompson resigned in 2005, his parting words were: “For the life of me, I cannot understand why the terrorists have not attacked our food supply, because it is so easy to do.” He is, unfortunately, correct – but not because CSPI hasn’t worked diligently to strengthen America’s food-safety defenses.

Following 9/11, CSPI successfully lobbied Congress to give the FDA new authority to protect America’s food supply under the Bioterrorism Act of 2002. CSPI will continue to work for a stronger defense system, including tighter border controls, better outbreak-response, and a fully-funded food-safety program. To improve the safety of imported food, and food eaten by millions of people overseas, CSPI developed its Safe Food International program. In 2005, CSPI and the World Health Organization co-hosted the first-ever conference of consumer groups from 25 countries to help them work with their own governments to ensure safer foods.

“I sleep better at night knowing that CSPI is working to keep our foods safe.”

Meryl Halpern
Bryn Mawr, Pennsylvania
Agricultural Biotechnology

Initiated in 2000, the Agricultural Biotechnology Project addresses concerns about the risks and benefits of genetically engineered plants and animals used in agriculture. Genetic engineering (GE) differs from previous methods of crop improvement in that it isolates specific genes from virtually any organism and inserts them into the genetic material of crops.

The unique nature of GE offers tremendous benefits. In the United States, GE crops, especially cotton, have already reduced the use of dangerous pesticides and conserved soil. In developing countries, GE crops are beginning to benefit small-scale farmers. For example, in China, GE has increased crop yields, reduced pesticide use, prevented pesticide poisonings, and increased farmers’ incomes. But GE warrants careful monitoring, because it could create foods containing new toxins and allergens, and GE crops protected from insects and herbicides could have unforeseen adverse impacts on wildlife and plants.

CSPI’s project debunks both unfounded praise for and unfounded attacks on agricultural biotechnology. It provides journalists and the public with responsible information about the benefits and risks of particular biotech products and it represents consumers before the FDA and USDA in regulatory proceedings. One major objective is to win passage of legislation that would change the FDA’s current voluntary regulatory process for genetically engineered crops to a mandatory approval process that ensures that those crops are safe to eat.

CSPI also helps developing nations, especially in Africa, address the many safety and regulatory issues surrounding genetic engineering. CSPI helps governments to establish effective and efficient biosafety systems that safeguard humans and the environment while enabling farmers and consumers to enjoy the benefits of safe applications.
CSPI has never had the luxury of multi-million-dollar public relations budgets. But its skill at helping shape public debate is widely recognized. When reporters need credible sources to cut through the clutter and decipher the spin, they often turn to CSPI, whose experts translate complicated science and policy into plain English.

CSPI “appears with stunning regularity” in the press, said The Baltimore Sun. Our hard-hitting studies and policy initiatives reach consumers and policymakers via local and national nightly newscasts and in newspapers from coast to coast. And publicity sometimes leads directly to action: CSPI’s shocking reports in the 1990s of the miserable nutritional value of many restaurant foods prompted important changes in industry practices and encouraged millions of Americans to choose healthier diets.

The media coverage CSPI wins is noticed in corporate boardrooms and in the corridors of power in Washington. Says The New York Times: “The messages CSPI delivers as a respected authority are not ignored.”

CSPI’s reach is extended by the Internet. Harried parents seeking to get junk food out of their children’s schools ... victims of food poisoning seeking answers ... reporters on deadline looking for accurate data, those are just some of the people who consider CSPI’s website an indispensable resource on nutrition, food safety, and health. When CSPI releases a statement or study, one can be sure that journalists, congressional aides, and nervous industry executives are logging on to www.cspinet.org.

CSPI also shapes debates by engaging its members, as well as state and local health and science professionals, in grassroots campaigns to help make policy changes. Those local advocates meet with their elected officials, write letters to their local newspapers, and circulate sign-on letters. That steady drumbeat of local grassroots organizing gives CSPI’s agenda a leg-up on Capitol Hill and with state and local governments.

When CSPI activates its nationwide network of thousands of consumer activists, phones ring, fax machines hum, and inboxes fill up – at companies, at school boards, at state capitals, and in the halls of Congress. Through www.cspinet.org/takeaction, citizens have a magnified voice on critical nutrition and food-safety issues facing the country.
Alcohol abuse causes widespread health, safety, and social problems that destroy millions of lives and families. That toll includes 85,000 deaths and $185 billion in economic losses annually. CSPI’s Alcohol Policies Project, begun in 1981, was one of the first national efforts to focus on prevention policies. Today, CSPI is a national leader in combating commercial contributions to alcohol problems.

**ALCOHOL ADVERTISING**

The alcoholic-beverage industry spends more than $3 billion a year on advertising and other marketing, much of which appeals to young people and glamorizes drinking. CSPI promotes tighter restrictions on alcohol marketing aimed at young people and heavy drinkers.

CSPI has urged crackdowns on marketing and advertising aimed at college students, alcohol-company sponsorships of rock concerts and sports, and the use of youth-oriented characters in alcohol ads. CSPI has pushed for legislation to limit alcohol advertising and to mandate “counter-ads” on television to balance advertising’s glamorized – and false – view of drinking. CSPI is also spearheading an effort for a federally funded media campaign to discourage underage drinking.

**WARNING LABELS AND EXCISE TAXES**

In 1988, CSPI’s advocacy led to the passage of a federal law requiring a health warning label on all alcoholic-beverage containers. Since then CSPI has worked to make the warning more visible and effective. CSPI also has advocated mandatory disclosure of calories, ingredients, and alcohol content on bottles and cans. The federal government has begun a regulatory proceeding on such labeling.

Economic studies have concluded that increasing alcohol excise taxes is one of the most effective means of saving young lives and reducing the incidence of disease caused by alcohol.
But the tax rates are still far too low to compensate for the costs of alcohol problems to society, and they are constantly being eroded by inflation. Further increases and indexing for inflation would allow governments to obtain needed revenue, as well as to reduce alcohol consumption among young people. CSPI has vigorously supported higher state and federal excise taxes and urged that new tax revenues be used to fund prevention and treatment programs.

**Reducing Alcohol Abuse on College Campuses**

College students are at high risk of experiencing problems associated with alcohol, and alcohol producers see them as a lucrative market. Alcohol advertising on televised college sports events encourages millions of under-age people to drink. While colleges admonish under-age students to abstain and older students to drink “responsibly,” they receive handsome revenues from beer advertising on NCAA sports broadcasts.

To help reduce pressures on students to drink, CSPI’s “Campaign for Alcohol-Free Sports TV” has recruited university presidents and athletic directors to support the elimination of alcohol advertising on college sports programming. Nearly a quarter of NCAA-member colleges and universities have joined, and CSPI’s grassroots campaign forced discussion of alcohol advertising issues at the highest levels of the NCAA.

“What strikes me most about CSPI is how effective you have been in getting your agenda before the public and in making real changes through government and industry.”

*Diane LaPenna*  
*Nashville, Tennessee*
“CSPI has consistently shined a bright light on the nutritional ills of the standard American diet.”

*New York Times*

“CSPI has forced a ban on sulfites at salad bars … shamed McDonald's into excising beef tallow from its french fryers, roused movie goers against artery-clogging coconut oil in popcorn, slapped olestra with a gastrointestinal warning and successfully lobbied for nutrition labels on all supermarket processed-food items.”

*Time magazine*

“For CSPI, it is a broad battle over the soul and safety of modern food, pitting the wholesomeness of Mother Nature against the corrupting power of big business and biotechnology.”

*Los Angeles Times*

“The junk food purveyors have met their match in CSPI.”

Senator Patrick Leahy (D-Vermont)

“CSPI has conducted an unrelenting and brilliant crusade against saturated fat, salt, and other evils in the American diet. Its pronouncements pack a mighty wallop.”

*Science & Government Report*

“CSPI is North America’s most well-known health advocacy group.”

*Toronto Star*

“Nutrition Action is one of the most useful tools and credible sources of information on nutrition and health.”

Dean Ornish, M.D.
Assistant Professor of Medicine
University of California

“The whistle-blowers at CSPI – who cracked down on fatty movie theater popcorn, fettuccine Alfredo, and fast-food meals – are now reporting that most kids’ menus in America’s restaurants serve up ‘stunning’ amounts of calories and bad fat.”

*WebMDHealth*

“CSPI polices the nation’s food supply.”

*CNN*

“CSPI is an effective advocate of its position … they have a full bag of tricks.”

National Food Processors Association

“My personal favorite is Nutrition Action.”

Jane Brody
*New York Times*
“CSPI's list of accomplishments is long and includes blowing the whistle on how baby food in Canada differed from the U.S. They've been instrumental in bringing about mandatory nutrition labelling in Canada.”

_National Post (Canada)_

“What CSPI wants to see is labels, labels, labels. Bring on the numbers: calories, fat, portion size. Now that packaged food has all this data, they'd like to see it on restaurant menus.”

_Baltimore Sun_

“Nutrition Action gives all the gritty details about foods that may be dangerous ... It's worth the subscription price.”

_Newsday_

“CSPI can take credit for the nutrition labels on foods. And it is admired even by the government agencies it often chastises, and by much of the public.”

_Houston Chronicle_

“Nutrition Action takes the ‘action’ part of its name seriously, and the advocacy angle certainly distinguishes it from other health newsletters.”

_Washington Post_

“CSPI has led the government, the industry, and the public in understanding the connection between diet and health. And, in doing so, CSPI has accomplished one of the great public health advances of the century.”

_Dr. David Kessler_
Former Commissioner
Food and Drug Administration

“Nutrition Action Healthletter debunks claims of vitamin and mineral supplements and gives straight talk on whether health claims for foods and supplements can be back up by real science.”

_Ottawa Citizen_

“I've been a fan of Nutrition Action for years, eager to read the latest information on fast foods, ice cream, and everything else on the menu. You'll become addicted to the honesty and straight talk it serves every time.”

_Susan Dietz_
Newsday & Creators Syndicate

“CSPI has had a significant impact on the way food is made, sold, and advertised in this country. One of the most powerful food voices in the country, its influence is vast. CSPI is admired in the regulatory agencies and on Capitol Hill for the quality of its research and its persistence.”

_New York Times_
**Integrity in Science**

Scientific integrity is under assault. Conflicts of interest, biased studies, and enforced secrecy are increasingly corrupting the scientific process, especially when it comes to federal regulation of our food, health, and the environment. That’s why the Integrity in Science project – which encapsulates one of CSPI’s original missions “to ensure that science and technology are used for the public good” – is so important.

Industry funding in science is now pervasive. Much medical research is financed by the pharmaceutical, medical device, and biotechnology industries. Much pesticide and nutrition research is funded by the large chemical and food companies. And research into environmental pollutants is increasingly funded by the major corporate polluters. The goal of that research is not simply to expand scientific knowledge: Companies want to limit regulation of their products. And they want to deflect public concern about ill-effects documented by independent researchers.

CSPI’s Integrity in Science project is seeking to beat back this tide by exposing industry influence over the scientific process and restoring objectivity to the regulatory machinery that relies on science. A 2004 CSPI study revealed that nearly one in 10 scientists failed to disclose relevant conflicts of interest in articles in some of the leading U.S. scientific and medical journals that require disclosure. A 2005 CSPI review of industry-funded science found that among the hundreds of studies drug companies conducted on painkillers like Vioxx, not one was designed to investigate the drugs’ potential heart disease risk – despite four years of warnings that such a study was needed.

The Integrity in Science project has scored some notable victories. Academic journals like Environmental Health Perspectives instituted a three-year ban on authors who fail to disclose industry ties when submitting articles for publication. The New York Times and Washington Post now require reporters to solicit and report scientists’ conflicts of interest when quoting them or their studies in articles, and other newspapers, magazines, and television news shows are following suit.
A 2006 law proposed by CSPI required the FDA to post on its website any conflicts of interest of its outside scientific advisors at least two weeks before advisory committee meetings.

To aid government regulators, citizen activists, academic publishers, and journalists identify potential conflicts of interest, CSPI has developed a database (www.integrityinscience.org) of more than 4,000 scientists, physicians, and nutritionists who have financial ties to food, energy, chemical, and other companies. The database also reports on the corporate ties of numerous industry-created front groups, nonprofit organizations, and health professional groups.

“CSPI has been very inspirational to me: the best science, the highest ethics, and a commitment to achieving more enlightened public policies.”

Robert J. Stack, Ph.D.
Angels Camp, California
2006 is the 10th anniversary of the Canadian edition of *Nutrition Action Healthletter* (Canada’s largest-circulation health newsletter) and of CSPI’s advocacy efforts in Canada (which debuted with an exposé of nutritionally inferior Heinz and Gerber baby food).

CSPI’s most significant achievement, the fruit of six years of dogged work, came in 2005, when regulations mandating Nutrition Facts labels on packaged foods became binding on medium-sized and large manufacturers in Canada. These rules were also the first in the world to require disclosure of the amount of artery-clogging trans fat. To provide additional information to consumers, CSPI is pushing for nutrition labeling on fresh meat, poultry, and seafood, as well as nutrition information on chain-restaurant menus.

CSPI has played a major role in guiding the government’s thinking about some of today’s most pressing health issues, including the obesity epidemic, diet-related diseases, and escalating health-care costs. CSPI’s proposals were critical to the adoption in 2005 of the “Pan-Canadian Healthy Living Strategy” by the federal, provincial, and territorial Ministers of Health. That government document acknowledged the need for action on virtually every major policy recommendation by CSPI, including a mass-media education campaign on nutrition and physical activity.

CSPI’s grassroots organizing and media visibility played a major role in convincing the federal government to provide about C$42 million per year for five years to implement the government’s Healthy Living Strategy.

“Thanks so much for the work CSPI does, like getting labelling on packages, that makes life easier for all of us. Bouquets to all of you – your work is appreciated by more of us than you will ever know.”

*Caroll Brekstad*
*Chilliwack, British Columbia*

“CSPI exposed the hidden agendas of the food industry — and for telling the truth, no matter how much money is at stake.”

*Rob Thompson*
*Lethbridge, Alberta*
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<tr>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>1997</td>
<td>CSPI opens an advocacy office in Ottawa to promote better nutrition and health. <em>Nutrition Action Healthletter</em> reaches 100,000 subscribers and becomes the most-read health newsletter in Canada.</td>
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<td>1998</td>
<td>CSPI is instrumental in the introduction of a bill in Parliament to require comprehensive, easy-to-read, mandatory nutrition labeling.</td>
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<td>2002</td>
<td>CSPI convinces Health Canada to mothball a food-industry-backed proposal that would have permitted poorly substantiated health claims on food labels and in advertising.</td>
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<tr>
<td>2003</td>
<td>CSPI's six-year campaign culminates in the publication of federal regulations requiring nutrition labeling of most pre-packaged foods.</td>
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<tr>
<td>2005</td>
<td>The federal government dedicates C$42 million a year to a new chronic disease prevention program – for which CSPI fought hard – aimed at improving diets, increasing physical activity, and reducing obesity rates.</td>
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<tr>
<td>2005</td>
<td>CSPI is appointed to a federal Task Force charged with recommending to Parliament measures to eliminate trans fat from processed foods.</td>
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“I trust your reporting because you name names and don’t accept any advertising. I’ve completely changed my diet because of your articles about trans fat.”

*Jean Harnden*

*Sault Ste. Marie, Ontario*
Since 1974, the award-winning Nutrition Action Healthletter has been CSPI’s major means of providing consumers and journalists with the latest information on food safety and nutrition.

Published 10 times a year, the U.S. and Canadian editions of Nutrition Action have a combined paid circulation of 900,000 and readership of almost two million. Nutrition Action is the largest-circulation, most-read, and most-influential health newsletter in the world.

For many readers, Nutrition Action is an indispensable guide to better nutrition and good health. It gives them reliable, objective dietary advice and specific product recommendations they can use in their daily lives. For others, Nutrition Action is, as implied by its name, a call to action. Over the years, Nutrition Action has initiated numerous petition campaigns and letter-writing efforts to food companies, legislators, and government officials.

As one of the most authoritative and innovative newsletters, Nutrition Action Healthletter has been honored with awards by the National Wellness Institute, Blue Cross/Blue Shield Association, U.S. Food and Drug Administration, American Medical Writers Association, National Cholesterol Education Program, Vegetarian Times magazine, Real Simple, and other respected organizations and publications.
“I am a family doctor and have received Nutrition Action since 1974. I look forward to it more than my medical journals!”

R. Winona Rowat, M.D.
La Jolla, California

“I’m smarter, slimmer, healthier, and feistier than I’ve ever been in my life and no small part of that personal achievement is attributable to Nutrition Action Healthletter.”

Lucie M. Singh
Chicago, Illinois

“So often I’ve heard about some food-related subject on TV. Then I get my issue of Nutrition Action and there’s the in-depth explanation. I love it.”

Yvonne A. Donnelly
Bettendorf, Iowa

“Other publications have tried to get me to subscribe, but I’d never do it. You’re the #1 health newsletter in my book!”

Kathy Stellway
Muncie, Indiana

“Please continue to keep the restaurants ‘on their toes.’ For people like me who must travel frequently, Nutrition Action has been a blessing.”

Ross Goldberg
Chicago, Illinois
CSPI’s 35 years have been financially strong and stable, thanks primarily to Nutrition Action Healthletter subscribers and the generosity of individual members. Almost 90 percent of CSPI’s revenues comes from subscriptions and individual donations; foundation grants and other awards provide most of the balance. CSPI does not accept funding from government or corporations, and Nutrition Action accepts no advertising.

CSPI’s annual budget is approximately $17 million. More than 80 percent of CSPI’s expenditures go directly to program services and education projects.

Underpinning CSPI’s success has been the recognition that careful financial management and a sound and stable infrastructure are essential for the success of CSPI’s advocacy and education programs. That has been a consistent management philosophy and guiding theme for the past 35 years.
"I decided to support CSPI because it represents proven effectiveness."

Marvin Mueller
Santa Fe, New Mexico
Major Sources of Support

The following foundations have generously helped to make CSPI's work possible. *(Single grants of $5,000 or more since 2000)*

**CSPI Foundation Funding, 2000-2005**

Louis and Anne Abrons Foundation, Inc.
Agua Fund of the Tides Foundation
Allen Foundation, Inc.
The Amaturo Family Foundation, Inc.
The Argosy Foundation
Arkay Foundation
Barkey Fund of the Philanthropic Ventures Foundation
Bauman Family Foundation, Inc.
Beldon Fund
Carmel Hill Fund
Center for Animal Health and Food Safety
Center for Health, Communications and the Environment
The Cheeryble Foundation
Claneil Foundation, Inc.
Compton Foundation, Inc.
The Nathan Cummings Foundation
Patrick and Catherine Weldon Donaghue Medical Research Foundation
The Educational Foundation of America

Everett Public Service Internship Program
The Freed Foundation
Richard and Rhoda Goldman Fund
Gegax Family Foundation
The Grable Foundation
Grodzins Fund
The Joseph and Sally Handleman Foundation Trust
The Heinz Endowments
Jewish Healthcare Foundation
The Joyce Foundation
King Baudouin Foundation
Kurtz Family Foundation
The Marisla Foundation
The John Merck Fund
The New York Community Trust
NTI's Global Health and Security Initiative
Park Foundation, Inc.
Pettus Crowe Foundation, Inc.
Philancon Fund of the Boston Foundation
The Philanthropic Initiative
Polk Family Charitable Trust
The Myra Reinhard Family Foundation

Penny Staples, Director of Development, is responsible for major-donor and foundation fundraising.
You Can Help!

Because CSPI does not accept funding from government or industry, individual donations and foundation grants are vital.

CSPI’s continued success can be ensured by contributions to CSPI’s Endowment for Better Health, by a charitable gift annuity, by gifts of real property, or by including CSPI in a will or estate plan (by inserting this sentence into a will: “I give and bequeath to Center for Science in the Public Interest, 1875 Connecticut Avenue, N.W., Washington, D.C. 20009, the sum of ______ dollars to be used for its general purposes.”). For more information on these options, write to giftplan@cspinet.org or call 202-777-8372.

The Robert Wood Johnson Foundation  
Rockefeller Family Fund  
The Rockefeller Foundation  
Rockefeller Philanthropy Advisors, Inc.  
Helena Rubinstein Foundation  
Joseph Rosen Foundation  
Saperstein Family Fund  
The Shared Earth Foundation  
Christopher D. Smithers Foundation  
The Streisand Foundation  
Szekely Family Foundation  
The Irving and Edyth S. Usen Family Charitable Foundation  
Wallace Genetic Foundation, Inc.

CSPI extends its sincere gratitude to those foundations and to the thousands of individuals who provide valuable support for its education and advocacy programs.
1971
CSPI is incorporated on February 25th.

CSPI petitions government agencies to reduce lead in gasoline and ban lead from pencils.

1972
CSPI publishes Chemical Additives in Beverage and petitions federal agencies to require ingredient labeling of alcoholic beverages.

Eater’s Digest: Consumer’s Factbook of Food Additives published.

First of six annual Bon Vivant Vichysoisse Memorial Awards bestowed on “the company that has done the most to promote junk foods.” Winners included Gerber, General Mills, and General Foods.

1973
CSPI publishes report on sodium nitrite and asks USDA to bar the use of this cancer-causing preservative in bacon and baby food.

Nutrition Scoreboard book published.

CSPI petitions the Consumer Product Safety Commission to ban dangerous aerosol products.

CSPI publishes report on the revolving door between the FDA and the food industry.

1974
CSPI’s Nutrition Action newsletter makes its debut.

Nutrition Scoreboard poster published — more than two million distributed by 1996.

1975
April 17, first of three National Food Days celebrated; the “Terrible Ten” of food and nutrition is announced.


1976
CSPI’s School Lunch Action Guide helps parents improve the quality of school foods.

CSPI publishes Feeding at the Company Trough, a report on links between nutrition professors and the food industry.

1977
Food Day celebrated with a buffet dinner in the White House.

CSPI petitions the Federal Trade Commission to ban ads for sugary snack foods on children’s television shows.
<table>
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<th>Year</th>
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<tr>
<td>1978</td>
<td>CSPI petitions the FDA to require sodium labeling of foods.</td>
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<tr>
<td>1979</td>
<td>CSPI petitions USDA to require fat labeling of processed meat.</td>
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<td>1980</td>
<td>FDA, in response to a CSPI petition, advises pregnant women to minimize their consumption of caffeine.</td>
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<tr>
<td>1981</td>
<td>CSPI publishes White Paper on Science Museums that describes corporate influences on many museums.</td>
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<tr>
<td>1983</td>
<td>CSPI criticizes inactivity of major health charities in influencing public health policies.</td>
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<tr>
<td>1984</td>
<td>CSPI efforts to increase excise tax on distilled spirits are successful.</td>
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1985  
CSPI’s Project SMART campaign, which urged either a ban on beer and wine commercials on radio and TV or equal time for health messages, delivers one million signatures to Congress and spurs three congressional hearings.

CSPI lawsuit wins labeling of potentially harmful ingredients on alcoholic beverages.

CSPI sponsors the first annual Harlan Page Hubbard Awards, which “honor” some of the year’s most deceptive advertisements.

CSPI hosts nationally syndicated radio show Eater’s Digest.

1986  
CSPI’s The Fast-Food Guide published. After a highly visible CSPI publicity campaign, Burger King, McDonald’s, and other fast-food companies release ingredient information.

CSPI’s lawsuit wins labeling of potentially harmful ingredients on alcoholic beverages.

CSPI publishes the first annual Harlan Page Hubbard Awards, which “honor” some of the year’s most deceptive advertisements.

1987  
Following a 5-year effort by CSPI, FDA bans most dangerous uses of sulfite preservatives.

CSPI’s report Marketing Booze to Blacks catalyzes debate on minority marketing.

1988  
Federal law passed to require warning labels on all alcoholic beverages.

CSPI’s Nutrition Action Healthletter circulation exceeds 100,000.

1989  
CSPI’s first annual National Conference on Organic/Sustainable Agriculture Policies.

CSPI publishes Marketing Disease to Hispanics.

1990  
CSPI campaign spurs major hamburger chains to stop cooking french fries in beef fat; McDonald’s introduces non-fat bran muffins and reduces fat content of milk, shakes, and frozen desserts.

Federal excise taxes on alcoholic beverages are raised significantly.

CSPI leads successful campaign for a national definition of “organic” food.

CSPI-led initiative wins law requiring nutrition labeling of most processed foods and bans on deceptive health claims.

1991  
CSPI publishes Kitchen Fun for Kids, a cookbook of healthy recipes for 7- to 12-year-olds.

CSPI releases survey of junk-food advertising on television.

CSPI’s Kids Against Junk Foods founded.
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<td>1992</td>
<td>CSPI publishes its <em>Healthy Eating Pyramid</em>.</td>
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<tr>
<td>1993</td>
<td>CSPI calls for labeling of cholesterol-raising trans fats in foods.</td>
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<tr>
<td>1994</td>
<td>CSPI shocks the nation with its report on the nutritional quality of Chinese-restaurant food.</td>
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<tr>
<td>1995</td>
<td>CSPI study of movie-theater popcorn released.</td>
</tr>
<tr>
<td>1996</td>
<td>CSPI petitions FDA to bar the use of the term “low-fat” on 2% milk.</td>
</tr>
<tr>
<td>1997</td>
<td>CSPI advocates measures that lowered the fat content of school meals.</td>
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<tr>
<td>1998</td>
<td>CSPI’s “1% Or Less” media campaign to promote lower-fat milk begins in West Virginia.</td>
</tr>
<tr>
<td>1999</td>
<td>CSPI publishes <em>Liquid Candy</em> with a wall of soda pop displayed at a news conference representing the amount drunk annually by the average 12-to-19-year-old male.</td>
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CSPI petitions FDA to bar the use of the term “low-fat” on 2% milk.

CSPI publishes *Liquid Candy* with a wall of soda pop displayed at a news conference representing the amount drunk annually by the average 12-to-19-year-old male.
1999
CSPI’s campaign to warn Americans about the dangers of the fake fat olestra contributes to Procter & Gamble’s decision not to seek approval to use olestra in other foods besides snacks.11

FDA, responding to CSPI’s petition, proposes to require the listing of trans fat on the Nutrition Facts label.

CSPI convinces Congress to increase the funding of nutrition and physical-activity programs at the Centers for Disease Control and Prevention.24

2000
CSPI initiates its Integrity in Science project to publicize and oppose corporate influence on science.

CSPI wins expanded bacteria testing for meat.

CSPI wins another congressional boost in the federal food-safety budget of $60 million for this year – on top of an increase of $168 million over the previous three years.

CSPI initiates its Agricultural Biotechnology Project to obtain the benefits of biotechnology while minimizing risks.

2001
CSPI launches its web-based database of links between scientists and nonprofit organizations and, food, chemical, and other companies.25

CSPI wins funding increase to $27 million (from $2 million) for federal programs to encourage better nutrition and more physical activity.

CSPI obtains funding for the FDA to hire more imported-food inspectors and expand programs to prevent food bioterrorism.

2002
CSPI wins funding increase to $27 million (from $2 million) for federal programs to encourage better nutrition and more physical activity.

CSPI blows the whistle on Quorn, a strongly allergic new food ingredient.

CSPI launches efforts in several states to require nutrition labeling on menu boards and menus of chain restaurants.26

2003
After a ten-year CSPI-led drive, the FDA finalizes a rule requiring artery-clogging trans fat to be listed on Nutrition Facts labels.

CSPI launches a successful campaign to pass a law requiring disclosure on food labels of the presence of the most common allergens (like peanuts, wheat, and milk).

2004
CSPI prod the FDA to test a wide range of brand-name foods for cancer-causing acrylamide.

CSPI leads a successful campaign to pass a law requiring listing of trans fats on menus and menus of chain restaurants.

2005
CSPI initiates a litigation project to force improvements in food labeling, advertising, and safety.

CSPI reactivates its 25-year battle to reduce the sodium content of packaged and restaurant foods.

CSPI leads a successful campaign to pass a law requiring disclosure on food labels of the presence of the most common allergens (like peanuts, wheat, and milk).

Law, advocated by CSPI, is enacted requiring FDA to disclose conflicts of interest of nominees to its scientific advisory committees.

CSPI litigators stop deceptive labeling of Quaker hot cereals, Tropicana fruit drinks, and Aunt Jemima “blueberry” waffles.

2006
FDA proposes new regulations to keep Salmonella out of eggs.

CSPI threatens lawsuit against Kellogg and Viacom (Nickelodeon) to stop junk-food marketing aimed at young children.27

CSPI study exposes dangerous trans fat in foods served by leading hospitals.

CSPI’s efforts help spur new policies in many cities and states to reduce or remove soda and junk food from public schools.
The Board of Directors would like to acknowledge the contributions of CSPI’s entire staff – especially those dedicated support staff who toil outside the limelight – in achieving CSPI’s goals.
CSPI’s Mission Statement

The Center for Science in the Public Interest is a consumer-advocacy organization whose twin missions are to conduct innovative research and advocacy programs in health and nutrition, and to provide consumers with current, useful information about their own health and well-being.

CSPI’s three main goals are to:

1. Provide useful, objective information to the public and policymakers and to conduct research on food, alcohol, health, the environment, and other issues related to science and technology.

2. Represent citizens’ interests before regulatory, judicial, and legislative bodies on food, alcohol, health, the environment, and other issues.

3. Ensure that science and technology are used for the public good and to encourage scientists to engage in public-interest activities.