

Pure Facts

Newsletter of the Feingold® Associations of the United States



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How Do I Actually Begin the Program?

If you're the parent of an impossible child, and you've come this far, you're a survivor. You'll be able to survive some dietary changes too.

The first thing you'll need is that rare, precious commodity — a little time to yourself!

Read through the *Feingold Handbook* for a good overview of our approach. Scan the *Foodlist* and see how many of the products listed are familiar. You may want to take a yellow marker and highlight all the foods that you are already using and all that look appealing to you. (Ignore the unappealing ones. If carrot juice doesn't strike your fancy, it's not something you have to drink; it just means someone once asked us to research it. That member may feel the same way about finding beer on the foodlist!)

Explore your pantry

FAUS President, Pat Palmer, suggests you remove all of the items from



one shelf of your pantry/cabinet, and divide them into these categories:

- 1) **Stage One foods** - brand name products found in the first section of your *Foodlist*
- 2) **Stage Two foods** - products found in the second section of your *Foodlist*
- 3) **No-no's** (foods with artificial colors, flavors, BHA, BHT or TBHQ) to give away or throw away
- 4) **Possibilities** - This category includes those foods which don't appear to have the prohibited additives, but are

not found on your *Foodlist*. You can give them away if you like, or pack them away in a box, to be introduced later, after you are having a good response to Stage One.

Put the no-no's into a garbage bag or a box, and seal it up. Use masking tape to label the salicylate-containing foods with a "2" and put them up on a high shelf, out of the way.

Go through the same procedure with each of the other shelves in your pantry. Then arrange the Stage One foods in a handy place.

Go through the foods in your refrigerator and freezer, taking stock of what Stage One foods you have on hand. Products you want to keep for later use can be placed in a grocery bag, sealed up, labeled and kept in the refrigerator or freezer.

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The Long and the Short of It

"How long will it take before I see a response?" is the question everyone asks.

The answer is, "We don't know, exactly." There are typical or average times that seem to apply to most people. But neither you nor your child are typical or average, and we would not attempt to predict. The variables are endless.

The degree of sensitivity appears to be like a scale, and each of us falls somewhere on it. Those things to which we are sensitive vary enormously, and they can include: additives in food; chemicals in the home, school, workshop or office; mold indoors or outside; allergies to foods or to environmental substances such as pollen; poor air quality.

Our program removes what appear to be the worst offenders. For most people this brings a clear improvement and makes it easier for you to identify other culprits. (Look for patterns of "ups" and "downs" to help you track down the cause.)

When you look at other factors which could affect the chemically-sensitive person, consider how many thousands of products which now surround us were unheard of fifty years ago. Many of these new chemicals and consumer goods are petroleum-based products, and even if you detect no odors, they can give off fumes ("gas off"). Put these inside tightly sealed,

energy efficient homes, and those on the very sensitive end of the scale will begin to experience negative effects. These effects can include any of the responses we connect with food additives, such as: behavior problems, confusion, depression, headaches, asthma, etc.

The compliance with the diet varies enormously. It's so easy to forget about the striped toothpaste, cough syrup, colored bubble bath, scented fabric softening strips, cookies at the school party. It's all too easy to buy the wrong brand or variety of a product, or to believe something as innocent as a few

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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.

Getting to Know My Little Girl

By the time she was five, Carolyn had been asked to leave several day care centers.

Despite the fact that my older daughter, Stephanie, is a "model" child, I felt Carolyn's behavior problems were all my fault. I knew nothing but frustration. There were times when I would lock myself in my bedroom so I wouldn't risk hurting her. Even my training as an educator, with a minor in learning disabilities, didn't help me deal with her problems, or with my own distress.

The pediatrician and psychiatrist wanted to put her on Ritalin (as did my husband and in-laws), but I couldn't agree to do that to my child. I was on tranquilizers, but nothing was strong enough to blunt the sadness of seeing my little girl in such turmoil. She used to roll and roll on the floor, in an effort to get rid of some of the frantic energy going through her little body. She was certain that God "hated" her because he would not let her "mind".

Last year Carolyn and I went to school together. My job was to try and restrain my daughter while the classroom teacher taught the other children. After six months she was asked to leave and try again next year. These days, I work 50 hours a week at my job while Carolyn receives rewards every week for good behavior.

Feingold members will know how we managed to turn our lives around, and many will relate to my husband's initial belief that her changed behavior was just a coincidence. It was certainly no coincidence that when I forgot and gave her gum balls she ended up kicking the walls. My husband wanted to spank Carolyn for this, but I stepped in and apologized to her instead since it was my fault. He now understands the diet and is completely supportive.

The day care providers, however, have been maddening! On the one hand, they tell everyone about the remarkable change in our daughter's behavior, and then they offer her candy as we leave. At age six, Carolyn is old enough to decide if she wants to eat it

and suffer the effects, and after a few times she began saying "no" to insensitive adults.

Carolyn had not been to the doctor for months, when she saw him in October for an infection in her foot. Even he commented on the difference in his young patient. Before we learned of the Feingold Program I had told him, "You want me to mask my child's problem, but when she gets to be 18 and goes off medication, she's not going to know what to do."

Today, our lives are so changed! This was the baby I never knew. For the first time, I feel that I really know my child, a bright, vivacious, and wonderful little girl.



Carolyn, with big sister, Stephanie

For those of you just getting started on the Feingold Program, let me share some of my feelings. I was really scared of this "Feingold thing", convinced that it would turn my life upside down. But it's all been so incredibly easy, and we really don't eat any differently than we did before.

It helps that I don't mind cooking, but the big problem is that my work day is so long I have little time to do it during the week. I leave the house at 6:30 each morning, have a one hour commute, and don't return home until about 6:30 in the evening.

I prepare many things ahead of time, and it's amazing how simple it is to do. One recipe that works very well is to coat chicken pieces with flour and seasonings in the evening. I put this in a baking pan and put it in the refrigerator. The next day when my husband comes home from work all he has to do is turn on the oven and put in the pan.

Another easy favorite is Shish Kebab. I cut beef into large pieces and marinate it in teriyaki sauce for several hours or overnight. (Combine 1/2 cup soy sauce, 1/4 cup sugar, 2 Tbsp. vegetable oil, 1/4 tsp. ground ginger, and a dash of garlic powder.) Then I put the meat on skewers, along with onions, mushrooms, etc. In the warm months we enjoy it over the grill, and other times of the year we use the oven broiler. It cooks quickly and is always a treat.

On the weekends I cook large quantities of some of our favorites, then put portions in Ziploc bags, and freeze these. This works well for scalloped potatoes. I make a white sauce base, add some cut up mushrooms, add sliced raw potatoes and some onion. I cook this 2/3 of the way, then cool it somewhat and put portions in the Ziploc bags, flatten them out and freeze them. The morning I plan to use it, I take one of the bags of potato out of the freezer and let it thaw. When I get home I cook it the rest of the way.

We rearranged the family room furniture so I can see the TV with my family while I cook. Sometimes I have several dishes going at one time. By doing this I only need to cook in quantity about every three weeks.

If you're new to the Program, hang in there — it's worth it!

When I look at this photo of Carolyn, bright eyed and alert, I feel especially thankful for the chance to know my real child.

Mary DeRuntz

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saltines or low fat milk could be causing trouble. It's easy to forget that apple juice is not on Stage One.

Your child may be one who has a difficult time with corn syrup; he could turn out to have a milk allergy or to be very sensitive to fluoride in the drinking water. The remarkable thing about the Feingold Program is that the majority of people see a clear, noticeable change in a short time.

We understand that it is very hard to keep at something if you aren't seeing results quickly, but if your child turns out to be one who takes six weeks to respond, we would hate for you to give up after five and a half.

So, while we encourage you to concentrate on the short term when you are planning what to shop for or cook, we ask you to try to focus on the long term when you anticipate your child's response.

How Do I Begin?, from page 1

Now that you can see what's left it will be easier to fill in the gaps from products on your *Foodlist*. Using the *Foodlist*, make up a shopping list of staples you want to replace.

Next, plan some meals for the coming week. You'll find suggestions in your Feingold literature and in the *Feingold Cookbook*, but your best source is your family's preferences.

Born chef or convenience food fancier?

If you are all epicures with no budgets to get in your way, and you adore cooking, tomorrow night's dinner could be: crab bisque, bibb lettuce salad with hearts of palm, Cornish game hens and chestnut stuffing, glazed tiny carrots, asparagus Hollandaise, to be followed by lemon sorbet and chocolate wafers.

But if you're more typical of the Feingold mom, dinner may be a faster, more casual: grilled cheese sandwich and Stage One supermarket salad, with a scoop of ice cream for dessert.

In other words, make life as easy as possible for yourself. Don't invite anyone over for dinner, except perhaps the kid next door. Julia Child, your husband's boss and the relatives can wait for their invitation.

Your old standbys

See how many family favorites can be adapted to Stage One. Stuffed green peppers, baked in tomato sauce will be difficult to transform into Stage One fare, but you may find the meatloaf won't change that much by leaving out the tablespoon of ketchup and using Nutra Grain corn flakes in place of Kellogg's regular.

The key to shopping and cooking during the first part of the Feingold Program is to focus on the short term. Come up with five different dinners you think the troops would like. If you can think of seven dinner ideas, so much the better. That way, there will be a different dish each night. What to do when you've reached the end of the week and run out of menus? Go back to number one and start again. Our careful research confirms that no husband ever died from eating baked chicken two times in ten days. As far as the kids are concerned, many mothers believe that taste buds don't actually develop until about age 21. Anyway,

kids are notorious for wanting the same foods over and over, so don't waste your sympathy.

What now?

So we've offered reassurance and some words of encouragement, but there are still five empty spaces on your legal pad waiting to be filled with something to prepare for dinner. Let's face it, grocery shopping and food preparation is not your thing; you'd rather be doing practically anything else. In that case, let's make it as easy for you as possible. Begin by tossing out your notion of what "dinner" has to be. Maybe nobody will object to a tuna salad sandwich and carrot sticks. Vary the tuna salad by adding chopped hard cooked eggs from the salad bar. Or make it chicken salad by opening a can of chicken in place of a can of tuna. Stick one of those toothpicks with the frilly colored cellophane into each sandwich and everyone will think they're being treated royally. You may be willing to let the kids to eat their hamburgers in front of the TV occasionally. For variety, use rolls, French bread slices or pita in place of regular bread.

The sincerest form of flattery.

If your offspring love the fish fillet sandwich at the local fast food dive, they might also go for your version, made with approved brand fish fillets, lettuce and Marie's Ranch dressing.

Unbreaded fillet of chicken sandwiches can be imitated by marinating fillets/slices of chicken or turkey in Italian salad dressing. They cook quickly in a frying pan.

Or, you can serve them as a main dish, along with thin (fast cooking) noodles. Cook the noodles according to package directions. After the meat is done, remove the fillets from the pan. Add some water to the drippings, along with any left-over marinade. Heat, stirring to loosen the drippings. Put the cooked noodles into the pan and toss to coat them with the drippings. Add a salad or vegetable for a meal that tastes like it took a lot of work.

Time warps

Who says breakfast can't be eaten at 6:30 pm? You might not mind scrambling eggs. Better yet, your spouse may claim immortality from his mushroom omelet and be willing to cook one oc-

asionally. Pancakes, French toast, and frozen waffles are fair game too.

How many diets can you do at one time?

By all means, try to limit it to one! If you don't love to cook, trying to combine Feingold + gourmet is a bad idea. The same is true for Feingold + other diets.

Allergies: If you believe your child has a food allergy, you may have no other choice. But otherwise, don't try to combine your Feingold cooking with no-dairy, or no-wheat or no-sugar, etc. Life is already hard enough. Once you get into the swing of Feingold cooking you will be able to consider possible allergies, and making some more changes in the kitchen won't seem overwhelming. For now, your goal is to deal with Stage One.

Cholesterol: Here again, if you can safely put aside your concerns about limiting cholesterol for just a few weeks, do so. Once you have become comfortable with the Feingold routine, it won't seem so hard to make other adjustments.

Sugar: We're not saying that sugar is great stuff (that's the job of the confectioner's lobby). We don't even believe that other sweeteners are desirable. But your first job is to convince your child that he won't miss out on too much by cooperating with the Feingold program. If that means more goodies than you would normally provide, but it succeeds in gaining his cooperation, it's worth losing the battle to win the war. Later, once things are going well, you can cut back on the junk food. Since you will probably be dealing with a far more cooperative child by that time, it may not be so hard. (See the December 1991/January 1992 issue of *Pure Facts* on gaining your child's cooperation.)

Don't forget to check the recipes in this issue for quick dinners.

(Someone's husband ate a lot of experiments so you could have them.)

The other meals

Breakfast is a problem if you are fond of a bowl of colored marshmallows floating in milk. But take a close look at the cereal section of your *Foodlist*. Not only are there a few familiar

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ready-to-eat products, but at least one has as much sugar as any other kid on the block is getting for breakfast.

If your young'uns like hot cereal, the problem of breakfast is solved, and if you have a microwave oven to cook them in, your clean-up problems are taken care of too.

Health food stores have many varieties of ready-to-eat cereals, but you'll have to test them out as they tend to taste different than supermarket brands.

Have you given serious consideration to the old time breakfast fare? Scrambled eggs, French toast, pancakes, waffles, sausage and biscuits? The French toast, pancakes and waffles can be made in quantity and frozen.

You can't get much quicker than bagels or toast. Spread them with cream cheese or peanut butter (or a combination of the two, plus a little honey...good!)

Melt some cheese on a piece of bread...hot breakfast!

In place of orange juice, try diluted pineapple or pear juice. (Have you seen the large bottles of Gerber pear juice in the baby food section? It looks and tastes like apple juice.) If your child likes grapefruit juice, that's another selection. If he doesn't like it, can you change his mind by adding some sugar?

A breakfast shake recipe will feed two regular size children or one teenager. Pour the following into a blender: 1 cup milk, 1 cup pineapple juice, 1 banana. Whirl to blend. Serve and await the compliments. This is a thick stick-to-the-ribs kind of a drink, and contains a good selection of vitamins and protein in a glass.

Forget the five or seven different meal plans we discussed for diners. With your kids' breakfast all you will need are two or three.

Plan a limited repertoire for lunches too.

Remember, most kids are monotonous by nature, so don't feel guilty if you serve peanut butter sandwiches frequently. Give the impression of variety by cutting the sandwich a different way. Deception is nothing to be ashamed of if it produces well nourished children or contributes to maternal mental health.

Check out the *Feingold Cookbook* and *Handbook* for some more breakfast and lunch ideas. Or juggle the meals to get more variety. There's nothing inherently wrong with a child having macaroni and cheese, or a piece of pot roast at 7:00 am.

We know of one child who ate baked beans for breakfast, and grew up to be perfectly normal. Leftovers from last night's dinner can travel to school in your child's lunchbox, and are a treat compared to most school lunches.

Artichokes
Asparagus
Avocado
Bagels
Bamboo shoots
Banana
Barley
Beans
Beef
Beets
Biscuits
Bread
Broccoli
Butter
Cabbage
Cake
Candy
Cantaloupe
Carrots
Cashew nuts
Cauliflower
Celery
Cereal
Cheese
Chicken
Chinese vegetables
Chips
Chives
Chocolate
Cocoa
Coconut
Cookies
Corn
Crabmeat (real)
Crackers
Cream
Dates
Eggs
Eggplant
English muffins
Figs
Fish
Flour
(white and whole wheat)
Garlic
Gelatin
Grains

Granola
Grapefruit
Hamburgers
Honey
Hot dogs
Ice cream
Jam, jelly
Kiwi
Lamb
Lemon, lime
Lettuce
Lobster
Macaroni
Mango
Mayonnaise
Milk
Molasses
Muffins
Mushrooms
Mustard
Noodles
Oats
Oatmeal
Olives
Olive oil
Onions
Pancakes
Papaya
Pasta
Peanuts
Peanut butter
Pears
Peas
Pecans
Pepper
(black and white)
Pie
Pineapple
Pistachio nuts
(undyed)
Pita bread
Popcorn
Pork
Potatoes
Pretzles
Pudding
Pumpkin
Radishes

Rice
Rice cakes
Roast beef
Rolls
Rye
Salad
Salad dressing
Salmon
Salt
Sausage
Scallions
Seafood
Seeds
Shortening
Shrimp
Soda
Sorbets
Soy sauce
Soup
Sour cream
Spinach
Squash
String beans
Sugar
Sweet potatoes
Syrup
Toast
Tuna
Turkey
Veal
Vegetable oil
Vinegar
(white distilled)
Waffles
Walnuts
Water chestnuts
Watercress
Watermelon
Yams
Yeast
Yogurt
Zucchini

Need more help?

Still having trouble thinking of foods that are o.k. to use on Stage One? Lest you find yourself in a "What's left to eat?" frame of mind, we've listed some of the things that qualify for stage one.

Also, let your veggie-hater know that eating spinach is optional. (Notice that we humanely left off the Brussels sprouts even though they're acceptable on Stage One.)

Please be sure to refer to the current Foodlist for acceptable brand name products.

Dinner in a Hurry

“Going Feingold” does not mean you have to give up the convenience you may have enjoyed from boxed dinner mixes. Here are two dinners which are easy, economical, and good tasting. They can be prepared in about 30 minutes or less from ingredients you pick up on your way home.

The shrimp dinner cooks in one large saucepan, and the stew needs just a saucepan and large frying pan.

Shrimp, Broccoli & Fettucinni Alfredo

This elegant dish may fool your family and friends into thinking you've gone gourmet. It's both easy and economical since it takes only a half pound of shrimp to make 4 servings. Or you can make it with cooked diced chicken (your own or canned). If you do, skip the instructions on preparing shrimp, and add the chicken after the sauce has been cooked.

- 1/2 pound raw shrimp (shelled and cleaned)
- 2 cups broccoli flowerets (from the salad bar if you like)
- 8 ounces fettucinni or noodles
- 1 cup milk
- 2 Tbsp cornstarch
- 1/3 cup grated parmesan cheese
- 1/4 tsp garlic salt
- dash pepper
- 2 Tbsp butter

1. Fill a large saucepan half full of water and add a tablespoon vegetable oil to prevent the pasta from sticking. Bring the water to a boil over high heat. While the water is heating, assemble the other ingredients and have a collander or large strainer ready.

2. When the water boils, add the pasta and stir it.

Determine how long the pasta will need to cook, and add two minutes to the cooking time since the water will cool down as you add other ingredients. If the pasta takes 12 minutes, for example, set a timer for 14 minutes.

3. Cook the pasta on medium high heat, stirring it occasionally.

Meanwhile, measure the milk into a large measuring cup. Add the cornstarch and blend. (A small whisk works well.)

Next, stir the parmesan cheese, garlic salt and pepper into the milk mixture.

4. When the timer indicates only 4 minutes left for the pasta to cook, add the broccoli pieces to the boiling water.

One minute before this is finished cooking, add the raw shrimp.

When the time is up, pour the pasta/broccoli/shrimp into a collander and allow the water to drain into the sink. Put the lid from the saucepan over this to keep the food warm while you make the Alfredo sauce.

5. Put the milk mixture, along with the 2 Tbsp of butter, into the empty saucepan, and stir constantly over medium high

heat. (A larger whisk is good here.) As soon as the mixture thickens, remove it from the heat.

6. Add the pasta combination back into the saucepan, and gently toss it to coat it with the sauce.



Easy Beef Stew

This inexpensive meal provides a great way to use up whatever veggies, pasta, or grains you may have in the refrigerator. Choose your family's favorite ingredients, or try this version:

- 1 pound ground beef
- 1 cup (raw) macaroni or other pasta
- 1 can (about 15 ounces) beans
- 1 can mixed vegetables, drained (or use frozen vegetables)
- 1 cup water
- 3 Tbsp cornstarch
- 3 Tbsp soy sauce
- dash of garlic powder

1. Fill a medium or large saucepan half full of water; add a spoonful of vegetable oil to prevent the macaroni from sticking.

2. While the water heats up, begin cooking the ground beef in a large frying pan, breaking it up.

3. Cook the macaroni as the package directs. (If you use frozen vegetables, add them to the boiling water about three minutes before the macaroni has completed cooking.)

4. While the beef and macaroni are cooking, blend the water, cornstarch, soy sauce and garlic powder in a large measuring cup.

5. Drain the macaroni when it is cooked. Spoon off excess fat from the ground beef.

6. Add the soy sauce mixture to the beef and stir, cooking until the gravy thickens. Add the macaroni, vegetables, and beans to the meat in the frying pan, and stir.

This amount should serve at least six people.

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.

Product Information Report

Apparently there have been changes in some of the **Orville Redenbacher popcorn** products. We are re-examining them and caution you to check labels carefully.

Vicks Cough Control Disks have been discontinued, but members may contact the company to order what remaining stock is available. Call 1 (800) 843-9657.

This product, which contains caramel, corn syrup and peppermint oil had been found acceptable for use by Feingold members. The company's decision to stop making it is sad indeed. You can also call their 800 number to let them know what products you would like to have available.

"New Improved" Hershey's Special Dark Chocolate candy bars now contain artificial vanilla! Call Hershey's at 1-800-468-1714 if you want to comment.

Send us your Kids!

Send us their photos, that is. We will soon begin work on the next **Feingold school year calendar**, and will be looking for pictures of your children and teens. Send us photos (but not portraits) of your children engaged in various activities. The shots can be either color or black and white, as long as they are clear.

Mail them to the FAUS office, and please be sure to put the child's name and age on the back, along with your address.

For more details, see the November, 1991 issue of *Pure Facts*.

Food Technology for \$ale

Food companies are working hard on ways to provide lower calorie sugars and fats. After all, if a dessert has fewer calories, then we may eat more of it, and if we eat more of it, that means increased sales. The candy industry has set a goal of getting the American public to eat 25 pound of candy each by the year 1995. Today the average per capita consumption is a little over 20 1/2 pounds.

Some of the new sugar and fat substitutes are made with natural ingredients, so they could prove to be acceptable for Feingold members. A recent introduction is a combination of caprenin (made from fatty acids) and polydextrose (a complex carbohydrate).

Feingolders won't have the chance to test out the combination at this time, as it is being used in a new version of the Milky Way candy bar — a no-no for us. Mars Inc. says their new product will contain about 1/3 less calories, 190 instead of 280.

One of the new fat replacers, called "Slendid" is made from the pectin found in citrus peels.



Labelreading 101

Kidsnet is a nonprofit media group promoting food labels for children. Wanna bet none of the labels list "petroleum-based synthetic food additives"?

Marshmallows

They look so innocent — those fluffy little white pillows we grew up with. Take a closer look, at the label that is. There's that "A" word: "artificial". Yes, they have artificial flavoring, but it isn't surprising. What may amaze you is the artificial coloring often added to white marshmallows. Remember how people used to add blueing to laundry in order to make clothes whiter? Apparently this is what is done with marshmallows.

Easter Candy

The Squirrel's Nest will be offering special Feingold-safe marshmallow Easter eggs! The ingredients are: Knox unflavored gelatin, sugar, pure vanilla, salt and water (NO corn syrup).

Uncoated eggs, approximately 1/2 ounce, are 30 cents each; chocolate coated eggs, about 3/4 ounce, are 50 cents each. Specify if you prefer milk or dark chocolate.

To place your order, write to The Squirrel's Nest, 1 North Broad Street, Middletown, DE 19709. Allow plenty of time as these candies are hand-made.

Other sources of holiday candies are: Giambri's, Palmer (*read labels carefully*), and your own homemade.

Fill Easter baskets with mostly toys or trinkets, and try to get the children to delay eating their candy until they have had some nourishing food.

17th Annual Conference of the Feingold Association of the United States

"Pioneering the Way Westward Ho"

June 24 - 28, 1992

Cal. Poly, Pomona, Southern California

a fun filled program is planned:
Feingold-safe cake decorating and craft workshops
Country Western Style BBQ with entertainment
Continuing education seminars
along with a full business agenda

for further information contact FASC, P.O. Box 1565, Fontana CA 92334

