

Pure Facts

Newsletter of the Feingold® Associations of the United States



December 1992/January 1993

Vol. 16, No. 10

Salicylate/Aspirin Sensitivity Handbook

Salicylate sensitivity may be one of the least recognized and most poorly understood health problems, Feingold volunteers believe.

Professionals who understand aspirin sensitivity are likely to be unaware that natural salicylates (foods which contain a salicylate radical) can be just as troublesome as aspirin.

Now that aspirin is no longer given to children it is even more likely that this sensitivity would be unrecognized in the child.

In his early book, *Introduction to Clinical Allergy*, Dr. Feingold described many of the physical reactions the sensitive individual can experience from natural or synthetic salicylates.

During the the years which have followed, Feingold representatives and the physicians who work with them have been able to add to this body of knowledge. The most valuable source of information has been the experience of our salicylate-sensitive members.

This data is now available in the final draft of our *Salicylate/Aspirin Sensitivity Handbook*. It is similar to the Feingold Handbook, but focuses primarily on the adult. An additional section of the S/AS book deals with the extreme sensitivity noted by some of our members. Some of the issues it covers are:

- Rating of foods from very high to very low in salicylate content
- Non-food plants and other items which contain salicylate
- Benzoate sensitivity
- Sulphur dioxide sensitivity
- Salicylate sensitivity and beta blockers
- The Australian study on salicylate content of foods
- Bibliography of medical references on salicylates

The S/AS book may be ordered from FAUS, P.O. Box 6550, Alexandria, VA 22306. The cost is \$5 for members; \$10 for non-members.

A Look Back at 1992 - Food Becomes More Complex

Hidden ingredients in foods cause death in allergic children

The August 6 issue of the *New England Journal of Medicine* suggests that hundreds of children die each year as a result of both their allergic reactions to hidden foods, and the failure of adults to recognize the seriousness of such a reaction.

Physicians at the Johns Hopkins University School of Medicine note that the increase in fatalities is partially due to the the food industry's increased use of hidden additives derived from such typical allergens as: milk, eggs, soy and nuts. The more highly processed a food, the more opportunity to introduce proteins from foods that can trigger severe reactions in some people.

Of the 13 children studied who experienced fatal or near-fatal reactions, all had previously reacted to foods, and all were asthmatic. The foods in which hidden allergens resulted in fatalities were: a cupcake, a sandwich, a hamburger roll and candy. The foods responsible for the near-fatal reactions were: a cookie, cake, pastry and cereal.

The researchers call for improved labeling of foods to identify things such as the hidden milk in "dairy-free" products and the hidden soy in hydrolyzed vegetable protein (which contains hidden MSG).

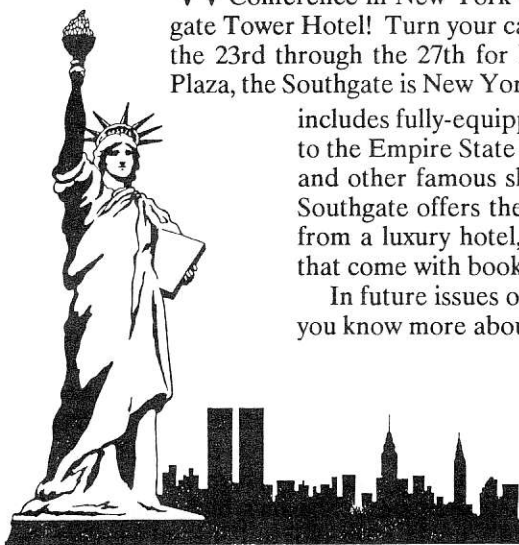
Plan Ahead for Conference — in the Big Apple!

What's accessible, affordable, stimulating, and luxurious? Conference in New York City, at the All-Suites Southgate Tower Hotel! Turn your calendar to June 1993 and save the 23rd through the 27th for Feingold. Adjacent to Penn Plaza, the Southgate is New York's largest all-suite hotel, and

includes fully-equipped kitchens. It is convenient to the Empire State Building, Macy's, A&S Plaza and other famous shops of Herald Square. The Southgate offers the amenities you would expect from a luxury hotel, but at the affordable prices that come with booking in quantity.

In future issues of *Pure Facts* we will be letting you know more about the speakers and programs

we will offer. These meetings will take place in the Clinton Room. (Are we timely? or what!) Make your plans now — to have an exciting time, and to be pampered.



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.

Jerry Earns His Black Belt

If you've ever thought "a little bit of salicylate can't hurt", read this.

What can you do to help a bright child who is doing badly in school, whose grades are slipping, who drives his teacher to distraction with constant fidgeting and the inability to focus?

Jerry Zoeller was in fifth grade, having problems academically and getting D's in behavior. The approaches generally recommended had all been tried: testing, counseling, behavior modification, classroom modifications, medication; but nothing was working.

He had received counseling, and by the time he was ten was seeing both a psychologist and a psychiatrist. Ritalin was tried and he had what his mother, Debra, describes as a "horrendous reaction."

In her search for answers, Debra had heard about the Feingold Program and decided to give it a try. When she told the psychiatrist this, he became very upset, urging her to forget about diet and try additional behavior-modifying drugs instead.



The family's diet was already remarkably pure. Debra cooks virtually everything from scratch and they use either homegrown or organic foods for most of their diet. It's easy to wonder what on earth the Feingold Program could offer.

"Raisins and grapes." What Debra learned was that these were the two foods that were setting Jerry off. He had them often, and they were responsible for both the behavior and learning problems he had experienced for so long.

They began the program during the second half of fifth grade, and in the last grading period Jerry's grades were all A's and B's, with a B in behavior! His academic success has continued and Jerry is now doing well in junior high school. He stays away from raisins, grapes, and the additives, but tolerates the other salicylates.

One of the biggest benefits for this bright young man was his success with karate. Jerry loved it, but was unable to advance to black belt status. In order to achieve this high level, the students must pass a test that requires them to sit on their knees, virtually motionless while each student performs. The testing period lasts for approximately four hours.

Not only did Jerry successfully complete this test and receive his black belt, but his parents have it on videotape. Friends who knew Jerry "before Feingold" didn't believe it until they saw the tape!

Salicylate sensitivity can take many forms

What had been mild asthmatic symptoms changed to violent attacks eight years ago after Sharon Williams ate at a salad bar. Sulfites were being used liberally then, and they set her up for many other sensitivities, including reactions to salicylates.

Much of Sharon's time was being spent in a hospital, and trips to the emergency room became a weekly occurrence. She was tested for sulfite sensitivity, and despite the fact that she is highly sensitive, the tests came out negative. To make matters worse Sharon later learned the medicine she was taking was preserved with sulfites.

Even the slightest exertion was too much for Sharon; she couldn't walk from her car to the front door without becoming exhausted. Finally, her pulmonary specialist told her, "There's nothing else I can do for you."

Eventually, a physician gave Sharon a list of foods to avoid, and she recognized they were natural salicylates. She was aware of the Feingold Association from her days as a school nurse, and called the New York office.

Combining the Feingold Program with avoidance of sulfites has enabled Sharon to lead an active, healthy life.

Daily medication is still needed because the years of asthmatic attacks damaged her lungs, but with a small maintenance dose and the Feingold Program she walks 5 to 6 miles a day and leads an busy life.

After being dismissed for claiming that additives and salicylates were triggering her attacks, Sharon says, "My doctors now believe me. They listen with both ears!"

Some of the reactions she notes to salicylates are: congestion, coughing and wheezing, and swollen lips. Some salicylates are real troublemakers for her — especially tea and fresh pineapple — but the rest are tolerated if she doesn't overdo them.

Sharon takes great pains to avoid sulfur in any form, including fresh shrimp and scallops washed in a sulfite solution. Corn oil and corn syrup also bring about a sulfur reaction as they are treated with this chemical. She isn't allergic to corn, however.

Sharon's diet is more limited than the typical Feingold member, but she's philosophical about it. "Without the help I received, I would be wheelchair-bound and hooked up to oxygen...or dead!"

For Chris McElvaine, salicylates bring on congestion and involuntary muscular movements. Apples and oranges seem to be a particular problem, but she tolerates them better when they are cooked, rather than raw. Interestingly, aspirin and medications containing aspirin don't bring on a reaction.

Chris has a much worse reaction from the synthetic dyes. For as long as she can remember, she suffered from night terrors, and it wasn't until she put her son on the program and began using it herself that Chris connected her sleep disturbances with additives. If she eats something with dye, the symptoms return.

Sharon Williams has long known about the connection between additives and behavior. As a school nurse, she kept a record of accidents and found that during the week after Halloween, the number of injuries the children in her school sustained increased 300%! When she pointed this out to the administrators the reaction was...nothing.

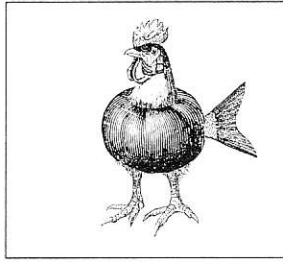
The Brave New World of Foods

Political cartoonists had a field day this past May when the Federal Government announced its policy on the development and use of genetically altered foods.

Proponents saw it as just one more step in the process of plant and animal breeding. Opponents cited the use of human genes in pork, chicken genes in potato, tomato with flounder genes, and firefly genes in corn as a radical departure from anything agriculture had seen to date. Bacteria and growth hormones added to foods and food-producing animals, as well as plants that create their own pesticides caused grave concern.

The biotech industry predicts a growth from the present \$4 billion/year to \$50 billion in the next eight years, provided they can be free of "unnecessary regulations."

But some of the nation's top chefs and consumer groups called for time and thought to be given to the prospect of unleashing such sci-fi foods without testing or control, and without labeling to alert allergic individuals or those who avoid certain foods for other reasons.



The impetus to speed through government approval came from the President's Council on Competitiveness, headed by the Vice President. It was endorsed by the heads of FDA and the Department of Health and Human Services. With a new administration coming to Washington, many consumers are hopeful the development of these high tech foods will proceed more slowly and cautiously.

How about salicylates?

Feingold members will be left to wonder if the non-salicylate food contains (unlabeled) genetic material from a salicylate, and if that addition will trigger a reaction and make it even harder to locate suitable foods.

Making Sense out of Salicylates [suh lis'uh lātes]

When it comes to salicylates, we have more questions than answers.

The information Dr. Feingold used to identify potentially troublesome foods was old in the 1960's. He found, however, that avoiding foods on this list of salicylates generally produced a good response. Today, little more is known about why certain foods can cause such severe reactions in some people, but we continue to find the original list to be a practical guide.

One theory which would explain the reactions to salicylates is that they produce their own pesticide to deter insects and other predators, and that it is this chemical which triggers reactions in some people.

The degree of sensitivity

This varies enormously among our members. Some people need not restrict salicylates at all, while others can have a profound reaction from the tiniest amount. For some, a reaction occurs in a matter of minutes, while others only react after they have eaten too many salicylates.

Those who are sensitive to salicylates are invariably affected by the synthetic additives we eliminate, and some salicylate sensitive people are also unable to tolerate much sugar.

Your ability to tolerate salicylates may vary depending upon other factors, such as exposure to allergens like pollen and ragweed. You may find that during some seasons salicylate foods are better tolerated.

Which foods are the worst offenders?

While there are too many individual differences to be able to answer with any certainty, volunteers do notice how often raisins are named. Apples are frequently mentioned as well. Many families connect diet and behavior when they see their child react to apple juice. It's hard to know if this is because apple is a major offender or because the juice is so widely used and consumed in large amounts.

Pineapple and pear

Foods which are considered to be very low in salicylate can be troublesome for an occasional person. One three year old had a reaction to diluted, canned pineapple juice — a drink which is well tolerated by most of our members. Fresh pineapple appears to be poorly tolerated, but in processing it changes in some way, so that canned and frozen pineapple products are usually fine. (Undiluted pineapple juice has a very strong taste. We suggest you add plenty of water so your child will enjoy it and not become tired of it.)

If you haven't tried baby food pear juice consider adding this to your list. Gerber has it available in large bottles (in the baby food section of supermarkets). Baby foods are an especially good choice for allergic or sensitive people because the companies are careful to avoid adding other fruits, as is

often the case with regular juices. Products sold in health food stores frequently use salicylate fruits in juice blends, cookies, candy, and vitamins. Rose hips and acerola berries, which are often added to natural vitamin preparations, should be avoided by salicylate sensitive people.

Are organic salicylates better tolerated?

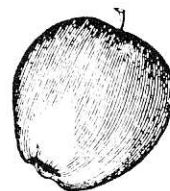
Some people report this to be the case. If you have access to organic or home-grown fruits/vegetables raised without pesticides, these are good foods to use when you introduce salicylates. If you have reacted to a food in the past and are brave enough to try it again in an organic form, you *might* be able to handle it. If your salicylate reaction is severe, however, we encourage you to avoid the food in any form.

Does salicylate sensitivity go away?

Most members (but not all) find that as they follow the Program over an extended period, their sensitivities diminish. Don't look for a change until after you have been on the Program for at least a year.

One of the best reasons for starting the Program when a child is young is so that by the time he is out on his own at the mall, he will be able to enjoy catsup and pizza along with his friends.

What's wrong with apple juice?



**...or apples, or oranges, or tangerines, or raisins,
or tomatoes, or peaches, or nectarines, or cucumbers, or almonds, or peppers?**

Actually, nothing is wrong with these foods; they're wholesome and nourishing. But for someone who is "salicylate sensitive" certain foods can be terrific troublemakers.

"Salicylates" occur naturally in some foods, and are also found in many medicines and food additives. Aspirin is the best known salicylate, and aspirin-sensitivity is widely recognized. It can bring on a variety of symptoms from asthmatic attacks to hives.

For many years medical journals have carried reports of adverse reactions to a variety of different substances. Much of the information came from allergists who observed physical symptoms resulting from sensitivity to food dyes, or aspirin, or some foods. Then research at the Kaiser-Permanente Medical Center in San Francisco demonstrated a link between these different substances. Even more surprising was the discovery that the same food or chemical which could bring about a case of hives in one patient could result in distractibility for another, and unprovoked anger in a third. In other words, substances that cause a reaction in one organ — our skin — can also affect another organ — our brain.

What is there in an apple that is similar to a food dye or an aspirin tablet? Too little is known about salicylate-sensitivity to provide a good answer. One theory is that some foods produce their own chemicals to repel predators, and that this chemical is similar to "acetylsalicylic acid", or aspirin.

Several studies have been conducted to measure the salicylate content of various foods, with the most recent being an Australian project reported in the *Journal of the American Dietetic Association*. But food grown in Australia is not necessarily the same as food grown in North America. What's more, the salicylate content of a food is not necessarily a key to which ones are likely to trigger reactions in any particular person.

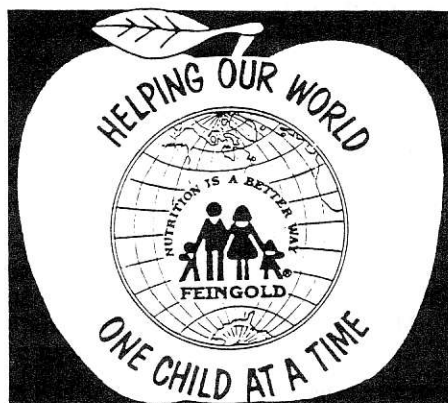
To further complicate the whole issue, a person can be extremely sensitive to one or two of the salicylate foods, and be able to tolerate the rest. It also makes a difference whether the food is fresh or processed, and salicylate content can vary among different varieties of the same fruit.

A non-profit organization collects information on salicylate-sensitivity, and makes this available to professionals and the general public. Using the old fashioned technique of an elimination diet, they help people to determine if salicylates are affecting their health, behavior or ability to learn. Fortunately, there are so many non-salicylate foods to enjoy, the temporary removal of some things is not very difficult or restrictive.

To learn more about the way salicylates can affect health, behavior and learning, contact:

Feingold® Association of the United States
Post Office Box 6550
Alexandria, VA 22306

Feingold Association of the United States Conference 1993



June 23 - 27
Southgate Tower Suite Hotel
New York City

Dear Friends,

Relax in the sophisticated comfort of the Southgate All Suite Hotel while sharing stories, learning updated information, and hearing speakers address the issues which are important to Feingold members.

The hotel is across from Penn Station and a short bus ride away from all major airports.

The cost Wednesday to Sunday is \$275 per person, including meals and a Saturday banquet. The Friday excursion is extra.

Please mail this reservation form today to:

Feingold® Association of the Northeast
1000 Richmond Terrace
Staten Island, N.Y. 10301

Name _____

Address _____

Phone () _____

- ☐ Please send information about my family attending conference.
☐ My attendance is definite. Please accept my reservation.
☐ My reservation is tentative. Keep me on the mailing list.

Total number of children _____

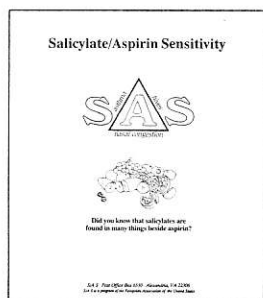
Total number of adults _____

20 Free Things to do in New York City

1. **ROCKEFELLER CENTER** Enjoy the beautiful Channel Gardens. Catch the summertime performances; window-shop at the Center's great stores. Relax in the beautiful parks and plazas amid Rockefeller Center's soaring skyscrapers. Pick up a free brochure at the Visitors Bureau and take the self-guided walking tour.
2. **THE GREAT MUSEUMS** Many museums have a pay-what-you-wish or suggested donation policy. Among these are the Metropolitan (including the Cloisters), American Museum of Natural History, Brooklyn Children's Museum, Staten Island Children's Museum, Bronx Museum, Pierpont Morgan and Museum of Broadcasting. On Tuesdays, the New York Historical Society, and on Thursday evenings the Museum of Modern Art are pay what you wish. Absolutely free are the Museum of the City of New York, and, on Tuesday evenings, the Whitney, Guggenheim, Cooper-Hewitt and National Academy of Design. The American Museum of Natural History is free Friday and Saturday evenings.
3. **CENTRAL PARK** See the fabulous attractions scattered through the city's 840 acre park. The Alice In Wonderland group, Belvedere Castle, Bethesda Fountain, "Cleopatra's Needle," newly-restored Wollman ice rink, Hans Christian Andersen statue (storytelling during the summer) and the Delacorte Musical Clock are favorites with young visitors.
4. **THE NEW BUILDINGS** Important new structures include: AT&T, Equitable Center, IBM, Philip Morris, Olympic and Trump Towers, Citicorp Center, the Uris and Minskoff Buildings (each contains legitimate theatres) in Times Square, headquarters of Chase Manhattan and American Express in the Wall Street area; and also in Lower Manhattan, the World Trade Center and World Financial Center. Many skyscrapers feature beautifully landscaped atriums, art exhibits, shops, restaurants and free entertainment. (The NY Convention & Visitors Bureau can provide the "Atrium flyer".)
5. **UNITED NATIONS** Admission to official meetings is free. (Tickets at UN Information Desk) See the fascinating gift, souvenir book shop and the unique post office.
6. **FAMOUS SIGHTS** Hop a bus or subway down to Battery Park at the tip of Lower Manhattan for a fine view of the harbor and the Statue of Liberty. Walk up Broadway to beautiful City Hall. In midtown, look up (1,454 feet!) to the top of the Empire State Building. Further north you'll find Grant's Tomb; and, in The Bronx, the Hall of Fame.
7. **THE NEW YORK STOCK EXCHANGE** Free tours, including a visitors gallery overlooking the trading floor and multi-media presentations. Nearby are Federal Hall (where George Washington became our first president), Fraunces Tavern (where he bade farewell to his troops) and the Federal Reserve Bank. (For free guided tours call 212-720-6131.)
8. **EXOTIC NEIGHBORHOODS** Chinatown, Greenwich Village, SoHo, TriBeCa, Yorkville, the Lower East Side, Little Italy, Brooklyn Heights — see the "small towns" that make up the Big Apple.
9. **SOUTH STREET SEAPORT** Drop by the revitalized Fulton Fish Market area. Stroll the cobblestone streets of The Big Apple's 19th century historic port district. The indoor-outdoor museum offers an assortment of free fun, year-round concerts on the pier during summer, and daily street entertainment amid the shops, ships, galleries, cafes, landmark buildings and eateries.
10. **VEST POCKET PARKS** Paley Park, a charming vest-pocket park in the heart of Manhattan, complete with feathery honey locust trees and an urban waterfall, just east of Fifth Avenue on 53rd Street. Many others are located throughout the city.
11. **TIMES SQUARE — "THE GREAT WHITE WAY"** Don't miss the bright lights and excitement of the Big Apple's theater district. Stroll Lincoln Center, host to the greatest names in opera, music, dance and theatre.
12. **PARK CONCERTS & PLAYS IN SUMMER** The NY Philharmonic, Metropolitan Opera, Shakespeare Festival, Goldman Memorial Band, NY Grand Opera, Harlem Cultural Festival and many other "happenings."
13. **TV SHOWS & DISCOUNT TICKETS** Free tickets to TV shows are offered at the NYC Visitors Bureau. Also, pick up discount theatre coupons and discount tickets to trade shows and special exhibits. Half-price tickets for Broadway and off-Broadway shows are sold on the day of performance. The Music & Dance Booth in Bryant Park at 42nd Street off Ave. of the Americas offers half-price day-of-performance tickers for music and dance events.
14. **GARDENS** Formal and informal gardens flourish throughout the area. The NY Botanical Garden, a magnificent oasis in The Bronx, is open free daily and on Saturdays 10-12. The Crystal Palace Haupt Conservatory is free.
15. **THE ZOOS** Visit the Bronx Zoo (free Tue, Wed and Thurs), the Staten Island Zoo (free Wed), and the Prospect Park Zoo in Brooklyn, Central park Zoo in Manhattan, and Flushing Meadow Park Zoo in Queens (free every day).
16. **SNUG HARBOR CULTURAL CENTER, STATEN ISLAND** Eighty lovely acres overlook New York Bay for spectacular views of the Statue of Liberty and the harbor. Art exhibits, concerts and lectures in the cultural arts complex.
17. **RELIGIOUS LANDMARKS** Cathedral of St. John the Divine, St. Patrick's Cathedral, Riverside Church, St. Bartholomew's Church, Temple Emanu'el, St. Peter's Church at Citicorp Center, the Abyssinian Baptist Church in Harlem, Trinity Church and St. Paul's Chapel in Lower Manhattan, and the Lafayette Avenue Presbyterian Church in Brooklyn.
18. **OUTDOOR ART** Picasso's colossal sculpture - "Sylvette" in Greenwich Village, Nevelson's "Shadows & Flags", the Vietnam Veterans Memorial; Dubuffet's "Four Trees" are among many artistic attractions in New York.
19. **BEACHES** There are 15 miles of beaches in New York City. Coney Island and Rockaway are the most famous. Brighton Beach contains the Russian enclave known as "Odessa by the Sea."
20. **WINDOW SHOPPING** Treasure hunt along Fifth Avenue, Madison Avenue, Herald Square, 34th and 57th Streets. Browse the antique shops and boutiques along the Upper East Side, along Columbus Avenue, down in SoHo and Greenwich Village, and on Atlantic Avenue in Brooklyn. See the bargains on colorful Orchard and Delancey Streets in Manhattan and along 13th Avenue in Brooklyn.

"What's wrong with apple juice?"

The enclosed article is included for you to use in explaining why certain fruits and other foods must be avoided by some Feingold members. You are welcome to photocopy it.



Non-salicylates for big and little people

Gerber has introduced a line of baby foods in tropical flavors including such non-salicylates as mango, papaya and guava. (Check the ingredient labels as some blends contain salicylates as well.)

They were originally designed for Hispanic families but appear to be popular with families throughout the United States.

Salicylate sensitive adults may find these products can be used in fruit salads and desserts.

Stage One treats

A Feingold mom described a combination for her children that is always greeted with enthusiasm. She cuts up canned pears and mixes them with their favorite flavor of yogurt.

For some juice variety: blend papaya juice (Tree of Life has a good tasting one) with Gerber pear juice. Dilute to suit your taste.

Lemonade or pear juice can be heated to make a satisfying drink on a cold night. Add some cinnamon if you like.

No Foolin!

Nancy Barron says zucchini makes a very good Stage One stand-in for apples in homemade apple pie.

PIC Research

New foods from the Product Information Committee

The following products may be added to your Stage One list:

CONAGRA Old Fashioned Chicken Noodle Soup
GLENNY'S Pops (candy - lollipops available in health food stores)
DUBLETS Peanut Butter Filled Pretzels (CS)
CARNATION: Evaporated Lowfat Milk, Evaporated Milk, Lite Evaporated Skimmed Milk, Sweetened Condensed Milk
NESTLE Semi Sweet Chocolate Baking Bars, Unsweetened Chocolate Baking Bars (*These are chocolates used in baking — not chocolate chips*)
RHODES frozen dough: 100% Whole Wheat Dinner Rolls, Flaked Wheat Rolls, Honey Wheat Bread Dough, Italian Bread (CS), Sweet Roll Baking Dough (CS), White Dinner Rolls (CS)
VIE DE FRANCE White Bread
HAAGEN-DAZS Deep Chocolate Fudge Bars, Deep Chocolate Fudge Ice Cream (CS), Caramel & Peanut Brittle Bars (CS), Vanilla Crips Bars
LUCERNE (Safeway) Frozen Yogurt Bars: Chocolate (CS)
SQUIRREL'S NEST (Mail order: 1 North Broad St., Middletown DE 19709) Chocolate Covered Pretzels, Chocolate Walnut Cremes, French Mints
JOLLY TIME Microwave Popcorn: Natural, Light Natural
VERNELL'S Fine Candies: Peppermint Lozenges (CS)
NECCO (New England Candy Company) Canada Mints (CS) *white only*

Product Alert!

Louis Rich Turkey Bologna has been changed and now includes "natural smoke flavoring" which is a problem for many Feingold members. Please remove this product from your Foodlist.

Mary Jane Peanut Butter Kisses were listed as approved in the October *Pure Facts*. The manufacturer has since informed us that one of the prohibited preservatives are added to the mono and diglycerides. (They are treated fats which are added to keep the candy soft.)

Foodlist Changes

Several products which have been listed on Stage One now contain salicylates and should be moved to your Stage Two list:

LOUIS RICH Turkey Franks (CS,N) now have cloves & paprika
OSCAR MAYER New England Brand Sausage (CS,N,clove), Old Fashioned Loaf (CS,N,MSG/HVP,clove,paprika), Picnic Loaf (CS,N,clove)
ALTA DENA Maya Yogurt: Pineapple (CS,apple)
KOSCIUSKO Mustard (clove,paprika,red pepper)

Chocolate Chip Caution

Pure Facts has been in contact with the Nestle Company, the world's largest food manufacturer, to try and learn if their Milk Chocolate Chips are suitable for our use. (The Milk Chocolate Chips are packaged in a brown bag; they are not the ones in the familiar yellow bag.)

The ingredient listing on the brown bag does not include vanillin (synthetic vanilla), but the printout of ingredients supplied to us by the company does include vanillin in all of their chips. Until we clear this up, please use only approved brands.

This episode points out the complexity of food processing and of obtaining information from very large manufacturers. It is not unusual to find conflicting information provided by different staff people.

If it turns out that the chips are indeed free of vanillin, this would be surprising. We have found that milk chocolate products are more likely to have synthetic vanilla than dark chocolate.

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.

Scenes From a Mall — the Wired Child

Have you ever been at a store and seen a child out of control, and wished you had something to give that poor, stressed-out mother?

Judy Schneider tells of standing in line at a bank, behind a mom whose little girl was in the throes of a tantrum. Judy looked at the child and said, "Honey, did you just eat a red lollipop?" The child's mother wheeled around, a look of astonishment on her face, and asked how she knew

Difficult Child?

call 800-321-3287



The Feingold® Association of the United States is a non-profit volunteer organization composed of parents, physicians, dietitians, nurses, teachers, counselors, and other professionals.

that. It was obvious, Judy explained, the little girl was experiencing a chemical reaction.

This is the time to have something to whip out of your purse or wallet, and give to the mom — something like our new "Difficult Child?" business card. Contact FAUS for a supply of your own.

Another Way to Spread the Word

We now have a new bumper sticker! It's made of bright yellow vinyl with red ink, and is designed to let parents of children labeled "ADD" know that ADDitives may be a culprit. Write to us, or call either (703) 768-3287 or 1-800-321-3287 and let us know if you would like one or two.

ADDITIVES (800) 321-3287
can trigger
ADD (Attention Deficit Disorder)

Past issues of Pure Facts are available

During the past year major articles which have appeared in Pure Facts include:

Dec 1992/Jan 1992

Gaining your child's cooperation
MSG gets a taste of notoriety
How to have a product researched
International membership

Feb 1992

Stimulant medication and the Feingold Program
Starting out - colors & smells
New carpeting
FDA & industry - conflict of interest

Mar 1992

How do I actually begin?
How long till I see a response?
Dinner in a hurry
Carolyn - a day care dropout!

Apr 1992

Indoor air pollution & church
Multiple chemical sensitivity
Perfume
Your child's bedroom

May 1992

The Feingold mom
Food allergies
Allergy resources
Nabisco product report

June 1992

New study links diet/hyperactivity
Eating out at restaurants - How the Feingold member can make good choices

July/Aug 1992

Travel abroad
McDonalds in Europe
French & German translations
Benzoates

Sep 1992

The sick school syndrome
"That Kid who Drives You Crazy" handout for teachers
Studies on diet and learning

Oct 1992

"Industry Front" groups
Halloween reminders
"Healthy Skepticism"
Cooperation from food companies

Nov 1992

The child who's "not that bad"
Dealing with relatives
Ritalin use in decline
A new kind of supermarket

Copies are available. Please include your name and full address, plus 50 cents for each newsletter. Mail to FAUS-PF, P.O. Box 6550, Alexandria, VA 22306.



Pure Facts

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Pure Facts is published ten times a year and is a portion of the material provided with membership in the Feingold Association.

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