



# Pure Facts

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## Why Does the Feingold Assoc. Allow Sugar When It Isn't Healthy

by Jane Hersey

"Feingold cooking is like Betty Crocker without the additives," commented one member.

The primary goal of the association is to help the new family learn to shop and cook without using synthetic colors, flavors, and certain preservatives.

When you're a part of the Jell-O generation (as was this writer), just getting rid of some of those additives can be challenge enough, without trying to deal with sugar as well.

The majority of children who begin the Program are accustomed

to highly-sweetened foods. Gaining and keeping their cooperation is essential for the success of the diet. After the child's behavior improves and he feels better in general, he will be much more receptive to learning about good nutrition.

Even the family making no effort to reduce sugar intake, will accomplish this by following the Feingold Program. The removal of synthetic colors, flavors, and some preservatives from our diet means that the majority of highly-refined, over-processed packaged foods go as well. These products are so devoid of real flavor, they depend heavily on sugar and salt to give a sensation of taste.

Yes, the Feingold Program allows sugar, but we recommend the reduction of it (whenever it's possible to do so without risking mutiny on the part of children or spouse).

- The Feingold Cookbook (page 16) describes reducing the sugar called for in recipes.
- If candy or a high sugar dessert is served, control intake by making the portions small.
- Timing is important. Sweets on an empty stomach can bring about a not-so-sweet behavioral reaction. But the same treat eaten after a nourishing meal may cause no problem at all.

## Additives Given Permanent Status

The list of synthetic colorants given permanent status by the FDA has grown by three. According to *FDA Consumer* (January 1983), FD&C Blue No. 1 has been approved for use in externally applied drugs and for general use in cosmetics, except in the area of the eye, and D&C Red No. 27 and D&C Red No. 28 are approved for general use in drugs and cosmetics.

Feingold members are reminded that when a substance is applied to the skin more than half of it is absorbed and could cause a reaction in a sensitive individual.

## Tolerance to Sugar Varies, Dr. Feingold Found

by Dr. Ben Feingold

*The question is frequently raised, "Does cane sugar cause hyperactivity?" The answer is, sugar does cause hyperactivity in some individuals...*

*The quantity of any sugar that causes hyperactivity will vary from child to child. Therefore, what causes hyperactivity in one child may cause no disturbance in another child...*

*Then how is the optimal quantity of sugar or sugar products determined for the hyperactive child? It is determined by trial and error. By keeping a diet diary, recording precisely the quantity of each food item taken and the child's behavior, one can, in most cases, soon determine whether too much sugar is causing hyperactivity...*

*It must be recognized that on an empty stomach the absorption of simple sugars and even white flour is rapid, leading to a lower tolerance. Taken with a full meal, the tolerance for simple sugars may be greater.*

*Therefore, do not offer a child a between-meal snack with a simple carbohydrate load, for example, cakes, cookies, candies, or ice cream, washed down with a bottle*

cont. on page 2

**p.2** *Feingold Moms Cook Nutritiously*

**p.3** *Sugarless Fudge*

**p.4** *Salad Dressing With More Sugar Than Coke!!!!*



## Welcome

**Mary Kistler** (F.A. of the Roanoke Valley), to the position of **1st Vice President of FAUS.**

**Karla Sisson** (F.A. of No. Md.), to the position of **Regional Director for Region 3.**

**Rose Sellman** (F.A. of No. Md.), to the position of **Subscription Manager for Pure Facts.**

**Peg Hosken** (F.A. of No. Md.), to the position of **FAUS Librarian.**

*Tolerance Varies, (continued from page 1)*

*of Seven-Up or lemonade highly sweetened with sugar...*

*The ideal program would be to cut down the consumption of all simple sugars immediately, not only cane sugar but also brown sugar, beet sugar, corn syrup, molasses and even honey. But realistically such a sudden reduction cannot be expected. A more workable approach would be a gradual phasing out or reduction in the quantity of simple carbohydrates present in the family diet.*

*(Taken from The Feingold Cookbook for Hyperactive Children by Ben F. Feingold, M.D., and Helene S. Feingold)*

## Feingold Moms Cook Up Good Nutrition

As they become more knowledgeable about nutrition and its effect on behavior, most Feingold members continue to improve the quality of their diet. Here are some things they have found:

- Eating sugar seems to cause people to crave it; as you eat less you may find you're satisfied with less.
- Most recipes will taste no different if you reduce the sugar by one fourth or one third.
- Cream cheese frosting does not require much sweetening, and can be substituted for canned and boxed chemical concoctions.
- Leave an unfrosted cake in plain view, and you may find your family has happily devoured half of it before you even get around to making the frosting.
- Bananas, dates, and coconut juice are some sources of natural sweetening; and many people prefer pear pie to apple since it tastes good without any added sugar.

In addition to removing sugars, Feingold cooks gradually learn ways to provide nutrition in disguise:

- Sugars appear to be less of a problem for most children if they are combined with a good protein source. Add nuts, seeds, or cheese to baked goods and snack foods.
- Substitute whole wheat flour for half of the white flour called for in recipes.
- Whole wheat pastry flour gives a lighter texture than regular whole wheat flour. It won't work in bread and rolls, but it's fine for cake and cookies.
- Replace a portion of cocoa in a recipe with carob powder. And test out cookies made with carob chips instead of chocolate chips.
- Make some of the nourishing old time favorites such as peanut butter or oatmeal cookies. (You'll probably want to reduce the sugar.)
- You can sneak some wheat germ and bran into most baked goods, and granola is a great addition to cookies and muffins.
- Try substituting granola for graham crackers in a piecrust. Coarse granola can be run through a blender or food processor.

Wonder Bread kids *can* learn to love bran muffins, but it doesn't happen overnight. Taste buds take time to readjust and new habits develop gradually. But once he's become accustomed to real food, it's not unusual to hear a Feingold youngster complain that the things he used to eat "taste funny."

--Jane Hersey  
FAUS president

## PURE FACTS

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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.

## Low-fat Milk That Tastes Too Good To Be True

Low-fat milk consumption increased 282% from 1960 to 1980 as more and more consumers began fighting the "battle of the bulge". But, according to an article in the *Washington Post*, low-fat milk might not be all it's trimmed down to be.

The *Post* notes that corn sweeteners and other sugar forms are often added to low-fat milk to improve the taste. FAUS has cautioned its members in the past about low-fat milk because vitamins added to the milk are frequently preserved. Now there is sugar to consider.

## Label Checking Not Enough

If you don't see any of the many names for sugar listed on the label you still might be getting it in the product warns Beatrice Trum Hunter.

"Food processors are not required to list the ingredients for more than 300 standardized types of foods. So vanilla extract may con-

tain sugar...or, salad dressing, another standardized food, also may contain unstated sweetening ingredients.

"Would you expect to find sugar in table salt? Probably not. But dextrose, a form of sugar, is added to iodized salt to stabilize the potassium iodide."

## Sugar By Any Other Name...

How many of these 76 terms do you recognize as sugar?

artificial sweeteners	kleen raw sugar
aspartame	lactose
Barbados molasses	levulose
beet sugar	liquid brown sugar
blackstrap molasses	liquid sugar
brown sugar	malt
buttered syrup	malt sugar
cane sugar	malt syrup
cane syrup	maltol
caramel	maltose
carob syrup	maltose syrup
confectionery sugar	manna sugar
cooking molasses	mannitol
corn sugar	mannose
corn syrup	maple sugar
cyclamates	maple syrup
date sugar	molasses
dextran	non-nutritive
dextrin	sweeteners
dextrose	pancake blend
diastase	pancake syrup
diastatic malt	rare food sugars
dried corn syrup	raw sugar
dried glucose syrup	refined sugar syrup
ethyl maltol	refiners' syrup
ethyl maltol	saccharin
fructose	sorbitol
glucose	sorghum
glucose solids	sucrose
glucose syrup	sucrose octaacetate
golden sugar	sugar beet extract-
golden syrup	flavor base
grape sugar	sugar syrup
high-fructose	table molasses
corn syrup	turbinado sugar
honey	xylitol
ining sugar	xylose
invert sugar	yellow D
invert sugar syrup	yellow sugar

(Taken from *The Sugar Primer* by Beatrice Trum Hunter)

## Skate Better With Coke

"A use for Coke has been found. My son, an avid skater, cleans his

skate wheels with it. He claims it really cleans dirt and corrosion."

--(F.A. of Florida)

## The Choice Is Yours

### Hippolite Fudge



**Ingredients:** Corn Syrup, Sugar, Water, Egg White, Starch, Artificial Flavor.

### FUDGE



To make Fudge, the manufacturer suggests adding the following ingredients to these listed above: sugar, evaporated milk, butter or margarine, chocolate chips or semi-sweet chocolate squares and chopped nuts.

### Carob Fudge\*

(No Added Sweeteners)

To make, use:

- ½ cup nonfat dry milk powder
- ½ cup dried unsweetened coconut shreds
- ½ cup carob powder
- water or milk or other liquid
- pure vanilla flavoring

Mix milk powder, coconut, carob powder and vanilla. Add enough liquid to form a thick paste and press the mix into a square 8" X 8" baking pan that has been buttered.

Refrigerate for a day or two until firm. Store for limited time in refrigerator or freeze bite-size squares.

## Make A Better Bagel

Help wipe away winter blahs with an interesting, protein-filled spread on that plain piece of toast or bagel. Karen E. Barkie, author of *Sweet and Sugarfree*, suggests making a Cranberry Cheese Nut Spread.

Combine 1 8-ounce package of cream cheese with 2 Tablespoons of milk, 1 cup chopped, fresh cranberries and ½ cup ground walnuts.



## Did You Know?

Product	% sugar
Shake 'N Bake* Barbecue Sauce	51
Quaker 100% Natural Cereal	24
Ritz Crackers*	12
Heinz Tomato Ketchup (ice cream only has 21%)	29
Coffee-mate*	65
Wishbone Russian Dressing*	30
(this is three times more than Coke)	

\*Not approved for Feingold Nutritional Program.

“A connection (exists) between food additives and hyperactivity, between low blood sugar and criminal behavior and between junk food and antisocial behavior.”

--The California Commission on Crime Control and Violence Prevention in a report published March, 1981.

## Associations Report

Many children experience problems once the windows are closed. Homes that have gas stoves, heat, clothes dryers, etc. are the ones we get reports on most. You may not even be aware that you have a leak. A gas leak will definitely make children appear as though they are never having a good day. You may blame it on diet when in fact it is because the child is inhaling gas fumes. Have your utility company check the house for gas leaks.

--F.A. of New York

## What is FAUS?

The Feingold Association, founded in 1976, is a volunteer, non-profit organization comprised of parents and interested professionals dedicated to improving the 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 TBHQ (anti-oxidant preservatives) from our food supply.

## Next Month:

• *What They Say and What They Mean (The Misleading Label)*

• *Cooking Up a Feingold Camp*



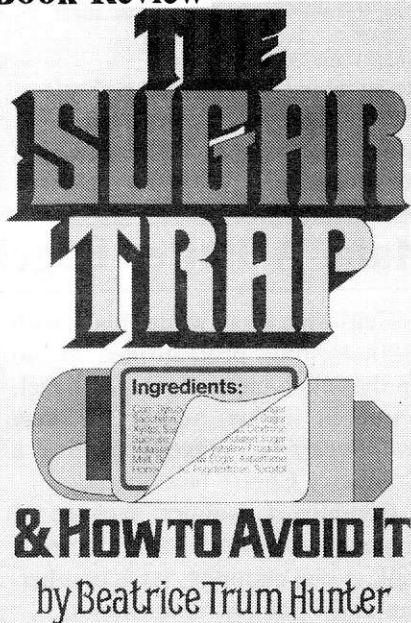
“Americans now eat 14 megatons of sugar each year. We believe that this 14-megaton bomb is contributing significantly to health problems.”

--The Center for Science in the Public Interest in a letter to Richard Schweiker, Secretary of Health and Human Services

“We don't need any added sugar in our food supply. We can get all the sugar that is needed by the diet in natural foods and vegetables.”

--Beatrice Trum Hunter to the 1982 National Feingold Association convention delegates.

## Book Review



## THE SUGAR TRAP

by Beatrice Trum Hunter

(Houghton Mifflin Company--\$10.95-hardcover)

The time is right for *The Sugar Trap*. We have just begun to seriously question the absurdity of our junk food existence which leads us to eat our weight in sugar each year while paying for it in the doctor's and dentist's offices.

Ms. Hunter has been crying the alarm for far longer than most of us have been listening, but we are listening now and her book opens our eyes to how we got into this bittersweet dilemma and how we can get out of it.

*The Sugar Trap* is a very readable book which notes the historic evolution of sweeteners and how the government has dealt with them. It discusses the many types of sweeteners we have unquestioningly used in the past and takes a look at those we might be using in the future.

*The Sugar Trap* is a sane look at what food interests would like us to believe is a controversial subject. It's a “must read” for Feingolders. ■