



# Pure Facts

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## Homemakers Celebrate 25th Year

This year marks the 25th anniversary of the Federation of Homemakers, a nationwide organization dedicated to alerting the public to the chemical treatment of foods and the safety of drugs.

The Federation of Homemakers was founded in 1959 when Ruth Desmond and three other women attended Congressional hearings on the consumers' rights to know of fruit and produce preservative treatments.

Since then, representatives from the organization have attended every Congressional hearing involving food.

Many of the Federation's battles center around the Delaney Amendment, which calls for the immediate ban of any proven cancer-causing agent from food.

They fought for the removal of DES, penicillin, and tetracycline from animal feed.

In 1978, they urged the removal of caffeine from the Generally Regarded as Safe List because of its known toxic effects on the unborn.

The Federation is responsible for the peanut butter standard victory which requires that peanut butter contain at least 90 percent peanuts. There also was an honest labeling on hot dogs victory.

The most recent battle of the Federation of Homemakers is for the removal of nitrosamines from infant bottle nipples.

The volunteer organization publishes an excellent newsletter

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## A Tribute to Dr. Feingold

*This tribute, written by Irvin Caplin, M.D., appeared in Annals of Allergy shortly after Dr. Feingold's death in March 1982.*

*We are reproducing it here to commemorate Dr. Feingold's birthday. He would have been 84 years old on June 15.*



*Ben F. Feingold, M.D., in 1951*

How does one eulogize a giant of a man like Ben Feingold? *Who's Who In America* requires an entire page to list his accomplishments. One could do the same listing his accomplishments in the field of allergy and immunology alone. He was born June 15, 1900. He received his M.D. degree at the University of Pittsburgh in 1924, studied pathology at the University of Guttengen, Germany, and spent a year as house officer at the Children's Clinic, the University of Austria in Vienna from 1928-1929. It was at the latter institution where he had his first exposure to allergy under Clement von Pirquet. He then taught pediatrics at Northwestern University for three years, following which he taught pediatrics in the Los Angeles area until 1951. From 1951 to his death he was associated with the Kaiser Permanente Group.

While with the Kaiser Permanente Group, he established all their allergy facilities in the northern California area. He was Chairman of the Central Research Committee of Northern California, Director of Laboratories of Medical Entomology and Chief Emeritus, Department of Allergy, from 1969 to 1982. He also served in the South Pacific area with distinction and was present at the signing of the surrender in Toyko Harbor in 1945.

He wrote voluminously and in addition to his many published papers has three books to his credit: *Introduction to Clinical Allergy*, *Why Your Child is Hyperactive*, and *The Feingold Cookbook for Hyperactive Children*. His wife Helene, was co-author of the cookbook. Many physicians are indebted to Ben Feingold for a control of their hyperactivity patients through diet. Children for eons will be indebted to Ben for their good health.

There is another side to Ben Feingold that few were privileged to share—his artistic nature. He raised champion roses and orchids. He and his wife, Helene, were warm hosts and stimulated one to an appreciation of music and the arts. Never to be forgotten is the fact that, despite his busy life, he flew more and 2,000 miles to visit with a dying friend.

Those who knew him are fortunate for the inspiration and memories he provided, which we will treasure for many years to come.

## Homemakers, Con't. from page 1

which informs members of impending hearings and legislation, as well as behind the scenes stories.

We would like to congratulate the Federation of Homemakers on its 25 years of public service.

If you would like to become a member of this worthy organization, send your name, address, and your membership fee (\$10 - regular membership, \$15 - patron, and \$25 - sponsor) to:

Federation of Homemakers  
P.O. Box 5571  
Arlington, VA 22205

## Editorial

The Feingold Program is not a panacea for *all* hyperactivity. But it has helped over 200,000 families throughout the United States and certainly has the potential for helping more.

*Be alert for any flavored, scented, or colored household items.*

If no improvement is seen after several weeks on a strict Feingold diet, you should look for chemicals in the environment that may be causing a reaction. Be alert for any flavored, scented or colored household items. Have a child's classrooms recently been painted? Have you just bought a new car? Could Grandmother's perfume or hairspray be causing a reaction? Are you still using green, minty toothpaste?

There are no magic answers for you. But a little detective work goes a long way. Try keeping a diary of when the reactions occur, and think through the settings at home or at the office. Above all, call or write to your nearest diet consultant who will help you find success.

## Chemicals In Food Americans Concerned About Additives . . .

More than three-quarters of Americans believe that chemical residues in food pose a serious health hazard, according to a recent survey by the Food Marketing Institute.

Pesticides cause the most concern among the consumers polled in January.

Timothy Hammonds of the Food Marketing Institute, a national association of food retailers, reported that 77 percent of those polled saw pesticides and herbicides as a serious health hazard.

Cholesterol and salt are the next two greatest concerns, according to the report. Chemical additives rank fourth, sugar ranks fifth, and artificial coloring is sixth on the list of serious health concerns.

Respondents consistently placed chemical additives ahead of vitamin and mineral content when asked what concerned them most in the nutritional content of foods.

## . . . Scientists Concerned As Well

There are more than 50,000 chemicals loose in the United States, and no one knows how dangerous most of them are, according to the National Research Council.

The NRC, a branch of the National Academy of Sciences, issued a report in February that studied 675 of 50,000 chemicals used in the United States.

One hundred compounds were selected for detailed research. The compounds were divided into several classes such as food additives, pesticides, cosmetics and drugs.

The NRC found that up to 80 percent of the compounds in some classes had never been tested. Even in the well tested groups, such as pesticides, 38 percent of the compounds were not tested.

"These conclusions don't mean all unstudied chemicals are harmful," says toxicologist Emil Pfitzer, a member of the project steering committee. "What this tells us is that we have a serious problem of the unknown."



Drawing by W. Miller © 1984, The New Yorker Magazine, Inc.

## Real Food For Real People

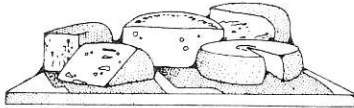
### Cheeses: Are They Natural?

"Kraft cheeses taste like the natural cheese inside."

"When you know about Velveeta, you know about cheeses, naturally."

Advertising lingo. It is confusing and deceptive. And it is not there by accident.

The Kraft company realizes that the American public wants natural foods. So their advertisements imply that their processed cheese is natural. But it is not.



Have you ever noticed that in many supermarkets, Velveeta is not displayed in the refrigerated section? One Feingold member carried out an experiment: she left a package of Velveeta and a package of Kraft Monterey Jack natural cheese unrefrigerated for 4 months. We won't tell you what the natural cheese looked like after 4 months, but we will tell you that the Velveeta was unchanged.

Natural cheese means unprocessed cheese. While it is true that processed cheeses, like Velveeta, may contain natural cheese, they also contain additives.

Velveeta, for example, is made from water, American cheese (which is processed), whey, skim milk, sodium phosphate, modified whey, milk fat, salt, and artificial color.

To confuse matters more, Kraft Cracker Barrel, described on the label as "Natural cheddar cheese", contains, among other things, artificial color.

### Cooking Fresh Vegetables

Nearly everyone has a reason to be glad when summer arrives, but Feingold families have a special reason—all those fresh fruits and vegetables! Melons of many varieties, corn on the cob, and tiny sweet young string beans may all get eaten before they even reach the stove.

But most of our vegetables are cooked first, and authors Doyle & Redding (*The Complete Food Handbook*) offer some suggestions on preparing them in ways that minimize the loss of nutrients.

\* Since most vitamins are water soluble, they leach out of food during cooking; in fact the cooking water may contain more nutrients than the vegetable itself. But the vitamins in the cooking water are unstable and should be used at the same meal (in a gravy, for example).

\* You can reduce nutrient loss by reducing the amount of water used and the length of cooking time. (Rapid cooking in boiling water is preferable to lengthy simmering.)

\* The smaller the pieces are cut the more vitamins will be lost. Cook the vegetable whole or cut into a few large pieces whenever possible.

\* Fewer nutrients are lost if you cook vegetables with the skin on and remove it afterward.

\* Steaming vegetables is preferable to boiling them. The food does not come in contact with water so fewer vitamins are lost. But stay near the stove when you use a steamer since food cooks more quickly than if it is boiled.

### The Choice Is Yours



**Ingredients:** Enriched macaroni, cheese sauce mix (whey, dehydrated cheese, whey protein concentrate, skim milk, salt, buttermilk, sodium tripolyphosphate, citric acid, FD&C yellow #5, artificial color, lactic acid.

#### Baked Macaroni & Cheese

3 cups macaroni  
3 tablespoons butter  
3 tablespoons flour  
1½ cups milk  
6-8 ounces cheese  
salt and pepper

Cook macaroni as directed on package. Melt butter in a saucepan. Stir in flour until smooth; stir in milk until thick. Cut cheese into ½ inch cubes, mix into white sauce. Salt and pepper to taste and add cheese mixture to macaroni in a baking dish. Bake 20 minutes at 350°.

*Optional* - Grated cheese, bread crumbs, cracker crumbs, wheat germ, or crushed potato chips make good toppings that can be added before baking.

Terry O'Leary

#### Microwave Macaroni & Cheese

Combine 1 cup uncooked macaroni and 1 cup water in a 2-qt. casserole. Cover and microwave on high for 4 to 5 minutes. Let stand 5 minutes. Stir in ½ cup milk, 1 Tbsp.

flour, ½ tsp. dry mustard and 1½ cups grated sharp cheddar cheese. Cover tightly and microwave 4 minutes on high setting.

Mary Kistler  
1st Vice President FAUS

#### Instant Macaroni & Cheese

Cook macaroni as directed on package in a heavy saucepan. Drain and return macaroni to the still hot pan. Place it on the hot, unlit stove burner. Add 2½ Tbsp. butter, cut into pieces. Toss until melted. Add 6-8 oz. grated cheese and toss quickly until mixed. Serve at once.

Terry O'Leary

## Preservatives Added To Mono- And Diglycerides

Determining product contents is not always as easy as reading the ingredients listed on the label.

Hidden additives constantly cause problems for our food researchers, since these additives do not have to be declared on the label.

Take mono- and diglycerides, for example. There is nothing in pure mono- and diglycerides that should cause a problem for Feingolders. They are merely modified fats that improve the baking quality of a product by helping to blend the fats and water.

Yet mono- and diglycerides do, in fact, cause reactions for some Feingolders. It took us awhile to discover why.

When mono- and diglycerides are heated during processing, BHA and TBHQ are often added as preservatives.

According to Pat Palmer who spoke with a representative of the Durkee Company (which manufactures mono- and diglycerides), there is no way to be sure if preservatives have been used.

If the oils are heated up to 155°, the preservatives are optional, according to two manufacturers and the FDA. When the temperatures are as high as 160°, BHA and TBHQ are always added.

The manufacturers, of course, claim that the small amount used, 2 parts per million, is completely dissipated after cooking.

Those products on our food lists which contain mono- and diglycerides are well tolerated by most Feingold members and we do not recommend discontinuing use unless you suspect they are causing problems.

## What is FAUS?

The Feingold Association, founded in 1976, is a volunteer, non-profit organization comprised of parents and interested professionals dedicated to improving the health and behavior of hyperactive/ learning disabled children, and similarly affected adults, through the Feingold Program. This program is based on the elimination of synthetic colors, synthetic flavors and the preservatives BHA, BHT, and TBHQ from your diet.

## Our Readers Write

By cutting out as many food items as possible containing artificial colorings and flavorings, we have found a remarkable change in our son. He has been transformed from an aggressive, highly strung individual into a loving, caring, intelligent child.

We always believed that these beautiful qualities were inherent in our son, but something prevented him from expressing his real feelings. He told us recently that he knew certain foods and drinks made him go funny, but being so young he could not communicate this to us.



## Pure Facts

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All correspondence, subscrip-

## Beware of Vanilla Bargains

If you travel to Mexico this summer and have the opportunity to buy vanilla extract at bargain prices . . . don't.

Food editor Goody Solomon points out that the extract can sell in Mexico for as little as \$1.50 per quart. (Some U.S. markets charge nearly that for a single ounce.)

"Small wonder Americans are tempted by Mexican bargains," writes Solomon. "However, many tourists have been getting products that contain coumarin, or tonka bean extract, which is vanilla's twin in flavor and aroma. The tonka bean,

*Many tourists have been getting products that contain coumarin*

which belongs to the pea family, is plentiful and low priced in Mexico while genuine vanilla, whose plant is an orchid in vine form, is expensive wherever it grows.

"So what's wrong with a bargain," you are no doubt asking. In this case plenty, since coumarin poses a health hazard. Laboratory tests have shown that coumarin damages various organs, particularly the livers, of animals.

"The U.S. Food and Drug Administration has prohibited coumarin as a food additive or flavoring in this country for 30 years.

tions, renewals and change of address notifications should be sent to: *Pure Facts*, 21 Maple Avenue, Camp Hill, PA 17011.

Portions of the newsletter may be reprinted provided *Pure Facts* is cited as the original source.

To find the location of the nearest Feingold Chapter or to obtain general information about FAUS, write to: Feingold Association of the United States, Inc., P.O. Box 6550, Alexandria, VA 22306.