

Pure Facts

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The Folly of Feeding Antibiotics to Animals

Consumer pressure is forcing change on a system that has long put our safety at risk.

One hundred nine years ago, author and reformer Upton Sinclair exposed the filthy conditions inside meat packing houses.

His book, *The Jungle*, led to the development of what is now the Food and Drug Administration (FDA). Today, the filthy conditions of factory farms and the reckless use of antibiotics are in the spotlight, while the FDA allows the livestock and drug interests to make the rules.

Most of the antibiotics used in the United States are fed to animals that are not sick. In the 1950s, the FDA allowed these drugs to be added to animal feed for the purpose of faster growth and greater weight gain and to help prevent illness in animals raised in crowded conditions.

But this has led to the development of more potent antibiotic-resistant bacteria and more human suffering. The Centers for Disease Control and Prevention estimates that each year at least 2 million people are infected with antibiotic-resistant bacteria and about 23,000 will die as a result.

Meat is not the only food that can be laced with antibiotics; as many as 80 different antibiotics are permitted in cow's milk.



For decades, consumer activists and health professionals have tried to reverse this sad trend, but the best the FDA has been able to come up with is to issue voluntary guidelines to the industry.

However, things are changing as a growing number of consumers, restaurants and producers recognize the need for food that nourishes and does not harm. Currently, the amount of meat and poultry raised without antibiotics is small, but it is increasing rapidly. Whole Foods has taken the lead, banning any products that use antibiotics in animal feed.

Chipotle has been a leader in the trend to healthier meat in restaurants, finding that not only does it taste better, but consumers will gladly pay a little more for antibiotic-free food. (While the burger chains are seeing declining sales, Chipotle is opening about three new restaurants a week, and they now number about 1,700.) Panera has had similar success and also found their sales rose significantly, despite an increased charge on the menu.

The cost of antibiotic-free meat is becoming more competitive.

Which products are really free of antibiotics, and which ones aren't?

Consumer Reports lists the terms that indicate a product is really raised without antibiotics. Meats that are labeled "organic" are a safe bet, and so are those that state "no antibiotics," and "raised without antibiotics." Some labels go even further, saying, "never ever given antibiotics," and some say, "humanely raised on family farms without antibiotics."

But they warn that some of the wording on labels is not approved by the US Department of Agriculture, so it is not necessarily valid. Some examples are "natural," "antibiotic-free," "no antibiotic residues," and "no antibiotic growth promotants." Even the label "grassfed" is no guarantee. ■

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.

Fast food and lower grades

It won't surprise *Pure Facts* readers that a new study shows the more fast food a child eats, the lower he will score on standardized tests.

What might come as a surprise, however, is that some of the children studied ate fast food every day! But this is not so unlikely when we consider the number of schools that have fast food chains in their cafeterias. The researchers found that 10% of the elementary schools, 18% of the middle schools and 30% of the high schools they surveyed sell fast food.

Researchers from Ohio State and the University of Texas gathered information from 8,544 children around the country representing different socio-economic groups.



By serving healthy food, schools can save enormous amounts of money on special classes and other forms of remediation and would not need to sell advertising space on their buses.

For information, visit:
www.School-Lunch.org



The children fell into 4 groups: those who ate no fast food, those who ate it one to three times a week, those who ate it four to six times a week, and finally, the children who ate it every day. The more fast food they consumed, the lower their test scores in comparison to those who did not eat it. Youngsters in the daily group tested out about 20% lower in math, reading and science.

The research, titled "Fast food consumption and academic growth in late childhood," was published in December in the journal *Clinical Pediatrics*.

The authors write, "One possible mechanism for a link between fast food and academic growth is the consumption of fewer specific nutrients" that are critical to cognitive development.

They go on to say, "Fast food meals are often deficient in a range of nutrients, and children who eat fast food several times per week may be at risk of not receiving enough of these nutrients to develop optimally." They note that "less than a third of fast food meals provide the recommended amount of iron," and that iron is important in cognitive development.

The Feingold Perspective

The *Fast Food & Restaurant Guide* published by FAUS each year is designed to do several things.

First, it helps the experienced member find better options (or some might say "the lesser of the evils") at the major chains. Happily, there is a trend toward a bigger choice in natural foods available as the typical burger places see their profits shrink.

Second, it lets readers know the excessive amounts of high fructose corn syrup (HFCS) and monosodium glutamate (MSG) that are used -- even in menu items which are free of the other unwanted additives like dyes.



The guide suggests ways to avoid potential pitfalls when you eat out.

And finally, the section in the second half includes a growing number of restaurants around the US that look promising.

It is good to see that more of them are offering gluten-free options.

Restaurant food ingredients are still closely-held secrets in most chains, and until FAUS can find detailed information on the food provided, we cannot evaluate a new restaurant for inclusion in the *Guide*.

Kindergarten Success!

"He's a completely different child" were the wonderful words we heard at his kindergarten parent/teacher conference.

We implemented the Feingold Program not because we were concerned about dyes, other additives or preservatives, but because we were desperate.

Our amazing six-year-old son, Chase, was diagnosed with ADHD, SPD (sensory processing disorder) and ODD (oppositional defiant disorder) tendencies at the age of four. He had a disastrous pre-Kindergarten camp in which the teachers told us that his behavior was unacceptable, and his defiance, hostility and inflexibility were not going to work in the classroom.

The "messaging" was not new to us, but we had already implemented OT (occupational therapy) and Cognitive Behavior Therapy, changed pre-schools, changed teachers, got an aide, and had started Chase on ADHD medication. We thought he would be OK, but we were wrong and at the lowest of the lows.

We were exhausted and stressed, and our hearts were broken.

Two days before Chase's birthday, we began Feingold. Although grocery shopping in the early days was challenging, it went pretty well. We love to cook and ate out only twice a month, so for us, it was a matter of buying different brands at our local grocery store. My husband didn't really understand how food could possibly impact Chase, but he was open and helpful. If we were going to do this, it was going to be "hard core" -- kindergarten started in six weeks, and we had our eye on achieving "baseline." At this point, we had tried everything and had nothing to lose.

We kept a meticulous food/behavior journal, and two weeks into the program, his pre-school teacher said it was like a fog had been lifted from him; Chase still needed to be redirected but was less defiant about it. We also noticed reactions from cinnamon and olives, and so we eliminated all benzoates, including the preservative sodium benzoate.

But four weeks into the program, we were still seeing problems. We became even more diligent about keeping the diet diary and finally saw a link between poor behavior and corn products. We decided to avoid corn for a few days to see if there was a change in his behavior.



Four days later, a different little boy lived in our house -- he was no longer defiant; he was easier going and much more agreeable! We kept thinking it was a fluke and he was just having a good day. The good days continued, and we thought we had hit baseline right around the same time kindergarten started. This was the real test since we knew how poorly Kindergarten camp had gone six weeks earlier. We were terrified and afraid that what we were seeing at home would not "hold" at school.

At the end of his first day of Kindergarten, Chase's teacher gave me a hug and said he had a wonderful day, and my eyes welled up with happy tears. And those wonderful days kept happening. Eight weeks into school, we had the first parent/teacher conference where we were told, "It's like he is a different child." The staff cannot believe how well he is doing in school, and he is socializing, interacting and learning at the same level as his peers! This is something we weren't sure we would ever hear. We still have our challenges, but they are age and gender appropriate.

Since hitting baseline, we've continued to tweak his diet. We have a better understanding of which corn products he reacts to; we've introduced a few Stage Two foods and continue to monitor his behavior.

We've been able to reduce the amount of medicine he takes each day by 2/3 although we would eventually like to eliminate it. He does well med-free over holiday breaks, but we've chosen to reduce it incrementally and gauge with his teacher how he is doing in school. So far, all of the reductions have been successful.

Chase has matured in so many ways and asks if a certain food is "good for his body" or if it has corn in it. We are so proud of him and the little man he is becoming.

A heartfelt thank you to the Feingold volunteers and to those on the Facebook pages who have propped us up, provided guidance and cheered us on. And a special thanks to JMM who took the time to introduce us to Feingold and gave us the needed boost to go "all in!"

Jean Lalla

Healthy food can taste great!

Katie Higgins is changing the way people look at food, especially dessert, breakfast, and -- most of all -- chocolate!

Her recipe-filled blog, ChocolateCoveredKatie.com, has a large enthusiastic following; and just one look at this slim young woman will convince the skeptics that maybe you really can have it all!

She "healthifies" her recipes by using better versions of traditional ingredients, including beans, cauliflower, avocado, berries, nuts, nut butters, dates, coconut oil or milk, Greek yogurt, stevia and xylitol. Oats are featured in many recipes, and Katie turns quinoa, chia and barley into mouth-watering dishes.

Most of the recipes have only a few ingredients, and they offer options for special diets including gluten-free and vegan. It's remarkable to see the lovely colors she has been able to coax from real food, including the ever-evasive attractive green color. But she manages to get foods like spinach, pistachios, avocados and spirulina to come out looking beautiful.

While there are many salicylate fruits in the recipes, the Feingold member should be able to adapt them to Stage One. Then, there's the Stage One mango sherbet that is so simple and luscious; it can make you forget about berries. It's nothing more than a blend of frozen mango slices, the milk of your choice, and sweetener of your choice.

Good-for-you food should not taste bad!

Another Stage One gem is her Lemon Meltaway Pie that looks like cheesecake with a graham cracker crust. Well, it's actually made from raw cashews, frozen cauliflower, coconut oil, lemon juice, vanilla extract, stevia and salt. In place of graham crackers, she uses an oatmeal cookie pie crust.

The biggest surprise of all might be Katie's section on Dessert for Breakfast. With only a small amount of sweetener needed, her Chocolate Brownie Waffles might actually not be the decadent treat they appear.

This chocoholic has tackled the iconic Girl Scout Thin Mint cookie, but minus the fake ingredients. In fact, the cookie is featured on the cover of her book. **March** is Girl Scout cookie month so, you have time to check out this recipe and be ready with your own version.



Others have created veggie-infused main dishes and desserts, but Katie takes it to a new level.



Raspberry Red Velvet Fudge Pie would make a perfect Stage Two **Valentine** treat.

"Organic?" "Kid-Friendly?" "Earth-Friendly?"

Actress Jessica Biel's new restaurant, Au Fudge, is designed for the children of Los Angeles celebrities. It will feature organic, kid-friendly food, but -- sadly -- includes monstrosities like this Rainbow Bread with fake dyes!



In a similar vein, the Artistic Farmer blog is all about living in harmony with nature, making your own seasonings, mixes, ketchup and soap. You will learn how to keep chickens, sprout mung beans and (gasp!) make both Rainbow Bread and Broken Glass Jell-O!



Oh No, Nabisco!
Red velvet Oreos are coming!





Valentine Candies

Check out your *Foodlist* for the many candy options available in both Stage One and Stage Two.

The Squirrel's Nest Candy Shop offers a Valentine goodie basket, and the Natural Candy Store has natural versions of holiday favorites. Even stevia-sweetened chocolates are available.

Natural colorings and sugars will make your Valentine cookies, cakes and cupcakes festive.



Virginians agitate for food freedom

Selling apples is not very profitable, but selling apple pie is.

Bernadette Barber, her husband, and five children operate a farm in Lancaster County, Virginia. They raise grass-fed beef, pastured chickens, turkey and pork, and keep dairy cows.

Her family enjoys healthy, homemade products, and like many such families, she would like to supplement their income by selling some of her homemade food to her neighbors. But Virginia law greatly limits what an individual can sell.



This was not always the case. At one time it was commonplace to buy much of one's food from a neighbor. And in the 1930s during the Depression, the "Curb Market" was a popular precursor to today's Farmer's Market.

Fellow Virginia farmer, Bryant Osborn, writes: "The Curb Market began during the Great Depression as a way for cash-deprived farmers to earn money. The Curb Market began before the era of food regulations, so you could buy farm-fresh butter, whipping cream, cottage cheese, yogurt, eggs, farm-butchered beef, pork and chicken, farm-cured bacon and ham, home-canned goods, potato salad, bread and all kinds of cakes and pies. This was a vital source of income to local farms."



But today, what are called "cottage food laws" restrict what a farmer can sell to his neighbor. This is why Bernadette Barber created Virginia Food Freedom and is championing the Virginia Food Freedom Act. She explains that it will allow Virginians to sell food grown on their own farms and prepared in their own kitchens to neighbors in their community who want fresh, wholesome local food. The bill, introduced by Charlottesville Delegate Rob Bell, states:

Home-produced or farm-produced products

Allows the sale of food products made from any fruit, grain, herbs, honey, meat, milk, mushrooms, nuts, poultry, seafood, or vegetables by a farm operation employing 10 or fewer people or by a private home, so long as (i) the sale is made directly to customers and (ii) the product is labeled with the producer's name and address, the product's ingredients, and a disclosure statement indicating the product is not subject to Virginia's food safety laws or regulations.



Food Safety News is a daily online publication that reports on outbreaks in cases of food poisoning and related illnesses from tainted foods that are covered by today's food safety laws. See www.foodsafetynews.com.

Virginia Residents:

If you would like to sign the petition calling on representatives to pass this bill, visit

www.virginiafoodfreedom.org

Proponents of restrictive food laws say they are necessary to protect consumers, but critics say the purpose is to keep the higher profits of processed and prepared food in the pockets of the manufacturers.



Editorial Comments

Is our food safer when we buy it from a neighbor or when it is subject to regulatory oversight? Clearly, neither option has any guarantees, but the case for the effectiveness of regulators took a hit last year in Maryland. In April, 1300 representatives from the US Food and Drug Administration, the Centers for Disease Control and Prevention, and major food companies like ConAgra, Tyson's and McDonald's gathered at the Baltimore Convention Center where they held a **Food Safety Summit**.

Over 100 of those attending came down with food poisoning.

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

BOOM CHICKA POP^* (CF) Popcorn: Lightly Sweet (GF), Sweet & Salty Kettle Corn (GF), Salted Caramel (GF), Caramel & Cheddar Mix, White Cheddar

DANDIES^ Marshmallows (GF,CF): Classics, Minis

EARTH BALANCE* Vegan Cheddar Flavor Puffs (CS,GF,CF), Vegan Buttery Popcorn (GF,CF), Vegan Cheddar Popcorn (CS, GF, CF)

LIVSMART 360 Gum (GF,CF): Spicy Cinnamon, Peppermint Chill, Sharp Spearmint (<http://feingoldassociation.livsmart360.com/en>)

MADE IN NATURE Organic Maple Madagascar Vanilla Toasted Coconut Chips (GF,CF)

NUTRIGOLD (GF,CF): Glucomannan GOLD powder and pill, Folate GOLD

NUTRIGOLD (GF,CF): Ubiquinol GOLD, Omega 3+Q10+D3 GOLD, Co Q10 GOLD, Vitamin E GOLD, Vitamin D3 GOLD

NUTS.COM Chia Seeds (GF,CF), Organic Candy Canes (GF,CF)

PANERISO^ (GF,CF): Gluten Free and Wheat Free Ice Cream Cups, Gluten Free Large and Small Pizza Crusts (CS), Gluten Free Rice Bread Crumbs, Gluten Free Croutons, Gluten Free and Wheat Free IceCreamCones

WOODSTOCK FARMS ^* Sliced Cooked Black Forest Ham

PRIMZIE SNACKS Simply Salted Crispbreads (GF)

SQUIRREL'S NEST (www.squirrels-nest.com) (GF): Milk Chocolate Peanut Butter Bark, Dark Chocolate Peanut Butter Bark, Milk Chocolate Truffles (CS), Milk Chocolate Covered Caramels, Double Chocolate Covered Caramels, Dark Chocolate Turtles

THEO CHOCOLATES*^ (GF): Organic Peanut Butter Cup Milk, Organic Peanut Butter Cup Dark, Coconut 70% Dark

UNCLE MATT'S* Organic Lemonade (GF,CF)

WAY BETTER SNACKS^ Simply Sweet Potato Tortilla Chips (GF,CF)

Stage Two

BOARS HEAD Hummus (GF,CF): Roasted Pine Nuts (bell peppers, red peppers, tomatoes), Roasted Chipotle Pepper with Guava & Chipotle Topping (paprika), Roasted Red Pepper (paprika), Roasted Red Pepper and Pretzel Snack Pack (paprika)

BOOM CHICKA POP^ Sweet & Spicy Popcorn (GF,CF, cayenne pepper, paprika)

ENJOY LIFE FOODS*^ Cherry Cobbler Decadent Bars (GF,CF, apple, cloves)

FOOD SHOULD TASTE GOOD Brown Rice Crackers (GF,CF): Roasted Red Pepper, Tomato & Basil JILL'S (www.jillsjams.com) (GF,CF) Zucchini and Mango Bread & Butter Pickles: (apple cider vinegar)

LUKE'S ORGANIC * (GF,CF): Garden Vegetable Crackers (red peppers)

MICKEY'S MUFFINS (GF,CF, almonds): Toasted Onion Variety, Original, Cinnamon Raisin

NUTS.COM (www.nuts.com) Organic Gummy Bears (GF,CF, aronia berries, apples, blueberries, grapes, raspberries, peaches, strawberries)

PITA PAL (GF,CF, paprika) Hummus: Original, Spicy Jalapeno (bell peppers, cayenne peppers, red peppers), Roasted Red Pepper (bell peppers), Sesame and Pine Nuts, Sauteed Onion, Sauteed Mushroom, Olive, Roasted Garlic, Basil Sundried Tomato, Spicy Red Pepper (cayenne pepper, chili pepper), Cilantro Jalapeno (jalapeno peppers), Sweet Potato

PRIMZIE SNACKS Crispbreads (GF, red peppers): Classic, Chimayo Chile & Lime, Smoked Gouda Garlic

PURIUM HEALTH PRODUCTS Powerkids (apples, blackberries, blueberries, cranberries, gojibberries, raspberries, strawberries, maquiberries) (www.phporder.com/PowerKids.aspx?ID=Q2Health)

THEO CHOCOLATES*^ (GF): Cherry Almond 79% Dark, Salted Almond 70% Dark

TILLAMOOK Lowfat Yogurt (SB,GF): Oregon Marionberry, California Peach, Berry Patch, Mountain Huckleberry, Oregon Strawberry, Pomegranate Blackberry

VERSAMEAL (www.shop.versameal.com) (GF,CF, orange peel): Genesis I Whole Grain Baking Blend, Genesis I Whole Grain Bread Blend

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.

Canadian supermarket giant ditches fake dyes and flavors

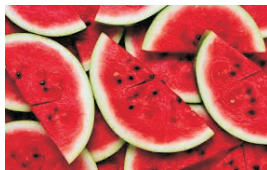
In 2012, Loblaws pledged to remove the artificial colors and flavors from its President's Choice (PC) line. Now, it has completed the job.

This includes more than 4,000 products that carry the store's upscale President's Choice label.

Many of the PC foods had already removed dyes and synthetic flavors, but now Canadians can be assured that they are all free of these additives.

Loblaws has also used the banner of President's Choice to champion sustainable seafood, animal welfare and sodium reduction.

"Food is colourful enough!" is the message Loblaws conveys to their customers, as they encourage them to expect more of their food as well as the businesses that provide it.



Canada eyes labeling reform

Dr. Jolene Huber writes in www.todaysparent.com, "Health Canada has proposed more transparent labeling for allergens including AFCs in foods, which currently can appear on ingredient lists by their proper name (caramel), a colour and number (Red #40) or simply with the non-specific 'colour.' Working ahead of the curve, the European Union ruled in 2010 to not only call out specific AFCs on food labels, but also to include the warning 'May have adverse effect on activity and attention in children.' This has seen the number of products containing AFCs, as well as consumption of them, decrease in the EU."



The modern consumer

Consumers want to know more about their food -- not only the ingredients used, but where it is grown, by whom, and under what conditions. They are asking if the method of producing it damages the environment or involves the cruel treatment of animals.

Foodies like to be able to look their supplier in the eye, not a fictitious Betty Crocker or Capt'n Crunch.

This explains the dramatic increase in Farmer's Markets, which are a rapidly growing business. It also explains why the rights of farmers like Bernadette Barber (see page 6 of this newsletter) resonate so deeply.

"In an age when curiosity and scrutiny surround the purchase and enjoyment of food, President's Choice will remain Canada's most thoughtful and engaged food brand," said Galen Weston, executive chairman and president of Loblaw Companies, "Today's customer craves more distinct and exotic flavours. They crave more knowledge about what is healthy and what is not. They crave information about where their food comes from and how it is made.

"The President's Choice brand has led and served Canadian taste buds and food interests for three decades. We've never witnessed a time when our role as a food manufacturer and retailer has meant more. The modernization of our brand will mean more food innovation, greater consciousness around product sourcing and ingredients, and a heartier dialogue with Canadians who share our excitement and curiosity."

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 & a two-week menu plan, a *Foodlist* book containing thousands of acceptable US or Canadian brand name foods, a telephone and E-mail Help-Line, our Members' Facebook, a *Mail Order Guide*, a *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.

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