

Pure Facts

Newsletter of the Feingold® Associations of the United States



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April Fool Foods

“In the supermarket the Shopper saw shampoos made out of milk and honey, and soap made out of oatmeal, and hamburgers made out of tofu, and hot dogs made out of chicken, and a canned fried chicken substitute made out of wheat gluten and peanut butter. He spotted a bag of bagel chips called That’s Entertainment, and he thought, “No, it’s not entertainment, it’s food.”

Journalist Peter Carlson explored the Alice in Wonderland world of processed foods in his article “Who Put the Sunshine in the Sunshine Scent?” (*Washington Post magazine*, 12/16/90).

What is a source of amusement for the average shopper can be a serious problem for the chemically sensitive person. Highly processed foods — made to look and taste like things they’re not — go through many stages of preparation and can acquire undesirable synthetic additives all along the assembly line. Labeling regulations are so lax that few of these additives are required to be listed on the ingredient labels.

This newsletter contains examples of additives being found where you wouldn’t expect them.

What Have They Done to Natural Cheese?

A big THANK YOU to all of the wonderful Feingold volunteers, especially those who’ve done mountains of work on the Foodlist — we couldn’t survive without you! Regarding the Foodlist, I have a comment to make. Under the heading “cheese”, there is the sentence, “Most white cheeses are acceptable. Ingredients should read: ...”

Perhaps others might make the mistake — as I did — of thinking that reading the ingredient labels on white cheeses is sufficient. I couldn’t figure out what the problem was for my four-

year-old son, until I came upon the following information in a book called, *Real Food, Fake Food* by Geri Harrington. (1987)



The Food, Drug, and Cosmetic Act specifically allows natural cheeses, butter, and ice cream to contain “undeclared artificial coloring.” ...blue or green coloring is sometimes added as a whitener — just as we used to add blueing to washing machines to make clothes look white. Amendments are constantly adding more cheeses to the “whiteners allowed” list: mozzarella and low-fat mozzarella can now add “safe and suitable artificial coloring during the manufacturing process to whiten the cheese.”

I’ll bet a lot of people who aren’t seeing a great deal of success with the diet have been tripped up by this very thing — thinking if they use natural cheeses they’ll be OK. Maybe an extra warning about this very thing might be in order. My son is doing great now!

Carol Tardiff
Troy, MI

Editor’s note: *If you’re new to the Feingold Program it’s safer to rely on the brands in your foodlist. Experienced members can call the local dairy and inquire about their products.*

Pizza Cheese

The labeling of cheese products gets especially confusing in frozen pizza. If you buy a “Cheese” pizza with imitation cheese, it must say “imitation cheese” on the front of the package along with the name. But if you buy a sausage pizza, mushroom pizza, etc., and it contains imitation cheese, this information may be hidden in the fine print of the ingredient label.

FAUS PIC

National brands are researched through the FAUS Product Information Committee. We welcome our new PIC Chairperson, Lois Miele. Lois became a Feingold member when her grandson went on the program years ago and has recently agreed to take the position.

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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.

Sweet Dreams for Katie

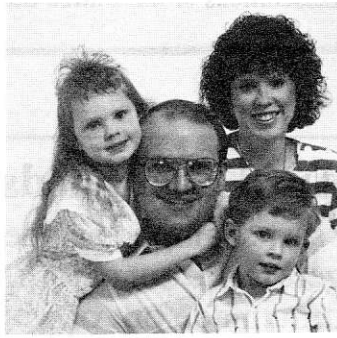
We have been on the Feingold diet for 1 year now. From the time our daughter could walk, until she was 22 months old, her naps lasted only 45 minutes; after that she took no naps at all.

Every night it took Katie well over three hours to go to sleep. Then we had night after night full of night terrors.

We stayed home almost all the time because Katie was always running on a destructive course. If we were where there were toys and lots for her to do, she would check it out for a few minutes then would be gone checking out the building and whatever else she could find.

Usually she just ran and DID – not to be mean, but because she really couldn't help herself. My Mom found an article on your diet and thought it sounded like there was help. I was so glad to receive your information so quickly.

Katie was to the point that she could no longer even do a puzzle without crying and saying "I can't, I can't." She couldn't sit to do anything.



After 3 days on the diet she asked to do puzzles. She took out her most frustrating puzzle, the one she just takes out one piece and quits. Well, not that day. She sat calmly and hummed a song and did the whole thing, plus all her other puzzles. I said, "Katie, how would you like to cut something out?" and she did it!

Needless to say her night terrors are gone and she goes to sleep in about 10-15 minutes most nights. She still is

a pretty wound up little girl but I feel there is hope. I used to feel like I would crack, and ended up with an ulcer. We are very good friends with our doctor and he knows us and Katie so well he has helped a lot in all our healing.

I am very lucky to have such a supportive husband and we all work together. Our little boy doesn't have the problem and neither does my husband, but I know I do. There are many foods that cause me to have trouble sleeping. My Mom wishes she had known about the Feingold Program long ago.

I know our problem wasn't as extreme as some, but it has worn on us so we thank you for all your help and we do spread the word.

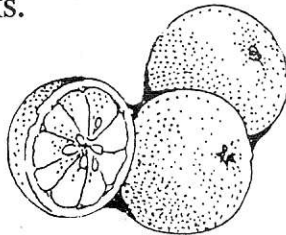
*Joyce, Dave, Katie and
Joey Hill
Tawas City, MI*

When Things are Not What They Appear

Sodium benzoate is a preservative some Feingold members find they must avoid; it is used in bottled lemon juice, some sauces and a few soft drinks.

It is not intended for use in orange juice, but you could find it there. According to the Food and Drug Administration, orange juice companies are required to add sodium benzoate to the "pulp wash solids" – the portion which is left over after juice is squeezed and strained. Orange rinds are sold for cattle feed and the pulp is sold to manufacturers of fruit "drinks" or fruit "beverages" who squeeze out the remaining juice. The law prohibits pulp wash to be used in beverages sold as orange "juice". The addition of a preservative makes it easier to detect if the solids have been illegally used in a product passed off as pure orange juice.

This enabled the agency to track down a major consumer fraud. The largest orange juice manufacturer in the Midwest, Bodine, Inc., was found guilty of using inferior ingredients and selling the product as pure unsweetened frozen concentrate orange juice.



In what authorities called "the largest consumer fraud indictment in FDA's history" the Chicago based company was selling a blend of: "beet sugar, corn sugar, monosodium glutamate, ascorbic acid, potassium sulfate, orange pulp wash, grapefruit solids and a byproduct from a water distillation system."

The company paid 30 cents a pound for the primary ingredient, beet sugar, and sold the finished product for \$1.50/pound. The juice was sold to 155 wholesalers and marketed under 50 different labels. The sodium benzoate, added to the pulp wash as a tracer, was the proof the agency needed to uncover the fraud.

We're Looking for Feingold Artists!

Several years ago we invited our member children and teens to send us their drawings which depict "How I felt before and after I went on the Feingold Program". The pictures we received were wonderful! They were displayed at our national conference, and many were then published in *Pure Facts*.

Our young members are again invited to send us their drawings; we would like to use some of them in our next School Year Calendar and in future issues of *Pure Facts*.

Since many children were very young when their family began the Program and are not able to remember how they felt, we've added a second theme. It is "What I like best about being on the Feingold Program."

Choose one of these two themes, and send your drawing(s) to: Feingold Artists, P.O. Box 6550, Alexandria, VA 22306. Please use white, unlined paper, approximately 8 1/2x 11 inches. **The sooner we receive your drawing, the better your chances of being published in the Calendar.** All entries will be displayed at our Conference in June.

Don't be "April Fooled" by the Label!

A member writes:

Can you believe a label? Not always. When my local grocery store stopped carrying my favorite brand of yogurt, I carefully inspected the label on the local brand they now stock.

The "Natural Strawberry Lowfat Yogurt" label read OK, so I bought it. Inside the container I found a bright pink yogurt, quite different from my usual brand.

A quick call to the dairy connected me with a very helpful lady in the lab who assured me that they did not add any colors to the yogurt. Sounds OK, doesn't it?

Being an experienced Feingold volunteer, I knew I needed to persist, and luckily I did know the right question to ask next: "Do the strawberries come with color already added?" A check with the lab supervisor found that my hunch was correct.

The list of ingredients is legally correct. The label stated that the product contained strawberries. There is no requirement that they tell the consumer what may have been added to the strawberries. Our Product Information



Committee (PIC) looks into these hidden ingredients when they do product research. This incident reinforced for me how important the work of PIC is and how important it is for new members to refer to the food list for acceptable brands.

Unfortunately, a foodlist cannot cover every occasion. The yogurt incident pales in comparison to the lemonade incident our family encountered on our vacation last summer.

At a festival we attended there was a booth promoting "fresh squeezed lemonade". After being assured that it was freshly squeezed we ordered some. When the cups were filled with a bright yellow liquid, I quickly asked what made the lemonade so yellow. "It's the lemons," replied the vendor. I persisted, but he assured me it was natural lemonade colored by lemons. After I expressed my disbelief, he explained that it was the yellow cup that made it look so yellow. He continued to insist it was natural even while his wife stood behind him shaking her head "no" and my son was pointing out that the cups were white!

If it doesn't look right — question it and question again. Don't be "April Fooled!"

B.K.
Iowa

Be Sure to Check Those Labels!

Experienced Feingolders can get complacent about label-reading. One member described just such an incident when she brought home a half-gallon of strawberry frozen yogurt. The family had enjoyed the same brand of peach yogurt, which was fine, and used annatto coloring. She forgot to check the ingredient label till she got home and opened it up; the strawberry contains artificial color.

Another Hidden Hazard

For those who are very sensitive to fragrances, it may not be enough to simply get past the lady at the perfume counter in the department store who is poised and ready to squirt you with the latest rage.

Researchers at the University of Cincinnati tested the effect of adding scents to a working environment to determine if this increased efficiency. Unfortunately for the chemically sensitive person, their results showed that workers performing monotonous tasks appeared to be more alert while they breathed the perfumed air.

And Some Good News

While some folks are adding fragrances to the environment, others are removing them. Products which advertise that they are free of both fragrance and color include: Revlon "Pure Skin Care", Oil of Olay Sensitive Skin Beauty Fluid, Mennen's Lady Speed Stick deodorant (look for the package that states "fragrance-free, contains no dyes") and All liquid laundry detergent.

The good news for your pup is Purina Nature's Course dog food. It contains no artificial colors or flavors, and the animal fat in the product is preserved with a natural anti-oxidant. (Yes, animals can be hyperactive too!)

PIC Report

Teenage Mutant Ninja Turtle Cookies in Natural Vanilla flavor have been researched and are acceptable for use on the Feingold Program. They are distributed by the Delicious Cookie Company of Des Plaines, IL.

The product contains corn sweetener, which is a problem for some members.



Please note that only the vanilla cookies are acceptable.

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.

Letter from New Zealand

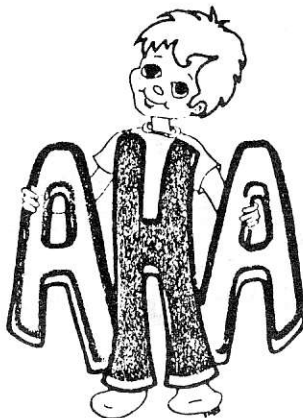
Parent support groups operate in many countries. The following describes the Auckland "Hyperactivity" Association.

Late in 1977 Pamela Howse included her telephone number in an article about her child she wrote in the daily newspaper. Her son showed numerous symptoms of hyperactivity and she desperately wanted to talk to others. Many people contacted her, and in February 1978 twenty-five women met for the first time.

Later that year we had our first public meeting, attended by approximately 400 people. Many were turned away for lack of space. This very successful meeting launched us into some very hectic years to follow.

In the early days many mistakes were made. Teachers and the medical profession did not want to know, and parents without hyperactive children said that it was all just an excuse for bad parenting! These were usual hurdles we are all too familiar with.

Well, most of that is changing now. We have endeavoured to inform both the public and professionals of the benefit of diet and correct management of these children, to at least give them a



chance. Our main emphasis has been on supporting the parents of hyperactive children and all those involved with the care of them.

For the last twelve years we have produced a bi-monthly newsletter and had regular public meetings, five or six times a year. We have had assertiveness groups for our parents, an evening with "Tough Love", and try to have at least one all-day seminar a year.

We have regular displays at exhibitions, town centres and organised

groups. Jenny Scott speaks to groups like the Youth Aid Police Officers, parent centres, teachers' college, trainee nurses and university groups.

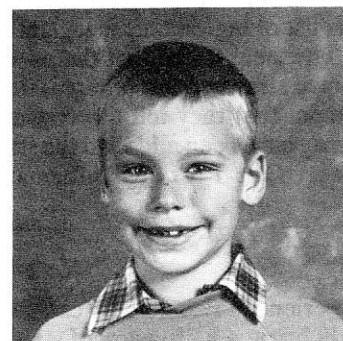
Recently we have acquired a room and office facilities at one of our main hospitals. This includes staff and gives us a telephone number!

Family Resource Centre, as it is known, includes other voluntary groups similar to ours. We are encouraged by what has happened so far.

That about sums it all up...I hope this gives you a better idea of what your Kiwi counterparts are up to!

Diane Wellacott

Auckland, New Zealand



Congratulations to **Tim Lehman** of Fort Wayne, Indiana! Tim's science fair experiment investigated the many uses of lemon in scientific experiments. He then used grapefruit in the same experiments and compared the results.

Tim is seven years old and has been on the Feingold Program for several months. Nice job, Tim!

PIC, from page 1

The FAUS PIC researches nationally distributed brands, but will also research local products upon request.

To have a national brand checked out, send a 3x5" file card with the full name of the product and as much of an address as you are able to provide. Either enclose an ingredient label or write down the ingredients. If there are several flavors or varieties you would like to have checked, add that to the card, listing each on a separate line.

For local products include the full address of the manufacturer.

Send your requests to: Lois Miele, 12699 Senda Acantilada, San Diego, CA 92128.

The Problem of the "Good Pill"

Behavior modifying medicine such as Ritalin can create psychological problems for hyperactive children, according to a study reported in *Science News* (Vol. 135, p.332).

Peter S. Jensen, a psychiatrist at the Eisenhower Army Medical Center in Fort Gordon, GA examined the effects of the drug when it is used as the only method of treatment.

"Youngsters often perceive themselves as 'bad' and suffer a loss of self-esteem," the article notes, "In these cases, parents tend to avoid dealing with family conflict and often ignore the emotions underlying a child's behavior."

Twenty children, averaging 9 1/2 years of age, were studied. The researchers found that both the children and their parents saw the drug as a "magic bullet". The article continued, "If a youngster's behavior does not improve, parents assume the medication dose should be increased. They also found children often disavowed any responsibility for their behavior and claimed they needed a 'good pill' to control themselves."

Jensen sees family problems as the cause of hyperactive behavior in most children. Feingold families, by contrast, generally find that the child's behavior itself is the major source of family stress.

Pure Facts

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Pure Facts is published ten times a year and is a portion of the material provided to members of the Feingold Association. For further information, write to FAUS, P.O. Box 6550, Alexandria, VA 22306 or phone (703) 768-FAUS.