

Pure Facts

Newsletter of the Feingold® Associations of the United States



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To Tell or Not to Tell

It's a new year, new class and new teacher. Do you let them know your child is "different"?

We don't have any perfect solution to this question, but we can share the experiences of some of our members. Here are the approaches taken by two different Feingold moms.

New Jersey Mom

reprinted from the newsletter of Feingold PATH of New Jersey

It was September and my 5 year old daughter had been on the Feingold Program for 3 years, with fantastic success. Her attention span is great, she



can now follow directions and no longer shows that Jeckyl/Hyde behavior. She is calm and cooperative and shows no signs of being a special child.

Now the problem: what do or don't I tell her teacher? Do I say nothing and cross my fingers that none of the old behaviors return, or should I tell her teacher everything and force a possible label on my precious daughter? (This decision was even harder for me because I was a teacher and I know children are talked about and labeled.) Do I place a label on her before she even starts school, or let the teacher contact me if there is a problem?

Well, I chose not to tell her teacher. Instead, I pinned a little sign (about the size of a name tag) on her dress. It read "please do not feed me ... I'm allergic". I know this is a half truth, but everyone

seems to accept allergies and I wasn't sure how they would accept "hyperactivity".

November and parent conferences finally rolled around, and with much apprehension I walked into the conference. The teacher told me my daughter was an absolute delight and one of the best in the class.

She also asked about her allergies, wishing to help my daughter out.

Beaming from head to toe, I then proceeded to tell her about the Feingold Program and how much it helped my daughter. To my surprise, she asked for literature because she knew several students who could benefit from such a program.

After this experience I realized I had nothing to fear and the next year I made

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School Year Calendar

All Feingold members will be receiving the first FAUS School Year Calendar, which runs from September 1988 through August, 1989.

Each month contains seasonal hints to make life on the program easier and more successful.

It's a great way to introduce a friend, relative, or professional to our program. You will be receiving a form explaining how you can order additional copies.

If you joined the association after this mailout was completed, or live outside of the United States, you can receive your calendar by contacting your local association or FAUS. A \$4 donation would be appreciated.



Coolers and the Feingold Program

Fast foods are getting better and so are snacks, but just when it looks like life is easier, another problem awaits the Feingold teen.

It's called wine coolers, one of the most successful advertising and beverage industry coups of our time (ranking in the same league with Nutra-Sweet).

Advertising for coolers is directed to the highly profitable teen and young adult market. They taste like Kool-Aid, are packaged like sodas and boxed drinks, and give the illusion of a carbonated low calorie fruit juice with just a dab of alcohol.

In fact, coolers typically contain 50% more alcohol than beer. And the youngster who consumes the full 12 ounce serving can take in more alcohol than is found in a mixed drink.

Although wine coolers give the illusion of being juice based drinks, some actually contain no juice at all. Label readers may find it difficult to learn what is in these beverages. Anne Montgomery of Center for Science in

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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 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.

College for the Learning Disabled Student

If you have a high school student with learning problems, don't conclude that college is out of the question.

A growing number of colleges – including some highly selective ones – are providing assistance for the learning disabled student who is otherwise qualified.

Learning Disabled College Students Program

Farleigh Dickinson University in New Jersey has recently announced such a program which is being held at their Teaneck-Hackensack Campus.

Students begin the program with a special two-week summer orientation session, designed to familiarize them with college life and introduce them to the computer as a learning tool.

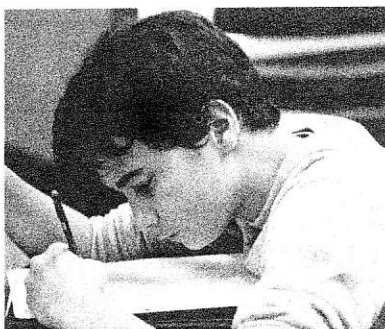
During the academic year, students will meet individually with certified learning consultants for academic support. Counseling will be available on an as-needed basis.

More information is available by calling the Program Director Dr. Mary Farrell at (201) 692-2089.

A New Approach

DeSisto College in Florida is a new college designed for the student who has learning difficulties.

A Feingold member whose son is a student at DeSisto writes, "The college is small and is located in an ideal setting near Orlando. The program involves a total approach, including a well



designed and structured educational curriculum, counseling to address emotional concerns and a wide range of social activities.

"It is unique in offering a comprehensive four year program for students with learning disabilities. The administration and faculty are highly competent and dedicated.

"While the college does not follow the Feingold diet as such, it does take a natural approach and is careful about sugar content. Nutrition is covered as part of the physical education program."

A program this comprehensive is understandably expensive in a private school as small as DeSisto. (The number of students varies between 55 and 75.) Costs are approximately \$17,000 per year

For additional information, contact DeSisto College, 411 South Palm Avenue, Howey-in-the-Hills, FL 32737, (904) 324-3134.



Dear FAUS;

"My son has been on the diet for eight days now and the difference is phenomenal. He had been on a daily note system for three years in school. Forty-eight hours after he began the diet the notes began to improve. The teacher now stamps his hand with a smiling face." (Editor's note: The dyes in the ink can be absorbed through the skin.)

"His school work has improved. (He has a 130 IQ and was failing.) He stopped wetting the bed four nights ago. Please send me the list of permissible foods in my area or whatever information you have."

To Tell..., from page 1

an appointment to see the teacher and discussed our special situation.

This worked to our advantage because the first grade teacher could tell when my daughter had trouble concentrating and writing. She would jot me a note when there had been a difficult day. Because of this cooperation and by keeping my diet diary I discovered that tomatoes and oranges don't affect her behavior, but they have a considerable effect on her concentration and handwriting.

I hope my story will be of some help to you. Keep in mind that if you say nothing to the teacher about your child's diet, the total burden of the food program is placed on the child. If your youngster is shy and has difficulty saying "no" to the wrong snacks or treats, I would definitely talk with the teacher as soon as possible.

Have a good school year; I know we will!

California Mom

reprinted from FABA Facts, the newsletter of the Feingold Association of the Bay Area

Since the girls are in the fifth grade this year, I decided to let them make their own decision as to whether or not they would tell their teachers they are on the Feingold Program.

I was pleasantly surprised to learn that they are not embarrassed to let their teachers know that certain foods are not good for them. In fact, they have been asked to share their knowledge with their class.

The only snag I have run into is with rewards for cheerleading. There were some tears over turning down an especially tempting treat. (We ended up going to our local store for an approved treat.)

But even this story had a happy ending. The cheerleader coach (who is an R.N.) wanted to learn more about the Feingold Program and asked if I would assist her with the refreshments for the upcoming slumber party. She didn't want to serve any unacceptable foods.

By sharing the fact that we are on the Feingold Program, we are helping to spread the word. I have talked to several other mothers who believe it could help their families.

I'm glad we didn't hide the fact that we're on a special program; if we had, we would have lost out on helping someone else.

Making a Feingold Bakery Cake

Nancy Cheung enthralled Feingold delegates at the recent Conference with a workshop on cake decorating. Her pineapple filled sheet cake, with its colorful likeness of Big Bird, put bakery cakes to shame

You will need a pastry bag and tips — such as a star tip for decorative effects, and a writing tip for outlines. You will also need waxed paper and a design. Coloring books are an excellent source for the decoration, since they generally contain large, simplified drawings. *Read over the complete directions for this cake before you begin*, and plan to allow plenty of time for the project, especially if you are new to cake decorating. All of the recipes — except the pineapple filling — can be completed over a period of several days, if you like. In fact, Nancy explained that some of the colorings deepen if you refrigerate them overnight. Extra coloring syrup can be made, and leftover frosting can be refrigerated or frozen for use in the next project.

For a 9x13" cake, use:

2 cups flour
1 1/2 cups sugar (granulated)
3 teaspoons baking powder
1 teaspoon salt
1/2 cup shortening
1/4 cup butter
1 teaspoon pure vanilla extract
2 eggs
1 cup milk

For a 10x14" cake, use:

3 cups flour
2 1/4 cups sugar (granulated)
4 teaspoons baking powder
1 1/2 teaspoons salt
1/2 cup shortening
1/2 cup butter
2 teaspoons pure vanilla extract
3 eggs
1 1/2 cups milk

Grease & Flour

For a faster and easier way to prepare pans, Nancy mixes equal amounts of shortening and flour, and keeps it in a covered container. (No need to refrigerate it.) She uses this mixture in recipes that call for greasing and flouring the pan; it is easier and works just as well. If you have liquid lecithin on hand, add a little to the mixture and it will work even better.

1. Preheat oven to 350 degrees.
2. Combine dry ingredients in a large mixing bowl.
3. Cut in the shortening and butter with the beaters until crumbly.
4. Add the eggs, vanilla, and half of the milk. Beat until well mixed and creamy in consistency.
5. Slowly blend in the remaining milk. Beat for 3 minutes at medium speed.
6. Grease and flour pan. (See the hint on an easy method.)
7. Pour the batter into the prepared pan and bake at 350 degrees for: 9x13" pan 35 to 40 minutes 10x14" pan 40 to 45 minutes. The cake is done when it pulls away from the sides of the pan. **DO NOT UNDERBAKE.**
8. Cool the cake for 15 minutes, then turn it out onto a cooling rack. Allow the cake to cool completely before splitting it into two layers.
9. Next, prepare the filling.

Pineapple Filling

1 can (20 ounces) crushed pineapple with juice
1/2 cup granulated sugar
3 Tablespoons cornstarch
dash salt
dash tumeric for more color (optional)

Put the ingredients in a medium saucepan. Mix and cook over medium heat — stirring constantly — until the mixture thickens.

Allow the filling to cool completely before using on the cake. This is the one part that cannot be made very far in advance, however, as the cornstarch will cause the filling to become jelled.

Bakery-type Frosting

Combine:
2 cups shortening
2 pounds powdered (confectioner's) sugar
6 to 8 ounces whipping cream
1/4 teaspoon salt
1 teaspoon vanilla
Beat until the mixture is light and fluffy. You can make this ahead of time and store in the refrigerator.



Completing the Cake

1. Split the cake in half to form two layers.
2. Using the star tip, Squeeze out a ring of frosting around the edge of the bottom layer. This will hold in the pineapple filling, and prevent it from seeping out between the layers.
3. Spread the cooled filling over the top of the bottom layer.
4. Replace the top layer so it fits back in its original position.
5. Frost the cake; use the pastry bag and star tip for decorative edging.
6. While you prepare the decorations, chill the cake. This will make it easier to work with.

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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.

Making Naturally Colored Frosting

Use colored frosting for decorating the cake, but not for icing it. There is some flavor of the vegetables used, but this may be lessened by adding a small amount of pure lemon extract. Most people do not object to the flavor.

Make the frosting a little stiff as the colorings tend to dilute it.

YELLOW -- Add tumeric to the frosting. Refrigerate it and allow it to deepen in color overnight. Add a small amount of lemon extract if you like.

PINK -- Chop beets and cook them in a small amount of water. Concentrate the color by dehydrating it or microwaving it into a syrup (but be careful not to burn it). Extra syrup can be kept in a small container in the freezer.

RED -- Use a lot of the concentrated beet juice. Allow it to deepen in color for two days in the freezer.

GREEN -- Cook chopped spinach only to a bright green stage. Puree it in the blender, using a small amount of frosting. Keep this in the freezer. (This coloring will have some green specks, but works very well for trees, leaves, grass.)

PURPLE -- Boil red cabbage. Concentrate it as you do for beets. Keep the syrup in the freezer.

BLUE -- A steely, grey-blue may be made by adding baking soda to the cabbage juice.

BROWN -- Add cocoa to some of the frosting.

Are you in the mood for experimenting? The colors can be varied by adding either baking soda or vinegar.

The Design

1. Allow the cake to chill while you prepare the design; it will be easier to work with.
2. Secure a piece of waxed paper over the design.
3. Put the writing tip on the pastry bag, and fill the bag with brown frosting. Outline the design by squeezing the frosting onto the waxed paper.
4. Invert the waxed paper with the frosting-design outline onto the top of the cake. Carefully peel off the waxed paper. Use your writing tip to trace over any portions of the design as needed.
5. Use the star tip and naturally colored frosting to fill in the design.

Product Update

General Foods has completed the FAUS Product Inquiry forms for several of their **Post cereals**, and they may now be added to your foodlist:

Stage I - Non-salicylate

Post Grape Nut Flakes (CS)

Post Natural Bran Flakes (CS)

Post Grape Nuts (This is already on foodlists, but has been re-researched, and continues to be acceptable for use.)

Stage II - Salicylate

Post Raisin Grape Nuts



"I Want to Help"... Here's How!

Will you be making the rounds this fall, to school, dentist, doctor, pharmacy, little league, etc.? If so, consider carrying a few Feingold information brochures in your purse or briefcase.

FAUS's red, white & blue brochure tells about our program in detail. Passing them on to those who work with your child will not only help them to understand his/her need, but will let more people know of the assistance we have to offer.

Please contact the FAUS office and let us know how many brochures your would like to have.



the Public Interest explains: "Want to find out what's in the cooler you're buying? If it's a wine cooler with less than 7 percent alcohol, then you're in luck. Wine coolers are regulated by the Food and Drug Administration, which means that they are required to list ingredients on the label.

"But other types of coolers -- malt- and spirit-based -- do not have ingredient labeling. People with allergies to sulfites and [sensitivities to] artificial colorings and flavorings, beware. These coolers are regulated by the Bureau of Alcohol, Tobacco and Firearms (BATF), an agency that has -- by its own admission -- no public health expertise.

"In the last few years, BATF has sought to gain authority over all alcoholic beverages, including wine coolers. Should that happen, what little ingredient labeling now exists -- on wine coolers only -- would disappear completely."

To further challenge the thirsty Feingolder, coolers generally contain salicylates, and may include hidden ones. As is the case with fruit drinks, cheaper juices such as apple and grape are often used in products appearing to be strawberry or raspberry beverages.

Experts have been warning the American public that alcoholic consumption by young children is a growing problem. The cost, inaccessability and taste of beer, wine and liquor have discouraged many children in the past. Now, thanks to the wine cooler craze, younger people are finding alcoholic drinks more appealing.

Four Dyes Finally Banned

After several years of legal actions, a Washington DC consumer organization has succeeded in forcing the Food and Drug Administration to ban the sale of four dyes which were used in drugs and cosmetics.

FDA had begun action to ban these, and some other synthetic dyes more than five years ago because they were found to cause cancer. But the agency later reversed their decision, claiming that the danger was "trivial".

The dyes -- prohibited as of July 15 are: Red Nos. 8, 9, and 19, and Orange No. 17. None of these dyes had been approved for use in foods.

Pure Facts

Pure Facts is published ten times a year and is provided to members of the Feingold Association. It is also available through subscription. Rates are: \$12 per annum in the U.S., Canada and Mexico; \$16 elsewhere (payable in U.S. currency).

For further information write to: Feingold Association of the United States, Inc., P.O. Box 6550, Alexandria, VA 22306. (703) 768-FAUS.