



COPAL COCOA *Info*

A Weekly Newsletter of Cocoa Producers' Alliance

Issue No. 229

30th April – 4th May 2007

Cocoa Producers' Alliance

ICCO Daily Cocoa Prices

	ICCO daily price (US\$/tonne)	London futures (£/tonne)	New York Futures (US\$/tonne)
30 th April	1888.90	981.00	1819.67
1 st May	1921.35	998.67	1850.00
2 nd May	1951.59	1017.67	1881.33
3 rd May	1970.52	1031.67	1894.67
4 th May	19814.23	1039.33	1896.00
Average	1943.00	1014.00	1868.00

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Have you had your cocoa today?

International Financial Futures and Options Exchange (LIFFE)
London Futures Market – Summary of Trading Activities
(£ per tonne)

Monday 30th April 2007

Month	Opening Trans	Settle	Change	Daily High	Daily Low	Volume
May 2007	954	947	-15	960	944	1876
Jul 2007	975	966	-15	979	962	5759
Sep 2007	992	984	-15	998	981	1187
Dec 2007	1004	993	-15	1005	990	2496
Mar 2008	1013	1002	-13	1013	998	1135
May 2008	1019	1010	-13	1019S	1010S	127
Jul 2008	1029	1018	-13	1029	1020	212
Sep 2008	1029	1027	-13	1029S	1029S	750
Dec 2008		1036	-14			0
Mar 2009		1043	-14			0
Totals		1003				13,542

Tuesday 1st May 2007

Month	Opening Trans	Settle	Change	High	Low	Volume
May 2007	934	964	17	965	928	4697
Jul 2007	963	987	21	988	947	12749
Sep 2007	981	1001	17	1003	965	3271
Dec 2007	989	1008	15	1009	974	2271
Mar 2008	998	1018	16	1019S	983	385
May 2008	1008	1026	16	1027	1008S	160
Jul 2008	1031	1034	16	1040	1024	42
Sep 2008	1031	1043	16	1042S	1031S	11
Dec 2008	1030	1052	16	1030	1030	5
Mar 2009		1059	16			0
Totals		1019				23,591

Wednesday 2nd May 2007

Month	Opening Trans	Settle	Change	High	Low	Volume
May 2007	965	983	19	984	965	2475
Jul 2007	992	1008	21	1011	988	6239
Sep 2007	1003	1022	21	1022	1003	2858
Dec 2007	1017	1023	15	1025	1013	1371
Mar 2008	1025	1030	12	1031	1018S	1386
May 2008	1027	1037	11	1035S	1027S	276
Jul 2008	1035	1045	11	1041S	1035S	168
Sep 2008	1053	1054	11	1054S	1051S	851
Dec 2008		1063	11			0
Mar 2009		1070				0
Totals		1034				15,624

New York Board of Trade
 (New York Futures Market – Summary of Trading Activities)
 (US\$ per tonne)

Monday 30th April 2007

Month	Open	Price	Change	High	Low	Volume
May 2007	1815 0	1815	-7	1815	1802	69
Jul 2007	1782 1787	1798	-24	1812	1780	8779
Sep 2007	0 0	1825	-24	1825	1808	775
Dec 2007	1840 0	1853	-23	1845	1837	699
Mar 2008	1858 ^B 0	1876	-22	1862	1861	149
May 2008	1873 ^B 0	1892	-22	0	0	21
Jul 2008	0 0	1910	-22	0	0	5
Sep 2008	0 0	1932	-23	0	0	13
Dec 2008	0 0	1938	-23	0	0	178

Thursday 3rd May 2007

Month	Open	Price	Change	High	Low	Volume
May 2007	1880 0	1901	21	1908	1880	23
Jul 2007	1878 1880	1879	24	1883	1850	7460
Sep 2007	1902 0	1903	22	1902	1871	1513
Dec 2007	1916 ^B 1930 ^A	1929	20	1930	1901	1754
Mar 2008	0 0		20	1941	1931	438
May 2008						

News

Cocoa or loco?

By : KARINA FOO

2007/04/29

Chocolate. A sinful indulgence just contemplating it in one's mouth. How about immersing oneself in it then? KARINA FOO checks out five cocoa-based products to pamper skin and body. HAD a bad day? Reach for that chocolate and everything seems to fade away in an instant. You are distracted by the rich cocoa melting in your mouth. Mmm.....Don't feel guilty about indulging in the "gift from the Gods", as many ancient cultures call it. In fact, modern-day scientists have concluded that cocoa does contain medicinal properties. Let's go back in time. The Maya and Aztec tribes not only drank chocolate for pleasure but also believed it contained nourishing powers to treat illnesses.

In the 17th century, Europeans used cocoa to induce sleep, ease childbirth pains, aid digestion and other problems. In these modern times, these healing benefits are still under the scrutiny of scientists. The truths behind these claims are gradually being uncovered. If only they can confirm that eating too much chocolate will never affect our weight. Sigh!

The pleasure: The Body Shop's Cocoa Butter (Body Butter) — with Community Trade cocoa butter & Shea and Cocoa Butter: Cocoa or loco?: The Body Shop's Cocoa Butter definitely makes you go loco as you spread it on your skin and the scent of chocolate gets stronger.

Warning: This product has one side-effect: you may want to eat yourself. It has the same effect as melting a chocolate bar and spreading it all over you. A tempting prospect indeed. Just slide your nose along your skin, close your eyes and enjoy every inhale of heavenly chocolate coated all over you. (I'm imagining an irresistible chocolate cake). The Shea Cocoa Butter is the cousin of the former but isn't so chocolatey.

Both body butters are creamy and do moisturise the skin especially when you're staying in the office for hours where the air-con makes your skin really dry. There's no sticky or greasy sensation during application. Rather, the butter feels smooth and just right. You don't have to use huge dollops of it. However, the scent of the former remains ambiguous. Is it really chocolate or another unidentifiable fragrance? Unlike its richer cocoa cousin, this contains Shea Butter which is claimed to possess skin rejuvenating effects. Whatever it is, it's a pleasant and refreshing body butter. However, the Cocoa Butter wins hands down for that pure chocolatey rush! Price: Both products RM55

The pleasure: St Ives Skin Firming Moisturising Lotion

Cocoa or loco?: If you feel loco, take an almond-sized dollop of this and spread it on yourself and you'll be taken away to a sweet and pleasing haven. That's the way to describe the scent of this choice, (although there is no hint of any cocoa aroma). This lotion contains cocoa seed butter which could be responsible for softening your skin. You'll instantly feel a pleasant change in your skin as it becomes soft and supple at first application. It keeps the area moisturised for hours so re-application is only necessary every few hours. The scent is so enticing and it's just right (not too strong). It made an impression on me and my colleagues. Price: RM21.90

The pleasure: Fruit of The Earth's Cocoa Butter (with aloe vera and vitamin E)

Cocoa or loco?: Go loco because although this has "Cocoa Butter" listed among its other ingredients, it has no trace of cocoa-infused scents. It actually smells more like bubble bath. Let's concentrate on its "Smooth Hydrating" essence for "Intensive moisturising relief from dry skin". A colleague told me that she wasn't too satisfied with it as it felt rather balmy after a while but I beg to differ. The butter is light and easily spread on — you don't have to rub it in too much to allow the butter to disperse evenly throughout your skin. It also has a light fragrance that can be invigorating during a sleepy day (especially after lunch).

This product includes more "natural" ingredients like wheat germ and sunflower seed oil to treat exceptionally ashy and dry skin. The aloe vera helps cool those sun burns at an affordable price. Price: RM6.90

The pleasure: TNS' Anti Sting Shaving Gel (by Chirag David)

Cocoa or loco?: You may go loco and can't wait for your next shaving session with this one! I've never seen a cocoa shaving gel before but this one feels like you're being immersed in copious amount of cocoa mint. It gives a satisfying cooling effect on the skin while you shave. The gel's moisturising cream softens the beard, leaving it to be scraped off easily clean while tiny scrub particles work to give the area a tantalising massage. Your face feels smoother (compared to the effects of most other shaving gels) and there are no remnant bits of loose hair or

stubble hanging around. I must say it's a great way to face a new day. The moisturising anti-sting formula makes shaving more pleasant. It is mess-free and you'll only need a little warm water to rinse off everything, finishing with a cleansing and refreshing feeling. Price: RM33

The pleasure: The Natural Source' Chocolate Bubble Bath

Cocoa or loco?: This goes beyond loco in a good way. I mean, no need to travel to a spa to immerse in a river of chocolate milk. Firstly, the bottle is bubble-shaped and transparent so you can see the chocolatey thickness of the bubble bath liquid inside. Warning: Keep away from kids (or yourself) because it looks like edible chocolate fudge. The best part is because the liquid smells like chocolate, your bath is chocolate, the bubbles are chocolate, you smell like chocolate and you BECOME chocolate. This one mixes particularly well with warm water so it's like bathing in your morning warm chocolate drink. Mix it with cold water and descend into a heavenly milkshake. Price: RM28

The pleasure: The Natural Source (TNS) Terra Firma Tired Feet Rescue Balm and Hand & Nail Intensive Over-Night Balm.

Cocoa or loco?: A fine mix of scents. Thankfully I don't usually have problems with tired feet or weak nails but these are worth a try. The feet rescue balm exudes a strong scent of peppermint (it's made out of wild peppermint and cocoa milk) that somewhat empowers the cocoa but neatly balances the two fragrances out well. You'll feel a cooling effect for a few seconds in-between your toes, especially after wearing those tight and compressing court shoes for the whole day. The hand and nail overnight balm consists of cocoa milk, aloe and vitamin E. It thoroughly moisturises your hands, making them soft and very... touchable.

This is great news for people with veiny and dry hands. The scent is mild with only a tinge of cocoa.

Price: Both products RM35

'Mockolate' bars could be on the way

ADAM SATARIANO; Bloomberg NewsPublished:

April 29th, 2007

Would chocolate containing trans fats and sugar substitutes taste as sweet as the real thing? Hershey Co. and other candy makers say yes. The Chocolate Manufacturers Association, whose members include Hershey, Nestle SA and Archer Daniels Midland Co., has a petition before the U.S. Food and Drug Administration to redefine what constitutes chocolate. They want to make it without the required ingredients of cocoa butter and cocoa solids, instead using artificial sweeteners, milk substitutes and vegetable fats such as hydrogenated and trans fats.

"They are trying to pull one over on us," said Cybele May, 40, publisher of CandyBlog.org, on which she has encouraged more than 200 people to write the FDA to protest what she calls "mockolate."

"What they are asking for is permission to confuse the consumer for what we readily accept as chocolate," she said.

Gary Guittard, fourth-generation owner of Guittard Chocolate Co., wants to keep chocolate from the dark side, too. He has enlisted the support of high-end companies such as billionaire Warren Buffett's See's Candies to fight the big chocolate makers.

"The process of this thing going through, it wasn't transparent, and it needs to be brought out into the light," Guittard said last week from his San Francisco home.

In a grass-roots campaign, Guittard set up the Web site, "Don't Mess With Our Chocolate," which contains a link allowing people to write to the regulator before the public comment period ends April 25.

MARGARINE AS BUTTER?

Brad Kinstler, chief executive officer of Carson, Calif.-based See's, is siding with Guittard in the confections controversy. "If the margarine manufacturers could call their product butter instead of being required to call it margarine, wouldn't it strike the consumer as being odd?" asked Kinstler, whose company sold 30 million pounds of sweets last year.

Hershey, the largest U.S. candy maker, says broader labeling is needed to keep up with changing consumer tastes. "The petition would modernize all food standards, increasing flexibility to accommodate changes in technology," Kirk Saville, spokesman for the Hershey, Pa.-based company, said in an interview. "Changes, if

adopted, would provide the flexibility to make changes based on consumer taste preference, ingredient costs and availability, and shelf life,” he said.

Cocoa prices in New York have surged about 28 percent in the past six months on speculation that dry weather might impair cocoa production in the Ivory Coast and Ghana, the world’s largest suppliers of beans to make chocolate. “Cocoa butter is the most expensive ingredient there is, and so it adds up to a substantial amount of money,” said Guittard, whose 139-year-old company in Burlingame, Calif., is a member of the chocolate manufacturers association.

RISING COSTS

A pound of chocolate contains roughly 25 percent cocoa butter at a cost of \$2.30, while vegetable oils are as little as 70 cents a pound, Guittard said.

U.S. chocolate manufacturers used \$1.4 billion of cocoa and cocoa products in 2005, according to the latest data from the Chocolate Manufacturers Association. The chocolate association signed the petition submitted to the FDA last October to change the candy.

Members believe “now is an appropriate time for FDA to update the standards of identity for all foods,” group President Lynn Bragg said in a statement. The proposal was drafted by the Grocery Manufacturers/Food Products Association urging the FDA to “modernize food standards.” In addition to the chocolate manufacturers, the petition was signed by groups representing almost every part of the food chain, including the meat, dairy, fruit, fish and grain industries.

Robert Earl, senior director for nutrition policy for the grocery manufacturers, said chocolate is just part of the proposal and that food labels would still list all components.

A MATTER OF TASTE

Julie Anderson, 37, of Joliet, Ill., eats chocolate at least once a day and occasionally writes up her thoughts on her blog, www.boogaj.com.

She says there is a distinct taste difference when other fats are used instead of cocoa butter. “Any product that doesn’t have the cocoa butter doesn’t taste as good and doesn’t feel the same on your tongue,” said Anderson, who wrote to the FDA opposing the change.

Karalee LaRochelle, owner of Cocoa Loco, a small, privately held chocolate company based in New York, says the change undermines the benefits of chocolate. Flavenols and antioxidants in the 2,000-year-old sweet have been reported to play a role in curbing strokes and heart failure. “I don’t understand why we’d want to have more candy bars laden with trans fats when cocoa butter is natural and beneficial to you,” LaRochelle said.

KEEPING IT CHEAP

The U.S. consumes 3.6 billion pounds of chocolate a year, according to the U.S. Commerce Department. That works out to about 12 pounds per person.

Earlier this month, Hershey increased candy prices for the first time in two years because of rising costs. In February, the company said it would close more than a third of its assembly lines and cut 1,500 jobs. “This is really all about the big chocolate manufacturers like Hershey and Nestle insulating themselves from an increase in the price of cocoa,” said Clay Gordon, a New York publisher of chocophile.com. “It’s all about how Hershey and Nestle stay competitive, and how we create Easter bunnies to sell for 39 cents.”

Don’t mess with chocolate—keep trans fats out!

By William Atkins

Monday, 30 April 2007

The Chocolate Manufacturers Association is trying to convince the U.S. Food and Drug Administration (FDA) that cocoa in chocolate can be substituted with artificial sweeteners, milk substitutes, and hydrogenated and trans fats.

Called “Hershey's 'mockolate' move” by Bloomberg News writer Adam Satariano, the price of chocolate has increased in recent months due to increases in the price of cocoa. Prices have increased more than 25% over the last six months due to exceptionally dry weather in the Ivory Coast and Ghana—two of the largest areas in the world for the production of cocoa beans.

The Netherlands and the United States are the two largest cocoa processing countries in the world. Belgium has the highest per capita consumption of cocoa and chocolate. Chocolate that contains cocoa contains high levels of flavonoids and antioxidants, which may be beneficial to the cardiovascular system of humans.

For more information on the benefits of chocolate, go to the ITwire articles “Chocolate does it again, and this time without sugar” and “Flavonoid-rich cocoa found healthy for the brain” . With the use of vegetable oils, such as trans fats, the cost of making chocolate is about one-third the price as when cocoa is used.

Trans fats and partially hydrogenated oils have been in the news lately, primarily due to their health risk when consuming them. Most health experts consider trans fats and partially hydrogenated oils more dangerous than saturated fats. Trans fats (trans fatty acids) are a type of unsaturated fat. Most trans fats are created by the large-scale partial hydrogenation of plant oils, which changes a fat’s molecular structure.

Medical professionals consider trans fats to be neither beneficial nor required for human health. Health authorities recommend that trans fats be reduced to only trace (very small) amounts in any person’s diet. Some countries regulate trans fats. At least one country has outlawed trans fat all together. In the United States, the use of trans fats must be disclosed on product labels. Currently, trans fats are at the center of several lawsuits, especially against fast food outlets.

Some companies are acknowledging that trans fats are bad for people’s health and are removing them from their products or, at least, adding lines of trans-free products. The chocolate industry does not need to go in the opposite direction and ADD trans fats and partially hydrogenated oils to their products.

Cybele May, publisher of CandyBlog, is asking people to write the FDA to protest “mockolate”, the mock substitute for delicious cocoa in chocolate.

Cocoa production declines in PNG’s Ramu electorate

30 April, 2007 UTC

Cocoa production in Papua New Guinea’s Ramu electorate in Madang province is declining due to the high cost of transporting goods.

One cocoa grower in the Aiome district, George Buri, told The National newspaper that most growers had been forced to cease cocoa production because they weren’t making any profit. He says that transporting cocoa products by air costs about \$28 US dollars per bag and hiring dugout canoes for transport to markets cost more than \$104 US dollars. Mr Buri told the National newspaper, that the lack of road access to markets is the biggest hurdle for cocoa growers.

His find could be a chocolate lover's dream

(COCOA RESEARCHER NORMAN HOLLENBERG - MEETING THE MINDS)

By Pamela Ferdinand, Globe Correspondent

April 30, 2007

Dr. Norman Hollenberg is exploring preliminary evidence that suggests a key ingredient in cocoa beans called flavanols may ease high blood pressure and improve circulation. (Aram Boghosian for The Boston Globe)

Remember Woody Allen's character in the 1973 film "Sleeper," who wakes up 200 years in the future to find that steak, cream pies, and hot fudge are considered healthy? Nutritionists are not quite there yet, but Dr. Norman Hollenberg is raising hopes that the secret elixir of life may have less to do with wheat germ and more with cocoa.

Just to be clear, Hollenberg, a Harvard Medical School professor and director of Brigham and Women's Hospital physiologic research division, is not advocating a diet of candy bars and cookies. He instead is exploring preliminary evidence that suggests a key ingredient in natural cocoa beans -- antioxidants called "flavanols" -- eases high blood pressure and improves circulation.

Flavanols, also present in other foods such as onions, tea, and red wine, might protect us from major illnesses, including heart disease, cancer, diabetes, stroke, and neurodegenerative disease, says Hollenberg. Recent studies, for instance, have shown that flavanols enhance brain blood flow and improve insulin sensitivity by boosting the body's nitric oxide levels and relaxing blood vessels. "If this proves out, then this is the most important [finding] in the history of medicine," he said. And he isn't joking.

Hollenberg, a burly 70-year-old who resembles Walter Cronkite with blue eyes and a shock of white hair, did not set out to prove the upside of a decadent palate. He doesn't even have much of a sweet tooth, preferring fresh fruit and the occasional bite of bittersweet baker's chocolate to cakes and ice cream. Hollenberg's medical affair with cocoa began nearly two decades ago when he came up with a novel question. Intent on identifying genes related to hypertension, Hollenberg said to himself: "If God invented bad genes on a bad day, maybe God occasionally had a good day and invented protective genes."

To find out, he knew he had to find a geographically isolated, ethnically homogeneous area where generations of people had low blood pressure even in old age. The most attractive place, particularly for a middle-aged scientist who likes to fish, turned out to be in the Caribbean off the Panamanian coast: the San Blas Islands, home for centuries to the Kuna Indian tribe. The major hospital on these rocky, dry islands has had an electrocardiogram machine for 15 years that has never diagnosed a heart attack.

He discovered, however, that Kuna who moved to the Panama mainland experience both hypertension and heart disease. That ruled out his theory of a protective gene. Nor did environmental factors, including stress and a diet high in salt, explain why death certificates between 2000 and 2004 show islanders appear to experience significantly lower death rates from heart attacks, stroke, diabetes, and cancer than mainland Kuna. Continued...

What intrigued Hollenberg was a simple observation: the Kuna beverage of choice. Islanders drink at least five cups of homegrown cocoa each day, while mainland Kuna drink little or no cocoa. Unlike commercial cocoa, which is stripped of bitter-tasting flavanols, Kuna Indians drink unprocessed cocoa containing a highly concentrated type of flavanol known as "epicatechin" and sweeten it with a bit of sugar. "The Kuna are exposed to more cocoa than anyone else on earth, and they are living longer," said Hollenberg, who travels to the San Blas every 3 months for about a week at a time. "This could reflect the exposure to flavanoid-rich cocoa, and if it does, then this is the most important observation since anesthesia."

On the other hand, different factors might be at work, and the observation could turn out to be "trivial," he said. A large randomized, controlled clinical trial is needed to determine the potential link between cocoa flavanol consumption and cardiovascular health -- an expensive and involved undertaking Hollenberg is not sure will happen in his lifetime.

For his part, Hollenberg is raising funds for a study to measure incidences among the Kuna of breast cancer, cervical cancer, ischemic heart disease, and diabetes to help confirm the differences indicated by the death certificates. Such cocoa research may be in its infancy, but consumers will already notice its impact on grocery store shelves. Mars Inc., which has funded Hollenberg's research both here and in the San Blas, produces a line of flavanol-rich products called Cocoapro and CocoaVia chocolates, while Hershey's Co. promotes Extra Dark Chocolate and Antioxidant Milk Chocolate with "good-for-you benefits."

That doesn't mean people should overindulge in the sweet stuff, which remains high in calories and fat, Hollenberg says. "Chocolate is a delight," he says, "but it will never be a health food."

Hometown: Winnipeg, Canada, now living in Brookline.

Family: His wife Deborah is an artist. His son David teaches Islamic Studies and Arabic language at James Madison University, and daughter Ilana, is a former corporate lawyer.

Education: Finished high school at age 15. Earned a bachelor's degree at 18 and graduated at 22 with M.D. from the University of Manitoba in Canada. Received his Ph.D. in pharmacology from Manitoba and the Karolinska Institutet in Sweden. What he almost did: "I was a math major in college, and I actually graduated from university when I woke up one morning with the terrifying realization that I wasn't a genius," he says. "I had never had an original mathematical idea in my life."

Natural Cocoa Powder: A New Drug or A Functional Food?

Article by Frank Asante

(5 /1/2007)

For many consumers of natural cocoa powder the desire to know the secret behind the magic of cocoa powder still goes on. This was evident in a study carried out in Tema recently at a particular shop and covered a period of one month. It was intended to seek the comments of buyers and consumers of natural cocoa powder on various matters.

The subject of this article, which is the status (drug or otherwise) and impact of natural cocoa powder on one's health was in the main the major issue that consumers wanted more information on. From all credible scientific literature, natural cocoa powder can best be described as a functional food that is a medicinal food or nutraceutical. (Nutraceutical is a blend of the words nutrition and pharmaceutical). While "nutraceutical" and "functional food" have been used for some time now, there is still no consensus on their meaning. Whereas some authorities consider the two as the same, others think otherwise.

The Wikipidea states that a functional food which is also called nutraceutical is any fresh or processed food claimed to have a health promoting and /or disease preventing property beyond the basic nutritional function of supplying nutrients.

The International Food Information Council document on functional foods also states that, they are foods or dietary components that may provide a health benefit beyond basic nutrition. It goes further to state that they could be natural products that already have significant levels of some functional ingredients or special formulations that include functional ingredients.

The Food Directorate of Health, Canada, has however proposed the following definitions to try and differentiate between the two. It states that; a nutraceutical is a product isolated or purified from foods that is generally sold in medicinal forms not usually associated with food. Where as a functional food is similar in appearance to, or may be a conventional food, which is consumed as part of a usual diet, and is demonstrated to have physiological benefits and/or reduce the risk of chronic disease beyond basic nutritional functions.

Scientific literature has it that the concept of functional foods was born in Japan when in the 1980s; health authorities recognised that an improved quality of life must accompany increasing life expectancy for the expanding number of elderly people in the population if health care costs were to be controlled. Thus this concept of foods was developed specifically to promote health or reduce the risk of disease.

Over the years, the market for functional foods has seen tremendous growth. Apart from Japan it is doing very well in the United States of America, Canada, China and Europe. According to just-foods.com, an authentic source for business information on the World Wide Web, the global functional food market which reached 73.5 billion dollars in 2005 continues to grow. This primarily is being fueled by the increasing relationship between diet and health, rapid advances in science and technology, increasing health care cost, changes in food laws affecting label and product claims, gradually aging population and rapid interest in attaining wellness through diet.

Many functional components continue to be discovered because of improved technology and new scientific findings. The following nutrient families however have been distinguished as the main groups to which the ingredients that give foods their functional status belong. They are prebiotics, plant extracts, minerals and vitamins. Compared to other countries, the functional food market in Ghana is not only small. It has also not been well studied thus there is very little scientific literature or market information on it.

Regular visits to some shops and supermarkets however show that many of them continue to give more shelf space to functional foods. Examples of such are high protein, fiber, energy, vitamins and minerals products. Though there are many areas in the nutrition of functional foods that are still under investigation, the experts on functional foods are certain that they can be used to address medical and lifestyle issues.

The medical issues are controlling or reducing the risk of medical conditions such as high cholesterol, diabetics, heart disease, osteoporosis, cancer and moderating or curing the effects of such illnesses if one is already suffering from any of them. Whilst the modern lifestyle concerns are appearance, performance and general well-being, even when one is experiencing stress like preparing for examinations, elections, funerals and marriage ceremonies.

Considering the fact that natural cocoa powder is rich in magnesium, flavanols, theobromine and dietary fibre, it can safely be concluded that cocoa powder is a very good natural functional food. It should therefore be consumed regularly for its numerous benefits only. Natural cocoa powder is not a drug, neither should it be equated to the popular "tinkalo" sold in the buses as "cure for all ailments". Thus it should not be substituted for prescribed drugs without your doctor's consent.

A very important caution; like all functional foods, cocoa powder does not contain appropriate levels of all the other nutrients that are needed for the desired functioning of the human being. It is therefore recommended that you take cocoa powder, like all functional foods, as an important part of an overall healthful lifestyle that includes a balanced diet and physical activity. Continue to enjoy your natural cocoa powder.

Discover Chocolate Author to Present to the "Chocolate Summit" During Toledo Cacao Festival in Punta Gorda, Belize

Larchmont, NY,

May 01, 2007 --(PR.com)-- Clay Gordon, editor and publisher of chocophile.com, author of the forthcoming book "Discover Chocolate" (Gotham Books, October 2007), and founder of the New World Chocolate Society has been invited to attend and speak on the subject of chocolate, cacao, and tourism at the first Chocolate Summit to be held May 17th on the grounds of Cotton Tree Lodge (Punta Gorda, Belize) during the first annual Toledo Cacao Festival.

The Chocolate Summit during the Toledo Cacao Festival is bringing together chocolate lovers, chocolate manufacturers, and experts on chocolate from all over the world with members of the Belizean Tourism Board and local cacao farmers, co-ops, and others involved in the local cacao economy.

Mr. Gordon, who has been editing and publishing chocophile.com since May 2001, is recognized as one of Americas' leading independent authorities on the subject of chocolate. He recently returned from a trip to the Toledo District of Belize to study the local cacao economy and has made trips to Mexico, Venezuela, and Ecuador on similar study missions.

"Every cocoa producing country has different market economics so it's impossible to generalize about how cocoa makes its way from the farmer to the ultimate chocolate manufacturer. The situation in Southern Belize is interesting because it represents a very good example of corporate stewardship by a foreign company that is committed to doing well by doing good. It's an example of "direct trade" where the buyer of the cocoa beans is actively involved in the local economy rather than trading at arms' distance."

"Tourism can play a critical role in local cacao economies," continues Gordon, "because it connects the chocolate lover in the developed world with the people who grow cacao in developing countries. It's sort of like the concept of direct trade -- by getting the ultimate consumer involved with the production of cacao, it's no longer an arms' length relationship. By making the connection, and developing relationships chocolate lovers develop a strong first-hand understanding of why it's important to ensure that farmers get paid a living wage for the hard work they do growing ingredients for the foods we love.

"That's one of the missions of The New World Chocolate Society, which I originally founded to promote cocoa grown in the New World and chocolate made in the New World. On my first trip to Ecuador in 2003 I was struck by how easy it would be to create low-cost and no-cost devices or techniques to help cacao farmers improve their crop yields and the quality of what they produce. On my recent trips Mexico, Venezuela, and Belize I became even more convinced, and I am in the middle of prototyping a low-cost winnowing machine. I intend to release the plans for the winnower into the public domain under a Creative Commons license in the next couple of months once I work the bugs out. While the prototype I am making uses stock plumbing parts made from PVC, in places like Belize farmers could use bamboo they cut down in the forest."

Mr. Gordon's company, pureorigin, is planning a series of "Discover Chocolate" trips to Belize in 2007 and 2008, and plans to add trips to other countries as demand dictates. "Why Belize?" asks Mr. Gordon. "Well, English is the primary language of the country making it very easy to get around. Belize is also home to important parts of remaining Mayan culture, and the Mayans were one of the first societies in the Americas to incorporate cacao throughout all levels of their culture."

Hershey and Barry Callebaut Announce Innovation Partnership Agreement

May 1, 2007-

The partnership includes a long-term global agreement under which Barry Callebaut will supply Hershey with a minimum of 80,000 tons per year of chocolate and finished products.

01/05/07 The Hershey Company, North America's leading manufacturer of quality consumer chocolate and confectionery products, and Barry Callebaut, the world's largest manufacturer of high-quality cocoa, industrial chocolate and confectionery products, announced a strategic supply and innovation partnership. The cooperation will enable the companies to work together to drive long-term growth in the global chocolate market.

The companies will partner on a wide range of research and development activities with a focus on driving innovation in new chocolate taste experiences, premium chocolate, health and wellness, ingredient research and optimization.

Under the agreement, Barry Callebaut will construct and operate a facility to provide chocolate for Hershey's new plant in Monterrey, Mexico. Barry Callebaut will also lease a portion of Hershey's Robinson, Ill., plant, and operate chocolate-making equipment at the facility. The partnership includes a long-term global agreement under which Barry Callebaut will supply Hershey with a minimum of 80,000 tons per year of chocolate and finished products.

The agreement will significantly increase Barry Callebaut's production capacity in the Americas. Over the next three years, production capacities will increase by 130,000 tons, with a significant portion of this production dedicated to supplying Hershey. The total investment by Barry Callebaut will amount to USD 50 million (CHF 65 million).

The two companies also will work together on efforts aimed at building a sustainable cocoa supply, including the World Cocoa Foundation's Sustainable Tree Crops Program, the International Cocoa Initiative Foundation and industry efforts to implement a certification system in West Africa. Hershey will also participate in Barry Callebaut's proprietary corporate social responsibility and sustainable cocoa-bean sourcing programs.

Richard H. Lenny, Chairman, President and Chief Executive Officer, The Hershey Company, said, "Barry Callebaut is a global leader in high-quality chocolate, and we're pleased with this opportunity to expand our relationship. This partnership provides Hershey with immediate access to broad expertise in premium chocolate and builds on our strong research and development capabilities. We will work together on research involving unique cocoa flavors and formats to enable superior new product innovation. Barry Callebaut and Hershey will also work together on corporate social responsibility efforts, with an emphasis on bringing about sustainable, positive change benefiting cocoa farmers and their families."

Patrick De Maeseneire, CEO of Barry Callebaut, said, "This long-term agreement with Hershey marks a milestone for Barry Callebaut. The transaction will transform our business in the Americas by doubling our production capacities of chocolate in the region. On a group level, it will increase our volumes by 10 percent over three years. We will be able to significantly strengthen our factory network, bringing us closer to our customers and making us more competitive in North America. Thanks to our innovative strength and cost leadership, we have succeeded in firmly establishing ourselves as a partner of choice on both sides of the Atlantic Ocean."

Chocolate does better than Viagra Ads By Google

AFP

Lagos, September 13, 2006

First Published: 00:00 IST(13/1/2007)

Last Updated: 17:40 IST(16/9/2006)

Viagra may heat up one's sex drive, but chocolate can make it sizzle. So said Dr. Dora Akunyili, the director of Nigeria's Federal Agency for Food and Medicine, in advising Nigerians on Monday to forego the little, libido-boosting blue pills in favor of a measured dose of cocoa. To back up her claims - made during a meeting with the vice-governor of one of Nigeria's states - the good doctor cited a recently published study extolling the libidinal qualities of cocoa beans. The report, produced by Nigeria's national committee for the development of cocoa, may be a bit skimpy on double-blind scientific tests, but it does refer to the marketing campaign of a British trade association making similar claims.

Baptized "Feeding Your Imagination", the campaign will soon launch a product line of six energy chocolate bars containing essential oils said to enhance one's mood, and especially one's sexual appetite. Costing about US\$6 (€5) per 100 grams, the bars are fetchingly named Sexy, Beautiful, Dreamy, Fantastic, Sensual and Lovely, according to the website foodnavigator.com.

Britons already lead the European Union in chocolate consumption, eating nearly 10 kilos on average per year, and Britain is thus considered a promising market for sex candy. For Akunyili, chocolate is the obvious lover's choice. Viagra, she said, can have unwelcome side effects, but chocolate is all good: it is the best anti-oxidant known and - beyond its sexual virtues - can help prevent heart attacks, hypertension and diabetes.

The vice governor, who also happens to head a committee for the promotion of chocolate, is even more enthusiastic about cocoa's curative powers, claiming it can "cure breast cancer, get rid of chronic coughs, and enhance brain power". Akunyili did caution, however, that any new products containing chocolate will be thoroughly tested before going to market.

Change in Chocolate Sparks Outcry

May 1, 2007

Chocoholics are up in arms about a proposal before the Food and Drug Administration that could change the very nature of that yummy treat. The proposal would allow manufacturers to replace cocoa butter, the basic fat in chocolate, with vegetable oil. That would make production cheaper, and give the appearance chocolate is more healthy. But dietitians say chocolate would still contain unhealthy fats, and would be a far cry from health food. Connoisseurs are incensed - some apparently choose their chocolate based on the cocoa butter content alone.

Two-Minute Expert: Dusting pans with cocoa

Karen Elizabeth Watts

Wednesday, May 2, 2007

We dust pans with flour to keep cakes from sticking to them during baking. That's fine, unless you're making a chocolate cake.

EVANS CAGLAGE/DMN

Substitute cocoa for flour when dusting pans for a chocolate cake. Though dusting with flour prevents sticking, it can leave white spots on a chocolate cake. The solution is to dust the pan with cocoa powder instead of flour: no sticking and no white spots.

Karen Elizabeth Watts

If you have a cooking question for the Two-Minute Expert, send it to Taste, P.O. Box 655237, Dallas, TX 75265, or e-mail food@dallasnews.com. Questions of general interest will be answered in the column

Cargill Introduces Gourmet Chocolate Line

02/05/07 - Cargill has introduced its full gourmet line of Peter's Chocolate brand in wafer form and convenient new 5 kg. boxes for trouble-free handling and storage. Many chefs and chocolatiers prefer a 5 kg. pack size because it requires minimal storage space.

For added convenience, the chocolates come in wafer form, instead of 10 lb. blocks, eliminating the need to break the blocks. Cargill tested the products in a wide range of kitchen settings to ensure proper performance in various culinary and confectionary applications.

In addition, Cargill is introducing three new Peter's Chocolate products, developed by Cargill Cocoa and Chocolate Certified Master Pastry Chef Frank Vollkommer. Peter's Malan Milk Chocolate, Peter's Finley White Chocolate and Peter's Cambra Bittersweet Chocolate round out the Peter's line of gourmet chocolates, which already includes Adair Bittersweet Chocolate, Galetton Bittersweet Chocolate, and Finely Ground Burgundy Semi-sweet Drinking Chocolate. All products in the Peter's full gourmet line have been formulated to have the optimum viscosity, allowing them to be highly workable, and all are available in the convenient 5 kg. boxes, packed four per case.

"The new 5 kg. pack size and three new gourmet chocolate products highlight Cargill Cocoa and Chocolate's ability to meet customer demands for selection, high quality and convenience," said Frank Vollkommer,

Certified Master Pastry Chef, Cargill Cocoa and Chocolate. “We are pleased to offer our customers this gourmet line of chocolate, which builds on Cargill’s strong portfolio and provides even more opportunities to share the ingredients and knowledge to help our customers succeed.”

Peter’s new milk chocolate, Malan, offers 40-percent cocoa solids and provides chefs with a hint of caramelization and natural vanilla. Finley, Peter’s white chocolate, has creamy and smooth characteristics with 33-percent cocoa solids. Cambra, a bittersweet chocolate with 72-percent cocoa solids, can accredit its mellow, balanced flavor to the European-style low roast liquor.

Cocoa: Digging With the Right Tools

By Morgan Lee

5/2/2007

When you’re trading, you’re always looking for an edge. Especially in commodities, whose prices are more susceptible to supply and demand fluctuations than other markets, you constantly scour the news, looking for that vital nugget of information that could make or break that trade.

The problem is that if you’re solely relying on the news for that nugget, you’re digging with the wrong tools. Because all too often, the rusty old spade known as the supply-and-demand theory comes up short in explaining – and predicting – market action.

For example, look at how the financial press summed up one recently sinking commodity – Cocoa.

Starting in mid-April, Cocoa futures plummeted from over 2000 to about 1750 (almost 13 percent), striking a seven-week low this past Monday (April 30). Any move requires an explanation, especially one this big. In this case, the explanation was, “Beneficial rains falling over West African growing regions.” (AP) The rain would reportedly increase the world’s supply of cocoa – West Africa grows 70% of the earth’s cocoa. And – as the basis of fundamental analysis, supply-and-demand theory, states – when one goes up, the other must come down.

The only problem is that on Tuesday (May 1), just one day after the news of West African rains, it looked like both Cocoa’s supply and demand shot up at the same time, as Cocoa futures began to show signs of a rebound. In fact, the commodity shot up over 1800 on Tuesday and continued to ascend on Wednesday, reaching toward 1850. Hmm.

The reason why Cocoa prices brushed off the news of a strong supply is the same as always – market psychology. Financial prices are primarily a function of social mood. And although commodities are a type of investment that is priced in a supply-AND-demand market, social mood (or, in this case, the collective mood of cocoa traders) obviously plays a huge role. Trader’s collective mood shows up in price charts – in the form of Elliott waves. And it was by employing wave analysis that Daily Futures Junctures editor Jeffrey Kennedy saw in Tuesday’s Cocoa price charts a wave pattern preparing to end the market’s month-long slide with a bang.

In his Tuesday’s (May 1) DFJ, Jeffrey notes that Cocoa prices appear to have traced out an ending diagonal triangle. A diagonal triangle, according to Elliott Wave Principle -- Key to Market Behavior, is a “termination point of larger patterns, indicating exhaustion of the larger movement.” Once a diagonal triangle has completed, you can expect sizable, swift moves in the other direction.

In this case, that "exhaustion of the larger movement" was the end of Cocoa’s correction, which helps explain Cocoa’s rally on Tuesday and Wednesday. And by the looks of it, Jeffrey expects this move to be just the beginning. For that reason, Jeffrey also details for you an exact price point where we’ll know whether his latest Elliott wave count for Cocoa is right or wrong.

(Editor’s Note: To read the May 1 Daily Futures Junctures, once you’ve started your risk-free subscription, open the current Daily Futures Junctures and click on the Archives tab. You’ll find plenty of other recently identified opportunities in the Archives, too.)

Fortis warns cocoa prices may rise 50%

By Chris Flood

2/5/2007 - (London Time)

Cocoa prices could rise more than 50 per cent from yesterday’s London price of £984 a tonne to reach £1,500 before the end of October, says Fortis, the investment bank.

Fortis said there was no shortage of real cocoa but processors who expected a downward price correction lacked cover and would need to buy even at current high levels. Important manufacturers are likely to decide about forward cover in June when they have indications about the 2007-08 crop.

Cocoa prices reached a four year high in mid-April. Severe dryness affected parts of west Africa's cocoa belt. Fortis said recent rains had arrived in time to prevent a complete collapse of the smaller crop for 2006-07.

Ivory Coast, the world's largest producer, is expected to deliver 280,000 tonnes in its smaller crop; down from an estimate of 305,000. Rainfall is expected to benefit the main crop for 2007-08. Global cocoa production is forecast to rise 12.5 per cent to 3.7m tonnes. A global cocoa deficit of 238,000 tonnes is expected this year, but there should be a supply surplus of 64,000 tonnes in 2007-08.

Calm Down with Cocoa

Robert W. Griffith, MD
Source : HealthandAge Blog
May 3, 2007

Chocolate lovers will be happy - there's more good news about how their objet d'amour can improve health. Blood pressure appears to respond favorable to cocoa, but not tea, according to a meta-analysis reported in the Archives of Internal Medicine.

German researchers in Cologne searched the medical literature, and found 5 randomized controlled studies of cocoa administration and another 5 for tea (black or green). Coca drinks given to 173 subjects for an average of 2 weeks lowered the systolic blood pressure by 4.7 mm Hg, and the diastolic pressure by 1.8 mm Hg, on average. Tea, on the other hand, had no effect on blood pressure in 343 subjects.

The magnitude of the effect of cocoa on blood pressure is clinically relevant - it's in the range usually achieved with a beta-blocker or an ACE-inhibitor given on its own. And cocoa has been reported to help control blood sugar in diabetes, in mice.

Both cocoa and tea are rich in polyphenols. It may be that the polyphenols are more 'bioavailable' in cocoa, or that they have a different composition. The polyphenols in coca are rich in procyanidins, while black and green tea are rich in flavan-3-ols and gallic acid. So now we know. But most of us will drink cocoa because it tastes better (except when we are watching our calorie intake!).

North Sumatera earns \$12.7 mln from cocoa exports

05/03/07

Medan, North Sumatra (ANTARA News) - North Sumatra earned US\$12.7 million in foreign exchange from cocoa exports in the first three months of 2007, a local official said. "The value of the cocoa exports from January to March 2007 increased by about US\$3 million from US\$9.4 million in a corresponding period last year," Fitra Kurnia, an official of North Sumatra's industry and trade office, said here on Thursday.

The volume of the cocoa exports also increased to 7,636 tons from last year's 7,015 tons in the first three month period of 2006, he said. North Sumatra's cocoa exports go to several countries such as Malaysia, China, Singapore and Thailand. The higher cocoa export earnings happened because of an increase in the world cocoa price and in demand for the commodity, he said. (*)

Scientists propose new process for high-flavonoid cocoa

Source: Journal of Agricultural and Food Chemistry
By Stephen Daniells

5/3/2007 - Scientists in Spain are reporting development of a new process to make cocoa powder with eight times the levels of some flavonoids linked to chocolate's beneficial effects. Writing in the Journal of Agricultural and Food Chemistry Juan Carlos Espin de Gea and colleagues report that omitting the traditional fermentation and roasting steps used in the processing of cocoa beans can achieve higher levels of flavonoids.

The researchers, including scientists from cocoa-ingredient manufacturer Natraceutical Group, also tested the bioavailability of these flavonoids in humans and found to be five-fold higher than from a conventional cocoa powder. "All of these studies confirm that through improved processing, the flavonoid composition of cocoa powder can be enhanced (mainly flavanol monomers and dimers) and that this enhancement leads to an increase

in the cocoa flavonoid metabolites present in plasma and in urine showing a higher bioavailability," wrote the authors.

The health benefits of antioxidant-rich chocolate have received much recognition in recent years, with positive findings from a number of studies impacting on consumer awareness. Chocolate manufacturers are using high cocoa content (over 70 per cent) as a means of differentiation, and cocoa has also received attention for its potential in functional food applications.

The flavonoid-enriched cocoa powder was prepared by blanching the fresh cocoa beans in hot water in order to inactivate the polyphenol oxidase enzyme that is responsible for the oxidation of polyphenols in the bean. The beans were then dried, deshelled, milled, partially defatted, and vacuum-dried. Comparison with conventional cocoa powder showed that the flavonoid-rich powder contained four times more procyanidins, and eight times more epicatechin and procyanidin B2, than the conventional powder.

To test the bioavailability of these flavonoid six healthy volunteers consumed a milk drink made with flavonoid-enriched cocoa. The same volunteers later drank chocolate milk made from traditional cocoa. Blood and urine tests established the bioavailability of flavonoids in the enriched-milk drink, and showed that epicatechin glucuronide (the main metabolite detected in the blood) was five-fold higher following consumption of the flavonoid-rich powder than the conventional powder.

"Previous reports have linked the cardiovascular beneficial effects of cocoa consumption with the accumulation of procyanidin metabolites in plasma," said the researchers.

"In this context, a higher health beneficial effect upon the intake of a cocoa-derived product based on a process that preserves flavonoid content cannot be ruled out," they concluded.

Natraceutical shifted its attention to cocoa from caffeine in 2003, and has developed a range of ingredients with different concentrations of the natural antioxidants found in cocoa for food makers looking to enhance the health properties of their products.

These are available to the market under the CocoonOX brand.

Chocolate giant Mars recently filed a lawsuit against Natraceutical, alleging that the Spanish company is infringing its patents on polyphenol-rich cocoa extracts by selling CocoonOX extracts in the United States. A spokesperson for Natraceutical was not available to comment prior to publication deadline whether the new process published in the Journal of Agricultural and Food Chemistry was different to the disputed patents.

Published on-line ahead of print, doi: 10.1021/jf070121j

"A New Process to develop a Cocoa Powder with Higher Flavonoid Monomer Content and Enhanced Bioavailability in Healthy Humans"

Authors: F.A. Tomas-Barberan, E. Cienfuegos-Jovellanos, A. Marin, B. Muguerza, A. Gil-Izquierdo, B. Cerda, P. Zafrilla, J. Morillas, J. Mulero, A. Ibarra, M.A. Pasamar, D. Ramon, J.C. Espin

Don't mess with chocolate

The Seattle Times: <http://www.seattletimes.com>

McClatchy-Tribune News Service

(MCT)

Thu, May. 03, 2007

The following editorial appeared in the Seattle Times on Wednesday, May 2:

X X X

The U.S. Food and Drug Administration had enough on its plate without adding a heaping serving of chocolate.

The agency in charge of regulating our food supply needlessly picked a fight with its plan to fudge standards by allowing chocolate's main ingredient, cocoa butter, to be replaced with other ingredients, including vegetable oil. The FDA is carrying the ball for the Grocery Manufacturers Association, which requested the change on behalf of 11 food-product groups. Manufacturers are worried about dry weather hurting production in the world's two largest suppliers of cocoa beans: Ivory Coast and Ghana.

Diluting chocolate standards isn't the answer. What's next, popcorn sans the corn?

Chocolate makers who want to cut costs by reducing or eliminating cocoa can do so; indeed, many already have. They simply label their products chocolate-flavored, chocolate-ish or some other pseudo-correct adjective. Anyone who has ever tasted Whoppers, those chocolaty bits with the feel of Styrofoam, understands immediately.

The FDA's role as regulator ought to mean ensuring consumers are not buying a product marketed as something it is not. Industry numbers suggest consumers want real, not imitation, chocolate. Between 2003 and 2005, U.S. sales of premium chocolates went from \$1.4 billion to \$1.79 billion. That is a fraction of the overall \$15.7 billion chocolate market, but the growth rate for top-quality chocolate has been more rapid: 28 percent over the three-year period compared with annual growth rates of 2 to 3 percent for the industry as a whole.

Recent studies suggest health benefits from the flavonols and antioxidants in chocolate. Introducing unhealthy fats and oils in sweets appears to double the calories and associated health risks. Lastly, we come to the matter of aesthetics. Americans, besieged by messages about obesity and other health risks, are limiting their treats. If one is going to indulge in chocolate, it ought to at the very least be worth it.

The FDA is taking public comments until June 25. Go to www.fda.gov or call 888-463-6332.

HEART ATTACK CHOCOLATE

By Jon Christian Ryter

May 4, 2007

NewsWithViews.com

Petitioners who initially—and covertly—referred to themselves as an interested "citizens group" were actually among the most powerful members of the Chocolate Manufacturers of America [CMA]—Hershey, Nestle and agri-giant Archer Daniel Midland) in collaboration with the Grocery Manufacturers Association and the Food Products Association. The chocolate cartel covertly petitioned the Food & Drug Administration [FDA] to "modernize food standards" [i.e., modify the "legal language" to better suit them]. Specifically, the petition asked the FDA to change the labeling of chocolate so companies like Hershey and Nestle can make chocolate without using as much—or, in some cases, any—cocoa butter in their end product and still call it chocolate. Instead, the chocolate makers have figured out how to capture the essence of the chocolate taste using milk, artificial sweeteners and the same hydrogenated vegetable trans fats that elevate your bad cholesterol and cause heart disease. According to Julie Anderson of Joliet, Illinois—one of those who protested the FDA's considering this blatant marketing ploy by the Willie Wonkas of the chocolate industry—"Any product that doesn't have cocoa butter doesn't taste as good, and doesn't feel the same on your tongue. A high-quality chocolate, when you put it in your mouth, melts and becomes silky. With hydrogenated oils [instead], it feels kind of waxy or greasy."

Because trans fats are directly linked to heart disease, every food processor in the United States has either removed them or has greatly reduced them in their products in anticipation of the types of class action lawsuits filed by public advocate attorney Stephen Joseph in 2003. British-born Washington, DC lobbyist Joseph is best known not only as the lawyer who sued Nabisco brand owner Kraft Foods in 2003 over the trans fats in Oreo cookies, but also as the lawyer who sued McDonald's over unrevealed trans fats in their French fries. Joseph became the world's leading trans fat advocate after reading an article on how hydrogenated trans fats are hidden in most of America's most popular snack foods. The suit he filed against Kraft Foods was the first of its kind in the nation. Joseph wanted to ban the sale of Oreo cookies to children. [Editor's note: when I first read about Stephen Joseph's class action lawsuit against Kraft Foods in 2003, I thought the man was just one more money-hungry class action lawyer. Stephen Joseph is as close as any lawyer could ever be to a national hero.]

Cardiologists and medical researchers alike believe trans fats are linked to several debilitating diseases—with heart disease heading the list. In 2003, hydrogenated trans fats were in about 40% of all food products on the grocery store shelves—including most cookies, crackers, vegetable shortening, margarine and microwave popcorn (that uses hydrogenated oils to pop the corn). Trans fats are used to solidify oil (particularly that used in margarine and shortening—but they are also used in liquefied cooking oils). Hydrogenation, according to Stephen Joseph, is an industrial process used to make perfectly good oils (such as soybean oil) into perfectly bad oil. Hydrogenation is used to provide longer shelf life even though, Joseph notes on his website, www.bantransfats.com, it reduces the "shelf-life" of the consumers who ingest it.

What is most dangerous about trans fats is that they cause a significant lowering of HDL (high density lipids) cholesterol (the good cholesterol) and a serious increase in LDL (low density lipids)—the bad cholesterol. Increased LDL makes the arteries more rigid. It's a major cause of arterial clogging. The medical community has found a considerable amount of evidence linking heart disease and stroke to low HDL levels. For every one milligram rise in HDL, the risk of developing cardiovascular disease falls by 2% to 3%. HDL levels of 60 milligrams or higher help protect against heart disease. HDL also acts as an antioxidant by deterring the harmful oxidation of LDL. In addition, HDL is a first aid mechanism to repair the arteries. It also has anti-clotting characteristics which helps keep clots from blocking arteries.

Does Archer Daniel Midland, Hershey, Nestles and the other members of the Chocolate Manufacturers of America know that medical risks exist for people who consume excessive amounts of trans fats? Yes, they do. But, this is just a calculated business decision on the part of big chocolate. Cocoa prices in the futures market have skyrocketed 28% in the last six months based strictly on speculation that a dry summer this year could impair cocoa production in Ghana and the Ivory Coast. (Note: most of the world's supply of cocoa comes from the rain forests of South America and the jungles of Central America.

The question floating around the chocolate industry is this: can the Willie Wonkas of the world create a true chocolate taste using artificial sweeteners, 2% milk fats and health-threatening hydrogenated vegetable oils and almost no real chocolate in their chocolate bars? The answer: they can, and have. The next question is, will the FDA allow the chocolate industry to called their trans-fat time bomb "chocolate?" The answer is because of the political clout of Archer Daniel Midland and because if a new global source of artificial "chocolate" can be found there is little else standing in the way of destroying the world's cocoa trees to eliminate the world's supply of cocaine.

Gary Guittard, the fourth generation owner of Guittard Chocolate Company agrees with the view of Cybele May who publishes the CandyBlog.org .May and Guittard are convinced the global chocolate industry wants to convert chocolate into mockolate. Guittard, one of 12 chocolate manufacturers in the United States has joined forces with Warren Buffett's See's Candies to fight the US chocolate conglomerate's plan to create artificial chocolate and have the FDA reclassify a product with 25% or less chocolate as "chocolate."

What Archer Daniel Midland and the Willie Wonka chocolate giants want to do is precisely what the vegetable oil giants—US Dairy Company, Armour and Lever Brothers (now Unilever)—wanted to do in the 1920s when they got control of the French inventor, Hippolyte Mege-Mouriez's patent rights in the United States margarine and shortening. The American people didn't accept margarine. In 1930, the per capita consumption of margarine was 2.6 lbs. The per capita consumption of butter in the United States was 17.6 lbs. The margarine moguls wanted Congress to enact a law to allow margarine to be called "artificial butter." It never happened and the smart people continued to eat butter and cook with lard.

It was not until lobbyists for the margarine and shortening industry in the 1950s and 60s successfully pressured the FDA to sanction the health claims that margarine—a product containing unhealthy trans fats—was a more healthy alternative to butter. Now Archer Daniel Midland and the Chocolate Manufacturers of America would like the FDA to redefine what constitutes chocolate, allowing the Chocolate Manufacturers of America to call products with greatly reduced cocoa content chocolate. Today, when you look at gourmet chocolate bars

Hershey disagrees that using trans fats in chocolate will have negative health implications for consumers. What it will have, Hershey suggests, is a calming affect on the spiraling cost of chocolate. A pound of chocolate (which contains about 25% cocoa butter) costs about \$2.30 lb. The vegetable oils that the chocolate industry wants to use as "filler" costs about 70 cents per pound. "Cocoa butter is the most expensive ingredient there is, and so it adds up to a substantial amount of money." Guittard noted that US chocolate manufacturers use about \$1.4 billion of cocoa and cocoa products each year. "No one can afford to sit back and eat bonbons while America's great passion for chocolate is threatened." Hershey, according to the Sacramento Bee, said that Hershey plans to make chocolate without any cocoa butter.

According to Kirk Saville, spokesman for Hershey, the name of the game is cutting costs. Referring to their efforts to "modernize" chocolate, Saville said, "The petition would modernize all food standards, increasing flexibility to accommodate changes in technology...If adopted [these changes] would provide the flexibility to make changes based on consumer taste preferences, ingredient costs and availability, and shelf life." The new rules, according to May, would completely obliterate the current trans fats definitions, basically making any concoction containing cocoa solids and vegetable fats classified as chocolate. Under the waiver sought by the

chocolate industry, the FDA is requested to relax the ingredient specifications to allow candy makers to substitute flavored vegetable oils for chocolate—even up to a 100% substitution. Chocolate-less chocolate.

Is the FDA about to flip flop on its ingredient labeling? The "citizen's petition" to the FDA that was actually drafted for Archer Daniel Midland and the Chocolate Manufacturers of America by the Grocery Manufacturers Association and the Food Products Association.

A statement by Robert Earl, senior director for nutrition policy for the grocery manufacturers makes me wonder if modifications in labeling that will once again conceal the levels of trans fats are in the offing. Earl said chocolate is just part of the proposal—but that food labels would still list all components. The best way to hide trans fats is to modify the regulations to allow larger levels of trans fats to be classified as 0%. Today, levels of trans fats at 5% or less can be listed on the ingredient label as 0% because, today, when trans fats show on the label, the product stays on the store shelf.

As it stands today, even with trans fats listed on the food label of most products, US consumers have no idea how much trans fats are in any of the processed foods they consume daily because of labeling loopholes demanded by food processors. Providing medically accurate information about trans fats on labels, according to Stephen Joseph, could prevent 7,600 to 17,100 cases of coronary heart disease, and 2,500 to 5,600 deaths every year—not only because people would be about to choose healthier foods, but because manufacturers would be forced to reduce or eliminate trans fats in the products they sell.

Laralee LaRochelle, owner of a small chocolate company, Cocoa Loco, in New York, said any such change authorized by the FDA would undermine the benefits of chocolate. The antioxidants in chocolate have played a role in good heart health for years would be replaced by trans fats that will have an adverse affect on heart health. "I don't understand," LaRochelle said, "why we'd want to have more candy bars laden with trans fats when cocoa butter is natural and beneficial." I agree. But then, as consumers, we don't have an agenda other than perhaps wanting to enjoy a piece of chocolate that doesn't have the potential to kill us somewhere down the trans fat road to heart disease.

Jon Christian Ryter is the pseudonym of a former newspaper reporter with the Parkersburg, WV Sentinel. He authored a syndicated newspaper column, Answers From The Bible, from the mid-1970s until 1985. Answers From The Bible was read weekly in many suburban markets in the United States.

Today, Jon is an advertising executive with the Washington Times. His website, www.jonchristianryter.com has helped him establish a network of mid-to senior-level Washington insiders who now provide him with a steady stream of material for use both in his books and in the investigative reports that are found on his website. E-Mail: BAFFauthor@aol.com

Ivory Coast Cocoa Sector Needs Total Reform-Study

Source: Reuters

04/05/2007

Abidjan, May 4 - Ivory Coast needs to completely revamp its opaque cocoa and coffee sectors and scrap a plethora of industry bodies which often operate outside legal mandates, an European Union-funded study published this week said. Ivory Coast is the world's top cocoa grower, with its average 1.3 million tonne production accounting for more than 40 percent of global supply. It is also the No. 1 African producer of robusta coffee beans used in instant coffee products.

The 170-page report recommended suspending levies farmers pay to two industry bodies, the Regulatory and Control Fund (FRC) price support mechanism and the Coffee and Cocoa Producers' Fund (FDPCC) which gives farmers tools and training. It said taxes for these and additional sums paid towards private operators who weigh loads of cocoa beans and carry out quality controls had not been approved by lawmakers.

"The coffee and cocoa sector structures have numerous practices not in conformity with the legal framework currently applicable in Ivory Coast," the study said.

"A fundamental legal and institutional restructuring of the coffee and cocoa sector is required."

The report by the European Consultants Organisation was completed in May 2006 but published this week on the website of the European Union delegation in Abidjan. It analysed legal documents founding the industry bodies and noted that many acted outside their legal mandates and all had refused to publish accounts or undergo

financial audits. It proposed the liquidation of the Coffee and Cocoa Bourse marketing body (BCC) as well as the FDPCC and FRC which it said should be replaced by interprofessional structures to which payment of levies would be optional, not mandatory for farmers.

The consultants said the activities of the FDPCC should be suspended because it had no legal status. It was criticised for the unequal distribution of its resources among growers. Other recommendations in the report included liberalising the supply of cocoa sacks, opening the quality control process to competition and assigning the task of weighing cocoa deliveries to the customs service instead of sub-contractors.

HIGH RUNNING COSTS

The report highlighted widespread dissatisfaction with the running of the cocoa and coffee sectors both within and outside the West African state. The industry structures, created when the sectors were liberalised and reformed in 1999-2000, were set up to improve efficiency over the state-run CAISTAB they replaced but the study noted their total running costs were three times higher.

Delegations from the World Bank and International Monetary Fund, which have called for more transparency in the cocoa sector, began a 10-day information-gathering visit to Ivory Coast this week with a view to re-starting suspended programmes. The World Bank last month agreed to renew ties with Ivory Coast which were severed in November 2004 after the former French colony fell behind with loan repayments on debt currently totalling around \$400 million.

The resource-rich country has been divided into a rebel-held north and government south since a brief 2002-2003 civil war. A long-deadlocked peace process has seen some progress since President Laurent Gbagbo and the New Forces rebels signed a home-grown peace deal in March. It foresees reunification and the holding of long-delayed elections by early next year.

EU clarification sought on our timber, cocoa

DAILY EXPRESS NEWS

(Bernama)

04/05/2007

Kuala Lumpur: Malaysia will seek clarification from Romania and Poland on major issues affecting the market access for tropical timber and cocoa products in the European Union (EU) market especially related to regulations and tariffs.

Issues on trade in illegally-sourced timber would also be discussed with the relevant authorities in these countries and Russia, Deputy Minister of Plantation Industries and Commodities, Datuk Anifah Aman, said in a statement here Friday.

Anifah is leading a timber and cocoa economic and technical mission to Romania, Poland and Russia from May 5-20. He said the delegation would take the opportunity to explain measures being taken by Malaysia to combat illegal logging and trade in illegal timber. "The mission will promote our timber certification scheme under the Malaysian Timber Certification Council and seek support and recognition for this scheme," he said.

Last year, Malaysia's exports of timber and timber products to these countries amounted to RM2.6 billion. Anifah said he would also raised market access issues, especially related to the high tariff and the non-tariff barriers imposed on cocoa products by these markets. He said Malaysian cocoa suppliers were reliable and the manufacturers had a proven track record of producing products that met international standards at competitive prices. "In this regard, Malaysia has increasingly become an important source of cocoa liquor, cocoa butter, cocoa powder, chocolate and chocolate confectionaries," Anifah said.

Last year, Malaysia's exports of cocoa to these countries in the form of cocoa powder amounted to RM23 million. Anifah said the delegation would take the opportunity to discuss the development of oils and fats, biofuel and bio-composite industries.-

Papua New Guinea: agricultural innovations tackle major pests

Source: thenational.com.pg

The National Agricultural Research Institute's (NARI) largest and oldest research station - Lowlands Agricultural Experiment Station (LAES) - at Keravat in East New Britain will mark 79 years of scientific and agricultural

research this year at its annual field day on Tuesday, April 24. The main theme will be "food crops for life through agricultural innovations". The day will see the release of new agricultural technologies, the launching of four development projects and many displays of agricultural information targeting stakeholders in the Niugini Islands region.

The major innovation to be launched will be two chemicals for taro beetle control.

Taro is one of the most important staple food crops in all countries of the Pacific region and is of cultural significance to many of them. Taro beetle is the most serious constraint to taro production and is ranked as the second most important pest on all crops, after Fruit Flies, in the region. Losses due to taro beetle in PNG and Fiji are estimated to be around AUD 40 million per year. The technological innovation developed by NARI at LAES Keravat and the South Pacific Commission in Fiji would enable the production of good quality taro on both small and large scale throughout the Pacific for enhanced food security and income generation. The new technological innovation has addressed the main production constraint, thus creating the potential for a new taro export industry for PNG.

Four development projects will be launched on the day. The most important of these is the European Union funded galip nut and nutmeg spice development project. These two alternative cash crops have been identified at NARI Keravat, from many years of research, for the development of a major and new exportable cash crop industry for PNG. The project is funded to supply elite planting materials to farmers in East New Britain and to research the post harvest requirements for the two crops. Elite galip nut seedlings have been selected and will be planted in existing cocoa blocks to provide both a shade for the cocoa and income. The project is part of a NARI contingency plan to help reduce any negative economic effects on farmers and the ENB province in the event that the Cocoa Pod Borer pest cannot be eradicated.

Three other development projects that will be launched on the day are funded by AusAID. Many important crop pests and diseases, such as the Cocoa Pod Borer and VSD disease on cocoa, are present in some places in PNG but not in others. There is a danger that these pests can be accidentally introduced to new places through crop planting materials. An internal quarantine facility has therefore been established by NARI at LAES which caters for the production and safe distribution of pest and disease free planting materials to stakeholders and interest farmers in the islands region.

The second project is a poultry breeding and hatchery unit which caters for production and distribution of Australorp chicken and other selected breeds to the Niugini Islands region - 10,000 Australorp birds were distributed from the hatchery last year. The last project launching marks the opening of the NARI mid-altitude vegetable centre at Anismetki in the Baining mountains of ENBP. Here, introduced vegetables such as potato, carrots, broccoli and cauliflower are being researched and promoted for smallholders. ENBP, New Ireland and the Autonomous Region of Bougainville now have the opportunity to produce and market their own temperate climate vegetables from their mid-altitude communities.

The occasion will see representatives of donors and VIPs from other organizations that are engaged, in one way or other, with agricultural projects at LAES. The East New Britain Governor Honorable Leo Dion MP and Gazelle Member and Minister for Public Service, Honorable Sinai Brown, MP, OBE will be the Guests of Honor for the event. Other institutions and business houses will exhibit displays and hundreds of farmers are expected to attend the event.

LAES Keravat, established in 1928, is well known throughout the Pacific for its significant contributions to agriculture over the years. This year continues in that tradition. The station's current research strengths include: production and distribution of elite food and cash crop varieties, indigenous and exotic fruit and nuts, and emerging cash crops such as spices; production and distribution of agricultural information; training of stakeholders; entomology; plant pathology; livestock; tissue culture; internal quarantine facilities; farm management; and scientific expertise in cocoa and coconuts.

Fair, organic & delicious

Saturday, May 05, 2007

It's meeting time at the La Siembra Co-operative on Florence Street, and the discussion is not about chocolate, the co-op's main business. It's about bicycle racks. During the past year, the staff has doubled in size -- to 20 from 10 -- and with the arrival of spring there's no longer room for all the workers' bikes. Some are taking up space in the tiny ground-floor lobby. Others are leaning against walls in the lunch room, which also doubles as the yoga room, foosball room, ping-pong room and general relaxation space.

Leaving the bikes at home isn't an option; the majority of employees do not own cars. Besides, some of the bikes were made from recycled bicycles by order desk co-ordinator Rodd Heino, who sells them for \$100. Who could pass up such an eco-conscious, not to mention monetary, deal?

Camino: The sweetest way to educate consumers on fair trade Welcome to one of Ottawa's fastest-growing, most successful, and definitely sweetest, businesses. Since its beginnings in 1999 in the basement of the former First United Church just up the street, La Siembra has grown from a \$40,000-a-year business to a \$4-million one in 2006. Its product list has grown too -- from a hot chocolate and sugar to nine chocolate bars, two flavours of hot chocolate, sugar and baking products for both home and commercial bakers.

What hasn't changed, though, is the co-op's dedication to fair trade.

"Our business is about making sure people are being paid a fair wage and that safe working conditions are being met," says Shannon Sutton, La Siembra's communications manager.

And she doesn't mean just at the co-op's headquarters.

La Siembra works with farmer co-operatives in Dominican Republic, Paraguay, Peru and Costa Rica, helping to raise organic, shade-grown cocoa beans without the pesticides common to most cocoa-growing operations. The co-op buys the beans for a minimum of \$1,600 U.S. a ton (paid even when the world price is less), plus premiums of \$150 a ton for organic beans and \$200 for fair-trade, then ships them to Europe where they are turned into chocolate bars and cocoa. The products are then sent to Canada, where they are distributed and sold through Bridgehead Coffeehouse locations, and natural health food and grocery stores under the brand name Cocoa Camino (cocoa path in Spanish).

Most of the ingredients are organic, and everything is certified fair trade by TransFair Canada, a process that in 2006 cost La Siembra \$40,000 to pay for auditing its supply chain. Since 1999, the co-op has paid \$300,000 in premiums to farmers to invest in new schools, better equipment, improved health care and research into cocoa production. It's a big commitment that is starting to pay big dividends. Health concerns and reports of chocolate's health benefits are boosting consumer demand for quality, organic chocolate. And, spurred by Carol Off's 2006 book *Bitter Chocolate*, which exposed the child slave labour on cocoa plantations in Africa, demand for certified fair trade products is not far behind.

TIT BITS

(Source: Business Recorder – www.brecord)

New York cocoa hits six-week low

NEW YORK (April 28, 2007): US cocoa futures closed lower on Thursday, after hitting a 6-week low, in a volatile session of speculative dealing, traders said. "The arrival numbers (in Ivory Coast) were better than expected, which can happen consistently, and I think that sort of took some of the edge off the market," Judy Ganes-Chase of J Ganes Consulting said.

New York cocoa ends mixed

NEW YORK (April 29, 2007): US cocoa futures finished mixed on Friday, after trading in a tight band at the lower end of the previous day's range on two-sided local dealings amid continued fund and speculative long liquidation, traders said.

Ivorian cocoa arrivals seen down

ABIDJAN (May 01, 2007): cocoa arrivals at ports in Ivory Coast slowed in the week to April 29 as farmers worked on preparing the beans in the bush, but steady rains promised an improvement in crop quality, exporters said on Monday.

London cocoa sets two-month low

LONDON (May 01, 2007): London cocoa futures fell to two-month lows on Monday, weakened partly by trade selling as the market finally breached key support, dealers said. "Trade selling has put the market on a bit of a back foot," one dealer said. July finished down 15 pounds at 966 pounds a tonne, just above a two-month low for the second position of 962 pounds. Total volume was a moderate 13,697 lots.

New York cocoa falls

NEW YORK (May 02, 2007): US cocoa futures eased to close at a fresh seven-week low on Monday on speculative selling and pressure from light arbitrage selling due to the weaker pound early in the session, traders said. "After the initial decline, we didn't get any follow-through selling, and it just basically crept back up on some short-covering," one trader said.

New York cocoa climbs

NEW YORK (May 03, 2007): US cocoa futures closed 2 percent higher on Tuesday, clawing up from a fresh seven-week low hit, as trade buying returned to the market, traders said.

Ivory Coast's cocoa prices mixed

ABIDJAN (May 03, 2007): Farm gate cocoa prices in Ivory Coast's main growing areas were mixed from April 23-29, Coffee and cocoa Bourse (BCC) data showed on Wednesday, as mid crop supplies remained tight but with damp beans weighing on prices.

New York cocoa futures end firm

NEW YORK (May 04, 2007): US cocoa futures closed firm for the second straight day on Wednesday, on follow-through buying in a technically driven market that rebounded after touching a seven-week low on Tuesday, traders said.

New York cocoa ends firm

NEW YORK (May 05, 2007): US cocoa futures settled higher for the third straight day on Thursday, on a technical bounce following a sell-off that pulled prices off nearly four-year highs in mid-April, traders said.

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