

Pure Facts

Newsletter of the Feingold® Association of the United States



April 2005

www.feingold.org

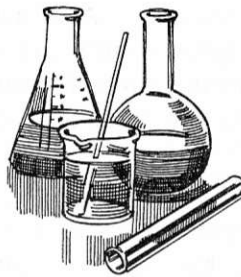
Vol. 29, No. 3

Stay away from neotame

As its patent for aspartame was running out, Monsanto developed a new, more potent version of the synthetic sweetener.

By adding 3-dimethylbutyl (a chemical the Environmental Protection Agency lists as hazardous) to aspartame, scientists at Monsanto drastically increased the sweetening power of the additive. The new version was named neotame. (The U.S. Food and Drug Administration approved it in 2002. It is also approved for use in Australia and New Zealand but has not yet been accepted in Europe.)

In addition to being far sweeter than aspartame, neotame is heat stable. This means that, unlike aspartame, it can be used in baked goods.



A senior FDA toxicologist, the late Dr. Adrian Gross, who tried to prevent the approval of aspartame, told Congress that it violated the Delaney Amendment because it triggered brain tumors, and that "If the FDA violates its own laws who is left to protect the public?"

Dilemma for Feingold members

Depending on how it is used, neotame is from 7000 to 13000 times as sweet as sugar. It is 30 times sweeter than its cousin, aspartame, so only a tiny amount is needed. Since the FDA does not require labels to include ingredients that comprise less than one percent of the product, it's possible that neotame could be used in foods without having to be listed on the label. It might also be camouflaged under "natural flavors."

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The Wild World of Food and Other Strange Things

In honor of April Fool's Day *Pure Facts* takes a look at some of the more unusual, creative things being done to food and non-food products. This past year brought a bumper crop.

What's a Grapple?

It's a Fuji apple that has been bathed in artificial grape flavoring, and sells for more than twice the price of real apples.

It "looks like an apple. Tastes like a grape" according to the folks at Get Fit Foods. They are suggesting Grapples could help introduce children to healthier foods, but critics aren't so sure. One writes: "The outside smells like artificial grape flavoring similar to that used in gum and popsicles...the inside was not as strong smelling as the skin, but not normal either. It was juicy and refreshing as long as you keep the apple away from your face while chewing."

Artificial flavoring makes Grapples off-limits to those of us on the Feingold Program. But the manufacturer makes one claim with which we agree wholeheartedly. They say "Kids go wild over them!"

More on page 8



Allergic to fresh flowers?

Maybe not. Florists have an assortment of synthetic perfumes they can use to spray on fresh flowers. For some reason, they frequently use these chemicals to treat wedding flowers.

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

Neotame, from page 1

At this time neotame is not available directly to consumers; instead, it is being used in several hundred different food products, often blended with other synthetic sweeteners.

(Note: Products that contain aspartame are required to include a caution for individuals who cannot tolerate the phenylalanine in it. Some manufacturers hide aspartame in foods, supplements and medicines, by simply saying "contains phenylalanine.")

The story behind the "studies"

Critics say neotame is even more toxic than aspartame, and call for independent research (not studies funded by the manufacturer) to evaluate its effects. They allege that Monsanto's studies on humans lasted only one day! They accuse Monsanto of hiring a close business partner to conduct studies on the sweetener. The critics also say that it was discovered the researchers were hiding reaction-causing chemicals in the drinks given to control groups.

The non-profit group, Truth in Labeling, gained access to some of the neotame studies. They write, "At the time of our review of Monsanto's application, three human studies on the safety of neotame were presented. The studies had few subjects, all of whom were employees of the company. Some of the subjects reported headaches after ingesting neotame, but the researchers concluded that the headaches were not related to neotame ingestion. Not mentioned in the studies was the fact that migraine headache is, by far, the most commonly reported adverse reaction to aspartame in the files of the FDA."

Sugar vs. Sugar-Free

For many years the natural food community has focused its criticism on sugar as the cause of many problems, including hyperactivity. (They overlook the fact that the additives found in sugary foods are more likely culprits.) This has led to many problems. Parents buy sugar-free products, believing that they are better for their children. And now junk food manufacturers are promoting their artificially-sweetened versions as "healthy" alternatives.

Feingold critics frequently say: studies have shown that sugar does not cause hyperactivity, thus the Feingold Program doesn't work. They ignore the fact that the Feingold Program does not cut out sugar!



H.J. Roberts, MD., who has studied the effects of aspartame for many years, writes: "The fundamental issue is that neotame, a synthetic variation of aspartame, requires extensive evaluation before the FDA should accept a superficial opinion about its purported safety based largely on limited short-term data involving potentially flawed protocols that were almost totally funded by corporate contracts."

MSG in disguise

Many processed foods, including those served in school cafeterias, contain MSG-type additives that are given various names, including "yeast extract." These flavor enhancers are found in products sold in both supermarkets and health food stores, especially in soups, gravies, and rice pilaf mixes. Meatless foods have long been spiked with flavor enhancing additives, even when they are claimed to be natural.

Aspartame reactions reported

For years the Food and Drug Administration (FDA) reported that they received more reports of adverse reactions to aspartame than to any other additive. Then, in an article published in *Food Chemical News* in June of 1995 the chief of the agency's epidemiology branch said, "FDA has no further plans to continue to collect adverse reaction reports or monitor research periodically done on aspartame." The agency has told people that they received only 16 adverse reaction reports in 1996. What they did not say was that they stopped taking these reports early in 1996.

Aspartame, neotame, MSG and the heart

In discussing the possible link between the use of "excitotoxins" (MSG, aspartame, neotame) and sudden death, Dr. Russell Blaylock wrote, "...we know that one of the primary sites of action of these excitatory substances is the hypothalamus and that sudden cardiac death can be induced by stimulating the hypothalamus. It is entirely possible that excitotoxic stimulation of these hypothalamic centers could also lead to cardiac arrhythmia and sudden death. Hypothalamus stimulation has also been shown to produce an ECG pattern exactly like that of myocardial infarction (heart attack). Combinations of excitotoxins, such as aspartic acid and glutamate, greatly increased the risk."

As sweet as Shugr?

A new sweetener coming on the market might offer serious competition to the diet products now available. The down side is that it is expensive, costing about \$10.00 to \$13.00 for a 3.4 ounce bottle.

Shugr is a combination of the sweeteners erythritol and tagatose. Its full name is "Swiss Diet® Shugr," although it is manufactured by the American company, Health Sciences Group, Inc.

Erythritol is a "sugar alcohol" created from starch. First it is broken down into glucose. Next, a yeast is added to cause fermentation which changes the glucose to erythritol. This sweetener is similar to xylitol, sorbitol and mannitol, but it does not cause digestive upset as can excess amounts of the others.



It has the appearance and texture of sugar, is 70% as sweet, and has nearly zero calories. Unlike sugar, erythritol does not appear to contribute to tooth decay, does not promote harmful bacteria in the gut and can be used by diabetics.

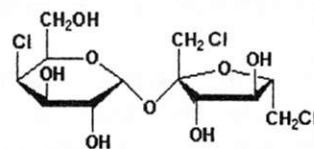
Tagatose, described in the July/August 2004 issue of *Pure Facts*, is a sweetener made from whey. Although it is derived from milk, it is tolerated by people who are lactose intolerant. It contains beneficial bacteria (as does yogurt) and, like erythritol, it can be used by diabetics.

Although Shugr has not yet been researched by the Feingold Association, we do not anticipate that it will contain any of the prohibited additives; but that is not a guarantee that it will be tolerated by our members.

Much ado about Splenda

Splenda is the brand name for sucralose, an artificial sweetener made by treating sugar with chlorine. This chemical change prevents the body from metabolizing it in the same way as sugar. It has quickly gained a large share of the market for low-calorie sweeteners.

McNeil Nutritionals, the manufacturer of Splenda, advertises that it is "made from sugar, so it tastes like sugar," and this has drawn fire from the competition. Merisant, the company that now manufactures the aspartame products Equal and NutraSweet, and the Sugar Association both claim that McNeil's ad is misleading, giving consumers the impression that Splenda is natural. The Texas Consumer Association has asked the Federal Trade Commission to investigate what it calls McNeil's deceptive marketing campaign.



Sucralose
(Splenda)

Other critics point out animal studies that have shown sucralose can cause harm, and call for long term human studies to determine if the product is safe. Whole Foods Market, the nation's largest natural food supermarket, has decided to exclude sucralose and products that

contain it. Their concern is that there could be a repetition of the trans-fats experience. The hydrogenation of fats was touted as a benefit for years until it was discovered that chemically altering a fat molecule resulted in a product that is harmful.

Sucralose is being used in some baked goods and soft drinks, but is difficult for the home cook to manage. The *San Francisco Chronicle* challenged pastry chefs to use Splenda in their creations, and all of them found the results to be disappointing.

Sunette

About 200 times sweeter than sugar, Sunette is made from nitrogen, oxygen, hydrogen, sulphur and potassium.

Also known as Acesulfame K, it has an unpleasant aftertaste when used alone. This is true for many synthetic sweeteners, which is why companies are blending them to

overcome some of the negative tastes. Unfortunately, acesulfame is being teamed up with aspartame, and it is not clear if consumers will be able to identify the presence of

aspartame in such products. Not much is known about the potential side effects of acesulfame, but we know a great deal about aspartame, and none of it is positive.

Diet, ADHD drugs, and heart disease

Diet, behavior and health are linked in many ways. There is a growing awareness that some of the drugs being given to children and adults have the potential to damage the heart.

Fructose reduces copper; copper deficiency leads to heart disease

Twenty years ago researchers at the US Department of Agriculture (USDA) found that an increased consumption of fructose could result in dietary copper deficiency, and that copper deficiency could lead to heart damage. Earlier studies with animals showed that a severe copper deficiency would cause the heart to rupture. The USDA study was conducted on 24 men, four of whom developed cardiac problems in the early weeks of the test.

Dr. Leslie Klevay of the USDA, who has studied copper deficiency extensively, has stated "Evidence to date suggests that copper deficiency

is the leading cause of ischemic heart disease."

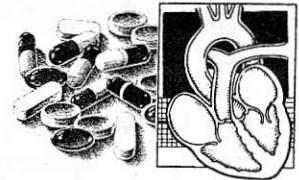
Writing in 2004, Dr. Klevay refers to ischemic heart disease as a deficiency disease. Many people assume that the major culprits in heart disease are dietary fats. He writes, "This overemphasis on lipid (fat) metabolism persists because important data are neglected and because of inattention to details."



Fructose use rises, especially high fructose corn syrup

In the years since the USDA research on copper, fructose and heart disease was conducted, the amount of fructose in the American diet has continually increased. Today, corn syrup and high fructose corn syrup are found in processed foods of all types.

They are the predominant sweetener in soft drinks and juice-type beverages. They are used in huge quantities in the foods served in school cafeterias, not just in desserts, but in meats and other main dishes. (See the October 2004 issue of *Pure Facts*.)



ADHD drugs and heart problems

The recent Canadian action to suspend sales of Adderall has focused attention on all of the ADHD drugs now in use.

Adderall labels have been revised to warn that misuse of the drug "may cause sudden death and serious cardiovascular adverse events." Labels also warn that patients with "structural cardiac abnormalities" should not use it. Ritalin, once the primary drug for ADD and ADHD, has a similar history, having been linked with heart failure in a small percentage of patients.



Continued on page 5

Bad diet can lead to ADHD; ADHD can lead to drugs; drugs can lead to heart problems

Many of the foods Americans eat today are also synthetically dyed and flavored; they contain harmful preservatives and MSG-type additives. In a misguided attempt to move to a "healthier" diet, synthetic sweeteners are added to this sorry mix.

Predictably, some of the children who consume such a chemical stew will have trouble focusing, learning, and behaving. Their parents will be

told their child has a disorder (ADHD) and the only way to treat it is the use of stimulant drugs or amphetamines. But these drugs can be very hard on the child's heart -- which might already be showing damage from his unhealthy diet and copper deficiency.

Newer drugs claim to have fewer problems

Strattera, which is neither a stimulant nor an amphetamine, was seen as a safer alternative until it became known that it can cause liver damage.

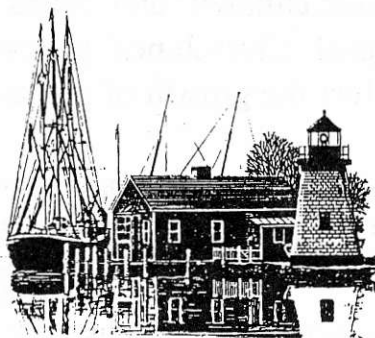
Now, it looks like Strattera will have some competition. Provigil, a drug that has been used to treat sleep disorders, is expected to be approved soon as a treatment for ADHD. Cephalon, the biotech firm that makes it, plans to market the drug under the name **Attendance**. But their literature states, "It is not known if Provigil is right for children under the age of 16 years. Some children who have taken Provigil have experienced low levels of white blood cells (cells that fight infection)." Individuals who have heart problems are not considered good candidates for Provigil. The side effects most commonly reported are: headache, nausea, nervousness, stuffy nose, diarrhea, back pain, anxiety, trouble sleeping, dizziness and upset stomach. Consumers are urged to seek immediate medical help if they experience: chest pain, mental problems or allergic reactions.

New methylphenidate risk

Methylphenidate, the active ingredient in Ritalin, Concerta and other stimulant drugs, has been linked with damage to chromosomes, which contain our genetic material. Such damage increases the risk of developing cancer.

Researchers at the University of Texas M.D. Anderson Cancer Center studied chromosomal abnormalities in twelve children using methylphenidate. Although the number of children studied was small, the findings were disturbing. After just three months on the drug chromosomal abnormalities in all of the children tripled.

FAUS will be in New London, CT in June



This year the Feingold Association of the United States will hold its Annual Meeting on Friday, June 24, 2005 at the Radisson Hotel, 35 Governor Winthrop Blvd., New London CT. Members are welcome to attend. Please contact Marilee Jones to make a reservation. You can e-mail marilee@feingold.org.

The agenda for the meeting will be to certify election results for the Board of Directors, review progress during the year, and set future goals. If you would like to add a topic to the agenda, please contact Gail Wachsmuth, Board President (gail@feingold.org) or send it to: FAUS Membership Office, 554 E. Main St., Suite 301, Riverhead NY 11901.

New option for natural colorings!

You can now buy natural colors in a convenient liquid form.



Miss Roben's, a company that caters to special diets, has introduced a line of all-natural colorings that are easy to use, affordable, and meet the needs of people on a variety of diets. The first three colors, which are all suitable for Feingold Stage One, are pink, yellow and green. Additional colors will be available soon.

They are packaged in leak-proof containers with plastic droppers; this is handy since the colorings are concentrated and you might only need to use a few drops. They have a shelf-life of six months, which can be extended by keeping them in the refrigerator.

Since these dyes come from vegetables, not petroleum, the shade they provide will depend on how you use them. Added to a neutral base like frosting the dyes will yield a different shade than when they are used in an acidic product like lemonade, but all of them are attractive.

The colorings are free of common allergy foods (wheat, gluten, dairy, peanuts, tree nuts, egg, soy, corn, rice, potato, sugar, yeast, sesame) but traces of some of these are used in the extraction process.

Bubble Gum Pink Color is made from radish juice, extracted with trace amounts of maltodextrin from corn.

Alfalfa Green Color comes from alfalfa extracted with sunflower oil.

Mustard Yellow Color is beta carotene extracted with rice oils and tocopherols from soy.

The products are also kosher.

Feingold members appreciate the fact that Miss Roben's notes which of their products are included in Feingold Foodlists, and indicates if they are on Stage One or Stage Two. Their web site is: www.allergygrocer.com and phone number is (800) 891-0083.

Science Fair Project

This is a great opportunity for your children, and others, to learn about the effects synthetic dyes can have on plants...and humans! Chris Jones' prize-winning experiment used lima beans to see how food coloring would affect the growth of plants.

Design

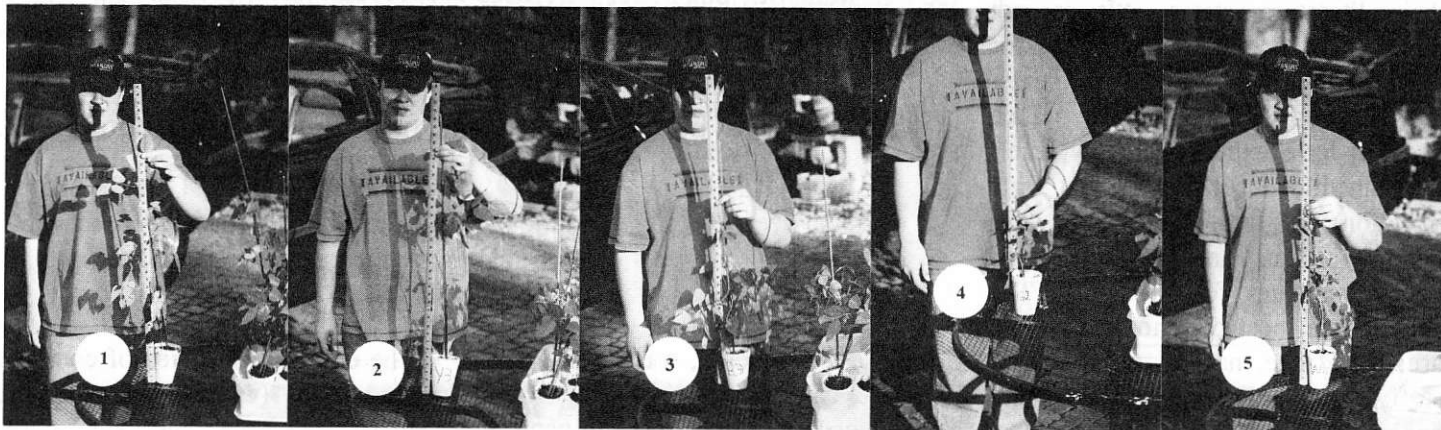
His hypothesis was that the addition of dye to the water used would cause variations in the growth of the plants and that the differences in their development would be obvious.

The materials used were: 1 package lima bean seeds, 20 styrofoam cups, a bag of potting soil (no plant food was used), 5 32-ounce pitchers for water, a package of synthetic food colorings (red, yellow, blue, green) from a grocery store, and a scale for measuring the amount of soil used.

Growth

The dye-free plants sprouted after about a week, producing sturdy stems. The ones receiving dye sprouted much more quickly, but their stems were weak and early on, they needed to be supported with poles. Some of them wrapped themselves around the poles, so they had to be unwound to be measured.

The normal stems grew to about 25 inches tall. The red and yellow plants grew the most (30 and 31 inches), but they were frail and spindly. The green plants grew barely 12 inches, and the blue ones measured 20 inches.



The red plants (1) had long, spindly vines, but no beans. The yellow ones (2) had fragile vines with small deformed pods. The blue stems were thin (3) and the plant produced lots of leaves but no beans. The green plants (4) barely grew and produced misshapen pods. The plants fed only water (5) were normal, sturdy, and produced healthy beans.

Each of the cups was labeled: 4 cups for red, 4 for yellow, 4 for blue, 4 for green, and 4 cups for "no dye." Chris put 8 ounces of potting soil in each cup and planted one seed in each, 1/4" down into the soil.

He added 6 drops of dye to the water in four of the pitchers, and did not add dye to the water in the fifth one. Initially, each plant was given 1/4 cup of water and covered with plastic wrap for the first days, to keep the moisture in. Chris put the plants in a sunny location and rotated each of them at the same times each day so they would all get equal exposure to the sun. He checked the soil of each plant each day and added water when the soil was dry. As the plants grew, he set the cups in a large pan with dry rice, to keep the cups from tipping over.

Each plant was measured once a week, at the same time and same hour.

Water

The soil in the dye-plants dried out quickly and needed about twice as much water as the normal ones.

The pods produced by the dyed plants formed too early. They were small and deformed, with thin, yellowish skins. The pods on the dye-free plants were healthy and normal.

Conclusion

The experiment, which lasted for 3 months, showed that all of the plants given the dyed water were frail and grew abnormally. The ones given pure water were sturdy and produced normal beans.

Younger children

This project could be adapted to younger children. Plant the seeds in colored containers to correspond with the dye used, and line the plants up on the window sill in a classroom. Packages from various junk foods (that contain the color dye used) could be displayed beside the plants. Use natural food packages next to the plants that receive pure water. Even very young children will be able to see what dye can do to life forms.

PIC Report

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

Stage One

A PERFECT PEAR FROM NAPA VALLEY Buttermilk Pancake Mix; Cinnamon Pear Maple Syrup; Ginger Pear Salad Dressing; Spicy Ginger Pear Mustard (www.aperfectpear.net)

BOB'S RED MILL* Golden Flaxseed Meal; GF (gluten-free) Brownie Mix, Homemade Wonderful GF Bread Mix

BREAD FOR LIFE* Soya Sunflower Bread

CANTERBURY NATURALS All Natural: Becka's Pumpkin Cake Mix, Jenna Marie's Golden Carrot Cake Mix, Sunshine Lemon Cake Mix (www.conifer-inc.com)

CARANDO Boneless Smoked Ham, Whole & Half (CS,N)

DIGIORNO Shredded Parmesan Cheese

ELIZABETH'S ORGANIC Croutons: Garlic Butter, Multigrain; Stuffing: Corn Bread, Corn Whole Wheat, Seasoned, Whole Wheat

FAST FIXIN' Philly Beef Steak

FOOD FOR LIFE* The Original Bran for Life Bread; 7-Grain Pocket Bread; 7-Sprouted Grains 100% Flourless Sprouted Grain English Muffins; Ezekiel 4:9 Sprouted Grain Cereal: Golden Flax, Original; Ezekiel 4:9 100% Flourless Sprouted Grain English Muffins, Prophet's Pocket Bread, Sprouted Grain Bread Low Sodium, Sprouted Grain Bread Sesame, Sprouted Grain Burger Buns Sesame, Sprouted Grain Hot Dog Buns; Genesis 1:29: Sprouted Grain & Seed English Muffins, Sprouted Grain & Seed Loaf; The Original 100% Flourless Sprouted Grain All Natural Whole Grain Bread; The Original All Natural Low Carbohydrate Savory Herb Bread; What No Yeast?: 100% Whole Wheat Bread, Sesame Spelt Wheat Alternative Bread; White Rice Wheat & Gluten Free Bread; Wheat & Gluten Free Brown Rice Tortillas

HEALTHY HANDFULS* Organic Koala Crackers, Organic Lucky Duckies, Organic Python Pretzels

IAN'S NATURAL FOODS* Panko Breadcrumbs: Italian Style, Original, Whole Wheat

MISS ROBEN'S* Natural Food Color: Alfalfa Green, Bubble Gum Pink (CS), Mustard Yellow

MISS ROBEN'S* Mix for Popover or Pastry Puff (www.allergygrocer.com 800-891-0083)

PIERINO FROZEN FOODS Medium Cheese Ravioli (CS)

SUZANNE'S SWEETENERS* Organic Genmai Rice Nectar; Organic Agave Syrup Natural Sweetener; Ricemellow Creme (marshmallow cream-type confection)

WAX ORCHARDS* Now Organic Pear Sweet Sweetener (www.waxorchards.com)

WELLSHIRE FARMS* All Natural: Organic Style Sausage Links, Original Style Sausage Patties, Sunrise Maple Sausage Links, Sunrise Maple Sausage Patties (www.wellshirefarms.com)

YAMASA Soy Sauce: Less Salt, Naturally Brewed (SB)

Product Alert!

LIPTON Cup O Soup: Broccoli & Cheese, and Tomato now contain synthetic dye and both need to be removed from your *Foodlist & Shopping Guide*.

Stage Two

A PERFECT PEAR FROM NAPA VALLEY (These contain trace salicylate in the pectin, which is derived from a combination of lemons, limes, and oranges) Cinnamon Pear Jelly, Pear Fig Jam, Pepper Jelly (chili & red peppers)

BELL & EVANS* Breaded Chicken Breast Nuggets (paprika)

CARANDO Sweet Neopolitan Soppresata (CS, N, clove)

ELIZABETH'S ORGANIC Croutons: Caesar (cloves, chili peppers, oranges, raisins)

JONES Farm Fresh & Tender Family Ham with Natural Juices - Boneless, Whole or Half (N, cloves)

KETTLE CHIPS* Honey Dijon (CS, paprika), Jalapeno with Tequila & Lime (CS, red & chili & bell peppers, oranges), Roasted Red Pepper with Goat Cheese (CS, tomatoes, chili peppers), Salt & Fresh Ground Pepper (MSG/HVP, chili peppers)

MRS. DASH Classic Italiano All Natural Salt Free Seasonings Blend (bell & red peppers)

MRS. DASH Grilling Blends: Chicken (CS, oranges, chili peppers), Steak (CS, oranges, chili & red peppers)

OMEGA FOODS* Salmon Burger (paprika), Shrimp Burger (bell, chili, red peppers)

ORGANIC CANDY COMPANY* Fruity Lollipops (CS, cherries, oranges, elderberries, bell peppers)

RISING SUN FARMS Aged Balsamic Vinegar (grapes), Garlic Galore Pesto (almonds), Grapeseed Oil (grapes), Pesto with Dried Tomatoes (almonds), Sweet Red Pepper & Olive Pesto (tomatoes), The Ultimate Classic Pesto (almonds); Cheese Dip N' Spread: Gorgonzola N' Cranberry (CS); Cheese Torta: Gorgonzola with Roasted Hazelnuts & Cranberries (CS), Key Lime with Cranberries (apricots), Lite Pesto Dried Tomato with Basil & Garlic; Marionberry with Roasted Hazelnuts, Apricots & Cranberries; Mediterranean with Roasted Sweet Red Peppers & Kalamata (tomatoes); Mild Curry with Apricots, Cranberries & Cashews (chili peppers); Pesto Dried Tomato with Basil & Garlic; Roasted Garlic with Mushrooms & Basil (tomatoes); Drizzle: Apricot Balsamic (grapes, oranges), Fig Balsamic (grapes, oranges), Ginger Lemon Balsamic (grapes), Pomegranate Balsamic (grapes, oranges), Strawberry Balsamic (grapes) www.risingsunfarms.com (800) 888-0795

WHOLE CATCH (Whole Foods) Salmon Burger (paprika)

WHOLE KITCHEN (Whole Foods) Vegetarian Samosa (chili peppers)

YAMASA Authentic Teriyaki Sauce (SB, cloves)

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.

Candied "fruit" in hot cross buns

Want to save money on glazed, candied fruit peel? Canadian food processors do that by adding sugars and synthetic dyes to rutabaga (a form of turnip) and using them in hot cross buns and other bakery items. One grocer defended the practice, saying that it wasn't deceptive because "rutabagas are fruits." Actually, they're vegetables.

"Natural" Progesterone cream?

Your brand of natural progesterone cream could contain a toxic chemical which was designed as a fabric softener. It's called "stearalkonium chloride" and is a low cost emulsifier. You might see it listed on labels as "stearal konium chloride." By misspelling the additive, the manufacturer makes it harder for a curious consumer to research the ingredient.

Carded for a Cone?

Will shoppers in Great Britain have to show proof they are of age when they order ice cream flavored with Newcastle Brown Ale?

Have some Mandelonas?

They are imitation almonds, made from peanuts and artificially flavored to taste like almonds – but of course they cost the manufacturer much less.

Why the Dye?

Who would sell sliced sweet potatoes with added yellow dye? Some Washington, DC area supermarkets have.

Non-Dairy Milk?

Look closely at the labels of soy cheese, especially if you are avoiding milk or other dairy products. If it lists "casein" it is not dairy free. Casein is a milk protein.

Free E-mail Newsletter, Product Alerts

You can get on the list for the FAUS E-mail newsletter by writing to: on@feingold.org. In the subject line put "E-news."

Sign up for our e-mail product alerts at: PICAlert@feingold.org, and use the subject: "PICAlerts."



Send us your kids!

It's time to send us photos of your children and teens, to be printed in the 2005-2006 Feingold School Year Calendar. Send informal shots, but no portraits or school photos, please.

Each year FAUS publishes this calendar that provides tips on using the Program and information on hard-to-find products. It is sent out to members in the U.S. at the end of summer.

You are welcome to include information about how your child is doing on the program for inclusion in the calendar. Mail to: FAUS Calendar, PO Box 6058, Williamsburg VA 23188. Please write your child's name and your address on the back of the photos. They will be returned once the calendar has been printed.

Moving?

Please let us know your new address; the post office will not forward your newsletters.

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+ \$11 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, 554 East Main St., Suite 301, Riverhead, NY 11901 or phone (631) 369-9340.

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