

Pure Facts

Newsletter of the Feingold® Associations of the United States



February, 1990

Vol 14, No. 1

The Feingold Summer Vacation

Exciting new options are opening up for Feingold families!

The East coast is filled with opportunities for your family to learn about our country's history while you have a great vacation.

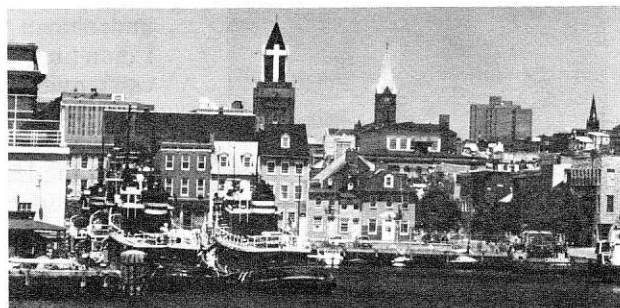
This year you will be able to visit historic Williamsburg, send your kids to camp, attend a Feingold Conference, then take off and enjoy a vacation afterward. (See the article on Special Menu Tours for more information.)

For members attending Conference, there's another attractive option. Tow-

son State University, located just north of Baltimore, MD is the site for our 15th Annual Conference. Families attending the conference may stay on at the university a few days more while they visit the sights in the Baltimore area, or drive to nearby Washington, Annapolis or Pennsylvania.

The inexpensive rates of a college dorm, plus TSU's lovely campus make this an ideal opportunity for our members.

Baltimore's Fell's Point is unique in the nation as a historic colonial workingman's community. It is also one of the few remaining downtown waterfront residential communities on the East Coast.



Sugars and a Happy Valentine's Day

Yes, this candy-filled holiday is for Feingold members too.

Despite the fact that the Feingold Program has never eliminated the use of "sugar," this popular belief persists.

Also widespread is the belief that sugar triggers behavior problems in children. The May 1988 issue of *Pure Facts* explored the subject in detail, but to summarize briefly:

- The synthetic additives found in most candies are far more likely to cause behavioral reactions than the sugar they contain.
- But sensitivity to sweeteners of all types appears to be a very individual matter. Many parents report that sweet foods in exces-

sive amounts will cause behavioral reactions in their children. A few report that their child is highly sensitive to even natural treats.

- However, the majority of Feingold members tolerate sweet foods (which are free of the prohibited additives) as long as they are consumed in moderation, and not on an empty stomach.

So go ahead and let your child enjoy his natural Valentine candy, or the treats you make from the recipe page in this newsletter; but keep the portions small and offer it after a good meal.

Special Menu Tours

If you've put off taking vacations because the prospect of staying on the Feingold Program seemed too difficult, you may want to look into a new service being provided by a Feingold mom.

Special Menu Tours was started by Linda Bryan, whose children have food allergies as well as sensitivity to synthetic additives.

Linda's philosophy is that vacations should be a time when moms can relax, kids can feel good, and the family can really enjoy themselves. She supervises all of the menus and will work with other dietary needs beside those of the Feingold Program.

Group trips being planned include an Easter vacation in Williamsburg (April 12 - 17), as well as Disney World, a dude ranch, canoeing or rafting vacations, skiing, and weekend trips. She is also planning a week at summer camp for the kids in June and a family vacation following the FAUS Conference. Let Linda know your vacation wishes, and she will try to fulfill them.

For information, or to be put on a mailing list about future trips, call or write SPECIAL MENU TOURS, R.D. 3, Box 1063, Honesdale, PA 18431 (717) 253-0385.

FAUS 15th Annual Conference

You've always wanted to come to a Feingold Conference, but it may have seemed too hard to juggle the family plans while you take off for a few days. Now you can combine the two.

Towson State University can accommodate families in their high-rise dorms. The building we'll be in is set up with two double rooms, and a bathroom in between. The daily rate for

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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.

a double room is just \$14.50 per person.

All of the meals and snacks served during the conference will be Feingold approved. There are also restaurants nearby where the food should be well tolerated.

While one spouse participates in meetings and workshops, the other can take the kids to some of the delightful attractions in nearby Baltimore. The Inner Harbor is an easy drive from the campus, and Washington DC is only about an hour away (non-rush hour).

The conference will be held June 21 - 24. To obtain more information about attending, write to our hosts at the Feingold Association of Northern Maryland.

Address your correspondence to: Feingold Conference, P.O. Box 20127, Towson, MD 21204.

Things to See and Do in Baltimore

Inner Harbor, which includes:

Harborplace - two enclosed pavilions with over 140 shops, restaurants and snacking opportunities

Baltimore Maritime Museum - includes the submarine that sank the last ship of World War II, the U.S.S. Torsk, and the Taney, last survivor of Pearl Harbor.

National Aquarium features a 220,000 gallon Open Ocean Tank with sharks and large game fish. The **Marine Mammal Pavilion** with a pool and amphitheatre for whale and dolphin shows is due to be open.

U.S. Frigate Constellation is the first commissioned ship of the U.S. Navy and the oldest American warship continuously afloat. It was first launched from Baltimore in 1797 and has been fully restored.

World Trade Center/Top of the World designed by I.M. Pei, houses an introduction to the sights of Baltimore.

Maryland Science Center/Davis Planetarium, and the **IMAX Theatre** which contains a five-story screen.

Federal Hill is now a park with an area of restored homes, miniature gardens and cobblestone streets.

Fort McHenry, built in 1776, is where Francis Scott Key watched the British bombardment in 1812, giving rise to what has become our national anthem.

Other features in Baltimore include:

Carroll Mansion - home of Declaration of Independence signer, Dr.

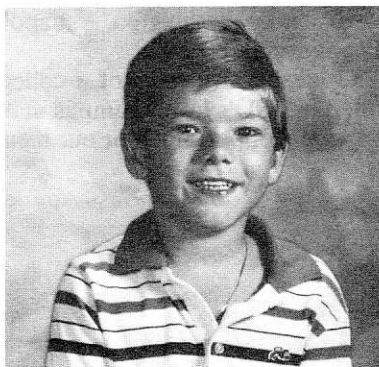
My Very Sensitive Child

by Jan Engman

One night, when my son was four years old, he woke me at about 2 am., screaming and crying.

At first I thought he might be having a nightmare, but then realized he was out of control. He started pulling his books off of his bookcase, tearing his bed apart — pulling off the sheets, blankets and mattress, hitting me, and banging his head. Finally, I sat down and wrapped my legs and arms around him so he could not hurt himself or anyone else.

This was not the first time he had behaved this way, but this episode was the worst.



Jason Engman

At first I believed that something was very wrong with Jason, but then I suddenly began to see a pattern to his outbursts. They were connected with times he had a lot of sweets, even natural ones. I didn't give him many, but as I thought about the people he came in contact with, it was apparent that he received a lot of cookies, candy, cupcakes, etc. from many of them, and we had a behavioral reaction each time.

My mother-in-law has a sweet tooth and always passed the candy around. Birthday parties, Halloween, Christmas, special occasions, rewards, pre-school, relatives, etc. After each occasion I would have to contend with a reaction. My husband didn't think it was that severe until he witnessed the episode I described.

Charles Carroll

Tours of the homes of **Babe Ruth**, **Edgar Allen Poe**, and **H. L. Mencken**

Walters Art Gallery - a recreation of an Italian Renaissance Palazzo, housing Renaissance and Baroque paint-

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That was three years ago, and Jason is now seven. We have found that he doesn't have to totally eliminate sweets, but we keep the consumption very low. If he goes to a birthday party, we avoid all sugars (and caffeine) for at least five days afterward.

My mother-in-law thought I was being mean and would sneak him sugar drinks, candy, etc., but the change in his behavior was obvious. I finally had to tell Jason it was up to him because he was old enough to say no. As for Grandmother, if she wanted to see him, she was not permitted to give him the things he couldn't tolerate.

If you say your child is allergic to sulfa, nobody would give him that, but say "no sweets or caffeine" and nobody hears you. I have watched Jason try to understand: "Mom, why did I do that? I didn't mean to do it...I'm so sorry...I can't quit crying...what's wrong with me? Am I a mean person?"

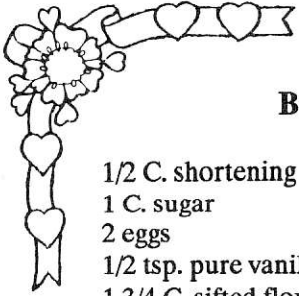
Jason has had only a few occurrences in the last year, but I still feel extremely upset every time it happens. I don't like seeing our son crying, throwing things, banging doors — out of control and wondering what is happening.

Now I watch natural sugars and everyday food with sugar added. It hasn't been easy, but we have prevented Jason from being medicated, from needing special counseling, and from being labeled a "trouble maker," "hyper," or "uncontrollable."

As a room mother for both of our children, I have seen huge amounts of sweets and additive-laden snacks being consumed by very small children, and then the discipline problems which follow. But I'm encouraged to see more mothers giving their children other treats beside sweets.

Editor's note: *Although the Engmans follow the Feingold Program, Jason is unusually sensitive to "sweets" of all types, not only sugar. For some children, removing the synthetic additives and using sugars in moderation is not enough.*

See page 12 of The Feingold Handbook for Dr. Feingold's comments on sugars.



Banana Bars

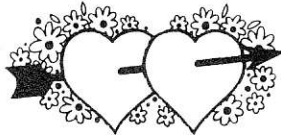
1/2 C. shortening
1 C. sugar
2 eggs
1/2 tsp. pure vanilla
1 3/4 C. sifted flour
2 tsp. baking powder
1/4 tsp. salt
1 C. mashed bananas

Frosting:

3/4 stick butter or margarine
3 oz. cream cheese
1 tsp. pure vanilla
1 3/4 C. powdered sugar

Grease and flour jelly roll pan. Cream shortening and sugar. Add eggs and vanilla. Sift dry ingredients. Add alternately with bananas to creamed mixture. Pour into pan. Bake 25 to 30 minutes at 350 degrees. Cool and frost.

Frosting: beat all ingredients together.



Chocolate Snack Cake

1 2/3 C. all-purpose flour
1 C. firmly packed brown sugar
1/4 C. cocoa
1 tsp. baking soda
1/2 tsp. salt
1 C. water
1/3 C. pure vegetable oil
1 tsp. Heinz white distilled vinegar
1/2 tsp. pure vanilla
powdered sugar (optional)

Preheat oven to 350 degrees. In a medium bowl, mix the flour, brown sugar, cocoa, baking soda, and salt with a fork. Stir in the water, the oil, the vinegar, and the vanilla; mix together thoroughly. Pour into an ungreased 8-by-8-by-2-inch baking pan. Bake for 35 to 40 minutes, or until an uncolored toothpick inserted in the center comes out clean. Dust with powdered sugar if desired.

from The Feingold Cookbook

Snickerdoodles

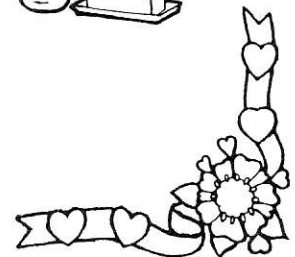
Great cookie recipe for children to make!

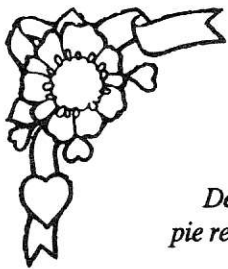
3/4 C. sugar
1/2 C. butter or margarine
1 egg
1/2 tsp. pure vanilla
1 1/2 C. flour
1/4 tsp. salt
1/4 tsp. baking soda
1/4 tsp. cream of tartar
2 Tbs. sugar
2 tsp. cinnamon

In large mixing bowl cream 3/4 cup sugar and margarine with a wooden spoon. Beat in egg and vanilla. In small bowl stir together flour, salt, baking soda, and cream of tartar. Stir into butter mixture with wooden spoon until well mixed. Combine 2 Tablespoons sugar and 2 teaspoons cinnamon in bowl. Shape dough into 1-inch balls; roll each in sugar-cinnamon mixture. Place balls on ungreased cookie sheet 2-inches apart. Bake at 375 degrees for 8 to 10 minutes. Makes about 36 cookies.

NOTE: Adults might want to double the recipe and use a mixer.

Hint: A 35 mm "ice cream" scoop is perfect for scooping out the right amount of cookie dough. They are found in gourmet kitchen departments or stores.



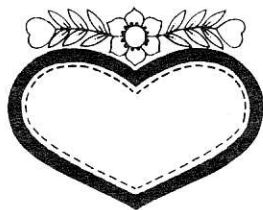


Rhubarb Sponge Pie

Delicious way to use rhubarb--the egg in this pie reduces the tartness.

- 2 egg yolks
- 1 tsp. lemon juice
- 1 C. sugar
- 2 Tbs. butter
- 4 Tbs. flour
- 1 C. milk
- 2 egg whites, beaten

Combine all but egg whites, then fold in egg whites last. Pour over 2 cups rhubarb in an unbaked pie shell and bake for one hour at 350 degrees. May also be prepared in a casserole without pastry--baking time is the same.

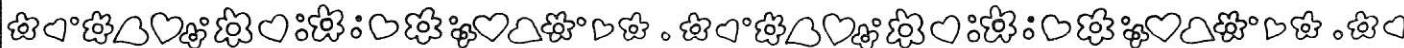


Microwave Brownies

- 1/3 C. butter or margarine
- 2 (1-ounce) squares unsweetened chocolate
- 1 C. sugar
- 2 eggs
- 3/4 C. flour
- 1/2 tsp. baking powder
- 1 tsp. pure vanilla
- 1/2 C. chopped pecans or walnuts (optional)

Place margarine and chocolate in a 2-quart glass batter bowl. Microwave on high 1 1/2 minutes, or until chocolate is melted. Using a wooden spoon, beat sugar into chocolate mixture. Add eggs to mixture; beat well. Stir in flour and baking powder until well combined. Stir in vanilla and nuts.

Lightly grease an 8-inch square glass baking dish. Pour batter into dish and spread it to a uniform thickness. Microwave on 70 percent (medium-high) 6 to 8 minutes, turning dish halfway around after 3 minutes. (Note: It is better to under-cook brownies so that they will be tender and moist after cooling. Brownies should not be cut until cool or they will crumble.) Makes 16 brownies.



Frosty Strawberry Squares (Stage II)

- 1 C. all-purpose flour
- 1/4 C. packed brown sugar
- 1/2 C. chopped walnuts
- 1/2 C. butter or margarine, melted
- 2 egg whites
- 2 C. sliced fresh strawberries or one 10-ounce package frozen sliced strawberries, partially thawed
- 1 C. granulated sugar*
- 2 Tbs. lemon juice
- 1 C. whipping cream

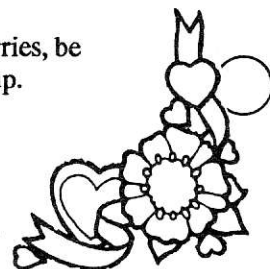
For crumb mixture, in a small bowl combine the flour, brown sugar, chopped walnuts, and margarine or butter. Spread the crumb mixture evenly in a shallow baking pan.

Bake in a 350 degree oven for 20 minutes, stirring occasionally. Sprinkle two-thirds of the crumbs in a 13x9x2-inch baking pan; set the pan aside.

In a large mixer bowl combine egg whites, strawberries, granulated sugar, and lemon juice. Beat with an electric mixer on high speed about 10 minutes or till stiff peaks form (tips stand straight).

In a small mixer bowl beat the whipping cream till soft peaks form. Fold the whipped cream into the strawberry mixture. Spoon mixture over crumbs in baking pan; sprinkle remaining crumbs on top. Freeze 6 hours or overnight. Let stand a few minutes before serving. Cut into squares to serve. Serves 10 to 12.

* NOTE: If you use frozen strawberries, be sure to decrease the sugar to just 2/3 cup.



Natural Candy Choices for Feingolders

When Nancy Kemble couldn't find suitable candy for her son, she opened her own candy shop.

Nancy owns and operates The Squirrel's Nest in Dover, Delaware. Her all-natural hand dipped and hand poured chocolate candies are based upon recipes she learned from Pennsylvania Dutch relatives. As a long-time Feingold member, Nancy encourages the candy manufacturers she deals with to use natural ingredients whenever possible. But she believes the options for Feingold families are still too limited. This is why she has decided to begin a mail order service, offering not only her chocolate candies, but a variety of other natural candies as well. To receive an order form, write to: The Squirrel's Nest, 136 West Loockerman Street, Dover, DE 19901.

Vitamin C

Worried about getting enough vitamin C this winter? If your salicylate-sensitive child turns her nose up at grapefruit, scorns broccoli and won't even discuss "greens," don't despair. A veggie which is probably one of her favorites is loaded with the vitamin — potatoes. In fact, the humble potato is second only to the orange as the most popular source of vitamin C for Americans.

New, But Not Necessarily Improved

Have you noticed the new Band-Aids which come with medicine already applied to the gauze pad? The medicine contains the synthetic dye tartrazine, or Yellow No. 5. Feingold members should avoid this because dye can be absorbed through the skin.

Another Johnson & Johnson product looked so promising, but alas.... Their new **Sesame Street Vitamins and Minerals** have many natural ingredients, but contain TBHQ in the vitamins.

Tastykake

Thanks to our member who alerted us that Tastykake Oatmeal Raisin Bars now list artificial flavor. [The product has been removed from our newest foodlists because of this.]

However, a spokesman for the Philadelphia-based bakery assured *Pure Facts* that the labels are inaccurate and there has been no change in the product. The company will order new wrappers once these have been used up.

Editorial Notes

Every major industry is represented by at least one lobby, and those which rely upon the use of synthetic additives are very critical of our program. But since it's difficult to find fault with a volunteer organization promoting healthy food, their tactics often require a rather twisted logic.

A recent issue of the newsletter published by the sugar lobby cites research which found that sugar did not trigger hyperactive behavior. The article then referred to these studies as though they were a test of the Feingold Program.

Where There's Smoke...

What do you do about a child who becomes impossible every year, beginning around Thanksgiving, and stays that way until the spring?

One of our members reports that the culprit was their woodstove. A sensitive individual may react to smoke in many forms. This child is affected by a woodstove, but is not bothered by their fireplace. Other people find they need to avoid smoke from all sources, including fireplaces, cigarettes, and even foods cooked over a charcoal grill.

If you're on the Feingold Program, but still see unexplained reactions, this is something to consider.

What's New in Candyland?

Mounds bars and Almond Joy are two of the most readily available candies on our foodlists. Formerly owned by Britain's Cadbury Schweppes, the brands were purchased by Hershey Foods Company in 1988.

Any time a candy company is sold, there is reason for Feingold members to worry. Goobers and Raisinets were on our foodlists until they were purchased by Nestle, who changed the recipe to artificially flavored chocolate.

Reeses peanut butter cups (also owned by Hershey) used to be on the foodlists too, until TBHQ was added. Payday suffered from a "new & improved" disaster, as did York Peppermint Patties.

Hershey's is now the largest U.S. candy company, with over 20% of the market. Richard Zimmerman, the company's chief executive, is pushing for a larger share by introducing a series of new products appealing both to children and the Yuppie market. Under the ownership of Hershey, sales of Mounds and Almond Joy have substantially increased. Feingold members are hopeful that the continued success of these products will ensure their formulas will be left intact. We also hope that a company seeking "Yuppie appeal" will recognize the interest in natural products.

Members who want to make their wishes known can write to: Ms. Lael Moynihan, Manager of Consumer Relations, Hershey Foods Corp., 14 East Chocolate Avenue, Hershey, PA 17033.

M&M/Mars may have fallen from the industry leader to second place in the candy wars, but the company has won the heart of the U.S. Army. Responding to the requests of infantrymen, battlefield rations now include such things as M&M's, Tootsie Rolls and Kool-Aid. (M&M's were developed during World War II, so troops fighting in the jungle could have a chocolate candy that didn't melt.)

While Feingold members will cringe at this increase in the consumption of synthetic additives, the Army may be on the right track. There's nothing like a dose of synthetic dyes and flavorings to bring out the aggressive instinct in anyone!

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.

B&O Railroad Museum,
Antique Row - a block of charming shops and galleries

Basilica of the Assumption, an historic cathedral designed by Benjamin Latrobe in 1806

Charles Street - the cultural and culinary corridor of Baltimore

Peale Museum - erected in 1814 by the artist Rembrandt Peale

Zion Lutheran Church - which contains extraordinary stained glass windows

Shot Tower - a 234 foot high brick tower built in 1828 for the production of lead shot

The Star Spangled Banner Flag House where the famous flag was hand sewn

Little Italy - the colorful ethnic neighborhood

Lloyd Street Synagogue - the first in Maryland and third oldest in the country, was built in 1845

Fell's Point - Baltimore's original shipbuilding and maritime center dates back to 1730

Druid Hill Park - 600 acres with victorian pavillions, picnic groves and playgrounds amid a wooded stream valley

Baltimore Zoo and Children's Zoo
Baltimore Museum of Art - contains works by Picasso and Matisse

It's an easy drive to many other attractions:

Cloisters - a medieval theme
Children's Museum

Ladew Topiary Gardens

Carroll County Farm Museum

Frederick, Barbara Fritchie House

New Market - antique buff's heaven

Savage Cotton Mill

Catoctin Mountain State Park

Annapolis - former colonial capital and U.S. Naval Academy

Gettysburg and Hershey Park in Pennsylvania

Ocean City - Maryland's summer playground...

and of course, **Washington DC**

If you plan to visit Washington, DC after the FAUS Conference, contact your congressman for special passes to visit Congress, the White House, or other Washington sights. This will enable you to avoid the long wait to get into these attractions.



Troubles Down on the Farm

Now it's milk. A Washington, DC consumer organization has found residues of veterinary medicines (some of which are illegal) in samples of milk. As a result, the Food and Drug Administration is taking a closer look.

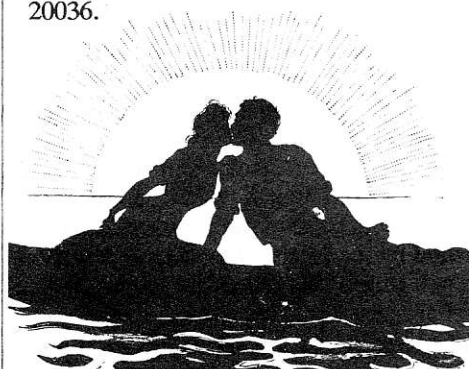
Milk has long been a concern for Feingold members — but for other reasons. Vitamin A is routinely added to low fat and skimmed milks. This is required by law because milk loses much of its vitamin A when the butterfat is removed. Unfortunately, the vitamin A is often treated with antioxidant preservatives to extend its shelf life. Even though the amount of preservative which ends up in the milk is tiny, it can affect a sensitive individual, particularly if it is consumed daily.

Another problem with milk is that it appears to be a common cause of allergic reaction. If a family has been using the Feingold Program for a few weeks (carefully following the instructions) and does not see significant changes in behavior, food allergy — often milk — may be to blame.

Organic Agriculture

The second National Conference on Organic/Sustainable Agriculture Policies will be held March 23-24 in Washington, DC. It will be sponsored by Center for Science in the Public Interest and the departments of agriculture from Texas and Minnesota.

For details, contact Roger Blobaum at (202) 332-9110, or write to: Agriculture Conference, c/o CSPI, 1501 Sixteenth St., N.W., Washington, DC 20036.



Pure Facts is published ten times a year and is a portion of the materials provided to members of the Feingold Association of the United States. For more information, contact FAUS, P.O. Box 6550, Alexandria, VA 22306. (703) 768-FAUS.

Noteworthy Quote

The following is not about hyperactivity. It is taken from an article in the New England Journal of Medicine concerning the issue of diet vs drugs in the control of cholesterol. But Feingold parents will see some very interesting parallels.

"...physicians should recognize the qualitative differences between advising changes in diet and prescribing drug therapy. In the case of diet and other types of behavior, a patient can determine on a daily basis what is appropriate. As long as a recommended type of behavior is at worst harmless, it may be ethically proposed without unequivocal proof of benefit; the possibility of benefit may suffice. On the other hand, pharmacologic interventions are powerful symbols of the triumph of medical technology. Patients are likely to believe implicitly that the benefits of drugs clearly outweigh the risks. The physician who proposes drug therapy is therefore obligated to offer relatively stronger evidence of a favorable ratio of benefit to harm."

Allan Brett, M.D.
Boston's New England
Deaconess Hospital
New England Journal of Medicine,
September 7, 1989

Home Schooling

In the September issue of *Pure Facts* we listed resources for parents interested in home schooling. The address for *Growing Without Schooling*, a bimonthly publication, has been changed. The new address is: Holt Associates, 2269 Massachusetts Avenue, Cambridge, MA 02140 (617) 864-3100.