

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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Stay cool and refreshed this summer

There are many beverage options for thirsty consumers.

Not everyone enjoys water, at least not all of the time. There are many Stage Two fruit juices that can be added to plain or sparkling water, and now we have some wonderful Stage One options. Check out the *Foodlist* for the many brands of pomegranate juice, which provides a beautiful color as well as healthful "antioxidant polyphenols." Natural sodas include a variety of colas, root beers and lemonades.

For even more variety, check out these drinks: CRYSTAL SPLASH Kiwi Watermelon, FIZZY LIZZY Pineapple Sparkling Juice, SMART JUICE Honeydew Melon, DRY



soda in Lavender or Vanilla Bean flavor, VRUIT Tropical Blend, HANSEN'S Vanilla Cola, or Pomegranate soda, BLUE SKY Grapefruit, and GLACEAU VITAMIN WATER Power-C Dragonfruit.

Diet soda sales falling

For nearly a decade the sales of soft drinks in the US have been falling, but the sales of diet sodas have plunged, with Diet Coke losing nearly 7% of their market share last year. The second and third largest soft drink companies, Pepsi and Dr. Pepper/7Up have seen sales of their diet drinks slide as well.

The major factor is consumer fear of the harm from synthetic sweeteners, especially aspartame (Equal). It has been blamed for triggering sugar cravings, weight gain and heart disease, among other symptoms.

Mexico, the world's largest per capita consumer of Coke, with the world's highest rate of obesity, has imposed a tax on sugary beverages.

Antidepressant drugs linked to autism

New studies may help explain why the rates of autism and developmental delays continue to rise.

Researchers at Johns Hopkins and the University of California, Davis, found that boys born to women who take antidepressants during pregnancy are nearly three times as likely to have developmental delays or autism. The time when the fetus is most vulnerable to autism is during the first trimester, while the use of antidepressants during the third trimester was associated with a greater risk for developmental delays.

[[Rebecca Harrington et al](#), *Pediatrics* April 2014]

"Serotonin is critical in early brain development," notes the study's lead researcher, "creating concerns regarding prenatal exposure to factors influencing serotonin levels, like SSRIs."

What is SSRI?

This stands for "selective serotonin reuptake inhibitor." The most commonly used SSRI antidepressants include Prozac, Celexa, Lexapro, Luvox, Paxil and Zoloft.

What's wrong with this picture?

The researchers note that while the use of antidepressants poses risk to the child, the choice to not use drugs also poses risks. There is an underlying assumption that the only way to address depression is with the use of powerful drugs.

More on page 2

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 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.

Are drugs the only answer?

Like every other organ of the body, the brain requires nutrients in order to function well. In addressing disturbed behaviors of all types, it makes sense to first see if the brain is receiving the nourishment it needs. For decades leading-edge doctors have been successfully using non-drug options to help depressed patients. The tools include healthy fats like omega-3s, ample sunlight or full spectrum light and vitamin D3, and supplementation with important vitamins and minerals as well as a nourishing diet that excludes the additives we remove. And yet, there is a pervasive notion that the best way to "fix" a brain that is deprived of nourishment is to flood it with chemicals that actually use up the few nutrients available.

The March 2014 issue of *Pure Facts* discusses the growing recognition on the part of mental health professionals in the United States that drugs are not a magic bullet after all.

In Pfizer we trust?

Doctors and patients rely on pharmaceutical companies to provide both quality products and accurate information on the products they sell, but tragically, the lure of ever-larger profits sometimes leads to fraud.



Pfizer, the manufacturer of **Zoloft**, has been named in more than 250 lawsuits, including one by the state of Louisiana. The complaint says that Pfizer knew Zoloft was ineffective at treating depression, and engaged in deception and fraud to pressure the FDA to approve it. The charges include hiring ghostwriters to create articles favorable to the drug, and publish them under the names of doctors. Many of the lawsuits brought against Pfizer are from parents whose children suffered birth defects they attribute to the mother taking Zoloft during her pregnancy. In 2009 the company was fined a whopping \$2.3 billion for health fraud in the case of the painkiller Bextra.

Eli Lilly, the manufacturer of **Prozac**, has paid fines in the billions in conjunction with the promotion of the antipsychotic Zyprexa. And GlaxoSmithKline, the manufacturer of **Paxil**, agreed to pay \$3 billion in fines after pleading guilty in misbranding the drug for treating depression in patients under 18.



In 2010 Forest Labs, the manufacturer of **Celexa**, pleaded guilty to criminal charges that included one felony count of obstructing justice. The company provided doctors with only positive studies about the drug, withheld information on the negative ones and gave lavish gifts to doctors who prescribed the drug.



H. Lundbeck, the manufacturer of **Lexapro**, has been fined by the European Commission and is facing antitrust charges in its home country of Denmark.

Pepsi and Coke bow to consumer pressure

First Pepsi, and now Coke have announced they are working to remove the controversial chemical, brominated vegetable oil (BVO) from their beverages.

It functions as an emulsifier, preventing ingredients from separating. Bromides are used in many other products including pesticides, plastics, medicines, and as a flame retardant -- the connection that attracted media attention when a teenager created a petition to Coke and Pepsi asking them to remove the BVO from their Gatorade and Powerade.



Coca-Cola also plans to remove BVO from products sold in Canada and Latin America. It is not used in many other countries.

A major source of exposure to bromines is potassium bromate, a dough conditioner added to some flours and used in many commercial baked goods. This additive is not allowed to be used in the United Kingdom, Canada and Brazil.

In the United States, the Food and Drug Administration (the agency charged with the role of protecting the consumer) has been very slow to respond. First, BVO was deemed generally recognized as safe (GRAS) but in 1970 it was downgraded to approval on an "interim basis" while studies on its safety were supposed to be conducted. So, what studies have examined the effects of this additive over the past 44 years? Apparently none, as BVO is still on the FDA's "interim" list!

One of the biggest problems with ingesting bromine is that it competes with iodine, preventing your body from absorbing this important element. Many health experts believe that, despite the use of iodized salt, iodine deficiency is a big problem and is responsible for numerous health problems.

Crazy busy and crazy loud

I'm strict. Even my mother says I'm strict, but I struggled to find a way to help my kids, especially my youngest son.

I had heard about Feingold several years ago, first from a friend who put her two girls on it. She said that Feingold made them less grumpy. Grumpiness was not my problem. My problem was my 7-year-old who would fly into a rage over nothing. I knew my friend was really into organic, whole foods, and I could only imagine that she was doing all sorts of nearly impossible things to implement Feingold. (She found she needed to remove some of the salicylates.)

Two of our kids were crazy busy and crazy loud. They are also very outgoing and very funny. So they have great personalities, but sometimes they just go too far. Okay, a lot of times they go too far in their boisterousness, especially my youngest, my red-headed Geoffrey. All four of my kids were adopted and one was cocaine positive at birth, but while Geoffrey's mom did not use drugs she was jobless and homeless during her pregnancy so you know her eating habits were not the best.

The thing I like about Feingold is that it tells you what you can have, not just what is prohibited.

I didn't think that my parenting was the reason for my youngest's behavior. We homeschool and I'm strict. (If your mother says you're strict, then you've got to believe it!) I'm just saying that I'm sort of known for it. I do try to get their hearts and I'm not just striving for outward obedience, but I wanted to have kids with hearts that produce outward obedience once in a while!

I now know that I need to limit grapes and buy certain types of apples.

All of my kids have issues and for my oldest son it was his inability to focus. He is smart and would study and study but despite this he did poorly academically. (After we had been on Feingold for two weeks he got the highest test results for a chapter quiz!)

I began to read about the connection between diet and behavior and became convinced that it was what we needed to do.

As I pondered actually doing Feingold, I took my kids to their one-day-a-week enrichment program. Geoffrey was going to be 8 in a few days so I ran by a grocery store and bought cupcakes with brightly colored icing for the entire class to have at lunch. After I dropped them off, a voice in my head said, "Maybe that wasn't such a good idea."



The Gleasons

The voice was right. I got a call about an hour after lunch telling me that my son had a complete meltdown. He tore his camouflage jeans with his bare hands and was banging his head on the wall. I thought of my friend Missy, who had been posting on Facebook and on her blog about her Feingold journey and how it helped her son's rage. Rage -- that describes my youngest. It was pure rage that would just spill out!

When I went to pick him up he got in the car and said, "I had a pretty good day." I told him that when you are tearing your clothes and banging your head, that is not a good day.

He went from not being able to hear the phonetics for reading to being able to sound out 4 or 5 syllable words in less than a year.

I immediately emailed Missy and she gave me enough ideas for meals and snacks to get me through the days until my membership materials arrived, so I started implementing Feingold the best I could. I also ordered natural food coloring for his birthday cake; I knew I just couldn't do the fake stuff on his real birthday. I made a Buzz Lightyear cake for the family birthday party. It didn't look quite as vibrant as in years past, but it did seem to taste better.

When my oldest son, now 17, gets headaches it's because of something he ate when he was away from home.

Continued on page 4

Crazy busy, from page 3

Geoffrey is a new child! Within two weeks of going on Feingold we were getting many comments about his changed behavior. At the enrichment program people were commenting on how the circles under his eyes were gone. It's not that we were problem-free after that, but I could look at his eyes and know if he was having a reaction. He also gets bright red ears after he has eaten something off diet. A food diary became my best friend as I worked to continue to solve the puzzle.

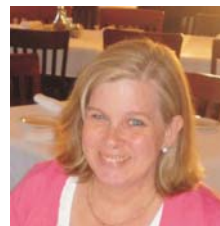
It eventually became evident that there were more issues and I was glad to find a doctor who treats kids with autism and ADHD and who ran blood, saliva and urine tests. In addition to changing his behavior, Feingold helped to clear up some of his auditory processing issues, and eliminating gluten and dairy fixed the rest and now he is reading at grade level!

Pure rage would just spill out of him!

My first grocery shopping trip took about 3 hours. The next week took less time and then I hit my rhythm and grocery shopping took no longer than it had before. I cook about as much as I did before, which is not every meal. We eat convenience foods and snacks, but they are the ones without artificial coloring, flavoring or preservatives added. My kids still eat candy, but not the ones with lots of fake stuff added. Geoffrey routinely turns down food he knows is bad for him.

He told me, "I don't like this diet because of all the things I can't eat, but I like the way I feel." If an 8-year-old can understand, why can't the Food and Drug Administration get it?

One day we were in a store where they had some leftover cookies from Christmastime with a brightly colored red center. Geoffrey was over in that section of the store with his siblings while I picked up something else. I walked over and heard him telling the woman, "Yes, they are poison. If I were to eat them, they would make me a crazy boy. They poison me." I had never used that word with him. I just told him there were things that made him not feel his best. Apparently, he had wondered out loud why the store was selling poisoned food and while the lady had nicely explained to him that it wasn't poison, he was telling her why he disagreed. He gladly takes his own cupcake to birthday parties and turns in candy prizes from Sunday School (which I always replace with acceptable treats).



Everyone sees that my son is a new child, and I'm not just "out there." I don't say this program is for everyone (although I sort of do) but I tell them how wonderful it's been for our family.

Beth Gleason

Another trigger for ADHD

A woman who takes acetaminophen (Tylenol, Excedrin, Panadol, paracetamol in the U.K.) when she is pregnant increases the chances of her child having behavior and learning problems.

Researchers in the United States and Denmark report that frequent use of this medicine by pregnant women correlates with the symptoms of ADHD and the more she took, the greater the risk that her baby will later have problems. Their findings were based upon information from more than 64,000 women in the Danish National Birth Cohort, a data base on pregnancy complications and disease. They chose to look at acetaminophen since this over-the-counter medicine is the one most commonly used by pregnant women for pain and fever. More than half of the women used the medicine when they were pregnant.



The more of the medicine the women took, the greater the likelihood of having a child with ADHD. For a woman using acetaminophen for more than 20 weeks, the chances of her child having these problems rose to above 50 percent.

The research was designed to avoid the pitfalls of studies that rely on the subject remembering what they ingested months or even years ago. The women were contacted several times before and after the birth and later when the child reached age 7, and the children were followed into their teen years. Information was obtained from Denmark's National Hospital Registry and Psychiatric Central Registry, as well as from records of prescribed medications for the children.

Liew, et al. Acetaminophen Use During Pregnancy, Behavioral Problems, and Hyperkinetic Disorders. *JAMA Pediatrics*, 2014

Good-for-you chocolates

Every so often chocoholics happily read about the health benefits of dark chocolate. But the sweeteners that must be added to make this "food of the gods" palatable are a real drawback.



LiveSmart 360 is a company that uses the Feingold-acceptable sweeteners, combined with pure dark chocolate, healthy fruits and various nutrients to deliver a candy-like product designed to enhance health.

Most of the products are Feingold acceptable for Stage Two, including these options:

Omega Delight - Omega oils from Arctic cod are mixed into a chocolate truffle center with dark chocolate coating. The squares are said to be "taste and odor neutral." (sweetened with stevia)

Pure Energy Chews - Immune-boosting, super-antioxidant fruits, vegetables, herbs, vitamins and trace minerals combine with green tea and natural caffeine in a chocolate square. (with stevia)

Electrolyte Enhanced Chews - These combine chocolate with caramel flavor and super antioxidants from acai berries. (stevia)

ThermoBurst Mini Bars - Chocolate and calorie-burning foods are blended for this low-fat diabetic-friendly product. (with xylitol)

Exotic Camu Mini Bars - Made from camu camu juice, the bars are high in vitamin C and trace minerals. (sweetened with stevia)

These products look like candy, but are intended to be used as supplements. See the PIC Report on page 7 for details on ingredients.

Three of their Stage One products are 360 PSP+, 360 Mist and 360 Probiotic.



LiveSmart 360 has created a web site for the Feingold Association so that FAUS will receive a donation each time an order is placed at the site.

www.feingoldassociation.livesmart360.com/en/

Chocolate lovers dream

Not only do countless people enjoy chocolate, but it appears that certain strains of bacteria in our stomachs thrive on it.

Researchers at Louisiana State University found that when we eat chocolate there are beneficial microbes in the gut that ferment it, and this creates anti-inflammatory compounds that are beneficial for a healthy heart. When the chocolate is combined with nourishing fruits such as acai and pomegranate, the benefits are even greater.

John Finley, presentation to the American Chemical Society March 2014.



Mmmm Melted Chocolate!

Summer sandwich

This combination is sure to delight even the veggie hater in your family.



This light, refreshing and yummy option uses King's Hawaiian Sweet Bread or Rolls, filled with an assortment of raw veggies, mixed together in whipped cream cheese. Here are some favorites:

Sprouts, cut up

Carrots, grated

Cucumbers (Stage Two), finely cut up

Zucchini or summer squash, finely cut up

For more tang, you can add some well-drained crushed pineapple.

How much dye do children eat?

Over the years, studies on food dye and ADHD typically used very small amounts of the dye.

In order to test the Feingold Diet, researchers needed to find out how much dye a child would typically ingest in a day. But rather than have a laboratory analyze the amount of dye in a typical day's food, they asked the industry trade group that called itself the Nutrition Foundation.

What was the amount, according to the manufacturers of Kool-Aid, Froot Loops and Jell-O? 26 milligrams a day. Feingold parents knew that this number had to be far below the actual amount most children get, but we did not have a good way to know how much dye is in food since manufacturers are not required to disclose this.



1 cup contains 41 mg of dyes.

Thanks to the research by Laura Stevens and her colleagues at Purdue University, we now know the actual amount of these petrochemicals that are found in some of the products widely consumed by children. (See the May issue of the Feingold eNews for more details on this new study. www.feingold.org/enews/05-2014.html)



8 ounces have 41.5 mg of dye.



Non-food items have not been adequately addressed in the research.

Dr. Feingold suggested the research on food additives begin with **dyes** since they are the simplest compounds (compared with **artificial flavorings**, which can be made from hundreds of chemicals.) But this has been mistakenly interpreted by some that dyes were the only, or the most important additive in childrens' behavior and learning problems.



Here's another 17.6 mg of dye for each one-cup serving.

An argument can be made for the benefits of the **preservatives** the Feingold diet eliminates, but there are safer alternatives available. Manufacturers prefer the cheaper versions.



500% Increase

Between 1950 and 2012, the amount of dyes Americans ingest has risen by a whopping 500%!

At one time cereal was beige, cakes were white, yellow and chocolate and the choices for frosting were chocolate and vanilla.



Red velvet cakes were colored with beets and Ritalin was prescribed for adults with a sleep disorder.



Diet pills with amphetamines (similar to ADHD drugs) were removed from the market because the FDA said they were too dangerous to be given to adults. How things have changed! But happily, there are now beautiful natural dyes so you can make colorful cakes. See your Feingold *Foodlist* for sources. And families in Europe can enjoy naturally colored M&M's and Skittles.



U.S. schools that use M&M's in the classroom add 29.5 mg of dye for a serving. Skittles add 33.3. mg.



PIC Report

The following products have been researched or re-researched and may be added to your *Foodlist* or *Mail Order Guide*. Products with this symbol ^ are available in Canada. To understand the codes listed in parentheses, refer to page 3 of your *Foodlist* book.

Stage One

ANNA'S CHOICE* Cashew Swirls Nut Butter (GF,CF),
Pancakes: Macadamia Nut, Gluten Free Pecan (GF,CF)
BISSINGER'S* (available in MO only): Dark Chocolate
Covered Marshmallows (CS,GF), Milk Chocolate Malt
Balls (CS,GF,CF), Peanut Butter Truffle (GF)
BISSINGER'S* (available in US): Crème Mints (GF,CF);
Bar: 33% Milk Rainforest, Coconut Caramel, Agave Quinoa
Crunch, Dulche de Leche, Banana Caramel Pecan,
60% Dark Rainforest, 75% Dark Rainforest
BISSINGER'S (<http://www.bissingers.com>) Dark Chocolate
Nonpareils (GF), Milk Chocolate Nonpareils (GF)
BORDEN (GF) Milk: Vitamin D, Reduced Fat, Non Fat
CARSON'S Dried Beef (N,SM,GF,CF)
CHIA BRAND* (GF,CF): Bran, Ground Seed, Oil
CHIA POD*(GF,CF): Mango, Banana, Vanilla Bean
CHIA POD OATS* (GF,CF): Banana Mango
CHIA SEED*Black and White (GF,CF)
CONFECTION CRAFTS Dip + Decorate Natural Coloring
Kit #801 (GF,CF)
FOOD MERCHANT Heirloom Red and Black Organic
Polenta (GF,CF)
FULL CIRCLE Frosted Flakes Cereal (GF,CF)
HARVEST ROAST* Sea Salt Pumpkin Seeds (GF,CF)
HOMESTYLE Flour Tortillas (CF)
HORMEL Cure 81 Boneless Ham (N,SM,GF,CF),
Ground Pork (GF,CF)
KNAUSS Dried Beef (N,SM,GF,CF)
LAKEWOOD (GF,CF): Organic Pure Juice Fresh Pressed:
Pineapple, Pink Grapefruit, Pomegranate, Pure Lemon,
Pure Lime, Pure Aloe Gel, Pure Aloe Whole Leaf Juice,
Aloe Vera, Pure Noni Super Fruit;
Premium (GF, CF): Select Pure Pineapple, Fresh Pressed
Pure Pomegranate; Biodynamic Organic Pure Pomegranate
LIVESMART 360 (GF,CF): Mist, PSP+, Probiotic
NANY'S^ Butter Caramel Natural Spread (GF)

PIC Alert

WELLSHIRE All Natural Uncured Cooked Seasoned Half Ham and Whole Ham are now both Stage One. These products contain oil of pimento which (in this case) is the botanical name for allspice. Please move both of these hams to the Stage One section of your MEAT & POULTRY / Ham section of your *Foodlist*.

Stage Two

3-DEES Monopoly Fruit Snacks (CS,SF,GF,CF)
ANNA'S CHOICE* Almond Swirls Nut Butter (GF,CF),
Almond Pancakes
BIRCHER MUESLI* (GF,CF): Pistachio & Cranberry
(almonds, apples), Orange and Brazil Nut (almonds,
apples), Apple and Acai (apples, blueberries)
BISSINGER'S*^ Gummy Panda (GF,CF): Raspberry
Yumberry, Blueberry Acai, Apricot Green Tea,
Pink Grapefruit (grapeseed extract),
BISSINGER'S* (available in US): Bars: 60% with Almonds
FARMER'S CRATE* (Region 1) (GF,CF): Apple Thins
LAKEWOOD (GF,CF): Organic Pure Juice Fresh Pressed:
Apple, Black Cherry, Blueberry, Carrot, Concord,
Cranberry, Orange, Purple Carrot, Tart Cherry
LIVESMART 360 (all are GF): Omega Delight Truffles
(almonds, apples), Exotic Camu Mini Bars (cherries),
Pure Energy Chews (acai berries, apples, cranberries,
green tea, raspberries), Electrolight Enhanced Chews
(apples, cranberries, green tea, raspberries),
Exotic Camu Mini Bars (GF, cherries),
Electrolight Enhanced Chews (acai berries, apples,
cranberries, raspberries), Ellagic Acid (CF, raspberries),
Zip Chews Pure Energy Chocolates (acai berries, apples,
cranberries, green tea, raspberries), Thermoburst
Mini Bars (green coffee bean extract),
Fruits and Greens (CF, acerola cherry, apples,
cranberries, cucumbers, grapes, green tea, oranges,
raspberries, tomatoes), Omega (CF, orange oil)
Antioxidant (CF, bilberries, grapeseed extract, green tea)
LOU'S GARRET VALLEY NATURALS Classic Sliced
Uncured Turkey Bacon (GF,CF, paprika)
NEW YORK DATE BAR* (Region 1)(GF,CF): Apricot
Coconut (almonds, raisins), Apple

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.



International Membership

Over the years FAUS has encouraged and assisted support groups and individuals in countries around the globe. As western junk food has reached all the continents, we are hearing from a growing number of parents in other countries who are seeking help for their children.

While we are not able to research brand name foods outside of the US and Canada, we have much help to offer. So we have created an online program made up of materials to assist them. The package includes:

- * The *Feingold Handbook*
- * *Foodlist* outline
- * *Feingold Bluebook*
- * Part One of the book *Why Can't My Child Behave?*
- * Access to Facebook
- * *Pure Facts* newsletter
- * Access to all members' areas of the website with additional online information on how to use the program successfully.

The *Foodlist* outline is organized in the same categories as the *Feingold Stage One Foodlist*, with information on what is acceptable and what to avoid at the beginning of some of the sections. There is space to write in brands of food that seem promising. Foods that fit the "ANY" category are listed. These include such basics as baking powder, pure vanilla extract, flour, and plain canned or frozen vegetables.

For details on this new initiative, visit www.fgshop.org/other.aspx

Amazon Smiles on Feingold!

Thanks to everyone who has signed up to place orders at the Association's Amazon.com web site.

Once you fill out a simple form, any orders you place with Amazon.com will go through this site. There is no change in how items are ordered and there is no additional charge.



FAUS will receive a donation of one half of one percent of all of the orders placed in this way.

This is an ideal way to support our work without any cost to you. Here is how to sign up:

- Go to www.smile.amazon.com
- List the "Feingold Assn. of the United States, Inc." as the recipient
- Bookmark this as the site you use to order from Amazon.com

The next *Pure Facts* will be our July/August issue.

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 Handbook* which includes recipes & two-week menu plan, a regional *Foodlist* book containing thousands of acceptable US brand name foods, a telephone and E-mail Help-Line, *Mail Order Guide*, *Fast Food Guide*, and a subscription to *Pure Facts*.

For more information or details on membership outside the US, contact FAUS, 11849 Suncatcher Drive, Fishers IN 46037 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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Whole Foods takes the lead again

An upscale food market in a depressed city seems like a bad business decision, but the downtown Detroit Whole Foods Market is thriving and profitable. Another troubled city, Newark, will be getting its own store in 2016.

While supermarkets are struggling, Whole Foods profits have tripled since 2007 and the company continues to offer natural products that are competitively priced compared to other stores. Part of their success comes from taking the lead on important issues. Health activists expect this of the store and blast them when the company fails to do so. Whole Foods will require that by 2018 all products that contain GMOs must be labeled as such.

Feingold families appreciate that the company has banned 78 undesirable additives from their stores -- ranging from aspartame to vanillin.