

Pure Facts



November, 1985

Vol. 9, No. 9

What's In Fast Food?

It is nearly impossible for the average consumer to learn what ingredients go into fast-food products.

Much of the information Feingold members have gained about fast-foods comes from the personal experience of members who have tolerated/reacted to particular foods.

Additional information has come from the local managers who have allowed us to read labels on the food containers. (Be sure you request this information at a time when business is slow.)

FAUS's Product Information Committee has repeatedly tried to obtain information about fast-food ingredients, but results have been disappointing.

“. . . ingredient labeling could easily be instituted. . .”

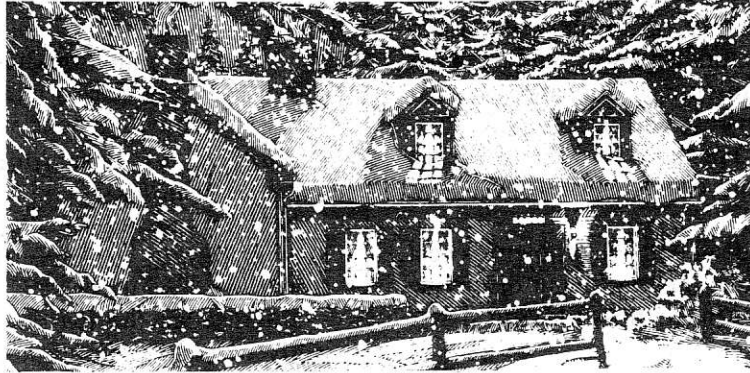
This summer, the Washington, DC based consumer organization, Center for Science in the Public Interest (CSPI) initiated a campaign to require labeling of fast foods.

CSPI joined with the New York State Consumer Protection Board and the Food Allergy Committee of the American College of Allergists in a petition to the Food and Drug Administration and the U.S. Department of Agriculture.

The petition seeks enforcement of ingredient labeling laws, "So that consumers can avoid fast-food products that may contain potentially harmful substances."

CSPI's publication, *Nutrition Ac-*
Continued on page 4

Over the River and Through the Woods . . .



Holiday trips to Grandma's house are a warm and rewarding experience for some Feingold families; for others they are a potential disaster.

In some cases, Grandma and Grandpa have been so impressed by the change in their grandchild, they join the Association and improve their own eating habits. They feel

better than they have in years, and food is not an issue.

But some grandparents have difficulty accepting the idea that foods and food additives can affect behavior. Rather than view their grandchild as a normal person who simply can't eat petro-chemicals, they

continued on page 4

FDA Refuses to Ban Dyes

In a letter to the Public Citizen Health Research Group denying its December 1984 petition to ban 10 food, drug and cosmetic dyes, the FDA has announced that it will delay for up to five more years in deciding the safety of nine of the dyes.

FD&C Red No. 3 and Yellow No. 6 are widely used in food products. The remaining colors are used in drugs and cosmetics.

These carcinogenic dyes create a serious hazard to the public health. FDA's action is wholly indefensible because the dyes serve no useful purpose. They simply add color to products and nothing more.

Children, targets of heavy TV promotion foods containing cancer-causing dyes, are especially victimized by this reckless decision by FDA Commissioner Young.

Hundreds of millions of Americans will continue to be exposed to carcinogenic dyes because the FDA has decided to protect the dye-makers and food processors instead of the public.

This editorial was published in *Health Letter* and has been reprinted with permission.

Health Letter is the newsletter of Public Citizen Health Research Group, a branch of the Public Citizen consumer advocacy organization founded by Ralph Nader.

A 1 year subscription is \$9 (six issues). Contact *Health Letter* Circulation Department, 200 P St., N.W., Washington, DC 20036.

What Is Normal?

When my son was a terrible two year old my husband and I tried to get help for his behavior problems. He was driving us crazy!

We were in and out of doctors' offices at our health plan for his ear infections and frequent bouts with croup.

At every opportunity we asked the doctors what we could do about his tantrums, destructiveness, nightmares, and aggression. "Perfectly normal" is what we heard over and over. "He'll grow out of it."

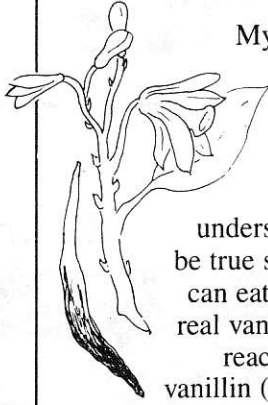
We dealt with the problem as best we could, giving loving discipline and at times, no-so-loving discipline.

We heard about the Feingold Diet for "hyperactive children." Even though our son did not fit the classic hyperactive pattern, we gave it a try.

What a surprise to see our idea of a "normal" child after just one week on the diet. His ear problems and respiratory infections cleared up as well!

It has been five years since we began eating food without certain additives. Our son's behavior is still better than normal, and his little sister never did go through the "terrible twos."

Dear Pure Facts



My neighbor, who is a chemist, says that pure vanilla and synthetic vanilla are the same. I don't understand how this can be true since my little boy can eat things made with real vanilla, but has a bad reaction to foods with vanillin (synthetic vanilla).

Many of us have long been puzzled about this.

FAUS contacted Dr. Ruth Aronow, a chemist at Johns Hopkins University, who wrote,

I agree that the two are chemically identical. However, I doubt whether "pure" synthetic vanillin exists. Every chemical synthesized contains some of the materials used in the synthesis.

Just as vanilla extract contains

unidentified resins of unknown toxicity and allergenicity, so too do synthetic materials contain unknown materials (i.e., reactants and other products).

The real problem is that the nature of chemical sensitivity is not understood or even defined. But our ignorance gives us no right to either deny or affirm the existence of chemical sensitivity.

There is evidence that the human eye can respond to just a few photons of light. This seems to be an extraordinary sensitivity.

Until the nature of chemical sensitivity is better understood, the possibility of extraordinary sensitivity remains.

So the question arises: If a person appears to "react" to vanillin but not to vanilla, the sensitivity may be to components used or made in the synthesis.

The Difference Between Vanilla and Vanillin

Vanilla extract, made from dried and aged vanilla beans, is a complicated mixture of many compounds. It is prepared by percolating alcohol and water over chopped beans for several days.

Artificial vanilla flavoring is

made by mixing vanillin, ethyl vanillin and a few other major components of the vanilla bean's flavor with water, alcohol and coloring.

*Tom Neuhaus,
Nutritionist, Biochemist
The Washington Post*

Darin Cloud



I would be interested in learning more about chemical sensitivities among the siblings of our Feingold children.

We went on the diet to help our 5

Adam's Little Brother

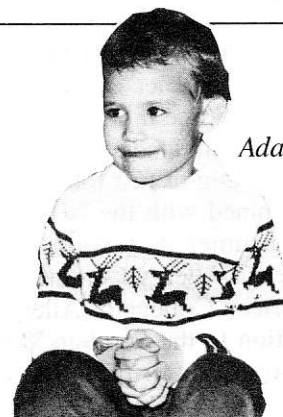
year old, Adam, but I now believe our 2 year old son also reacts to additives.

Darin always wet the bed Sunday and Monday night (after having Kool Ade at church) and had a lengthy tantrum each Sunday afternoon.

We had been thinking "age" was the cause! I wonder how many others believe that. Maybe the two's don't have to be quite as bad?

Now Darin takes his Sunday school snack, just like his older brother, and is he ever proud! (I think he felt big brother was getting

Adam Cloud



all the "special" treatment!)

I'd be interested in hearing from other members about sibling sensitivities in their families.

*Gayle Cloud
Wichita area Representative*

Chocolate Chip Cookie Time

When the Hershey Company changed their chocolate chips several years ago by adding synthetic vanilla, it was crisis time in many Feingold households.

Supermarket managers wondered why some shoppers examined each and every bag of chips.

Checkers wondered why carts full of whole grain breads and fresh vegetables also contained seventeen bags of chocolate chips—the last of a vanishing breed.

How could we break the news to our children or (worse yet) our husbands?

Cheer up, Feingolders, chocolate chip cookies may once again be a part of your life. You'll have to do some hunting on your own, but it

still beats chopping up a chocolate bar.

Cocoline Chocolate Company is a wholesale manufacturer located in Brooklyn, New York. They produce chocolate and carob in many forms, including a chip flavored with pure vanilla.

The firm manufactures pure chips under the following labels: Waldbaum's, Shop Rite, Price Chopper, and White Rose. So, if you have access to these brands, the solution is easy.

For members who cannot get these brands, Cocoline suggests you call their office in New York (718) 522-4500. Explain that you would like to have the name and phone number of their distributor in your area.

Call the distributor and see if he will order a case (24 packages) or a partial case for you.

For those members living in the

central U.S., **Flav-o-rite Mini Chips** have just been approved for our use by the FAUS Product Information Committee.

They are sold by independent retail grocers, so you are not likely to find them in major supermarket chains.

You or your local grocer are welcome to contact the company to obtain information about purchasing them. The address is:

Preferred Products, Inc.
Attn: Bruce Baudler
312 Lake Hazeltine Drive
Chaska, MN 55318
(612) 448-5252

Caution: Only the Flav-o-rite **Mini Chips** have been approved for our use. Check the ingredients on the label.

Let us know how you've managed to get the chips back into your cookie jar.



Domestic Vanilla

Synthetic vanilla is a real headache for the Feingold member. The only thing preventing many products from being approved for our use is a small amount of this chemical.

Even expensive chocolate products and imported cookies often contain the synthetic flavoring, which is more intense . . . and far cheaper!

Most of the world's vanilla beans are grown on the island of Madagascar, which food processors refer to as the "OPEC of vanilla."

But Dietrich W. Knorr, a professor of food processing at the University of Delaware, is trying to break this monopoly by developing a plant which will grow in the United States.

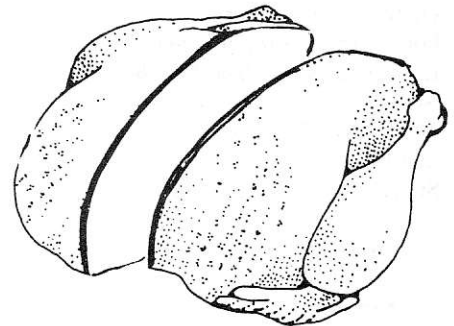
His work is being funded by a Philadelphia food-additives company, David Michael & Co.

Thanksgiving Dinner

When Norman Rockwell painted those wonderful Thanksgiving dinner pictures, do you think it ever occurred to him to stop by the kitchen? Didn't he wonder how that little grandmother got a twenty-pound turkey, precariously situated in a pan of hot drippings, onto the serving platter without dropping it even once?

Take the hassle out of your holiday dinner by cooking half a bird. Here's how:

- Select a fresh or frozen UN-basted turkey.
- Ask the butcher to cut it in half.
- Store one half in your freezer.



• Cook the other half in a large roasting pan, cut side down. It will stay put, be easy to handle and to carve.

By cooking half a turkey, even a small family can enjoy the economy of a large bird. And they won't have to face leftovers at every meal for the coming week.

PIC Report

Additions:

Juice-up frozen concentrate for Lemonade (The Seven-Up Company)

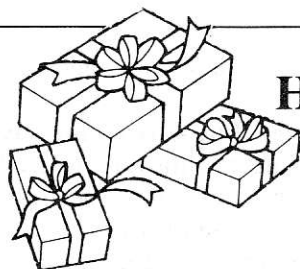
Ore Ida Homestyle Potato Thins (Ore Ida Foods)

Gel-Kam Non-Fluoride Stannous Fluoride Gel (Scherer Laboratories)

Fast food, from page 1
tion (Vol. 12, No. 6) concludes, "Since most fast foods are served in a container or wrapper, and since their contents remain constant regardless of the outlet's location, ingredient labeling could easily be instituted, the petitioners argued.

"Alternatively, they suggested posting informational posters or placards with ingredient information in fast food restaurants so that consumers can check for objectionable substances before ordering.

"In fact, FDA and USDA issued a report in the late 1970s concluding that 'sufferers of allergies and persons following special diets would benefit from ingredient labeling of restaurant foods.' Yet the agencies decided not to enforce this aspect of the mandatory labeling laws."



Holiday Gift Ideas

The gift of good health—one size fits all! Here are suggested gifts available through FAUS:

The Feingold Cookbook, softback \$6, hardback \$10

Why Your Child Is Hyperactive, softback \$8, hardback \$10

1 year subscription to *Pure Facts* \$12 (in U.S., Canada, Mexico)

Membership in a Feingold Association \$20.

Please make check or money order payable to The Feingold Association, and mail to P.O. Box 6550, Alexandria, VA 22306.

Grandma, from page 1

see him/her as being singled out as "different."

FAUS board member Karen Dorries describes her holiday experience:

The holidays have arrived! Is it the same for you as it is for me?

I have mixed feelings. I can just hear Grandma's usual refrain, "The poor dear, I feel so sorry for him. There really isn't very much he can have, is there?"

Of course, she has to stand right next to him when she says it—never remembering the many times I have showed her my 61 page list of approved foods, or made specific suggestions about where to buy what products.

What can you do? Be firm. Make it clear that yes, just one day of cheating will hurt. I find that telling people about my son's experience can be quite effective . . .

Denny had started school in a new class where they didn't know about his diet. Under peer pressure he traded foods at lunch.

Some additives can cause vision and/or hearing deficits. Well, Denny walked out in front of an oncoming car and was hit.

I have had to issue an ultimatum: "Because I love my son, either you will purchase or allow me to bring approved foods. You will not degrade his diet, or he will not visit you."

And do stick to your guns. Which would you prefer—an offended Grandma or an injured child?

Pure Facts

Editor: *Jane Hersey*

Subscription Manager: *Gwyn Wertz*
 Contributing Editors

Chicago: *Brenda Larrance*

Detroit: *Karen Dorries*

Fort Worth: *Carolyn Allen*

Los Angeles: *Colleen Smethers*

New Jersey: *Cyndy Witzke*

New York: *Pat Palmer*

San Francisco: *Lynn Murphy*

St. Paul: *Sue Maldonado*

Pure Facts is published monthly, except for combined July/August and December/January issues, by the Feingold Association of the United States, Inc. Subscription rates: \$12 per annum in the U.S., Canada and Mexico; \$16 elsewhere (payable in U.S. currency). Additional contributions gratefully accepted.

All correspondence, subscriptions, 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.



What is FAUS?

The Feingold Association of the United States, Inc., founded in 1976, is a volunteer, non-profit organization. The purpose of the Association is to support members in the implementation of the Feingold Program and to generate public awareness of the potential role of food and synthetic additives in the treatment of behavior, learning and health problems. This program is based on a diet eliminating synthetic colors, synthetic flavors and the preservatives BHA, BHT and TBHQ.

FAUS Computer Fund

So far we have collected \$350 in donations designated to be used toward the purchase of a computer for the FAUS office.

Thank you for your help. All donations are tax deductible and we welcome contributions of any size. Please send them to FAUS at P.O. Box 6550, Alexandria, VA 22306.

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