

Pure Facts

Newsletter of the Feingold® Associations of the United States



July/August, 1986

Vol. 10, No. 6

Now that we've found out "where's the beef," we may find out what's in it.

Burger King and Wendy's have announced that they will be providing brochures listing ingredients. McDonald's and Roy Rogers will also provide pamphlets, but only to customers in New York.

"Americans have the right to eat healthy or unhealthy foods, but they also have the right to know what they're consuming," said Rep. Stephen J. Solarz (D-NY), who introduced legislation requiring fast-food chains to provide ingredient information.

The bill, identical to one proposed by Sen. John H. Chafee (R-RI), would require restaurants with 10 or more outlets to list ingredients on food wrappers or on a wall poster.

Most industry spokesmen oppose such legislation. Some say consumers have no appetite for ingredient information. Others favor voluntary use of brochures and say that printing information on wrappers is not only costly but impractical.

Fast Food Labeling

Some Good News



"With the thousands of combinations of condiments and foods, what would we do? Consumers would need a magnifying glass to read the tiny print on a wrapper," said Wendy's spokeswoman Linda Packer. "We would have to re-do all the packaging and that cost would be passed on to the consumer. Would consumers want to pay a nickel more to read that their burger is made of beef?"

(Editor's note: If the burger were made only of beef, packaging labels would be easy to print and read.)

Current law requires that most packaged foods sold in grocery stores list ingredients. Last summer, Center for Science in the Public Interest, a Washington DC based consumer group, asked all 50 states to apply the existing package food labeling laws to fast food as well. So far, only New York Attorney General Robers Abrams has responded.

Abrams asked fast-food chains to voluntarily supply information to New York residents. McDonald's and Roy Rogers officials agreed to make information available within the state for one year on a trial basis. Wendy's and Burger King representatives say plans to provide ingredient brochures nationwide were already underway.

"But I don't see how brochures will change anything," said Burger King representative Jo Hutcherson. "People aren't expecting us to be a health food store."

from information provided by Nora Zamichow of the Washington Post.

FDA Seeks Information on Food and Additive Reactions

The Food and Drug Administration (FDA) has sent a bulletin to physicians and other health professionals, requesting information on adverse reactions to foods and/or food additives.

The bulletin states, "FDA's Center for Food Safety and Applied Nutrition (CFSAN) is currently monitoring adverse reactions due allegedly to sulfiting agents and aspartame and wishes to receive reliable information on serious reactions that appear to be strongly associated with these or similar food additives, foods, and dietary practices or products."

The form, which is available from the FDA in Rockville, MD, is called the "Adverse Reaction Report." Feingold members are encouraged to alert their physician, dentist, or other health professional to severe reactions they experience from any synthetic food additives.

The Feingold Associations of the United States, Inc., founded in 1976, are non-profit volunteer organizations whose purposes are to support their members in the implementation of the Feingold Program and to generate public awareness of the potential role of some foods and synthetic additives in behavior, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

1976 * Celebrating a Decade of Service * 1986

Conference '86 Report

FAUS's 11th Annual conference, held in Wheaton, Illinois, was a time of growing, sharing, learning and recommitment to carrying on the work begun by a physician who cared about our children.

Our gracious host was PATH of Illinois, providing for our needs and comfort. Lovely Wheaton College was the setting, just a short drive from Chicago. Speakers were: Paul Stitt, Beatrice Trum Hunter, Preston Edwards, M.D., Ruth Aranow,

Ph.D., and Estelle Bradley. We learned about topics including; food processing, scientific research on the causes of hyperactivity, adult symptoms, and new approaches to learning disabilities.

The 12th Annual conference is already in the planning stages. It will be held at Wagner College on Staten Island, NY June 24 to 28, 1987. Plan your family's vacation around Lady Liberty, the Big Apple, and us!

New FAUS Board Elected



Barbara Keele

Barbara Keele of West Liberty, Iowa, has been elected to serve as President of the Feingold Associations of the United States.

Having lived on both coasts — California and Pennsylvania —

Barbara chose to go to school in the Midwest, and graduated from Cornell College in Iowa. Here she met her husband, Jim, who now practices law in West Liberty.

Sons Doug, age 8 and Jeff, age 4 keep Barbara busy, as does the family project of fixing up an old Victorian house.

Barbara has been active in the General Federated Womens Clubs. She served as Junior Club President, and held various posts at the state level, including junior special project chairman on food sensitivity.

She has served both as Regional Director for the Midwestern states of the Feingold Association, and has just completed a term as First Vice President.

The new FAUS Board of Directors include:

1st Vice President: Jane Adams, Philadelphia, PA

2nd Vice President: Markey Dokken, Los Gatos, CA

Secretary: Pat Palmer, Center Moriches, NY

Treasurer: Don Pardonner, Wheaton, IL

Region 1: Marie Ralbusky, Collingswood, NJ

Region 2: Wendy Glass, Baltimore, MD

Region 3: Linda Minzenberger, Birmingham, AL

Region 4: Karen Dorries, Metamora, MI

Region 5: Bob Krueger, Milwaukie, OR

Standing committees are:

Bylaws: Nicki Heilesen, Sandy, UT

Conference: Judy Schneider, Staten Island, NY

Education/Research: Jane Hersey, Alexandria, VA

Nominating: Annette Miller, Merrick, NY

Product Information: Barbara Ballmer, Colorado Springs, CO

Mark, Matt, and the 'Strawberry'

My family doctor initially suggested the Feingold diet for my younger son, to help him get the dark circles from under his eyes. Dr. Kearns felt that it might help his behavior as well.

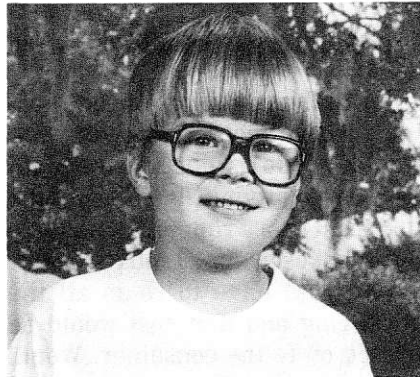
Mark, at 4½, was a "toucher." He was clumsy, had a short attention span, and would sit still and seem to "go somewhere else" in his mind. He disturbed others, was argumentative and could not follow directions. He could not hold his pencil or crayon firmly.

Mark was plagued by upper respiratory disturbances and ear infections which caused a hearing loss. He was diagnosed as having an astigmatism and as being nearsighted. At age 3½ he walked on his toes, still drooled, and was very uncoordinated.

He was behind the younger children in social development, had speech problems, and just did not seem to be where he should have been in his overall development.

Thanks to the Feingold diet Mark has come very far. His coordination has improved. The ear tubes are gone, his hearing is normal and he passed from first to second grade.

When he is "off the diet," he slides along our 28 ft. long hallway, using his shoulder to guide him to his room. When he is on the diet, he can use the middle of the hallway and walk.



Mark Anthon

I also put my older son, Matt, on the diet. About ten days later, his teacher cornered me at school and wanted to know what happened to Matt! She said that he could sit still at his desk now and listen, that he did not talk all the time, and that he could stand in line to go to lunch without climbing the wall. She was amazed at the change in his behavior.

Matt is my child who used to run around in a large circle in the living room after playing outside all day. His attention span allowed him to watch one cartoon out of three in a thirty-minute show. He would wiggle while he watched TV, and, if his body was still, his mouth wasn't!

Continued on page 4

Dear Pure Facts

We have recently moved to a new town. It's discouraging to find that the people here don't seem to know about the Feingold Program.

Although she is only 4 years old, my daughter has been so good about staying on her diet. But I'm concerned about the food she will encounter at the homes of neighbors and at school when she starts attending this fall.

She is sensitive to nitrites and the few health food stores in the area don't have the hot dogs, bologna, etc., we used to be able to get at our former home.

Do you have any suggestions for a busy mother of three?

Yes! There is a great deal you can do, and none of these suggestions require much of your time.

- Pull out the enclosed booklet on acceptable Feingold snacks and give copies of it to your neighbors. (Write to us for more copies, if you like.)
- Send in the name of your child's kindergarten teacher and we will send her literature on the Program. (If her class is typical, there will be several other children who clearly need the diet.)
- Would you like to meet other Feingolders in your area? Let us know if you are willing to host an informal get-together, and we will send out letters to others in your nearby area, inviting them to call you.

The best way to make life on the Program easier is to find other families using the diet. If the local health food store owners know they have a market for nitrite-free meats, you won't have any trouble being able to buy them . . . or any other product, for that matter!

Ban on Dyes Delayed . . . Again!

For the 30th time in 23 years, the Food and Drug Administration has postponed a decision on whether to ban six widely used food and drug dyes, four of which have been shown to cause cancer in laboratory animals.

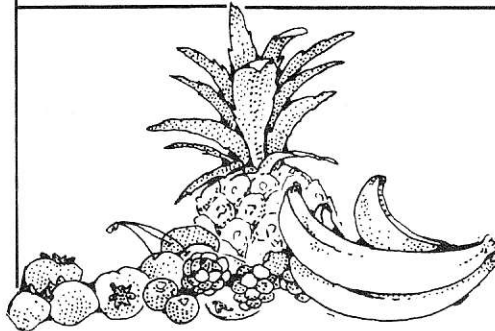
The agency said action on the dyes will be delayed for a few months or a year for further scientific review. But consumer advocates and some members of Congress charge the postponement is due to industry pressure.

Last year, Public Citizen filed a lawsuit to require the Food and Drug Administration to reach a fin-

al decision on 10 color additives. Since then, the FDA approved one additive (Yellow No. 5) and deferred a decision on three (Red Nos. 3, 33 and 36.) The June postponement covered the remaining six dyes, Yellow No. 6, Orange No. 17, and Red Nos. 8, 9, 19 and 37.

The Public Citizen suit is expected to go to trial this year. If the FDA loses the case, it will be forced to ban at least six of nine dyes — which the agency has acknowledged are carcinogenic (cancer-causing) — and possibly the remaining three dyes as well.

Public Citizen



PIC Report

The following **Dole Fruit 'N Juice Bars** can be added to your foodlist:

- Pina Colada (CS)
- Banana (CS)
- Raspberry (CS)
- Dark Sweet Cherry (CS)

Low Salicylate Foods Studied

Fifth in a series of articles on salicylates

Some groups of foods tested for salicylate in the Australian study previously reported in *Pure Facts* have been found to be very low in salicylate content. Swain, Dutton and Truswell report (*JADA 85, p. 951*):

"Salicylate levels in nine whole-grain cereals are negligible . . ." The tested cereals with no salicylate are: arrowroot powder, unpearled barley, buckwheat grains, millet (both grains and hulled), oatmeal, brown rice, white rice, rolled rye, and wheat grains.

"Beef, lamb, pork, and chicken all have negligible salicylate content . . . Only two fish have been

analyzed so far, and both contain no salicylate. Oysters have none; prawns and scallops . . . have . . . very small amounts.

"Dairy products, including cheese, do not contain appreciable amounts of salicylates."

The researchers also report that cocoa and carob contain negligible amounts of salicylate.

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: Beverages and Salicylates

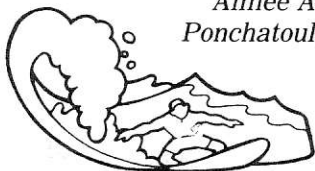
The Feingold Associations do not endorse, approve or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold foodlist, or the discussion of a method or treatment, does not constitute approval (or disapproval). The foodlists are based primarily upon information supplied by manufacturers, and are not based upon independent testing.

I'll admit I was as amazed as his teacher at the improvement the diet made in Matt. He was almost 7 years old at the time and was considered above-average in intelligence, but his work at school was disorganized and incomplete.

We have an interesting way of knowing when the boys are "on" or "off" the diet (in addition to the change in behavior). Each boy has a small red spot on his cheek that looks like a mosquito bite. The spot appears after eating a prohibited food; the "strawberry" is a visible indicator of an infraction.

The diet works for my boys . . . so much that I have volunteered to be the contact person for my area. Some of my friends who have put their children on the diet are helping me to organize a parent support group here in Louisiana to let everyone who is interested (and desperate) know that help is available.

Aimee Anthon
Ponchatoula, LA



Cosmetics

Thanks to an adult member, who passed this hint along: If you are having trouble finding a blusher which is free of synthetic dye, take a look at the shades of eye shadow now offered. You will find pinks and even red among the more traditional blues, greens and browns.

Federal law prohibits the use of "certified" (coal-tar/petroleum based) dyes in any cosmetics intended for use near the eyes. Thus eye shadow is required to be made from "uncertified" coloring, which is not believed to be a problem for most chemically sensitive people.

For greater detail on cosmetics which may be suitable for Feingold members, refer to your July/August 1985 issue of Pure Facts. To obtain a back issue, send your name & address plus \$1.00 to: PF-JUL 85, P.O. Box 6550, Alexandria, VA 22306.

The Right To Know . . .

About Lawn Care Chemicals

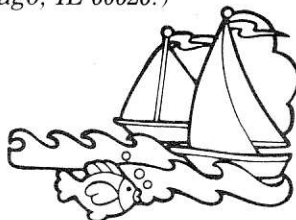
You may have trouble finding Wauconda, Illinois on the map, but for chemically sensitive members of the Human Ecology Action League (HEAL) it is a place of great importance.

In 1984 the Village of Wauconda adopted a landmark "Right to Know" ordinance, requiring lawn care providers to post notice that chemicals were being used.

Similar ordinances have been passed in Milford, Michigan and Prince Georges County, Maryland.

Be alert for reactions when you or your family members are exposed to chemically treated lawns this summer.

(For more information contact HEAL, 7330 North Rogers Ave., Chicago, IL 60626.)



Cleaner News

Science Digest (July, 1986) reports that newspapers around the country will soon begin using ink which is dye-based, rather than pigment-based. The new material is believed to be non-toxic and will not smudge as does the ink currently being used.

For those whose chemical sensitivities include reactions to newspaper ink, this news is good news!

Great Southern Laboratories has informed us that Oraphen PD (liquid pain and fever reducer for infants) will soon be back on the market. For more information you may call Great Southern Laboratories in Houston, TX. The number is (713) 783-2032.

In the Mail

"I am the mother of 9 children, ages 32 to 51.

"We have been a common country family which means what my children ate was home grown vegetables, home raised chickens, fresh fish . . . well, just plain home cooked food. There is quite a difference in the way children eat these days than when we were raising our children. And there is also a world of difference in the behavior in these two groups.

"I see little children mistreated and just wonder what in the world is wrong because they are so restless and so fidgety, sassy and uncomfortable.

"But since I have been reading about this problem I am beginning to understand that innocent children are suffering for what they are allowed to eat.

"I believe this to be true because we have experienced two ages of children and are now starting on the third — our great grandchildren."



FAUS Gains rights to

"FEINGOLD"®

The name "Feingold" is now a registered mark of the Feingold Associations of the United States, thanks to the efforts of our legal advisor, Tom Small.

In some places, you will begin seeing a small encircled "R" appearing after the name, to denote ownership.

This action was taken to ensure that any information appearing under the name "Feingold" accurately represents the Feingold Associations of the United States.

The familiar logo, our family of stick figures, and the slogan, "Nutrition is a Better Way," are also registered marks of the Associations.