

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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School lunch solutions: looking for answers in all the wrong places

The bureaucratic approach helps to explain why the system of feeding children in our schools is in such a mess.

The U.S. Department of Agriculture (USDA), which oversees school foods, has come up with their answer to the unhealthy foods most children eat in their school cafeteria. They are giving \$2 million to food behavioral scientists to learn how to convince children to select healthier foods as they go through the lunch line.

One such solution is to hide the chocolate milk behind the plain milk; another is to put the apples and oranges in a pretty basket.

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Medical practice is slow to change

For many years, it was a routine procedure for doctors to prescribe antibiotics for **ear infections**, but a growing number of doctors now say that the practice is often unnecessary and can cause harm.

The use of antibiotics for middle ear infection is neither helpful nor necessary for most children who develop ear infections, according to a study published in the November 17 issue of the *Journal of the American Medical Association (JAMA)*. 80 out of 100 children will get better on their own in about three days, according to the research. While about 12 will improve with antibiotics, nearly as many of them will suffer side effects of a rash or diarrhea from the medicine.

Information is 20 years old

This is not new information. As far back as 1990, the *British Medical Journal* published the findings of Dr. George G. Browning, who found that most of the children with middle ear infections will be pain-free within 24 hours, regardless of whether or not they are on antibiotics.

Ear infections were once rare, but are now a common problem for children. In fact, many people consider them to be a normal part of childhood!

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ADHD increased to nearly 10% of children in the US

The number of children being diagnosed with ADHD has risen dramatically in recent years, according to the US Centers for Disease Control and Prevention (CDC). Their November 12 weekly report described a survey of 73,000 children whose parents were asked if their child had been diagnosed with ADHD by a health care provider. This represents an increase of nearly 22% in a four-year period.

About 5.4 million US children have been diagnosed with ADHD and 2.7 million are taking drugs for the condition.

The increase in diagnoses rose drastically among teens, rising 42 percent, and even more in children in Hispanic families, increasing 53%.

Many ask if the change has been due to a greater willingness to classify children as having attention deficits, and Feingold members question the fact that numbers vary drastically among states.

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.

My little boy felt like a robot

We knew parenting was not going to be easy, but we never thought we would go through so much in the first four years of our son's life.

Cyrus was very sick from the time he was born. He had chronic ear infections, strep throat, skin disorders, atypical Kawasaki's disease and many behavior problems. He was very energetic, and once you got him started, you couldn't turn him off. At first we would say, "Oh, that's just Cyrus;" we felt his behavior at home was manageable, but things became especially bad when he started pre-school.

The pre-school called me countless times to come pick him up. His teacher said Cy was very impulsive, didn't listen, didn't stay in his seat, couldn't keep his hands to himself, couldn't play with other children, etc. In fact, he spent most of the school day in time-out.

I felt like a failure as a mother.

I remember lecturing him. "Why can't you just behave? Why can't you keep your hands to yourself? Why can't you be normal?" He often told me he felt like a robot and didn't know why he did those things. His 4-year-old self-esteem was destroyed! He often said that the kids didn't like him and wouldn't play with him. He hated himself, said he was a bad boy and said nobody loved him.

I now realize that he couldn't help it; he really tried to do the best he could, given the circumstances. Cyrus would have apple juice for a snack, a "fruit" roll-up, grapes, processed food full of additives for lunch, not to mention the markers, plug-ins, etc. We had no idea that our son's behavior and health problems were directly related to the synthetic chemicals that besieged him every day and that even natural fruit could bother some people.

When my husband and I met with the teacher and director at the pre-school, they told us they didn't know what to do with a child like Cyrus, and said he should be evaluated by a professional. He was such a smart kid; maybe he was bored.



Jocelyn and Cyrus

I'll never forget the meeting with the psychologist where 4-year-old Cyrus was going to be tested for giftedness. It was a two-hour car ride and on the trip, Cy had a granola bar, apple juice and fruit snacks. Then, we stopped at a restaurant where he had a blueberry bagel with cream cheese and some orange juice. Fifteen minutes later, we arrived, and Cyrus went in to the office with the psychologist. The doctor soon came out to tell me that my son was "all over the room, climbing on the back of the couch, on top of my table" and was virtually untestable.

The doctor gave us a diagnosis of ADHD and said he could make things a lot easier for our son and for us with a prescription for a drug called Ritalin. Along with the medication, he wanted us to become vegan. He explained that food had a lot to do with how we behave, and such a diet would be good for a child like Cyrus.

I remember driving home, wondering where I had failed as a mother, and how was I going to help Cyrus? Should we medicate him? After all, this doctor only met our son for 15 minutes; how do we know whom to trust -- the doctor or what our intuition is telling us as parents? We did not take the prescription that day, but decided to research diets and ADHD on the Internet. This is how we found the Feingold Diet.

On March 1, 2008, we began Feingold, and our lives changed forever. All of the illness stopped, and both Cyrus (now 7) and his sister, Jocelyn (age 5) only go to the doctor for school physicals. What's more, my husband and I have both seen changes. He no longer suffers from night sweats and congestion. I have lost 10 pounds and maintained the same weight for 3 years straight. Cy is doing very well in school, and has both friends and a healthy self-esteem.

We no longer like the taste of junk food and fast food; the real food we now eat tastes so much better!

Real food has become such a big part of our lives, and our children are very savvy about what foods are good for them. None of us wants to eat junk anymore. My husband and I have developed such a passion to share this information with others; our family's story was covered on local TV and on the front page of our community's newspaper. I give workshops and love hearing back from other moms about the changes they have seen in their family as a result of switching to real food.

Angie Hines

School Gardens

This is an increasingly popular way to introduce children to vegetables and other freshly grown food. The Chicago public school system has an impressive program that includes greenhouses and farms that raise vegetables of all types, fruits, and herbs, as well as fish. Teens at the Chicago High School for Agricultural Sciences tend these food paradises.

But there's a catch: the students aren't allowed to eat any of this food! Restrictive regulations, developed by the Chicago Public Schools and the system's food distributor, Chartwells-Thompson, have very strict guidelines for the school gardens. In order to serve the food in a school cafeteria, no pesticides may be applied, and the only compost allowed is commercially prepared organic compost.

But the produce supplied by Chartwells-Thompson is allowed to be treated with pesticides and herbicides of all kinds.

The crops produced by students, which have few pesticides, are either sold or given away; none of the food ends up in school cafeterias!



Moving and Learning

West of Chicago, the Naperville Central High School has found an effective way to increase learning and boost test scores. The students start the day with gym class; the vigorous exercise enables them to do better at processing information. There are even opportunities for students to be active in the classroom as they are learning.

Feeding Children - a fable for our time

This is a story about a family that does not exist, or so we hope!

Let's call them the Smiths. They are a large family, with 10 children, a dad who makes a modest income and a mom who homeschools the children.

Their large kitchen doubles as a classroom, and each morning Mom washes down the table with a disinfectant. Since she never opens the windows, she sprays the rooms with a scented aerosol product to cover up any odors. Scented soap and plug-ins add more fragrances.



Breakfast consists of an assortment of single-serve packages of cereal. A favorite version comes in its own plastic bowl. It contains 1.3 ounces of cereal and sells for 99 cents apiece. (Mom is not aware that the cost for this is more than \$12 a pound!) She passes a Costco and a farmer's market on her way to the local grocery store, where she buys food for the family.

Some of the children pour pink strawberry-flavored milk on their cereal, while others opt for chocolate. Mom was concerned about all the sugar in the flavored milks and paid a consultant for advice on what to do. The consultant told her to hide the flavored milks in back of the white milk (but the kids weren't fooled). Actually, most of the children would prefer water as a primary drink, but Mom doesn't allow it.

Along with the cereal, the children are each given an orange and a plastic spoon/fork, but since they aren't able to actually peel the orange and are not allowed to use knives, all of the fruit gets thrown in the garbage when breakfast is over. Sometimes, breakfast includes applesauce, packaged in single-serving plastic containers. For lunch, Mom thaws frozen peanut butter & jelly sandwiches or serves the lowest-priced chicken nuggets she can buy and frozen French fries.

All of the wrappers, papers, and plastics from the meals are put in the trash where they will add to the community's landfill.

As part of the homeschooling lessons, they are studying nutrition and the food groups; the children have even planted a garden in the back yard. They are very interested in the different foods they have grown but aren't allowed to eat any of them. After studying nutrition, they have a snack of blue slushies.

For the math lesson the younger children learn to count using M&Ms and end up eating all of them.

Several of the children are overweight, and three of them have asthma. Because some of them have trouble focusing, the Smiths have decided to pay for tutoring, even though they can't really afford it.

The children don't get to play outside often since they need to spend so much time preparing for upcoming tests. Their grades aren't very good, they are tired, distracted and cranky, and Mom doesn't understand why her role as a parent and teacher is not more rewarding. But she doesn't have much time to dwell on it as she gets out several boxes of Hamburger Helper and starts to prepare dinner.

As you have no doubt guessed, this is what a household might look like if parents followed the same practices as many schools.

Whistle blowers punished

Similar findings were published in the *Journal of the American Medical Association* in 1991 by Erdem Cantekin, Ph.D. of the Children's Hospital of Pittsburgh. He found that children who take amoxicillin for chronic ear infections are up to six times more likely to have a return of the symptoms than those who took a placebo. This information could have spared countless children the negative effects of antibiotic use. Instead of recognizing the value of his work, his Pittsburgh employer fired Dr. Cantekin while his critic, Dr. Charles Bluestone, received \$260,000 from the pharmaceutical company SmithKleinBeecham and \$3.5 million in research grants. (This information was published in a *JAMA* editorial, 12/18/91.)

Losing antibiotics

One of the biggest issues in the use of antibiotics is that they do not destroy all of the harmful bacteria, and those that remain develop a resistance to the drug, so the antibiotic becomes ineffective in treating illness in the future. The U.S. Centers for Disease Control and Prevention warns that these drugs are losing their effectiveness and is calling for an antibiotic time-out. For the same reason, critics have long warned that the addition of antibiotics to animal feed was a foolish and risky practice.

The child with ADHD is at very high risk for developing ear infections, according to information that dates way back to 1987 (*Clinical Pediatrics*, May 1987). The percentage of children who had three or more ear infections was as follows: severely hyperactive 94%, hyperactive 89%, and non-hyperactive 50%. (The term "ADHD" was not in common use at that time.) It is typical for the Feingold Association to hear back from parents that their child's ear infections have greatly diminished or disappeared as a result of removing the troublesome additives.

Damaged gut

Antibiotics do more harm than previously thought. It was long believed that the damage to the digestive system by the use of antibiotics was short-lived, and that the beneficial bacteria would return in a few weeks. New research published in the November 3 issue of *Microbiology* indicates that this is not the case. The damage to the gut flora can persist for up to two years after a course of antibiotics.

ADHD prevalence by states

The states with the greatest numbers of children who have been given an ADHD diagnosis -- 14% to 15.9% -- are New York, North Carolina, Alabama and Louisiana.

Those with the lowest number -- 5.6% to 7.9% -- are Arizona, Connecticut, Illinois, Minnesota, Texas, New Mexico, Colorado, Utah, Nevada and California. A difference between about 5 ½% and nearly 16% should cause health care providers to question the validity of the diagnosis and the way ADHD is treated in the United States.

The Feingold Association is critical of the current method of diagnosing ADHD, which relies heavily on subjective opinions. Equally objectionable is the lack of awareness that there can be many causes and triggers for what is being called a "disorder," and there are safer non-drug approaches, notably diet.



A number of factors could be playing a part in the increased diagnosis, according to Associate Professor John Ranseen of the University of Kentucky College of Medicine. "Another very uncomfortable issue is the role of pharmacological companies in all of this since it is very much in their interest to increase the diagnosis and treatment of this condition. The last thing they have any interest in seeing is a drop in the diagnosis and treatment."

For details on the current state of diagnosis, check out FAUS's "bluebook," available online at: <http://www.feingold.org/pg-blue.html>.

Lack of "good bacteria" linked to many health problems

Children in western Africa who have a diet based on ancient foods -- millet, sorghum, black eyed peas and vegetables -- have healthier intestinal bacteria than their counterparts in developed countries where the diet is high in processed foods and low in fiber. Previous research has found a correlation between low levels of beneficial gut bacteria and obesity in children. The research, from the University of Florence in Italy, was published in the *Proceedings of the National Academy of Science*.

Research published recently in the *British Journal of Nutrition* looked at the role a daily supplement of probiotics can play in reducing stress, anxiety, and depression. The authors are M. Messaoudi et al.

Fries in your future?

Pure Facts has been assured by Wendy's that the oil used to cook their new Natural Fries does not contain TBHQ! What's more, that same new oil formulation is being used for their other Wendy's foods that are deep fried.

But that won't be of much benefit since the other deep-fried foods contain additives that are eliminated on the Feingold Diet.

Feingold members were once able to eat many of the fried foods at restaurants, but in 1992, McDonald's switched the oil they were using to a vegetable oil that was preserved with TBHQ. The other fast food chains and most restaurants of all types soon followed, with the exceptions being In 'N Out Burger and Five Guys.



Based upon the ingredients listed on their site, the information provided by their headquarters and the successful experience of a few Feingolders, the Wendy's fries might be well tolerated by our member families! As with all restaurant food, we encourage you to wait until you are established on the Program before eating out. (Okay, we encourage you to *try* to wait!)

Sensible Scents

Scented candles, plug-ins and sprays are popular during winter months when houses are closed up. Unfortunately, these fragrances (smells!) are health hazards for sensitive people.



What's more, many of them use phthalates in the products. Those notorious phthalates have been linked to many problems, including the reduction of IQ scores, particularly in boys. A small study conducted in Korea measured the breakdown products of phthalates in a group of third- and fourth-graders and found that higher levels of the chemical were correlated with lower scores. The researchers suspect that the phthalates disrupt thyroid functioning in the children, which affects the development of the nervous system. The study was published in *Environmental Health Perspectives*.

Here are some suggestions from Feingold members for healthier alternatives.

- * Mix several spoonfuls of cinnamon, nutmeg and cloves (Stage Two) together. Place them on a square of aluminum foil and add a few drops of water. Close up the foil, leaving a small opening at the top. Place it on a cookie sheet in a 275° oven and as the water evaporates the aroma will waft through the house. You can also use a damp paper coffee filter sealed with a twist tie.
- * Boil a pot of water with spices on the stove.
- * Heat citrus peels in a warm oven or toss them in the fireplace.
- * Set out a bowl of vinegar to clear the air.
- * Aura Cacia natural plug-ins are sold at Whole Foods.
- * Zorbx is an unscented liquid deodorizer. See www.zorbx.com for details.
- * Place a high quality essential oil in a diffuser. (Young Living has oils that are well-tolerated by sensitive people.) Or try pure vanilla or lemon extract.

Goodie Baskets

FAUS members and friends enjoyed holiday baskets that were filled with Feingold-acceptable yummys. We are grateful to these companies for their donations to our fund-raising event.

B-Fresh Gum

www.bfreshgum.com

Barbara's Bakery

www.BarbarasBakery.com

Bellows House Bakery

www.bellowshouse.com

Edward & Sons Trading Co.

www.edwardandsons.com

Glee All Natural Gum

www.gleegum.com

Immaculate Baking

www.immaculatebaking.com

India Tree

www.indiatree.com

Jelly Belly Fruit Snacks

www.jellybelly.com

Jolly Time Popcorn

www.jollytime.com

Matts Cookies

www.mattscookies.com

Q-bel

www.qbelfoods.com

RJ's Raspberry Licorice Log

www.rjslicorice.co.nz

RM Palmer Company

West Reading, PA

Squirrel's Nest Candy Shop

www.squirrels-nest.com

Surf Sweets Jelly Beans

www.Surfsweets.com



Pesticides linked to ADHD

Pesticides hurt people, too; children are especially vulnerable.

Organophosphate pesticides, which kill insects by attacking their nervous system, can lead to a diagnosis of ADHD, according to information published in the *Journal of Pediatrics* in May.

Researchers from the University of Montreal and Harvard University followed 1139 children ages 8 to 15 and measured the levels of pesticide breakdown products in their urine. Children with the highest levels were nearly twice as likely to be diagnosed with ADHD.

Earlier studies have shown that these pesticides bring on ADHD symptoms in animals, and other studies have shown a higher rate of learning/behavior problems in children of farm workers who are exposed to higher-than-normal levels. But this study differs in that it looked at children in the general population.

"Our study found that exposure to organophosphates in developing children might have effects on neural systems and could contribute to ADHD behaviors, such as inattention, hyperactivity, and impulsivity."

lead researcher Maryse Bouchard



Prenatal exposure to pesticides

A woman's exposure during pregnancy can set her child up to be diagnosed with ADHD.

A study from the University of California at Berkeley followed more than 300 children living in the Salinas Valley, an agricultural community. They found that children who were exposed to pesticides while still in the womb were more likely to be diagnosed with ADHD by the age of 5 and that boys were more vulnerable than girls. The pesticides are believed to disrupt the neurotransmitters that are related to sustaining attention and to short-term memory.

The research was published in August in the journal *Environmental Health Perspectives*.

Kellogg cereal and ADD claims

The cereal giant has been told to pay damage claims to consumers who are unhappy with their Mini-Wheats advertisements.



You've probably seen the TV ad claiming that this frosted, corn syrup-sweetened cereal with synthetic dyes, artificial flavor and BHT is a good option for kids with attention problems.

A federal judge settled a class action suit in favor of consumers who bought the cereal which claimed to be "clinically shown to improve children's attentiveness by nearly 20%."

In addition to the \$2.75 million dollars set aside to settle claims, Kellogg has agreed to give \$5.5 million to charities that are working to improve nutrition for low-income families. They have also agreed to not make claims like those above for three years.

But don't think we've seen the last of the ADD advertising link. With nearly 10% of American children now labeled as ADHD, you can expect more of the same from Kellogg and other food manufacturers. The current gimmick is that children who eat breakfast are better able to focus in school. Few people will argue with this statement, but Kellogg would like parents to believe that cereals filled with additives and sugars are the solution.

Amazing, but true

The US Department of Agriculture and Ajinomoto, the manufacturer of **monosodium glutamate (MSG)**, are teaming up to conduct research to determine if eating food with added MSG could help control weight. They seek to learn if adding MSG to the food consumed by overweight women will help them to eat less food by increasing their enjoyment of foods.

Not many years ago, Ajinomoto was promoting the addition of MSG as a way to encourage people to eat more food. It is a common problem that elderly people living in nursing homes don't eat very well, and the addition of MSG was found to stimulate their appetites, thus increasing the amount of food they consumed.

So, our taxpayer dollars will be used to see how a chemical that has been found to cause people to eat more will help people eat less. The food served in nursing homes is typically as tasteless and unhealthy as the food served in most school cafeterias, so perhaps the elderly could be encouraged to eat more if the meals were made with real food.

Despite the USDA blessings, MSG has a long and notorious history of causing serious health problems. *Note:* MSG doesn't change the food; it stimulates the taste buds to give the impression that the food is tastier, richer or meatier than it actually is.

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

ATTUNE (www.attunefoods.com) Probiotic Chocolate Bars (all are GF): Chocolate Crisp, Dark Chocolate, Mint Chocolate

CADIA All Natural Cadia Crunch (CF), All Natural California Extra Virgin Olive Oil (GF, CF), Baked Cheese Curls (MSG/HVP, GF), Lightly Salted Pop Corn (GF, CF); Organic: Honey Kissed Cadi-O's (CS, CF), White Cheddar Pop Corn (GF)

CADIA All Natural Brown Rice: Elbow Macaroni, Fettuccine, Fusilli, Penne, Spaghetti (GF, CF)

CORTO OLIVE^ All Natural California Extra Virgin Olive Oil (GF, CF)

DR. OETKER ORGANICS* Frosted Brownie Mix (CF); Cake Mix: Lava (CF), Lemon (CS, CF)

EARTH BALANCE*^ Natural Buttery Spread made with Olive Oil (GF, CF)

INDIE CANDY (www.indiecandy.com) Dark Chocolate Lollipop Heart (GF, CF); Love Heart Hard Candy Lollipop: Pineapple (GF, CF), Watermelon (GF, CF); Snowflake Hard Candy Lollipop: Pineapple (GF, CF)

NATURAL OVENS BAKERY (www.naturalovens.com) Flax Complete Supplement (CF), Multi Grain Bread (CS, CF), Oatmeal Bread (CS, CF), Organic Whole Grain & Flax Bread (CF), Right Wheat Bread (CF), Sunny Millet Bread (CS, CF)

NATURE'S PATH ORGANIC* Chewy Granola Bar: Sweet & Salty Peanut Choco (CF), Trail Mix Pumpkin-N-Spice™ Flax Plus (CF)

OLYMPIC Organic Sour Cream (GF)

WELLSHIRE FARMS* (all are SM, GF, CF) Boneless Glazed Uncured Seasoned Half Ham, Boneless Ham Steak Virginia Brand, Breakfast Slices Uncured Seasoned Ham, Spiral Sliced Glazed Boneless Half Ham, Spiral Sliced Glazed Boneless Whole Ham, Tavern Style Uncured Seasoned Deli Ham, Uncured Smoked Ham Hocks, Uncured Turkey Ham Nugget, Virginia Brand Boneless Honey Ham Nugget, Virginia Brand Seasoned Buffet Uncured Quarter Ham, Virginia Brand Uncured Seasoned Buffet Ham, Whole Boneless Loin Canadian Style Nugget, Sliced Smoked Turkey Breast

PIC Alert

The following foods now contain salicylates, so they need to be moved to Stage Two in your *Foodlist*.

IAN'S NATURAL FOODS Sweet Potato Fries (paprika)
ENJOY LIFE FOODS* Boom Choco Boom Dairy Free Rice Milk Bar (raisins.)
ENVIROKIDZ ORGANIC* Fruity Burst™ Crispy Rice Bars (blueberries)

These products no longer contain peaches so they can be moved to the Stage One section of your *Foodlist*.

ANNIE'S HOMEGROWN Cocoa & Vanilla Bunnies Cereal
NEW MORNING Oatios Cereal

Stage Two

ATTUNE Probiotic Chocolate Bar (all are GF): Almond Milk Chocolate, Coffee Bean Dark Chocolate, Raspberry Dark Chocolate, White Chocolate Blueberry Vanilla

CADIA All Natural Raisin Bran (CF), Veggie Chips (GF, CF, tomatoes); Organic: Cadi-O's (CS, CF, tea), Raisins (GF, CF)

COLAMECO'S* Beef Lasagna with Pomodoro Sauce (red peppers, tomatoes), Beef Ravioli with Pomodoro Sauce (red peppers, tomatoes), Cannelloni Chicken with Spinach & Feta in Pomodoro Sauce (red peppers, tomatoes), Cheese Lasagna with Pomodoro Sauce (red peppers, tomatoes)

EDWARD & SONS^ Organic Bread Crumbs: Golden Onion Garlic Panko (CF, paprika)

HOMESTYLE MEALS* Shredded Beef in Barbeque Sauce (GF, CF, cider vinegar, red peppers, tomatoes), Pork Baby Back Ribs with BBQ Sauce (GF, CF, cider vinegar, red peppers, tomatoes), Shredded Chicken in Barbeque Sauce (GF, CF, cider vinegar, red peppers, tomatoes), Shredded Pork in Barbeque Sauce (GF, CF, cider vinegar, red peppers, tomatoes)

HOUSTON ENZYMES^ (www.houston-enzymes.com) TriEnza Chewables (GF, CF, grapes)

INDIE CANDY Love Heart Hard Candy Strawberry Lollipop (GF, CF)

NATURAL OVENS BAKERY Blueberry Bagels (CS, CF, elderberries), Chocolate Raspberry Cookies (CF), Oat Nut Crunch Bread (CS, CF, almonds), Oatmeal Raisin Cookies (CF)

NATURE'S PATH ORGANIC* Flax Plus® Red Berry Waffles (CF, elderberries, raspberries)

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.

Past issues of *Pure Facts*

During the past year major articles which have appeared in *Pure Facts* include:

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Junk food industry blinks
Obesity and psychiatric drugs
Pycnogenol

February 2010

Autism & acetaminophen
Pain/fever reduction options
Troubled tummy help

March 2010

Picky eaters
Getting kids to eat good food
Lunchmeats for Feingolders

April 2010

"Amino Sweet" caution
ADHD drugs - no long-term benefit
Healthy eating on food stamps

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Jamie's Food Revolution
HFCS and obesity
Natural foods at Starbucks

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Dyes on their way out in Europe
The gut-brain connection
FDA goes after walnuts

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CSPI petition to FDA on dyes
Feingold families' unique perspective

September 2010

Teach your child's teacher about diet
Natural snacks for the classroom
Congresswoman calls for dye warning

October 2010

Sensory processing disorders
Science fair projects
Avoid colds & flu this winter

November 2010

Holidays at the relatives'
Institutional Thanksgiving dinner
Healthy restaurant options

Going Green

This issue of *Pure Facts* will be sent out in both a paper and an electronic version. Beginning with the February issue we will be sending *Pure Facts* via email. We will continue to send email updates of Product Alerts, and you will receive them as soon as we have the information.

Please keep us updated on your email address and let us know of any changes. Contact us at:

faus_pf@yahoo.com.



2011 *Fast Food Guide*



Our newest *Fast Food Guide* has been expanded to include more restaurant options and is being printed in a booklet format that should be easier to take with you.

We can suggest menu items only for those chains that are willing to provide comprehensive detailed information on all of their ingredients. But there are a growing number of companies that recognize the increasing demand for healthy food. Some of these have been included in the *Guide*.

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.

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

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