

Seamons, Colleen

From: Bronwyn Stevens [bronswan@gmail.com]
Sent: Tuesday, 5 April 2011 9:28 AM
To: submissions
Subject: Submission - Application A1039: Low THC Hemp As A Food

Categories: Purple Category, Yellow Category

Dear FSANZ,

Thank you greatly for considering this application and for your comprehensive analysis.

As a community member, I would like to comment on the direct benefits I would experience if this application were approved. I will also outline direct benefits to other community members.

I have a highly restricted diet. Since 2006 I have developed a range of dietary intolerances that require these restrictions in order for me to be well. My diet excludes gluten, egg, all dairy (not just lactose), all legumes (soy, lentils, chickpeas, peas, and all beans including green beans), almonds, yeast, tomato, and sulphur-based preservatives. I also have Fructose Malabsorption which means I must limit my fructose and overall sugar intake, thus restricting even my fruit and vegetable intake. I cannot eat onion, asparagus, apple, pear, tropical fruits and melons, coconut cream/milk, honey, corn or agave syrups, any fruit juices/pastes/sauces, and many other fructose-containing foods. My partner jokes that I subsist by licking lichen from rocks.

My restricted diet makes it difficult to find suitable, nutritious food. It is particularly difficult to ensure my diet contains sufficient proteins, fibre and fatty acids. As such, any additions to the food supply that are high in these components, as hempseed is, will directly and immediately benefit my health and well-being.

I know many people who, like myself, require dietary restrictions for health. Furthermore, the number of affected individuals known to me is rising as food intolerances become more common; for example, at least 1 in 10 infants now experience the more severe IgE-mediated food allergies (<http://www.medicalobserver.com.au/news/allergy-epidemic-alert-as-10-of-infants-show-food-allergies>). The addition of hemp food products to the Australian food supply will also directly benefit these and all other individuals with dietary restrictions.

Hempseed is particularly useful in that it can be readily processed into "milk" which can easily be added to other food stuffs. I encountered hemp milk whilst travelling in Canada and was frustrated to find that it was not available in Australia upon my return. Presently, I use rice milk, which is nutritionally poor, or make my own cashew milk, which is prohibitively expensive for regular consumption. As such, hemp milk represents a welcome and needed milk alternative.

In summary, availability of hemp and hempseed in Australia would provide alternatives, choice, and health benefits for myself and all other individuals with dietary restrictions. I sincerely hope this application is granted approval.

Regards,
Bronwyn Stevens