

Pure Facts

Newsletter of the Feingold® Association of the United States



June, 1999

Vol. 23, No. 5

California sees a 273% increase in autism in the past ten years

The state's service providers have been swamped with new cases, and lawmakers are calling for research to identify the cause(s) of autism, which many believe is an extreme form of ADD.

The California Department of Developmental Services has released its report on the increase in autism in the state; it is titled "Changes in the Population of Persons with Autism and Pervasive Developmental Disorders in California's Developmental Services System: 1987 - 1998." State Senate President, John Burton, noted: "What is generally considered a rare condition is increasing faster here than other developmental disabilities. We need to find out why."

The report is available on the Developmental Service's web site: www.dds.ca.gov.



Statistics

3,864 persons in California were diagnosed with autism in 1987; in 1998 the number was 11,995. This figure does not include children under 3 years of age. It also does not include less severe PDDs (pervasive developmental disorders).

What's going on?

There are many puzzle pieces in understanding the possible reason(s) for such dramatic acceleration in the number of cases of autism. The Feingold Association, along with some of our colleagues in other non-profit organizations, hope the researchers will consider several factors that may play a part.

Overuse of antibiotics - DDR (Developmental Delay Resources) has documented the association between frequent use of antibiotics in children

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One of the questions posed to the panel at FAUS's 1998 national conference:

"What's an easy way to help someone understand how some of the chemicals in food can trigger behavioral manifestations rather than the more traditional hives, etc?"

From Jane Hersey, FAUS National Director:

I like to gross people out. I like to talk about petroleum (the source for many food additives) and I don't focus as much on the effects as I do on "Do you know what's in that stuff you're eating?" Then if they show interest I go from there. We have a popular little blue card called "Do you eat crude oil?" To most people this is a big jolt, finding out that so many familiar foods have dyes that come from petroleum. So, I sort of ease into it.

Another piece of information that's helpful is what we refer to as our "library card." This is a handout with a simple checklist of typical symptoms. You can get materials from the Association; including a little story we call "Color Johnny Hyperactive/ADD" which is a basic introduction, so if your friend is interested enough to read it, this will lead them to a better understanding.

From Robert Sinaiko, M.D., allergist, immunologist:

First I think you start with what is an empirical observation, which is that some chemicals do trigger behavioral problems, and the data showing that they do are fairly strong. James Swanson conducted a study where he gave hyperactive children a mixture of colors and then tested them to see whether they could still learn as well as they could without the colors. He used a double-blind, placebo-controlled methodology, that, in fact, showed the children's ability to learn was impaired. This is a group of children who had responded positively to medicine, and then they were off their stimulant medicine and given either a placebo or a mixture of colors. In fact, this mixture of colors did impair their ability to learn. Ever since then there have been a number of very good studies that have compared placebo

Continued on page 6

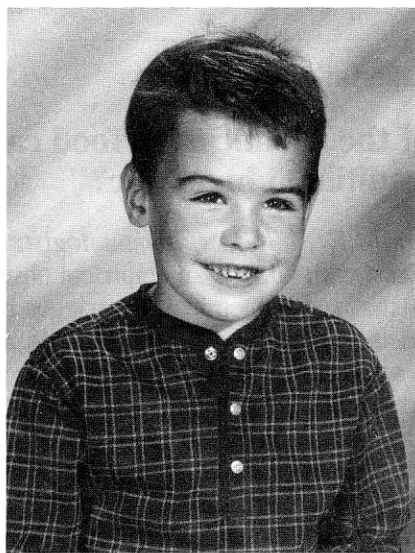
The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to support its members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

Angel Foods

Two children who were helped by the Feingold Program, and two determined moms are the reason for this new mail order company offering hard-to find (heavenly) delights.

Jacob and Elizabeth are the inspiration behind the development of a small company called Angel Foods. Jacob, son of Tim and Angie Robertson, was diagnosed with ADHD at age three. Now six years old, Jacob has had many behavioral problems and a lot of physical complaints including stomachaches, muscle and joint aches, and recurrent ear infections. He had developed a negative attitude about himself and it seemed as if he simply could not keep out of trouble.

Cindy and Chuck Harrell's daughter, Elizabeth, was also diagnosed with ADD two years ago when she was seven. Although Lizzy isn't as active as Jake, she was affected in other ways. She had a hard time focusing and sitting still; she also had multiple physical complaints including backaches and joint pains. Lizzy's shyness, and social quirks were becoming quite unbearable for her family.



Both families have tried Ritalin. But the drug took the "spunk" away from Jacob so his parents discontinued it after only three weeks. Although his parents didn't give the Ritalin much of a chance, they felt they had to stop. It was too difficult to watch Jacob drift away in his own world when he was on it. His parents missed his intelligent, talkative personality.

But Jacob's mom didn't give up; and began actively researching alternative treatments for ADD/ADHD. One of the treatments Angie discovered was an elimination diet, that required a 4-day rotation of foods. It was soon clear that food was connected to Jacob's behavior. Apple juice and chocolate (his favorite foods) were major "triggers." But the dietary regimen was complex and time-consuming. Angie provided day-care in her home and was on a strict budget. It became impossible for her to keep up with the daily diet journal and the 4-day rotation planning calendar. Overwhelmed and frustrated, she eventually gave up. But Angie soon learned about the Feingold Association, and joined.

Angel Foods

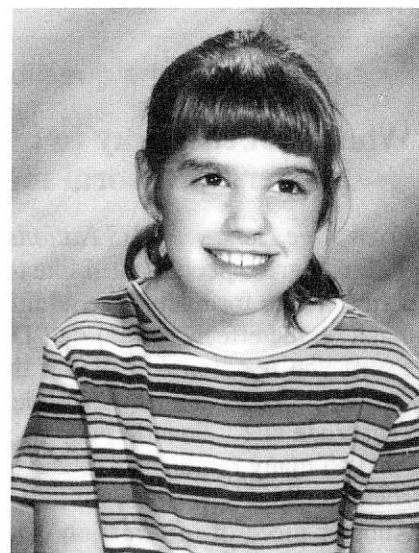
101 E. Walters,
Strawn IL 61775
(815) 657-8134
call for a free catalog

The results were dramatic! Jacob has been faithfully following the diet for three years now. He no longer suffers from ear infections, aches and pains, or stomach problems and his ability to focus and sit still has improved greatly. His preschool teachers were impressed with the diet Jacob followed so diligently. Jake still struggles somewhat with impulsivity and he still has a few social problems. His behavior today, however, compared to three years ago, has improved significantly; his family is grateful that they can now truly enjoy their son's company.

After Jacob's good results on the Feingold Program, Angie introduced the diet/behavior connection to her Aunt Cindy, Lizzy's mother. The little girl was eight at the time and Cindy was worried about how she would accept the changes in her diet. Lizzy was still taking Ritalin, but the drug only seemed to make things worse — she had so many physical aches and pains.

The first change Cindy made was to substitute the white version of Ritalin for the yellow pills; this resulted in a slight change in Lizzy's behavior. Also, the child did not complain as much about her back hurting or arms aching. Cindy began to follow the Feingold Program faithfully and soon was amazed at her daughter's improvement. Lizzy was no longer running, hiding, and screaming at everyone. She seemed so much calmer.

It was wonderful for Elizabeth and Jacob to finally begin feeling better about themselves, and their parents were excited with the improvements. Both women are at-home moms and they soon began shopping together, swapping recipes, and spending a lot of time together. It was apparent that they shared a common goal: Cindy and Angie want desperately to make a difference in the lives of other chemically sensitive children.



Pooling their talents, they have developed their own line of food products available through mail order. Their company, Angel Foods, specializes in cookies; they also have bread, cake, and cocoa mixes. They carry a variety of carob products, including Hot Carob Delight. Angie and Cindy hope they can help Feingold families throughout the country!

Autism increase, from page 1

with later developmental disorders, including autism. Their June conference in Chicago will address ways to help these youngsters.

Dr. William Shaw's work also connects excessive antibiotic use with autism and other delays.

Vaccine reactions - The National Vaccine Information Center collects data from parents who believe their children's developmental delays and other adverse reactions are related to vaccines they received.

Note: The FAUS catalog, "Tools for Learning," contains excellent books from Dr. Shaw and from the National Vaccine Information Center.

Gluten and casein - Dr. Robert Cade has demonstrated the role of casein (a protein molecule in milk and other dairy products) in both autism and schizophrenia, and thousands of families report a significant improvement when they are removed.

Food additives and salicylates - The Feingold Association has also seen a drastic increase in the calls received from families of children diagnosed with autism; and they have received reports of impressive improvements when the Program is used. The Association now provides introductory information on avoiding gluten and casein.

California's search for answers

Genetic markers are one factor that will no doubt be explored when the epidemiological research is conducted. [*Epidemiology refers to the science of seeking reasons for health problems by studying factors such as the differences between people and how this might explain differences in their health.*] But there are many more possible connections that deserve investigation. We already know that autism in the United States has grown from a rare condition to one that is rampant. Researchers should identify other populations which have a much lower rate of autism and PDDs. Children in other countries are a logical choice for comparison. Then they

The increase in cases of autism is accelerating at the rate of 3% per year. If you really want to be scared, for the calendar year 1998, there were 1,685 NEW diagnoses (in California) or 16% of the total population (of autistic individuals) - in ONE YEAR.

Families for Early Autism Treatment

need to identify the things that are different in the populations. This could include the differences in foods eaten, chemical exposures of all types, and the use of vaccines — not just which vaccines are used, but how many are given to children and at what age they are administered. In some countries it is believed that vaccines are better tolerated if they are given to children when they are older, rather than to infants.

One possible scenario

Many factors could go into setting a child up for the development of autism. These might include:

- Poor nutritional profile of the mother (a diet of highly processed foods which contain too few vitamins, minerals, essential fatty acids, etc.).
- Difficult pregnancy/delivery, with loss of oxygen to the infant's brain.
- Contaminants in vaccines.
- Undesirable chemicals in the mother's diet, passed on to the infant via breast milk.
- Synthetic additives in formula, food, vitamins, pediatric medicine. These can lead to ear infections and the use of antibiotics (containing more synthetic colors and flavors).

The antibiotics will wipe out the desirable bacteria along with the undesirable ones, leaving the digestive system open to the proliferation of yeasts and molds; these give off toxic chemicals that can result in abnormal behaviors, according to Dr Shaw.

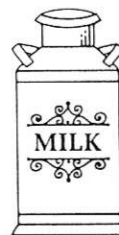
If the infant has inherited a deficiency in the enzymes needed to process food additives and various foods, he will soon use up the limited store of them and become deficient. Food additives, salicylates, gluten and casein will all put a terrific strain on the child's limited ability to digest and detoxify.

Link between autism, schizophrenia & diet

Findings from two novel animal studies indicate autism and schizophrenia may be linked to an individual's inability to properly break down a protein found in milk, University of Florida researchers report in the April issue of the journal *Autism*.

The digestive problem might actually lead to the disorders' symptoms, whose basis has long been debated, said University of Florida physiologist Dr. J. Robert Cade, cautioning that further research must take place before scientists have a definitive answer.

When it is not broken down, the milk protein produces exorphins, morphine-like compounds that are then taken up by areas of the brain known to be involved in autism and schizophrenia, where they cause cells to malfunction.



The animal findings suggest an intestinal flaw, such as a malfunctioning enzyme, is to blame, says Cade, whose team also is putting the theory to the test in humans. Preliminary findings from that study — which showed 95 percent of 81 autistic and schizophrenic children studied had 100 times the normal levels of the milk protein in their blood and urine — have been presented at two international meetings in the past year but haven't yet been published.

When these children were put on a milk-free diet, at least eight out of 10 no longer had symptoms of autism or schizophrenia, says Cade, a professor of medicine and physiology at UF's College of Medicine.

"We now have proof positive that these proteins are getting into the blood and proof positive they're getting into areas of the brain involved with the symptoms of autism and schizophrenia," Cade said.

New help for those following gluten-free and casein-free diets

It isn't easy to live without wheat and milk, but some wonderful resources are available.

The Autism Network for Dietary Interventions, better known as ANDI, has as its mission "To help parents understand, implement and maintain a gluten and casein-free diet for their autistic children."

Many parents of children with autism are aware of the work of Dr. Lisa Lewis, first to help her child, and later to share her information with other parents. Along with Karyn Seroussi, ANDI has provided many services, including their newsletter, *The ANDI News*, and a food catalog. Now, they will focus their efforts on their publication, and leave the mail order services to Miss Roben's, a Maryland company dedicated to providing the hard to find foods for those who must eliminate gluten, casein, and other foods.

As a result of this collaboration, Miss Roben's now offers a bread mix called ANDI WunderBread. It's described as "a really soft, squishy,



stretchy bread that tastes great, easy to make and is gluten-free, dairy-free, corn-free and egg-free. All you add is water, cider vinegar (salicylate), and oil." It can be used to make rolls and will work in a bread machine.

The 32 page catalog from Miss Roben's has an impressive selection of many types of foods, not just breads, crackers and cookies.

The ANDI News will answer many of the questions and address many of the concerns shared by parents of children with autism, and Miss Roben's invites you to call with any questions about cooking for a gluten-free, casein-free diet.

The winter edition of *The ANDI News* carries the names of acceptable brand name breakfast foods and the next issue will feature foods that can be served for lunch. The newsletter is available from: ANDI, PO Box 17711, Rochester NY 14611. A subscription for four annual issues of ANDI News is \$20 in the US and \$26 abroad. More information is available at www.AutismNDI.com.

For a free copy of Miss Roben's catalog call (800) 891-0083.

Cookbooks for special diets

A home economist who found she must avoid wheat has written three books that will make life easier for those who must avoid wheat, gluten, and other foods.

Carol Fenster, Ph.D., loves food and was crushed when she realized she would have to give up wheat. But she learned how to cook the things she enjoys using alternatives, and has taught many others to do the same. "Nothing tastes as good as feeling good feels" is her attitude, as she conveys a very positive approach to the necessary restrictions.

Her first book, *Wheat-Free Recipes and Menus* focuses on the elimination of wheat and gluten. In her second book, *Special Diet Solutions*, she incorporates the help needed to avoid multiple foods: wheat, gluten, dairy, eggs, yeast, and refined sugar.

Dr. Fenster's newest book is *Special Diet Celebrations*, eliminating wheat, gluten, dairy and eggs. It provides festive meals and treats, including a section on wedding cakes.



The books are comprehensive in their coverage of the alternatives available, mail order sources, support groups, and detailed information about the various ingredients that can be substituted, and how to use them.

Because each book is designed to stand on its own, there is overlapping in information and in some recipes, but it is an impressive effort that will be well used and appreciated by those who must remove common foods.

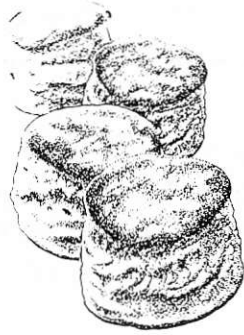
The books are published by Savory Palate, Inc., 8174 South Holly, Suite 404, Littleton CO 80122 (800) 741-5418. E-mail: savorypala@aol.com or check the new web site: www.savorypalate.com.

Here's a natural baking mix

Whip up some biscuits...in a Jiffy!

Jiffy Baking Mix is manufactured by the Chelsea Milling Company, which traces its roots to the milling of flour which began in 1802.

They produce eighteen different products under the Jiffy label, but only the Baking Mix is acceptable; the other mixes have beef fat preserved with BHT or artificial flavors.



Jiffy products are sold throughout the United States, and it can be used in many ways beside making biscuits.

Chelsea Milling invites you to contact them for a free cookbook or related information. They provide camping recipes as well as the "Hospitality in a Jiffy Recipe Book." Their web site is: www.jiffymix.com.

BUTTERMILK CRUMB CAKE *makes 2 1/2 to 3 doz pieces*

2 cups Jiffy Baking Mix
1/2 cup water

Topping:

1 cup firmly packed brown sugar
1 1/4 cup chopped pecans
1/2 cup butter, melted
1 tsp cinnamon

1. Preheat oven to 375 degrees
2. Blend baking mix and water to a soft dough; turn dough onto lightly floured surface, knead several times.
3. Roll dough to a 10" x 14" rectangle; carefully place dough in a 9" x 13" pan and press slightly up sides of pan.
4. Combine topping ingredients and carefully spread over dough.
5. Bake for 15 to 20 minutes, until crust is brown.
6. Cool and cut into pieces.

Restaurant Guide may be useful for Feingold travelers

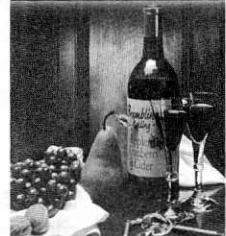
The *Vegetarian Journal* has compiled an ambitious book with 368 pages of information on eating spots in the United States and Canada. Although it is designed for vegetarians, this information could help anyone seeking foods without synthetic additives. Most (but not all) chefs who cater to vegetarians use fresh ingredients and few additives. The experienced Feingold member will be able to identify likely restaurants.

Many of the restaurants have Asian or Hispanic menus, and many others are health food establishments. You will find every type, from the juice bar to elegant dining.

In addition to restaurants the guide provides a limited listing of inns, spas, camps and vacation sites.

Skim thought the book to find some creatively named establishments. Here are some of the more amusing ones: I Love Juicy, Wok & Roll, Lettuce Souprise You, All You Knead, Now & Zen, Eat A Pita, and finally, Smart Alec's Intelligent Fast Food.

Vegetarian Journal's GUIDE TO Natural Foods Restaurants in the U.S. & Canada



FROM THE VEGETARIAN RESOURCE GROUP
FOREWORD BY LINDSAY WAGNER

softback - \$12.95

To order a copy of the book, or for more information about their journal, contact: The Vegetarian Resource Group, PO Box 1463, Baltimore MD 21203 (410) 366-VEGE.

Summertime Quencher

Hot, thirsty, and ready to test out a Stage Two treat?

If you like root beer, you'll love Natural Brew, by Smucker Quality Beverages. And if you think you don't like root beer, this drink could change your mind. Try it over ice, or poured on a scoop of natural vanilla ice cream.

This is a good way to convince any doubting friends and family that your way of eating is no hardship.



Its flavor comes from sweet birch, licorice root, sarsaparilla, clove, cinnamon, anise and oil of wintergreen. You can find Natural Brew Root Beer in many health food stores and the natural foods section of some supermarkets.

Swift cleaning "Swiffer"

Watch for a new product being test marketed by the cleaning giant, Proctor and Gamble. Swiffer is a sweeper that will clean all kinds of hard surface flooring, without the need for chemical sprays. The electrostatic-charged cloth is placed on the sweeper, or can be used on its own for dusting. Chemically sensitive people will welcome the chance to avoid strong smelling sprays and appreciate the fact that it holds the dust rather than pushing it around.

For more information check their web site: www.swiffer.com.

Question, from page 1

trials with active food colors and foods that children have been shown to react to in open trials. And these double-blind, placebo-controlled food challenges have in fact shown the deleterious effect of food colors in these children. More recently, an interesting study was published showing there are even changes that can be seen on certain kinds of brain imaging when these children ingest food colors. There also are a lot of experiments that have been done on nerve cells in a dish, separated out from the rest of the brain or the nervous system of an animal and then testing to see what happens to the function of that neuron. When the liquid that the neuron is bathed in has various artificial colors added, the normal functioning of the neurons is disrupted. So you can start as scientists do by asking "what," not "why." And once you ask that question you see that there is, in fact, an effect. Then it becomes the job of the scientist to explain, "Well, why would that happen?" Well, we don't know why, really; there are lots of good theories. But we also don't know why certain foods produce hives. We know that they can release histamine and other mediators, but that doesn't really answer the question ... say, why does tartrazine release histamine in certain children, and cause hives. We don't know that either. Sometimes it's best just to realize that something is true, and then leave the "why" for a later time.

***National Director of Programs & Services for the
Autistic Community***

Enhancing the lives of children and adults with autism and related pervasive developmental disorders in the United States.

This new directory is published by The New Jersey Center for Outreach & Services for the Autism Community, Inc. (COSAC). It covers services available throughout the United States, including state agencies, non-profits and businesses that cater to families of people with autism.

COSAC will provide one free copy to any individual or agency (a small donation is appreciated) and any additional copies are \$8 each.

To receive a copy, contact:

COSAC, 1450 Parkside Avenue, Suite 22, Ewing NJ 08638 (609) 883-8100.

They can also be contacted via their E-mail address: njautism@aol.com.

Summertime fun with learning kits

Here are some enjoyable activity kits for your children — at discounted prices. The items are described in detail in your FAUS Resource Catalog.

Pre K	Select either puzzle: I Know My ABC's or Teddy Bear Colors	\$15.00
Gr K	<i>Simple & Fun Science</i> for grade K - plus: Dot to Dot	\$15.00
Gr 1	<i>Simple & Fun Science</i> for grade 1 - plus: <i>Rock & Learn Letter Sounds</i>	\$15.00
Gr 2	<i>Simple & Fun Science</i> for grade 2 - plus: <i>Keep On Looking, Cash for Kids</i> and a dinosaur puzzle	\$15.00
Gr 3	<i>Simple & Fun Science</i> for grade 3 - plus: <i>Grammar Rummy</i> and a farm animal puzzle	\$15.00
Gr 4	<i>Simple & Fun Science</i> for grade 4 - plus: <i>Fractions & Circles</i> and Reward Coupon Book	\$16.00
Gr 5	<i>Simple & Fun Science</i> for grade 5 - plus: <i>Demonic Mnemonics</i> and <i>Riddles with a Reason</i>	\$16.00
Gr 6	<i>Making the Grade</i> and <i>Instant Math Games that Teach</i>	\$16.00



Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Lynn Murphy
Debbie Jackson
Kathy Bratby
Donna Curtis
Ed Neary

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.

Membership includes the *Feingold Handbook, Recipes & 2 Week Menu Plan*, regional *Foodlist* containing thousands of acceptable U.S. brand name foods, *Medication List*, a telephone Help-Line, and a subscription to *Pure Facts*. The cost in the U.S. is \$69 & \$6 shipping. A *Pure Facts* subscription, if ordered separately, is \$38/year.

For more information or details on membership outside the U.S., contact FAUS, 127 East Main Street, Suite 106, Riverhead, NY 11901 or phone (516) 369-9340.

www.feingold.org

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The next Pure Facts will be our combined July/August issue.

June 1999

Yes, there are ways to help prevent violent behavior in children!

For several decades professionals from many different disciplines have been advocating a basic concept:

Psychological factors influence a person's behavior, but they are only a part of the whole picture.

Other factors may include:

- genetic inheritance
- prenatal exposure to drugs/alcohol/smoking
- birth trauma
- enzyme deficiencies
- vaccine reaction
- nutritional inadequacy
- food allergies
- sensitivity to synthetic food additives
- environmental allergies/sensitivities
- sensory dysfunction
- heavy metal exposure
- essential fatty acid deficiency
- salicylate sensitivity

Eminent researchers and clinicians have shown over and over that there are many possible triggers for violent behaviors, and that some of these can be easily addressed. Despite a wealth of evidence, each time a new crisis of violence hits the headlines, the response of public officials and the "experts" is predictable: They have no idea why a child would take weapons to school and go on a murderous rampage.

Parents of chemically sensitive preschoolers have seen the rage their children are capable of showing and are justifiably frightened for their futures. It is easy to be worried about how they will behave when they become teenagers. Those of us whose children have been profoundly affected by the factors listed above know that there must be many other children whose disturbed behavior is being triggered by non-psychological causes.

It may be clear to us, but it certainly is not clear to the majority of people in the media and in public office.

Enclosed with this newsletter is an article suitable for you to photocopy and give to any interested parent, professional, newspaper or magazine editor or to send to anyone in radio or television. If you have felt frustrated by the lack of understanding about the triggers of violence, here is your opportunity to attract attention to the many valuable approaches to violence prevention.

*"If what you're doing isn't working,
try something else."*

Thank You Thank You Thank You Thank You

...to Sherri Palmer for suggesting the enclosed article be sent to these TV shows:

Leeza: Paramount TV, PO Box 4321, Hollywood, CA 90078

The Oprah Winfrey Show, Harpo Productions, PO Box 909715 Chicago IL 60607

Sally Jesse Raphael Show, Studios USA, 15 Penn Plaza/OF2, New York NY 10001

The Today Show, Linda Finnell, Supervising Producer 30 Rockefeller Plaza, Rm 347E, New York NY 10112

Please include a letter describing your own family's experience with diet and behavior.

Health freedom hearing scheduled

Many of you have been following the case of Dr. Robert Sinaiko of San Francisco, CA. A highly respected immunologist who trained under Dr. Feingold, he is the latest subject of attack by the California Medical Board. The Medical Board has a long history of targeting health care providers who dare to use approaches they deem to be "outside the standard of practice." This standard translates to drugs, surgery and psychotherapy.

Dr. Sinaiko advocates a variety of safe approaches, including diet, in treating his patients. The Medical Board seeks to limit the ability of California doctors in treating their patients, including those with ADD and ADHD. If the board succeeds, the only therapies for ADD the doctors will be permitted to use without risking the loss of their license will be drugs and psychotherapy. The Medical Board is attempting to impose a "ladder of treatment" which begins with psychostimulants such as Ritalin, and continues to add increasingly more powerful drugs.

California is only one of many states with medical boards attempting to drastically restrict a patient's right to safe alternatives. If the California board is successful in this attack, it could be duplicated in other states.

The date for oral arguments has been rescheduled for July 30, 1999 in San Francisco. Details will be provided on the web site in mid-July.

www.treatmentchoice.com.

Enclosed with this newsletter is a paper from the Medical Defense Fund, providing more details.

FAUS Product Information Center Report

from Donna Curtis

Product Alert!

KELLOGG'S Smacks cereal now contains BHT and should be removed from your Foodlist.

CABOT OF VERMONT has told us that the vitamin A Palmitate used in their reduced-fat cheeses is preserved with BHT. This means that their Vitalait Cheese and Vitalait Jalapeno Cheese should be removed from your Foodlist. CABOT 33% Reduced Fat Cheddar Cheese has been discontinued.

Product Change

AUNT JEMIMA Original (regular) Pancake & Waffle Mix is now "Lighter & Fluffier." According to the company the only change was in the flour.

Wendy's Sour Cream

One family reports that the sour cream Wendy's served with their baked potato contained artificial flavoring. Our most recent Fast Food Guide lists Wendy's sour cream as free of artificial flavoring. The headquarters office has not changed their ingredients, and suggested that the Wendy's franchise might have purchased the sour cream from a different supplier. This can happen with chain restaurants so check labels when possible.

Hunt's Tomato Ketchup

Hunt's has changed the label on their ketchup to remove the words "all natural." The company assures us that there has not been any change in the product; it is still acceptable on Stage Two.

Research Requests Online

Members may now submit research requests via e-mail as well as traditional mail. Simply go to the Members Section of the Feingold Association's website, <<http://www.feingold.org>> and you will find a form which you may use to submit research requests or to report product changes. Member login and passwords will be found on the Pure Facts address labels and will change quarterly.

If you do not have Internet access, you may e-mail Laurie Dean of Oregon at <products@feingold.org> and ask for a copy of the PRODUCT RESEARCH REQUEST FORM which will guide you in submitting your request. (Product changes may still be e-mailed to productchange@feingold.org as listed in the back of your Foodlist. If you don't have e-mail, check the back of your Foodlist for instructions on requesting product information.)

PIC Report

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

Stage One

- FEARN* Wheat Free Gluten Free: Brown Rice Baking Mix, Rice Baking Mix
- GOLDEN GUERNSEY Cottage Cheese: Small Curd, Fat Free Small Curd (titanium dioxide it contains is an acceptable color) *The product is available in some Midwestern states.*
- HANS* All Natural Mild Chicken Bratwurst
- JIFFY Baking Mix (CS)
- KASHI* Baby & Me Seven Whole Grains & Sesame Cereal
- NEW BRAUNFEL'S SMOKEHOUSE (MO)
Canadian-Style Bacon (N), Comal County Bacon (N), Dried Beef - Sliced & Chunk (N), Smoke Stix (N)
Mail order from (800) 537-6932
- PEARSON'S Chocolate Covered Mint Patties (CS, SF)
- SOAP LADIES (MO) Naturalscents Extra Virgin Olive Oil Bar Soap (*The scent is from the olive oil; to order call (803) 642-3764.*)
- SUNSPIRE* Grain Sweetened Dark Chocolate Stars
- SWEET CLOUD* Organic Barley Malt Syrup, Rice Syrup

Stage Two

- HORMEL Beef Tamales in Chili Sauce (paprika, chili & red peppers, tomatoes)
- MY OWN MEALS shelf-stable entrees: Pasta with Garden Vegetables (paprika, bell peppers, tomatoes), Vegetarian Stew (bell & red peppers, tomatoes)
Mail order by calling (847) 948-1118.
- NATURAL BREW Draft Root Beer (clove, oil of wintergreen)
- NEW BRAUNFEL'S SMOKEHOUSE (MO) Pastrami (N,MSG/HVP, cloves)
- PICKLE EATERS* Kosher Dills No Salt (cucumbers), Vinegar Free Kosher Dills No Salt (cucumbers), Vinegar Free Deli Style Kosher Spears (cucumbers)
- STONYFIELD FARM* Lowfat Yogurt: Blueberry, Luscious Lemon (oranges), Strawberry - *all have CS and trace salicylate from apples and/or oranges in pectin.*
- STONYFIELD FARM* Nonfat Yogurt: Apricot, Black Cherry, Blueberry, Cherry Vanilla, Mixed Berry (blackberries, blueberries, cranberries, strawberries), Peach, Raspberry, Strawberry, Strawberry Banana - *all have CS and trace salicylate from apples and/or oranges in pectin.*

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