



Clinton County Health Department

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“Working Together for a Healthier Community”

www.clintonhealth.org



Public Health
Prevent. Promote. Protect.

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News Release

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Dragon’s Breath Banned in Clinton County

PLATTSBURGH, NY July 2, 2018 On June 25, 2018 the Clinton County Board of Health passed a resolution prohibiting the sale and service of liquid nitrogen adulterated food products at food service establishments in Clinton County. This decision was made after careful review of potential health risks associated with ingestion of liquid nitrogen adulterated food products, such as liquid nitrogen puffs.

Liquid nitrogen puffs are a food novelty made by freezing cereal puffs (or similar materials) in liquid nitrogen, often called “Dragon’s Breath.” The frozen cereal dessert is then served in a cup and eaten using a skewer or similar utensil. When the frozen cereal is chewed, the cold condenses moisture in the consumer’s exhaled breath and gives the appearance of breathing smoke. Ingestion of liquid nitrogen can cause severe damage to the mouth, esophagus, and stomach. In addition, instances of frostbite and tissue damage have been reported when residual liquid nitrogen is left in the serving cup; if fingers are used to remove the product from the cup, skin contact with liquid nitrogen can cause rapid frostbite.

Health Department Director, John Kanoza, brought the issue to the Clinton County Board of Health. According to Mr. Kanoza, “the Clinton County Health Department has a duty to protect residents from potential health harms”. He included in his presentation to the Board, information provided by the New York State Association of County Health Officials (NYSACHO), which states, based upon “literature review and discussions, the safety risks caused by exposure to liquid nitrogen far outweigh any potential novelty of the product (Dragon’s Breath) being served” (to the public).

Although liquid nitrogen is sometimes used in the food industry to add froth to products, like ice cream and beer, this use typically occurs as the product is manufactured, and does not expose the consumer to the same dangers as those found with Dragon’s Breath. Liquid nitrogen is also used in medical practice, often to quickly freeze (burn and remove) freckles and small lesions on patients.

About the Clinton County Health Department:

The Health Department is an accredited full service department serving the residents of Clinton County. The Health Department’s Mission is to improve and protect the health, well-being and environment of the people of Clinton County. Visit www.ClintonHealth.org for more information.

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