

Pure Facts

Newsletter of the Feingold® Associations of the United States



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The Business of Drugs

It's comforting to believe that the pharmaceutical industry, whose products are sometimes vital to our well-being, is truly concerned about us.

But pharmaceuticals are a business — a highly profitable one in most cases — and the purpose of a business is to sell its product and increase profits. There are only a few ways to increase sales and profits. A company can charge higher prices for their product; they can find new customers to purchase it or create new uses that will increase the customer base; they can try to convince current customers of the need to either use more of a product, or to use it for a longer period of time. Pharmaceutical companies also earn money by developing new drugs, but the process of development and approval is very expensive, so any time an existing drug can be utilized, the gain is greatest.

There are many ways to promote a drug. Pharmaceutical companies sponsor everything from dinners to elaborate trips in an effort to interest physicians in their wares. What has always been at issue is whether or not such promotions make a difference in a doctor's decision to use a drug, or to prescribe it more frequently. If it is prescribed more, is it being given to patients because of the usefulness of the drug, or because the doctor has been influenced by the company's promotion? *The New Physician* (September 1992) concluded that such promotions do clearly influence a doctor's decision.

A drug Feingold volunteers are hearing more about is Prozac (fluoxet-

ine hydrochloride). This is a relatively new antidepressant which appears to have fewer negative side effects than other antidepressants such as lithium and desipramine. It is becoming increasingly common to hear parents tell that their child is being treated with both stimulant medicine and Prozac (to address the depression which stimulant medicines, such as Ritalin, can sometimes trigger). In some cases a child is started on a combination of both, without even undergoing a trial period of the stimulant alone.

Some children diagnosed with ADD or ADHD are on a regimen of multiple drugs, each designed to address the side effects of the others. (Side effects of

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Fixing up the place with a fresh coat of paint

Chemically sensitive people need to pay attention to more than the color they select.

The fumes given off by fresh paint can be a serious irritant for some individuals. Especially troublesome are the petroleum-based solvents used in many paints. Two major manufacturers have developed paints which use none of these solvents — **Glidden Spred 2000** and **Benjamin Moore's Pristine**.

Most Feingold members can use paint without having an adverse reaction by simply taking some common-sense precautions.



If you plan to paint when the weather is mild, you should be able to air the house out. If one room is painted, keep the windows open and the door closed as much as possible. Use a portable fan to speed up the drying; once paint has dried it is not likely to be a problem.

Both oil-based and latex paints will give off fumes while they are wet, so limit exposure of sensitive family members.

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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.

Special issue on drugs

“How come my doctor never heard of the Feingold Program?”

Association volunteers sometimes hear this question. In many cases the reason is that the Feingold member no longer spends much time at a doctor's office.

Perhaps you were dissatisfied with your previous doctor, you began the Feingold Program, and are now under the care of another physician. Or maybe you just make fewer trips to a doctor's office now that your child's chronic ear infections are a thing of the past, and you feel better as well. Some Feingold children see a pediatrician only when it's time for a school or camp check-up, and the physician may need to refer to the chart to recall the child's name.

Although you may not be visiting your doctor as frequently as before, there's a lot you can do to increase

awareness of the Feingold Program. One of the best ways is to provide information to your current physician, and to write to the doctors you have seen in the past. Even if you left a doctor because you were dissatisfied, consider sending a brief note such as, “I wanted to let you know how well Susie is doing now that we have discovered she is sensitive to some food additives and allergic to milk. She is getting A's and B's and her teacher is very pleased with her progress.” How can a physician know if diet helps if there is no feedback? You can contact the Association for literature on the scientific

studies which support the diet/behavior/learning connection. You might never see that doctor again as a patient, but your effort can make a big difference in the help your former doctor provides for other children..

Perhaps you have had a very good experience with previous or current doctors; consider letting them know that diet management has helped your family. One of our new adult members, Shanan Kokal, shared the following letter of gratitude she sent to her doctor.

Note: She received a warm, appreciative response.

Dear Dr. G.

My husband and I came to know you last May. Since that time you have provided our family with your invaluable services.

I imagine at times you thought that a week wouldn't go by without hearing from one of us regarding one problem or another; and I sometimes felt as if I was monopolizing your time and lived in your office. However, late in the year — after knowing us only a few months — you provided us with information that would change our lives forever.

From the time I was 15, a full eleven years ago, I have been in doctor's offices endlessly. With each doctor, I received either a shake of the head and a statement that nothing was wrong with me, or a referral to a more specialized doctor. I was paraded in front of several general practitioners, internists, audiologists, dermatologists, gynecologists, endocrinologists, infectious disease doctors, counselors, psychologists, and psychiatrists. Everyone ran the battery of tests including blood tests, stress tests, CAT scans, EEGs, ambulatory EEGs...the list goes on and on and on. I have been poked and prodded enough in the past decade to last me an entire lifetime.

All the doctors threw up their hands and started treating the symptoms I had, without trying any further to find out the



cause of them. Even my family thought I was a hypochondriac or a medical freak of nature.

So, it was with hesitancy that I took your insightful advice to try a mere dietary change. After all this type of medical history, I was fairly sure that a diet couldn't fix everything that I had wrong with me. In spite of my doubts I called the Feingold Association and started our family on the Feingold Diet in January of 1995.

Our lives changed the day we started the diet. All of my symptoms have

disappeared from my daily life. No more depression. No more headaches. No more joint pain. No more pressure on my head. No more heart palpitations. No more obsessive/compulsive behavior. No more detectable hormone problems. And the list of disappearing symptoms goes on. Not only that, but Dan is benefiting from the program as well. He is being relieved from most of the problems associated with Attention Deficit Disorder (ADD). I'm not sure if he has it or not, but this diet has certainly changed the way he feels and the quality of his life.

I cannot thank you enough for giving us the information to change our lives so completely. Without being on antidepressants, I can now focus better on so many other important aspects of my life that had been neglected for so long. I have a stronger calling to my church, my family, and to myself.

So, if you don't see us in your office for a period, it's not because we changed doctors ... it's because you are such a good one.

Take care and don't forget who we are.

Shanan Kokal

The Bug-Killer in the Medicine Cabinet

Drugs and cosmetics are filled with synthetic dyes not permitted to be used in foods. Now two of these potent potions are being considered for use as a pesticide.

West coast growers have a formidable foe in the Mediterranean and Mexican varieties of fruit fly, which can quickly destroy crops. For years the method for dealing with this threat has been aerial spraying of the powerful chemical malathion, but this pesticide is harmful for humans as well as bugs, and both consumer groups and organic farming advocates have encouraged the development of alternatives. One alternative is to introduce an insect which would prey on the fruit fly, but this is a risky proposition since it is hard to predict if the new predator will bring new problems.

Another alternative being studied is to replace the malathion with an equally deadly compound — a blend of two dyes commonly used in drugs and cosmetics. After a blend of Red dye No. 28 and Yellow 8 are fed to the fruit flies, exposure to sunlight causes the dyes to absorb light. This results in the formation of oxidizing agents in the bug's tissues within the next 12 hours, and in effect, the little critters explode!

Researchers find that the bugs will eat the dye if it is mixed with a sweetener, leading Feingold families to wonder why the growers don't simply buy up the powdered fruit drink mixes in the supermarkets, and use it in aerial spraying! Actually, the dyes permitted to be used in foods are different from those being considered as a pesticide by the Department of Agriculture, but Red No. 3, allowed in foods, has long been used as a pesticide. It, too, has a mechanism which is activated when it is exposed to light. [In his book, *Why Your Child Is Hyperactive*, Dr. Feingold described the practice of spraying Red 3 on manure piles to kill fly's eggs (maggots).]

The Red 28/Yellow 8 blend will also kill some other insects, according to *Science News* (April 15), but proponents consider it to be otherwise harmless.

FD&C dyes and D&C Dyes

Dyes which go by the name of "FD&C" are allowed to be used in foods, drugs and cosmetics. Those called "D&C" are permitted only in drugs and cosmetics, but not allowed in foods. Dyes used in drugs and cosmetics are not required to meet safety standards as stringent as those used in foods, since it is assumed that the consumer is exposed to less dye in drugs and cosmetics than in foods.

Before a chemical company may receive approval to have a dye listed as "FD&C" they are required to perform extensive and costly testing. The fact that so few of the dyes are permitted in foods suggests that their manufacturers doubt the additives would receive approval.

The experience of Feingold members, as well as thousands of people who suffer reactions to FDA approved food dyes suggests that the definition of 'safety' is controversial. Allergists have reported adverse reactions to FD&C Yellow 5 for decades, but this dye is used extensively in products sold in the U.S.

Feingold families would also question the assumption that a chemical dye consumed in small quantities does not need to meet the same standards as those consumed in larger amounts.

Two other issues: unlike foods where there are many choices, consumers often do not have a choice of which medicines they can use; and since medicines are consumed by people whose health is likely to be fragile, the safety requirements should be higher, not lower, than for the general public.

Here is a sample of some of the dyes which can be found in over-the-counter medicines:

Pepto Bismol: D&C Red 22, D&C Red 28 (the red dye which kills fruit flies)
Children's Tylenol - Grape flavor: D&C Red 7, D&C Red 30, FD&C Blue 1
Dimetapp Decongestant Pediatric Drops: D&C Red 33, FD&C Blue 1
Benadryl Elixir: D&C Red 33
Maalox Antacid - Lemon Creme: D&C Yellow 10
Triaminic Sore Throat Formula: D&C Red 33
Roloids - Cherry: D&C Red 27
Tums Assorted Flavors: D&C Red 27, D&C Red 30, D&C Yellow 10, FD&C Blue 1, FD&C Yellow 6

Dyes which are permitted in foods:

FD&C Red 3*
FD&C Red 40
FD&C Yellow 5
FD&C Yellow 6
FD&C Blue 1
FD&C Blue 2
FD&C Green 3

Many of the above FD&C dyes are either banned or restricted in other countries.

* Red 3 is not permitted in certain products since it has been found to cause cancerous tumors in test animals. It is prohibited for use in candies, baking mixes and the waxed coatings used on cheese. It is also not allowed to be used in cosmetics or drugs which are applied to the skin. This dye is still used in many foods, however, including the maraschino cherries in fruit cocktail.

Drugs, from page 1

Prozac listed in the *Physician's Desk Reference* include: anxiety and insomnia, weight loss, seizures, interference with cognitive and motor functions, hypoglycemia for people who have diabetes.)

Alison Bass of the *Boston Globe* reports that children as young as 5 and 6 are now being treated with Prozac. Physicians who are critical of the increase in the use of Prozac for children point out that while the research conducted on such drugs has shown them to be useful for adults, there has not been similar research conducted with children. A possible reason for the significant increase in the use of such drugs is that it is less expensive. Dr. Elizabeth Beane, a Massachusetts psychiatrist who works with children and adolescents says, "There is economic pressure from insurance companies to do something quick: Throw a pill at them, and then you don't have to pay for psychotherapy. And there is human nature: Parents want something to happen quickly, and they don't always want to look at what's really going on."

Students were given pens and note pads imprinted with 'Prozac'. A survey they received was designed to identify depression, asking questions like: Do you ever feel inadequate? Unsure? Moody? Do you ever think about death? The handouts included a brochure about the benefits of Prozac.

The promotion made an impression on the students, but brought strong criticism. An eleventh-grader complained, "The message was, 'If you feel sad, drop a Prozac.'" A ninth-grader said, "They were leading people to believe that if you ever thought, 'Oh, I could just die,' then you had a problem." Another freshman concluded, "The whole thing was about selling a drug. It was kind of hypocritical when you think about all the other 'Just Say No' drug talks that we hear."

Another drug on the receiving end of strong criticism is Xanax (alprazolam), a tranquilizer. An article titled *The Pushers in the Suites*, by Cynthia Cotts, has been published in *The Nation* and *Public Citizen's Health Letter*. Cotts charges that Xanax is an effective drug used to treat panic attacks, but that pa-

Another category of drugs which promise manufacturers a lifetime of customers are the various compounds used to treat adult 'ADD'. Feingold members have long known that the effects of additives and salicylates do not disappear with puberty, that one does not outgrow what was once called 'hyperactivity'. Now that it is perceived as a disorder, the logical solution for many is the use of one of more medicines, depending on how many side effects must be addressed.

Big Money

The cost of drugs continues to increase much faster than the rate of inflation. Not only are consumers hit hard, but so are the independent pharmacies which carry them. Drug companies typically have two sets of prices. For example, Schering-Plough sells 100 tablets of its potassium supplement K-DUR to hospitals and HMO's for just \$2.03. The cost to a pharmacist, however, is \$27.31 (1993 prices). This represents a whopping 1,245% markup. Inderal costs \$4.12 per hundred for favored customers, and \$48.31 for the



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New Customers

In some cases, a drug is marketed directly to young people. The Walter Johnson High School in Bethesda, MD, held a "National Depression Awareness Day" in October of last year. The event was sponsored by a nonprofit group which is reported to receive about half of its funding from drug companies.

tients often become dependent upon it. Rather than support the process of gradual withdrawal, the addictive effect of the drug is seen by its manufacturer as evidence that the user will need to take this medicine for a lifetime. Upjohn, its manufacturer, has been accused of manipulating information to defeat proposals to impose tighter controls over Xanax and similar drugs which have black market uses.

druggist. If you, the consumer, fill your prescription at your neighborhood pharmacy, tack some profit on top of that, and guess who pays — big time!

Pharmaceutical companies offer these price differences because hospitals and HMO's can be selective about which drugs they choose to carry; pharmacies need to have all the products on hand in order to fill prescriptions from many different doctors.

Drug Companies and our Children — a Feingold Perspective

Within the past few years a dramatic shift has taken place in the treatment of children with behavior and/or learning problems. It represents what may be the most successful 'PR' campaign ever devised to polish the tarnished image of some pharmaceutical companies.

Behavior-modifying medicine is nothing new; it has been available to physicians for more than 50 years. But what was once a regrettable 'last resort' has quickly become the first choice option being presented to parents by an ever-increasing number of professionals. The biochemical bandwagon is carrying a rapidly growing number of families (with both parents and children on an assortment of medicines) and is reaching down further and further into the preschool and nursery.

The Feingold Association does not oppose the use of drugs, including stimulant medicines. It does object to the misinformation being presented to parents concerning their options. Even some recent texts and papers claim there is no scientific basis for the connection between diet, behavior and learning. Yet two more studies supporting this link were published in major medical journals just last year.

The ADD business has become very big business, so it was with interest that FAUS learned of a new organization attempting to challenge the drug monopoly held over so many children. A moving force in the organization, known as Children First! is Peter Breggin, M.D., who has long been an outspoken critic of the excessive use of medication on psychiatric patients.

Children First! describes itself as "a national membership organization devoted to protecting children and their families from biopsychiatric intrusions into their lives, and to promote more caring and effective alternatives. Children First! believes that, as adults, we must retake responsibility for the well-being of children, and that instead of labeling and medicating them, we must improve the conditions of their lives. Children First! is founded on the tenet that the biopsychiatric diagnosis and drugging of children are wrong in principal. Every time we label and medicate a child, we blame that child - we revictimize that child. While other na-

tional organizations support the rights and needs of children, none has taken a stand against one of the major threats to their well-being — psychiatric diagnosing and drugging."



The organization believes that what used to fall within the range of normal childhood behavior is now being diagnosed as an abnormality requiring labeling, segregating and often medicating. In many cases parents are overwhelmed by professionals who truly believe that drastic measures are in the child's best interests. Children First! notes, "While parent's thoughts and feelings are routinely ignored when actual decisions are made, they are often asked to carry out fairly complicated and awkward behavior management programs at home after extensive training. So, 'parents are dumb' about their child's needs, but 'parents must be involved' and become mini-professionals."

CF!NEWS, the newsletter of Children First!, quotes an item which appeared in the *New York Times* this past January, "Psychiatry is reaching into the cradle...with the publication of the manual *Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood* by the National Center for Clinical Infant Programs in Arlington, VA."

For additional information on Children First! contact the Center for the Study of Psychiatry, Inc., 4628 Chestnut Street, Bethesda, MD 20814.

When a state must finance the high cost of having a large percentage of their students in special education classes, needed funds are taken from other areas. Massachusetts is one of many states attempting to find a way out of such a quagmire.

According to information provided to *Pure Facts* by the office of Governor Weld, "Special education in Massachusetts is out of control — nearly 17% of school children are now enrolled in the program, the costs are killing school districts, and regular education is being intolerably squeezed."

"When the law was passed, its authors estimated its costs would rise to \$50 million annually. Today, the program costs exceed \$1 billion a year, and costs continue to climb each year. In the face of this ever-growing mandate, local officials must wrestle with painful cuts to regular education — eliminating remedial education, ending after school programs, even cutting athletics or foreign language classes altogether." When remedial programs are cut, even more children end up in special ed, and the cycle continues.

What If?

What if a portion of the money now being spent on testing, counseling and medicating children were used instead to improve the food served in public schools and alert parents to non-drug options? Twenty years of success have shown that many children now receiving very expensive special placement could do well in a normal classroom, and the incidence of discipline problems would drop sharply in many schools. What if some of the savings realized were used to reduce the size of classes so that teachers could get back to the business of teaching children, and could have the time and breathing space to individualize some of the work so that children with a wider range of abilities could learn together ... the way schools used to be?

Paint, from page 1

The Sherwin Williams offering for a paint containing fewer troublesome chemicals is its Dutch Boy Kid's Room Paint. It has a latex base, and is free of lead and mercury.

There are a number of small companies producing paint free of the harsh chemicals which have caused problems in the past. One of these is The Old Fashioned Milk Paint Company in Groton, MA. The nontoxic paint is made from milk protein, lime, clay and earth pigments. It replicates the paints used by the American colonists and Shakers.

Information is available by contacting the company at 436 Main Street, Groton, MA 01450 or call (508) 448-6336.

The Human Ecology Action League (HEAL) cautions sensitive individuals to be sure any milk paint they use is fresh; if it has an unpleasant smell, it should be discarded.

Other sources for paints which are well tolerated by sensitive individuals include:

Biofa Paints - available from BAU, Box 190, Alton, NH 03809 (603) 364-2400.

Bio Shield Casein Wall Paint - from Eco Design Co., 1365 Rufina Circle, Santa Fe, NM 87501 (800) 621-2591

Pace Chem Industries - 779 South La Grange Ave., Newbury Park, CA 91320 (800) 350-2912.

AMF - 1140 Stacy Court, Riverside, CA 92507 (714) 781-6860.

Sinan Co. Natural Building Materials - Box 857, Davis, CA 95617 (916) 753-3104.

Miller Paint Co. - 317 S.E. Grand Avenue, Portland, OR 97214 (503) 233-4021.



AIA — Autism-Intolerance-Allergy Network

Both parents and professionals are working to develop a program to assist families of children with autistic symptoms.

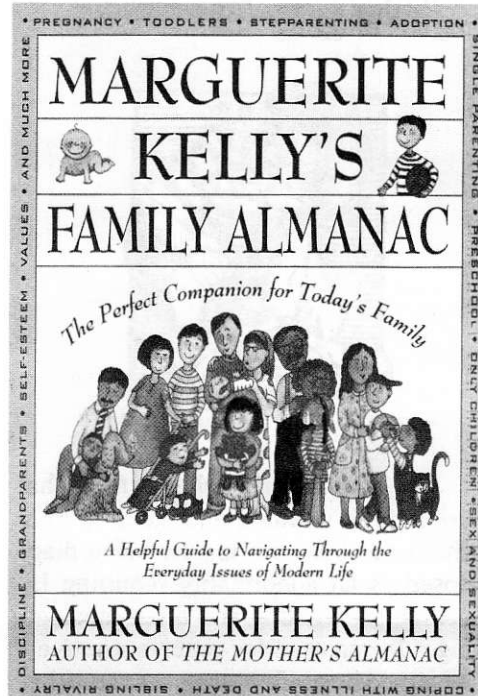
Feingold mom, Deborah Tritschler, is heading up the volunteer effort in the United States, and has been in close contact with Brenda O'Reilly, who has established a support program in Great Britain. We are delighted to learn that Mrs. O'Reilly plans to attend our National Conference in Orlando this June.

For many years the effort to identify effective treatments for autistic children has been carried out in San Diego, CA, by Dr. Bernard Rimland. Recently, Dr. Rimland

hosted a conference of scientists and physicians who share his determination to find answers. In his publication, *Autism Research Review International*, Dr. Rimland described the exciting meeting. He wrote, "The puzzle we call autism has many pieces. The conference was an intensive effort to put the pieces together. The attendees were MDs and PhDs in genetics, neurology, immunology, psychiatry, biochemistry, neuroscience, pharmacology, allergy, endocrinology, gastroenterology, toxicology, and related fields."

Through blood and urine tests the scientists hope to be able to identify the likely triggers for the autistic symptoms and recommend treatment techniques. The work is in its infancy at this point, but we anticipate it will progress quickly.

To subscribe to the ARRI, contact the Autism Research Institute at (619) 281-7165.



Happy Mother's Day!

What better way to celebrate than with a copy of Marguerite Kelly's newest book?

Recycled Paint

Paper can be recycled. So can glass, metal, rubber...and the list goes on. But did you know there are two companies producing water based latex paints from discarded paint left at household hazardous waste centers?

The paints are available in a variety of colors.

One manufacturer, The Green Paint Company, even recycles the used paint cans. They are located at 9 Main Street, P.O. Box 430, Manchaug, MA 01526, phone (800) 527-8866.

The second line of recycled paints goes under the name Cycle II. It is manufactured by Major Paint Company, 4300 West 190th St., Torrance, CA 90509. Phone (310) 542-7701.

Pure Facts

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Feingold



News

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Last Call for Calendar Photos!

Time to send us your favorite snapshot of your kids and teens for inclusion in our 1995-1996 School Year Calendar. The pictures can be black & white or color, as long as they are clear - no portraits or school photos, please. Your pictures will be returned after the calendar is printed. Include a note describing your child or your family's experience with the Feingold Program if you like.

Can I photocopy my Feingold newsletters?

We often receive calls from members who have copied articles and passed them along to friends, but wonder if this is o.k. The answer is — in most cases — yes! *Foodlists are protected by copyright and may not be photocopied.*

None of the Feingold materials may be copied if they are to be sold or included in information for sale. But aside from these restrictions, please feel free to photocopy articles and pass them on to friends. FAUS can provide you with additional brochures and handouts. Many of our members keep a binder with newsletters and other materials to loan out to friends.

Michigan

Gaylord: Lisa Halvorson would like to meet other moms in her area. She can be reached at (517) 732-1900.

Idaho

Boise: Mary Wax is interested in starting a support group of members in Boise. Call her at (208) 939-1315.

New Jersey

Medford: Gail Bott has started a Feingold support group in her area; call her at (609) 596-7690 if you are interested in meeting other members.

Massachusetts

Wrentham: Diane McCarter would like to start holding meetings in her area. You can reach Diane at (508) 384-3423.

Florida

Melbourne: Ann Schropp would like to be in touch with other Feingold moms in her area. Ann's phone number is (407) 259-7255.

California

Visalia: Kathie Shannon would like to correspond with other Feingold moms. Her address is: 13602 Avenue 272, Visalia, CA 93292.

Thank You Thank You Thank You Thank You

Alice Steele and Mary Cookson for passing along information on the use of dyes to kill the Med Fly. Newspaper clippings members send in, and messages left on the answering machine concerning things of interest to us are very helpful and appreciated.

Donna Carlin for giving a Feingold presentation even though she is still very new to our program. Bravo, Donna!

Delaware

We are looking for a member living in Delaware who would be interested in helping us expand our Mid-Atlantic Foodlist. We will provide you with information on products available in nearby states, and you would check to see which are also available in Delaware. Although it is geographically a small state, Delaware's food distribution is sharply different in the northern and southern areas.

Virginia

Fredericksburg members - if you have not already done so, check out the Healthways Natural Foods Store located at 4211 Plank Road. Their phone number is (703) 786-4844.

Other Healthways stores are in Annandale, Manassas, Sterling, Springfield, Fairfax and Alexandria (at Belle Haven). They carry many Feingold-acceptable treats, including the delicious, natural Oreo look-alikes known as Creme Supremes (Stage One).

Thank you to Mothers First for hosting a Feingold presentation and for your gracious reception.

New York

Smithtown: Diana Kane reports that Julianne Mendez, a member living in Mastic, has started her own baking business. She prepares homemade breads, English muffins, brownies, etc., using ingredients from the Feingold Foodlist. Julianne is willing to customize the products to fit the needs of special diets. She can be reached at (516) 395-3991.

Diana tells us that samples were brought to a recent meeting, and they were *delicious!*

The Smithtown support group will not be meeting over the summer, but will resume in the fall.

Center Moriches: Rosemarie Roberts and Julianne Mendez are planning to hold support group meetings at the Center Moriches Public Library, 235 Main Street.

Meetings are planned for the 3rd Tuesday of the month. For details you may call Rosemary at (516) 874-4087 or Julianne at the number listed above.

Coca-Cola, Pepsi-Cola and Feingold

Members sometimes call to ask why these cola drinks are included in the Fast Food pamphlet, but are not found in any of our Foodlists. Here is the reason.

Before a product can be added to our Foodlist the manufacturer must first send us a completed and signed Product Inquiry Form. While we are not interested in learning any trade secrets or recipes, we do need to ask about the presence of salicylates as well as additives. For the ultra-secret, highly competitive cola rivals, this is more information than they are willing to share.

Based upon the ingredients which are listed, along with many years of successful use by most Feingolders, we feel comfortable including both Coke and Pepsi in our Fast Food pamphlet.

Please note: we do NOT recommend the diet versions of these drinks.

Wilde Temptings ... tempting our appetites

Regional Foodlists are revised at various times of the year, and not all contain the most current information from Wilde Temptings. The following products have been researched and are acceptable for use on Stage One. They are especially designed for our allergic members:

Breadcrumbs, Pancake Mix, Brownie Mix, and Pizza Crust Mix.

The Pizza Crust Mix has been reformulated. It no longer contains apple, so it's acceptable for use on Stage One.

For a free catalog of gourmet foods for the food-allergic, call Wilde Temptings at (800) 434-4846.

Ed's Smoke House has a new address: 137 South Bridge Road, Charlton, MA 01507 (508) 248-7866.

Stage Two Yogurt Treat

DANNON'S DANIMALS Jungle Pack Yogurts have been researched and are acceptable to add to the Stage Two section of your Foodlist. The flavors are Orange Banana and Tropical Punch (cherry).

Also acceptable is DANNON Fat Free Nonfat Plain Yogurt (Stage One).

We're looking for some more breads!

Members can help us expand the selection of breads! There are many brands of bread, generally produced in a limited region; and this makes it hard for FAUS to know what is available.

The new member often has a hard time finding a brand on her Foodlist. Please send in the names and ingredient listing of breads in your area so we can conduct product research. The inside back cover of your foodlist describes how to submit a product for research.

PIC Report

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

Stage One

AMERICA'S CHOICE Jumbo White Bread (CS,CP)
(Compass Foods/A&P)
BRER RABBIT Dark Molasses
COUNTRY SAVE* Chlorine-Free Bleach,
Laundry Detergent
DOMINEX Italian Style Eggplant Cutlets (CS)
ELI'S Health Loaf This bread is sold by Eli's Bread,
403 East 91st Street, New York, NY 10128; available in
NJ, NY, PA, CT, and by mail order.
GHIRARDELLI Emperor Norton Non-Pareils (CS), Foghorn
Chocolate Mints
HAAGEN-DAZS Ice Cream: Chocolate Chocolate Chip,
Chocolate Chocolate Mint, Cookies & Cream (CS),
Butter Pecan, Macademia Nut Brittle (CS),
Triple Brownie Overload (CS)
HAAGEN-DAZS Sorbet: Zesty Lemon (CS)
HORMEL Chunk Breast of Chicken, Real Bacon
Bits (CS,N), Sliced Dried Beef - ground and formed (N)
IDA GRAE Cosmetics - makeup, lip balm & lipstick
Available through Allergy Alternatives 1 (800) 838-1514
KRUSTEAZ Buttermilk Pancake Mix (CS)
ORGRAN* Wheat Free Pastas: Barley & Spinach Spirals,
Buckwheat, Corn & Parsley Spirals, Garlic & Parsley
Rice Spirals, Legume Pasta Soup Shells, Brown Rice
Rigati, Rice & Ginseng, Rice & Millet Spirals,
Rye Pasta Shells
PIONEER Sourdough Bread (available in S. Calif groceries)
R.W. KNUDSEN FAMILY* Organic Pear Juice
SAVING PLUS All Natural Grated Cheese (NY,CT,MA,NJ)

Stage Two

ACME Tomato Paste, Tomato Sauce (clove, red & bell
peppers)
HEALTH VALLEY* Fudge & Granola Fat Free Brownie
Bars (apple,peach)
HERB-OX Bouillon Cubes: Vegetable Flavor
(CS,MSG/HVP,tomato)
ORGRAN* Wheat Free Pastas: Corn Tomato & Chili
Spirals, Tomato Basil Rice Spirals, Vegetable Corn
Shells (tomato), Vegetable Rice Spirals (tomato)
T.I.B. Breath Freshener: Wintergreen (oil of wintergreen)

Not Acceptable

ACME Chocolate Cake (artificial flavor); Potato Sandwich
Rolls (TBHQ in oil); Vanilla Cake (artificial flavor)
PURE & NATURAL Beauty Soap (BHT,perfume)

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