

Pure Facts

Newsletter of the Feingold® Associations of the United States



April, 1994

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Smoking

Editorial comments

Tobacco industry practices have come under fire from the Food and Drug Administration, as well as the Surgeon General.

Several days before a special report was aired on ABC's Day One, the FDA Commissioner, Dr. David Kessler, learned of the show and "scooped" the network by warning that the practice of adding nicotine to cigarettes — presumably for the purpose of creating an addiction — could cause the agency to regulate cigarettes as an addictive substance, subject to the same restrictions as traditional drugs.

Such strong words took many Feingold members by surprise, given the close cooperation we have observed between the agency and the industries it is charged with regulating.

Tobacco is of interest to Feingold families on many levels; like synthetic food additives, smoking has an amazing array of harmful effects on health, behavior and learning. It may be appealing to the hyperactive or 'ADD' child whose self-esteem is shaky and who craves acceptance from peers.

Tobacco companies vigorously deny their promotions are directed at children and teens, but the Surgeon General charges that the evidence shows otherwise. A survey of young children found they were able to identify Joe Camel as readily as Mickey Mouse.

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Why Won't They Even Try the Diet?

Your child's response to the Feingold Program has been spectacular. Teachers, neighbors and relatives are impressed, but the one person you can't wait to tell is your friend who has also been looking for a way to help her child. To your astonishment, she is not interested, even after she sees the change in your child.

Why a concerned parent would be reluctant to try something as simple and risk-free as diet is a puzzle we've never really understood. We have even asked enthusiastic new members who resisted the program for many months themselves, but they are not able to explain.

An obvious reason — that the parent believes it will require a lot of cooking and doesn't want to do this — is sometimes not the factor at all. Occasionally we encounter a mom who is disinterested despite the fact that she loves to cook, and makes many dishes from scratch.

What's going on? While we don't have any clear answers, there are a variety of possibilities. Some of these were suggested by a panel of supportive professionals who addressed our 1990 conference in Towson, MD. [Note: This article is for your consideration; we are not suggesting that anyone 'play therapist' or use this article to confront another person.]

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Supermarket Blues

Foods and food companies are at the heart of the Feingold Association's work.

The decisions made in company board rooms have a direct effect on our lives and those of our children. But since the American supermarket contains thousands of food choices, surely the competition between so many companies assures that we will always have a large and varied selection...or so it seems until you look behind the label to learn who owns who. There really aren't so many competing companies; rather there are a few mega corporations which dominate the market. This may help explain why we so often have difficulty getting some companies to provide information on the ingredients in their products. See pages 3 and 4 for a look behind the food industry.

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.

The Exhausted Parent

Some people have tried and failed at so many approaches in helping their child, they are afraid of yet another failure, and the disappointment it will bring.

Even if she is interested in trying diet management, the mom may be under such stress that the idea of taking on another responsibility could be more than she can face.

In some cases, a mom is advised to not use the diet because it will create more stress for her. When she realizes that simply buying the microwave popcorn in the blue box instead of the red box will mean she avoids synthetic additives, she sees how little change might be needed.

The sad thing is that these moms are already working hard to help their kids. It's just that what they're doing isn't working very well.

It's Hard to Change

Change is uncomfortable, and most of us resist it. It may actually feel more comfortable to stay with the familiarity of the problems than to experience the discomfort of change — even if it is a change for the better.

Even if she is willing to change, her spouse may not be. In fact he may be more 'hyper' than her child.

She may be using food — such as candy — as a reward, and be reluctant to have to change, even if it means only a change to a different brand of candy.

The "Bad Mother"

Moms of ADD and ADHD kids have generally been given the message that they're doing something wrong. Now she gets the message that the food she gives her family is pretty bad stuff and it may be more guilt than she can handle. Forget the fact that it's not the consumer's fault that BHT is hidden in so many things, that the fault lies with the industry and the government agencies whose job it is to regulate them; the mom whose kid has problems has become very good at believing *everything* is her fault.

Help from a Prescription

For many distraught parents, the diagnosis of ADD/ADHD is a profound relief. This may be their first indication that the child's problems are not their fault. When the person giving them this comforting information, the first person who really understands what they have been going through, goes on to assure them that medication is the only answer, it carries a lot of clout. To reject the advice to use medication then is seen as risking loss of the comforting support of the professional and/or the parent group which advocates it.

If the medicine brings about any improvement at all, parents are understandably reluctant to consider discontinuing it, even if the side effects are considerable. The parent probably does not realize that there is good reason to avoid food additives, whether the child is on medicine or not.

Who's in Charge?

Similarly, she may be reluctant to question authority of any kind. If her doctor says diet is ineffective and is wrong, does this mean other authority figures might also be wrong about what they have taught her?

Food has Many Meanings

Ask anyone battling obesity, food has meanings on many levels; it is a lot more than just the stuff that makes and repairs cells.

Food is part of our earliest experience in life and is intertwined with memories and mores. For most people, some foods evoke familiarity and comfort. One mom who learned that she would have to switch from the chocolate chips in the yellow bag to the unfamiliar brown bag was genuinely upset. What memories must have been tied to that bright colored bag!

Food is Personal

And it's incredibly subjective. Here again, a parent may feel she is being asked to make too big a change, particularly if she receives misinformation about what the Feingold Program really is. (One critical dietitian claimed that all of the food we eat is grey!)

The Well Educated Parent

The parent who has a degree in one of the sciences may be as resistant as one who simply believes what she has been taught in childhood. If new information conflicts with a concept taught by a respected professor, this sets up a hard choice.

The parent who conducts her own research on ADD and ADHD will find many negative references to diet management, but is not likely to understand that most of this information comes from special interests.

Money and Credentials

When a parent is raised with phrases such as 'you get what you pay for', it's hard to accept that a Feingold membership could be more effective than \$100/hour therapy. And if they are unaware of Dr. Feingold's impressive credentials, it's easy to perceive the program as an invention of parents. The parent's authority is then compared to that of the doctor/therapist/teacher, etc.

What is the Parent's Philosophy of Life?

She may have been raised to believe that we have no power to influence our lives. If we have a child with problems, it's supposed to be that way; it's what we deserve.

The newsletter of the Hyperactive Support Group of South Africa addressed this: "...some people make their own decisions about what they want to achieve in life, decide how they are going to do it, use whatever tools they deem necessary and set about reaching for their dreams....They are in control of their own life and are said to have an 'internal locus of control'.

"By contrast, people with an 'external locus of control' are controlled by circumstances beyond them. These are people who feel they cannot alter an unpleasant situation because they don't have the power to do so."

These suggestions may touch upon the reason why you have met with resistance; or they may not cover it at all. We continue to puzzle.

Just Look at All Those Food Companies!

There are thousands of them competing with each other, or so it seems when you take a walk through any supermarket. Well, take a closer look.

Look all over the package of a food product; look beyond the ingredient label, and find the tiny print listing the parent company.

American Home Products Corp.

various pharmaceuticals

Advil
Anacin
Chap Stick
Chef Boyardee
Crunch 'n Munch
Dristan
Gulden's
Jiffy Pop
Maypo
Nursoy infant formula
Pam
Preparation H
Robitussin

1992 sales \$7,874,000,000

Borden, Inc.

American Original
Bama
Borden milks
Campfire
Cheez Doodles
Classico
Cottage Fries
Cracker Jack
Creamette
Cremora
Doxsee
Eagle Brand
Elmer's glues
Fisher
Glue Colors
Jays
Kava
Krazy Glue
Krunchers!
Maple Orchards
Meadow Gold
Mountain High
Mrs. Grass
Ocean Fresh
Prince
RealLemon
Ridgies
Snack Time!
Steero
Thirstee Smash
Viva
Wise
Wylers

1992 sales \$7,143,000,000

Campbell Soup Company

Bounty
Campbell's
Candy Man
Casera
Delacre
Early California
Exeter
Franco-American
Freshbake
Godiva
Granny's
Great Starts
Healthy Request
Hungry Man
Imperial
Lacroix
Le Menu
Marie's
Mrs. Paul's
Open Pit
Pepperidge Farm
Prego
SpaghettiOs
Swanson
Swift
Target
V8
Vlasic

1992 sales \$6,263,000,000

The Coca-Cola Company

Bacardi
Bright & Early
Coca-Cola
Fanta
Five Alive
Fresca
Georgia brand coffee
Hi-C
Mello Yello
Minute Maid
Mr. PiBB
Nordic Mist
PowerAde
Ramblin' Root Beer
Sprite
TAB

1992 sales \$13,074,000,000

Con Agra, Inc.

Act II
Armour
Banquet
Butterball
Casa de Oro
Chun King
Country Pride

Country Skillet
County Line
Eckrich
Healthy Choice
Hebrew National
Hunt's
La Choy
Longmont
Manwich
Morton
National Deli
Orville Redenbacher's
Patio
Peter Pan
Reddi-Wip
Rosarita
Sizzlean
Swiss Miss
Taste O'Sea
Wesson

1992 sales \$21,219,000,000

CPC International Inc.

Argo
Arnold
Best Foods
Bran'nola
Brownberry
Hellmann's
Karo
Knorr
Le Gout
Mazola
Skippy
Mueller's
Sahara
Thomas'

1992 sales \$6,599,000,000

General Mills, Inc.

17 cereal brands
Bac'O's
Betty Crocker
Bisquick
Bugles
Fruit Roll-Ups
Gold Medal
Gorton's
Hamburger Helper
Nature Valley
Pop Secret
Potato Buds
Squeezit
Yoplait
China Coast restaurants
Olive Garden restaurants
Red Lobster restaurants

1992 sales \$7,778,000,000

H.J. Heinz Company

Bagel Bits
Chef Francisco
Chico-San
57 Sauce
Heinz ketchup, pickles, relish
Heinz baby food
Near East
Ore-Ida
StarKist
Steak-umm
Weight Watchers
9 Lives

1992 sales \$6,582,000,000

Hershey Foods Corporation

Hershey and other candies
Peter Paul
Reese's
York
American Beauty
Light 'N Fluffy
Ronzone
San Giorgio

1992 sales \$3,220,000,000

Kellogg Company

Kellogg cereals
Eggo
Mrs. Smith

1992 sales \$6,191,000,000

Mars, Inc.

Combos
Dove
Kal Kan
Kudos
M&M's
Milky Way
Pedigree
Sheba
Snickers
3 Musketeers
Twix
Whiskas
Uncle Ben's

1992 sales \$ 11,000,000,000

Nestle USA

numerous candies
Carnation
Contadina
Chase & Sanborn
David's seeds and nuts
Friskies
Hills Brothers
Kern's
Libby's
Nescafe
Nestea
Perugina
Stouffer
Sweet Tarts
Taster's Choice

also: approx. 200 foodservice products,
wines, Stouffers hotels & resorts.
1992 sales figures not available.

Pepsico, Inc

Chee Tos
Doritos
Fritos
Kentucky Fried Chicken
Lay's
Lipton teas
Mountain Dew
Ocean Spray
Pepsi-Cola
Pizza Hut
Rold Gold
Ruffles
7Up (outside US)
Slice
Smartfood
Taco Bell
Tostitos

1992 sales \$21,970,000,000

Philip Morris Companies Inc.

12 cigarette brands, including Marlboro

Kraft brands
Birds Eye
Budget Gourmet
Bull's-Eye
Cheez Whiz
Chiffon
Claussen
Cool Whip
Cracker Barrel
Louis Rich
Lunchables
Miracle Whip
Oscar Mayer
Parkay
Philadelphia
Seven Seas
Tombstone
Velveeta

General Foods

Boboli
Breyers
Brim
Cool Whip
Country Time
Crystal Light
Entenmann's
Frusen Gladje
Good Seasons
Jell-O
International Coffees
Kool-Aid
Lender's
Light n' Lively
Log Cabin
Maxwell House
Minute
Oroweat
Post cereals

Sanka
Shake 'n Bake
Shredded Wheat
Stove Top
Tang
Yuban
also: Miller beers
Lowenbrau
also: Kraft General Foods Intl.
1992 sales \$50,095,000,000

The Proctor & Gamble Co.

laundry products
personal care products
Crisco
Duncan Hines
Fisher Nut
Folgers
Hawaiian Punch
Jif
Pringles
Sunny Delight
1992 sales \$29,362,000,000

R.J. Reynolds Nabisco, Inc.

10 cigarette brands
18 brands of cookies and crackers
A.1.
Beech-Nut
Blue Bonnet
Breath Savers
Brer Rabbit
Bubble Yum
Care*Free
College Inn
Cream of Wheat
Davis
Fleischmann's
Grey Poupon
Life Savers
Milk-Bone
Mr. Phipps
My*T*Fine
Ortega
Planter's
Regina
Royal
Toastettes
Vermont Maid
Wright's

1992 sales \$15,734,000,000

Sara Lee Corporation

Ball Park
Galileo
Hillshire Farm
Jimmy Dean
Mr. Turkey
Sara Lee
Sinai 48
also: shoe care products, coffee and tea
clothing, home/personal care products
Coach leather goods
1992 sales \$13,243,000,000

Smoking, from page 1

Half of all Americans who smoke took up the habit before they were 14 years old, and each day 3000 American youngsters become addicted to nicotine, with half of them under the age of 16.

Tobacco is an extremely profitable business, and supplies enormous advertising revenues. The TV news show, Primetime Live, pointed out that tobacco companies spend \$4 billion a year on ads, which works out to \$100 a second, 24 hours a day.

What is the world's most widely purchased product? No, it isn't Coca Cola; it's Marlboro cigarettes.

Food and Tobacco

At first glance there doesn't seem to be much that food and tobacco have in common. But look at who owns some of the largest food companies in this country: Philip Morris and RJ Reynolds. The tobacco corporations began buying up food companies when it became apparent that smoking was in a steady decline.

Cigarette companies use many additives, including artificial flavorings in their product. (See *Pure Facts* for February, 1994.)

The same pressures that addict a child to nicotine come into play when he is offered foods with synthetic additives. It would be interesting to learn if 'Feingold kids' are less likely than their peers to become addicted to smoking.

Like food manufacturers, tobacco companies support 'front groups', non-profit organizations which appear to be consumer directed, but which in fact are funded and engineered by the companies whose interests are represented. Many 'smokers rights' efforts have been successfully presented as grass roots consumer organizations. [from the *Institute for Health Policy Studies, Univ. of California, San Francisco*]

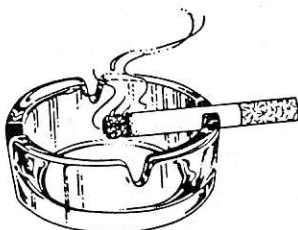
What's in that little weed?

Here is a partial list of substances to be found in cigarette smoke:

Acetaldehyde
Acetone
Acetonitrile
Acrolein
Acrylonitrile
Ammonia

Arsenic
Benzene
Butylamine
Carbon Monoxide
Carbonic Acid
Collidone
Corodin
Cresol
Crotononitrile
DDT
Dimethylamine
Endrin
Ethylamine
Formaldehyde
Furfural
Hydrogencyanide

Hydrogen Sulphide
Hydroquinone
Lutidin
Methacrolein
Nethylamine
Methane
Methyl Alcohol
Nickel Compounds
Nicotine
Nitric Oxide
Nitrogen Dioxide
Phenol
Pyridine
Pyrrol
Rubidin
Viridin



originally reported by the Feingold Association of the Keystone State

Money Talks

The Public Citizen Health Research Group has long followed the devices used by tobacco interests. They have documented the correlation between the amount of money politicians have received from tobacco lobbies with their voting record on issues involving tobacco. Public Citizen is a nonprofit organization founded by Ralph Nader.

When Mom or Dad Smoke

Second hand smoke can cause more than just infection and respiratory problems in children. Researchers at the University of Rochester School of Medicine found that the more cigarettes a mother smokes, the more behavior problems her children are likely to have. (Reported in *Natural Health*, Jan/Feb 1993.)

Pediatrics reported in 1992 that infants of mothers who smoke are twice as likely to die of SIDS (sudden infant death syndrome) than infants raised by non-smoking mothers.

A report from the Environmental Protection Agency attributed between 150,000 and 300,000 cases of childhood bronchitis, pneumonia and other respiratory infections to exposure to tobacco smoke. The agency also blamed second hand smoke for many cases of childhood asthma and middle ear infection. [*Respiratory Health Effects of Passive Smoking: Lung Cancer and Other Disorders*]

As if that were not enough:

Smoking has been blamed for cataracts [*William Christen, DSc., and Harvard Medical School*], cavities [*Paul Zitterbard, DDS, MSD, Indiana University School of Dentistry*], as well as miscarriages and infertility [*State University of New York at Stony Brook and University of Utah School of Medicine*].

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.

"Huffing"

The practice of children and teens sniffing fumes from common household products is increasing dramatically, with devastating results.

Some of the effects of the practice, known as 'huffing', simulate a learning disorder. After regular use, a child can suffer permanent damage to the brain, nerves, lungs, kidneys, liver and bones. Hearing and coordination can be impaired, and the child may have difficulty with basic learning skills, according to Neil Rosenbery, a neurologist with the International Institute for Inhalant Abuse. The Institute was established by the Chemical Specialties Manufacturers Association.

The New England Journal of Medicine calls inhalent abuse a problem of "epidemic proportions."

Sniffing in the fumes will provide a 'high' of short duration by causing the heart to beat irregularly and interfering with breathing. Some individuals can tolerate these effects for awhile, but for others the first exposure is fatal.

The National Institute on Drug Abuse estimates the incidence in 1975 at 10% of high school seniors, which increased to 17% in 1992. Children as young as five have been found huffing. The Institute estimates more than 60 American children died last year after sniffing such products. But researchers writing in the *New England Journal of Medicine* in 1990 believe the number is higher since inhalent abuse is not generally considered when a child's death is investigated.

It can appear to be a learning disability.

Because the products which produce the 'high' are legal, they are easily obtained, and stores report the briskest sales on Friday night.

Products which are used and can result in damage include: aerosol sprays, glues, nail polish remover, lighter fluid, gasoline, butane and propane gases, freon, paint thinner, magic markers and nitrous oxide canisters — called 'whippets'.

Vegetarian Journal's Guide to Natural Restaurants

Just as organic wines are likely to be free of synthetic colors and flavors, vegetarian natural food restaurants are likely to have many selections Feingold members can enjoy.

This is an ambitious book, covering 1500 dining spots in the United States and Canada.

The price of the book is \$13.00 (which includes shipping). It is available from:

The Vegetarian Resource Group
Post Office Box 1463
Baltimore, MD 21203
(410) 366-VEGE.



Natural Linens

Those Feingolders who have extreme sensitivities may have difficulty finding untreated cotton fabrics.

FAUS recently received a little catalog called Mother Hart's Natural Products for Home and Body. For more than a decade this company has been providing natural bedding and personal care items.

To receive a copy of their current catalog, contact:

Mother Hart's
P.O. Box 4229
Boynton Beach, FL 33424-4229
(407) 738-5866

Dear Feingold Association:

Thank you for your good work! We have discovered we have a complete family of Feingolders! Our eight year old son, Daniel, was the reason for our first contact with you.

School was a dreaded event each day, with continual notes and conferences about our son's behavior and lack of performance. To receive a completed assignment with a grade of "C" was a blessing that did not come often.

This year is different; we have just received our first report card with all "A's" and "B's". His behavior grade has gone from "unsatisfactory" to "needs to improve" and "satisfactory". What a difference in just four months time!

While starting this program for Daniel we noticed our three year old daughter's behavior has changed for the better. She now sleeps through the night and doesn't throw fits or fight for no reason. My husband and I no longer have grumpy attitudes or unexplained headaches.

We are now trying to introduce salicylates, but everything we've tried has brought a reaction. Since my husband is highly allergic to aspirin we feel this may be part of the problem. Please send us the FAUS Salicylate Book (\$5) so we can research available information.

Debbie Sitter
Oakwood, GA

Moving? Please send us your new address. The post office will not forward your newsletter.

Pure Facts

Pure Facts is published ten times a year and is a portion of the material 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.

Feingold



News

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April 1994

Thank You! Thank You! Thank You!

When the phone lines start ringing off the hook, it means FAUS has received publicity, often as a result of a letter one of our members has written to a newspaper or magazine. What a difference your letters make!

Thanks to Carol Tardiff for her letter to *Christian Parenting* and to Cynthia Sutton for her letter in the Bay City, TX *Daily Tribune*. The following is from Cynthia's letter:

After reading the article in today's *Daily Tribune*, I just felt I had to respond. As the mother of a hyperkinetic (that's what it was called back then) 20 year old, I felt compelled to tell parents of these diagnosed kids that drugs such as Ritalin and Cylert do not HAVE to be the answer.

My son, Steve, was diagnosed when he was four years old and was put on Ritalin. The results were agonizing. Ritalin turned him into a zombie who got very depressed, cried for no reason and had terrible headaches, even after his dosage was cut in half. I flushed them down the toilet and took him to another doctor, who also diagnosed him as hyper and prescribed Cylert.

Cylert caused him to be as lethargic as Ritalin as well as suffering terrible stomach aches and insomnia. Liver enzyme counts had to be done every six weeks to monitor liver damage. I wound up flushing these as well, and my husband and I decided we would rather have him hyper than a zombie.

We lived with Dennis the Menace for approximately six more months. By then, he was in kindergarten, where I spent as much time as the principal. Every six weeks, I'd practically cry when the little guy brought his report home.

Our lives changed dramatically fifteen years ago while discussing Steve's problems with a co-worker. Her grandson, also hyper, was now an angel. I contacted the Feingold Association and was sent the very detailed diet as well as a monthly newsletter. It was a godsend that made his teachers not hate getting up in the morning. Within 72 hours we had a sweet little boy.

My doctor was so impressed with Steve's results, he called while I was in his office to order the diet for his patients.

Today Steve's attention span is great. He is the second youngest Eagle Scout in the history of Troop 45,

graduating from Spartan School of Aeronautics in July with all A's, attends school full-time, works full-time as a bank teller at Bank of Oklahoma, is working on his commercial pilot's license as well as his flight instructor's license, and squeezes in time for a girl friend.

I'd stake my life on the fact that without the Feingold Diet, it would never have been discovered in 4th grade that Steve was gifted and talented. Believe me, moms and dads, the extra effort is better than drugs! Remember, "JUST SAY NO".

Bay City, Texas

Cynthia would like to begin a support group of Feingold moms in the Bay City, TX area. If you are interested, or would just like to speak with an experienced Feingold mom, you are welcome to call her at (409) 244-5841.

Northern Maryland

Our March meeting was the annual family night with entertainment from Don Mullins of "Motions of Mime". We had an Easter candy sale and refreshments for parents and kids.

The association enjoyed hosting a sell-out performance of the "Town Mouse and Country Mouse" at Goucher College on March 21 and 22.

(Editor's note: If any of our volunteers nationwide are interested in learning about how they can raise funds by arranging for childrens theatre performances, please call the New York office at (516) 369-9340.)

In February I spoke about food additives with children from 5th to 8th grades at two different schools. Our information was well received. This would be a good idea for other volunteers to try. Call Leslie Fowler at (410) 252-8717 if you would like more information about it.

Alaska

Colleen Koplín, a Program Assistant who lives in Fairbanks, welcomes your telephone calls. Colleen is a long-time Feingold member, and can be reached at (907) 479-8404.

Latitudes

The February issue of *Pure Facts* described a new publication, *Latitudes*, which developed as a result of the Tourette Syndrome Association's interest in finding non-drug therapies. The newsletter was established for the purpose of exploring all of the options open to families dealing with TS.

Editor, Sheila Rogers, has told *Pure Facts* that she is expanding the scope of *Latitudes* to include autism and attention deficit disorder.

The annual subscription (6 issues) is \$24 in the U.S., \$29 in Canada and \$36 elsewhere. For information and a sample newsletter write to:

Latitudes
1120 Royal Palm Beach Blvd.
Suite 283
Royal Palm Beach, FL 33411

PIC Notes

Lois Miele, who chairs the Product Information Committee, writes: "ARCHWAY Molasses Home Style Cookies have raisins and should be moved to Stage Two. GUITTARD CHOCOLATE CO. has informed us that their GUITTARD GOURMET TOUCH Vanilla Milk Chocolate Chips are now called CHOC-AU-LAIT Vanilla Milk Chips. Their 1985 formulation of CHOC-AU-LAIT had BHA in the cream powder; now they use tocopherols and sodium ascorbate."

Clarification: When a company makes products which are similar, and some are acceptable while others aren't, it can be very confusing for the Feingold member.

Nestle chocolate chips in the familiar yellow bag are NOT acceptable, because they contain imitation vanilla. The Nestle Company has filled out our inquiry form, and indicates that their Milk Chocolate Chips (in the brown bag) do not contain vanillin. If you choose this product, please be sure to select the brown bag, not the yellow one. If you see any change in the ingredient labels, please let FAUS know as soon as possible.

Nabisco makes two similar products: BUGS BUNNY Graham *Snacks* and BUGS BUNNY Graham *Cookies*. The product which has been researched and approved for use is the the Bugs Bunny Graham Cookie (in a small box). Until the day arrives that food companies produce uniform products Feingold members will have to be very careful in selecting foods. (We hope they will eventually get rid of the imitation vanilla and petroleum-based preservatives in all of their products! Please consider using the 800 phone numbers on food packages to let companies know what you want.)

PIC Report from the Product Information Committee

The following products have been either researched or re-researched and may be added to your Foodlist.

Stage One (non-salicylate)

BBS Shortening (bulk - used by bakeries, etc.)
HYTEX Shortening (bulk - used by bakeries, etc.)
BISON All Natural Soft Frozen Vanilla Yogurt (CS)
(available in NY, NJ, MI, PA)
BREAD FOR LIFE Sprouted Rye Bread, Sprouted Whole
Wheat Bread (WI, IL, MI, IA, IN, MN)
CHUN KING Chow Mein Noodles, Soy Sauce
(CS,SB,MSG/HVP), Water Chestnuts
DOLE Pine-Passion-Banana Juice frozen concentrate
DYNASTY Sesame Oil
ENER-G Instant Soy Milk Powder, Pure Rice Bran (HFS)
GARDEN OF EATIN Cornillas (HFS)
GEL-KAM Non-flavored Stannous Fluoride Gel
GHIRARDELLI Milk Chocolate Bar, Premium American
Mint Chocolate Bar
GIAMBRI'S Peanut Butter Chocolate Covered Egg,
Toasted Marshmallow Squares (CS)(mail order)
GRABER Grapefruit Marmalade, Kadota Fig Jam, Lemon
Marmalade, Olives, Pomegranate Jelly
KEN & ROBERT'S Veggie Burger, Veggie Pockets:
Broccoli & Cheddar, Greek, Oriental (HFS)
McKENZIES Gourmet Corn, Whole Kernal Corn (South
and Southeast US)
MISO-CUP Natural Instant Soup Mix
MRS. WAGES Light Home Jell (CS)
MONK'S 100% Stone Ground Whole Wheat Bread,
Stone Ground White Bread (CP), Sunflower & Bran
Bread (These breads are available in NY, New England
and Florida.)
SCHWEPPE'S Club Soda
SUNBEAM Mini French Rolls (CS,CP)
TEXSUN Unsweetened Pink Grapefruit Juice

Stage Two (salicylate)

BIRDSEYE Chinese Style Stir Fry Vegetables (CS,Red &
bell pepper, wine)
CELESTIAL SEASONINGS Morning Thunder Tea
HOUSE OF TSANG Hot Chili Sesame Oil (chili pepper)
DREAM PUDDING Almond
KEN & ROBERT'S Veggie Pockets: Bar B Que (tomato),
Indian (clove, red pepper), Pizza Style (tomato),
Tex Mex (tomato, red pepper) (HFS)
KRUSTEAZ All Purpose Bake & Fry Mix (paprika)
MONK'S Raisin Bread

Not Acceptable

LAND O' LAKES Frosted Butter Cookies (vanillin)
VAN HOUTEN Pure Semi-Sweet Chocolate Chips
(artificial flavoring - vanillin)