

OREO COOKIES

The Facts

In early 2003, Stephen Joseph, a San Francisco lawyer, filed suit against Kraft Foods. He alleged that Kraft Oreo cookies contained unhealthy fats that are directly linked to heart disease. He believed that Kraft Oreo cookies were making the people of America sick. Through his lawsuit, Joseph hoped to force Kraft to stop using harmful hydrogenated oils in the creation of the Oreo cookies. He was especially concerned about the effect of these unhealthy fats on children. Oreo cookies are a very popular snack food around the world. Since their original creation in 1912, more than 450 billion Oreo cookies have been sold.

You Be the Judge

Should the Kraft Food Company be forced to stop using hydrogenated oils or “trans-fat” in the creation of its Oreo cookies?

The Outcome

On May 14, 2003, the lawsuit against the Kraft Food Company was dropped. Oreo cookies remained on the supermarket shelves and officials at Kraft agreed to work on ways to reduce unhealthy fats in their cookies. In addition, the Federal Food and Drug Administration has agreed that hydrogenated fats are harmful, and they have ordered food companies to list such fat information separately on all food labels.

Let's Talk About It

- Should the government ban the sale of unhealthy foods (such as cookies) to children? Why or why not?
- Do you enjoy eating Oreo cookies? Do you dunk your Oreo cookies in milk? Do you twist your Oreo cookies open before eating them?
- What is your favorite kind of cookie? Do you have a special cookie recipe?
- The Kraft Food Company recently introduced vanilla Oreo cookies. Do you think that was a good idea?

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