



# Pure Facts

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## Use Of Additives Under Tighter Restrictions In Sweden

Dr. S.A. Slorach, of the Swedish National Food Administration, noted at a meeting of the Toxicity Forum held in Geneva, Switzerland, earlier this year, that Sweden required labeling for tartrazine (yellow dye #5) as early as 1972. And in 1974 major restrictions were placed on the number of foods to which colors could be added. Today, in Sweden, synthetic colors may not be added to: infant foods, milk products, vanilla ices, fish or fish products, meat or meat products, or fruit. And azo\* colors are permitted only in cocktail cherries and caviar.

--Food Chemical News

\*Azo colors: a group of water insoluble dyes used chiefly for dyeing textiles.

## Dr. Anderson Finds Negative Effects From Food Dyes

Dr. Sally M. Anderson, research biologist at the National Institutes of Health, was the keynote speaker for this year's national convention at St. Paul, Minnesota.

Dr. Anderson noted that, "Behavioral alterations demonstrated in animal studies and in clinical trials (with children) provide evidence that erythrosin B (red dye #3) has neurobehavioral effects."

Although she pointed out that she believes, "synthetic food dyes do not affect all individuals and they do not affect everyone in the same way." Some scientists have found that tests done on rats injecting food dyes resulted in significant increases in the amount of time that the



Dr. Sally Anderson

animal was active and poorer performance in shock escape and avoidance tasks.

Dr. Anderson credited Dr. Feingold with providing the impetus necessary for the first serious investigations of artificial food additives and behavior and pointed out that the United States is far behind many countries in this area. "Dr. Feingold is primarily responsible for opening up the research area of food additives in this country," she said.

Pointing out that studies of food additives have generally been limited to coloring and MSG (a flavor enhancer) and that activity is the only area studied by behavior tests, she admitted that, "the literature is pretty

## Pacer Informs Parents of Their Rights

The Parent Advocacy Coalition for Educational Rights, Inc. (PACER), began as a Minnesota, state-wide organization of parents helping parents to understand and implement their handicapped children's right to a free appropriate education.

Virginia Richardson, a PACER representative, reminded FAUS convention delegates that Public Law 94-142 mandates that all school age children receive a free appropriate public education regardless of the nature or severity of the handicap.

She told parents, "You're there to get the best opportunity for your child and don't forget

HOW TO SURVIVE  
THE HALLOWEEN  
JUNKFOOD ORGY —  
SEE OCTOBER  
PURE FACTS

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## Feingold Diet Gives Mikeska Chance To Live Normal Life

*This article is another in the series of articles to acquaint **Pure Facts** readers with FAUS board members.*

Gene and Kathryn Mikeska were the parents of a four year old son who did all the appropriate things. And then there was their three year old who leaped over tables, tormented his brother and was described as the most active child his nursery school teacher had ever seen.

"My pediatrician reluctantly gave me a prescription for ritalin and we reluctantly gave him about four doses before I heard about the Feingold Diet," Kathryn admits.

"It took about two weeks before we really got good results because we didn't realize we were using a limeade with coloring in it. But he hasn't taken medication since and he's ten now."

Kathryn credits the Diet with giving her a chance to live a normal life with a person who wouldn't have a chance otherwise.

When she joined FAUS five years ago she immediately took over the responsibilities of membership chairman of her Texas chapter. Over a three year period she was instrumental in consolidating nearly all of the many Texas chapters into the F.A. of Texas.

She then advanced to the presidency of the Texas association and last year accepted the position of 2nd Vice-President of the national FAUS.

She strives for more national publicity and promotes additive-free lunch programs to mention just two interests of the sixteen committees she oversees as vice-president.

As she reflects back Kathryn



Kathryn Mikeska

says she is most proud of the strides the Feingold Association has made in Texas under her guidance. "I'm proud that someone in a little bitty town in Texas can get as much help as someone in a large city."

Kathryn Mikeska  
2nd Vice-President, FAUS

### FAUS Committees

Product Information  
Nominations  
Finance  
By Laws  
Legislative  
Program  
Education  
Convention  
Research

### Special Committees:

Scientific Advisory  
Publicity  
Collective Mark

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that. It's not your concern that the administrator doesn't have enough funds or that the teacher has too many students."

She also explained that the Buckley Amendment provides parents with the right to see all their child's records and to remove those they do not want to have in his file.

When dealing with the school Mrs. Richardson advised parents to 'write' rather than 'say', to go to conferences with a clear picture of what your goals are for your child, and make sure they focus on those goals.

Richardson said, "Special education parents grieve a lifetime. There are always things we know our children won't be able to do or be involved in." That is why we must stand with them and demand they receive what is lawfully theirs educationally.

For help or information in Minnesota write to: PACER, 4701 Chicago Avenue South, Minneapolis, MN 55407. Elsewhere contact: The National Committee for Citizens in Education (NCCE), 410 Wilde Lake Village Green, Columbia, MD 21044 (Call toll free: 1-800-NETWORK).

Adults on the Diet  
School Foods Information  
Travel Aid  
*Pure Facts*

## PURE FACTS

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Portions of the newsletter may be reprinted provided *Pure Facts* is cited as the original source.

To find the location of the nearest Feingold Chapter or obtain general information about FAUS, write to: Feingold Association of the United States, Inc., Drawer A-G, Holtsville, N.Y. 11742.



# Pure Facts

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## AIDS FOR THE TRAVELER

As a result of a recent survey of our Feingold Associations nationwide, the following products were suggested as being helpful to travelers. The list is small because the response was small.

If your association has a product you think might be a good idea, please let us know about it, so we can let everyone else know about it! Send your information to:

Travel Aid Committee  
2087-G Tucson Avenue  
Andrews A.F.B., Md. 20335

From the Feingold Association of the Washington Area:

- \* "SELECTIVE EATING GUIDE": This handy purse-sized booklet lists approximately 300 restaurants across the nation where you can find additive-free meals. It also includes many helpful hints for Feingold families traveling by car; motels; franchises, etc.

To order: Send \$2.50 to:  
SEG/FAWA  
6502 Acorn Court  
Camp Springs, Md. 20031

- \* From the Feingold Association of Northern Maryland:

MAPS: A Maryland State map is available free (include 35¢ for first class postage).

An extensive list of Maryland cities & towns and where to get street maps of them is available, also for 35¢ (printing & postage).

To order: Send 35¢ for each to:  
Feingold Association of Northern Md.  
2203 Springlake Drive  
Timonium, Md. 21093

Also available at no charge:

Maryland Guidebook, Maryland Calendar of Events, Campgrounds, Accommodations: Write to: Maryland Office of Tourist Development  
1748 Forest Drive  
Annapolis, Md. 21401

(Toll free # in Md. 800-492-7126; out of state 800-638-5252).

"Inside Baltimore" write to: Office of Promotion & Tourism  
110 W. Baltimore Street  
Baltimore, Md. 21201





\* From the Feingold Association of Merrimack Valley:

REFERENCE CARD: A handy pocket-sized card listing common food additives.

To order: Send 50¢ to: Feingold Assn. of Merrimack Valley  
198 Main Street  
Salem, N.H. 03079

If you are traveling locally through their area:

CONES: The Feingold PATH of New Jersey has "safe" ice-cream cones for sale. \$1.00 for 13:

Judy Lehman  
214 W. Maple Ave.  
Lindenwold, N.J. 08021

BREAD: The Feingold Association of Roanoke Valley has Eden Way Bakery Bread. Cost varies.

Roanoke Cooperative Assn.  
1330 Grandin Road, SW  
Roanoke, Va. 24015

messy. We don't really know that much."

But one thing that she has found is that, "behavioral effects of erythrosin B (red dye #3) after in vivo exposure of rodents to this food dye have been found for some behavioral measures and not for others." And that a genetic predisposition seems to exist which results in one strain of rat being more effected by red dye #3 than another strain.

One area where rats exhibited changed behavior was in nest building. The rats given red dye #3 built smaller nests. "I'm not sure what this means," Dr. Anderson admitted, "but my hypothesis is that hyperactivity is nonconstructive activity and building small nests is unconstructive activity and not behaviorally sound, in terms of survival."

Some tests have indicated that food dye binds specific brain enzymes thus inhibiting the reuptake of neurotransmitters by nerve endings. Therefore, messages traveling from brain cell to brain cell may be altered.

Dr. Anderson concluded that "further research is needed to clarify the present evidence for the neurobehavioral toxicity of food dyes and to assess possible behavioral effects of the vast number of artificial colors, flavors, stabilizers, emulsifiers and other compounds added to foods."

Her long term goal for such research is to initiate a policy of labeling food which contains dyes or other additives.

When asked by a delegate what effect this research has had on her personally Dr. Anderson thought for a moment then replied, "I wear much less lipstick."

## SCHOOL'S IN Make A Feingold Lunch With Pizzazz

*Does the new school year mean 180 days of packing peanut butter and jelly sandwiches in plain brown bags? this year surprise your Feingolder with variety and excitement when his lunch box hits the cafeteria table. Here are some ideas:*

**Is His Lunch Bag Boring?** Make the brown bag into a cat with yarn whiskers or a happy yellow smile. Paste pictures of cars all over it or let him decorate his own bag. Tape cartoons or jokes inside the bag or box.

**Are You Fighting The Importance Of Peer Attitudes?** Don't. It alienates your child. Next time you send a particularly tasty but unconventional lunch send enough for her friends to taste too. It may be the first time they have tasted melted cheese on a rice cake or peanut butter/dried milk/sunflower seed balls, and they might discover it's not so weird.

**Are You Making Her Be Different When It Really Isn't Necessary?** If taking sandwiches on adulterated, non-nutritious white bread is what everyone else is doing and she would rather die than eat anything else, feed her whole wheat at home but bake the school lunch bread with unbleached flour or find a bakery which makes Feingold safe bread and rolls. Many chapters have bakery shops which supply their groups with additive free bread on a monthly order basis. Or send:

**Lunches Without Bread!** For example: cold chicken (dip in beaten egg and crushed corn flakes\*, then fry); hot chicken cubes (same as above only cut in small cubes and put in warm wide mouth thermos); chunks of swiss cheese interspersed with slices of cooked, additive free hotdogs or fruit on a toothpick (put frozen kabobs into lunch box directly from freezer); slice mozzarella cheese on individual saltines\* and broil; a hearty soup in a wide mouth thermos; or celery stalks filled with melted cheese or peanut butter.

*\*select safe brands*

**Or How About:** beans and Feingold-safe franks in a wide mouth thermos, tuna with cheese chunks and bean sprouts in pocket bread, pancakes rolled and filled with peanut butter or cream cheese and jelly, a bag of peanuts or sunflower seeds, yogurt (frozen-it will thaw by lunch time) or popcorn for a treat.

### SUBSTITUTIONS

#### Instead of:

Hunts Pudding Paks

Hawaiian Punch

Ice cream money

Twinkies

#### Send:

Homemade pudding which has been allowed to harden in a wide mouth thermos.

Cranapple/lemon juice/pineapple punch (not for salicylate sensitive youngsters). Mix 1 can frozen cranapple juice, 1/2 cup Minute Maid frozen lemon juice, 1 cup pineapple juice, 1/2 cup honey and 8 cups water.

A box of yogurt popsicles to be kept in the freezer at school where he can request one at a time. Of course you will have to get your school's cooperation for this.

Homemade cupcakes. Make and decorate a dozen at a time and freeze them. Also, check health food stores for individually wrapped cookies and snacks. Sometimes pulling the wrapper off is as much fun as eating what's inside.



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## Chapters Report:

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...An Ontario Feingold mother discovered that newborn babies at a local hospital were given bottles filled with stale Coke or liquid red Jell-O if they were fussy!

--F.A. of Beamsville  
Ontario, Canada

...A Shreveport boy had been on the Diet for about a month when he ate two suckers at a school carnival and suffered a severe reaction. On the way home he said, "Mom, next time I want to go off my diet remind me about how I feel right now."

--F.A. of Louisiana

..."New Crispy Wheats 'n Raisins - a fantastic flavor your whole family will love." So says General Mills. What gives it that fantastic flavor? Here are the first 8 ingredients: whole wheat, raisins, brown sugar, sugar, honey, salt, corn syrup, malt syrup. Of these 8 ingredients, 5 are SUGAR. Raisins come close to being sugar. And salt is nothing to be proud of. That leaves whole wheat as the one and only ingredient worth talking about. Remember when cereal was made out of cereal?

--F.A. of the Washington  
(D.C.) Area

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## Additive Hotline

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The Coca Cola Company, while refusing to fill out the FAUS product information sheet has advised the Association that Coke is natural (the artificial coloring is a natural caramel color) and adheres to specifics of the Feingold Diet. FAUS still feels they cannot endorse Coke because of the exorbitant sugar content and the caffeine.

\* \* \*

Shiloh Farms' banana nut loaf contains unsulphured molasses and cider vinegar. It is acceptable on the Feingold Diet but salicylate sensitive people should use caution.

\* \* \*

Rumford Baking Powder is all natural and acceptable.

### What is FAUS?

The Feingold Association, founded in 1975, is a volunteer, non-profit organization made up of parents and interested professionals dedicated to improving health and behavior of hyperactive/learning disabled children, and similarly affected adults, through the Feingold Nutritional Program. This program is based on the elimination of synthetic colors, synthetic flavors, BHA, BHT and naturally occurring salicylates from our food supply.

**S**is for **synthetic food dyes**. One of the five major categories of additives restricted from the Feingold Diet because they trigger hyperactive behavior.

**E**is for **erythrosin B** (red dye #3). A member of a class of fluorescein dyes that elicit hyperkinesis when ingested by susceptible children.

**P**is for **pesticides**. One category of environmental pollutants which have been linked with central nervous system disorders and mental diseases. Pesticides enter our bodies when we eat foods sprayed with the chemicals.

**T**is for **tumeric**. An aromatic pepperlike herb. Used as a natural yellow coloring in many products.

Most of the above information came from the FAUS booklet, **Focus On School Foods**, a hard hitting approach to additives in our food supply. The booklet identifies specific additives, explains how they ended up on our plate and why they're still there despite the fact that their usefulness is often nonexistent and their safety is questionable. To order a copy of this invaluable booklet send \$2 to: Dianne Nixon, FAUS/EAC, Houston, Texas 77063

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## YES

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I want to receive all the informative future issues of **Pure Facts**. Enclosed is my check for \$12 for one year.

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