

Pure Facts



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Cancer Risk Acceptable to FDA

In 1958 Congressman Delaney introduced a rider to an appropriations bill. This clause called upon the Food and Drug Administration (FDA) to prohibit the deliberate addition to food of any chemical found to cause cancer in humans or animals.

The Delaney Clause is important to Feingold members; it was responsible for the removal of Red No. 2, Carbon Black and other additives from our food supply. These additives were banned because they were found to be carcinogens (cancer-causing agents) not because they can provoke behavior or learning problems. In fact, the FDA doesn't even have a procedure for evaluating the effect an additive can have on behavior or learning.

The Delaney Clause also prevented the introduction of many new, potentially dangerous chemicals.

For the most part, the food industry response has not been to seek safer alternatives, but to try to get rid of the Delaney Clause. They have finally succeeded.

Discover magazine (January, 1986) described the FDA's policy change as follows:

Under the new guideline, food additives and drugs in meat and fowl will be banned by the agency only if they have more than a one in a million chance of causing tumors

A similar threshold may soon be proposed for other foods, drugs, cosmetics, and other substances regulated by the agency.

In the late 1950's analytical techniques were fairly primitive, so ranchers were allowed by law to continue fattening their cattle with DES, which was then undetectable in the animals.

But within a decade, techniques had been developed that could spot several parts per trillion—effectively one molecule per cow—which meant that some hard questions had to be addressed: How high a concentration of cancer-causing substances can be left in food without posing a danger to human health? And just what is an acceptable risk?

FDA leaders have had a difficult time zeroing in on a figure for acceptable risk. They contemplated setting the risk figure at one chance in 100 million, but that was deemed too tough a standard.

Finally, the FDA settled on a figure a hundred times less stringent. Their decision was eased by one man's appreciation of the language of seduction: "I think we should make it one in a million," an FDA lawyer suggested late one night after many hours' debate during an agency "retreat" in Leesburg, VA, "because I've never known a girl I could lean over to and say, Darling, you're one in a hundred thousand."

The FDA's change of heart has dramatic implications. "Essentially, we now say that there are some risks in living that we must accept," explains Lester Crawford, director of the FDA Center for Veterinary Medicine. "Before, we said we were going to get rid of carcinogens. We've been disabused of that fantasy."

Busy Cooks Combine Diets— The Feingold Diet and Celiac Disease



Sharon Latta doesn't allow problems to stand in her way; she climbs over them.

Back in 1977 the Latta's son was successfully on the Feingold

diet but there was no support group to provide encouragement and assistance to families in Oregon. And there was no channel set up for them to share their good news with other families in their area. So Sharon and her husband, Tim, started the Feingold Association of the

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"Today, not only do we have thousands of additives so pervasive in our food supply it is difficult to avoid them, but the original function of additives has been altered.

"The primary reason for using an additive is no longer to protect and preserve the food supply. Today the majority of additives have an aesthetic or cosmetic function, i.e., to beautify food, to make it more attractive to the eye and more seductive to the palate. As a result, industry and their food technologists have overlooked almost completely the inherent risk factor in most of these compounds, particularly over the long term when carcinogenic and teratogenic alterations must be evaluated."

*Ben F. Feingold, M.D.
address to the California
Food Service Association
March 20, 1978*

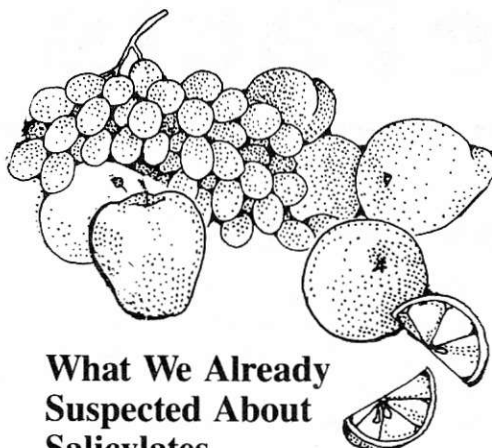
The Feingold Association of the United States, Inc., founded in 1976, is a volunteer, non-profit organization. The purpose of the Association is to support members in the implementation of the Feingold Program and to generate public awareness of the potential role of food and synthetic additives in the treatment of behavior, learning and health problems. This program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

Salicylates Scientifically Studied

This past summer the *Journal of the American Dietetic Association* published the results of research by three Australians, Anne R. Swain, Stephen P. Dutton, and A. Stewart Truswell. Their study was an analysis of the salicylate content of 333 foods in the Australian food supply.

Though few of the foods researched are also commonly available in the United States, the Feingold Association sincerely hopes that a similar study of salicylate content in the American food supply will be forthcoming.

A review of the information on fruits is presented here, and *Pure Facts* will discuss additional findings of the study in coming issues. If you or your family have extreme salicylate sensitivities, you may wish to read the article yourself. It is "Salicylates in Foods", *Journal of the American Dietetic Association*, vol 85, number 8, August 1985, pp. 950-960. Look in the library at your local college.



What We Already Suspected About Salicylates

It will come as no surprise to experienced Feingolders that the study found raisins and prunes to be the fruits with the highest salicylate content. They report:

"We found that most fruits contained considerable amounts of salicylates. Raisins and prunes had the highest amounts. Most berry fruits are signifi-

cant sources of salicylate... Apples showed considerable variation of salicylate content between varieties.

"Dried fruits have relatively high salicylate contents compared with their fresh counterparts because of the removal of water during the drying process. Heat processing for canning does not seem to affect appreciably the salicylate content of fruit. We had the impression that those fruits low in salicylate often have a less piquant flavor, e.g., mangos, pawpaws, and pears..."

Bananas, peeled fresh Packham pears, and an Australian brand of canned Bartlett pears were the only fruits tested that were found to have no measurable salicylate at all.

Editor's note: These are tests done on Australian products and may not necessarily be representative of their American counterparts.

Karen S. Garnett

Next Month: Salicylate Spices

Did You Know

The Feingold Cookbook is now in its 10th printing. Random House tells us they have sold over 200,000 copies of the softback version!

Dr. Feingold arranged for the royalties from the *Cookbook* to go to the Feingold Foundation for Child Development. The Foundation, in turn, donates funds to FAUS, so your purchase of the *Cookbook* goes full circle to come back and help you.

Both the *Feingold Cookbook* and *Why Your Child Is Hyperactive* may be ordered from FAUS.

<i>Softback Cookbook</i>	\$ 6.00
<i>Hardback Cookbook</i>	\$10.00
<i>Why Your Child Is Hyperactive</i> (softback)	\$ 8.00

The prices include the cost of postage.

Your Help is Still Needed

Consider a tax-exempt donation to the FAUS computer fund. So far we have raised \$2,025, which leaves \$1,475 to reach our goal.

Adult Feingolder's Questionnaire

Many thanks to all who have filled out the questionnaire in the Dec/Jan *Pure Facts* and sent it to Dr. Edwards.

The chemically-sensitive adult is seldom recognized or understood. We hope to gather information which will be of use in better understanding our adult members.

If you would like another copy of the Questionnaire, contact FAUS at our P.O. box.

You are Invited. . .

. . . to join Feingold representatives from all over the country at our **1986 Conference** to be held in Wheaton, IL (near Chicago) June 25-28.

Our hosts, Feingold PATH of Illinois, have selected beautiful Wheaton College as the site and are at work finalizing plans for speakers, workshops, and—of course—the very best in food.

The cost is \$225 per person. To receive additional information contact:

FAUS Conference
1804 North Summit Street
Wheaton, IL 60187

Attention: Label Readers

The food industry knows we look to see where the word "sugar" falls on the ingredients lists of breakfast cereals and other snacks. By law, products must list ingredients in order by weight.

According to Center for Science in the Public Interest, Kellogg has taken advantage of a loophole in the law which allows them to combine the different flour ingredients on the label so

they all appear before sugar. So, what used to read: "Sugar, Corn, Wheat and Oat Flour," etc., now reads: "Corn, Wheat and Oat Flour; Sugar;" etc.

This particular product still contains 46% sugar no matter how they say it. Watch those semi-colons if you are concerned about the sugar content of any processed food.

Lynn Murphy

Celiac disease, from page 1

Northwest. This organization provides help not only to families in Oregon, but covers the entire Northwest, including the state of Alaska.

The Lattas have worked both for their local association and for FAUS in many capacities, and with their colleagues, hosted the annual FAUS Conference held in Portland in 1982.

Sharon's schedule today is busier than ever. In addition to her full time job as business manager of her church, Sharon is co-authoring a book on children who need to follow a special diet. She draws from her personal experience as her daughter, Gina, has celiac disease.

Combining the Feingold diet with a gluten-free diet is not Sharon's only challenge. The Lattas also care for foster children, many of whom have been found to have allergies or sensitivities. She considers the lactose-free diet to be the hardest of all those she has encountered. Compared to it, "the Feingold diet is a breeze—it's so basic and easy."

Gina's diet eliminates wheat, oats, barley and rye; so Sharon substitutes foods made from soy, corn, potato or rice flour.

Food in the Latta household is seen in a very positive way, with the emphasis on those things which the entire family

What is Celiac Disease?

Celiac sprue is an inherited disorder affecting approximately one person in 2,500 in the United States. It goes by many names, including: gluten sensitive enteropathy, non-tropical sprue, idiopathic steatorrhea, celiac disease, and sprue.

The small intestinal lining of persons with this disorder is damaged by a protein fraction of gluten, called gliadin. Gliadin is present in wheat, rye, barley and probably oats, and these grains must be totally eliminated from the diet.

*Information provided by
The Gluten Intolerance Group
of North America*



can enjoy. The children understand their own dietary limitations and they keep tabs on each other—but generally in a cooperative way.

The most important advice Sharon offers families with multiple diets is to plan ahead. With plenty of 'safe' food on hand, there isn't much temptation to cheat.

In the Latta household, the planning and preparation of food has a high priority. With careful planning and plenty of cooperation from Tim and the children, Sharon is able to combine her active life with the special care her children need.

One of her favorite busy day meals is: meatloaf, baked potato and vegetable. Preparing meatloaf when you can't use breadcrumbs or oats was quite a challenge, so Sharon developed a recipe which uses tapioca.

She prepares the meatloaf recipe in quantity and freezes it in loaf pans. In the morning she puts a frozen meatloaf in the oven, along with baking potatoes, and sets the oven for timed bake. When she gets home, dinner is nearly ready.

Sharon is an active member of the Gluten Intolerance Group, P.O. Box 23053, Seattle, WA 98102. She highly recommends their packet of gluten-free "Great Recipes" ("\$16, but well worth it.")

PIC Report

Vita-Fresh Vitamin Company has responded to the FAUS inquiry form concerning their **Scooby-Doo Children's Chewable Vitamins**.

Although they are listed as containing All Natural Colors & Flavors, plus "no preservatives", the company reports that the fat-soluble vitamin preparations and the vitamin A Acetate contain **BHT**.

FAUS regrets it cannot approve this vitamin for use by our children, but the company's cooperation in providing this information is appreciated.

Liquor Labeling

In the latest step of a four-year long court battle, a U.S. District Court judge has ordered the Treasury Department to reinstate a regulation requiring alcoholic beverage producers to list ingredients on beer, wine, and liquor labels, or instructions on how to obtain ingredient information by mail.

Judge John H. Pratt ruled October 30 that the Treasury Department's Bureau of Alcohol, Tobacco, and Firearms had illegally rescinded the labeling regulation. He ordered the government to begin enforcing disclosure requirements by April 30, 1986.

The court's decision is the most re-

cent battle in the fight to require manufacturers of alcoholic beverages to disclose their ingredients. The effort began with a petition back in 1972.

*Nutrition Action
Healthletter 1/86*

Product Alert

FAUS has contacted the Richardson Vicks Co. to determine if artificial colors or flavorings are now being used in **Vicks Formula 44 Cough Mixture**. We are awaiting a response from the company.

The Feingold Association does not endorse or assume responsibility for any product, method, service, or treatment presented in this newsletter. This is provided for the reader's information.

Simple Rules for Pre-Teen Decision-Making

By Cyndy Witzke

We have a twelve year old Feingolder ... a bright kid who reads, writes, adds and subtracts, is an asset to his class according to his teacher, and claims abject stupidity when it comes to judging on his own whether a food is Feingold-safe.

It was easier when he was six. I always knew where he was (with me) and what he ate. I'd say "Yes, you can have this," or "No, you can't eat that." There were few kids in our neighborhood, so we imported friends for play, and I fed them from my bounty of Feingold-safe snacks.

Now we're living in a neighborhood with more kids than blades of grass. Our son is older, more independent, and most often at someone else's house, eating somebody else's snacks. "I can't remember the Safe Food List," he complains, "and I don't know how to tell what's ok to eat."

Despite the fact that my husband and I consider this excuse to be total hogwash, and short of tattooing the Foodlist on the child's arm, we have devised some easy-to-remember rules, geared to his and our incorrigible senses of humor. These are rules for him to use in judging an unfamiliar food item away from home. It's a non-judgmental approach he understands and accepts.

The scientific community will find flaws in our home-brewed approach, but we can live with that. (More important, we can live with our son!).

1. Read the ingredients. If you can't pronounce it, don't eat it.

2. Is there any color exactly like it in nature? (Nothing is inherently char-treuse.)

3. Does it promise to do things you've never heard of food doing before? (Pass it up.)

4. Is the grocery store offering 956 of them for 29 cents? (Don't even SMELL it.)

5. Does your grandmother remember it from her childhood? Why not? (Perhaps not for you.)

6. How long is the ingredients list? Does your mind wander while you're reading it? (No good.)

7. Does it stain your friend's sweat-shirt, teeth, and general attitude after he eats it? (Offer it to the dog.)

8. Can you add water to it and it's ready to eat? (Example: pudding, chocolate chip brownies, dinner for two...)

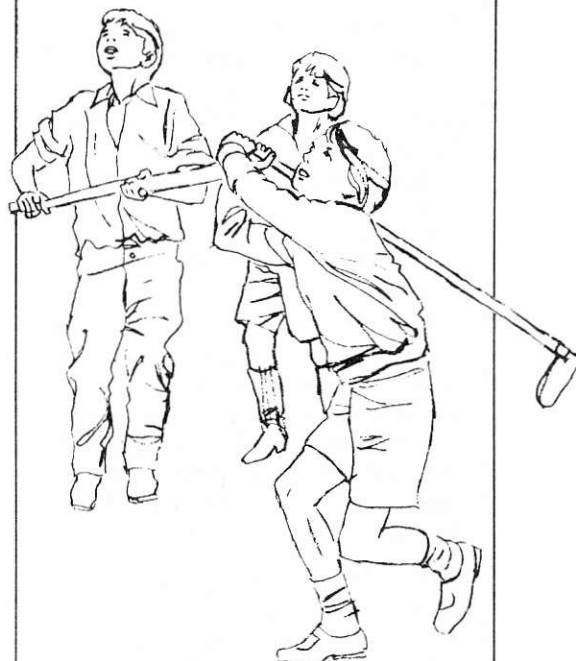
9. Would your mother offer you \$10 if you don't eat it? (As in Halloween candy. Go for the loot, but don't eat the goods.)

10. Does the worst behaved kid in your class pack it for lunch? (Don't trade with this poor soul.)

11. Offer it to the friend's cat first. Did he turn it down? (Questionable: it's either a veggie or loaded with additives.)

12. Would you like to have a poster the same color? (Avoid.)

Can't make a decision? This is your phone number; call your Mumsie, who loves you.



Free Pure Facts

Do you have a friend or relative who would enjoy seeing one of the articles in *Pure Facts*?

No need to clip your newsletter or take a pocket full of dimes to the copy shop. Send us the name, address and zip code of the lucky friend(s) and specify which issue you would like us to send.

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For further information write to: Feingold Association of the United States, Inc., Box 6550, Alexandria, VA 22306.

Here Comes Easter

The Attack of the Jelly Beans is not far away. Reach for your *Feingold Handbook* for hints on warding off the invaders and providing a basket of good goodies.

Also, review Dr. Feingold's comments on sugars of all types found on pages 14 and 15 of *The Feingold Cookbook*, and page 12 of the *Handbook*.

