

# Pure Facts

Newsletter of the Feingold® Associations of the United States



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www.feingold.org

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## Dinnertime wars and the picky eater

Picky eaters have been challenging worried parents for generations; Feingold members have some new insights to offer.

Most advice about dealing with picky eaters centers around psychological factors, and these are of great importance. But with the gradual deterioration of our food supply -- the additive-laden, overly-sweet, chemically-saturated junk that is consumed by so many children -- there are new aspects to consider. A child whose day starts with a bowl of breakfast candy (a.k.a. "cereal") won't appreciate the subtle sweetness of a strawberry. And if he grows up on carbs, he is a candidate for later obesity.



"Picky eater" generally means "veggie hater."

### Food additives rob the body of important nutrients.

A good example is yellow dye #5 which uses up zinc, an important trace mineral that has a profound effect on the **senses of taste and smell**. Since there is limited research on the many harmful effects of dyes, artificial flavors and preservatives, we can only guess how many of them rob us of needed nutrients. We do know that when a person eats a petroleum-based additive, their body sees it as a foreign invader and works hard to try and get rid of it. Thus, even more nutrients are used up -- nutrients that are needed to keep us healthy.

### Sensory deficits can interfere with healthy eating

Food additives are among many things that can contribute to sensory processing deficits, causing a child to reject certain tastes or textures.

One mom wrote: "One of the great things about the Feingold Diet is that kids stop being so picky. Kids who would not try anything suddenly stop having food aversions. Andrew would actually throw up before when he had certain textures like squash or cooked onions. Now he'll try just about anything."

### Drug side effects diminish appetite

A common side effect of stimulant drugs is reduced appetite. Like all drugs, our body's reaction is to perceive them as unnatural and to try to get rid of them as fast as possible, and if a child is already trying to cope with synthetic additives, the daily dose of Adderall is one more challenge for his overworked body!

This issue of *Pure Fact* is devoted to a problem faced by countless parents, many of whom were told by their parents that eating certain food would make their hair curl or would benefit starving children on the other side of the world. A spoonful of food, disguised as an airplane or train, might have made it into a child's mouth, but many adults carry the scars of the food wars from their childhood.

### Professionals comment

Children are the best judges of their appetites and it's important not to press children to eat when they're ready to stop, says pediatrician Janice Wooley. Adults who are compulsive eaters often lack the awareness of when they have had enough.

"Insufficient zinc, vitamin B1 and other nutrients cause decreased taste acuity and poor appetite."

*Kelly Dorfman, M.S., L.N. L.D*

"Antibiotics in infancy and toddlerhood can change eating patterns."

*Judy Converse, MPH, RD, LD*

Dietitian Jo Ann Hattner suggests providing three or four alternatives at the dinner table, one of which you know your children like. Even if they don't eat them at that time, they will begin to develop a familiarity with them; many children need to be "introduced" to a new food multiple times before they are ready to try it.

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 awareness of the potential role of foods and synthetic additives in behavioral, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, aspartame, and the preservatives BHA, BHT and TBHQ.

Special issue on Picky Eaters

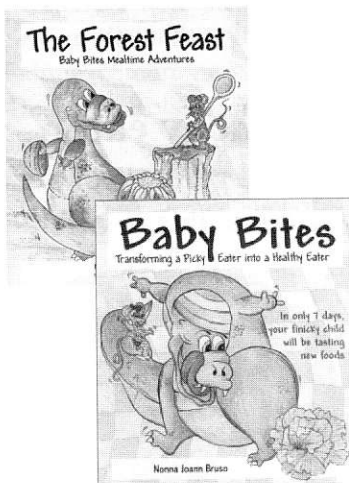
## Nonna Joann and Baby Bites

More than 30 years ago the Feingold Diet was the beginning of Joann Brusco's education about, and passion for, whole foods. She describes her experience.

**M**y journey to whole foods began when Jenny, my third daughter, was diagnosed as hyperactive. Her pediatrician wanted to write a prescription at her two-year check-up to control her symptoms. I resisted and I resisted again at her 3-year and 4-year check-ups.

Jenny was constantly moving and she had a short attention span. We found ourselves adjusting our routines just to accommodate her. More worrisome, Jenny had great difficulty falling asleep. Bedtime took hours for her to settle down.

I knew in my heart that Jenny would not be able to function in a school setting and I would be out of options at her next annual check-up. I began to search for solutions at a time when there weren't many. But it didn't take too long, and I found a book by Dr. Feingold. He was the first to make the connection between food additives and hyperactivity.



After reading his book, I knew I had to change my purchasing habits, not only for Jenny, but for the entire family. I figured I didn't have anything to lose. I was a mom on a mission and didn't wait to gradually replace the food I'd previously purchased, but took an afternoon and cleaned out my entire kitchen. I read every label and gave away 5 bags of food.

In about a week, we began to see a new child emerge from the cloud of chemicals. Jenny, who exhausted us at bedtime, was now falling asleep in minutes. This alone was worth any perceived difficulty. Jenny's attention span increased. She was more at peace.

We always knew when something hidden in our food got past us, in our own accidental double-blind studies. After ingesting hidden chemicals, Jenny would once again experience sleep difficulties and, of course, hyperactivity. I became a master sleuth, locating the additive culprit and then eliminating it. It typically took three to five days to clear her system.

Learning what's in the food we purchase is vital for every family, whether or not you have a sensitive child like Jenny. *[This is why the Feingold Association's Foodlist books are so valuable, especially for the family that is new to this concept.]*



**W**hen she became Nonna Joann [nonna is Italian for grandma], her passion for good food came face to face with her incredibly picky grandson, and this led to yet another journey of discovery. Brusco has come up with techniques that not only make good sense, but -- at least for most children -- they work.

The approach uses "directed play" to engage all of the child's senses as he explores new foods. Touching, sniffing, and licking are all acceptable options as toddlers are encouraged to play with their food.

Brusco's mouse, (Betty Baby Bites) and dinosaur (Try Rannosaurus) help to overcome a child's resistance to something new. A piece of food that is offered to the dinosaur will often make its way into the child's mouth.

This unique approach may initially offend those of us who are not eager to face a food mess, but Brusco appears to have found a very effective way to turn around some of the world's pickiest eaters, starting with her 2-year-old grandson, who responded in a matter of days. Once they make friends with food, you can bring back the spoon.

The multi-sensory techniques Brusco has developed are outlined in her book *Baby Bites, Transforming a Picky Eater into a Healthy Eater*. It is complimented by her new book, *The Forest Feast, Baby Bites Mealtime Adventure*, which is designed to be read to children. Each of the three stories is followed by a recipe for the foods that are featured in the stories.

To learn more about the books and sign up for a free online newsletter, with additional recipes, visit Joann Brusco's site at: [www.babybites.info](http://www.babybites.info).

## Mom & Dad vs. the Picky Eater

This information has been drawn from many sources, but ultimately, when it comes to your child the expert is you! Through trial and error you should be able to find the best option --it's the one that works.

### The psychological aspect

Even at a very young age babies discover a significant fact -- they are very small and most of the people around them are big, and it's the big people who have the power. But even the littlest person can find ways to exert some control over their surroundings and the people in it. This is generally accomplished by making very loud noises.

As children grow, they become increasingly skilled at compensating for their lesser power, until they reach the teen years when they will have refined it to an art.

It's interesting that children who grow up in a large family are less likely to be picky eaters. While the mom of one child will try to coax a green bean past tightly-closed lips, the mom of six will say "Sorry, kids, we don't have any more green beans."



### Mommy Ploys

For most children, "picky eater" translates to "vegetable hater." We all have individual tastes and few people like all foods, but for a small child, many vegetables have a bitter taste, so look for ways to make them more palatable.

- Combine them with sweet or creamy tastes, or add them to bland foods like pasta, potatoes and rice.
- Add fruit to vegetables for a sweeter, more familiar taste. Boil diced fresh sweet potato; add cut-up apples or pears and cook briefly. Make a sauce with fruit juice and a little cornstarch and combine with the sweet potato/fruit.
- Peel and cut up sweet potatoes, and boil till tender. Mash with some added fruit juice; turn the mixture into an oiled casserole dish and finish cooking in the oven to heat through. Skip the brown sugar and marshmallows; this dish is so naturally sweet it could double as a dessert!
- Boil baby carrots until done, but still crunchy. Drain off the water and add some butter and a small amount of honey to the pan to make a sweet glaze. Return the carrots to the pan and coat with the glaze.

- A simple white sauce (butter, flour, milk, plus a little salt) will tone down the bitter taste of some vegetables. A salty topping of cooked, crumbled bacon can also entice a picky palate.
- Add shredded cheese to the white sauce for a dish that might win over some of your hardest critics.
- If you haven't already tried it, consider offering raw veggies and a creamy dip. Try hummus or guacamole as a dip.
- Roasted vegetables are an exciting new innovation that our parents never considered. Spread them out in a baking pan, drizzle with olive oil and sprinkle with salt. Roast until they are lightly browned.

Here's another option reported by a mom: "I steamed a handful of green beans for about 5 minutes until they were tender. After drizzling olive oil and sprinkling salt on them, I went into infomercial mode saying: "These are delicious! They are so salty and yummy! They taste like potato chips!" My son ate them all, and was soon yelling: "I want more green beans with olive oil and salt" as I was rushing to steam another handful.

I knew getting my daughter to eat them wasn't going to be as easy, and I used a different tactic with her -- I gave her a plateful when I knew she was hungry and said she could watch TV while she ate her green beans. And it worked. Although some might be appalled by my tactic, I was thrilled that the "mindless eating in front of the TV" worked to my advantage.

When your parents grew up, "salad" meant a wedge of iceberg lettuce with a thick pink dressing. Or, if you found yourself in a Howard Johnson restaurant, it was that dreaded little bowl of dark, bitter chicory topped with a sharp, unpleasant orange liquid. Happily, salads have grown up and offer a huge assortment of ingredients your child might accept. Many kids will even eat a raw spinach salad with dried cranberries, candied pecans, and feta or bleu cheese.

Some of the old-time favorites are still popular, including cole slaw and carrot/raisin salad. Another popular choice from years ago is the Waldorf salad, which can be made even more interesting with diced, cooked chicken and dried cranberries.



## More ways to coax good food into small bodies

Sneaky or straightforward, each parent will have a technique that works best for them.

Try to be open to unconventional ways of getting good food into kids. Strained baby food vegetables are okay for any age child (or adult) who will eat them. Nobody was ever harmed by eating soup for breakfast.



My son doesn't like the broccoli florets but loves the stalks. Look for broccoli with long stems; wash and peel them and slice as you would a carrot.

- Raw veggies might be more appealing than cooked.
- Use fruits & veggies to make a face on the plate.
- Have veggies cut up and ready to eat in the fridge.
- Serve food with toothpicks or on skewers.
- Vegetables might be better accepted on top of a pizza; cover them over with mozzarella cheese if need be.
- Carrot cake and zucchini muffins add a little veggies.
- Wraps and pita bread can hide nourishing things.

A friend who has a really picky eater came up with a game they play. If he will try a new food (and be polite about refusing it if he doesn't like it) she does the "new food dance." Mom and Dad get up and sing "Jack tried a new food, a new food, a new food, Jack tried a new food today" while doing a silly dance. Think of the Charleston combined with a hula hoop. (For some children, applause might be sufficient.)

- Grated veggies can be mixed with cream cheese for a sandwich spread
- Try leftover cooked green beans or broccoli with Italian dressing
- Carrots or celery might be more acceptable when they are paired with peanut butter
- Sweet potato fries are a nice option.
- Many veggie haters have enjoyed a green bean casserole topped with French's French Fried Onions
- Frozen fruit bars help kids get more fruit in their diet.

A breast-fed baby has the advantage of having experienced many different tastes since Mom's milk will vary depending on what she has eaten. The formula-fed baby, by contrast, starts off life with the same taste in every bottle. Babies who use peeled cold cucumbers or celery when they are teething are likely to enjoy eating them later on.

## Experiencing food

"There was a time when children helped plant, water, and weed the summer garden. They watched vegetables sprout and grow. Multi-sensory learning was natural. Toddlers helped pull up and then taste each yummy veggie as it ripened. At harvest, moms and their daughters canned and preserved everything the family grew."

*Nonna Joann Bruso*

Especially for the picky eater, incorporating ways for her to help prepare meals will definitely increase interest in eating veggies and other whole foods. Although it's time consuming to have a youngster in the kitchen during meal preparation, it'll most likely be the most rewarding of all the things you integrate into mealtimes.

- Even toddlers can wash fruits and veggies.
- Let your child help you prepare a fruit salad with lots of different tastes and colors.
- Your child can help you shop when you are at the supermarket.
- Even very young children can cut up soft foods like cheese and bananas with a plastic knife.
- See if there are farms where you can go and pick your own fruits.
- Schoolyard gardens combine real life experience with food, plus reinforcement from other children and teachers.
- Container gardening means that children can watch their food grow no matter where they live.



From the FG bb one mom who was new to the Feingold diet wrote: "Watch out, I think the sky may fall tonight! Scott actually ATE meatloaf! I made it pretty plain and he only ate about 8 little bites, but holy moly! The fact that he put it past his lips is miraculous. (I told him it was a square hamburger!) Also, he seems to be eating more food than he used to....not necessarily different foods, but more in quantity. My air fern actually has an appetite!"

Other members responded,

"Being free of all the chemicals makes the food taste better and I believe that it also gives them a bigger appetite."

"It happened to us too. I think it's quite common. My daughter stopped being so fussy, and her appetite increased. It was probably about 3 weeks into the diet."

## Lunchtime variety, and dinners too!

Hormel Natural Choice Deli Sandwich Meats are a delicious addition to the Feingold Diet.

Hormel explains that their line of natural deli meats was developed in response to consumer demand for natural, great-tasting meat products with short, easy-to-understand ingredient lists. They contain no artificial colors, flavor, preservatives, nitrates or nitrites and are widely available.

### Gluten Free

These meats are also gluten-free; check out their site for serving suggestions ([www.hormelnatural.com](http://www.hormelnatural.com)). It includes an open-face "sandwich" that uses polenta in place of bread. (Polenta is generally made from cornmeal and can be served hot, similar to grits, or can be cooled and sliced.)

### Pizza!

It wasn't long ago that the idea of a natural, readily-available pepperoni seemed like an impossible dream. But now Feingold families can enjoy this meat, as well as the other Natural Choice products as pizza toppings.

## "Green Beans" for Easter!

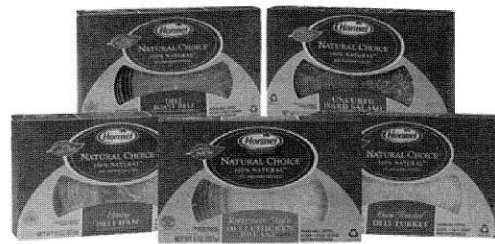
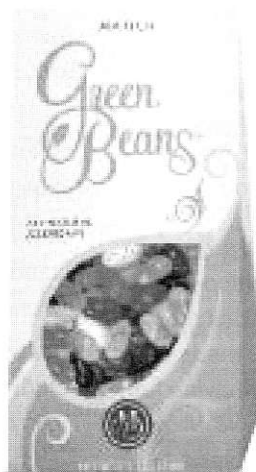
No veggie-haters will reject this all-natural Jelly Bean!

Marich Confectionary in Hollister, CA, has been making candy for more than half a century. In recent years they have begun to respond to growing consumer demand for treats that taste great without having to settle for synthetic chemicals.

Their All Natural Jelly Beans (Green Beans) are made with fruit concentrates and colored with natural fruit and vegetable extracts. Even the box is natural -- 100% recycled paper.

All of the flavors are now acceptable for Stage Two. We will be researching other Marich candies that look promising.

To see their catalog go to [www.marich.com](http://www.marich.com) or call them at (800) 624-7055.



### Stage One Acceptable:

HORMEL NATURAL CHOICE Canadian Bacon

HORMEL NATURAL CHOICE Carved Chicken Breast - Grilled,  
Carved Chicken Breast - Oven Roasted

HORMEL NATURAL CHOICE Original Uncured Bacon

HORMEL NATURAL CHOICE Cooked Deli Ham, Honey Deli Ham,  
Smoked Deli Ham

HORMEL NATURAL CHOICE Honey Deli Turkey, Oven Roasted Deli  
Turkey, Smoked Deli Turkey

### Stage Two Acceptable:

HORMEL NATURAL CHOICE Hard Salami, Original Uncured  
Pepperoni, Sandwich Style Uncured Pepperoni

"We don't add any ingredients you can't pronounce."

These award-winning deli meats are being used in some institutions and might be available to schools wanting to upgrade their cafeteria foods.

*Visit our Family Pages for  
more Easter suggestions.*



This year Easter falls on April 4th  
You will find the link to March edition of *Feingold Family Pages* on our home page, [www.feingold.org](http://www.feingold.org), beginning on March 1st. This free online publication provides a variety of practical ideas, including:

- Holiday and seasonal ideas
- Recipes
- Crafts
- Tips
- Information on Feingold foods and, of course, photos of our kids.

## Feingold parents share their experiences

Try to maintain a family rule that nobody is allowed to use words like "yucky" at the dinner table. But when it comes to describing some food additives, terms like "yucky" or "gross" are appropriate! When your 3-year-old wonders why you don't buy blue beverages or neon yellow mac & cheese mix, explain that the colors in these things are like the paints used in art projects.

Sara wrote on the member's message board: My 13-year-old son has always been a picky eater and has been very small for his age since he was about 2. He eats very little and it shows.

Well, we've been on Feingold for one month now and he has grown a whole inch and gained 10 pounds! This is huge for him. He misses some of his old favorite treats but he is seeing so many benefits from Feingold that he is completely on board.

There have been several occasions where he has been offered foods he knows are not acceptable and he says "no." He cheated once and ate a purple freezie he found in the bottom of our freezer and had nightmares and hallucinations for 3 days. He swears he will never eat off-diet again as long as he lives.!



When I served my kids mixed veggies they were allowed to pick out one that they didn't like and put it aside. It was always the lima beans (and I made sure they each got a good helping of lima beans in the mix). I never admitted that I did not like lima beans either!

- Thawed frozen peas taste sweeter than cooked peas and are much tastier than raw fresh peas.
- Car trips are a good time to introduce healthy new foods since children tend to be less fussy when there are few options.

One mom enlisted her children to help her plan the menu and prepare food for a special themed dinner. "It was a Rainbow menu with something from every color of the rainbow -- all natural, of course! There were blue chips, pickled beets, cooked carrots, scrambled eggs and spinach. She made sure they were hungry at dinnertime and in the spirit of having fun, they forgot that they were eating new things. We allowed them to color on the paper tablecloth so that helped take their mind off the fact that they were trying new foods and the initial shock of eating -- gasp -- spinach!"

- When you are preparing vegetables for cooking, let your child snack on them while they are still raw.
- Let your slightly older kids know that cooks have privileges. They get to taste the food as it's being made and get rewarded with a hug (at least from the adults) after dinner is over.

So many new fruit & vegetable drinks are now available.

"My son hated broccoli. One day he was at the supermarket with me and he selected the broccoli. We took it home and he helped wash it and break it into pieces and cook it. He made quite a mess, but had a good time and has eaten broccoli ever since."

- For toddlers - have the food talk to the child: "Hell-o, may I go in your tummy and be with my friends?"
- If you chop the veggies up really small it will be hard for your child to pick them all out of the casserole and some will make their way into his tummy. An even better strategy is to puree them and use them in soups, sauces and casseroles.
- Invite another child -- who is a good eater -- to come over. Praise that child for being such a good eater (but don't criticize your child).
- Serve some healthy snacks at a tea party and invite the dolls and stuffed animals to join you.

Children might be more receptive to eating certain foods if they know this will help them grow bigger or develop muscles. Popeye made spinach palatable for millions of children. Today, green foods are more fun if they can be linked to everyone's favorite ogre, Shrek.



### Books can help

There are many childrens' books designed to introduce fussy palates to new food experiences. Some of the old stand-bys are *Green Eggs & Ham*, and *Bread and Jam for Frances*.

Molly Katzen has several popular books with recipes including *Honest Pretzels*, *Pretend Soup and Other Real Recipes* and *The Enchanted Broccoli Forest*.

Two more choices are *Gregory, The Terrible Eater* by Mitchell Sharmat, and *Good Enough to Eat: A Kid's Guide to Food and Nutrition* by Lizzy Rockwell.



## PIC Report

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

Products with this symbol ^ are available in Canada.

SM = natural smoke flavoring

GF = gluten-free      CF = casein-free

### Stage One

365 EVERYDAY VALUE^ (Whole Foods Market) Nonfat No Sugar Added Whipped Topping in a can (CS, GF), Whipped Cream in a can (GF)  
365 EVERYDAY VALUE ^ Organic: Swiss Dark Chocolate Bar with Coconut Flakes (GF, CF), Swiss Dark Chocolate Bar with Mint Crisps (GF, CF), Swiss Milk Chocolate Bar with Hazelnuts (GF)  
ASTRO (available only in Canada) Original Premium Balkan Style Natural Yogurt (GF)  
CARLSON^ Baby D Drops (GF, CF), D Drops 1000 IU, 2000 IU (GF, CF)  
CARLSON FOR KIDS^ D Drops 400 IU (GF, CF)  
DESSERTS ON US Laceys®: Milk Chocolate Macadamia  
EDEN^ Organic: Sweet Sorghum (GF, CF)  
FOOD SHOULD TASTE GOOD Multigrain Tortilla Chips (GF, CF)  
FRUIT YUMS Everyday Essentials: Pear (GF, CF)  
GENESTRA BRANDS^ HMF Super Powder (CS)  
HORMEL NATURAL CHOICE ^ Canadian Bacon (SM, GF, CF)  
HORMEL NATURAL CHOICE 100% Natural: Carved Chicken Breast Grilled (GF, CF), Carved Chicken Breast Oven Roasted (GF,CF), Original Uncured Bacon (SM, GF, CF)  
ISAGENIX (Dis)^ IsaLean Shake: Natural Creamy Chocolate (CS, GF), Natural Creamy Vanilla (CS, GF)  
KASHI Cereal: 7 Whole Grain Nuggets (CF)  
KRUSTEAZ Natural Honey Cornbread & Muffin Mix (CF)  
LATE JULY ORGANIC^ Mini Milk Chocolate Sandwich Cookie, Mini White Chocolate Sandwich Cookie  
PEANUT BETTER^ Organic Dark Chocolate Peanut Butter  
PEDIASMOOTH® Organic: Chocolate (GF), Vanilla (GF)  
POP CHIPS^ Original Potato (GF, CF)  
Q.BEL Wafer Bars: Double Dark 70% Chocolate, Mint Dark Chocolate

### Stage One, continued

SAUGEEN COUNTRY^ (available only in Canada) Certified Organic Yogurt (GF)  
SQUIRREL'S NEST Milk Chocolate Cinnamon Grahams (302.378.1033, [www.squirrels-nest.com](http://www.squirrels-nest.com))  
SUN FLOUR MILLS Chocolate Cake (GF, CF), German Pancakes (GF, CF), Sandwich Bread & Pillow Soft Rolls (GF, CF), Sugar/Snickerdoodle Cookies (GF, CF), Whole Grain Bread (GF, CF)  
SUNLAND Natural Valencia Creamy Peanut Butter (GF, CF)  
UPTON TEA IMPORTS Domestic Spearmint Tea Item Code BH43 (GF,CF), Egyptian Chamomile B450 (GF,CF)  
WRIGHT'S Hickory Seasoning Liquid Smoke (SM, GF, CF)

### Stage Two

ALPINE Holiday Latte Collection: Gingerbread Coffee House Drink Mix (CS, GF, coffee), Peppermint Mocha Coffee House Drink Mix (CS, GF, coffee), Pumpkin Spice Coffee House Drink Mix (CS, GF, coffee)  
ANCIENT HARVEST-FOOD MERCHANT'S \*^ Traditional Italian Polenta (GF, CF, grapes)  
ENER-G\* ^ Brown Rice English Muffins with Flax (GF, CF oranges, plums), Poundcake (CS, GF, CF, apples)  
GLUTEN FREE & FABULOUS Pesto Margarita Pizza (GF, apple cider vinegar, tomatoes), Spinach Feta Cheese Pizza (GF, apples cider vinegar, tomatoes), Vegan Margarita Pizza (GF, apple cider vinegar, tomatoes)  
HORMEL NATURAL CHOICE 100% Natural: Hard Salami (GF,CF, cherries), Original Uncured Pepperoni (GF, CF, cherries, chili & red peppers, paprika), Sandwich Style Uncured Pepperoni (GF, CF, cherries, chili & red peppers, paprika)  
HOUSTON ENZYMES^ TriEnza Chewables (GF, CF, blueberries, strawberries)  
ORGANICVILLE\*^ (510.655.1755, [organicvillefoods.com](http://organicvillefoods.com))  
Herb de Provence Organic Vinaigrette (GF, CF, cider vinegar), Non Dairy Thousand Island Organic Dressing (GF, CF, cider vinegar, cucumbers, tomatoes), Olive Oil & Balsamic Vinaigrette (GF, CF, wine vinegar), Organic French Dressing (GF, CF, paprika, tomatoes), Sundried Tomato & Garlic Organic Vinaigrette (GF, CF, red wine vinegar, red peppers); Organic Pasta Sauce: Italian Herb (GF, CF, tomatoes), Marinara (GF, CF, tomatoes)  
SUN FLOUR MILLS (retail only in Northwest) Pumpkin Cake (GF, CF, cloves)  
208-407-9967 [www.sunflowermillsidaho.com](http://www.sunflowermillsidaho.com)

The Feingold Association does not endorse 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.

## Asthma and Tylenol

In a recent issue, the *Journal of Allergy and Clinical Immunology* published an editorial about the research linking the increase in asthma with the use of acetaminophen (marketed in the US as Tylenol, and known as paracetamol in the UK).

The editors conclude, "...there is evidence to suggest that acetaminophen use might be an important risk factor for the development of asthma and allergic disorders over recent decades."

They note that it has been over a decade since it was first proposed that the switch from using aspirin to Tylenol in the 1980s could be linked to the growing epidemic of asthma. They believe the risk begins before birth if a pregnant woman uses this over-the-counter medicine. They also link it with allergies and eczema.

Many families using the Feingold Diet have switched from aspirin to acetaminophen since aspirin is a salicylate.

Last month's *Pure Facts* described research linking the use of acetaminophen to the drastic rise in autism. That issue provides more detail on options for relief of pain and fever. At this time it appears that alternatives like ibuprofen and naproxen might be suitable options.

## "Smokes" for the kiddy market?

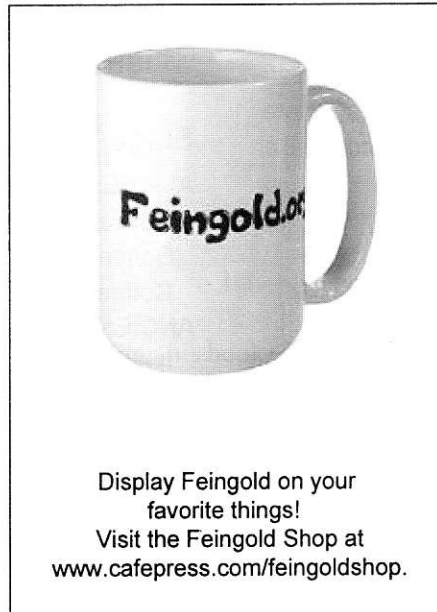
As cigarette sales in the United States decline, tobacco companies are looking for new ways to sell their products. R.J. Reynolds Tobacco Company has developed three smokeless products that are made from finely milled tobacco, mixed with binders and flavors. They are expected to be test marketed in Columbus, Ohio, Indianapolis, Indiana, and Portland, Oregon. The Camel brand products are designed to be held in the mouth and slowly dissolve, releasing nicotine via "Orbs" (tablets), strips and sticks. One cigarette provides about 1 milligram of nicotine, while the Camel dissolvable products will deliver between 0.6 and 3.1 mgs.

The Food and Drug Administration's Center for Tobacco Products has written to both R.J. Reynolds, and Star, a smaller tobacco company, expressing concern that these candy-like products will attract children and teens. The agency believes there is the potential for nicotine poisoning, particularly among children.

## Tylenol Recall Expands

After receiving reports of consumers becoming sick from taking various versions of Tylenol, they have been removed from store shelves. Now, additional medicines are being recalled, including: Children's Motrin, Motrin IB, Benadryl, Roloids, and St. Joseph's Aspirin.

Source: US Food & Drug Administration



Display Feingold on your favorite things!  
Visit the Feingold Shop at  
[www.cafepress.com/feingoldshop](http://www.cafepress.com/feingoldshop).

## Send us your kids!

We're looking for photos of our Feingold Kids to include in the new *Family Pages* online newsletter. Email them to Cindy Harrell at [ckharrell@att.net](mailto:ckharrell@att.net).

## 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 US brand name foods, a telephone and E-mail Help-Line, and a subscription to *Pure Facts*. The cost in the US is \$69 plus s+h. A *Pure Facts* subscription plus Member's Message Board access is \$38/year when ordered separately.

For more information or details on membership outside the US, contact FAUS, 37 Shell Road, 2nd floor, Rocky Point NY 11778 or phone (631) 369-9340.

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