

TRANSLATION

Carrefour Agir Organic cookies

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Our Carrefour Agir Organic cookies are made and selected to satisfy our customer's requirements. We organize customer tastings to confirm this. Besides, our manufacturers undertake to follow strict manufacturing conditions and to check them.

For your information, palm oil contains 99.9% fats of which 53% are saturated fats, 37% are monounsaturated fats, and 10% are polyunsaturated fats.

We are aware that it is an oil rich in saturated fat. These saturated fats could lead to raised total cholesterol levels and above all the level of LDL cholesterol (the "bad" cholesterol). Indeed, a diet which is too rich in saturated fatty acids promotes fat deposition on the artery walls, leading to atheromas and then arteriosclerosis which blocks the arteries and exposes the body to heart attacks.

In this regard, the fats consumed during the day should bring 25% saturated fat, 50% monounsaturated fat and 25% polyunsaturated fats (of which 10g omega-6 and 2g omega-3).

Palm Oil can therefore participate in the 25% saturated fats that are allowed per day. It isn't forbidden, but the amount must be limited in daily fat consumption. In the products where it is used, it is often present in modest amounts. Consequently, it has very little effect on levels of blood cholesterol.

Moreover we use saturated fats for technical reasons. A saturated fat which is solid at room temperature doesn't run and the product is not greasy to the touch. In contrast, with mono- and poly-unsaturated oils, the food would ooze with oil (liquid at room temperature) which would be unpleasant. In addition, palm oil preserves the product's moistness for longer, thus preventing it from drying out too fast.

With regard to sugar, a natural product, it is not manufactured but extracted from natural plants. If all plants containing chlorophyll produce this molecule, sugar beet and sugar cane are the two principle sources that we use today.

Sugar is composed of two molecules: glucose and fructose.

Saccharose is commonly called "sugar" but there are several types of sugar: saccharose, fructose, glucose, galactose, maltose, lactose and mannose are the simplest ones.

The regulations stipulate that, for the product designation and the ingredient list, that the label carry the designation "fructose" or "glucose" or "glucose-fructose" according to whether the glucose or fructose content is the greater.

For your information, fructose is very concentrated in fruits (from which it gets its name) and in honey. The latter can be linked to hypertriglyceridemia (increase in blood fat levels). However, this risk depends on the quantity of fructose consumed.

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