

# Pure Facts

Newsletter of the Feingold® Associations of the United States



February 1987

Vol. 11, No. 1

## The Feingold Program and Sugars

When a colleague asked Dr. Feingold why he didn't add sugar to the list of forbidden substances he quipped, "I think I've already bitten off more than I can chew!"

**M**any people assume the Feingold diet forbids sugar; others criticize it because it permits sugar.

But for most families the reality is somewhere in between. Soft drinks are an occasional treat, not an everyday beverage. Desserts are served only after a nourishing meal. And servings of candy are small and rather infrequent.

The majority of children who begin the Feingold Program are accustomed to highly-sweetened foods. Gaining and keeping their cooperation is essential for success on the diet. After the child's behavior improves and he feels better in general, he will be more receptive to learning about good nutrition.

Elimination of several categories of synthetic additives is the primary focus of the Feingold Program. However, there are ways to cut back on sugar intake without making major changes in the family's lifestyle.

- The sugar in most recipes can be reduced by one quarter to one third with no noticeable change. (See page 16 of *The Feingold Cookbook*.)

- If an extremely sweet dessert is served, make 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.

- Whipped cream, sweetened with a little confectioner's sugar, makes a good frosting. Cream cheese frosting is a good choice. Like the whipped cream, it doesn't require much sugar, but the cream cheese frosting will keep much longer.

- A sprinkle of powdered sugar makes a cake look like it has been frosted; eventually the family may become accustomed to doing without the frosting altogether.

- Bananas, dates, and coconut juice are some sources of natural sweetening; and applesauce doesn't need sugar to taste delicious.

- Each time you make an apple or pear pie, try reducing the sugar a bit. You may find it much more flavorful.

- Sugar may be better tolerated if you combine it with a protein source, such as peanut butter, nuts, seeds, cheese. For example, the cream cheese and eggs in a cheesecake help to balance the sugar content.



**B**ig things will be happening in the Big Apple this summer as FAUS holds its 12th Annual Conference.

Feingold representatives, guests, and members will meet at Wagner College on Staten Island from June 24-28, to work, learn, and enjoy a visit to Miss Liberty.

The reasonable accommodations of a college campus, along with Feingold-safe food, make our conferences an ideal part of the member family's vacation.

Coming issues of *Pure Facts* will describe our guest speakers and the workshops to be offered. You have the option of staying for one night, two, or for the full Conference, and children are welcome.

Reservations should be made now in order to guarantee that space will be available. Rates will depend on the number of people registered.

Send your name, address, number attending, and number of nights you will be staying to: Judy Schneider, 240 Elverton Ave., Staten Island, NY 10308.

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 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 Issue on Sugars

## One Child's Reaction

Hyperactivity and learning disabilities are not the only symptoms which may respond to the Feingold Program.

Margaret Cuneo's daughter, Monica, began having severe nosebleeds when she was two years old. They were especially bad during the dry winter months.

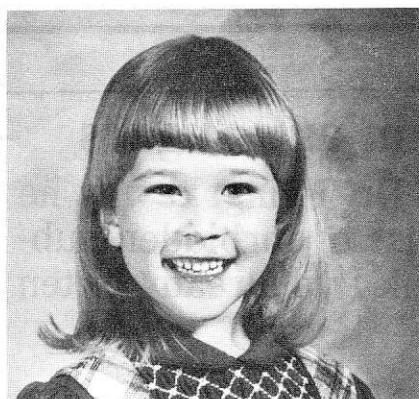
Margaret writes, "Her nosebleeds would come on suddenly after a jolt or bump to the head. I didn't realize at the time that Monica's poor coordination was caused by artificial coloring.

"Sometimes nosebleeds occurred in the middle of the night. I would be awakened by her screams of panic and find her face and pillow covered with blood.

"I noticed that when she was given children's chewable aspirin Monica developed severe bleeding. But the nosebleeds remained even after we discontinued using aspirin.

"Our doctor said the problem was caused by very sensitive blood vessels and that she would outgrow it. If we didn't want to wait that long, the only immediate cure was to cauterize the inside of her nostrils. That sounds painful, but wasn't. It also wasn't effective!

"Meanwhile, Monica kept getting her favorite foods: apples, oranges, peaches, grapes, strawberries, and the juices made from those fruits. I was also aware that there were certain things (such as Kool-Aid and some popsicles) that made Monica very wild and out of control.



**"Since we removed the salicylates from her diet, Monica's nosebleeds are very rare . . ."**

"After my neighbor told me about her daughter's special diet that eliminated unwanted behavior I attended a Feingold meeting. It was the first time I had ever heard about the similarity of salicylate foods and aspirin. I became a member.

"Since we removed the salicylates from her diet, Monica's severe nosebleeds are very rare — occurring only if she has a cold."

The Cuneos live in Apple Valley, Minnesota, and Margaret serves on the Board of Directors of the Feingold Association of Minnesota.

*Contributed by Sue Maldonado*

## Textbooks pour on the sugar

The Graduate Department of Public Health in Berkeley, California did a recent study on the nutritional message schools are giving their students. 1,666 readers, texts and workbooks covering kindergarten to grade three were examined.

Content analysis showed that 40% of children pictured eating were consuming sweets. Sweets dominated the focus of the pictures, leaving the rare appearance of fruits and vegetables to the background.

Of all foods described as good, delicious or liked, 40% were sweets, leaving a combination of the four basic foods groups a mere 48%.

The study concluded that schools were sending very mixed nutritional messages. The Superintendent of Public Instruction has advised that if publishers do not pull the offending references from the texts California will refuse to purchase the material.

by Alexander Schaus, Ph.D.  
from *Health & Nutrition Update*

One member reports that her 3-year-old daughter has been able to sleep through the night after going on the Feingold Program.

Like many of our very little members, she understands that what she eats has a lot to do with how she feels. When offered food, she asks her Mom, "Does that have bad dreams in it?"

## Is Honey Better than Sugar? Not For Everyone

*Dr. Feingold cautioned against excessive use of any sweetener; he did not feel that one was more desirable than another. The following letter illustrates one person's experience.*

"I figured that honey would be better for my child than sugar" writes one member, "so I put a teaspoonful of it on Adam's cereal every morning.

"Over a period of about 6 weeks

he had bouts of screaming, flunked a spelling test in school, and could not sleep well.

"Your October issue of *Pure Facts* told of possible salicylate levels in different varieties of honey, so we stopped using it on Friday. By the following Wednesday his handwriting returned to normal, he began sleeping well, no more tears, and his teacher says he is more relaxed now. Also, his test scores

have been 100s or only one or two misses.

"It had to be a salicylate buildup from the honey. Back to normal now. Thank goodness!"

**Editor's note:** American honeys were not tested in the study reviewed in the October *Pure Facts*. Please let us know if you see reactions to honey and specifically which variety(ies).

## Dear Pure Facts

**Q:** What kind of heating is recommended for the chemically-sensitive adult?

**A:** Electric heating! Kerosene, natural gas, and wood smoke are potential irritants for the highly sensitive child or adult. Most Feingold members need not be concerned about this, but if you notice unexplained reactions which show up during the winter season, it's something to consider.

**Q:** Is there a children's chewable vitamin we can use?

**A:** Yes, there are several:

### Stage I

**Fortunate Life** Childrens Chewable Multivitamin, Chewable Natural C\*, Chewable Vitamin E (CS)

**Freedra** Vitamins (Phone their office in New York for information on ordering: 212 MU 5-4980.)

**Nutrilite** (Amway distributors) Chewable Natural C, Chewable Vitamin E

**Thompson** Daplex for Children Multivitamin Supplement\*, Baby Vitaplex\*

## Dinner in a Hurry — Creamy Soup for a Chilly Night

Place about 4 oz. **noodles** in boiling water to cook.

Meanwhile, put the contents of two cans of Hain **Mushroom Soup** (Hearty Home-Style) in a large saucepan. Blend in 1 cup **milk**.

Add a can of boned **chicken**, or use leftover chicken or turkey, cut up.

Drain the noodles and stir them into the soup, along with some **frozen vegetables** of your choice.

Heat, stirring frequently, until the vegetables are tender. Serve with buttered whole grain toast. Umm. Serves four.

## Product Alert

Please remove the anticonvulsant **Tegretol 200 mg** from your Feingold Medication List. Thanks to several members who wrote that this medicine now contains dye.

*Pure Facts* learned that the dye added is FD&C Red No. 40, one of the petroleum based dyes prohibited on the Feingold diet.

Geigy, the pharmaceutical company which manufactures Tegretol, changed from a white table to the pink for purposes of easier identification. However, the company has received numerous objections from consumers and is investigating the possibility of another change in the future.

### Stage II

**General Nutrition Center** All Natural Chewable Childrens Vitamin (code 133)

**Golden Epoch Co.** Childrens Chews\*

**Nutrilite** (Amway distributors) Chewable Multivitamin & Iron Supplement

**World Organic Liquid Baby Vites** Vitamins

\*These products claim to have fruit flavorings (cherry, acerola) which are salicylate-free.

The Food and Drug Administration has permanently listed D&C ("Drug & Cosmetic") Orange No. 17 and D&C Red No. 19 as color additives for use in externally applied drugs and cosmetics. These dyes had previously been provisionally approved for use in drugs and cosmetics.

Feingold members may react to synthetic color absorbed through the skin.

Information from FDA Consumer, 11/86

## Nuts About It Eighth in a Series of Articles on Salicylates

Feingolders have long known that almonds contain salicylates. It has always been thought that other nuts contained little or no salicylate. Most nuts and seeds tested during the Australian salicylate study (*JADA* 85, pp. 956, 958) contain only low or moderate levels of salicylate.

Swain, Dutton and Truswell report that "almonds, water chestnuts, and peanuts (in skin) were moderately high . . . . Other nuts contained small to moderate

amounts. Sesame seeds, poppy seeds, and sunflower seeds . . . contain negligible amounts of salicylates." The fresh almonds and an Australian brand of canned water chestnuts contained almost 2½ times the salicylate found in the fresh shelled peanuts in the skin. Peanuts without the skin were not tested. A single brand of Australian peanut butter was tested and found to have one quarter the salicylate of the fresh peanuts in the skin.

Fresh cashews and hazelnuts (fil-

berts) had the lowest salicylate levels of all the nuts tested.

**EDITOR'S NOTE:** These are tests done on Australian products and may not necessarily be representative of their American counterparts. This report is solely informative; do not routinely eliminate any foods unless you observe a definite adverse reaction to the particular product.

Karen S. Garnett



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.



## Fast Food Labeling: Update

"Bad news for consumers: The Food and Drug Administration (FDA) has decided to respect the wishes of the restaurant industry by rejecting CSPI's (Center for Science in the Public Interest) petition for ingredient labeling of fast foods.

"While the agency has a long list of objections to the labeling petition, the bottom line seems to be that it does not have enough inspectors to monitor and enforce the new policy.

"Meanwhile, Congress is considering legislation that would order the agency to require fast food ingredient labeling. If passed, such legislation would strengthen already-negotiated agreements between state attorneys general and major fast food chains in 17 states. These agreements call for the chains to provide consumers with brochures listing ingredients of foods upon request."

*Nutrition Action Healthletter, 11/86*

## Poster Contest

This year we would like to have our younger members help us in making Conference look special. We invite you to draw your own poster on an 8½ x 11-inch sheet of unlined paper.

The topic for the poster is: "How I felt before and after I went on the Feingold diet."

All children submitting posters will receive an award. One child in each age group will be selected during the Conference to receive a special prize. (The children need not be present at the conference in order to participate in the poster contest.)

The age categories are: 2-4, 5-7, 8-11 and 12 & up. Posters should have the child's name, address and age on the back. Mail your poster to: F.A.N.E., 67 Harned Road, Commack, NY 11725.

If you have questions, comments, or suggestions, please contact me at (718) 356-5581.

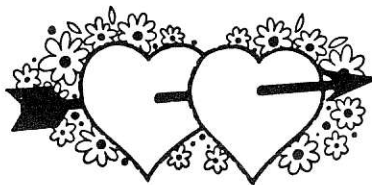
Judy Schneider,  
Conference Chairperson

## Welcome, New Members!

Welcome to the many new families who learned about us from our recent publicity; we are still receiving a great deal of mail. Most of it now comes as a result of people who passed the information on to a friend.

One inquirer wrote: "I saw your address in the paper and decided, on the spur of the moment, to cut it out and keep it in my Rolodex.

"Lo and behold, yesterday while talking to a very dear friend, we were discussing her son's health. He's four and has allergies. It is affecting his hearing and appears to be quite severe. When it flared up before, the decongestants and antibiotics did not do any good . . . Now it is worse and we are seeking further information to help us figure out what to do . . . I know this information is greatly needed by many people and I am very grateful for your service."



## A Message to 'Old' Members

Our new member families need your help. If you have had 6 months or more of successful experience on the Feingold Program, you may qualify to be a Diet Assistant.

Feingold Diet Assistants are volunteers who are willing to accept phone calls from new members, suggest stores which carry the products on our Foodlist, and offer a helping hand in beginning the Program. It requires very little of your time, and provides tremendous satisfaction in return.

Contact either FAUS or your local association for more information on becoming a Diet Assistant. It's a great way to meet the People Who Care.

## Study on Sugar and Hyperactivity

A recent study on the effect of sugar on hyperactive children found some areas of agreement with observations many Feingold parents have made over the past decade. But there was a major area of disagreement: the potential effect of sugar when consumed on an empty stomach.

The following information is from an article published in the November issue of *Clinical Psychology News*:

"The effect of sugar in hyperactive children appears to depend on the content of the prior meal, C. Keith Connors, Ph.D., said at the annual convention of the American Psychological Association.

"Sugar by itself or following a predominantly protein meal appears to have relatively little effect on hyperactivity in children, but a large amount of sugar following a predominantly carbohydrate meal increases hyperactivity.

"Thirty-eight hyperactive children were given a sucrose challenge following a carbohydrate meal or protein meal after fasting. The children who had the carbohydrate meal had a drastically increased number of errors of commission and omission on testing and an increased reaction time (compared to those given a sucrose challenge after consuming a protein meal)."

## Pure Facts

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*Pure Facts* is published ten times a year. Subscription rates: \$12 per annum in the U.S., Canada and Mexico; \$16 elsewhere (payable in U.S. currency).

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