

Pure Facts

Newsletter of the Feingold® Associations of the United States



April, 1995

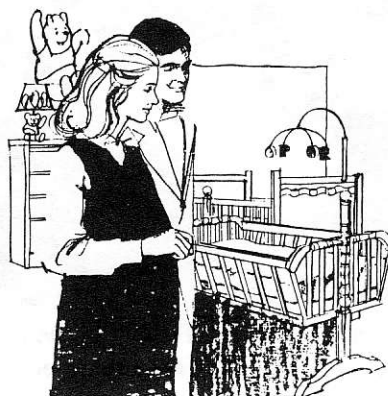
Vol. 19, No. 3

Preventing Hyperactivity/ADD

FAUS receives requests for information from many people. Most are parents of elementary school aged children, but there are many other populations we help as well.

One mom-to-be writes: "I am pregnant with my first child and while a new baby is fun and exciting, it is also anxiety provoking. The responsibilities of new parenthood loom awesomely large. An advocate for alternative health practices, and preventive care, I am seeking information for myself and my growing family. Are you able to assist me?"

Another letter reads, "I have one 10 year old son who has experienced hyperactivity and ADD since birth and I am also 5 months pregnant with my second child. (The 10 year gap in children is due to my and my husband's concern about having another 'prob-



lem' child). Please let me know if there is anything I can do for my 10 year old as well as prevent similar problems with the child that I am due to deliver in May."

These babies will get off to a great start with Mom removing the undesirable synthetic additives, including artificial sweeteners. Avoidance of alcohol and cigarettes will further enhance a baby's bright future, and of course medicine of any type should be used only under the direction of a doctor.

There are many other substances which can harm babies, both before and after birth. The best source of comprehensive information on these issues is a delightful new book by a member and long-time supporter of FAUS, Louis Pottkotter, M.D., a pediatrician practicing in the Houston, TX area.

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Editorial Comments

Violent Behavior in Children

Once again a child uses a handgun to kill another at a Washington, DC high school. In Lehigh Valley, PA, residents are shocked to learn of two families where teenage children have killed their parents.

For a few days alarmed officials in Washington appear on the evening news, speaking with authority and determination, vowing to take action. Committees of 'experts' will gather to conduct the predictable hand-wringing, talk about poverty, drugs, guns and lack of accountability on the part of the young. They will discuss conflict resolution and call for more money to be spent on more programs, and after brief

coverage in the local newspapers the issue will fade until another child with another weapon guns down somebody else.

The Lehigh murders were not generated by poverty or abuse; these teen offenders came from families trying hard to provide moral and spiritual guidance. When a youngster seems to run amuck, despite a family's best efforts we all seek out the reasons why.

Drugs, alcohol, gangs, hate groups and media violence still don't get to the core of the problem: why is one child so vulnerable to influences that do not have the same fatal effect on his peers?

Eastern Pennsylvania is the home of the Toughlove movement, where parents use strong measures to force their children to be accountable for their behavior. But, while Toughlove has often

Continued on page 4

The Feingold® Associations of the United States, Inc., founded in 1976, are non-profit volunteer organizations whose purposes are to support their members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

Special issue on babies

Starting Out Right — The Feingold Baby

Typically, chemically sensitive boys are aggressive and girls are distracted, but there are many notable exceptions. Some of our young Feingold women, such as Kathy, were little tigers.

The youngest of four children, Kathy was a puzzle for her parents, Mary and Phil Kistler. Mary found that a background in special education didn't help her to cope with this out-of-control child, and Phil's medical degree didn't assist in their search for answers.

The connection between Kathy's behavior and diet became apparent one fall day nineteen years ago when the Kistler family went to pick (and eat) apples in Virginia's beautiful Shenandoah Valley. The unmistakable salicylate reaction led Mary to the Feingold Program, and her years as a volunteer with the Association. She worked directly with Dr. Feingold, first as the president of her local chapter, and later as the president of the Feingold Association of the United States. Phil lent his support and expertise, and testified at the National Institutes of Health 1982 Consensus Development Conference on Defined Diets and Hyperactivity.

Even though her family is now grown, Mary continues to offer information and encouragement to families seeking help for their children. She has personally benefited from this since exposure to synthetic additives will trigger an asthmatic attack.

Kathy is now 27, happily married to Daniel Craft, and the mother of 6 month



old Mary Kathryn. Today, as she sees her own little girl, Kathy is especially aware of the legacy Dr. Feingold gave her family. "Sometimes I think about where I would be today if it were not for Dr. Feingold. Now that I have Mary Kathryn I think of that even more," she told *Pure Facts*.

Growing up in an 'additive-free' household wasn't always what she wanted, Kathy recalls. She didn't like having to eat differently than her friends, but those times she cheated, the behavior that followed — a tornado unleashed — was so awful that she never strayed for long. But once she got

through 9th grade, diet seemed to stop being an issue. In fact, Kathy began to actually like being different...doing her own thing. Now as an adult, she reads all labels, loves to cook, and enjoys a very healthy diet.

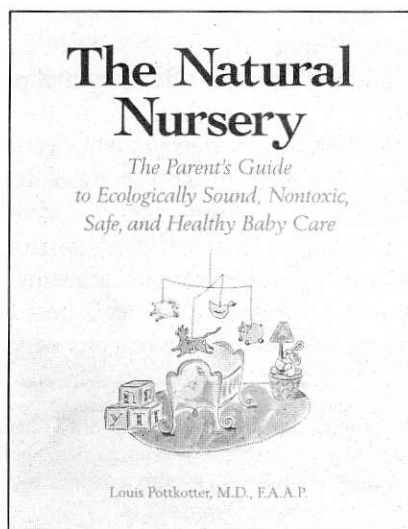
Her diet went from excellent to just about perfect when the Crafts learned they were going to be parents. Kathy was 'terrified' of the prospect that she might have a child just like herself! She had the full support of her family, and happily, the pregnancy went beautifully, the birth was natural, and the result is what Mary calls 'the calmest baby I have ever seen!' This beautiful little girl really is the joy every parent dreams of having, and Kathy loves her role as full-time mom — almost full time, since she is getting her master's degree on the side.

Kathy interviewed several pediatricians before her baby's birth, and found one who is a joy, supporting a natural lifestyle, and encouraging breastfeeding for the first year.

This little girl is very special to FAUS volunteers; she represents the potential they know is there. She is a living legacy and tribute to the brilliant career of a doctor who was distressed at the growing number of troubled children and desperate families he witnessed.

Preventing hyperactivity, from page 1

Move aside, Dr. Spock, *The Natural Nursery* covers all the traditional concerns of the expectant and new parent, as well as many more that are left out of the typical baby books. For example, some recent TV news magazine shows have described babies suffering retardation and death because the nursing mother was not taught how to look for signs of dehydration in her infant, and in some cases because her requests for help were ignored. Page 11 of *The Natural Nursery* provides information that would have prevented these tragedies.



Even before you reach chapter one, the recycled paper and soy ink identify the author's orientation. Much of the information provided is suitable for any age: avoiding toxins in food and water, natural fabric clothing, skin care products, safe building materials, pest control, and living comfortably in the great outdoors. The reader is provided with addresses and phone numbers of resources for these items, as well as some very favorable comments on the work of the Feingold Association.

The Natural Nursery is an ideal gift for parents and parents-to-be. It is available at all major bookstores.

The Program's Easier the Second Time Around

Introducing Michael Miller Gabriel, one of our newest Feingold members. He hasn't actually begun eating real food yet; he's part of a two-for-one package. He is a nursing infant who convinced his mom that nursing mothers who want happy babies need to follow the Feingold Program.

Michael burst into the world on a cold winter morning, a hefty 10 pounds 7 1/2 ounces. He loved to nurse from the minute he was born. He didn't, however, believe in sleep. His mom, Terri, and his dad, Jeff, didn't have other kids to gauge him by; they thought maybe kids were like that...awake 18 out of 24 hours! The first month was sleepless, but relatively quiet.

The second month he gave his parents something new to talk about. He added spitting up and constipation to their vocabulary. The few hours he slept he taught them about 'night ter-



rors', keeping his parents on edge if they tried to sleep.

The third month he decided to take action. Big babies have big lungs, and Michael used his all day and night. It's hard to determine who cried more that month, Mom or baby. Something had to be done.

Well, if hyperactivity is passed through the generations, so is knowledge of the Feingold diet. So, take heart those of you who struggle getting your young people to stick to the program. When the chips are down the kids remember what they were taught at home. Michael's dad did. He called Grandma (that's me) for a foodlist. (How long do you think it took to get that in the mail?)

The result was predictable. Within 24 hours of Mom going on the diet, no more spitting up, no screaming, no night terrors, etc. Michael's mom reports feeling better and sleeping better too. One infraction in Mom's diet produces an instant replay for Michael!

A second generation of Feingolding has begun. If you believe, as I do, that everyone benefits from the Program, you will understand this next statement: Having a Feingold grandchild is the ultimate pay off for any extra work it takes to raise a Feingold child!

Sue Maldonado

Smoking

Infants of moms who smoked during their pregnancy were four times more likely to die of sudden infant death syndrome (SIDS) than babies born to non-smokers.

The risk of SIDS continues to be greater than average after the baby was born, if there are smokers living in the house.

three year study at the University of Auckland, New Zealand

Pregnant women who smoke ten or more cigarettes a day are twice as likely to have a child afflicted with asthma than those who are nonsmokers.

from a study at Boston City Hospital

The more cigarettes a mother smokes, the more behavior problems her children are likely to have. One culprit may be the many toxins in cigarette smoke.

University of Rochester School of Medicine

Babies and...

Couples run a greater risk of miscarriage when either of them smoke. Nicotine lowers sperm count, reduces the ability of the sperm to penetrate the egg, and can cause abnormally shaped sperm.

State University of NY at Stony Brook and the University of Utah School of Medicine

Deformed sperm from smoking fathers have also been blamed for brain cancer and leukemia in their children.

from the National Institute of Environmental Health Sciences, NC and Yale University

A father's exposure to drugs, alcohol, radiation and workplace toxins such as lead has been blamed for a variety of problems in his children. They include stillbirths, childhood leukemia, tumors of the central nervous system and retarded growth. Pesticides have been implicated as well.

Boston U. School of Medicine and the Medical College of Ohio

Alcohol

Male laboratory animals who consume large amounts of alcohol are more likely to have offspring with learning disabilities.

Washington University, St. Louis

Aspirin

Mothers who took aspirin several times a week during the first months of pregnancy had babies who scored lower on IQ tests, and had a shorter attention span.

University of Washington, Seattle

Heat

Pregnant women risk harming the fetus if they remain in hot water (104 degrees) for more than 10 minutes.

Natl. Inst. Occupational Health & Safety-Australia

Childhood leukemia risk increases 70% when an electric blanket is used during pregnancy, or when it is used for a child.

University of North Carolina

Violent Behavior, from page 1

been a Godsend, and has turned around the lives of many children headed for disaster, it still does not provide answers for why one child is so much more vulnerable than another.

The 14 year old Washington youngster was only one of many who had a gun in his possession on that January day, but he was the only one to use it. Unfortunately, many children carry guns, many find themselves in potentially explosive situations, and chances are that many are tempted to use a weapon. But most of them don't give in to the momentary impulse...why?

As for the teenagers who killed their parents, children in every community become enraged with their parents at times, and have access to weapons, but in nearly every case, they restrain the impulse to act out their anger.

Expert committees would do well to change their focus. Instead of searching for answers in outside influences they should take a closer look at the children themselves — both those who are able to control their impulses and those who are not.

Diet, Hyperactivity and ADD

The Canadian Centre for Justice Statistics points out that the typical teenage offender is a hyperactive male, with learning problems, poor social skills and low self-esteem. These are typical characteristics of children who benefit from the Feingold Program, but when the suggestion is raised that highly processed junk food could play a part in antisocial behavior, one generally hears that possibility dismissed, with a reference to the famous "Twinkies defense." This is the story behind it.

The 'Twinkies Defense' Revisited

In November of 1978 a former city Supervisor in San Francisco, Dan White, killed another supervisor and the city's mayor.

Defense lawyers claimed that White was not responsible for his actions be-

cause he had a diet composed of candy bars and Twinkies. From this came the label of 'Twinkies defense'. (White was convicted of manslaughter, rather than murder, because of a "diminished mental capacity" brought about by his poor diet.)

The idea of a 'Twinkies defense' has been the subject of much criticism, and is considered by many to be a frivolous excuse for unacceptable behavior. Unfortunately, these critics see a simplistic picture, that of a single snack changing an otherwise normal person into a murderer. We all know that most people eat junk food without becoming homicidal.



But this all-or-nothing scenario distracts from a more realistic one: the chemically-sensitive person with symptoms of hyperactivity or ADD, who is already having difficulty coping, who exists on a diet deficient in needed vitamins and minerals, but filled with petroleum-based food additives, may have a very hard time controlling destructive impulses. If he is already close to irrational behavior, it may not take more than some additive-filled snack foods to put him over the edge.

Surely, many factors combine to lead to violent behavior in some individuals. But to exclude the effects of foods, food additives and environmental chemicals is to throw away some important pieces of the puzzle, and in solving a puzzle, all of the pieces count.

The Anatomy of a Twinkie

Where is it?

They are very popular in the South and Midwest, but scorned in San Francisco (despite the fact that the Twinkies defense originated there). Consumers in Los Angeles, southern Florida, northern Virginia, and the greater New York city area eat less of them than the national average. This is the conclusion of Michael J. Weiss, author of an interesting book titled *Latitudes & Attitudes*. Using a wealth of marketing data, Weiss describes the likes, dislikes and life styles of Americans in over 200 of the nation's marketing areas.

What is it?

In case you've been Feingolding for so long that you may have forgotten, the little yellow cakes contain:

Enriched flour, water, sugar, corn syrup, high fructose corn syrup, partially hydrogenated vegetable and/or animal shortening, eggs, dextrose, modified food starch, whey, leavenings, salt, starch, yellow corn flour, corn syrup solids, mono-and diglycerides, dextrin, calcium caseinate, sodium stearoyl lactate, cellulose gum, polysorbate 60, wheat gluten, lecithin, **flavors** (artificial, natural), artificial colors (**Yellow 5, Red 40**), caramel color, preservatives (sorbic acid).

[Can you guess how many of those ingredients are names for sugar?]

Did you know...?

In his book *Can You Trust a Tomato in January?*, Vince Staten writes, "The man who invented Twinkies, James Dewar, lived to be eighty-eight years old. He attributed his long life to the fact that he ate two Twinkies a day, every day, from the time he invented them in 1930.

"I wonder how long he would have lived if he hadn't eaten them?"

Imprisonment for a teenager costs an estimated \$100,000 per year — \$30,000 more than the cost for an adult.

the Canadian Centre for Justice Statistics

Dealing with "that waxy build-up"

Several years ago when the public was alerted to the practice of using multiple chemicals on produce (especially Alar, sprayed on apple trees) we also learned that babies and small children are at particular risk. For their body weight, they consume very large amounts of fruits.

Washing fruits and vegetables certainly helps, and some can be peeled, but nutrients are lost in this way, and ordinary washing will not remove the waxed coating added to some foods. In addition to sealing in moisture, waxes can seal in the pesticides and fungicides used to treat the produce.

Wax used on produce can be made from various sources: petrolatum and paraffin are derived from petroleum; camuba wax is from palm trees; shellac is taken from the lac beetle; and rendered animal fat can be used to create wax. The law requires stores to label produce with information on waxes used on them, but this is generally found on the boxes in which they were

shipped ... located in the dumpster behind the store! The FDA has ignored enforcement of this law — which stipulates up to one year in prison and \$1,000 fine for offenders.

Feingold members have long been interested in the potential problems of dyes being incorporated into the wax, but the FDA told FAUS that there is no way to predict which fruits or vegetables are likely to be treated in this way. Another chemical sometimes added to the wax is ortho-phenylphenol, a fungicide. This is one of the reasons it's a good idea to test out a salicylate by using home-grown or organic foods if possible. (Organic produce is sometimes waxed, but the wax is derived from natural sources; pesticides and fungicides are, of course, not used.)

In his book, *Diet for a Poisoned Planet*, David Steinman provides details about the chemicals likely to be trapped by the wax coating, as well as the foods most likely to be treated with wax. They are:

Vegetables:

Cucumbers
Eggplants
Parsnips
Peppers
Pumpkins
Rutabagas
Squashes
Sweet potatoes

Fruits:

Apples
Avocados
Cantaloupes
Grapefruits
Lemons
Limes
Melons
Oranges
Passion fruit
Peaches
Pineapples



Washing off the Wax

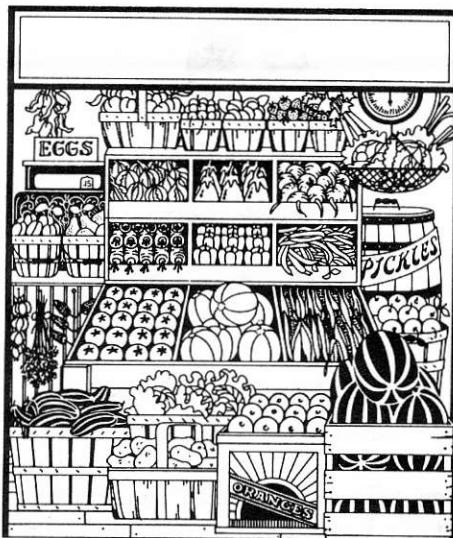
Stephen Arpie's master's degree project has turned into a product for removing wax from fruits and vegetables. As a science major, Arpie noticed that test tubes and lab supplies were cleaned with a 'surfactant', a substance designed to prevent any residue which could interfere with experiments.

He earned his master of science degree in chemistry by developing **Healthy Harvest**, and proving that this surfactant could remove wax and other contaminants from produce.

The consumer sprays it on, waits 30 seconds and rinses the fruit or vegetable with water. Gourmet shops, health food stores and some markets carry Healthy Harvest, selling it for approximately \$3.00 to \$3.99.

If you are unable to locate the product you are welcome to contact the company at: P.O. Box 861, Madison, CT 06443 or to call them at (203) 245-2033.

Co-owners, David Roach and Stephen Arpie hope to be able to expand the use of the product to the food-service industry.



Little kids and pesticides

By the time a child celebrates his first birthday he has been exposed to a greater cancer risk from consuming foods with pesticides than the Environmental Protection Agency calculates a person should be exposed to over his entire life. Legal residues of pesticides in foods are calculated on the basis of adult size and weight.

from information published by the non-profit Environmental Working Group

Toxic exposure?

"Children are not just little adults...It's a simple biological fact that children eat more food, drink more water, and breathe more air than adults as a percentage of their size. It's especially troubling when you compound it with the greater exposures that children face.

"Further, children face higher doses of toxins at a time when such exposures do the most damage — as their nervous and immune systems are developing."

from "Handle With Care: Children and Environmental Carcinogens" a 1994 report of the Natural Resources Defense Council, quotations from Lawrie Mott, a biochemist with the NRDC.

Raising Children Toxic Free

This is the title of a book by two prominent pediatricians, Drs. Philip Landrigan and Herbert Needleman. (Dr. Needleman conducted pioneering research to identify low levels of lead in children and showed how even small amounts can affect a child's intellectual potential.)

They are critical of the lack of action on the part of physicians and the government to protect children.

Predisposing baby to learning and behavior problems

Mary Schneider, an associate professor at the University of Wisconsin, has been studying the effects of various stresses that appear to set a child up for behavior and learning problems. (Dr. Feingold believed that there are many predisposing factors, and when they are present, ingestion of certain foods/additives can trigger symptoms.)

The study examines the effects of prenatal stress on the brain development of young rhesus monkeys — animals that are said to share 95 percent of human genes.

In one experiment the stress comes from exposure to loud, unpredictable noises. This resulted in an increase of some hormones in the bloodstream, which affected the fetus. The baby monkeys were more anxious and fearful than the control group, they weighed less, had poorer muscle tone, and weaker immune systems. They were also more easily distracted and slower to learn.

"These findings are relevant to the work of social service and health care agencies who can reach pregnant women," Schneider said, "We need to understand that many women are under chronic stress during pregnancy, and that their fetuses are vulnerable to central nervous system damage."

Those animals who were exposed to both stress and alcohol had offspring with abnormal social behavior and who become very aggressive to their peer group when they are under stress.

Violence on TV may not be the whole answer, Schneider notes, "Perhaps a predisposition to aggressive behavior and violence is being passed on because of exposure to stress and/or alcohol or other substances in utero."

This information was drawn from the December 1994 issue of Wisconsin Ideas.

Moving?

Please be sure to let *Pure Facts* know your new address. The newsletter is mailed via bulk rate and the post office will not forward it.

Environmental chemicals and birth defects

A woman who has a child with a birth defect is far more likely than the average to have a second child with the same defect, and somewhat more likely to have a child with a different birth defect. These conclusions were drawn from a study of more than 370,000 Norwegian women.

The researchers found that if such a woman moves to a different location her chances of having another child with a birth defect drops, but still remains above average. The odds are similar if she remarries and has a child with a different husband — i.e., less than previously, but greater than the average.

The research provides fresh evidence that environmental factors play a significant role, according to Dr. Jennifer Howse, president of the March of Dimes Birth Defects Foundation, quoting a study published in the *New England Journal of Medicine*.



Preventing Ear Infections

Breastfeeding helps to prevent ear infections in infants, says Burris Duncan, MD, of the Steele Memorial Children's Research Center at the University of Arizona.

In a study of more than 1,000 infants he and his colleagues found that the infants breastfed for at least four months had about half the number of acute ear infections compared to those who were bottle fed. Babies who were breast fed for the first four months, but whose feedings were supplemented with formula, had more ear infections than those who were completely breast fed, but fewer than the bottle-fed babies.

Baby-safe Houseplants & Cut Flowers

A Guide to Keeping Children and Plants Safely Under the Same Roof

"Parents of young children have plenty to think about without worrying about their kids being poisoned by houseplants — yet it happens — nearly 100,000 accidental plant ingestions are reported annually to poison control centers," according to John and Delores Albers, who are both parents and commercial plant growers. When they sought information on safe houseplants it was apparent that such a book wasn't available, so they wrote it.

This paperback is available from Storey Communications, Inc., Schoolhouse Road, Pownal, VT 05261. \$12.95

Baby's first food, development and IQ

An eight year study of 300 premature infants showed that those babies who were fed breast milk — either directly from the mother, or through a feeding tube — had higher developmental scores when they were tested at 18 months. When these children reached second and third grade, the benefits remained, and their IQ scores were higher than controls.

MRC Dunn Nutrition Unit and the Dept. of Paediatrics, Cambridge, England

Pure Facts

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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.

April 1995

Violence Prevention

Feingold Style

When I found out that an organization called the DeKalb Prevention Alliance was having a 'Mini-Forum', seeking ideas for violence prevention, I couldn't resist it — especially since they were offering free exhibitor space *and* dinner. The fee was \$20, but I checked the space that said 'scholarships for community services' which meant that 1) I got in free, and 2) I am now officially a *community service*!

It was fantastic! I made a simple display using reprints of articles from FAUS. I mounted this on a display board, got some brochures and fliers from FAUS, and was all set!

The forum was in the exhibit room at the Holiday Inn, and I had a chance to visit with the other exhibitors.

Violence prevention - this is where we need to be! When I suggested that — setting aside the very real problem of peer pressure — many children may turn to drugs or alcohol as a sort of 'self medication' it really struck a chord. The woman in charge of the exhibit said, "When we talk about violent kids, we think of bad home lives, and other bad influences — we never even think that the kid may have a physical or health problem!"

They are ready to think about it, however. I made the most fantastic contacts. Doors were opened to me I would never have dreamed possible. The director of DeKalb county public schools was sitting at my dinner table, and asked what my relationship was with the school system. When I told her I didn't have one but would like one, she gave me the names of the head of the school lunch program and the head of all principals, and told me to tell them she said to call. The head of the agency that funds various community services invited me to come and discuss funding!

When it was over, and I was out in the parking lot, my box of left-over fliers tore, spilling paper all over. Who jumped out to help me pick it up but the gentleman who had talked about funding my program, and another who is head of a Hispanic group. The result of my mishap is that the first gentleman is willing to help me tailor a program variation that would be more user-friendly for parents who are not readers, and the second is willing to help me find a computer with spell-check in Spanish for the updated *Spanish Handbook*, as well as to help me find translators for various *Pure Facts* articles, etc., to enable us to reach the Hispanic community!

When I got home it was almost midnight, and everyone was asleep, but I was so excited I had to call someone! So I called California, where it was only 9 pm — a great advantage being a Feingold volunteer is having friends in different time zones.

Members who would like to speak with me about doing something like this in their community are welcome to contact me; I would be happy to discuss it and help you make a display: Shula Edelkind, 1272 Holly Lane, Atlanta, GA 30329 (404) 315-7615.

Thank You Thank You Thank You Thank You

To Shula Edelkind and Alice MacDonald for representing FAUS at recent conferences. Shula participated in a conference on violence prevention (see companion article), and Alice was our representative at a conference on empowering families.

Welcome Home

One year ago this month, a Feingold mom's article appeared in the magazine, *Welcome Home*. This is a journal published by a national organization called Mothers at Home, formed in 1984 to offer information and support to full-time moms, and to those who wish they could be.

Carol Tardiff's excellent article has reached thousands of families, and FAUS continues to receive letters and calls on a regular basis. One reader in Pennsylvania wrote: "My kids get unruly and belligerent when they've eaten candy & some snacks. I always thought it was the sugar, but was suspicious about the artificial colors and flavors. Now I know better thanks to WELCOME HOME."

The organization has an information line: 1 (800) 783-4MOM. For a sample issue of the publication, which is composed primarily of articles contributed by readers, send \$2 to: Mothers at Home, 8310-A Old Courthouse Road, Vienna, VA 22182.

Manchester, NH

Brenda Robinson would like to meet other Feingold members, especially those with a few years experience. Her number is (603) 625-2885.

Richmond, VA

Angie Brown is interested in being in touch with other Feingold moms. She can be reached at (804) 233-5988.

Marysville, WA

Dr. Beth McDonald, at Hilton's Pharmacy has offered to help Feingold families with their questions on medication. The pharmacy is located at 220 State Street, and the phone number is (206) 659-3222.

Juice Boxes and School Lunches

The selection of stage one juices available in boxes is very limited. Consider getting your child a plastic juice box-sized container and fill it with the variety of drinks he likes (pear juice, lemonade, diluted pineapple juice or some of the tropical fruit juices like papaya or mango).

Rubbermaid makes these containers, which have their own straw attached, and they can be found in drug stores and some supermarkets. They have the advantage of being more environmentally-friendly than a disposable box.

"Is Nothing Sacred?"

This is the response FAUS volunteers are receiving when they caution members that some dairies are now using additives in products which were once straightforward and generally reliable.

Butter

Two major dairies -- Breakstone and Land 'O Lakes now add 'natural flavor' to some varieties of their butter, and at this time we don't know what that natural flavor is. When you shop for butter, whether it be light, unsalted, whipped or stick, check your Foodlist and check the label since these products are changing rapidly.

Salted vs Unsalted - Dr. Feingold cautioned parents to use unsalted butter because it traditionally did not have added coloring. Dairies have long added coloring to salted butter since the shade of yellow varies depending on what the cows eat. A diet high in grass will result in a deeper shade of yellow, while cows fed grains during the winter months produced cream that results in paler butter. Food processors typically love uniformity, and add coloring to compensate for these variations.

In most cases the coloring added to butter is annatto, a natural dye derived from the annatto seed. But Feingold volunteers have been reluctant to tell members that they can use salted butter with added coloring, because of the possibility that it might be preserved with BHT.

Ongoing communication with food and additive manufacturers has been reassuring. We now believe that it is highly unlikely that annatto is preserved with one of the prohibited additives, and so a Feingold member will probably not have a problem using salted butter with added annatto.

If you have difficulty finding a brand on your Foodlist, check the ingredient labels on butters; look for something short and sweet, such as "cream, salt, annatto coloring added seasonally."

Cottage Cheese

This used to be another predictably O.K. food as well, but life is no longer that simple. Once again, carefully check out the ingredient label, even if you are buying plain, unflavored cottage cheese. You never know when the creative mind of a food technologist has come to your neighborhood dairy.

Jams, Jellies, Preserves

Have you ever heard a Feingold volunteer say, "Food companies don't add much to jams, jellies and preserves; they're made primarily from fruit and sweetener, and only the green mint jellies have dye added."

Well, forget what you've heard now that the new Light and Low Sugar preserves are on the scene. Not only do you get **NutraSweet*** in some of these creations, but they include the likes of **Red 40** and **Blue 1**. If raspberry preserves are made with a lot of berries, they shouldn't need red dye, and why on earth add the blue?

*The Feingold Association advises members avoid the use of aspartame, saccharine and cyclamates.

PIC Report

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

Stage One

ACME Vegetable Oil (Northeast)
ANCIENT HARVEST* Quinoa, Quinoa Flakes, Quinoa Flour, Supergrain Pasta, Supergrain Wheat Free Pasta
DESERT ESSENCE* Australian Tea Tree Oil Mouthwash
KERN'S Guava Nectar (CS)
LENDER'S Bagelettes; Onion, Plain (CS in both)
PETER PAN Peanut butters: Creamy, Crunchy
PLANTER'S Peanut Oil
PRICE CHOPPER Extra Sharp New York Cheddar, Part Skim Milk Mozzarella, Whole Milk Mozzarella
S&W Brick Oven Baked Beans
SHEDD'S WILLOW RUN* Soybean Margarine
SWISS MISS Double Rich Chocolate Pudding (CS)
TOM'S Cashew Nuts, Natural Style Salted Popcorn, Peanut Plank (CS), Peanuts Roasted in the Shell, Plain Pork Rinds, Redskin Peanuts, Toasted Peanuts
WLDE TEMPTINGS Wheat & Dairy Free Brownie Mix, Wheat & Dairy Free Pancake Mix, Wheat, Yeast & Dairy Free Breadcrumbs (mail order (800) 434-4846)

Stage Two

LENDER'S Bagels: Raisin & Honey (CS,CP)
McCAIN Junior Juice: Apple Pear, Mixed Fruit (apple, orange,apricot)
RAINFOREST* Flakes & Honey Nut Clusters - Low Fat (CS,grape)
SUNSPIRE* Bat Bites (raspberry)
WLDE TEMPTINGS Wheat & Yeast Free Pizza Crust Mix (apple) (mail order (800) 434-4846)

Not Acceptable

The Pure Milk & Ice Cream Company of Waco, TX has informed FAUS that their PURE Lowfat & Nonfat Milks and their SUPER FRESH Lowfat & Nonfat Milks contain BHT. Please continue to send in the name and address of your local dairy so we can research the milks.

Product Alert!

HILLSHIRE FARM Bun Sized Wieners now contain paprika (as well as corn syrup & nitrite). Move them to Stage Two.

Sometimes a product on your foodlist is very similar to another version made by that same company. Here are two products which have caused confusion for members:

HIDDEN VALLEY RANCH DRESSING MIX Only the Buttermilk variety is in your Foodlist, not the Original.
QUAKER Quick Grits are the acceptable version; Quaker Instant Grits contain BHT.

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.