Pure Facts

Newsletter of the Feingold® Associations of the United States

February, 1995 Vol. 19, No. 1

How does a brain work?

Our brain is made up of cells, and the ones which enable us to think are the nerve cells, or 'neurons'. The body of each neuron has one long cable extending from it; this cable is called an 'axon', and is a tube, filled with chemicals. Like the twigs of a tree, the axon branches out into little offshoots, ending in knob-like structures called 'axon terminals'. Each of these terminals can make a connection with other nerve cells, but it does not physically touch the other cell. The space between the axon terminal and the next nerve is incredibly tiny — only about one millionth of an inch. This space separating the two parts is called the 'synapse'.

Thoughts are formed when electrical discharges move from the bodies of nerve cells, down their axons. When the electrical impulse reaches the end of the axon (the axon terminal), chemicals are released. These chemicals are called neurotransmitters. The neurotransmitter molecules travel the tiny distance across the synapse, and fit into receptors, located on the adjacent nerve cell.

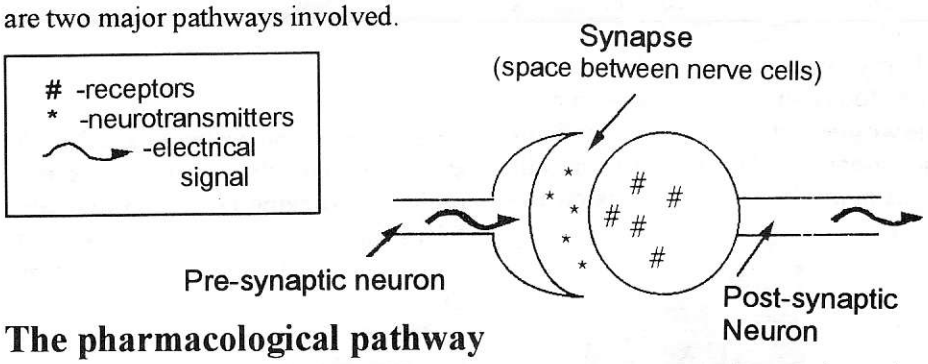
A brain contains billions of neurons, and each has many terminals, so the number of connections which can be made are virtually countless.

How foods and additives affect the brain

Robert Sinaiko, M.D., addressed Feingold members at our Annual Conference, held in Fort Worth, Texas this past June. He described possible mechanisms by which foods and food additives relate to attention deficit disorder (ADD). Dr. Sinaiko, an immunologist practicing in San Francisco, was privileged to work with Dr. Feingold for several years. He later began a private practice and to date has treated approximately 1300 ADD children.

He is an enthusiastic supporter of the Feingold Association, and feels that Dr. Feingold's work has not only been validated by parents using the Program, but also by the scientific literature. He specifically mentioned studies by J. Egger et al published in *The Lancet* in 1992, and by C.M. Carter et al published in the November 1993 issue of the *Journal of Diseases of Children.* Dr. Sinaiko noted that Carter's group undertook the study to *disprove* previous studies linking diet and ADD, but their own results convinced them of the benefits of dietary treatment. The Carter study also showed the reliability of parental reports of children's behavior.

The workshop focused on "What's happening biochemically inside the body to cause behavior changes when certain foods/food additives are consumed?" There are two major pathways involved.



The pharmacological pathway

Dr. Feingold called the first pathway the pharmacological or toxic pathway. Small molecules such as artificial food colors or naturally-occurring salicylates can be carried from the intestine to the brain through the bloodstream. In the brain, these molecules interfere with the chemical and electrical functioning of our brain cells. The effects can be produced by drugs, cosmetics, food additives and preservatives, and it takes very little of the offending chemical to produce the toxic effect.

Immunologically-mediated pathway

The second major pathway Dr. Feingold considered is the immunologically-mediated pathway. This occurs when we eat a food to which we are allergic, such as wheat. Our body identifies the wheat as a foreign substance and responds as it would to an invading infectious microbe. This allergic response has been shown to reduce the levels of neurotransmitters (small messenger molecules) in our brains. When neurotransmitters are in short supply in the brain, behavior can be affected.

Continued on page 3

Special issue on brain chemistry

A Feingold family's Tampa Restaurant

As the Hattab family grows accustomed to the Feingold Program they are gaining experience not only in coping skills, but also in tracking down additional sensitivities. For six year old Brian, a major offender turned out to be cinnamon — a spice that rarely bothers Feingold children. Dr. Feingold repeatedly stressed that anything — both natural and synthetic — can affect certain individuals, and that some families would need to do their own detective work to identify the additional culprits.

If you plan to drive to our national conference in Orlando, and will be traveling through Tampa, you may want to plan on enjoying the natural foods available from the NK Cafe. It is located at 4100 West Kennedy Blvd in Tampa. The zip code is 33609 and their phone number is (813) 287-1385. Do we have any other members who own natural food restaurants? We'd love to hear from you!

We became a Feingold family last April. By September my husband and I were so convinced of the benefits of 'natural foods' that we put our money where our mouth is and bought the N.K. Cafe (a.k.a. the Natural Kitchen), a long established Tampa restaurant, serving only natural, preservative-free food.

The N.K. is 23 years old, starting as a vegetarian spot in the post hippie days of the early seventies. It had evolved to include chicken, fish and dairy items when we discovered it in an attempt to broaden the eating horizons of our six year old son, Brian. His hyperactivity is clearly hyper-activated when he consumes foods with colorants — knowledge we gleaned only through our Feingold research. (Our pediatrician still laughs at my 'diet'. His son is on Ritalin.)

The restaurant has helped us to spread the work about Feingold to our customers, and even more importantly to us, to Brian's teachers. We have been blessed that one of the aides in his after school program is also a Feingold mom; her problematic child is now an honors student in college. She has supported our efforts to control the type of snacks served to the children in the afternoon. One day's 'fun' of baking cookies with sprinkles sent Brian running wild outside into the busy parking lot! His kindergarten teacher is working with us as well to try to understand what 'sets off' his impulsive behavior.

After reading the Feingold Cookbook she eliminated the annual Christmas project of sticking cloves on oranges, "for Brian and for the others who might also be affected" she said. I am very grateful.

Things were going so well in October and November that his teacher thought we had put Brian on medication. Then I made the mistake of giving him cinnamon toast for breakfast and I had an angry, violent child by lunch. He remained difficult for days, leading us on Thanksgiving eve to the office of a well-respected neurologist recommended by the school. She diagnosed Brian as ADHD and prescribed Clonodine, a medication to sedate him. Only this doctor was different from all the rest of the medical professionals we've seen for our child's health concerns, especially sinus problems and undetermined allergies, as well as hyperactivity. She (not I) suggested that there might be a dietary correlation. And she suggested not putting cinnamon in the pumpkin pies we were planning to make that afternoon as it can aggravate impulsive, hypersensitive kids like Brian. When I told her that I thought cinnamon exposure was what had led to this current reaction, she nodded sympathetically. Her opinion remains that Feingold was on the right track and that in time the medical community will accept that our foods are making some of our children sick. In the meantime, however, she recommended that I medicate my son. I tried it her way for a month. Brain was sick at first, then sleepy, then wilder and 'tearier' than ever when the medication wore off. It was as if he were fighting off a bad hangover, without ever having been to the party. Frankly, we prefer to control his diet.

And so we continue to follow the Feingold Program, attend CHADD meetings whenever possible and try to implement effective ADD-type discipline. Having the restaurant has, of course, helped to 'normalize' Brian's eating — he can eat anything we serve without fear, but it doesn't help in the day-to-day dilemmas we all face as 'natural foods' families. What do we say to the kindly nurse or neighbor offering a lollipop to a child? But, like all parents reading this, we do the best we can for our children. After all, what else is there?

Rita Hattab

Brain, *from page 1*

Neurotransmission

Neurotransmission is the method by which our brain and nerve cells communicate and send messages to our body, shown in the simplified drawing.

In neurotransmission, an electrical signal travels down a nerve cell (pre-synaptic neuron). When it reaches the synapse (space between two nerve cells), the electrical signal changes to a chemical one. The pre-synaptic neuron (nerve cell which is sending the message) releases chemicals called neurotransmitters into the space between the two cells. The nerve cell receiving the message (the post-synaptic neuron) has receptors on its surface to 'catch' the neurotransmitter molecules being released. When enough neurotransmitters are 'captured' by the receptor molecules, the post-synaptic neuron begins a new electrical signal to be transmitted down the second neuron. The process is repeated along many neurons as they transmit nerve impulses around the brain and to the rest of the body.

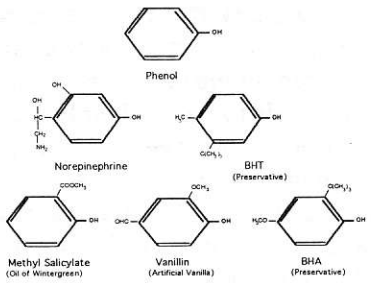
After nerve signals have been transmitted, the excess neurotransmitter molecules in the synapse are almost immediately destroyed by special enzymes. This ensures that the neuron does not continue to send signals when it shouldn't.

At any point in this process, interference with the delicate balance can disrupt the workings of the system.

Phenols

Many of the additives which trigger problems in children with ADD have a chemical structure based on phenol (see below). Norepinephrine, one of the neurotransmitters, is also based on phenol. Phenolic compounds can dissolve in both water and in fat. This is important because cell membranes are composed of both water and fat. This means that phenol molecules can easily cross membrane barriers and can get into the brain.

One of the reasons ADD kids are unable to tolerate additives such as vanillin (artificial vanilla) and BHT, Dr. Sinaiko suggests, could be because these molecules can act as 'counterfeit' neurotransmitters. Note how similar the chemical structures of the additives and salicylates are to the chemical structure of the neurotransmitter norepinephrine.



Petroleum-based additives such as dyes, BHA, etc. can act as 'neurotoxins', binding themselves to the receptors. In other words, instead of a real neurotransmitter connecting with a receptor on the next nerve cell, the BHA molecule takes its place. The nerve cell (post-synaptic neuron) thinks that it has received a real neurotransmitter, and fires a false electrical signal. The neuron was 'excitable' and transmitted a signal when it shouldn't have. The result of this is like having static, or unwanted noise in the brain.

Dr. Sinaiko

A word about phenols: Although some of the chemicals with a phenolic structure cause problems for Feingold members, there are others which do not. Not all phenolic compounds act as neurotoxins. In fact, some naturally occurring compounds, such as the amino acid tyrosine, contain phenolic structures. In addition, there are some chemicals that affect ADD children which do not have phenolic structures; an example is Yellow No. 5. So this concept is not simple, nor is it well understood at this time.

Enzyme Deficiency

Another potential problem is a deficiency in certain enzymes. Enzymes are needed to break down the leftover neurotransmitters in the synapse. You might say the enzymes clean up those neurotransmitters that are no longer needed, and dispose of them. If the extra neurotransmitters are not disposed of, the nerve may continue to fire randomly, producing 'noise'.

Enzymes have another job to do; they get rid of excess phenolic compounds such as those found in the high salicylate foods. Since phenolic compounds can easily get into the brain and cause problems, the body normally produces an enzyme called 'phenol sulfotransferase' to detoxify them and allow them to be eliminated from the body. This means that naturally-occurring phenols (found in apple juice, oil of wintergreen, and many foods) are prevented from interfering in the transmission of nerve impulses.

It is estimated that about half of the children identified as autistic are deficient in the enzyme phenol sulfotransferase. Researchers in England have developed a test to measure the amount of this enzyme in the bloodstream, and many autistic children have almost none of the enzyme at all! It is possible that this inability to detoxify phenolic compounds in the body may disrupt the ability of the brain to send messages, resulting in autistic symptoms. [Editor's note: preliminary research suggests that many children with ADD are also deficient in this enzyme. At this time we are not aware of any successful method for adding phenol sulfotransferase to one's system.]

Receptors

The third area of possible interference in neurotransmission is a change in the number of receptors on the postsynaptic neuron. The number of receptors on the surface of a nerve cell can vary.

Earlier in this article, we referred to the fact that ongoing allergic reactions can reduce the availability of neurotransmitters in the brain. If we are exposed to an allergen (something to

Continued on page 4

Brain, *from page 3*

which we are allergic, such as milk or dust) over a long period of time, our brains compensate for the loss of the neurotransmitter, norepinephrine. Our brain creates more receptors so that even though there are fewer neurotransmitter molecules coming across the synapse, there is a better chance of many being 'captured'— of connecting with a receptor. In other words, someone who was drunk would find it easier to unlock a door if there were twelve keyholes instead of just one.

Although the increase in the number of receptors means that more of the neurotransmitters are caught, there is a down side. With the extra number of receptors, the nerve cells are now more excitable and have a harder time distinguishing between a real message and background 'noise'. For example, imagine that you are trying to listen to a distant radio station with a weak signal; you need to turn the volume way up in order to hear the speaker's voice, but this produces so much extremely loud static that you can barely make out what is being said.

Neurotransmitters have many roles

When a child's brain is affected in any of the ways described above, there can be many symptoms. Neurotransmitters are involved in a number of essential areas where ADD children have difficulties. They are involved in waking up, in experiencing pleasure and in focusing.

Neurotransmitters are essential for the 'orienting response' which is so important for athletes such as tennis players. When you play tennis, your brain functions in two very different ways — it must constantly switch back and forth between an 'organized' and 'disorganized' state. The organized state is needed for hitting the ball; you are performing a task that has been practiced over and over. But as you wait for your partner to hit the ball back to you, your brain needs to be in a highly disorganized state. You have no way to predict where the ball will come and how you will need to react; in a disorganized state, your brain is ready for whatever action must be taken.

ADD children seem to be able to focus, but they focus on their own dreams and ideas. They have trouble making the shift to the disorganized, open mind which allows learning. This shift to the disorganized, receptive state requires that neurotransmitters be available in sufficient amounts. The use of drugs such as Ritalin locks the brain into the organized state. The reason some children do not seem to learn well on medicine is because they are not able to switch to the receptive (disorganized) state.

Antifungal drugs

Fungi normally live in relatively small numbers within the intestine, but after repeated courses of antibiotics, fungal populations flourish. Like foods, abundant fungal overgrowth in the intestine can cause an ongoing allergic response, an immunological activation that depletes the available supply of the neurotransmitter norepinephrine, reducing chemical signal amplitude in the brain.

In addition to allergens, fungi produce a wide variety of phenolic compounds, which in the absence of adequate phenol sulfotransferase will accumulate in brain tissue, further degrading brain function by adding to chemical "background noise."

Future research will tell us if the benefit of antifungal treatment (about half the autistic children treated with antifungal drugs were shown to improve) is a combined effect or reducing both allergen and toxin exposures, with improved nerve transmission due to higher signal amplitude *and* reduced chemical background noise levels. Based on what we now know, this seems likely.

Summary

Dr. Sinaiko discussed many different mechanisms, and it is likely that all of them play a part in the connection between diet and behavior/learning disabilities. Allergies weaken the nerve transmission signal, while toxic effects raise the background noise level of false signals. Both effects disrupt the critical chemical balance at the synapse.

Recent work has not only validated Dr. Feingold's clinical observations, Dr. Sinaiko stressed, but has gone on to implicate the biochemical mechanisms which may be responsible for the effects of food additives and common allergy-inducing foods on behavior and learning disabilities in children. Although many pieces of the puzzle are still missing, research is progressing rapidly in this area and is leading us to a much clearer understanding of behavioral reactions to foods. It is very important to recognize that more than one mechanism is involved here. While diet modifications can help most children significantly, this is too complex a problem for one single answer.

Editorial note:

Researchers puzzle over the dramatic increase in mental health problems during the past few decades, and over the fact that the greater increase has been in younger people.

Dr. Gerald Klerman of the New York Hospital-Cornell Medical Center noted: "I'm pretty convinced that something rather profound happened in our society from about 1950 to 1980 and that it had its greatest impact on young people.

"It could be some virus or some toxin in our food or water..."

Dr. Feingold traced the increase in behavior and learning problems to the years following World War II, when foods began to change from minimally-processed to additive-laden. Each year, more synthetic chemicals are consumed by more children, experiencing more disturbed behavior.

References:

Egger, J. et al. 1992 The Lancet **339**:1150-53.

Carter, C.M. et al. 1993 Arch. Dis Child **69**:564-568.

Levitan, H. 1977 Proc Natl Acad Sci USA **74**:2914.

Grateful thanks to Syte Reitz and Debbie Jackson for their assistance.

FAUS Represented in Recipe Collection

Better Homes and Gardens has compiled recipes taken from local cookbooks throughout the United States to form its collection of large, full color recipe cards called *America's Best-Loved Community Recipes.* One of the selections was taken from a cookbook called *Made With Love, Not Additives,* prepared many years ago by Feingold volunteers in New Jersey. Included with the recipe is a brief description of the Feingold Association and our work.

The publishers selected a stage two recipe — Stuffed Cherry Tomato Halves— an attractive appetizer with either cream cheese or guacamole filling.

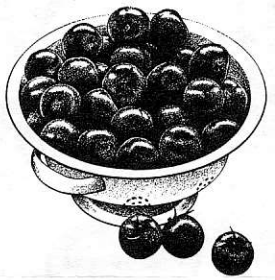
FAUS still has some copies of *Made With Love, Not Additives;* they are available for $5 plus $2 shipping and handling. To receive information about the Better Homes and Gardens Recipes, contact: Best Loved Community Recipes at P.O. Box 10674, Des Moines, IA 50381-0674.

Stuffed Cherry Tomato Halves

Makes 40 to 60 appetizers

20 to 30 cherry tomatoes

Cream Cheese Filling:
- 1 8oz package cream cheese, softened
- 1/4 cup catsup *or* hot-style catsup
- 1 teaspoon dried dillweed



Guacamole Filling:
- 1 large ripe avocado, seeded and peeled
- 4 teaspoons lemon juice
- 1 Tablespoon finely chopped onion
- 1 clove garlic, minced

Toppings:
- 1/2 of a 4 1/2 oz can of whole tiny shrimp, drained - for cream cheese filling
- 6 slices bacon, cooked and crumbled - for guacamole filling

1. Wash and stem the tomatoes. Cut each in half crosswise.

2. Using a melon baller or grapefruit spoon, scoop out the seeds and discard. Lay the tomatoes, cut side down, on paper towels. Let stand while you make the filling.

3. To prepare the Cream Cheese Filling: In a small bowl stir together the cream cheese, catsup or hot-style catsup and dillweed until blended. Set aside.

4. To prepare the Guacamole Filling: In a small bowl, mash the avocado with a fork. Stir in the lemon juice, onion and garlic.

5. Using 2 spoons, pile about 1 teaspoon of the desired filling in each tomato half. Garnish each of the tomato halves stuffed with the Cream Cheese Filling with a shrimp. And, garnish the tomato halves stuffed with the Guacamole Filling with crumbled bacon.

6. Cover and refrigerate up to 4 hours. Drain, if necessary, and serve on chilled plates.

Both fillings can also be served as a dip with chips or as a spread on crackers or thinly sliced bread.

M&Ms

Mars, Inc., the 5th largest private company in the United States, is asking for your vote! Would you like to have violet candies added to their artificially colored, artificially flavored M&M's, or how about blue? Or would you prefer they keep them as they are?

Of course, the new colors would be made from the same petroleum-based dyes as the present ones, so the choice for Feingolders is easy: "None of the above".

If you encounter an M&M's promotional, this is your chance to tell the multi-billion dollar company that you would like to see them produce and sell foods that do not make children sick, hyper, impulsive, aggressive, or just plain miserable.

Check your Foodlist for the natural alternatives to M&M's as well as other acceptable candies.

Irritable? Out of Sorts?

An adult member tells of experiencing an unusual amount of fatigue this winter. Once he installed new charcoal furnace filters he quickly noticed a reduction of symptoms.

During the winter months, when you spend more time indoors, be aware that there are many sources of irritants, and they are likely to be trapped indoors, particularly if you live in a cold climate and have an 'energy efficient' home.

Fireplace smoke, kerosene heaters, oil or gas furnaces (especially if they are old, and leaking fumes) are all potential sources of problems for sensitive people.

Just say "Oh No!"

One of our members reports that her child's school held a special drug-free awareness week. Throughout the week, children were taught how to avoid the harmful effects of those toxic chemicals.

Along with the message, activities were unified by the color red. This color was found throughout the school, and in the cafeteria, where foods were doused with the notorious Red # 40!

FAUS Journal

Thanks to all who have supported our work in the past year. Advertisers in the 1994 Journal include supportive friends and the following companies:

Allergy Resource Group
Apple & Eve
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Freeda Vitamins
Gerber
Johnathan Sprout
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Heinz USA
King Kullen
Kiss My Face
Kozy Shack
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Natural Ovens of Manitowoc WI
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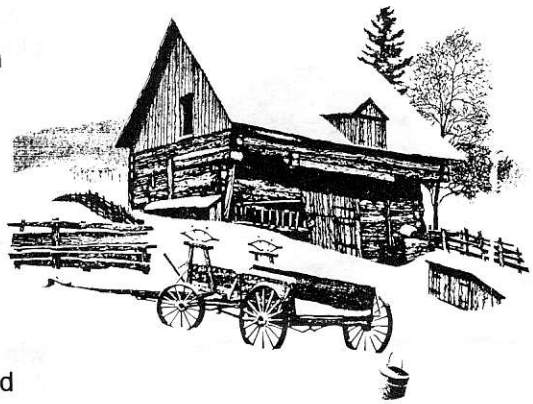

Pure Facts

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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.

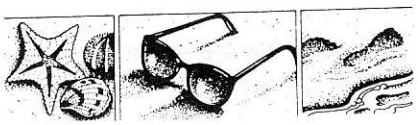
Members are planning their vacation at Conference!

Conference coordinator, Diane Wilde, reports an enthusiastic response to the vacation/Conference package being offered in Orlando, FL this June. This is your opportunity to enjoy the world's number one destination for fun and relaxation.

Diane is an experienced travel agent, who understands special diets. Because of her own food allergies, she operates Wilde Temptings, a mail order resource for economical hard-to-find allergy foods. (For a free catalog, call 1-800-434-4846.)

Diane will custom design the vacation for your family's needs, including allergy restrictions for one member, Feingold limitations for another, etc.

She also believes that the vacationer deserves VIP treatment at remarkably low prices. Feingold members will be



pampered during their stay in the luxurious Mark Radisson Hotel, at the lowest price we have paid in a long time. The staff has received specific instructions about cleaning products to be used (vinegar and baking soda) and compliance has been written into our contract.

Meals will be prepared by world-class chefs, and your special foods can be packed in picnic lunches to take with you to area attractions. (The parks do not allow food to be brought in, so those who prefer not to smuggle it in back packs or diaper bags, can eat at picnic facilities provided just outside the entrances.)

One family gratefully told Diane they had been dreaming about such a trip for 3 years, but the costs and special food preparations seemed to make it out of the question. Others have told us this is their 'dream come true'.

Come early, stay late, choose your own schedule and attractions. Diane can tailor the vacation to your family's wishes, while helping you to locate the best prices and discounts for air flights, car rentals and admission at area attractions. Your vacation need not be limited to Orlando; ask Diane about other options in this 'playground state'.

Our workshops and presentation are included in the conference package, and will be available at minimal cost to area members.

Space is limited, so don't delay calling for information: (407) 767-0779.

Feingold News

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February, 1995

Money Matters

When prospective members call the Feingold Association, we occasionally are asked, "Where does your funding come from?" This is an important question and we are happy to respond. An organization's source of funding is likely to tell you a lot about it and the policies it advocates. If the source is diverse, as with United Way or Combined Federal Campaign contributions, then the group is not under the pressure that comes from funding provided by a single source. Many nonprofit support groups receive large portions of their income from vested interests, and it has been our experience that this directly influences their policies.

Most of the expenses incurred by FAUS are paid with your annual dues, but this does not cover the full cost of running our organization. We send a tremendous volume of free information. Most of it is mailed to families of ADD children. Professional packets for teachers, doctors and counselors account for a lot of our printing and postage expenses. FAUS provides free information for students, and reduced fee memberships for families unable to afford the full cost of dues.

One of the reasons FAUS always seems to find itself in need of funds is because we are so reluctant to raise membership dues. This is going to be even more difficult with the postage increases already in place, and the UPS increase which comes every February.

Many of you have sent a donation when you renewed your membership; others have contributed to our School Year Calendar fundraiser. Some have requested their United Way donation be forwarded to FAUS, while others have contributed to the long-term financial security that can be provided by an endowment. **Thank you!**

FAUS is grateful to Sandy Ehrenkranz who heads up the committee, and to the following who have donated to the Endowment fund during 1994:

Marilyn & Bernie Schectman
Omega Technologies
The B.L. Manger Foundation
Sol & Betty Young
The Feingold Association of Northern Maryland - fund raising projects
Jerry & Crystal Ellis

[In the past it has been our policy not to list donors; we would like to begin publicly thanking donors to our endowment fund, unless they do not wish to be named.]

As exciting as the endowment is, it may be years before it can generate the funds we now need for the bills to be paid.

Another fund raiser is the annual Journal our New York volunteers use to help finance operating that office. The Journal is a publication containing tax deductible advertisements from a diverse group of individuals and businesses who support the goals of the association.

The New York office now serves as our membership office, manning the toll free phone number and sending information to interested callers. The office also houses our Counseling Line. Pat, Shirley, Gail, Sherry and area volunteers were able to handle thousands of phone calls after our recent publicity from the Marilu Show, but such services are expensive. The phone bill from the first airing of the show ran over 100 pages; the bill from the second airing has not yet arrived. The printing and postage costs are equally impressive!

Where does the money go?

Phones: FAUS maintains many phone lines in areas around the U.S. **Printing:** Complimentary newsletters, brochures, information cards, bumper stickers, posters, books, reprints of scientific articles, to name a few. **Postage:** Parents, professionals and food companies hear from us. **Phone calls:** How can you run an association when your board of directors live on the East Coast, the West Coast and middle of the United States? **The 'other stuff':** Even tax-exempt non-profits face major expenses complying with state and federal requirements for registering, bookkeeping and paying salaries and taxes for our part-time clerical help.

Feingold volunteers help us to find the needed resources in many ways. When a talented volunteer opts to spend her time working for the Association instead of being employed, she is making a sizable donation to FAUS. The lawyer or doctor who advises us at no cost is making a valuable contribution comparable to donating money.

You can help us raise the needed funds by advertising in our Journal — as a business or as a supportive friend. Perhaps you know of a friend or business acquaintance who would be interested in a tax-deductible ad. They begin at $100 for 1/8 page. 1/4 page is $125, 1/2 page is $175 and a full page is $275. Donation categories are: Patron: $75; Friend: $45; Booster: $25.

Please contact FAUS for more information.

Great news from the Product Information Research Committee!

As veteran Feingolders are aware, when the fat is removed from milk, some vitamin A is removed with it, and the law requires that it be added back. In the past, the vitamin solution was usually preserved with BHT, which made reduced fat milks off limits to us. Our persistence in complaining about this situation has paid off!

Feingold members were invited to send the name and address of their local dairy to Lois Miele Chairperson of the Product Research Committee. Lois, in turn, wrote to each dairy, asking them if their low fat and skimmed milks used a vitamin A which was preserved.

PIC Center Director, Debbie Jackson has been in touch with a representative of **Safeway**, who told her that their suppliers of vitamin A have deliberately switched from BHT to Vitamin E as an antioxidant (the Vitamin E is not preserved - we checked!). The acceptable reduced fat milks are sold under the names LUCERNE, DAIRY GLEN and CASTLE CREST. Safeway stores are located in the Baltimore-Washington DC area, on the West Coast, Arizona, Colorado and parts of the Midwest.

There are only a few companies making the vitamin A which is used in milks and two of them — Bungee and Consolidated — have decided they would rather switch (to Vitamin E) after receiving many inquiries from their customers, the dairies.

If there are no Safeway stores in your area and you want to be able to use a reduced fat milk, there are two options. You can call the dairy and ask them if either Bungee or Consolidated are supplying the vitamin solutions used in their milks. Or, you can send the name and address of your local dairy to Lois Miele at: FAUS PIC, 12699 Senda Acantilada, San Diego, CA 92128. On the inside back cover of your Foodlist you will find details on how to submit a product to be researched.

Even if you have a Safeway store in your area, you may want to send in the names of other brands. This will help us to educate dairies about the problems caused by BHT, even though it is present in such small amounts. If we can convince the other vitamin suppliers to switch to a natural antioxidant this will mean that schools switching to low fat milk will be sparing their children from the undesirable chemical.

We hope to be able to learn more about the use of Vitamin A Palmitate in other foods, and are eager to locate a readily-available powdered milk which we can add to our Foodlists.

Together, we *can* make a difference in our food supply!

PIC Report

The following products have been researched or re-researched and are acceptable to add to your Foodlist

Stage One

HAAGEN-DAZS Ice Creams: Butter Pecan, Chocolate Chocolate Chip, Chocolate Chocolate Mint, Cookies & Cream (CS), Macademia Nut Brittle (CS), Triple Brownie Overload (CS)
LONGMONT Lite Supreme Turkey Breakfast Sausage (CS)
MASTER CHOICE Chocolate Chip & Pecan Cookies (CS, available in parts of the East & Midwest)
NATURE'S PATH* Cereals: Heritage Flakes, Heritage O's
NO FRIES Potato Snacks
NOXZEMA Free Medicated Shave Cream
ROMAN MEAL Crackers: Whole Wheat & Onion Snacks, Whole Wheat & Sesame Snacks, Whole Wheat Snacks
SHADY BROOK FARMS Turkey Cutlets, Whole Fresh Turkey, Whole Turkey Breast
SHELTON'S* All Natural Chicken Broth
SNAPPLE Lemonade (CS), Lemon Sport Drink (CS), Lemon/Lime Sport Drink (CS), Tru Root Beer (CS)
STONYBROOK* Oil Free Unscented: Aloe & Chamomile Body Lotion, Body Lotion, Extra Body Conditioner, Extra Body Shampoo
SUNBELT Peanut Butter Naturals (CS)

Stage Two

SNAPPLE Drinks: Fruit Punch (CS,grape,apple), Grapeade (CS), Guava Mania (CS,strawberry,elderberry, grape, cherry), Kiwi Strawberry Cocktail (CS,elderberry), Magno Madness Cocktail (CS,elderberry), Melonberry Cocktail (CS,cherry,grape, strawberry), Orangeade (CS), Pink Grapefruit Cocktail (CS,elderberry,grape), Pink Lemonade(CS,cherry,grape), Strawberry Lemonade (CS,cherry,grape)
SNAPPLE Sport Drinks: Fruit Flavored Punch (CS,cherry, grape), Orange (CS)
SNAPPLE Flavored Iced Teas: Mango (CS), Old Fashioned (CS), Orange (CS), Peach (CS), Raspberry (CS)
SNAPPLE Sodas: Amazin' Grape (CS,cherry), Cherry Lime Rickey (CS,grape), French Cherry (CS,grape), Kiwi Peach (CS), Kiwi Strawberry (CS,elderberry), Passion Supreme (CS,cherry,grape), Peach Melba (CS,cherry,grape), Raspberry Blush Royale (CS,cherry, grape)
SUNBELT Chewy Granola Bars: Chocolate Chip (CS,almond); Granola Cereals: Banana Nut (almond), Fruit & Nut (almond, raisin), Low Fat (CS, almond,raisin); Low Fat Fruit Boosters: Apple (CS,raisin), Blueberry (CS,apple,raisin); Muesli Cereal: Five Whole Grains (almond,raisin)

NOTE: *Sunbelt Strawberry Low Fat Fruit Boosters have synthetic color and are not acceptable.*