

# Pure Facts

Newsletter of the Feingold® Associations of the United States



September 1987

Vol. 11, No. 7

## Dear FAUS

My husband and I adopted Andy 6 years ago. He was always "different" but I shrugged off his difficult behavior thinking "he'll outgrow it."

Three months ago I was exhausted to the point of collapse. I took him to the doctor with the question, "Is he hyperactive?"

All blood tests and EEG came back normal. He suggested removing sugar and I have noticed a change. Andy will be going to Ann Arbor's University Hospital for a more complete evaluation.

My questions are many. Does the

child ever "outgrow" this terrible affliction? [*No. The symptoms change, but it appears to persist throughout a person's lifetime.*] Is there such a thing as mild hyperactivity? [*There are all degrees.*] How harmful is honey as a sugar substitute? [*Each person must determine their own sensitivities.*]

It seems I should wait for our trip to Ann Arbor but I am anxious to get as much information as possible from many sources.

This "illness" is new to me and I would like to learn.

## Is He Hyperactive?

When a child has chronic physical or behavioral problems the concerned parent's response is to seek professional help.

With an appropriate diagnostic evaluation, including testing, the professional is often able to identify the cause(s) of the symptoms. With this information, he can draw upon his own experience and that of others to recommend appropriate treatment.

Most people believe this approach will help the hyperactive child. But unlike other physical/behavioral symptoms there is no consensus on the important questions concerning the term "hyperactivity."

### What is hyperactivity?

It is not an illness or a disease, nor does it have anything to do with retardation or low intelligence.

Many different names have been given to this condition, including: minimal brain disease, minimal brain

dysfunction, hyperkinesis, hyperactivity, and currently, attention deficit disorder with or without hyperactivity (ADD).

### *Children do not appear to 'outgrow' hyperactivity.*

According to the American Psychiatric Association's diagnostic manual, ADD includes such symptoms as: inappropriate and impulsive behavior, difficulty in sticking to a play activity, runs about or climbs things excessively.

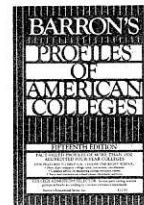
The difficulty in making an accurate judgment of these symptoms is apparent, and it is even further compounded by the conditions under which they might be made.

*Continued on page 2*

## Finding the Right College

Deciding upon the right college or post-high-school training for any teenager is a challenge. For the student with a learning disability or for one who has a hard time handling stress, the decision may be more difficult. There are numerous books available for the college-bound LD student. Your high school's guidance department may have several. Other sources are the school or public library and the Association for Children and Adults with Learning Disabilities (ACLD).

Families of LD children may benefit from another resource: *Barron's Profiles of American Colleges*.



This thick soft-back book lists more than 1,500 four-year colleges, and provides a good summary of what the prospective student

will want to know.

Each college is rated on the basis of entrance standards. The categories are: most competitive, highly competitive, very competitive, competitive, less competitive, and noncompetitive.

This information, which is especially important for the LD student, is often hard to determine from reading college catalogues and brochures.

If you believe your youngster will do best at a school where individual attention is available, you may want to consider a college and avoid the universities where graduate programs take first priority. The student-faculty ratio listed for each college will help here.

Barron's lists the SAT scores for incoming freshmen, and in some cases, the ACT scores as well. It tells how

*Continued on page 6*

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.

## Is He Hyperactive? from page 1

A child's behavior in the examining room of a pediatrician's office can be vastly different from that which he shows in the classroom or on the school playground. And what child will behave the same in a one-to-one relationship with a counselor as he does at home with his playmates?

## What is the cause of hyperactivity?

"Since hyperactivity is generally considered to be a cluster of symptoms, where the choice of cluster is still somewhat vague, it is likely that many causes exist," notes Dr. Ruth Aranow of Johns Hopkins University.

## What treatment is used for hyperactivity?

Here again, there is no consensus among professionals. The three major techniques used are diet, counseling and medication. Although many doctors prescribe medication — generally

methylphenidate (Ritalin), there is an enormous variation from one state to another, and within areas of a state.

## Ritalin usage varies enormously around the country.

For example, the Drug Enforcement Administration has found that Ritalin usage varies dramatically from a low of 283.9 grams per 100,000 population in Maine to a high of 1,558.9 grams in Utah. Since the hyperactive child living in one region is not likely to be that much different from his peers living elsewhere, one must question such extreme differences.

## How are medical treatments determined?

Traditionally, a treatment technique gains acceptance after it has been tested both in controlled studies and in a clinical setting.

Drugs have been used to treat hyperactivity for many years despite the fact that there are no scientific studies which can explain how and why they calm some children.

## The Feingold diet has never been subjected to controlled scientific study.

Doctors recommend the Feingold Program for the same reason — they have seen it work.

But, a scientific panel of the National Institutes of Health (NIH) concluded that, as with drugs, the Feingold Diet has never been subjected to controlled scientific study.

There have, however, been studies on food additives and behavior, and despite their many limitations, they have been supportive of the Feingold program . . . even those studies which were funded by the food industry!

*Please contact the FAUS office if you would like to have information on any of the following: NIH panel report, scientific studies, sugars, drug therapy.*

## Observation of Child's Behavior\*

One or more of these symptoms may indicate an adverse reaction to food additives and salicylates.

### Marked Hyperactivity

- Constant motion
- Runs, does not walk
- Difficulty sitting through meals
- Wiggles legs & hands inappropriately

### Short Attention Span

- Easily distracted
- Doesn't finish projects
- Doesn't follow directions

### Compulsive Aggression

- Disruptive at home & school
- Doesn't respond to discipline
- Doesn't recognize danger
- Perseverates
- Unkind to pets
- Fights with other children
- No self-control

### Impulsive

- Unpredictable behavior
- Makes inappropriate noises
- Talks too much
- Talks too loudly
- Interrupts
- Bites and picks nails
- Chews on clothes or other objects
- Overreacts to touch, pain, sound

### Poor Muscle Coordination

- Exceptionally clumsy
- Accident prone
- Poor eye-hand coordination
- Difficulty with writing and drawing
- Difficulty with playground activity
- Speech difficulties
- Eye-muscle disorders

### Impatient

- Low tolerance for failure & frustration
- Demands must be met immediately
- Irritable
- Cries easily or often

### Poor Sleep Habits

- Difficult to get to bed
- Hard to fall asleep
- Restless sleeper
- Bad dreams

### Frequent Physical Complaints

- Headaches
- Stomachaches
- Frequent ear infections
- Bedwetting

\*Adapted from *Why Your Child is Hyperactive*, by Ben F. Feingold, M.D., Random House, 1974.

# How A Teacher Can Help A Feingold Child

1. Become familiar with Dr. Feingold's books. *Why Your Child is Hyperactive* and *The Feingold Cookbook* are available in most public libraries. Your school may order them from FAUS.

2. The Feingold Association of the U.S. will send a complimentary copy of *The Feingold Handbook* to your school. Ask your school librarian to request a copy from FAUS.

3. You can set a good example by teaching your class about good nutrition and additive-free foods.

4. When you provide parents and children with printed information at the beginning of the school year, include a request that snacks be natural and low in sugar. Refer to page 62 of *The Feingold Cookbook*, or ask your association for suggestions on snack and party food.

5. Ask parents of children on special diets to give you snacks to have on hand for them when an unexpected party comes up.

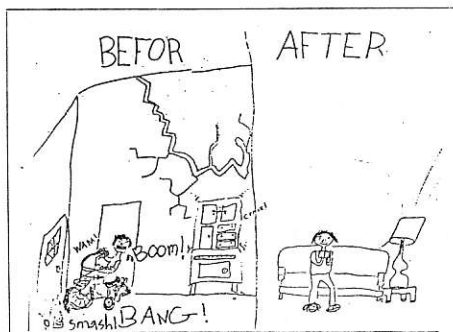
6. Keep in mind that *one* sip or bite of the wrong food can harm a sensitive child. The parents can advise you of how sensitive their child is.

7. Do not draw attention to the child. Feingold children will sometimes accept unallowed food rather than be singled out as "different."

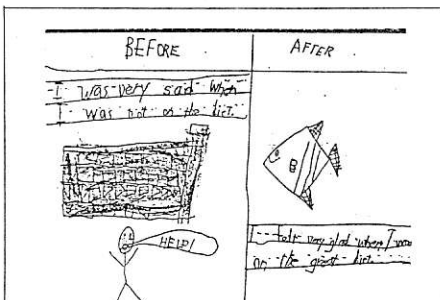
8. If the child refuses something not permitted on his diet, praise him discreetly, and send a short note home so his parents can add their praise.



Four-year-old Elizabeth Dennis drew an adult and child in the "before" picture, and then obscured it with a black marker. The "after" side shows a smiling mother and child.



"Before & after I went on the Feingold Diet." David Pohlmann, age 9



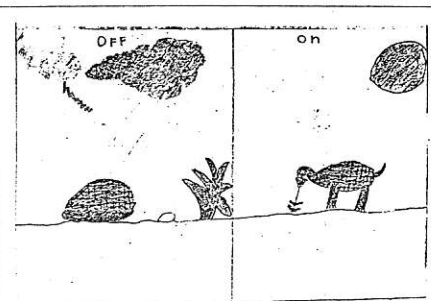
Mark Kravitz, age 6, writes, "I was very sad when I was not on the diet. I felt very glad when I was on the great diet."

This page is provided for you to give to your child's teacher. Additional information for teachers is available from the Feingold Association, P.O. Box 6550, Alexandria, VA 22306, or phone (703) 768-FAUS.

9. Discuss with the child's parents a plan for dealing with the rare occasions when the child suffers a reaction, and her behavior becomes disruptive to the class.

10. Be aware that a "reaction" can be very subtle. There may be days when you can't seem to "get through" to the child. He or she may be disorganized, dreamy, or forgetful.

There may be other children in your class who have food sensitivities, allergies, or special dietary needs. We teach children that differences in appearance, background, and opinions should be respected and valued. Similarly, differences in dietary needs and preferences should be given the same respect.



Jesse Shield, 9 years old, pictures himself as a turtle, drawn into his shell, before going on the Feingold diet. In the "after" drawing he is out of his shell, smelling a flower. Note the dark clouds and lightning have been replaced by the sun.

## Learning About Schools

Strong fumes routinely found in school buildings can be a serious irritant for the sensitive child or adult.

Reactions can be physical, behavioral or cognitive. The strong-smelling disinfectant used in cleaning may cause a headache in one person, nausea in another, mental confusion in one individual, and over-activity in another.

You may not be able to totally avoid exposure to the synthetic chemicals which abound in a school environment, but it is often possible to limit exposure.

Here are some common culprits:

- perfume
- scented stickers & markers
- some cleaning supplies & disinfectants
- strong-smelling glues
- varnish, shellac
- oil-based paints
- deodorizers
- pesticides
- mimeograph fluid
- asphalt, tar (parking lots, roofing materials)

new carpeting & flooring (including adhesives)  
"miracle" rug cleaners

Many of these compounds, like synthetic dyes, are petro-chemicals. Synthetic chemicals can affect sensitive people, whether they are ingested, inhaled, or absorbed through the skin.

Any compound which has a very strong smell should be considered suspect. Even if exposure to them can't be avoided, it can usually be minimized.

Reprinted from Pure Facts, the newsletter of the Feingold Association of the United States



# FOOD ADDITIVE I.Q. TEST

## How much does the average eater know about food?

1. Mozzarella cheese is white and cheddar is generally orange. What accounts for the difference?
2. Which are considered by the U.S. Government to be less likely to cause health problems: "U.S. Certified" or "uncertified" food colors?
3. How are certified colors made today? How were they originally made?
4. What common preservative is often found in medication for asthmatics?
5. Which of these contain sugar?
  - a. salt
  - b. bullion cubes
  - c. Jell-O
  - d. catsup
6. Which contains the most sugar?
  - a. Shake & Bake Barbecue Mix
  - b. Coca Cola
  - c. Sealtest Chocolate Ice Cream
7. What requirements must a food meet before it may be labeled "natural"?
  - a. It must contain only minimally-processed ingredients.
  - b. It must be free of synthetic additives.
  - c. It may contain no more than 2% synthetic chemicals.
  - d. There are no requirements.
8. What is the major source of fiber in "Less" breads?
9. In the past 30 years the use of synthetic food additives has increased by:
  - a. 20%
  - b. 65%
  - c. 170%
10. Why is the dried fruit from the supermarket so much sweeter and more moist than the dried fruit from health food stores?
11. Dark raisins are made from purple grapes. What variety of grape is used to make white raisins (also called "golden" raisins)?
12. Approximately how many cherries does it take to make a box of cherry Jell-O?
13. Fruits and vegetables are often waxed in order to:
  - a. give them a glossy appearance
  - b. retain moisture
  - c. add color
14. What ingredient was once added to some toothpastes but is no longer permitted?
  - a. chloroform
  - b. chlorophyll
  - c. chlorine
15. How can a manufacturer keep nuts from becoming soggy when they are added to ice cream?
16. What department of the U.S. Government has jurisdiction over alcoholic beverages?
17. Before it is approved for use in foods, how is an additive tested to determine if it will cause adverse behavioral changes?
18. The Nutrition Foundation disagrees with the concept that some food additives can cause learning and behavior problems in many children. What is the Nutrition Foundation?
19. What common food additive was once called "glucose" but was given a new name because most people believed it was made from glue?
20. Which of these foods is often dyed?
  - a. pink grapefruit
  - b. red potatoes
  - c. ground meat
21. What determines whether butter is pale or dark yellow?
  - a. coloring added by the creamery
  - b. the diet of the animals
22. What is "surimi"?
23. What is believed to be the most expensive (per pound) food item in the supermarket?

## ANSWERS

1. Coloring is added to cheeses to make them orange.
2. Uncertified colors. They are primarily from natural sources and are not required to have each batch certified by the government.
3. Most are synthesized from petroleum. They used to be made from coal tar oil, and are still referred to as "coal tar dyes."
4. Sulfites, to which many asthmatics are sensitive.
5. They all do. (Dextrose, a form of sugar, is often added to salt).
6. a
7. d
8. "Powdered cellulose," which is another word for sawdust.
9. None of these. The correct answer is 1,000%
10. Dried fruits sold in supermarkets are often soaked in corn syrup before they are packaged. In addition to being sweeter, they are also heavier, so the consumer pays fruit prices for inexpensive corn syrup.
11. White or golden raisins are made by bleaching regular raisins.
12. There are no cherries in cherry Jell-O
13. All of these answers are correct.
14. a
15. They are coated with food grade shellac.
16. The Treasury Dept., parent agency for Bureau of Alcohol, Tobacco & Firearms.
17. The Food & Drug Administration does not require any such tests.
18. It is an organization composed of representatives of the major food and chemical companies.
19. Corn syrup
20. b
21. Both a and b
22. Japanese fish paste, used to make "sea legs," "sea sticks," and other imitations of king crab meat, shrimp, and lobster.
23. Freeze dried chives, which sell for about \$284 per pound.

## All Apples are not Equal



### Eleventh in a series of articles on salicylates

Many salicylate-sensitive individuals have learned by personal trial and error that some varieties of the same fruit are tolerated, while others cause reactions. The Australian study of salicylates in foods (*JADA* 85, pp. 951-958) appears to confirm this.

The fresh apples tested by Swain, Dutton and Truswell provide an excellent example of the variability of salicylate content between varieties of the same fruit. Four varieties of apple were tested: Golden Delicious, Red Delicious, Granny Smith and Jonathan.

The fresh Golden Delicious apple tested contained a small amount of salicylate. Fresh Red Delicious apples had twice as much, and the Jonathan apples had almost five times as much salicylate as the Golden Delicious. The fresh Granny Smith apple had 7½ times the amount of salicylate of the Golden Delicious apple.

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***The fresh Golden Delicious apple contained a small amount of salicylate.***

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No unpeeled fresh apples were tested, so we do not yet know if much of an apple's salicylate is concentrated in the skin. This is the case with some fresh pears tested.

A fresh Packman pear with the skin removed contained no salicylate; however, a fresh Packman pear with its skin intact contained more salicylate than a Red Delicious apple with its skin intact.

If American apple varieties are similar to their Australian counterparts, then most salicylate-sensitive individuals may be able to tolerate moderate amounts of Golden Delicious apples.

*Karen S. Garnett*

EDITOR'S NOTE: The results of tests done on Australian products may not be relevant to the products available in this country.

## Poster Contest Winners

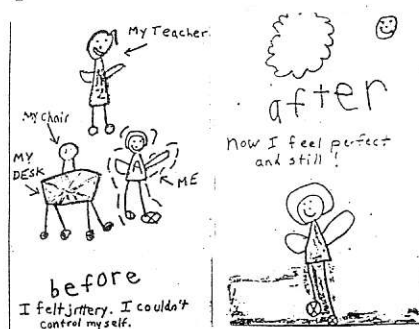
FAUS thanks all our youngsters who entered the Conference poster contest depicting "how I felt before and after going on the Feingold Diet."

The winning posters were submitted by:

Elizabeth Dennis, age 4  
Jesse Weigley, age 4  
Allison Acker, age 6  
Mark Kravitz, age 6  
David Pohlmann, age 9  
Jesse Shield, age 9

Some of the posters are included in this newsletter.

**Before — Allison, age 6, writes, "I felt jittery. I couldn't control myself." After — "Now I feel perfect and still."**



## 'Healthy' Food Coming Our Way?

Food manufacturers have long been eager to capitalize on the consumer interest in healthy eating, and they may soon have it their way.

On August 4 Health and Human Services Secretary Otis R. Bowen announced the administration's proposal that food companies would be allowed to describe the health benefits of their product on the labels.

However, no manufacturer would be obligated to describe the disadvantages of his product.

This proposal overturns a policy which was established in 1906, prohibiting food companies from advertising health advantages of their product on the packages or labels.

## In the School Cafeteria

### Flunking Lunch?

Many school systems are doing just that, according to a study of the lunch programs in some public schools.

TV journalist Lea Thompson investigated the school lunches being served to children in the metropolitan Washington area. She found that most of the foods which look like fast foods are far higher in sodium and fat content than similar offerings at fast food chains.

Since it is expensive to test foods for sodium and fat content, the schools had never done this, and food service directors expressed surprise at the findings.

### The Milk Route

Proponents of low-fat diets are distressed that politicians from dairy states may succeed in convincing the government to replace the low-fat milk provided to school children with whole milk.

This would be good news to Feingold parents, however, since low-fat milk often contains preservatives which are hidden in the vitamin fortification.

### A Little Bubbly?

School children may be consuming carbonated milk drinks before too long. The dairy industry has found a way to add carbonation to milk without losing nutrients. They are also experimenting with added flavorings . . . do we dare hope they will use natural flavorings?

## PIC Report

Allergan Pharmaceuticals has completed our Product Inquiry Form certifying that **Allergan Enzymatic Contact Lens Cleaner** does not contain the antioxidant preservatives BHA, BHT or TBHQ (or the other additives prohibited on the Feingold program).

The product was formerly called Soflens Enzymatic Contact Lens Cleaner.

*From the Feingold Association of the Northeast*

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.

## Feingold Association Day

Ralph J. Lamberti, President of the Borough of Staten Island, proclaimed that June 27, 1987 was Feingold Association Day.

The proclamation reads:

WHEREAS the Feingold Association of the Northeast, Inc. was founded to support and educate families with children who suffer from hyperactivity and learning disabilities; and WHEREAS we, the family of Staten Island, appreciate and support the efforts of the Feingold Association for their commitment to our most precious resource, our children; and WHEREAS Wagner College is serving as the host site of the national convention of the Association June 24 through June 28 alerting our community to the work and dedication of this group which seeks to educate the community on the relationship of certain foods to hyperactivity; and WHEREAS we welcome the Feingold Association to Staten Island and wish the organization well in its mission, NOW THEREFORE, I, RALPH J. LAMBERTI, President of the Borough of Staten Island, by virtue of the power and authority vested in me by the laws of the City and State of New York, do hereby proclaim Saturday, June 27, 1987 FEINGOLD ASSOCIATION DAY in the Borough of Staten Island.

## Pure Facts

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For further information write to: Feingold Association of the United States, Inc., Box 6550, Alexandria, VA 22306. (703) 768-FAUS

College, from page 1

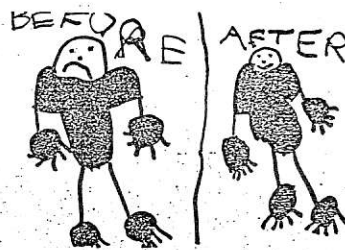
many freshmen apply, how many are accepted, and how many enroll.

Tutoring and psychological services are indicated, as are services for the handicapped.

Your "Feingold" student may benefit from attending a school close enough to home to allow occasional weekend visits. For a teenager who is sensitive to stress, this can be a good way to relieve the pressures of campus life.

Chances are the Barron's book will introduce you to many nearby schools you didn't even realize existed. Take a look at those listed in your area. Some, which sound like private colleges, are state supported schools offering a high quality education and at surprisingly low cost.

**"Before & after I went on the Feingold diet." Jesse Weigley, 4 years old**



If your student is a high school junior, now is the time to begin researching colleges and planning visits.

This is also the time to ask your guidance department when the PSAT and ACT tests will be given. If your teen has difficulty with these, you can look into requesting they be taken untimed the next time they are given. Any student whose school record indicates a learning disability should be eligible.

Staying on the diet in college was addressed in the September 1986 issue of *Pure Facts*. If you would like to have a copy, send a long self-addressed, stamped envelope to PF-SEP 86, P.O. Box 6550, Alexandria, VA 22306.

*Barron's Profiles of American Colleges*, published by Barron's Educational Series, Inc., sells for \$12.95, and may be available at discount stores and bookstores. Barron's also publishes an *Index of College Majors*.

## New FAUS Board

Delegates at the FAUS Conference elected their Board of Directors for the coming year. These Feingold volunteers are:

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## TV Bloopers

Many members have called us about their disappointment with the July 30 edition of "20/20." At the conclusion of the segment on hyperactivity, co-host John Stossel said the studies did not support the link between food additives and hyperactivity.

If you wish to write to "20/20," the address is: 157 Columbus Ave., New York, NY 10023. The show's producer is Victor Neufeld.