

Pure Facts

Newsletter of the Feingold® Associations of the United States



September, 1993

Vol. 17, No. 7

Finding real food in your school's cafeteria

It will take some time and effort on your part, but you may find there are foods your Feingold child can eat after all.

Food service directors have a tough job. They are expected to provide a hot, nutritious lunch (and often breakfast) to please countless young tastebuds, charge very low prices, and stay within an incredibly low budget.

Five times a week they are expected to have just the right foods ready at just the right time and in just the right quantity. To make matters worse, some school districts consider food such a low priority, they have combined the job of food service director with other duties. Dietitians may now find themselves ordering pencils and construction paper along with the hamburger buns.

It's no wonder the old fashioned school cafeteria where food is actually prepared is becoming extinct. Pre-cut, pre-cooked, pre-packaged lunches generally save school systems money. The ladies with the white uniforms and hairnets may still be working on school lunches, but you're likely to find them standing beside a conveyor belt in an automated food manufacturing plant.

What can you do?

As discouraging as this sounds, it's not impossible for the average Feingold parent to track down something in the school cafeteria for her child to buy. If your Feingolder is only moderately sensitive or if you are certain of his/her sensitivities, this should work. However, if you are just beginning the Program or have a very sensitive child, you may need to simply make the best you can of the brown bag routine.

1. Contact FAUS or your local association and request information suitable for you to give to the food service director.

2. Don't contact the food service person yet since there's a good chance that you will meet resistance. Instead, speak with the principal or write to the superintendent of schools. Explain that your child has some limitations and you would like assistance in finding suitable foods.



3. Most likely, your request will be passed on to the food service director, who will be told to deal with it.

4. Try to arrange a conference with the director, and bring in your Feingold literature to help acquaint him/her with our program.

5. The food service office should have a detailed list of all of the ingredients for all of the foods they purchase. Being a veteran label-reader, you will probably be able to spot the no-no's and the potential problem areas. Of course, look for the obvious synthetic colors, flavors and antioxidants. But also be on the lookout for such tip-offs as: lard (almost always has BHA or BHT), "antioxidants", "color

added", "certified color", "flavorings", and if your child is sensitive to MSG, watch for "hydrolyzed vegetable protein" and the many other places where this troublesome additive may be hidden: autolyzed yeast, sodium caseinate, calcium caseinate, flavoring, natural flavors, malt flavoring, high flavored yeast, soybean extract, seasoning, textured soy protein, yeast extract.

6. Ask for a tour of the pantry in your child's school. Here you can read the labels for yourself.

7. Have you found a few promising items? Maybe they're using natural (packaged) chocolate chip cookies, or it could be a good brand of yogurt. How about natural juice or lemonade? If the school has a salad bar this is a likely possibility. Does the fresh or canned fruit look ok, or do they serve carrot salad? Even if you come away with nothing more than a carton of whole milk and an ice cream cup, it means your youngster can stand in line too, and buy something!

8. The length of time you have been on the program, as well as your child's age and sensitivity, will be important factors in deciding how much the foods could be eaten and how often. If you follow the program "by the book" (the *Feingold Handbook*) you should generally be able to detect a reaction. Test new foods cautiously, one at a time.

9. When you find a brand name product the school is using which your child seems to tolerate, please let us know about it. We can do the necessary research and gather information which will be helpful to other families.

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.

A Case of "Parent Abuse"

The search for help was a very rough experience for the Novkovic family. "Parents are so vulnerable, and are not being treated fairly" Phyllis Novkovic believes. "Meanwhile, every other kid gets slapped with a label."

Miki had been a calm baby until he graduated to table food. As he got older, his mother recalls, simple tasks like shopping became impossible for her. He would not sit in a stroller, but would jump out of it and take off. As she opened the car door, Phyllis would have to keep one hand on the door and the other on Miki or he would tear off through the parking lot.

Phyllis' parents knew that Miki's impossible behavior was related to food, and refused to join the Novkovics at a restaurant unless Phyllis promised she would not order dessert for their grandson.

There were other signs that food or food additives were involved in Miki's difficult behavior. If he got a drink of Phyllis' diet soda he would go out of control. A neurologist told her, "For some reason this ADHD is not found in foreign countries. They immigrate here and soon we're getting phone calls the kids are having problems." But as a nurse, her training did not include information on how food affects behavior.

Miki's symptoms were baffling. He clearly was a bright child, having taught himself to read by watching public TV when he was only three; yet at age four his ability to use language was so limited that he could not speak in full sentences. As he got older he spoke more, but what he said often came out as nonsense. He would attempt to get dressed in the morning, but would run around the house, so distracted that he would flit from one activity to another.

There had been many indications that food or food additives were triggering Miki's behavior problems.

He was labeled as 'communication handicapped' and placed in special classes, beginning with kindergarten where Phyllis found herself subjected to increasing pressure from the school to medicate her son. When he was three, she had taken him to be evaluated by a doctor who taught pediatrics at a nearby medical school. After spending ten minutes with Miki he gave the diagnosis as 'minimal



brain dysfunction' and wrote a prescription for Ritalin. "When I questioned this," Phyllis recalled, "he told me 'in my 30 years as a pediatrician, I've never seen side effects from Ritalin.' I called him a liar and left."

Finally, the Novkovics gave in to the pressure and decided to try the medicine. Phyllis describes it as "disasterous". It would calm him for a while, but after the effects wore off there would be a rebound of several hours of exaggerated hyperactivity. The dose had to be increased a number of times in order to have any effect, and meanwhile Miki was losing weight and having difficulty sleeping. The teacher continued to request a higher dose. When she complained to the neurologist, he told Phyllis he didn't know what she was talking about. One of the most distressing side effects of the drug was that her child's personality was not there. It was like there was the shell of the little boy, but nothing inside. The real Miki is exuberant, a child who loves life.

Dexedrine was tried, but after a week-end of Miki crying uncontrollably, the Novkovics took him off of it.

Miki completed first grade, and was off of Ritalin for the summer when a neighbor told Phyllis about the Feingold program. Apprehensive about using diet, she contacted a dietitian at the local hospital. In their phone conversation, the dietitian said she had a diet for hyperactive children, but would not give Phyllis any more information unless she came in for a paid consultation. Asked about the Feingold program, the dietitian was very negative and abrupt.

Phyllis began to research the diet/behavior connection on her own, and the

more she read, the more she thought about it, the more sense it all made to her. She began using the Feingold program last summer, and by the time Miki returned to school in the fall he was doing well enough that his second grade teacher thought he was still on Ritalin.

The entire family cooperates on the diet. Miki will check with his mom before he eats anything suspect, and Phyllis' parents stay on the diet for themselves as well as for their grandson.

Although she saw dramatic changes, Phyllis wanted to get an objective opinion, and asked her neighbor if she had noticed any difference. Yes, she had. "Now you can sit down and talk with him and he makes sense." Today, Miki is an excellent reader and will curl up with a book for an hour, not just long enough to read a single paragraph, as he did before. He will be in a regular third grade class - no more need for a special classroom.

Now the Novkovics see the real Miki, an exuberant child who has a real zest for life.

Last spring Phyllis sought a professional to help Miki catch up on the social skills he had missed while he was hyperactive. The local ADD parent group gave a glowing recommendation for a psychologist who worked with them. When she came in for the first appointment, Phyllis told him she was looking for a professional who could work with Miki, and that drugs were out of the question. He agreed, and after much testing and evaluation, came up with the recommendation: Ritalin.

Phyllis is bitter about the treatment parents receive from many quarters. "Thousands of dollars later, I've concluded that there's a real cottage industry of these alleged 'experts' who have no interest in the child - just in picking your pocket." She is also critical of the ADD parent support group members "who were fanatical about trying to talk new moms into using drugs for their kids."

Note: Miki's social skills are improving quickly and his pediatrician is supportive of the diet.

Milk is a?

Years ago food service directors proudly promoted lowfat milk, while Feingold members groaned. Lowfat and skimmed milk usually contain a form of vitamin A which is preserved.

[In the September 1992 issue of *Pure Facts*, we reported that all schools who participate in the U.S. Department of Agriculture's programs must have whole milk available for those students who request it.]

Now food service directors in Colorado are enthusiastically introducing new flavored milks while Feingolders anticipate the arrival of even more synthetic dyes and flavorings in the school lunch program.

The Hershey company has expanded from boxed chocolate milk to strawberry and banana split flavors. Despite a hefty helping of added sugar, artificial flavorings and dyes, the product is labeled "naturally nutritious."



Breakfast Time

While the dairy industry has been hard at work finding new chemicals to add to "naturally nutritious" milk, cereal manufacturers have been doing what they do best: raising prices. *Consumer Reports* notes that cereal prices have climbed much more rapidly than other breakfast foods, and have about doubled between 1980 and 1990.

If your neighbor thinks the Feingold program is expensive, show her this listing of cereals, none of which are on the Feingold Foodlist.

Of this cost, only about 8% represents the actual cost of the raw material.

Here is a sample of the cost per pound of cereals sold in the Washington, D.C. area. (Prices vary depending upon the size purchased.)

Total	\$5.98
Special K	\$5.46
Lucky Charms	\$5.23
Froot Loops	\$5.18
Corn Pops	\$4.98
Ralston Muesli	\$4.92
Trix	\$4.91
Triplets	\$4.67
Cookie Crisp	\$4.63

How about some homemade granola, oatmeal, or a fried egg?

Bright Spot

"Dear FAUS,

"I'm a School Food Service Manager in an elementary school. I see Ritalin used, in my opinion, all too readily.

"As a new grandmother, besides a general interest, I would like to be better informed. Please send me your information.

"I doubt there will be great changes in our lunch menu until USDA changes its requirements and commodity program. But perhaps I could help some of these children individually."

The Trials and Tribulations of Food Research

by Debbie Jackson

Many people think of product research as an exact science. Unfortunately, it is not.

You would be amazed at some of the responses we receive back from manufacturers. A sense of humor, coupled with psychic powers can be really helpful. Some companies are convinced that we should be able to glean any information we need from their standard allergy sheets for egg-free and wheat-free diets. Or, they tell us "just check the label." Wouldn't it be nice if that's all we had to do.

We catch a lot of mistakes before you ever see the results, but sometimes we have no clue that there is a problem until after the results have been announced. The concept of chemical sensitivity is new to many of the people we contact. The concept of salicylate sensitivity is not only new but quite unbelievable to some of them.

Here are some of our favorite bloopers:

- A brownie bar with nitrates? It turned out that nitrates were checked because the brownie contained thiamine mononitrate, a B vitamin.
- A rhubarb jam with tomatoes, jalapenos, and bell peppers? The owner of a small company had listed ingredients from her entire product line, including her salsas, on this one form!
- A natural fruit syrup where artificial flavor is checked, then "artificial" is crossed off and "natural" written in? Upon questioning he said he did it that way because he wasn't sure how strict our definition for "natural" was, yet would not tell us what this "natural flavor" was!

When we suspect a problem with a form and can't get a clear answer from company representatives, our policy is "When in doubt, leave it out."

You can help to make our research more efficient and reliable. The inside back cover of most foodlists explains how to contact PIC (the Product Information Committee) and have a product researched. Please make sure you copy down the ingredients so we can double check the information we get back from the manufacturer. If the product is made by a small local company look up the address in your phone book and include it on the research card. If you notice a product change or anything suspicious on the label of one of our researched foods, please notify PIC ASAP.

It's always a good idea to introduce new products, even researched ones, one at a time so that it will be easy to identify any problems. If you're certain that a product on your foodlist caused a reaction, please send us a report.

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.

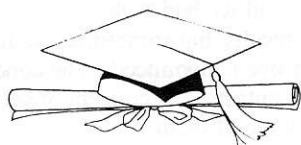
ADD and the Law

Have you ever wished for the help of a lawyer as you navigated the confusing waters of public education in search of the appropriate program for your child? Well, you have access to the expertise of not one, but two lawyers who have personal experience dealing with the system.

Pat and Peter Latham successfully used the Feingold Program for their son, and went on to help him receive an education that would build upon his strengths. When no suitable college existed, they helped found one (see the article below), and when it was clear that other parents did not have the information they needed, Pat and Peter wrote the books.

Their two books are: *Attention Deficit Disorder and the Law, a Guide for Advocates* (\$22.), and *Learning Disabilities and the Law* (\$25.).

To receive more information about the books or to order them, you can write to: JKL Communications, 1016 16th Street, N.W., Suite 700, Washington, DC 20036.



Beacon College

This is a small college — located not on a campus, but in various buildings of downtown Leesburg, FL, not far from Orlando.

Students can earn either a two year Associate or four year Bachelor of Arts degree. Specific emphasis is placed in the human service field and designed for those seeking employment as para-professionals in the areas of education, social work, or other areas of social service.

The small enrollment allows the Beacon staff to help students use their compensatory skills in a supportive atmosphere. It is a technique that often works well for young people who have been unable to succeed in traditional colleges.

Social skills education is an important part of the curriculum as most of the students have weaknesses in this area.

In 1990 Beacon's first graduating class of nine students made history as students in a college designed for those with learning differences.

For more information, contact Leilani Crafts, M.Ed., Beacon College, 105 East Main Street, Leesburg, FL 34748 (904) 787-7660.

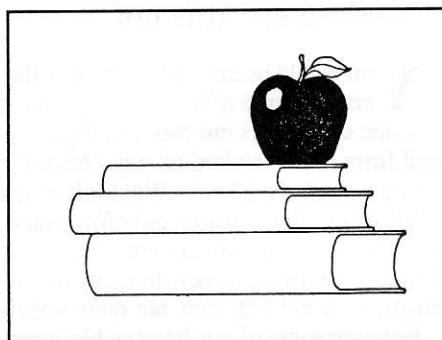
The Right to Read

A growing number of parents and educators are concerned about the difficulty many children have learning to read and believe that techniques now in use may be poorly suited for those children.

The National Right to Read Foundation advocates what is called "intensive systematic phonics", and claims excellent results with this approach.

The Foundation's director, Robert W. Sweet, Jr., notes, "Before 1930, there were no more than 3 million illiterates...By 1990, more than 30-35 million U.S. citizens could not read and most of them...have attended school for at least eight years."

To receive more information, contact the National Right to Read Foundation, P.O. Box 10337, Burke, VA 22009.



Pesticides in Schools

New York Attorney General Robert Abrams is urging schools to curb the use of toxic pesticides.

The majority of schools in New York use pesticides, and that use is primarily in kitchens, cafeterias and on lawns. Many of the chemicals in the pesticides are known to be "neurotoxic", which means they can damage the nervous system. Some of the immediate symptoms include nausea and respiratory problems, but Feingold members know that a child's behavior and ability to focus/learn are also affected.

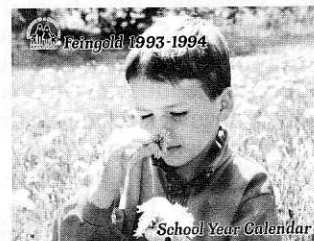
Our Toxic Times

This is the name of the newsletter published by the Chemical Injury Information Network, a nonprofit organization helping highly sensitive individuals.

To learn more about the work of this group, write to: CIIN, P.O. Box 301, White Sulphur Springs, MT 59645. Please enclose a long self-addressed stamped envelope.

School Year Calendars

Feingold members in the United States are now receiving their new 1993-1994 School Year Calendar.



Once again, the calendar highlights some of our own "Feingold kids" and has been printed with soy-based (rather than petroleum-based) ink, which is generally well tolerated by chemically sensitive people.

This year the mailing includes printed information from some of the companies advertising in the calendar. We think you will be delighted to have additional information about some of these exciting new products.

As you collect informal photos of your children and teens during the year, please keep the calendar in mind, as we will be looking for more happy faces for next year.

Calendars are mailed out bulk rate, and only in the United States. If you joined after they were mailed out or if you live outside the U.S. and would like to have a copy please contact the FAUS office at P.O. Box 6550, Alexandria, VA 22306. The suggested donation is \$10. Proceeds from the calendar help us to fund our special projects to better serve our members.

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 of the United States.

For more information contact FAUS, P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS.

Feingold



News

Published by the Feingold® Association of the United States, Inc., P.O. Box 6550, Alexandria, VA 22306 (703) 768-FAUS

September, 1993

Dear Reader

Many of you are reading *Feingold News* for the first time. FAUS is exploring ways to share local news with all of our members around the United States, and abroad.

Local associations and chapters may submit news items and meeting notices for their area. Please note the deadline dates below.

New Program Assistants:

Welcome! The following members have volunteered to be Program Assistants. They are experienced members who will be glad to speak with new families, and assist you in starting the Program.

California, San Mateo: Penni Thorpe (415) 573-9986

Delaware, Newark: Beth McDonough (302) 737-8673

Florida, N. Miami: Renee Leavy-Kohn (305) 770-1616

Idaho, Arco: Susan Brock (208) 527-3748

Illinois, Matteson: Judy Bertrand (708) 747-8277

Feingold News deadlines:

Information needs to be to FAUS by:

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January 1	February
February 1	March
March 1	April
April 1	May
May 1	June
June 1	July/August
August 1	September
September 1	October
October 1	November
November 1	December/January

If you have time-sensitive information such as a meeting date, please submit it well in advance. Bulk mailed newsletters take a long time to be delivered.

New York

Long Island volunteers from the Feingold Association of the Northeast will be holding monthly support meetings for members at the Holy Cross Lutheran Church on Jerico Turnpike in Commack.

Meetings are being planned for the first Friday of each month. The first meeting will be held on October 8. For more details call Diana Kane at (516) 724-2608.

Would you like to help contact the PTAs in public and private schools in your area to let them know that Feingold speakers are available?

Contact the Feingold Association of the Northeast, Room 106, 127 East Main Street, Riverhead, NY 11901 (516) 369-9340.

Illinois

Members in the Beverly area of Chicago report that they have found a great source for **Sundrops** (natural alternative to M&M's), as well as a helpful and supportive staff at:

Southtown Health Food,
2100 West 95th Street
Chicago, IL
(312) 233-1856

Guillard Chocolate Chips can be purchased at Sam's Warehouse in the Chicago area.

Scholarships!

It isn't too early to send for information on the Feingold Association's scholarships which will be awarded next June.

Four scholarships of \$250 each will be available, and recipients will be announced at the next annual FAUS Conference, to be held in Fort Worth in June of 1994.

For details and an application, contact the Scholarship Committee chairperson:

Kathy Leinen
344 North Aspen
Rialto, CA 92376.

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PIC Report - Information from the Product Information Committee

The following products have been either newly researched or re-researched and may be added to your Foodlist.

Stage One (non-salicylate)

ARROWHEAD MILLS* Puffed Corn cold cereal
BAKER'S Angel Flake Coconut, canned, polybag
BOB'S Peppermint Snow Canes (CS)(candy)
BUMBLE BEE (All of these tunas contain MSG/HVP in low levels.) Albacore Chunk White Tuna in Water; Albacore Solid White Tuna; Chunk Light Tuna in Vegetable Broth; Chunk Light Tuna in Water; Tuxedo Grated Light Tuna
BUMBLE BEE Diet Lo Salt Chunk White Tuna in Water (no MSG)
CABIN CANDIES Maple Candy Santas
CALLARD & BOWSER Butter-Scotch/Caramel au Beurre candy (CS,MSG/HVP); Mint Toffees (CS)
DAILY'S Natural Syrup (CS)
EDENSOY* Extra: Original, Vanilla (dairy substitute)
GHIRADELLI Semi-Sweet Chocolate Chips
H O Quick Cream Farina (available in Northeast and Southeast.)
HERSHEY'S Cocoa, Unsweetened Baking Chocolate
HILLSHIRE FARM Li'l Smokies sausage (CS,N,MSG/HVP)
HOODY Freshly Roasted Sunflower Seeds
IMPERIAL Confectioners Sugar, Granulated Sugar, Light Brown and Dark Brown Sugar
LA CHOY Regular Chow Mein Noodles, Rice Noodles
LAND O' LAKES White American Cheese
LINDA SY After Shower Bath Oil, Extra Rich Face Cream, Moisturizer-Sunscreen Lotion, Superior Night Cream - Mail order: (510) 283-5571
MAPLE GROVE Pure Maple Syrup
MATT'S Natural Chocolate Chip Cookies
These cookies are marketed in the following states: IL, WI, MN, IA, KS, MO, IN, MI, OH, PA, NJ,MA, FL.
MRS. FIELD'S cookies: Chocolate Chip, Chocolate Chip with Macadamia Nuts, Chocolate Chip with Walnuts, Coconut Macadamia Nut, Milk Chocolate Chip, Shortbread, White Chunk Macadamia Nut, White Buttercream Frosting
MOUNDS Candy Bar (CS)
POST Grape Nuts, Grape Nuts Flakes, Natural Bran Flakes
R.W. KNUDSEN* Pomegranate Juice
RONZONI Wide-Wide Egg Noodles

Stage Two (salicylate)

ALMOND JOY Candy Bar (CS)
BON LAIT Fromage Frais: Blueberry, Boysenberry, Cherry, Peach, Raspberry, Strawberry (available on the West Coast)
CELANTANO Baked Pasta & Cheese (tomato, paprika), Chicken Cutlets Parmigiana (tomato), Chicken Primavera (tomato), Thick Crust Pizza (tomato)
(These products are available in most states; in the Midwest, they are available only in Missouri.)
CHIQUITA Caribbean Splash (clove, orange), Tropical Squeeze (orange)
FAMILIA Fritini Rissole Mix with Vegetables - breadcrumbs (bell pepper)
FAMILIA Original Muesli (almond, apple, raisin), Swiss Baby Cereal (almond, apple), Swiss Muesli Crocant (raisin)
FARMLAND Spec. Select Country Pork Sausage Roll - Mild (red pepper)

Not Acceptable

These products have been researched and contain one or more of the synthetic additives excluded on the Feingold Program.

CALLARD & BOWSER Chocolate Toffees (art. flavor), English Toffees (art. flavor), Juicy Jellies (dye, art. flavor)
FAMILIA Muesli Crunchy (art. flavor)
HERSHEY'S Real Milk Chocolate Chips - 25# box (art. flavor), Real Semi Sweet Chocolate Chips (art. flavor), Special Dark Chocolate Bar (art. flavor)
YORK Peppermint Patties (art. flavor)

All of the following Jergens products contain fragrance; since fragrances are poorly tolerated by Feingold members they are omitted from Foodlists.
JERGENS "Gee Your Hair Looks Terrific" Shampoo (dye), "Gee Your Hair Smells Terrific" Conditioner (dye), All Purpose Face Cream (dye), Gentle Touch Soap (dye,BHA/BHT/TBHQ), Medicated Clear Complexion Bar (dye)
Advanced Therapy Lotion: Aloe & Lanolin, Extra Dry Skin Treatment, Vitamin E & Lanolin

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James Dobson, M.D.
Focus on the Family
P.O. Box 35500
Colorado Springs, CO 80935-3550

Dear Dr. Dobson,

Your recent series of programs on attention deficit disorder mentioned only one option for families of children suffering from this syndrome. Our family has found what we consider to be a Better Way to help hyperactive and ADD children.

We use a program which was developed at the Kaiser Permanente Medical Center in San Francisco. Ben F. Feingold, M.D. was a clinician who accepted the invitation from the physicians at Kaiser to establish an allergy clinic there. After about eight years of successful experience helping children and adults, he presented his findings to the American Medical Association in 1973. The publicity generated by the AMA as a result of this workshop led to widespread news coverage, and later, to the publication of a book for parents.

For more than seventeen years parents and professionals have donated their time and assistance to help troubled families. We have watched double-blind studies confirm our own experience — that petroleum-based dyes and some other additives adversely affect many children. The Feingold Association shows families how to determine if these chemicals are contributing to their child's difficulties.

Our wish is to let these troubled families know that there are options, and diet management is one of them. Your assistance could bring this help and hope to countless people.