

Pure Facts

Newsletter of the Feingold® Associations of the United States



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European Vacation

“You won’t have any trouble finding good food in France.”

Barbara Hoffstein, R.D., past president of FAUS and a Feingold mom, described a family vacation in Europe.

When they were in other European countries the Hoffsteins stayed on the diet by selecting carefully and looking for foods imported from France.

The greatest “find,” however, was a little book they bought in England called *E for Additives*, by Maurice Hanssen.

To make trade easier, the European Economic Community has agreed to use a standard system for listing certain food additives. Each additive is given a number, and many are preceded by the letter “E.”

Some of the additives are prohibited in certain countries, others simply are not in common use. This is especially true in France, where fresh food is preferred.

Feingold members will find many interesting pages in *E for Additives*. In the introduction the author mentions Dr. Feingold’s work and gives the address for the Hyperactive Children’s Support Group in England. He lists the following synthetic additives which Feingold members should avoid:

E102 Tartrazine (Yellow No. 5)
E104 Quinoline Yellow
107 Yellow 2G
E122 Carmoisine (red)
E123 Amaranth (Red No. 2)
E124 Ponceau 4R (red)
E127 Erythrosine (Red No. 3)
128 Red 2G
E132 Indigo Carmine (blue dye)
E133 Brilliant Blue FCF
E151 Black PN
154 Brown FK
155 Brown HT
E320 BHA
E321 BHT

The Seriously Ill Child

When the problem is very serious, diet management is seldom considered.

Charlene Elkins has studied about illness and medical procedures for nearly four years. She is not a medical student, but a mother whose little boy has been beset with an unending series of problems for which there was no explanation.

Johnny ran a constant low grade fever, had abnormal sleep patterns, chronic ear infections, followed by viral infections, and despite a high caloric intake, he did not grow or gain weight normally — a condition generally called “failure to thrive.”

He had symptoms of childhood arthritis, jaundice, allergies, and several episodes of hallucinating.

Johnny was obviously bright, and spoke well and at an early age. But he simply could not slow down enough to sit and watch TV or listen to a story. His fine motor skills were

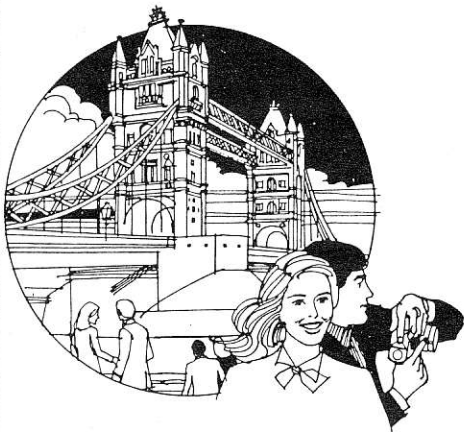
poor, and his behavior became even worse after he left the “terrible twos.”

Charlene describes herself as having been a hyperactive child, so Johnny’s high level of activity was not surprising, but she hoped the defiance she saw in her 3 year old son was just a “stage” he would out-grow.

But underneath the aggressive behavior, Charlene knew there was a sweet, loving little boy, and she was able to remain patient with him because she knew, somewhere, there was an explanation for all the problems he had.

Specialists from many medical disciplines tried to find the reason. In addition to numerous pediatricians, Johnny was seen by

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The Feingold® Associations of the United States, Inc., founded in 1976, are non-profit volunteer organizations whose purposes are to support their members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

Dr. Wiley's Legacy

June 30 marks the 81st anniversary of the passage of the Pure Food & Drug Act and the Meat Inspection Act. This led to the formation of what is now the Food and Drug Administration.

It's tempting to look back with nostalgia to the "good old days" when food was natural and wholesome. While this may have been the case for those who raised their own food, the city dweller was at the mercy of food processors and suppliers.

Not only was the adulteration of food a problem, but filth and disease was rampant, particularly in

the meat packing houses. Nowhere is this better illustrated than in Upton Sinclair's *The Jungle*.

The information uncovered by Sinclair and others so revolted the public, that Congress passed the nation's first pure food and drug law over the well-financed objections of some very powerful lobbies.

The law's author and chief advocate was Dr. Harvey W. Wiley, Chief Chemist of the U.S. Department of Agriculture. Dr. Wiley fought against the use of many synthetic chemicals that Feingold members now know to be damaging.

Food additives are not a major concern to the FDA.

The American food supply today is much cleaner than it was in 1906, but the use of additives has increased spectacularly. There are fewer food dyes permitted — most having been discarded or banned — but they appear in far more foods than Dr. Wiley would have dreamed possible.

In the early part of the century food was processed, but today, it is possible for foods to actually be "manufactured," allowing the opportunity to introduce additives at many stages.

SMITH FAMILY



MR. & MRS. GEORGE SMITH



SMITH FAMILY
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Editorial Comment

The philosophy FDA follows concerning food additives today might be summarized as "a little bit won't hurt" — a phrase Feingold parents hear all too often.

Chemicals such as sulfiting agents, which are documented to cause death in susceptible individuals, receive swift action. But the agency has no procedure to determine if a food additive causes a behavioral reaction. (It is interesting to note that the hazards of sulfites were discovered by a consumer organization, not by the agency.)

The director of FDA's Center for Food Safety and Applied Nutrition believes, "Americans worry too much about the chemicals used in their food when they should be more concerned — from a health standpoint — about the growing problem of disease-causing microbes in the food supply."

The mass production and distribution of foods has indeed intensified this problem. Instead of a handful of people becoming ill from mishandled food, our mass distribution system has the potential to result in sickness among thousands.

While our government brushes off the growing concern of Americans over the additives in their food, the industry does not. In recent years there has been a clear trend toward major corporations producing a line of more natural foods.

Similarly, many restaurant menus now announce they avoid synthetic additives.

The FDA's efforts at keeping our food supply sanitary are commendable. But it is unfortunate they are unable to make the connection between the proliferation of food additives and the role they play in our troubled society.

The Feingold Traveler

Our advice to travelers is to stay as close as possible to the basics: meats without gravies, vegetables without sauces, pure fruit juices or acceptable sodas, water, or milk.

If you want to avoid MSG don't order soups and be wary of Oriental food.

There are some foods which are more likely to be free of the prohibited additives. These include white cheese, peanut butter, fresh fruits and vegetables, most breads, plain rice, and pasta.

Foods which contain dyes are often obvious, but flavorings and hidden preservatives can be a problem in prepared foods.

Pure Facts would love to hear from traveling readers and learn how you stayed on the diet far from home.

Feingolders Overseas

There are Feingold volunteers in England, Canada, Australia, New Zealand, Norway, Sweden, and Singapore. Write to the FAUS office if you would like to receive a listing of the contacts in these countries.

Say 'Yes' to the Kids This Summer

By Lynn Murphy

How many times have you been in the car and a voice from the back seat asks, "Can we have a Slurpee?" Please hold off saying "No, you can't. They have artificial color and flavors and besides they have too much sugar."

Instead, stress something else that is a "can have." Here are some of the phrases I use: "We'll be home soon and can whip up some pineapple slushies when we get there." Or, "Let's stop at the health food store or deli and get a . . . (juice, natural milkshake, etc.)."

While your child is enjoying something which is better for him, that is the time to point out the difference between Slurpees and what they're eating and drinking.

Stressing the "can have" instead of the "can't have" can help keep your child's cooperation.

Some More Ideas on Summer Drink Strategies

Before the thirsty season is upon you take some time to consider the many choices you have:

- A jug of ice water in the back of the car is so obvious, many people overlook it. The kids might not be impressed, but they will drink it readily when they're away from home and thirsty. Spills aren't much of a problem. Take it to soccer practice and it can cool your athlete on the outside as well as the inside.
- A cooler in the car will keep homemade lemonade or boxed juice drinks cool. Then use it to tote the ice cream home from the supermarket.
- Slurpees may be outlawed, but many convenience stores carry pure juices and fruit popsicles.

- Don't rule out the possibility of fast food restaurants. Check last month's *Pure Facts* for acceptable drinks.

- Supermarkets are beginning to compete with restaurants by offering snacks and drinks to go. You'll find small cartons of chilled juice, lemonade, etc. in the refrigerated section. If necessary, buy some paper cups or a box of straws and then keep them in the car.

- Virtually any restaurant can provide: ice water, a slice of lemon, and sugar. In other words, homemade lemonade.

- If all else fails, keep some small cans or boxes of acceptable drinks in the car. Any place which serves food should be able to supply a cup of ice (even if you have to pay them for it!). Pour in the drink and it will chill quickly.

Before you pile the kids into the car, mentally line up some possible watering holes so you can head for one while the thirsty howl is still a whimper.

Dear *Pure Facts*

Q We have been on the diet for several months and are doing very well. I'm sure my daughter can't tolerate apples, and maybe some other of the **salicylate** fruits. Do we have to start reintroducing them now, or can we stay on just the Stage I a little longer?

A Yes! Don't be in any rush to reintroduce the **natural salicylates** if you suspect they are a problem for your child. Stage I is a very nutritious diet, and many people use only those foods.

The Stage II section of your foodlist is for members who are eager to use the salicylates. But if your family is doing well and you don't want to rock the boat there's no need to reintroduce the salicylates until you feel you're ready.

Product Alert

Progresso Lentil Soup now contains tomatoes. Please move it to Stage II (salicylates) on your foodlist.

The Feingold Association of the Northeast has learned that all varieties of the **Soyalac Infant Formulas** contain TBHQ.

Q Why isn't **corn** listed on either the salicylate or non-salicylate list of vegetables? Which is it?

A Neither. Corn is a grain, not a vegetable. Unless an individual has an allergy to corn, it should present no problem for the Feingold member. Some people who tolerate corn very well are sensitive to corn syrup/corn sweetener — a very highly processed sweetening agent.

Q I was given a prescription for **Tetracycline** (distributed by Heather Pharmaceuticals).

When I opened the colored capsule to transfer the contents into a clear gelatin capsule, I noticed that the powder was not white, but a mustardy shade of yellow.

Is it possible that the powder is dyed?

A We have received a similar report from a member whose child was given a prescription for **Ceclor**, by Lilly Pharmaceutical Co.

Both companies were contacted and told *Pure Facts* they did not believe any dye is used in the powders which are contained in the capsules.

It is always possible for a sensitive member to have a reaction to the medication itself, even if no dyes are ingested.

The Feingold® Associations do not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold foodlist, or the discussion of a method or treatment does not constitute approval (or disapproval). The foodlists are based primarily upon information supplied by manufacturers, and are not based upon independent testing.

Seriously Ill, from page 1

the following specialists: endocrinologist, gastroenterologist, rheumatologist, allergist, neurologist, and pediatric ENT specialist.

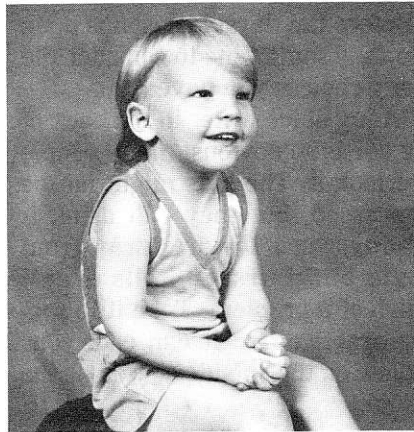
He had CAT scans, body scans, EEGs, several "bone age tests," "food protocol," and was tested for cystic fibrosis, rheumatoid arthritis, liver disease, and hormonal disorders.

Prestigious medical schools and children's hospitals repeatedly were unable to come up with any answers to this very little boy's problems.

Johnny was not growing or gaining weight.

Most of the professionals treating Johnny were compassionate with both their little patient and his parents. But Charlene bristles when she recounts the female gastroenterologist who blamed Charlene "for not feeding him enough" and the male pediatrician who told her, "Let me take him home with me for a week; I'll straighten him out." (She switched pediatricians.)

By this time Johnny was 3½. He still had endless problems, and John and Charlene still had no answers. "As soon as he recovered from one crisis, another would follow. It kept us on the edge all the time."



John's mother learned of the Feingold Program from a colleague at work, and suggested it might help. The parents felt it was "worth a try," and joined their local association.

In the first couple of days, Charlene reports, there was a noticeable improvement in Johnny's behavior. He calmed down a lot, was less distracted, and could sit quietly to watch Sesame Street or listen to a story.

The Elkinses don't know how many of their son's problems will be found to be related to his diet. But in the two months he has been on the Program Johnny has grown more than he did in the previous year. The change is most noticeable to friends and family members who don't see him every day. His cheeks are filling out and his color is better.

A simple change in diet has already made a difference.

He's still an active preschooler, but he doesn't destroy his toys, as he previously did. Johnny now shows and receives affection, likes to cuddle, and seems genuinely sorry when he does something wrong.

The pediatrician is delighted with the improvement in her young patient, and will be closely monitoring his growth and progress.

The ironic part is that the pediatric group where Charlene takes Johnny is very supportive of the Feingold Program. They just never thought something so simple could help a child with such serious problems.

European Vacation, from page 1

Other Additives

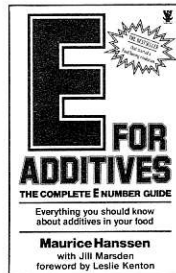
Although the following additives are not routinely eliminated on the Feingold diet, some members prefer to avoid them:

- E211 Sodium Benzoate
- E250 Sodium Nitrite
- E251 Sodium Nitrate
- 621 MSG

Flavorings

The Feingold member wishing to avoid synthetic flavoring will have a more difficult time in Europe. Mr. Hanssen writes, "... incredibly, there are no regulations covering the composition of flavours except the general requirement that a food should be safe."

Even if you don't plan to travel to Europe, this is a good book for the Feingold member who wonders what an emulsifier or stabilizer is.



For the more scientific, it will enable you to tell a carboxymethylcellulose from a calcium disodium ethylenediamine-NNN'N' tetra-acetate.

But it remains very readable and easy for the nonscientist to understand.

E for Additives Supermarket Shopping Guide

This is a second book by the author. *Pure Facts* has not seen a copy, but it claims to list brand name foods free of 56 selected additives.

Both books are published by Thorsons Publishing Group, Ltd.,

Denington Estate, Wellingborough, Northamptonshire NN8 2RQ England. Unfortunately the books are not sold in the United States.

Pure Facts

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