

# Pure Facts

Newsletter of the Feingold® Associations of the United States



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## Food Labeling Improvements Proposed

**"We want the American consumer to be an informed consumer. Only an informed consumer can make intelligent choices."**

*David A. Kessler, M.D., Commissioner of Food and Drugs*

The Food and Drug Administration has proposed that, beginning November 8, 1991, all foods which contain certified [synthetic] dyes must list the name of the dye, such as Red No. 40, Blue No. 2, etc. At this time only Yellow No. 5 is required to be specifically listed by name. The *Federal Register* for June 21, 1991 states: "each certified [synthetic] color additive used in a food must be declared by its common or usual name, while noncertified colorings [these are not eliminated on the Feingold Program] may still be declared collectively."

Artificial flavorings will not be required to list their ingredients. This would be virtually impossible, since a single synthetic flavoring can be made up of hundreds of chemicals.

Another regulation which is scheduled to go into effect in early November is the requirement that juices will have to tell the percentage of fruit/vegetable juice they contain.

**The FDA proposal includes other positive recommendations, which would be phased into use.**

Sweeteners would no longer be permitted to be dispersed through out the ingredient label. For example, a highly sugared cereal that contains 55% sweeteners may now be labeled in this way:

*Wheat, rice, corn syrup, sucrose, honey, dextrose.*

This gives the impression that wheat and corn are the primary ingredients.



The new label would read: *Sweeteners (corn syrup, sucrose, honey, dextrose), wheat, rice.*

Hydrolyzed proteins will be listed by name, not just as "flavor enhancer", "flavorings" or "natural flavorings", and their source will have to be disclosed. The International Hydrolyzed Protein Council sought to have protein hydrolysates exempted because they are used as flavorings. But FDA said since they are also used as flavor enhancers, they must be specifically labeled.

The source of the hydrolysates will be disclosed, so the consumer will know if it is derived from wheat, corn, peanuts, soybeans, casein, rice or yeast.

FDA did not propose to require labels indicate that MSG (monosodium glutamate) is likely to be present in the hydrolyzed protein. (See the companion article on MSG.)

The proposed regulations will require caseinate be identified as a milk derivative when it is used in foods that claim to be dairy free. Caseinate may currently be used in "non-dairy coffee whiteners."

**As encouraging as this news is, the proposed changes fall far short of the needs of chemically sensitive people.**

### "Incidental" Additives

The Food and Drug Administration considers small quantities of preservatives such as sulfiting agents, BHA, BHT and TBHQ to be "incidental additives" and does not require they be listed on labels.

This means we will continue to experience reactions from the many hidden additives found in vitamins, fats, packaging materials, etc.

### The Troublesome Anti-oxidants

In his early work, Dr. Feingold did not remove the anti-oxidant preservatives BHA and BHT. (TBHQ was not then in use.) Thanks to the information provided to him by Beatrice Trum Hunter, he investigated these additives, and then removed them. Once he eliminated the petroleum-based BHA and BHT he found that a much greater percentage of patients experienced success.

Ms. Hunter, a member of the FAUS Advisory Board, documented the problems caused by these preservatives in her books, *The Mirage of Safety* and *Consumer Beware*.

When pregnant mice were fed BHA and BHT it affected the brain chemistry of their offspring, resulting in

Continued on page 4

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.

## Staying Dry — Melissa's\* Triumph

"While the children were involved in their gymnastic class, I overheard three of the moms talking about a special diet. One mother was particularly enthusiastic about this food regimen, and described all the problems her daughter had, and how many of them have cleared up."

As a scientist, I was very skeptical; it sounded a lot like wishful thinking. But as a mother I knew Missy had problems that didn't seem to have any logical answer. She suffered from a chronic runny nose, and rashes, she bruised easily, often looked anemic, and the skin on the bottom of her feet was constantly peeling. She had major temper flare-ups, that didn't seem to be related to any reasonable cause.

But of all the problems Missy endured, the worst was the enuresis. At age five, she still was unable to stay dry during the day, although she did not bedwet.

Doctors visits and tests didn't give any clues. I had set up an appointment to see a urologist, but knew that on the first visit he would just ask me to keep a food diary. That was something I could do before our visit, and perhaps get a head start on some sort of solution. So I began to keep a log of the foods Missy ate. I remembered the one mother at the gym saying that the natural salicylates caused her daughter to have sleep problems, so when Missy wet about three hours after she had grape juice, I made a note of that.

Of all the problems Missy endured, the worst was the enuresis.

A grilled cheese sandwich (with very YELLOW cheese) brought on uncontrollable wetting within one hour.

The next time we went to gymnastics, I went up to the mothers and said, "Talk to me!" I wanted to learn everything I could about the Program. Using what information I had, the wetting stopped in three days. I was shocked!

But there were setbacks; I didn't tell my husband for a long time that I had made changes in Melissa's diet, and so he gave her unallowed foods. Finally, I told him and received the expected reaction. They were on their way out for the day and when I asked him not to feed her certain foods, his reaction was "Garbage!"

They came home after two hours. Missy was experiencing a major reaction, and my husband said "I'll do any-

thing you want!" So, with that, our family began the Feingold Program.

I had a lot to learn. A new shirt, which was never washed, resulted in uncontrollable wetting. The wrong toothpaste brought a wet bed. And then there was the time the baby sitter thought my homemade play dough looked too plain, so she added some yellow dye to it!



The longer we stayed on the Program, the better I was able to identify the smaller, more subtle reactions. Certain shampoos set her off, so did scented fabric softening strips, and I got rid of the aerosol spray used for dusting and polishing furniture. It wasn't so bad, since there's a safe substitute for nearly everything.

I remember rubbing some petroleum jelly on Missy's skin, and her reaction was so immediate, I could actually see bruises appearing. Now that she has been on the Program for over a year, she is less sensitive and I can use things like first aid cream.

[Editor's note: Some health food stores have an alternative to petroleum jelly. One product, called "Un-Petroleum Jelly" is manufactured by Autumn Harp of Bristol, Vermont. Most Feingold members, however, do not react to petroleum jelly.]

It was so hard for her; she pretended not to care, but really felt worthless.

The anemic look, bruising, rashes, etc. are a thing of the past, but the happiest news of all is that my daughter can now be dry all the time. I didn't

scold her for wetting, and she never said much about it, but her disposition was getting increasingly gloomy as she got older. She had been a very easy-going child, but by age four I could see the problem taking its toll. It was so hard for her; she pretended not to care, but felt really worthless. She got angry too easily, and would even bite people.

Certain shampoos set her off, and so did scented fabric softening strips.

Once we found the reason, I apologized to Missy for not having been able to help her. Needless to say, she feels good about herself now, and has her sunny disposition back.

Missy is a real stickler about her diet. She knows exactly what she can eat, and doesn't have any desire to cheat.

I often think about those mothers at the gymnastic class, and about how lucky it was that I happened to hear them talking about the Feingold Program. How many other children, and their families, are suffering needlessly?

*Melissa's Mom*

*\*When we publish articles about enuresis we always change the name of the child to protect their privacy.*

Enuresis is a common reaction to additives/salicylates according to the reports we receive from our members. One woman described her very sensitive 6 year old son.

"Within three days of beginning the diet, his bedwetting stopped. So did the screaming and out-of-control behavior. He is a particularly sensitive child, and some reactions have been brought on by: Dad's after shave lotion, red apples (he can handle golden delicious apples if they're peeled), raspberry, and any kind of pineapple (fresh, frozen, canned, juice, etc.).

"One of the worst reactions came after his Dad gave him one piece of raisin bread toast. Within ten minutes he went "bonkers" and the reaction lasted for three days!"

## “Sugar Time”

October ushers in a period of sweet foods which continues, pausing occasionally, until after Easter. For those members who are exceptionally sensitive to sugars, it may be a difficult period. One member writes that she has found an alternative.

“Several months ago I read an article on the process of making sugar. I had no idea how many chemicals are involved in the process!

“We use a brand called “Sucanat”. It is a natural, organic granulated sugar cane juice, with minimal processing and no chemicals used. We love it and have never had reactions from it as with processed sugar.”

*Rebeka Perrella*



The following products have been researched and approved for use by Feingold members:

### Stage I

Sucanat evaporated cane juice - This is similar in appearance to light brown sugar. It can be substituted in equal amounts in recipes calling for sugar.

Sucanat Chocolate Chunks

Sucanat Cocoa Mix: Vanilla,

Cinnamon, Mint, Sweet Cream

These products are also sweetened with Sucanat:

Nature's Gourmet Super Premium

Ice Cream:

### Stage I

Dark Vanilla, Butter Pecan,

Chocolate Chocolate Chip,

Chocolate

### Stage II

Coffee, Mocha Almond Fudge

White Mountain Candy Co - Fruit Flavored Candies (also contain brown rice syrup; some contain salicylates)

Sucanat Herbal Cough Drops (some contain salicylates)

*These products are available throughout the United States at many natural foods stores.*

Manufacturers are scrambling to develop new sweeteners, but the old artificial products are still around. The Feingold Association recommends its members avoid the use of saccharin, aspartame (NutraSweet), and cyclamates. Although they were banned in the United States in 1970, cyclamates are still manufactured and sold to other countries. So if you travel abroad, be wary that this chemical — alone or in combination with others — may be used.

We know very little about the health safety of other sweeteners now under development, but preliminary reports don't look promising. The new synthetic sweeteners include: Acesulfame (Sunette, Sweet-One), Sucralose, D-Tagatose, and Alitame. Most Feingold members tolerate plain table sugar, particularly if it is used in moderation.

## Canadian Product Information

Our Northern neighbors will be pleased to learn we have begun researching Canadian products. The following cereals, made by U.S. Mills of Newton Upper Falls, Mass., are acceptable for use and are available in both countries. They are sold in natural food stores and some supermarkets.

### Stage I

Erewhon Wheat Flakes

Erewhon Super-O's

Poppets

Erewhon Aztec

Erewhon Crispy Brown Rice Cereal

Erewhon Low Sodium Crispy

Brown Rice Cereal

### Stage II

Erewhon Fruit 'n Wheat (*raisins or raisin syrup*)

Apple Stroodles (*apple*)

Erewhon Raisin Bran (*raisins*)

## Have We Got News for You!

Some varieties of Pillsbury refrigerator biscuits are acceptable for use on the Feingold Program. They are as follows.



### Non-salicylate ready-to-bake biscuits:

1869 Brand 10 Buttermilk Biscuits

Grands! Butter Flavor Biscuits

Grands! Flaky Biscuits

Grands! Buttermilk Biscuits

### Non-salicylate pre-baked biscuits:

8 Pillsbury Big Delux Heat 'n Eat Biscuits

12 Pillsbury Heat 'n Eat Biscuits

### Salicylate ready-to-bake biscuits:

Grands! Cinnamon Raisin Biscuits

All are made with fluoridated water (noted for those members with unusual sensitivity). Some varieties are now available nationwide and the Grands! products will be nationally available in 1992.

**Important:** Please be sure to shop very carefully for Pillsbury biscuits, since some varieties contain the prohibited additives.

## Product Alert

In response to requests from members, *Pure Facts* contacted TCBY Enterprises (The Country's Best Yogurt) concerning their ingredients. TCBY has informed us that most varieties of their frozen yogurt are now artificially colored.

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.



### Labeling, from page 1

approximately half the normal level of cholinesterase and serotonin. The affected mice weighed less, slept less and fought more than normal controls.

[Source: *Fisherman and Cohen*, "Chemical Intolerance to BHA and BHT and Vascular Response as an indicator and Monitor of Drug Intolerance." *Annals of Allergy*, Vol. 31, No. 3, March pp. 126-133.]

Human reactions to BHA and BHT vary as much as reactions to synthetic colors and flavors; and Feingold members know only too well that an "in-

cidental" amount of a few parts per million can be sufficient to provoke a reaction or can accumulate, thus leading to a reaction.

Many other countries either ban or restrict the use of these additives, and the state of California lists BHA as a carcinogen. The Select Committee of the Federation of American Societies for Experimental Biology has cautioned against the additive; and the International Agency for Research on Cancer of the World Health Organization identifies it as a possible carcinogen. [sources: *A Consumer's Dic-*

*tionary of Food Additives*, by Ruth Winter and *Safe Food*, by Center for Science in the Public Interest]

There are alternatives to BHA, BHT and TBHQ. The Henkel Corporation of LaGrange, Illinois, manufactures an alternative product called Covi-ox by extracting tocopherols (a source of vitamin E) from vegetable oil. Henkel maintains that their natural antioxidants are as effective as BHA and BHT.

The Wysong Medical Corporation, of Midland, Michigan also has an alternative to synthetic antioxidants. Their "Oxherphol" is made from vitamin E and extracts of clove, sage and rosemary. The Wysong philosophy is based upon living in harmony with the world and other living creatures.

## Post Halloween Syndrome

The board of education of the Hamilton, Ontario schools has found a novel way to deal with the post-Halloween fiasco that teachers must face on November 1st. They have scheduled a "professional activity" (PA) day. Some educators wanted to have a PA day earlier in the month so teachers could attend a conference on children with special needs, but the teachers' special need to stay away from class won out.

Our Ontario representative notes that the same people who decided to close down the schools reject the concept that synthetic food additives affect childrens' behavior.



## Can You Help?

The Feingold Association is qualified to receive "designated donations" from the United Way. If the United Way in your area permits you to designate some or all of your contribution, please keep the Feingold Association in mind. For more information, you're welcome to call FAUS at (703) 768-FAUS.

## MSG, the Elusive Additive

The proposed new labeling regulations will not help the individual who is extremely sensitive to this commonly-used additive; it can be hidden in many foods.

Last year *Pure Facts* described the work of an organization called NO-MSG (National Organization Mobilized to Stop Glutamate). Their book, *In Bad Taste: The MSG Syndrome*, by George R. Schwartz, M.D., provides a detailed history of this popular additive — the most widely used after salt and pepper. It also describes the many health problems reported in medical journals which have been linked to MSG. They include seizure-like episodes and asthma.

Now Dr. Schwartz has published a small book, *The Essential Update*, which describes the current research and new ways food manufacturers have found to disguise this additive.

Many Feingold members are aware that foods which claim to be free of MSG often use hydrolyzed protein, and that it contains between 12 and 20% MSG. In his update, Dr. Schwartz notes

that MSG may be deliberately added to the hydrolyzed protein without being identified on the label.

A less expensive substitute for hydrolyzed vegetable protein (HVP) is something called "autolyzed yeast" or "yeast extract." This, too, is composed of between 12 and 20% MSG. It can be made from dairy, vegetable, or meat by-products, including pork. Hydrolyzed milk protein (which contains MSG) is generally listed as "sodium caseinate" or "calcium caseinate." These may be added to dairy products, but need not be listed.

"...the question has been raised as to whether some of the reactions [to MSG] may, in fact, result from a contaminant within the food-grade monosodium glutamate....MSG can even be produced from a base of motor oil or kerosene."

The Essential Update

*The Essential Update* identifies these foods as possible sources of MSG: broth, natural flavors/flavoring, malt flavoring, high flavored yeast, soybean extract, seasonings, textured soy protein, yeast extract.

In June of 1990 the Health Hazards Evaluation Board of the U.S. Department of Health and Human Services issued a report titled, "MSG Consumer Complaints by Reported Symptoms." Headaches were the most common reaction. A partial list of other symptoms include: nausea, diarrhea, change in heart rate, mood changes, abdominal pain, dizziness, sleep problems, numbness, and change in activity level.

For more detailed information on MSG sensitivity, contact: NO-MSG, Post Office Box 367, Santa Fe, NM 87501.