

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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ADHD Child, ADHD Parent

Two recent studies have focused on the problems parents of "ADHD" children have when the parents have the same symptoms.

The December issue of the *Journal of the American Academy of Child & Adolescent Psychiatry* included the results of a study on parenting skills of mothers of children who have been diagnosed with ADHD. The University of Maryland researchers found that parents of such children are 24 times more likely than other parents to have the symptoms themselves. To help these women become more focused and better able to raise their children, the study authors suggest, physicians should evaluate the entire family, not just one child.

Another recently published study examined the parenting skills of both mothers and fathers. It found that parents with symptoms of ADHD had trouble being consistent and enforcing rules. They were given classes to help them deal more effectively with their children, but such training did not bring about much improvement in their parenting skills.

[Harvey, E.J. et al 2003. Parenting of children with ADHD: The role of parental ADHD Symptomatology. *Journal of Attention Disorders*, 7, 31-43]

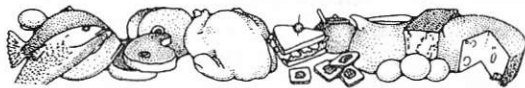
The Feingold Program: 31 years ahead of its time

These two studies will no doubt encourage practitioners to "treat" (medicate) the symptoms of the parents as well as the child.

But long before the label "ADHD" was coined, Dr. Feingold was writing about issues such as these. (He first presented his clinical findings to the American Medical Association in 1973.) One of the reasons our program has been so successful is that the entire family is encouraged to eat the healthier food. We have heard so many parents tell us that not only do they see improvements in their child, but they notice positive changes in themselves. This has led us to believe that when a child is having behavior or learning problems, at least one parent is likely to be chemically sensitive. As a family continues to enjoy healthier food, they begin to notice positive changes in siblings as well.

Wegman's

It's a common belief that you can't be all things to all people. Maybe, but Wegman's comes very close.



Feingold members in upstate New York, Pennsylvania and New Jersey talk about Wegman's — but more as a phenomenon than a store. The time finally came for your editor to learn what the fuss was all about as Wegman's opened its first store in Sterling, Virginia.

There was no way I was going to brave the crowds for at least the first few weeks, but on a rainy Thursday afternoon in April the time seemed right. The first impression is size; these are very big stores. I had read about the upscale atmosphere, the gourmet selections, the restaurant foods and the friendly service, but I was still dazzled.

At the entrance, I saw their mini coffee shop, pizza stand, sushi bar, and Asian buffet. Just beyond that was the create-a-salad station (you choose and they toss), and the hot dinner selections. Next are deli salads, followed by gourmet meat and seafood that have been coated, stuffed, or otherwise prepared for you to take home and cook. An impressive selection of plain seafood was next to a large

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Psychological solutions don't usually solve chemical problems.

For several decades parents and professionals have struggled in their attempt to use behavior modification techniques for children whose behavior is out of control. The amount of energy required has typically been enormous but because they address the symptoms, not the causes, the results have been limited.

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.

Happy Mother's Day!

My little boy's friend

How many thousands of children and their families are suffering unnecessarily? What motivates a parent to want to reach out and share information on the Feingold Program with others in the community? Here is one mother's account of her experience.

Recently my younger son had several friends spend the night. One child had been invited to our home several times, and each time his mother had picked him up instead of letting him sleep over. The boys get along great, so I was concerned that there might be something I didn't know. This last time we invited him, she told me that because of his severe ADHD she was fearful of having him away from home during the time when his meds would wear off. She was afraid he would do something that would make him unwelcome in our home. I assured her that he couldn't do anything in our home we hadn't already lived through!

We had an amazing and eye-opening night! I sat beside this child while he didn't eat his dinner, watching him fidget and when he made occasional, brief eye contact, I saw his pupils dilated with methylphenidate. As he



went through his "med crash" which I had seen so often in my older son, I watched him become ever more out of control. He was wide awake long after the other children, continuing to wander the house and play in the dark. Repeated returns to bed and tuck-ins meant nothing. When the meds were finally out of his little body, I again found him awake and having fixed himself something to eat. Finally, he fell asleep.

The following morning, when the other children were awake and playing, this little boy came into the bedroom with me and my husband, saying he was so tired and needed more sleep. He then crawled onto our bed and under the covers — exhausted and a bit homesick.

The whole experience was heart-breaking — but also a reminder of the fact that at one time our child was exactly the same, and we then understood how far he has come since we started the program and removed the meds and strange additives from his life. And ours.

This little boy's mother has copies of my *Pure Facts* and other Feingold materials. We talked at length over lunch one day, and I hope she will try the program. We're in the middle of our second year, and I tell anyone who will listen about how much better life is for our family!

The things we eat

Fast food companies are taking more hits and are rushing to improve their image. McDonald's bids farewell to "super size."

An award winning movie soon to be released has shaken things up at the major fast food chains, especially McDonald's. "Super Size Me: a Film of Epic Proportions" is a satire by Morgan Spurlock, who used himself as an experiment to determine what would happen if someone ate only McDonald's food for an entire month.

Against the advice of his doctor, he embarked on the experiment, added nearly 30 pounds in 30 days and ended up with a liver that he describes as "like that of an alcoholic."

The company has since dropped its super size options and currently has an ad campaign focusing on their salads.

Failsafe, the newsletter of the Food Intolerance Network of Australia, described a young man in New Zealand who embarked on a similar, albeit a

Obesity is edging out tobacco as the leading cause of death, according to the the CDC (Centers for Disease Control and Prevention). Both, the agency reports, lead to conditions that bring about death: heart disease, cancer and stroke.



more modest, experiment:

Thirteen year old Justin Fletcher from Christchurch, NZ, carried out his own test of junk food for a school science project.

For two days Justin ate only junk food including Coco Pops, Coke, cake,

meat pies and lollies then put himself through a series of reading, typing and mathematics tests. Justin repeated the exercises after two days of eating chicken, rice, bread and lettuce.

The results showed that [on the diet of junk food] he read 43 percent slower, typed at nearly half his usual speed and solved math problems up to 35 percent slower.

"It was only once I had finished the tests and converted the results to percentages that I realised how big the difference was," said Justin.

Justin's family also noticed behavioural changes like mood-swings after he binged on junk food. His mother, a community health promoter, was shocked. "It was such a short period of time, I didn't think it would have much impact," she said.

One physician's perspective on ADHD

More than 30 years after Dr. Feingold found a major reason for this syndrome, doctors still are puzzled.

In an article titled *What to do about the ADHD epidemic*,* William B. Carey, M.D., wrote: "In the last two decades the United States has experienced a great increase in the diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) and its treatment with stimulants. Much of the public is confused, and now apprehensions are mounting with the extension of the diagnosis and drug use into pre-school years. Some of us pediatric moderates are trying to mediate between the conservative defenders of the present imperfect construct and the radical critics who regard the diagnosis as a fraud."

Pointing out the flaws with the ADHD diagnosis, Dr. Carey writes: "The current ADHD symptoms are not clearly distinguishable from nor-

mal behavior." He also refers to "the absence of clear evidence that the ADHD symptoms are related to brain malfunction."

Dr. Carey also cites the neglect of diagnosticians to consider the child's environment but further in the article it is clear that the word "environment" refers to psychological factors, not to environmental chemicals or food additives. One of the recommendations he makes is: "Better treatment - It should be designed to fit the child's specific strengths and problems with greater reliance on psychosocial and educational interventions. Behavioral controls can be learned...."

* The American Academy of Pediatrics Section on Developmental and Behavioral Pediatrics Newsletter, Autumn 2003, pages 6-7

The Feingold perspective on ADHD

Why limit the options to just two choices?

Medicine and behavior modification can be important tools, but there are so many more, including a short term trial of the Feingold Program. We applaud Dr. Carey's call for a better way to help our children. As he points out, only 1 to 2% of children can be clearly identified as "hyperkinetic," which means there is something very wrong with the fact that up to 15% of children are being diagnosed as ADHD.

Imagine Dr. Carey's suggestions are being implemented, that there is a child who clearly has serious behavior problems and is being raised in a home with parents who devote themselves to helping him. Now, let's imagine he is enrolled in a special school that offers the best program available, with nearly as many teachers as students. Suppose he was given counseling by a team of professionals and was being treated with various medicines in an effort to stabilize his behavior. Sounds like Dr. Carey's description?

Well, there is such a scenario. The boy is 9 year old Austin, who lives in Arlington, Virginia (outside of Washington, DC). He is receiving all of the above and more, and his family is doing a heroic job of trying to help him. There's just one problem; it isn't working. Austin is often violent, curses his parents, teachers and nearly everyone else who displeases him. He frequently threatens to kill his little sister and others.

Austin frequently threatens to kill others.

If it sounds like Austin was born with brain damage, that is far from the case. Until about age two he was a calm, cheerful baby; his parents were able to travel with him because of his mild temperament. There was no injury, illness or other trauma that can account for the drastic change. His parents recall that he entered the terrible two's and never exited.

Feingold readers will see possible clues as they read through the *Washington Post Magazine* article about Austin. There are the candy rewards at school, the convenience foods at home (not those convenience foods that are used by Feingold members) and frequent mention of Austin's favorite food: Kentucky Fried Popcorn Chicken. (Commercial deep fried foods generally contain TBHQ, used as a preservative in the oil.) He is given it as a reward and his school offers a fast food meal as their ultimate incentive for improved behavior.

Austin's parents follow an exhausting regimen, but it doesn't appear to have made much of a difference.

Would the elimination of petroleum-based food additives help Austin? His mother says he likes fruits and vegetables; would the substitution of non-salicylate foods help? Would he do better if he ate only those fast foods we include in our guide? Could a switch to additive-free candy in the classroom make a difference? Could his medicine be provided in a dye-free version?

Would a careful trial of the Feingold Program help Austin? It has helped many children like him.

We don't know, but the probability is high, and the potential rewards are enormous. We have kept *Pure Facts* readers posted on the wonderful story of one of our own successful children. Joshua Stevenson had symptoms nearly identical to Austin's, and possibly worse. His life changed when his mother began using the Feingold Program and today he is a wonderful young man of 15 who has none of the earlier symptoms. We have created a web site to share Joshua's exciting story. Please check it out and forward it to those you know who want to learn more about helping children like Josh and Austin.

The site is:
www.FindingJoshua.org.

Who decides what food is healthy?

Two critics expose the conflicts of interest in panel members appointed to develop nutritional guidelines for Americans.

When your children need accurate information about the dangers of cigarette smoking, do you tell them to call a tobacco company? If you want to buy the safest automobile on the road, do you rely on advice from your local used car salesman?

Not a chance, right? Someone who reaps financial benefits from the sale of a product is not the best source of impartial advice on its safety or healthfulness. Here's another no-brainer: should the committee helping the federal government draw up dietary guidelines be dominated by people with financial ties to big food companies? Of course not.

Nutrition guidelines will be the basis for school lunch programs. Unfortunately, these guidelines are being heavily influenced by food industry representatives.

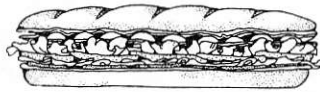
But incredible as it seems, that's exactly what's happening — even as unhealthy food and poor nutritional advice fuel our national's obesity epidemic.

Last fall, the U.S. Department of Agriculture and the Department of Health and Human Services named the members of the new Dietary Guidelines Advisory Committee. This important panel helps formulate the government's Dietary Guidelines for Americans, an influential source of nutritional advice relied upon by millions. The guidelines also form the basis for all federal food programs, including school lunches.

Controversy over conflicts of interest often bedevils government committees. But in this case, the conflicts are so clear and so numerous that the integrity of the panel is profoundly compromised. More than half the committee's 13 members have extensive ties to the meat, dairy, sugar, processed food, egg and supplement industries.

Perhaps the most outrageous appointment is that of Fergus M. Clydesdale, who has been both a stockholder and consultant for several large food companies. Clydesdale also works closely with several food-industry-funded organizations, including the American Council on Science and Health, which is notorious for putting corporate interests before public health.

Other committee members have financial connections to Proctor & Gamble, the Cattlemen's Beef Association, the National Dairy Board, M&M Mars, the American Egg Board and other large corporations and interest groups.



The extent of these conflicts is especially astonishing in light of the panel's recent history. When the Dietary Guidelines were last revised in 2000, the government was successfully sued for not fully disclosing the financial ties of members of the advisory committee. That lawsuit, which was brought by our organization, the Physician's Committee for Responsible Medicine, highlighted the extent of the government's pro-industry bias. Many observers expected the health and agriculture departments to be more careful this time around. Unfortunately, the lesson didn't take.

Ironically, these controversial appointments come as the advisory panel confronts a daunting nutritional challenge. New data indicates that bad eating habits exact a terrible toll: Two-thirds of U.S. adults are overweight, childhood obesity rates are skyrocketing, and diet-related diseases such as diabetes are reaching epidemic proportions.

Excerpted from an article by Amy Joy Landou and Patrick Sullivan of the Physician's Committee for Responsible Medicine. Reprinted with permission.

Drug companies and high profits

"The pharmaceutical industry is gouging the American consumer," according to Michael Albano, mayor of Springfield, Mass. Albano is one of a growing number of critics concerned about the relationship between the government and the pharmaceutical industry. The Massachusetts mayor made headlines when he offered the city's employees and retirees the option of ordering prescription drugs from Canada, where prices are typically anywhere from 30 to 80 percent cheaper for the same product. The cost of health insurance for employees has nearly doubled in the eight years since Mayor Albano came to office. This forced the city to cut spending elsewhere, including laying off policemen and fire fighters.

The Food and Drug Administration is attempting to prevent what appears to be an escalating trend as governors in Illinois, Minnesota and West Virginia investigate the cost savings of such a plan.

The number of pharmaceutical industry lobbyists on Capitol Hill is greater than the total number of senators and congressmen.

Editor's note: When parents learn that many of the problems their child faces stem from exposure to various chemicals in their food and/or environment, they ask "why?" Why would companies use such harmful chemicals when safe alternatives are available? Why are drugs so widely used in place of diet? Why are unhealthy foods being so heavily promoted?

Take a hard look at these issues and you will find that behind each is a common factor. There are enormous amounts of money to be made from selling synthetic chemical additives, from using them in place of real food, and from selling medicines to treat their effects.

Pudding Cups and Jels

Snacks and lunch box desserts just got easier.

Two new products from Horizon Organics have been added to our Food-list: pudding and fruit jels. The three pudding flavors — chocolate, vanilla, and a combination of the two — are all Stage One and do not contain any corn syrup. Like the other Horizon products, the puddings are natural, made from milk that is free of hormones and synthetic additives.

Horizon's answer to Jell-O™ is their line of fruit cups made with organic juices and natural colorings. The three flavors are: Cherry, Orange and Strawberry, all Stage Two. They are both kosher and vegetarian for those families who combine Feingold with other dietary needs.



Food Additives Abroad

As the use of synthetic food additives expands world wide, the issues we have been dealing with in the United States are now being seen, or are intensifying, elsewhere.

Italy

Italian researchers conducted a study of individuals who suffer from rhinitis (stuffy nose). They found that nine percent of the subjects clearly reacted to the preservative sodium benzoate.

The results were published in the February, 2004 issue of the journal *Allergy*.

United Kingdom

Curry is popular in Great Britain, but the traditional Indian dish has been adulterated, leading to adverse reactions from unsuspecting diners. Curry gets its subtle coloring from natural ingredients like paprika, turmeric and saffron. But the British versions are colored with synthetic dyes because consumers connect bright colors with hot, spicy flavors.

Restaurants in Britain are subject to guidelines of how much dye may be used and many of them are exceeding the permitted amount. The synthetic colors used are tartrazine (E102 in Europe, Yellow No. 5 in the US), sunset yellow (E110 in Europe, Yellow No. 6 in the US), and ponceau 4R (E124, banned in the US).

If your summer vacation takes you to England and you want to order chicken tikka masala, watch out for those dyes!

Some good news: America's largest natural food chain, Whole Foods Market, has announced plans to buy Fresh & Wild, a chain of seven natural and organic stores based primarily in London. This is Whole Foods' first acquisition in Europe. If the company's experience in the United States is a predictor, this development is likely to greatly expand the British options for healthy food.

A good reason to shop for natural popcorn

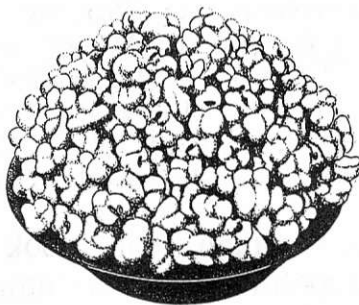
Microwave popcorn is a \$133 billion industry in the United States.

In the December 2001/January 2002 issue of *Pure Facts*, we reported on the illnesses suffered by workers in factories that produce the artificial butter flavoring used in many popcorns. Several employees were so disabled as a result of the exposure to the synthetic flavoring they had to undergo lung transplants. The U.S. Occupational Safety and Health Administration suspects that the chemical responsible for the illnesses is a substance called "diacetyl."

Now the Environmental Protection Agency is investigating the possible effects of a consumer's exposure to the chemicals in the flavorings when the consumer opens a bag of microwaved popcorn. The EPA's Indoor Environmental Management Branch is looking at other additives in the flavoring, as well as diacetyl.

Both the industry trade organization (the Flavor and Extract Manufacturers Association) and the Food and Drug Administration believe that synthetic butter flavoring is safe.

Eric Peoples (who is in need of a double lung transplant) is one of 30 former employees suing the parent company, International Flavors and Fragrances, Inc. Any company that produces hazardous material is required by law to take the steps needed to protect the health and safety of their employees. The law suit contends that the employees were never told about the hazards of working with the synthetic flavoring or trained in how to minimize the dangers of exposure.

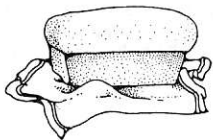


Typically, "butter" flavored popcorn also contains the notorious Yellow 5 and/or Yellow 6, both derived from petroleum.

Wegman's, from page 1

variety of meats, and around the corner were the organic meats, including steaks that were a cross between Angus and Japanese Kobi beef.

On the other side of the aisle were the French bakery, the American bakery and the old world bread bakery. Tempting side dishes and lobster bisque (made with real cream) were found in the adjacent displays, and not far away — past the cheese section and the olive assortment — was the hummus bar. (I never knew there were so many ways to prepare the humble chickpea.)



There is a health food store located within the Wegman's store, stocking many of the brands you've seen in Feingold Foodlists.

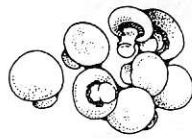
The produce section alone was worth the trip. I saw vegetables I never even knew existed, and more varieties of apple than anyone would know what to do with. My favorite (Gala) was available in both organic and conventional.

Just about everything that deals with food can be found inside this store, including the dishes, table linens, pots & pans, small appliances and flowers for the centerpiece.

Feingold families will find many delicious foods at Wegman's, but they will need to read labels.

There is a supervised play room, where your youngsters can stay while you shop, a photo center, pharmacy, good selection of magazines, and an impressive display of newspapers from major U.S. cities. Ethnic foods are available, and there were plenty of kosher options for the upcoming Passover holiday. Huge packages of toilet paper and other bulk purchase items give the discount super stores tough competition.

The largest portion of the store is a typical American supermarket, with all the good and bad choices. One aisle looked like those candy stores at the malls, with plastic bins of garish colors shining out. I mused about how many children could become "hyper" from all that petroleum...most of the state of Virginia would be my guess.



If you do visit one of the Wegman's markets, don't be afraid to arrive hungry. Upon arrival we selected a hot meal, took the wood paneled elevator to the second floor dining area, and enjoyed chicken Marsala, roasted potatoes and a salad of tossed greens with pear slices; it was a delicious dinner for just under \$10 each. Nearby were comfortable chairs for spouses whose shopping legs wear out early.



Feingold families can fare very well at Wegman's but it's essential that you bring your reading glasses and remember that most people think M&Ms are cute. When I saw the color dots sprinkled on their bakery brownies, I knew I would have to be careful. And alas, the ingredient list for their gourmet chocolate chunk cookies show they are flavored with vanillin. Their house brand of "healthy" cereal is a no-no, and while the Asian food bar does not use ingredients with MSG, they do contain the various MSG-type additives. I found Feingold-acceptable Texacan barbecued meat and nitrite-free bacon, but you'll have to shop elsewhere for nitrite-free ham.

Visit Wegman's for a look at the supermarket of the future.

While the marinated shrimp was expensive and the French bakery desserts will have to wait till I win the lottery, Wegman's prices are highly competi-

tive. I found many bargains among my favorite foods and some items that cost less here than they sell for at area discount grocers.

There were friendly staff members everywhere, lots of check-out lanes open, and even people who helped shoppers find the shortest line to check out. (Have you also been puzzled by those huge supermarkets with 24 cash registers lanes, and only two of them open?) You can see why Wegman's was voted one of the 100 best places to work; the staff really seemed to like what they did and they made me feel welcome.

Arrive hungry and consider eating lunch or dinner here.

The business that began almost 90 years ago with a pushcart in Rochester, New York has come a long way. In addition to their locations in upstate New York, they are in selected areas of Pennsylvania and New Jersey. The Virginia location, near Dulles Airport is their furthest venture south, but another store is scheduled to open in nearby Fairfax early in 2005. (It will be at the intersection of Rt. 29 and Monument Drive.) And work is progressing on a new store in Ocean Township, New Jersey. The first Maryland store is planned for Hunt Valley, north of Baltimore, and they are seeking sites in these New Jersey towns: Mt. Laurel, Cherry Hill, Turnersville. They also plan to open a store in Bucks County, Pennsylvania (outside Philadelphia).

When you go on your summer vacation, if you will be driving in upstate New York, Pennsylvania, New Jersey or Virginia, take a look at www.wegmans.com and see if you will be near one of their stores. You will be able to find some good food, clean restrooms, a place to relax, shop and fill up the cooler.

Supermarket chains around the country are offering many of these features. Publix, Ukrops, Safeway, Hy-Vee, Harris Teeter and Albertson's are among the stores seeking to attract health-conscious shoppers.

PIC Report

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

Stage One

BAHLESEN Cookie with Chocolate Flavored Filling
ECCE PANIS Bread: Country Wheat, Country White, European Baguette, Light Sourdough Boule, Multigrain Boule, Olive Loaf, Organic Honey Sunflower, Pane Rustico, Pane Rustico with Rosemary, Roasted Garlic Italian, Semolina Batard, Simple Focaccia, Simple Neo-Tuscan Boule
ENJOY LIFE FOODS* Chocolate Chips
www.enjoylifefood.com
GINSENG RUSH* Sparkling Energy Soda
HORIZON ORGANIC (ready-to-eat) Pudding: Chocolate, Chocolate-Vanilla, Vanilla
HUMPHREY Popcorn Ball, White Popcorn
KABULI Pizza Crust
KERNAL SEASON'S Parmesan & Garlic Popcorn Seasoning (CS)
LIFESTREAM* Toaster Waffles: 8 Grain Sesame, Mesa Sunrise, Soy Plus
MONA'S PASTA CAFE Cheese Stuffed Shell
SWAN GARDENS* Natural Hummus: Fresh Dill, Green Onion & Cumin, Roasted Garlic, Traditional
SWAN GARDENS* Organic Hummus: Cumin & Green Onion, Fresh Dill, Roasted Garlic, Traditional
TOM'S OF MAINE Natural Anti-Plaque plus Whitening Liquid Toothpaste with Mouthwash Fluoride Free: Cinnamon, Fennel, Spearmint
TOM'S OF MAINE Natural Anti-Plaque Tartar Control plus Whitening Liquid Toothpaste with Mouthwash: Peppermint, Spearmint
TOM'S OF MAINE Natural Oral Moistening Mouthwash: Fennel (SB), Peppermint (SB); Natural Tartar Control Mouthwash: Peppermint, Spearmint
TOM'S OF MAINE Natural Clear Unscented Body Bar; Natural Lemongrass Deodorant Bar Soap; Natural Moisturizing Unscented Bodywash; Natural Moisturizing Unscented Liquid Hand Soap
WHEAT MONTANA 100% Whole Wheat Bread: Honey Whole Grain; White French Bread: Garlic & Herb, Sourdough (all contain CS,CP)
WHEAT MONTANA Dinner Rolls: Garlic & Herb, Wheat (all contain CS,CP)
WHEAT MONTANA Healthy Loaf: Montana Multigrain, Natural Oats Wheat & Honey, Potato Buttermilk (all contain CS,CP)
WHEAT MONTANA Montana Toast: Wheat, White (all contain CS,CP)
These breads are available in the Midwest and West

Product Alert!

MARY SUE CANDIES Chocolate Covered Easter Eggs: Coconut, Nut & Fruit, and Peanut Butter now contain vanillin in the chocolate so you should remove them from your Foodlist & Shopping Guide.

JOHANNA FOODS La Yogurt Blended Lowfat Yogurt. These flavors all contain synthetic colors and need to be removed from your Foodlist & Shopping Guide: Blueberry, Strawberry Fruit Cup, Mixed Berry, Strawberry, Cherry, Strawberry Banana.

Product Change

UTZ QUALITY FOODS Ready-To-Eat Mild Cheddar Cheese Dip now contains oleoresin paprika color, and will need to be moved from Stage One to Stage Two.

Stage Two

CONSORZIO Dressing (all contain wine vinegar): Balsamic Vinaigrette, Italian with Parmesan Cheese
CONSORZIO Fat Free Dressing: Raspberry & Balsamic (wine vinegar), Strawberry & Balsamic (wine vinegar, CS)
FANTASTIC FOODS* Instant Refried Beans (chili peppers)
FANTASTIC FOODS* Big Soup Noodle Bowl: Vegetable Curry Ramen (red peppers), Vegetarian Beef (tomatoes)
FANTASTIC FOODS* Big Soup: Bombay Rice & Beans with Lentils (raisins, red peppers), Cajun Rice & Beans (paprika, red peppers, tomatoes), Cha Cha Chili (red & green peppers, tomatoes), Country Lentil (bell peppers, tomatoes), Cous Cous with Lentils (tomatoes), Five Bean (tomatoes), Jumpin' Black Bean (green peppers, tomatoes), Minestrone (tomatoes, red & green peppers), Tex-Mex with Pinto Beans (bell chili peppers, tomatoes) Vegetable Barley (red & green peppers, tomatoes)
FANTASTIC FOODS* Cereal Cup & Big Cereal Cup: Apple Cinnamon, Cranberry Orange Oatmeal, Maple Raisin Three Grain, Wheat n' Berries (blueberries, raspberries, strawberries)
FANTASTIC FOODS* Soup & Dip Recipe Mix: Garlic Herb (tomatoes), Vegetable (tomatoes)
HORIZON ORGANIC Fruit Jels (pre-made gelatin in plastic cups): Juicy Cherry (apples), Juicy Orange (apples), Juicy Strawberry (apples)
HORIZON ORGANIC Yogurt Tubes: Blueberry, Orange-Cream, Strawberry
RED GOLD Tomato Juice, Tomato Ketchup (CS)
SHILOH FARMS* Tomato Basil Jack Goat Cheese
www.gardenspotsofinest.com (800) 829-5100
SILK CULTURED SOY Yogurt (all contain CS): Apricot Mango, Banana Strawberry, Black Cherry (elderberry), Peach, Raspberry, Strawberry
SIMPLE SNACKS* Soy Snippers: Cinnamon & Raisin, Zesty Ranch (tomato)

The Feingold® Association does not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment, does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.

FAUS Annual Meeting Open House

The Feingold Association will be holding its annual meeting in New London, Connecticut on June 17 - 19.

On June 18 FAUS will team up with Therapy Works in Old Lyme, to hold an open house from 4:30 to 7:00 pm. This is a good opportunity to learn more about sensory integration and developmental disabilities, as well as autism and ADHD.

Visitors will be able to take home complimentary literature, sample delicious goodies and talk with our experts about their child's needs.

To RSVP and obtain directions, call the FAUS office at (631) 369-9340.

Can excessive TV lead to ADHD?

A study published in the April issue of *Pediatrics* links the amount of time a young child watches TV with their chances of developing attention problems.

The information was drawn from surveys of parents of 1 year-olds and 3 year-olds. The viewing habits of the children were correlated with attention problems at age 7. For every hour the young child watches TV each day, the risk of having attention deficits rises about 10 percent. So, a 1 year-old who watches three to four hours of TV daily has a 30 to 40 percent increased risk of exhibiting attention problems at age 7.

One of the disturbing findings of the study was that 19 percent of the 1 year-olds watched at least 5 hours of TV daily, and 10 percent of the 3 year-olds watched 7 or more hours of TV a day.

It is not known how so much electronic stimulation might influence the developing brains of such young children, but additional factors should be taken into consideration. Does the TV viewing create the condition, or are children with attention problems more likely to be interested in watching TV? Also, parents of hard-to-raise kids are more likely to use the TV to find relief.

Early Television Exposure and Subsequent Attentional Problems in Children, by Dimitri A. Christakis, MD, MPH, et al.

FAUS thanks Eden Foods for helping to sponsor this edition of our newsletter.



Last Call for Calendar Photos

Each year FAUS publishes a School Year Calendar and mails it to members in the United States at the end of summer. The calendar features useful tips for living happily on the Feingold Program, along with information on new and hard-to-find products. It also features pictures of our Feingold children and teens. We are looking for informal photos, especially seasonal activities. They can be color or black & white, as long as the image is not blurry. (Do not send portraits or school photos, please.) You are welcome to include a description of the activity or some information about your child and how the Program has affected your family for inclusion in the calendar.

Please write the child's name and address on the back and mail to FAUS Calendar, 6808 Stoneybrooke Lane, Alexandria VA 22306. The photographs will be returned to you after the calendar has been printed.

Matching Donations?

Please check with your place of business to see if they have a program to match the donations employees give to non-profit organizations such as the Feingold Association.

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.

Membership provides the Feingold Program book which includes Recipes & Two Week Menu Plan, a regional Foodlist containing thousands of acceptable U.S. brand name foods, a telephone and E-mail Help-Line, and a subscription to *Pure Facts*. The cost in the U.S. is \$69+ \$8 shipping. A *Pure Facts* subscription plus bulletin board access is \$38/year when ordered separately.

For more information or details on membership outside the U.S., contact FAUS, 127 East Main St., Riverhead, NY 11901 or phone (631) 369-9340.

The articles in this newsletter are offered as information for *Pure Facts* readers, and are not intended to provide medical advice. Please seek the guidance of a qualified health care professional concerning medical issues.

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