

Pure Facts

Newsletter of the Feingold® Associations of the United States



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Parenting the Feingold Teen

It's quite possible to successfully raise a difficult child. All it requires is that you be twice as good at it as most other parents.

On the other hand, children who do not live on chemically-laden junk food are often the calmest, nicest kids on the block. But Feingold parents know that their young Dr. Jeckyll has a flip side. Dealing with the Feingold teen when s/he is off the diet merely takes the wisdom of Solomon and the patience of Job.

We hope that these suggestions, as well as those found in the *Feingold Handbook*, will help to keep your teenager on the program and will be of assistance to you if s/he should go off it.

Each family is different and each child a unique challenge, but there are



some common experiences we all share. Our parents of teens have said their major concern is to help their child internalize the decision to stay on the Program.

If you have been following the Feingold Program for many years, you know this comes long before adolescence. The preschooler who visits the next door neighbors without Mom at his side needs to be able to say "no", and they are generally very good at it.

Make the program a family affair

Now that you know about food additives, about how harmful and unnecessary many are, it shouldn't be hard for you to banish those which are excluded from our diet. (Since most of them are petroleum derivatives, you aren't missing much!) If your spouse simply can't do without the favorite junk food, ask him/her to get it at the office vending machine, not in the home.

Don't waste any sympathy on the siblings who miss their fluorescent cereals. They will probably get plenty

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Editorial Comment

The Feingold Program's Mysterious "1% Success Rate"

How many children actually benefit from the Program?

A few years ago the Feingold Program was criticized for helping "only" about 70% of the children Dr. Feingold treated. (This, coincidentally, is about the same percentage of success attributed to the use of Ritalin.)

In the years that followed, the numbers quoted by our critics steadily declined — eventually to 10%, then 5%, and now it's at "1%".

It's hard to figure where this 1% comes from. Even if you ignore all of the studies on additives and hyperactivity, and pretend the Weiss study on dyes was a test of the Feingold Program, you still get better than a 5% response.

It would be a simple matter for an independent researcher to determine what the success rate is simply by polling families who have tried the program, but none have done that. This leaves the issue open to the numbers game.

Let's sharpen up our pencil and take a closer look at the numbers. In 1980 the National Science Foundation estimated that 200,000 families in the United States were using the Feingold Diet. Since the "hyperactive adult" was not general-

ly recognized at that time this would have represented about 200,000 children.

Staying on the diet back in 1980 wasn't easy, so we can conclude that a family followed the diet because it was successful in improving their child's behavior.

If this 200,000 figure represents the successful 1%, that means the number of hyperactive children in the United States who tried the diet was 20,000,000. We have a small problem here. A look at the population of the United States in 1980 shows the total number of children (ages 6 through 16) who were alive at that time was only about 19,025,000!

So, not only would there have been more hyperactive children who tried the diet than there were children, but it still leaves about 975,000 who got misplaced — and anyone who has spent time around hyper kids knows they're very good at making their presence known!

Finally, would you donate many hours of your time to promote a program which fails to help 99% of the people who try it? Neither would I.

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.

Special Issue on Teens

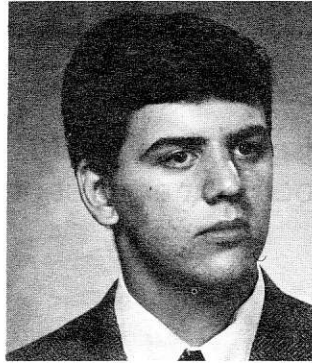
My Ordinary Kid

By Annette Miller

You'd never pick him out of a roomful of kids as being different. Today he's just an ordinary kid, and that's what I always wanted.

From day one, Billy was a hyper, cranky, angry child who was always moving, scarcely slept and had a very short fuse. He really was "off the wall" — literally our "bouncing baby".

Even as a baby, his room consisted of a mattress on the floor since he had demolished all of the furnishings. Nothing could confine Billy. As soon as the men completed installing the fence surrounding our yard, my toddler climbed over it and was on his way. At the tender age of 2 1/2 he was known to take off and visit his grandmother who lived nearly a mile away.



Bill Miller

The evaluation of Billy and his future was very pessimistic. He was diagnosed as having "autistic characteristics" and a "developmental delay". Although he was clearly very bright, he couldn't sit still long enough to learn. All this took place before Billy's third birthday.

I was up early every morning, and happened to see Vickie Gelardi on TV. She described a child who fit my son to a "T", but all the while she was seated next to a calm, well behaved little boy. At first I didn't understand that the boy she was describing was the same child beside her, now successfully on the Feingold diet.

With Vickie's help and the support of the local Feingold chapter, Billy's behavior changed dramatically in ten days.

This was back in 1975, and being on the diet was a lot different than it is today. We made everything from scratch because we really didn't know that much about additives — especially the hidden ones. We didn't understand what questions to ask manufacturers, particularly about antioxidant preservatives hidden in the oils, the vitamins or the packaging materials.

I later learned that BHA and BHT were major offenders for Billy, as were all petroleum-based additives. The fumes from petro-chemicals were just as bad as those ingested, and his worst times in school turned out to be when the building was treated with insecticides each month. (Once we tracked down the cause, the principal tried to schedule this for Friday afternoons.)

While the diet made a world of difference for Billy, he still had many problems. His eye-hand coordination was very

poor and it was extremely hard for him to write and to copy words from the blackboard or from a book. Paper work is still difficult, and he looks forward to graduating from high school this spring. Bill has a real talent for aircraft maintenance and design and will receive further training in an F.A.A. approved program.

With the help of our doctor we were able to add back all of the salicylates and foods to which he was allergic, and just eliminate the synthetic additives; Billy then gave his full cooperation. If he went to a birthday party, he would bring home all the food he

was given and trade it for acceptable foods. The same was true at Halloween; he would give me everything he had collected, in exchange for the allowed treats. If I had his willpower, I'd be a size 5!

At 16, Bill is the easiest of my three kids to get along with. He's a funny, bright, witty young man who likes people and they like him as well. He is very sensitive to the feelings of others. Bill is wonderful with children, even babies, and has such strong feelings of empathy — especially for the kid who doesn't fit in.

Having been on the diet for so many years, Bill knows how much he can cheat, and when he needs to get back to the "safe" foods. At the mall or movie, he chooses the junk food which is not likely to have petrochemicals and it isn't hard to fit in with the group.

So many people have seen the changes in Bill as he grew up, and understand the help the Feingold Program can provide. I get calls from out of nowhere. People tell me our pediatrician referred them to me, or the school nurse, or one of his former teachers, principals, etc.

In addition to his interest in engines, Bill has discovered another skill — pistol shooting. (They use air pistols, and he is extremely safety-conscious.) I didn't really think much of it until I learned that after only about a year of shooting, he was invited to participate in the Junior Olympic Championships held in Colorado. Out of 77 marksmen, Bill came in 13th.

His hand-eye coordination must have improved an awful lot!

Teens, from page 1

of their old favorites at a friend's house, the nearby convenience store, or the school cafeteria.

The family is your child's primary support group. Discuss how each of you is supported by the others. Chances are, other family members are experiencing benefits from the diet as well. Your food selections are then a part of your family's value system. Dis-

cuss the diet just as you would speak of other ethical and moral attitudes.

Yes, your child is different

In a society where Dr. Feingold estimated 80% of the food found in a supermarket contains one or more of the prohibited additives, the person who eliminates them *is* different. But then, the rock star is different; so is the olympic medalist or the Rhodes Scholar.

Actually, the purpose of the Program is to produce a normal range of behavior. By eating food which may be somewhat different from his peers, your youngster's behavior should be much *less* "different".

For the youngster who must avoid some or all of the salicylates, this difference is more similar to a person with a food allergy. It's a real bummer

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Dealing with the Relatives

Whether you travel over the river and through the woods or take the elevator up to their condo, this is the season to get together with Grandma and Grandpa, and to eat, eat, eat.

The Feingold Association of the Bay Area advises, "Prepare Grandmother and other well-meaning relatives ahead of time. Take 15 minutes to call and ask what will be served at the holiday dinner.

"Then take another 15 minutes to drop them a note and list the acceptable brand names and the stores where they can buy these items.

"Volunteer to bring some of the food; it's worth the effort to be sure you'll all have an enjoyable celebration."

Did you know that Feingold members can order an extra foodlist to pass on to the relatives? Contact your local association or FAUS Travel Aid Committee at 12708 Norwood Lane, Fort Washington, MD 20744. (The cost for Feingold members is \$3 per book.) We can send the foodlist to you or directly to the relatives so it will be there when you arrive.

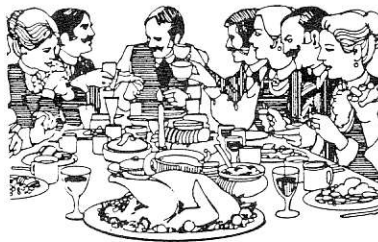
Or, send them your copy, perhaps with the familiar brands highlighted. Then order a new one from us.

Some members prefer to take the relative shopping once they've arrived at their location, and buy all the needed food then.

Regardless of how your family likes to handle these visits, it is essential that you stick to your guns and not give in to the "just one little piece won't hurt" routine. Chemical sensitivity is not the same as a food allergy, where a little bit of cheating may be tolerated. The member who has been on the Feingold Program for less than a year, is likely to be extremely sensitive to even a tiny amount of the prohibited chemicals and/or to salicylates.

Teaching your family about our program

Have you sent Grandma her copy of the 1989-1990 School Year Calendar?



Does she have the *Feingold Cookbook*? Did you loan her your *Handbook*, or request an extra one from your association? Have you passed along an information brochure and some of your issues of *Pure Facts*? (You can obtain extra copies of these from the association too.)

The association can provide many aids in explaining our program to your relatives, but none is as good as our new video, *"Impossible Kids? Possible Answers!"* This 21 minute promotional VHS tape makes the Feingold Program and the scientific basis for it easy to understand.

You can order your copy from: FAUS Video, P.O. Box 6550, Alexandria, VA 22306. The cost is \$10 for one tape; or \$5 per tape when you order five or more sent to the same address. (We pay the shipping costs.)

Most of us who now use the Feingold Program started out not understanding it, and many of us thought it sounded pretty crazy to say that our kid's obnoxious behavior had anything to do with our shopping list. Keep this in mind when you deal with skepticism.

And, most of all, have a great CALM holiday.

Teens, from page 2

having to skip the ketchup; but it's also hard avoiding gluten or taking insulin shots every day, or communicating only in sign language. Life deals us a tough hand sometimes.

Your sympathy will be welcomed, but be careful that it doesn't cross over into pity. You're not "depriving your poor child" of anything except some serious problems.

Don't make the diet more different than necessary

Of course you'd like to see your teen enjoy whole wheat bread and brown rice; it also would be nice if she hated candy, but let's not set our expectations too high.

Gaining and keeping a child's cooperation is the most fundamental requirement. If this means a candy bar at the movies or burgers, fries and soft drinks at the mall, then focus on steering your teen toward the less junky of the junk foods.

If he has been on the Program for a few years, an occasional cheat may be tolerated.

Be sure there are lots of acceptable foods in the house, and encourage any signs of interest your children have in cooking or food preparation.

Thanks to Feingold volunteer, Sue Maldonado, we have a *Teen Cookbook!* This 28 page book titled, *"Fast and Feingold - Teen Edition"* contains recipes which are especially popular with teenagers and suitable for them to prepare. To order your copy, send your name and address, along with \$2 to: Teen Cookbook, P.O. Box 6550, Alexandria, VA 22306.

FAUS has other resources which can help. The July/August 1989 issue of *Pure Facts* contains a booklet with information on fast foods which may be tolerated. A few years ago we published a booklet called *"The Better Choice"*. This gives examples of foods the Fein-

gold teen and pre-teen can select when they eat away from home.

For the college-bound member, we published a special issue of *Pure Facts* in September, 1986. To receive a copy of any of these resources, send a long self-addressed stamped envelope to: FAUS Teen, P.O. Box 6550, Alexandria, VA 22306. Please specify which one(s) you want us to send.

The consequences of going off the diet — or: "Placebo effect, where are you when we need you?"

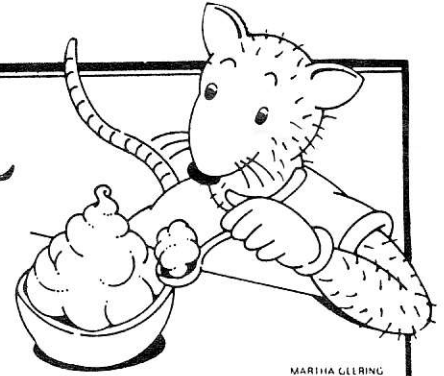
If the effectiveness of the Feingold Program were the result of "placebo effect", as critics like to believe, there would be no consequence for cheating. Unfortunately, infractions and reactions are a hard fact of life for the Feingold member of any age.

For the teen who has had several years of experience on the program, it should be fairly clear what form a reac-

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THE MOTHER JONES CHEMICAL CONSCIOUSNESS QUIZ



MARtha GELRING

Sharpen what's left of your taste buds, light up your Bunsen burner and get ready for *Mother Jones'* salute to the chemical corps! So far, nutritionists, druggists and, yes, even kids who watch more than eight hours of TV a day have all flubbed miserably. So if you think you know the difference between

Cool Whip and Preparation H, here's your chance to prove it. Winners get first option to write the *Mother Jones' Make Mine Mock!* recipe book and a hefty white rat—if you're intimate enough with additives to score 100 percent, you'll need it. Tap your feet to the dodecylbenzenesulfonate beat, and go!

A Cool Whip Topping

B Country Time
Lemonade Drink

C Listerine
Mouthwash

D Dove Soap

E Gainex Burgers

F Carnation
Instant Breakfast

G Massengil
Disposable Douche

H Hershey's Syrup

I Kellogg's
Frosted Flakes

J Hartz Hamster &
Gerbil Munch

K Coffee-Mate
Non-Dairy Creamer

L Sure Anti-Perspirant
Roll-On

M Farmer John
Liverwurst

N Fresh Horizons
White Bread

O d-Con
Rodent Poison

P Schilling Imitation
Bacon Bits

Q Herb-Ox Beef
Bouillon Cubes

R Pepsodent
Toothpaste

S Orange Juice

T Preparation H
Ointment

1 Meat By-Products, Soybean Grits, Sucrose, Soybean Meal, Propylene Glycol, Wheat Flour, Corn Syrup, Soybean Hulls, Chicken Digest, Salt, Dried Whey Product, Calcium Carbonate, Water, Beef, Vegetable Oil, Mono Calcium Phosphate, Iron Oxide, Potassium Sorbate, Animal Fat (with BHA), Ethoxyquin, Zinc Oxide, Ammoniated Glycrrhizin, Vitamins, Calcium Pantothenate, Ethylene-diamine Dihydriodide.

2 Corn Sirup (sic), Water, Sugar, Cocoa, Salt, Mono and Diglycerides from Vegetable Oil, Xanthan Gum, Polysorbate 60, Vanillin.

3 Water, Sugar Syrup, Citric Acid, Sodium Citrate, Vegetable Gum, Natural Flavors, Potassium Sorbate, Sodium Benzoate, Vitamin C, Glyceryl Abietate, Artificial Color, BHA.

4 Sodium Cocoyl Isethionate, Stearic Acid, Sodium Tallowate, Water, Sodium Isethionate, Coconut Acid, Sodium Stearate, Sodium Dodecylbenzenesulfonate, Sodium Cocoate, Fragrance, Salt, Titanium Dioxide.

5 Live Yeast Cell Derivative, Shark Liver Oil, Phenylmercuric Nitrate.

6 Soy Flour, Vegetable Oil, Salt, Natural and Artificial Flavors, Caramel, FD&C Red No. 3, BHA, BHT.

7 Milled Corn, Sugar, Salt, Malt Flavoring, Vitamins, BHA.

8 Hydrolyzed Vegetable Protein, Salt, Sugar, Onion, Autolyzed Yeast, Beef Fat, Malto-Dextrin, Celery, Caramel, Beef Extract, Disodium Inosinate, Disodium Guanylate.

9 Zirconium-Aluminum-Glycine-Hydroxychloride Complex, Water, PEG-40 Stearate, Glyceryl Stearate, Glycerin, Refined Paraffin, Isopropyl Palmitate, Magnesium Aluminum Silicate, Fragrance.

10 Non-Fat Dry Milk, Sugar, Cocoa, Corn Syrup Solids, Lactose, Isolated Soy Protein, Sodium Caseinate, Lecithin, Magnesium Hydroxide, Ammonium Carrageenan, Artificial Flavors, Sodium Ascorbate, Ferric Orthophosphate, Vitamin E Acetate, Vitamin A Palmitate, Niacinamide, Copper Gluconate, Zinc Oxide, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Folic Acid.

11 Water, Hydrogenated Coconut and Palm Kernel Oils, Sugar, Corn Syrup, Sodium Caseinate, Dextrose, Natural and Artificial Flavors, Polysorbate 60, Sorbitan Monostearate, Xanthan Gum, GUAR Gum, Artificial Color.

12 Pork, Pork Livers, Pork Snouts, Bacon (cured with Water, Salt, Sodium Phosphate, Soy Sauce, Flavoring, Sodium Erythorbate, Sodium Nitrate), Salt, Corn Syrup, Spices, Flavoring, Hydrolyzed Vegetable Protein, Monosodium Glutamate, Sodium Nitrate.

13 Corn Meal, Vegetable Oil, Artificial Meat Flavors, Salt, Artificial Coloring.

14 Water, Alcohol, Thymol, Eucalyptol, Methyl Salicylate, Menthol, Benzoic Acid, Poloxamer 407, Caramel.

15 Corn Syrup Solids, Partially Hydrogenated Vegetable Oil, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Artificial Flavorings and Colors.

16 Orange Juice.

17 Water, SD Alcohol 40, Lactic Acid, Sodium Lactate, Octoxynol-9, Cetylpyridinium Chloride, Sorbic Acid, Disodium EDTA, Fragrance, D&C Red No. 19.

18 Homogeneous Mixture of Cereals (Corn, Wheat, Rice), Wafarin.

19 Sorbitol, Water, Alumina, Hydrated Silica, Glycerin, PEG 32, Sodium Lauryl Sulfate, Dicalcium Phosphate, Cellulose Gum, Flavor, Titanium Dioxide, Sodium Saccharin, Sodium Benzoate.

20 Water, Flour, Powdered Wood Cellulose, Wheat Gluten, Brown Sugar, Salt, Sugar, Yeast, Lactalbumin, Calcium Sulfate, Sodium Stearoyl-2-Lactylate, Mono and Diglycerides, Polyglycerate 60, Polysorbate 60, Potassium Bromate, Artificial Flavor, Vitamins and Calcium Propionate.

Answers: 1-E; 2-H; 3-B; 4-D; 5-T; 6-P; 7-I; 8-Q; 9-L; 10-F; 11-A; 12-M; 13-J; 14-C; 15-K; 16-S; 17-O; 18-O; 19-R; 20-N.

—Richard Kirschman

"Chemical Consciousness Quiz" is reprinted with permission from *Mother Jones* magazine.

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tion takes. If it means a loss of coordination, the athletically inclined has a strong motivation to stick to his diet. If schoolwork is affected, the student who wants to make good grades has this incentive.

For many Feingold youngsters, a reaction shows up mostly as "pain-in-the-neck" behavior. (This is the best motivation for the rest of the family to support adherence to the program!)

Whatever the consequences of an infraction, the Feingold member needs to experience the result of a deliberate mistake. Talk it over with her, but wait until the reactions subside; few people of any age are able to recognize it when they are in the midst of experiencing a reaction.

The rebellion years

As your teen undergoes the difficult task of separating from you, he will probably seek out a way to rebel. If you're lucky, he will be satisfied with rebelling in a limited area. **Do what you can to prevent that area from being food.**

Someone once suggested that whoever came up with the idea of long hair deserved a Nobel prize for peace. If your teen makes a statement with a mane which is shaggy, shorn, or multi-colored, and if this is the extent of the rebellion, consider yourself fortunate. Hair will grow out. Black nail polish doesn't last forever. Ask yourself if your teen's latest personal statement will inflict permanent damage, and if the answer is "no", try to live with it. Even when the rebellion is directed at food, stick to your guns, and keep your refrigerator Feingold-safe.

Positive rebellion

There are some things you can do to encourage your teen's "positive rebellion". In seeking an area he can call his own, your child may outdo you in the healthy food department. You know enough not to preach nutrition to him; but don't be irritated if he preaches it to you, or scolds you for eating too much sugar. Admit you're imperfect. (You may as well; if you try to disguise that fact, your youngster will work dilligently until he uncovers it.)

In other words, give your teen a nitch that can be hers alone. It's ok if she's wiser than you in some areas. Admit you're a fallible human and admire her strength.

One mom relates, "My kids love to hear about how 'Poor Ole Mom' messed up again. They like feeling a bit superior, and it seems to help defuse their desire to rebel."

"I haven't been the mother of a teen before," another writes, "I tell my kids I'm still new at the job and they'll have to be patient while I learn the ropes."

A classic trait of teenagers has always been a delight in uncovering the folly of the older generation. In many cases their disrespect is well deserved. The older generation produces, promotes, protects and profits from additive-laden food. Show your kids the enclosed food additive quiz to stimulate some thought about practices of the older generation — practices deserving of adolescent indignation.

is true for the young child is just as true for the teen: diet is not always the reason for a behavior problem.

Don't hesitate to seek professional help if your family is faced with issues you are unable to resolve. Be sure to screen the counselor first; find out how he/she feels about the Feingold Program. The last thing you need is someone who thinks the diet is causing the problem.

Fringe benefits

Look for an added reason for your teen to stick to the diet (you hit the ball better, avoid headaches, have clearer skin).

Life isn't always "fair"

Life is a series of problems, much as we would like to think otherwise. Show your teenager that since it's virtually impossible to avoid them, what's important is how he or she responds to them. Diet restrictions are a problem



UnTomato Sauce

- 1 can beets 6 Tbsp Heinz white vinegar
- 2 cans carrots 1/2 tsp oregano
- 1 Tbsp salt 2 cloves garlic
- 1 onion

Drain half the water from each can of vegetables. Add to blender; blend until well mixed. Pour into large pan and heat. Add rest of ingredients. Simmer 10 minutes. This tastes surprisingly like real tomatoes and can be adapted to any dish that calls for them in a recipe.

Pizza Sandwiches

- 8 thick slices bread 8 oz UnTomato sauce
- 8 slices mozzarella 1/2 lb cooked sausage

Cook sausage until done; add remaining ingredients. Spread 2 Tb sauce on each piece of bread; cover with cheese. Bake 7 minutes at 450 degrees.

Maybe this type of information will encourage your young person to become involved in our work — there are those who think it's a form of rebellion!

Try to be aware of what's normal and acceptable behavior for the age

There are many good books and seminars on the issue of dealing with teens. We need to remember that what

for anyone, but dealing successfully with this problem yields great benefits.

In the final analysis, the best you can do for your children, whether they "need" the Feingold Program or not, is to teach them about foods. You may think they don't hear you, and they may go through periods where they seem determined to eat all the wrong things, but they have heard you. When their own welfare becomes important to them, the information will be there.

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.

The "Clumsy" Driver

The drunk driver is not the only roadway hazard.

The National Highway Traffic Safety Administration points to two groups of [non-drinking] drivers as having the highest risk of accidents — those over 75 years of age, and those under 25. In the case of the older driver, there may be a diminishing of eye-hand-brain coordination, and slower reaction time. (Medication may also be a factor.)

"In the case of the young drivers," notes Richard Restak, M.D., "their road accidents are merely the most conspicuous aspect of the hyperactivity, attention difficulties and learning problems that are present within this age group. Popular opinion to the contrary, these conditions are not limited to children and adolescents."

The "clumsy" person is accident prone both in the car and out. Some of the symptoms which create potential hazards are: poor eye-hand coordination, a slower reaction time, impaired ability to anticipate changes in the environment, inattention or day dreaming, a disturbance in "judgement".

"He or she acts too fast or not fast enough;" Dr. Restak continues, "steps on the accelerator when the intention is to put on the brake; slips the gear into reverse in stead of forward; comes to a full stop when the sign merely indicates "yield". In all cases, the response is almost but not quite appropriate to the situation."

Alcohol

Other researchers note that the young driver who consumes one of two drinks may test out to have blood alcohol levels below the legal limit, but still be impaired.

The inexperience of the young driver, along with a relatively low tolerance for alcohol is a deadly combination, according to the Addiction Research Foundation of Toronto.

Dr. Feingold noted that a young person's reaction to alcoholic beverages may not be just from the alcohol alone, but also from the many synthetic additives found in them.

One Feingold member writes: "Our son had to give up driving after three accidents. When at home he had no accidents — but out on his own in his apartment, off Feingold food, he had three accidents within a short time. The insurance went up and no one really wants to insure him."



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The Association Doesn't Endorse Products

Members have recently reported salesmen for a food plan have claimed their meat is "endorsed" or "recommended" by the Feingold Association. This is not true.

If a product appears on the Association's Foodlist, the manufacturer may state this, either verbally or in advertising copy (not on the product label). It's a statement of fact, and does not imply an endorsement or recommendation. In the same way, a company might point out that their product is listed in *Consumer Reports* magazine; this is not an endorsement by the magazine.

While some of our members prefer to eat organically raised meat, this is an individual choice, not a part of the Feingold Program. Most of the fresh meats found in your supermarket or butcher shop should be well tolerated.

Meats which have been marinated, breaded, or otherwise prepared should be viewed cautiously. Some supermarkets offer partially prepared meats in their gourmet section. Look for an ingredient listing on the label. If you are established on the Program and the ingredients look good, this would be worth a try. For lunchmeats and prepared frozen meat products, check your foodlist.

When you shop for your Thanksgiving turkey, stay away from the pre-basted ones. Any plain turkey — fresh or frozen — should be fine.

Pure Facts

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