

# Pure Facts

Newsletter of the Feingold® Associations of the United States



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## Thinking About College

When the Feingold member thinks about finding a college it's tempting to wish for one which serves "Feingold food." Alas, we don't know of any to recommend.

“**L**ook for the college first,” advises high school guidance counselor, Ruth Pearlstein. Narrow the choice down to a few, and then see what sort of arrangement you can work out with the administration at each college. It may require an adjustment as minor as assigning the student to a dorm which has a kitchen.

Pure Facts interviewed two college-age members who have been on the Feingold Program for many years. The good news is that they have been able to stay on their diet while living away from home. The relative ease with which they have combined college with their diet is the result of two important factors: motivation and reduced sensitivity.

Both are on the diet because it is their own decision: they assumed responsibility for their food choices years ago. And both have been on the Program for a long enough time that their sensitivities are no longer as severe.

They can be relaxed about an occasional infraction while eating out with friends, and are well acquainted with the subtle signs that tell them when it's time to get back to more careful eating.



“**A**t any college the food is fattening,” noted U of Pennsylvania junior Kathy Loewenstern, “and to stay slim you pretty much have to stick to salads, fruit and potatoes.”

Kathy passes up the breaded & deep fried, sauced, or greasy entrees served in the dining room, and avoids both calories and additives.

Since the cafeteria has a fairly good selection, she can always find suitable foods. Having been on the

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## Back To School

**I**t's back-to-school time, and for the most part, children and parents are glad to get back to a more structured pattern of living.

For the Feingold child it can be a time of added stress, not only because of the new situations they will be dealing with, but also the environmental factors.

As our chemically-sensitive children file back into freshly painted, cleaned and disinfected classrooms, they are bombarded with fumes that can cause reactions.

They will be using paints and markers, pounding colored clay, trading scented stickers and may be rewarded with multi-colored sugary treats.

This is a good time to meet the new teacher and alert him/her to your child's special needs. Consider lending your copy of *Why Your Child is Hyperactive*, or giving an early Christmas gift of the *Feingold Cookbook*.

*Colleen Smethers*

**C**ontact us for another copy of “Snacks for Kids” which appeared in last month's Pure Facts, or provide your child's teacher with a copy of The Feingold Handbook.

The enclosed flier, “Bright Child, Bad Grades” deserves a place on your school's bulletin board, or send in the name and full address of any educator who might be interested in knowing about our work.

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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

## Special School Issue

## Michael's Best Year

My 14-year-old son has been on the Feingold diet for one year, the best year of his life!

I remember seeing Dr. Feingold on the Phil Donahue Show in 1973. I couldn't understand why anyone would resist the idea that added colors, flavors and BHT, BHA, and TBHQ would change a person's behavior. Additives are synthetic chemicals and are like drugs in your system.

Why then, did I wait 13 years to put my son on the diet? I didn't know ALL of the facets of a person's life that would be affected. He never was "hyperactive" as the word implies, though I found out he did have certain "learning deficits."

Michael had a difficult time adjusting to junior high school. He could not get himself organized enough to remember homework assignments given early in the day.

***"Every child deserves the right and the opportunity to be the best person possible."***

He worried constantly about getting to class on time and, if he did remember his assignments, book, and lunch money he worried about remembering to turn the work in after he had done it. After nearly failing seventh grade, his ego was almost non-existent.



A great report card

Then a very dear friend told me about the same problems her son had sleeping, remembering, and worrying. I read her Feingold literature several times, thinking of all the nights I sat up with Michael, trying to get him to sleep.

That very afternoon we put the popsicles down the drain and made real lemonade pops. After only a

few days he began to stop worrying so much and began smiling again! He would go to bed and fall right to sleep — a restful sleep.

I've decided every child deserves the right and the opportunity to be the best person possible. The best place to start is to remove all the colors, flavors and the 3 preservatives from the day care centers and the school cafeterias. I plan to go back to school and earn a degree in

***"After nearly failing seventh grade his ego was almost non-existent."***

nutrition, promoting the Feingold diet. It's not fair to see children fed red Jell-O for lunch and later see them being reprimanded for a behavior problem, or see them so depressed about zeroes on forgotten assignments that they are certain the world would be better if they were not around.

My son has just finished his eighth grade year. Now he has two of the most important things possible to start high school — PRIDE AND SELF CONFIDENCE. His grades this year were above average, A's and B's. His intelligence has always been there. It was just "colored and flavored" and preserved too much!

Judy Soule  
Houston, TX

## College and LD

Opportunities for learning disabled individuals were set in motion with the passage of the Education for All Handicapped Children Act (better known as PL-142), and with the Rehabilitation Act of 1973.

Colleges receiving federal financial assistance are prohibited from discriminating against the learning disabled student in recruitment, testing, admissions, and treatment after admission.

Some colleges will waive the Scholastic Aptitude Test, and accept other evidence of the student's academic ability. Or they may permit tests to be untimed, or to be taken in a quiet room.

Taping of lectures, extension of time for completion of degree requirements, "talking books," and tutors are some of the options available to the learning disabled student at selected colleges.

Lovejoy's College Guide for the Learning Disabled surveys over 380 four-year colleges, and provides information on these schools, plus detailed information to assist the families of the LD student. (You may have to order it from your bookstore. \$9.95, Monarch Press.)

*News Digest*, the newsletter of the National Information Center for Handicapped Children and Youth has a special issue devoted to the learning disabled student and college opportunities. For a reprint, send \$1.00 plus a long SASE to FAUS/LD, P.O. Box 6550, Alexandria, VA 22306.

Your high school guidance counsellor may have directories of college programs geared toward the LD student, or may have access to such information via computer.

It would be worthwhile for them to purchase books such as: *College and the Learning Disabled Student* (Grune & Stratton, Inc., Orlando FL 32887-0018, \$24.50) and *Peterson's Guide to Colleges with Programs for Learning Disabled Students* (Peterson's Guides, P.O. Box 2123, Princeton, NJ 08540)

Additional resources:

The Association for Children and Adults with Learning Disabilities, 4156 Library Road, Pittsburgh, PA 15234

The Foundation for Children with Learning Disabilities, 99 Park Avenue, New York, NY 10016

The National Association of State Directors of Special Education, 2021 K Street, NW, Suite 315, Washington DC 20006

## De Minimus and Delaney

*Editorial Note: "De minimus" and the "Delaney clause" are two important names for the Feingold member to be aware of.*

*In the following article, the newly-adopted "de minimus" is used to defend high residues of methylene chloride in decaffeinated coffee. The Feingold Program does not address methylene chloride, but the policy behind this issue could as easily apply to synthetic colors, flavors, or preservatives.*

Public Citizen and the Consumer Federation of America have filed suit to force the Food and Drug Administration (FDA) to prohibit the use of methylene chloride to decaffeinate coffee.

Recent scientific studies conducted by the government's own National Toxicology Program and by the chemical industry show that methylene chloride, used in most decaffeinated coffees sold in the U.S., causes liver and lung cancer in laboratory animals.

Residues of 10 ppm (parts per million) are now allowed in coffee, in spite of the fact that FDA internal memos indicate that it could be reduced 1000-fold to 0.01 ppm.

The law requires FDA to ban the deliberate use of any substance found to cause cancer in humans or animals (the Delaney clause). However, the agency has recently begun assessing safety of food addi-

tives by using a "de minimus" exception. This means that if a substance is considered to cause only a "small number" of cancers that agency can decline to take action.

Some coffees are decaffeinated using a water process, but there are no labeling requirements to tell the consumer which method was used.

The administration's policy to allow the continued high level usage of methylene chloride has been attacked by Public Citizen Health Research Group. Director, Dr. Sidney M. Wolfe, notes the decision will not support the administration's stated goal to reduce cancer mortality 50% by the year 2000.

## Do You Drink Your Salicylates?

### Sixth in a Series of Articles

Swain, Dutton and Truswell report in their analysis of salicylate content in the Australian food supply (JADA 85, p. 951):

"Within the nonalcoholic beverages, salicylate varies widely from negligible in milk, cocoa, and decaffeinated coffee to a high . . . in . . . teas . . . .

"Teas are thus an important source of salicylate in the usual diet. We analyzed 18 different brands and varieties . . . .

"Of the alcoholic beverages, wines appear to contain about the same amount as grape juice . . . . Cider contains a . . . level similar to apple juices. We found that beer contains appreciable amounts, which was not previously reported in the literature. There was a big range of salicylate in the liqueurs that we tested, with Benedictine highest, presumably from one of the secret ingredients."

The beers tested are generally brands not available in the U.S. Benedictine, Drambuie and Captain Morgan rum, which all have high salicylate levels, are generally available in the U.S. Tested alcoholic beverages with no measured salicylate content were: Gilbey's gin, Smirnoff vodka and Johnny Walker whiskey.

*Karen S. Garnett*

**EDITOR'S NOTE:** These are tests done on Australian products and may not necessarily be representative of their American counterparts. Simply because a beverage has no salicylate content does not mean that it is automatically acceptable for use with the Feingold Program. It may contain other ingredients which are not acceptable.

**Next Month:** Does Sugar Contain Any Salicylate?



“Just like mother used to make! She was a chemical engineer....”

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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.

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diet for 8 years, Kathy has a good understanding of what to look for (less processed, fresh foods) and what to avoid (obviously brightly-colored foods, sauces, highly processed dishes).

Her friends like to bring their own bottle of salad dressing to the dining room, so Kathy's additive-free dressing isn't the least bit conspicuous.

There's always a good selection of sandwiches at lunch time: tuna, egg, and chicken salads, as well as sliced turkey or cheese. They present no problem.

Since the school Kathy attends is very large there are many food options: vendors sell fresh fruit on the campus, there is a Wendy's franchise in the student union, along with a yogurt place and one selling bagels.

Grocery stores and restaurants are nearby, including a Chinese carry out/restaurant where she can request foods with no MSG.

Like most freshmen, Kathy had to live in a dorm, but hers had a kitchen where she could prepare her own food. Stir-fried chicken fillet, egg dishes, salad and soup are some of her favorites.

As a junior, Kathy is now able to live off campus, so she is in total control of her diet. Staying on the Feingold Program isn't very hard for the student who wants to stick with it. But as Kathy points out, "I have to want to do it."

Allan Glanzman sent a questionnaire to the Food Service Directors of the colleges that interested him, and then telephoned those who responded positively. He received a wide variety of responses. Some directors were not interested in cooperating, while others were glad to open their kitchens and pantries to label-readers.

Having been on the Feingold Program for 12 years now, Alan has a clear understanding of his sensitivities — which additives cause the most trouble, and how "relaxed" he can be before he will begin to experience reactions. He is particularly careful during the time when exams are given, so he can concentrate more effectively on his studies.

Freshman year was a challenge for Allan since his dorm didn't have kitchen facilities.

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***They can be relaxed about an occasional infraction while eating out with friends.***

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Although he was able to eat in the dining room by selecting carefully and depending heavily on the salad bar, there were times he wanted to prepare his own food.

A smuggled toaster oven and frypan enabled him to "cook almost anything" in his room (while a sympathetic dorm advisor looked the other way).

A small refrigerator and stock of non-perishable foods completed the "kitchen."

Once he was able to live off campus, life became much easier. Today, as a graduate student, he prefers to cook on the weekend and freeze dishes for the coming week.



Kathy Loewenstern

"Nobody worries about being different in college," both Kathy and Allan noted, "because everyone's different!"

The homogeneity of high school — the concern about being singled out — simply didn't exist once these Feingolders got to college. Just about everyone eats, dresses, thinks, or lives differently, they found. And even if classmates knew they were on the Feingold Program, "Nobody cares."

One of the few characteristics that college students share is a dislike for the food provided, and a strong desire to seek out alternatives.

## Pure Facts

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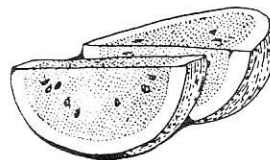
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For further information write to: Feingold Association of the United States, Inc., Box 6550, Alexandria, VA 22306.

## Watermelon Pops



Watermelon's wonderful . . . but what can you do with that big chunk in the refrigerator once it has passed its prime? Watermelon popsicles!

Cut out the red portion and discard the seeds. Whirl the melon in a blender and pour into popsicle containers. It always tastes fresh and good.

## Back to School from page 1

We will send them a complimentary copy of this issue.

Feingold kids need our help, but they especially need to know they aren't "the only one." Your efforts at educating the educators can result in your child finding a lot of company on his diet.

Literature available from FAUS:

July/August 1986 Pure Facts — free

September 1986 Pure Facts — free

Snacks for Kids — free

Bright Child, Bad Grades — free

The Feingold Handbook — \$3

The Feingold Cookbook, softback — \$6

The Feingold Cookbook, hardback — \$10

Why Your Child is Hyperactive (available in softback only) — \$8