

March, 1995

Vol. 19, No. 2

New Study:

Synthetic food coloring and behavior; A dose response effect in a double-blind, placebo-controlled, repeated-measures study

Katherine S. Rowe, MBBS, MPH, Dip Ed, FRACP

Kenneth J. Rowe, BA, MSc

From the Department of Pediatrics, University of Melbourne, Royal Children's Hospital, and the Centre for Applied Educational Research, University of Melbourne, Parkville, Victoria, Australia.

published in the November, 1994 issue of *The Journal of Pediatrics*

The purpose of the Rowe study was to determine if a synthetic food dye could trigger behavioral reactions in children identified as "hyperactive".

Those behaviors believed to be triggered by the dye were: irritability, sleep disturbances, restlessness, aggression and reduced attention span.

Parents of 34 children had reported these characteristics in their children, and believed that they were triggered by synthetic food dyes. A group of 20 children who did not have these behaviors

Yellow dye No. 5 was found to trigger behavior problems.

participated in the study as 'controls.'

The first group of children had been following a diet free of synthetic dyes for at least three months, and as a result their parents had seen a significant improvement in behavior. The controls followed a similar regimen for six weeks prior to the study.

Tartrazine (Yellow No. 5) was the only dye tested. The doses used were: 1, 2, 5, 10, 20 and 50 mg. During a 21 day period each child consumed these amounts at different times. The dye was administered double blind. (At the time of the study neither the family nor the researchers knew when the dye was being given.) It was hidden in capsules and in packaged orange juice. Two to three days were allowed between challenges with the dye.

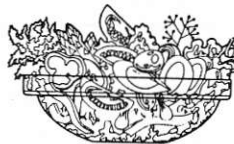
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The Healthy Markets

The difference between a supermarket and a health food store has grown smaller and smaller.

A typical health food store of the 60's was dark and cramped, with dusty shelves of vitamins and roasted soybean snacks. Those few which carried produce offered small, bruised, wilting organic apples and carrots, at prices too high for the average consumer.

In a supermarket, cartons of yogurt comprised the health food section. Yogurt and peanut butter were two of the few foods popular with both health con-



scious and 'regular' consumers. But on Capitol Hill manufacturers were trying to win approval to add cheap fillers to peanut butter — only to have their efforts thwarted by several older ladies in nearby Arlington, VA who called themselves the Federation of Homemakers.

Any food company foolish enough to use the word 'healthy' in their product name was assured of failure. Times have changed!

The nation's largest chain of healthy markets began in 1980 when two small health food stores in Austin, TX merged and opened the Whole Foods Market, offering natural products in a larger supermarket-style facility. The store quickly won the appreciation of

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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.

Attention Deficit Disorder, Hyperactivity, Learning Disabilities...and Food Choices?

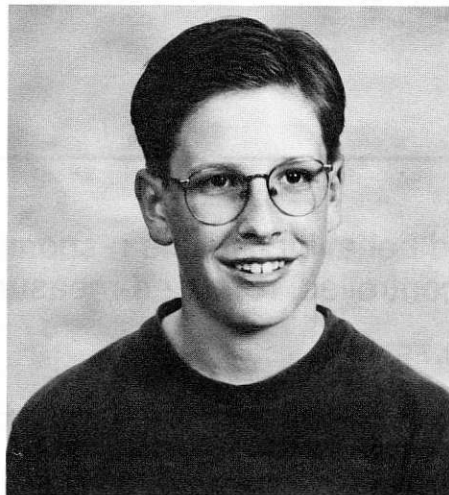
by Karen Pauba Witzke

Something was going terribly wrong.

Our son had been eagerly awaited, lovingly birthed, and breastfed. We worked to make him aware of himself as a wonderful physical, intellectual, and spiritual being. Now the 7-year-old whose preschool teacher had commented three years earlier on his exceptionally strong self-esteem, was proclaiming, "I'm no good at all," and "I wish I were somebody else."

Besides poor self-esteem, Jacob cried easily and suffered from insomnia, frequent headaches and stomach aches. His behavior at school, at home, and in public was becoming increasingly disruptive. His first grade teacher repeatedly banished him behind an isolation screen because he couldn't sit still, be quiet, or keep his hands to himself. At home, he was increasingly unmanageable: argumentative, impulsive, forgetful, noisy, overactive, and unable to follow directions. Our dear son was a definite challenge to our nurturing skills, and we were forming the terrible conclusion that we were, despite our best efforts, a failure as parents.

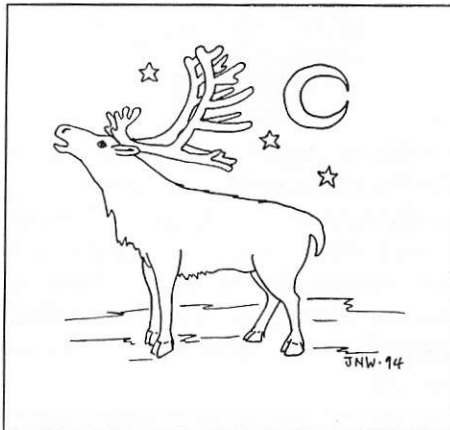
My husband, Brian, and I lay awake night after night discussing alternatives: counseling, homeschooling, even drugs (our desperate last resort). Forms for the local Family Stress Clinic were ready for mailing when I stumbled upon an address for the Feingold Association. Our membership package included a copy of the current *Pure Facts*, with an article on how children felt before and after using the Program. (See page 6.) The children drew pictures of themselves and described the change they had experienced. Art was an important part of Jacob's life, and I gave him the newsletter to look at. He quietly accepted it and took it to the sofa, where he sat down and examined the drawings for some time. Then he brought the newsletter back to me and said, "I want to do that diet."



Jacob Witzke

We followed the Feingold instructions meticulously, and within a week our child was transformed. His physical complaints were gone. His teacher, unaware of the dietary changes, commented that our son was suddenly a classroom asset. Had we tried a new disciplinary technique? she asked. At home, Jacob was better able to follow instructions, and his formerly out-of-bounds behavior became that of a normal, active 7-year-old.

A diet infraction triggered the return of our son's former behavior. Like clockwork, his symptoms would appear about three hours after he ate the offending food, and last about three days.



Jacob began designing the family's Christmas card when he was 3 years old. Now, his 9 year old sister, Alissa, helps.

The behaviors switched off as rapidly as they began. It was during such food reactions that we were reminded of how much stress we once endured and how much improvement had taken place, both in our son and in our family dynamics.

Today, at age 14, Jacob has been on the Feingold Program for so long (half of his life!) and has grown so much, that an occasional slip is not a problem. We are now able to use the natural salicylates, so our family doesn't lack for anything.

Thanks to a change in diet our child, whose health and academic abilities suffered, quickly gained robust health, has been in the gifted & talented program, and plans to pursue a career as an artist.

Karen soon signed on as a volunteer and serves as the Feingold coordinator for the state of Iowa. She has heard from many families who are being pressured (and in some cases, intimidated) by the school system to medicate their child. The Witzkes hope to inform the educational establishment that there are other options for ADD and ADHD children. Karen and Brian would like to hear from parents who are interested in this issue; their address is: 1011 North Summit St., Iowa City, IA 52245.

Portions of this article were reprinted from *The Nurturing Parent* which describes itself as "an international newsletter to encourage healthy parent child relationships through attachment-continuum parenting practices."

For more information, contact *The Nurturing Parent* at 3213 West Main Street, Suite 153, Rapid City, SD 57702.

customers; in fact, when a flood destroyed the contents of the store in 1981, customers pitched in to help the staff get its store back and running. A similar concept store in the Boston area, named Bread & Circus, had its devoted following and served as a prototype for others, including the relatively new Fresh Fields chain based in Rockville, MD.

New Whole Foods stores opened in other Texas cities during the 1980's, and later spread to Louisiana and California. Today, Whole Foods owns the North Carolina markets called Wellspring, the California chain known as Mrs. Gooch's, and has acquired Bread & Circus.

WHOLE FOODS MARKET

The concept of healthy markets is growing quickly and has not gone unnoticed by the financial community. Fresh Fields, which has expanded from one store in 1991 to 15 today, was named *Money Magazine's* 1993 "store of the year" as a result of its rapid success. These markets are the dream stores Feingold members did not even dare to imagine back in the mid seventies when FAUS began, and the fact that they are proving to be financially successful means that more Feingold families will have more options, and will be able to enjoy the best of all worlds: delicious, healthy food, priced competitively and available in convenient, attractive facilities.

Bread & Circus WHOLE FOODS MARKET

Those families on Stage One will need to continue to be alert to salicylates, widely used as sweeteners in many natural products, but the buyers at these new markets go to great lengths to screen out products which contain synthetic colors, flavors and the preservatives we eliminate.

Healthy markets come in many sizes, but typically they offer: a large selection of attractive produce, much of it organic; an in-store cheese shop; meats and poultry raised without antibiotics, etc.; nitrite-free cured meats such as ham, bologna, bacon, hot dogs and sausage; fresh fish and other seafood; dairy products, including non-homogenized milk; many varieties of pasta; a deli, which offers sandwiches and carry-out prepared foods; wines low in sulfites or sulfite-free; fresh baked goods and luscious desserts; non-food items such as natural cosmetics, and most of the other types of products offered in supermarkets, but a smaller selection. Some stores have fresh flowers. The markets devote a limited amount of space to vitamins, and carry environmentally-safe cleaners and paper goods. Some offer child-sized shopping carts, and have food samples available throughout the store.

The best of the healthy markets make the shopper feel welcomed, even pampered. You are not likely to encounter indifferent employees or a manager hidden away in a cage, requiring you to ring his doorbell in order to ask a question. Hungry shoppers can eat at the little cafe areas provided, and there are even rest rooms at one's disposal.



These are stores with a conscience. Many get involved with issues from dolphins caught in tuna nets, the pollution of our waterways, the use of animals in testing cosmetics, to the dangers of food additives. One non-profit organization in Lakewood, Ohio, called Comucopia, has a program of vocational training for mentally handicapped individuals. The clients first work in the market, called Nature's Bin, and are later assisted in obtaining jobs in the community.

Most of the customers at these new stores are neither Feingolders nor 'health nuts'; they're simply people who want good food that tastes good too. They represent a growing segment of the population, and their departure has not gone unnoticed by area supermarkets. Those stores which are located near the healthy markets have taken a few cautious steps in an effort to compete, but while the changes so far have been small, supermarket executives are aware that they are losing many of their former customers.

WELLSPRING GROCERY

The rapid expansion of these healthy markets attests to the success they are having. At this time, they are found at the following locations:

Whole Foods:

Texas: Austin, Houston, Dallas, Richardson, San Antonio, Plano

Louisiana: New Orleans

Northern California: Palo Alto, Berkeley, Mill Valley, Los Gatos, San Francisco

Illinois: Chicago, River Forest

Michigan: Ann Arbor

Bread & Circus

Mass: Wellesley Hills, Newton, Cambridge, Boston, Mountain Farm Mall, Brookline

Rhode Island: Providence

Wellspring

North Carolina: Durham, Chapel Hill, Raleigh



Mrs. Gooch's

Southern California: Beverly Hills, Los Angeles, Glendale, Sherman Oaks, Redondo Beach, Thousand Oaks, Northridge

During the next two years new stores are planned for the following locations: California: Tustin, San Fernando Valley, Los Angeles, San Francisco, San Diego, Mission Viejo; also

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in the works are St Paul, MN; Lakeview area (Chicago); Georgetown (Washington, DC); Arlington, VA; Madison, WI; New York City, Philadelphia; San Rafael, CA.

Fresh Fields

Maryland: Rockville, Bethesda, Annapolis

Virginia: Tysons Corner, Annandale, Fairfax Station, Springfield, Charlottesville

Pennsylvania: North Wales, Devon

Illinois: Palatine, Naperville, Chicago, Evanston

Fresh Fields has just opened a store in Greenwich, CT; new stores are scheduled to open this year in: Millburn, Montclair and Ridgewood, NJ; Manhasset, NY; Reston, VA; Gaithersburg, MD; Wynnwood, PA; plans are underway for a store in New York City.

Behind the Times

In February the U.S. Department of Education issued a press release on ADD. Using \$3 million provided by Congress, the Department reached the following conclusions:

"Students with attention deficit disorder (ADD) can be taught effectively in school when behavioral and instructional strategies are combined with medication traditionally prescribed to control their behavior, according to an Education Department analysis of existing research."

"ADD is characterized by inattention, impulsiveness and hyperactivity — often chronic and inappropriate for a child's age. More than 1.4 million students have the neurological disability, which is often treated with drugs like Ritalin, Cylert and Dexedrine."

"Congress, recognizing that information on ADD is not readily available and often is confusing and contradictory, mandated in 1990 that the department's Office of Special Education Programs examine the disorder and report its findings."

Of the 34 children identified as sensitive to dyes, 22 of them had clear reactions to the challenges. 2 of the 20 children in the control group also had behavioral reactions. When they reacted to the dye, the younger children had "constant crying, tantrums, irritability, restlessness, and severe sleep disturbance, and were described as 'disruptive,' 'easily distracted and excited,' 'high as a kite,' and 'out of control.'" The older children became whiny and unhappy, irritable, aimlessly active, and lacked self control.

All of the children who reacted had a history of allergies and suffered from conditions such as asthma, eczema and rhinitis. Most of the sensitive children had close relatives with a history of migraine headaches.

Conclusion

The authors note, "This study demonstrated a functional relation between the ingestion of a synthetic food color (tartrazine) and behavioral change in 24 atopic (allergic) children, aged 2 to 14 years, with marked reactions being observed at all six dosage levels of dye challenge."

Surprisingly, the parents were able to identify a reaction to the smallest dose of *only 1 mg* of yellow dye! While the small doses — up to 10 mg — appeared to have a profound effect, the disturbed behavior did not last very long. Above 10 mg of tartrazine reactions tended to last more than 24 hours, suggesting a dose-related response.

Reliability of parental reports was confirmed in this study, as it has been in previous studies by Carter et al.

The Rowe Study and the Feingold Program

The Feingold Program eliminates synthetic dyes, all artificial flavorings (including the synthetic sweeteners saccharin, cyclamate and aspartame), three antioxidant preservatives and temporarily removes 'natural salicylates.' Our program is very different from the Rowe study — a test which removed only dyes and challenged with a single one.

Nevertheless, the results are dramatic and very supportive. Using controlled scientific methods, the children's behavior was found to be directly related to the ingestion of a petroleum-based dye. One could not attribute the reactions to psychological factors. Critics can not say that a subject 'was all boy,' 'was going through a phase,' 'had poor parenting,' 'watched too much TV,' or needed stimulant medicine to address some hypothetical brain disorder.

Feingold volunteers are surprised to see that such small changes in diet apparently can yield big dividends for some children; equally surprising is that a dye in quantities as tiny as a single milligram could trigger a clear reaction. Yet, nearly two thirds of the children did react. In an earlier study by Egger et al, 79 percent of the hyperactive children tested reacted to Yellow 5 and to the preservative benzoic acid. (*The Lancet*, March 9, 1985.)

Adverse reaction to tartrazine — the name for the notorious Yellow No. 5 — were first reported in medical journals decades ago. It is widely acknowledged to trigger reactions such as asthma and hives, and now its effect on children's behavior is indisputable. Does this mean we can expect to see a change in the diagnosis and treatment of ADD or ADHD? Will this affect the foods served to school children? Will the Food and Drug Administration reconsider its judgment that this petro-chemical is a 'safe and suitable' food additive?

Probably not.

Good News for Popcorn Lovers

The natural markets are not the only places where additive-free foods are found. Some established companies are taking a close look at their products and making healthy changes.

American Pop Corn Company, manufacturers of Jolly Time, has removed the BHA and BHT they had previously used in their microwave popcorn. All varieties of the Jolly Time popcorns are now acceptable for use by Feingold members, with the exception of their cheese flavored microwave popcorn.

Americans consume 15 billion quarts of popcorn annually. That's more than 60 quarts per person!

Another innovation from Jolly Time is their new line of popcorns marketed under the label **American's Best** — grown without the use of synthetic chemical pesticides. The company notes that research conducted by the Food Marketing Institute indicates that



the majority of shoppers in the United States consider pesticide residue on foods to be a serious hazard. A Washington, DC organization, The Public Voice for Food and Health Policy, conducted similar surveys. They found that most consumers want stores to carry more foods grown in this way, and consider organically grown food to be good for the environment. This philosophy is nothing new to most *Pure Facts* readers, but these surveys found that the public at large

is now aware of these issues.

Big companies are impressed by big numbers, and the increasing number of aware consumers have brought about the positive changes in our food supply now being enjoyed by Feingold members.

The following products from American Pop Corn are now acceptable:

AMERICA'S BEST Microwave Pop Corn: Butter Flavored; Yellow or White Popcorn (kernels)

JOLLY TIME Microwave Pop Corn: Butter, Light Butter, Light Natural, Natural; Yellow or White Popcorn (kernels)

If you have difficulty finding these popcorns and wish to order them directly from the manufacturer, call or write to American Pop Corn Company, Box 178, Sioux City, IA 51102 (712) 239-1232.

Celebrity Snacks

Take a look at the faces looking back out at you from the package of Newman's Own Organics Second Generation Pretzels. That's Joanne Woodward standing next to husband Paul Newman...right? Guess again; it's their daughter, Nell.

Like her mom, Nell Newman believes that food should be good to eat and good for you. She learned to cook, raised her own chickens and fished for trout at the family's Westport, Connecticut home.

Her college major was human ecology, and she has long embraced the concept of raising and eating organic foods.

In launching a new business, Nell chose one of her dad's favorite snack foods, pretzels. She recalls that it was the one snack the children were allowed to eat before dinner, "because Dad ate them too."



These are hearty snacks, made from unbleached wheat and rye flour, brown rice sweetener, barley malt and sunflower oil — all of which are certified organic. They are very low in fat (only 1.5 grams per serving) and available in an unsalted variety.

Following the tradition established by the Newman's Own line of foods, all of the after-tax profits from Newman's Own Organics are donated to charities. Since he began Newman's Own in 1982, Paul Newman has donated all of the after-tax profits — more than \$56 million — to various educational and charitable causes.

Conference Notes

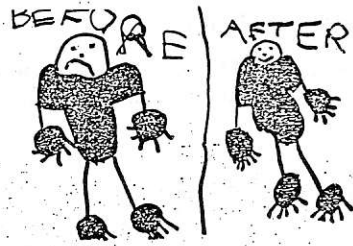
Plans are proceeding for our annual conference to be held in Orlando, FL June 22-25.

Speakers will include:

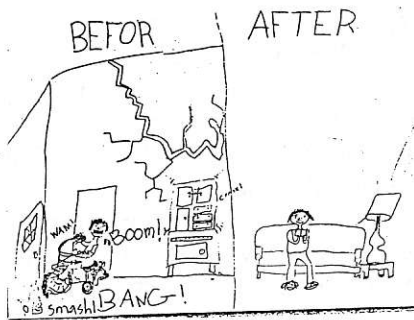
Bernard Rimland, Ph.D., discussing his pioneering work with autistic children

Russell Jaffe, M.D., describing new techniques to identify sensitivities to foods, additives, and environmental chemicals.

John Taylor, Ph.D., once again presenting his wonderful workshop on successful strategies for helping the ADD child, both at home and school.



Four year old Jesse W. illustrates "Before and after I went on the Feingold diet".



"Before and after I went on the Feingold diet", by David, age 9

Picture This!

Time to pull out those informal photos of your kids and send them to FAUS for inclusion in our annual School Year Calendar.

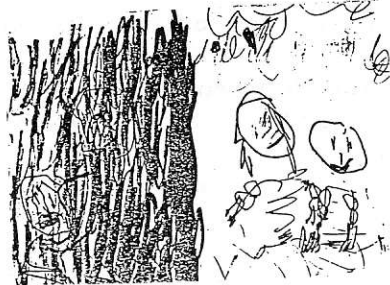
Please feel free to include a short description of the photo or of your child's response to the Program.

The pictures can be any size, black & white or color — as long as they aren't fuzzy. Especially popular are seasonal subjects, and we are interested in hearing from parents of teens as well as younger children. We cannot use school photos or portraits.

Please send them to:

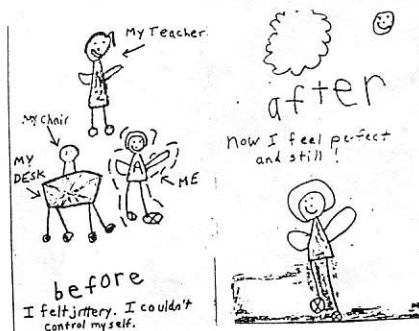
FAUS Calendar, P.O. Box 6550, Alexandria, VA 22306. After the calendar has been printed, the photos will be returned.

These are the drawings, which persuaded 7 year old Jacob Witzke to try the Feingold Program. They have been reprinted from the September, 1987 issue of *Pure Facts*.

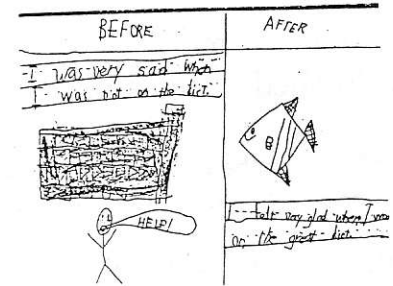


Jesse S., 9 years old, pictures himself as a turtle, drawn into his shell, before going on the Program. In the 'after' drawing he is out of his shell, smelling a flower. The dark clouds and lightening have been replaced by the sun.

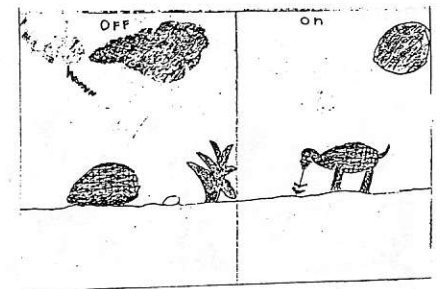
4 year old Elizabeth drew an adult and child in the "before" picture, and then scribbled over it with a black marker. The 'after' side shows a smiling mother and child.



Before — Allison, age 6, writes, "I felt jittery. I couldn't control myself." After — "Now I feel perfect and still."



Mark, age 6, writes, "I was very sad when I was not on the diet. I felt very glad when I was on the great diet."



Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Karen Witzke
Debbie Jackson
Pat Palmer
Lois Miele
Barbara Keele

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.

March, 1995

Member Surveys

Thanks to all who have sent in the survey sheet which went out at the end of 1994; we are receiving a great deal of valuable information! Please send in your form — regardless of whether you are having success or not. This is important information for us to have. If you can't find your survey form, call the national office at (703) 768-3287 and we will send out another.

Have you considered meeting with other Feingolders?

Any one of a variety of topics could be the focus of an informal get-together. FAUS has material covering a wide variety of subjects (such as social skills, party ideas, getting the child's cooperation); the list is endless. This kind of morale booster can happen with or without FAUS' help. Three or four Feingold parents meeting together will find they have a wealth of ideas to share.

A Coordinator or Program Assistant in your area could arrange for such a gathering, or you can coordinate it yourself. Contact FAUS at 1-800-321-3287 if you are interested, and we will proceed with plans.

Chicago, IL

Kathleen Loos is a member in the Northwestern suburbs with three children on the Feingold Program. She would like to meet other Feingold members. Kathleen can be reached at (708) 818-8333

Clifton, NJ

If you live in this area and would like to get together with other Feingold moms, please call Joan Hogan at (201) 778-3311.

Stockton, CA

Dessie Myles would like to meet other Feingold parents in her area and form a support group. Please call her at (209) 957-7916.

Orlando, FL area

Joan Moore has a six year old Feingolder; she would like to meet other area members and perhaps form a support/play group that would meet once a month. Joan can be reached at (407) 869-5584.

(Thanks to Joan for her help with the recent LDA conference!)

Maplewood, NJ

Amy Gottlieb would like to form a group in Northern New Jersey. Her number is (201) 763-3897.

Thank You Thank You Thank You Thank You

Many of our long-time members in Illinois remember Joan and Earl Levy, who established the Illinois association in 1977. Joan worked tirelessly and Earl donated all of the printing for the association during its first years.

We were saddened to learn of Earl's death, and offer Joan our love and sympathy. Many children, now successful young adults, owe you a debt of gratitude.

Alaska, Utah, Montana, Arizona

These areas need Program Assistants — members who have been successfully on the program for six months or more and are willing to help other families get started. It is not necessary that you be an 'expert' — if you know how to help your child, you know a great deal! FAUS volunteers will assist you.

Havertown, PA

Barbara Armine is both a nurse and Feingold mom, and is one of our new Program Assistants. She can be reached at (610) 789-1657.

Fishers, IN

Claudia McNiff, a new Program Assistant, has experience with extreme sensitivity and has volunteered to help others. (317) 849-4737.

Tampa, FL

Rita Hattab, of the Natural Kitchen Cafe, is a Feingold mom willing to help families in her area. You can phone Rita at (813) 932-8605.

Jerusalem, Israel

Welcome to our new Program Assistant, Paula Rutstein. She writes, "I have been a member for 3 years and can't rave enough for the wonders it's done for my son Evan. He's now 12 and is gifted and very talented in many areas. I find very few people in Israel aware of Feingold." Paula can be reached via phone at 02 851 040.

Corvallis, OR Pharmacy

Jim Hunter is a Registered Pharmacist who has offered to help Feingold members locate medicines they can use, and is willing to assist families with questions concerning medication. Healthmart Pharmacy is located at 1805 Santiam Highway, Albany, OR 97330 - phone (503) 926-6078.

Product Alert!

NATURE'S PATH Corn Flakes now contain grape juice and should be moved to the Stage Two section of your Foodlist.

ROSARITA Vegetarian Refried Beans have been reformulated and now list chili peppers on the label. We are waiting for further information from the company to see if they are still acceptable. In the meanwhile, check your Foodlist for alternatives, or consider a new Stage One possibility: OLD EL PASO Vegetarian Refried Beans (NOT other varieties).

Caution

Members looking for NABISCO NUTTER BUTTER Peanut Creme Patties must be careful not to mistake these for NABISCO NUTTER BUTTER Peanut Butter Sandwich Cookies, which contain artificial flavoring. The Peanut Creme Patties are not available in all areas of the country, so this is an easy mistake to make.

For the very salicylate sensitive - PIC has learned that **Wendy's buns contain some paprika**. PIC Center Director, Debbie Jackson, writes: "Fast foods cannot be researched with the same degree of accuracy with which we can research grocery products. They are recommended for use only by those experienced members whose sensitivities are well established, so that any problems can be easily detected."

Vitamin A Palmitate - When is it a problem?

Representatives at Kellogg's have assured PIC (Product Information Committee) that Cracklin' Oat Bran does not contain preservatives. Vitamin A palmitate is often preserved with BHT, *but not always*. We have recently been seeing more cases where this additive is not used. (See last month's Feingold News for details on Safeway's reduced fat milks which are now using vitamin A Palmitate which is not preserved with BHT. The acceptable brands are Lucerne, Dairy Glen and Castle Crest.) Members should still be cautious of any UNRESEARCHED product containing vitamin A palmitate (i.e., any product not included in our Foodlists).

Corn Syrup

This is one of the other additives noted on Foodlists because some, but not all, of our members have identified a sensitivity to it. These members are not allergic to corn, but just react to corn syrup. They may be reacting to the sulfur residue leftover from the chemical processing used in manufacturing.

PIC Report

The following products have been researched or re-researched and are acceptable to add to your Foodlist.

Stage One

AMERICAN CHOICE Lowfat & Nonfat Milks (NJ dairy)
AMERICAN LICORICE Natural Licorice Bites
ARROWHEAD MILLS* Maple Corns Cereal
AUBURN FARMS* JAMMERS Fat Free Chocolate Fudge Brownies
BEARITOS* Baked Lite Cheddar Puffs
BUG-OFF* Insect Repellent (also called Naturally Free - The Herbal Alternative)
CARR'S Home Wheat Graham Cookies, Table Water Crackers, Whole Wheat Crackers
CHATHAM VILLAGE Homestyle Sesame Seed Croutons
DEAN'S Lowfat & Nonfat Milks (IL dairy)
EMPRESS (Safeway) Pure Pineapple Jam (CS)
GRAND UNION Ice Cream Cups (CS) (NY, NJ, CT)
HAAGEN-DAZS Ice Cream Bar: Chocolate with Dark Chocolate, Vanilla Fudge Ice Cream (CS)
HEALTHY HARVEST* Fruit & Vegetable Rinse
HORMEL Real Bacon Bits (CS,N)
KETTLE* Tias: 5 Grain Chips -Lightly Salted
KRUSTEAZ Buttermilk Pancake Mix (CS)
NOXZEMA Free Medicated Shave Cream, Sensitive Cleansing Lotion
OY PANDA Licorice Bar
PENNSYLVANIA DUTCHMAN Sliced Whole Mushrooms
PRAIRIE Farms Lowfat & Nonfat Milk (IL, IN, MO, KY, AR, IA)
SOMETHING BETTER* 3 Grain Pecan Patty, 7 Grain Burger (meat substitutes)
SUNSPIRE* Gold Foil Covered Coins (chocolate)

Stage Two

ACME Cranberry Juice Cocktail (CS)
AUBURN FARMS* Fat Free Jammers: Cherry Chocolate (peaches)
BEARITOS* Original Baked Cheddar Puffs (tomato)
BOAR'S HEAD Cracked Pepper Mill Turkey (N,MSG/HVP, paprika)
EAST WIND* Almond Butter
FRUTIOS All Natural Fruit Snacks candies (CS,SB, the lemon snacks are Stage One; the rest are Stage Two, and contain: grapes, blackberries, strawberries. Available at Wal-Mart, Price Club, Costco and Target stores.)

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.