

Pure Facts

Newsletter of the Feingold® Association of the United States



March, 2006

www.feingold.org

Vol. 30, No. 2

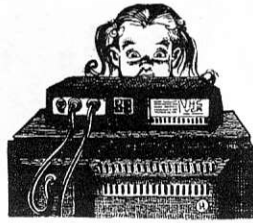
Marketing to Children

Years ago one Feingold mom observed that the more synthetic additives a food contains, the more heavily it is advertised. Over the years junk food has continued to proliferate, as has the marketing to children — particularly TV advertising.

Each year, the number of obese children increases, and with it come serious health risks. Steps need to be taken to try to reverse this trend, according to a recent report from Institute of Medicine (IOM), sponsored by the U.S. Centers for Disease Control and Prevention. The report is titled, "Food Marketing to Children and Youth: Threat or Opportunity?"

"Food marketing is endangering the health of our children, pure and simple."

Senator Tom Harkin



The IOM panel reviewed hundreds of studies on how food marketing affects children's diets and used 123 of them in preparing their report. The IOM committee chairman, Michael McGinnis, found "as much as 97 percent of food marketing during kids' shows is for products high in calories and low in nutrients."

The report was critical of the use of cartoon characters to promote junk food. "We would like to think that SpongeBob SquarePants, Shrek and the Disney princesses are likable, kid-friendly characters, but they are being used to manipulate vulnerable children to make unhealthy choices. This must stop." (*Senator Harkin*) The committee recommended that the industry use cartoon characters to promote more nutritious food to children and if self-regulation fails after two years, Congress should enact legislation.

In 2004 the food industry spent \$10 billion to market their products to children.

For years the food industry has claimed that there is no proven link between TV ads, the food children consume and growing obesity rates. Twenty-five years ago the Federal Trade Commission attempted to ban junk food ads targeted to children, but special interest groups managed to squelch this effort.

The Center for Consumer Freedom (a coalition of restaurants, food companies and others) emphasizes "personal responsibility and consumer choice," saying physical inactivity and poor parental choices play major roles in kids' unhealthiness.

Drugs and ADHD

The ADHD industry is on the defensive again as a government committee raises safety issues.

When the Food and Drug Administration's (FDA) Pediatric Advisory Committee met in February their purpose was to determine if the reports of severe side effects in patients taking ADHD drugs warranted further study. The agency noted there is very little information on the health risks from long-term use of the drugs.

The FDA review of the data found that the adverse reactions included heart attacks, stroke and sudden death.

Doctors are not required to report when a patient is harmed or killed by a drug, and because such a report can involve a great deal of time and paperwork, many go unreported. Some claim that the reported cases are just the tip of the iceberg.

In a move that came as a surprise to the FDA, the panel voted to recommend a "black box" label for the two categories of drugs most widely used for ADHD: these are

Continued on page 5

Continued on page 3

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, aspartame, and the preservatives BHA, BHT and TBHQ.

The Feingold Program is not just for children

Each morning Jean Joyner woke up with painful, swollen joints that were so bad she could hardly walk. Ten years ago she was diagnosed with lupus, fibromyalgia and rheumatoid arthritis, but the symptoms actually began when she was in her twenties.

The doctors she had seen didn't know what was wrong. After receiving the diagnosis of rheumatoid arthritis Jean began to see a specialist who suggested various medicines, including steroids and chemotherapy drugs. As a registered nurse, she was well aware of the many potential side effects, and refused to take them. With so many health problems, it isn't surprising that she also suffered from bouts of deep depression, but she now wonders if they may have been linked to the aspartame in the diet colas she used at that time.

Jean is very active in her church and was helping to set up a health fair for parishioners when she saw a small notice in the local Pennysaver newspaper. It described the Feingold Program and gave the number for the Alexandria, Virginia office. Your editor was the one who answered the phone, and as the conversation progressed, Jean mentioned



some of the symptoms she was having. It will come as no surprise to *Pure Facts* readers that I started asking her about the foods she was eating. Jean quickly identified some of her favorites: Hawaiian Punch and great big bags of Chee-tos, plus Chinese food and lots of orange juice (a salicylate).

She received an "earful" of information over the phone, plus more in the mail, and she quickly put herself on the Feingold Program. In addition to Feingold Jean made many healthy changes in her diet, cut out sugary foods, and reduced her salt intake.

A few months later, when I traveled to Clinton, Maryland to participate in the church's health fair I was greeted by a slim, vibrant woman who looked many years younger than she is. Jean told me how all of the symptoms have disappeared, plus the chronic dry eyes that once plagued her.

As a school nurse she sees the problems both the students and staff are having, and believes that diet plays a big part in them all. She shares her wonderful story with any interested person she meets, and is delighted to finally be symptom-free and able to enjoy her life.

Women are disproportionately susceptible to autoimmune diseases such as multiple sclerosis, rheumatoid arthritis, scleroderma (a disease of the connective tissue), and systemic lupus erythematosus.

The body produces antibodies that fight foreign proteins known as antigens. In lupus, the antibodies mistake the body's own cells as foreign and attack them. The disease may range from mild to severe and is characterized by periods of flare-ups and remissions. Lupus may cause weight loss, fever, fatigue, aching, and weakness and may involve different systems such as the central nervous system, the heart, lungs, kidneys, muscles, and joints.

What is Lupus?

Exposure to various chemicals such as pharmaceuticals and solvents have been linked to autoimmune diseases. For example, exposure to hydrazine, an industrial chemical, or **tartrazine, a food additive**, is associated with lupus. And scleroderma has been associated with workplace exposure to vinyl chloride and silica dust.

This information has been taken from "Women's Health and the Environment," published by the National Institute of Environmental Health Sciences, National Institutes of Health, US Department of Health and Human Services.

Lupus generally afflicts women between the ages of 15 and 44, although it can appear at any age. Women are eight times more likely than men to have the disease, and it is found in African Americans and Latinos far more often than in Caucasians.

Symptoms of lupus may include rashes, hair loss, fatigue, fever, mouth ulcers, high blood pressure, and joint pain, especially in the fingers. The majority of people with lupus also have arthritis.

Lupus can cause inflammation of the membranes in the lungs and surrounding the heart. It can affect the kidneys, spinal cord and brain, which can lead to tremors, seizures, psychoses, strokes and coma.

One journalist noted, "SpongeBob will grow hair before the food industry gives up marketing junk foods to kids."

The president of the American Advertising Federation stated, "Lack of physical activity is a major problem here in childhood obesity. And, in fact, the industry is heavily involved in special programs to educate parents and children about the need for good nutrition and physical activity."

Obesity rates for US children ages 6 through 19 have tripled in the past 40 years.

Other countries address the same issues

In June the British Medical Association (BMA) issued a report calling for the banning of junk food ads to children. They want cartoon characters and celebrities to advertise only nutritious foods. They also want the Government to encourage healthy eating by subsidizing the cost of fruits and vegetables.

The BMA estimates that each year their country's health service spends at least 2 billion pounds treating the health problems caused by a poor diet.

Last year Britain issued a report calling for the food industry to voluntarily stop advertising foods high in salt and sugar to children. If this was not achieved by 2007, the government would seek legislation. In October, twenty of Britain's food writers and top chefs wrote to Prime Minister Blair, encouraging him to join in the efforts to improve children's diets by supporting the Children's Food Bill. This effort is

being spearheaded by MP (member of Parliament) Mary Creagh, who feels that the voluntary efforts previously suggested don't go far enough. The bill has received wide support from representatives of both political parties as well as from 150 national organizations.

The British Food Standards Agency has found that more than 95 percent of the foods advertised on TV are for unhealthy products.

Scotland's children are also suffering from diets high in junk food. At a recent conference for teachers, held in Edinburgh, Oxford University researchers explained how the deterioration of children's diets has not only caused obesity, but is damaging their brains. They contend that the lack of nourishing foods, especially those high in omega-3 essential fatty acids, has led to learning and behavior problems such as ADHD. These fatty acids are believed to enable electrical signals to flow through the brain. (The February *Pure Facts* described research showing that food additives appear to damage the brain by stopping the growth of nerve cells and inhibiting signaling between cells.)

Norway and Denmark restrict TV ads aimed at children under age 12.

In 2005 the European Union's Health Commissioner, Markos Kyprianou, gave food companies one year to stop targeting sales of junk food to children, or face legislation requiring this.

Canada regulates advertising directed to children. Cartoon characters are not allowed to be used, ads are not permitted to direct children to urge their parents to buy the products, and subliminal messages are prohibited.

U.S. Lawsuits

Back in the US, two corporations are facing lawsuits. The Center for Science in the Public Interest, the Campaign for a Commercial-Free Childhood (CCFC), and two Massachusetts parents are charging that Viacom (Nickelodeon) and Kellogg are harming children's health by promoting unhealthy foods.

Susan Linn of CCFC says, "For over thirty years, public health advocates have urged companies to stop marketing junk food to children. Even as rates of childhood obesity have soared, neither Viacom nor Kellogg has listened. We can no longer stand by as our children's health is sacrificed for corporate profits."

The average American consumes 50 gallons of soft drinks per year.

CSPI lawyer, Steve Gardner notes, "The thrust of Nickelodeon's and Kellogg's likely defense will be to blame parents, since, after all, parents ultimately are responsible for their kids' diets. But then again, Kellogg and Nick aren't directing their marketing messages at parents; they're going right behind parent's backs. Parents are ultimately responsible for making sure their young kids don't get hit by cars. But if someone's recklessly driving around your neighborhood at 80 miles an hour, you're going to want to stop them."

The January issue of the *American Journal of Preventive Medicine* contains an article by two lawyers from Boston's Northeastern University School of Law who successfully sued Big Tobacco. They contend that the food industry could be vulnerable to claims that the advertisements directed to children are misleading because children are not able to view these messages objectively.

Pure Facts readers write to FAUS about our 2006 Fast Food Guide

Q: Just received my 2006 Fast Food Guide and I'm happy to see that Fazoli's and Cold Stone Creamery were added!

I have a question, though. My 2005 Guide showed many bagels as "o.k." at Einstein Brothers, and my 2006 booklet showed only the powerbagel. Was this a mistake or did they change their ingredients? My kids and I eat at Einstein's at least twice a week for breakfast, so this is quite important.

A: For many years the Einstein ingredient list followed a specific format. Then this past year they changed it and removed many of the items previously listed. The information in your guide was based on these changes, and focused more on meal suggestions rather than individual pieces of the meal, as before. Since the Guide was published we have been able to find more information on bagel ingredients. The following may be added to your list of acceptable foods.

Feingold acceptable:

Asiago (CS)
Chopped Onion (CS)
Cinnamon Raisin Swirl* (CS)
Egg (CS)
Everything
Honey Whole Wheat (SF)
Jalapeno* (CS)
Plain (CS)
Poppy Dip (CS)
Potato (CS,SF)
Powerbagel* (CS)
Pumpnickel (CS)
Salt (CS)
Sesame Dipd (CS)
Sun Dried Tomato* (CS)
Veg Out Sesame Bagel* (CS)
Wild Blueberry* (CS)

CS = corn syrup or high fructose corn syrup

* = contains salicylate

The following Einstein bagels are NOT acceptable:

Cinnamon Sugar - contains artificial flavoring and an unspecified "coloring."

Chocolate Chip - contains vanillin (artificial flavoring).

Cranberry - contains the dyes Red 40 and Blue 2.

[Note: The Everything bagel is the only variety made without CS. It contains malt and sugar.]

Q: In the new issue of the restaurant guide, I noticed that Papa John's no longer has the ground beef or ham listed like it used to. Was this an accidental omission, or have they done something to the meat?

Thanks for all your time and help. We really appreciate it.

A: I'm sorry to say Papa John is going downhill. This chain, which once had a natural product, now uses ground beef preserved with BHA and BHT (not to mention MSG clones and corn syrup). The ham contains smoke flavoring, which we consider in the same category as an artificial flavor.

It's sad.

Member response: Thank you for the info. This might explain my son's behavior after we had Papa John's the other night (before we received the new restaurant guide). We thought he was just being a brat, but now it seems there might be more to it.

Yes, it is really sad.

"Thank you for all the work you do to find approved fast food for us. I can't begin to tell you how much we enjoyed our French fries from Five Guys the other night. YUM!"

Q: Why is Hardee's eliminated from the 2006 Fast Food Guide? We ate there this past summer without problems.

A: When *Pure Facts* contacted the headquarters we were told that their most recent listing of ingredients was from 2003 and that they planned to update it, but could not say exactly when. While we didn't have any reason to believe there had been changes, it seemed too risky to depend on information that was several years old. The best option seemed to be to remove it.

It was surprising to see that Carl's Jr., which is affiliated with Hardee's, did have a comprehensive list, but the above representative told me I could not assume the two chains use the same ingredients.



Q: Why has Atlanta Bread Company been eliminated?

A: The dietitian who helped in preparing the 2005 guide left the company and the new dietitian said she was too overwhelmed to spend time helping us. She did say that each restaurant has a binder with all of the ingredients listed and that she hoped to sometime put that information on their web site.

One of our members, who lives near an Atlanta Bread Co. restaurant, has kindly offered to copy down the ingredients and pass them on. So far she has checked out the following breads, all of which look acceptable:

Asiago Foccacia
Asiago Sourdough Strip (CS)
Challah (*paprika)
Cinnamon Raisin Loaf*

Continued on page 6

ADHD drugs, from page 1

methylphenidate (Ritalin, Concerta) and amphetamines (Adderall). This label on a drug is the most serious warning of potential risk; fewer than ten percent of all prescription drugs carry a black box.

Adults and drugs

There was a 90% increase in the use of these drugs for adults between March of 2002 and June of 2005. Because adults (particularly those over 50 and those who have high blood pressure) are at increased risk for heart disease and stroke, the panel expressed concern.

One of the panel members is cardiologist, Steven Nissen. He commented, "Raising blood pressure of a child or adult continuously over many years worries me....There is a linear relationship between increased blood pressure and adverse cardiovascular events." He referred to the "out of control growth" in the use of ADHD drugs.

Panel member Dr. Curt Furberg of Wake Forest University Medical School was also critical of the increase in ADHD drug use, which is now estimated to be 2.5 million children in the United States. He noted, "I am sure there are patients who need these drugs, but it is not 10 percent of all 10-year-old boys."

Reality Check

With so many studies now showing how nutrition can effectively help these children, and the Feingold Association's 30 years of success, it was shocking to read the opinion of one doctor who is a professor of neurology and pediatrics: "If we had an alternative to medication that did not have side effects and had an equally good outcome that would be wonderful, but it doesn't exist."

Considering that "death" is one of the potential side effects of the drugs, how could any alternative be less desirable?



Easter Candy



This year you will have until April 16 to find candy with natural colors and flavors. Here is some advance information about the Stage One Palmer Chocolates that are Feingold-acceptable. These candies are widely available throughout the United States.

Solid Milk Chocolate

Bunny Pops

Hollow Milk Chocolate

Bunny Patch

Humphrey and Hillary Heffelopper

Peter Cottontail

Yu-Gi-Oh Foil Egg

NASCAR Car

Bulk Milk Chocolate

Bunnyettes

Premium Milk Chocolate Eggs

Stak-Pack: Milk Chocolate Bunnyettes



The Squirrel's Nest Candy Shop provides Stage One natural candy via mail order. See www.squirrels-nest.com.

Milk Chocolate

Bunny Lollys

Lamb Lollys

Fritz Bunny

Baby Bunny

Standing Cross

J.W. Bunny

Solid Milk Easter Shapes

Dark Chocolate

Bitty Bunny

Bunny Lollys

Baby Bunny

J.W. Bunny

Solid Dark Easter Shapes

White Chocolate

Bitty Bunny

White Standing Cross

Solid White Easter Shapes

Foil Wrapped Milk Chocolate

Eggs

Carrots

Maple Sugar

Bunny

The Squirrel's Nest also has Stage Two Crispy Wally Wabbit.

Giambri's Candy Shop in New Jersey offers a Stage One Peanut Butter Chocolate Covered Easter Egg.

Jelly Beans

Three different companies now provide delicious natural jelly beans! They are all Stage Two.

Planet Harmony Jelly Beans

Snapple Jelly Beans

Sunridge Farms Jolly Beans

While all of these candies are free of the synthetic chemicals we eliminate, most parents find that an overdose of sugar, especially when it is eaten on an empty stomach, can cause even the calmest child to become "hyper."

Try to save the candy until after your kids have had a nourishing meal.

Q: In a newsletter you mentioned Panara Bread items that are acceptable. It would be beneficial to put those as well in the Foodlist.

A: Without signed forms from the company the Product Research Committee will not add any items to the Foodlist & Shopping Guide.

Q: Another helpful category of testing would be "coffee-shop" type restaurants such as Bob Evans, Shoney's and Cracker Barrel. Cracker Barrel would be an excellent choice for testing. Per discussion with their staff, they have food choices that seem safe for the Feingold diet. We have eaten there several times without issues.

A: We don't have any procedure to "test" restaurants. We love to have feedback from members about their experiences with various chain restaurants, but this can only be seen as a rough guide.

One of our members used our form letter in writing to Shoney's. She received some details on ingredients and shared that with us. There were so many items that contain the prohibited additives — especially artificial flavorings — that it would be difficult to create an acceptable meal.

Several years ago we wrote about Bob Evans in *Pure Facts*, and here again we found it would be challenging to find suitable menu items.

How we research restaurants

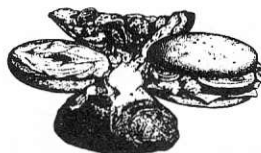
What we look for (as much as possible) is a printed list of ingredients supplied by the headquarters of a restaurant chain. Even then, there are often some obvious

mistakes and omissions, but it's about as precise as we are able to get.

Members are surprised when we tell them how uncooperative most restaurant chains are. Apparently, concern over law suits is a problem for some of them. In the past the Olive Garden headquarters has told *Pure Facts* they will only give ingredient information to a doctor who calls on behalf of a patient.

It can be a challenge just finding someone at a company who is aware of the ingredients they use. They are seldom concerned about additives, or even aware of them. Most of the questions they receive are about things like allergy foods or carbohydrates. This is why we encourage members to use the form letter on our web site and write to your favorite restaurants. However, it may take numerous such letters to make them aware that some of their customers want better ingredients in their foods.

There are many reasons a restaurant is missing from the Fast Food Guide. It may be because we don't have enough information, or because they have so few acceptable foods we could recommend.



Q: Do you have any information about foods that are acceptable at Chick-fil-A?

A: These items appear to be acceptable: Sunflower Multi-grain Bagel (CS,CP), Fresh Fruit Cup*, Carrot Raisin Salad* (CS), Cole Slaw*, Side Salad*, the

following salad dressings: Caesar* (SB,CS), Buttermilk Ranch (CS,SB,MSG), Blue Cheese (CS,SB, possMSG), Spicy* (CS,SB); the following sauces: Polynesian* (CS, possMSG), Honey Mustard (CS,SB, possMSG), Buttermilk Ranch (CS,SB,MSG); Lemonade (not diet), Iced Tea - both sweetened and unsweetened, Coca Cola Classic, Dasani Bottled Water, Coffee, Orange Juice, Jelly Packets*.



Q: In the Fast Food Guide the only acceptable cheese listed at Domino's is their cheddar. Is the pizza cheese not okay?

A: The ingredient list provided by the restaurant included "flavor" in their pizza cheese, and we were unable to get any details at the time of printing. We have since been able to pry a little more information from headquarters. We asked them to at least tell us if the flavoring is from a natural source such as an herb or from a synthetic source. They told *Pure Facts* that the flavor is artificial.

As you can see, creating a Fast Food Guide is a very subjective enterprise. We are always balancing our desire to provide as many choices as possible, with the concern that members could risk a reaction. Web sites are included in the Guide, and members are encouraged to check out the sites for your favorite places, and decide what you are willing to try. If you are brand new to the Feingold Program, it's best to stick with home-cooked food until you have become established on the Program.

For experienced members, there is more information on how to find suitable food at restaurants, amusement parks, and other places in the book *Why Can't My Child Behave?* available from FAUS.

PIC Report

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

Stage One

- 123 GLUTEN FREE* Aaron's Favorite Rolls,
Allie's Awesome Buckwheat Pancakes,
Chewy Chipless Scrumdelicious Cookies,
Delightfully Gratifying Bundt Poundcake,
Devilishly Decadent Brownies, Lindsay's Lipsmakin'
Roll-Out & Cut Sugar Cookies, Meredith's Marvelous
Muffin/Quickbread, Peri's Perfect Chocolate Bundt
Poundcake, Southern Glory Biscuits, Sweet Goodness
Pan Bars www.123glutenfree.com 412-683-2424
- 365 (Whole Foods Market) Baked Woven Wheat Crackers;
Sea Salt; All Natural Peanut Butter: Creamy, Crunchy
- 365 (Whole Foods Market) Homestyle Potato Chips:
Garlic Ranch (CS), Lightly Salted, Salt & Vinegar (CS)
- 365 (Whole Foods Market) Ice Cream: Cookies & Cream
(CS), French Vanilla Bean; Super Premium Ice Cream:
Banana Bomber, Broadway Brownie, Vanilla Velvet
- 365 ORGANIC (Whole Foods Market) Baby Lima Beans,
Brown Rice, Canola Oil Cooking Spray, IQF Organic
Edamame, Olive Oil Cooking Spray, Organic Thai
Jasmine Rice
- AMAZAKE* Rice Shake: Amazing Mango, Go Go Green,
Go Hazelnuts, Oh So Original, Vanilla Pecan Pie
- CHEW-ETS Peanut Chews Original Dark (CS)
originally called Goldenberg's Peanut Chews
- EMPEROR'S HERBOLOGIST Honey Stevia Leaf,
JaJa Stevioside www.emperorsherbologist.com
- GLACEAU FRUITWATER Lime (CS)
- HEARTLAND'S FINEST* Cereal: Cinnamon Cero's,
Original Cero's (CS) www.heartlandsfinest.com
- HYLAND'S (homeopathic remedy) Bug Bite Ointment (SB),
Gas Tabs, Hive Tabs, Menstrual Cramps Tabs
- IAN'S NATURAL FOODS* Mini Cheeseburgers,
Mini Chicken Patty Sandwiches, Mini Hamburgers
- LIFE SCIENCE PRODUCTS Nature's Biotics SBO Ad-
vanced Probiotic Formula www.lifescienceproducts.com
- NATURAL CALM Natural Calm, Natural Calm Sweet
Lemon www.vites.com
- NATURAL VITALITY Omega 3 Oil
- RISING TIDE SEA VEGETABLES* California Kombu,
California Bladderwrack, California Nori, California Sea
Crunchies, California Sea Palm www.loveseaweed.com
- TREE HUGGIN TREATS* Marshmallow Crispy Cat
- USANA OPTIMIZERS BiOmega-3, Body Rox Active
Calcium Chewable (CS), E-Prime www.usana.com
- UTZ'S 33% Reduced Fat: Potato Chips, Ripple Potato
Chips; Natural White Cheddar Cheese Curds, Pork Rinds,
Salt & Vinegar Pork Rinds www.utzsnacks.com
- UTZ'S Kettle Cooked Potato Chips: Dark Russet,
Lightly Salted, Natural Gourmet Multi-Colored Medley
- UTZ'S Pretzel: Honey Wheat Braided Twists, Multi-Grain
Twisted (CS), Pumpnickel Sticks (CS)

Product Alert

These versions of LENDER'S BAGELS are unacceptable on the Feingold Program because they use artificial flavor: Cinnamon Raisin Frozen, Cinnamon Raisin Big 'N Crusty Frozen, and Cinnamon Raisin Little Lender's Funsized.

Stage Two

- 365 (Whole Foods Market) Cherry Nation Super
Premium Ice Cream
- AMAZAKE* Rice Shake: Almond, Chocolate Almond,
Cool Coconut (almonds), Mocha (almonds, tea),
Vanilla Gorilla (almonds)
- DL JARDINE'S Bag of Texas Chili Fixins (chili &
red peppers), Blazin' Saddle XXX Habanero
Hot Sauce (chili peppers), Mango Mariachi Salsa
(chili peppers, oranges, tomatoes), Ole Chipolte
Salsa (chili & red peppers, paprika, tomatoes),
Peach Salsa (tomatoes, bell & chili peppers),
Queso Loco Cheese Dip (CS, tomatoes, bell,
chili and red peppers), Salsa Bobos (cider vinegar,
bell, chili and red peppers, tomatoes), Texas
Champagne Cayenne Pepper Hot Sauce
(red peppers), Texas Champagne Hot Wing
Sauce (CS, chili peppers)
- GLACEAU FRUIT WATER (CS in all) Grape,
Peach, Raspberry
- GLACEAU VITAMIN WATER Balance Cran-
Grapefruit (CS), Defense Raspberry-Apple
(CS, currants), Endurance Peach Mango (CS),
Energy Tropical Citrus (CS, peaches),
Essential Orange-Orange (CS), Focus Kiwi-
Strawberry (CS), Formula 50 Grape (CS,
blueberries), Rescue Green Tea (CS, rosehips),
Revive Fruit Punch (CS, oranges, blueberries),
Vital-T Lemon Tea (CS)
- HEARTLAND'S FINEST* Raspberry Cero's
Cereal (CS)
- LARABAR* Pecan Pie (almonds)
- MARINO'S ITALIAN ICES Orange (CS)
- SOY BOY* Ravioli Rosa (paprika, red peppers,
tomatoes, cider vinegar), Ravioli Verde (tomatoes)
- WALLABY ORGANIC* Non Fat Blackberry Yogurt
(trace salicylate in pectin - made from citrus fruit
& apples)
- WHOLE KITCHEN (Whole Foods Market) Aloo
Ghobi (cauliflower & potatoes in a traditional
Indian inspired sauce)(CS, chili peppers, tomatoes),
Butter Chicken (CS, paprika, red peppers,
tomatoes), Chana Masala (tomatoes, almonds,
cloves, red peppers), Chicken Tikka Masala
(CS, tomatoes, paprika, chili peppers),
Mattar Paneer (CS, tomatoes), Pad Thai with
Tofu (CS, tomatoes, red peppers, bell
pepers), Vegetarian Teriyaki (red peppers)

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.

What are all those funny things in food?

- Do you know someone who needs to know about the Feingold Program?
- Would you like to educate your child's teacher?
- Does a relative keep giving your child the wrong food?
- Do you have difficulty trying to explain Feingold to your neighbor?
- Does your spouse not understand?
- Would you like to hear a Feingold presentation?

The workshop that explains our program in a simple, basic way is now available in an audio CD (previously available in a cassette tape). It takes the listener on an entertaining safari through the supermarket jungle. It tells you how to find the good foods in the supermarket – at the good prices. It tells you the secrets the food industry doesn't want you to know and provides a simple understanding of how diet affects us in so many ways.

The CD is \$10 plus \$2.00 postage (\$3.00 to ship to Canada). It is available from FAUS at www.feingold.org or 1 (800) 321-3287.

Will things change in the ADHD industry?

Don't count on it!

Editorial comments

The prospect of a "black box" warning on ADHD drugs is not likely to bring about significant change. Why? Because this alleged "disorder" has spawned an elaborate network of practitioners, companies, and pseudo support groups (funded by these companies) whose continued existence depends on keeping things pretty much the way they are.

If past history is a guide, the FDA will try to defer any real action by calling for more and more studies. Big Pharma already has new drugs in the pipeline; they will tweak current ones and create new combinations to give the impression they have found the magical solution – a new Strattera. (Strattera, introduced just a few years ago, was hailed as the silver bullet for ADHD, but the drug now carries a black box warning that it may prompt suicidal thoughts in patients.) These manipulations could keep the profits coming in for many more years, enabling the world's wealthiest business to become even wealthier.

What are all those funny things in food?

...and should I eat them?

a workshop by Jane Hersey
author of
Why Can't My Child Behave?
and
Healthier Food For Busy People

Send us your kids!

Each year FAUS publishes a School Year Calendar providing tips on using the Program and information on hard-to-find products. It is mailed out to members in the U.S. at the end of summer.

It's time to send us photos of your children and teens, to be included in the 2006 - 2007 calendar. Send informal shots, but no portraits or school photos please.

You are welcome to include information about how your child is doing on the Program. Mail them to: FAUS at P.O. Box 6058, Williamsburg VA 23188 or e-mail them to ckharrell@mchsi.com. Write "FAUS Calendar" in the subject line. Please put your child's name and address on the back of photos; they will be returned to you once the calendar is printed.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Lorraine Cordo
Markey Dokken
Pat Schaible
Cindy Harrell
Marilee Jones
Barbara Keele

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, plus S+H. 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.

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.

www.feingold.org

© 2006 by the Feingold Association of the United States, Inc.

Permission to reprint

You are welcome to circulate articles that appear in *Pure Facts*. This can be in the form of photocopies to share with others, or the reprinting of articles in another newsletter or in an Internet newsletter or on a web site.

When you reprint, please use the following acknowledgment:

Reprinted from *Pure Facts*, the newsletter of the Feingold® Association of the United States (800) 321-3287, www.feingold.org