

Pure Facts

Newsletter of the Feingold® Associations of the United States



September, 1995

Vol. 19, No. 7

NEA offers solutions for "Sick Schools"

The National Education Association's Professional Library Guidebook is now available. It is called *The Healthy School Handbook: Conquering the Sick Building Syndrome and Other Environmental Hazards in and Around Your School*.

This book is a collaborative effort of 25 experts in the field: environmental scientists, physicians, engineers, psychologists, educators, and advocates.

The handbook includes chapters on such key issues as indoor air quality, less toxic cleaning strategies, floor coverings, radon and asbestos, classroom lighting, electromagnetic fields, integrated pest management, lead poisoning, mold, and formaldehyde. Additional chapters focus on advocacy, intervention and strategies for accommodating the chemically injured child.



Every child should have access to a safe learning environment, the authors believe, one that nurtures good health and supports the learning process. With this resource guidebook, parents, teachers, administrators and activists will have a blueprint for building and maintaining safe schools.

Exposure to chemicals in school buildings and maintenance supplies are believed to be responsible for illness in many sensitive students and staff.

To order, call the NEA toll-free at 1 (800) 229-4200. The cost of the book is \$21.95 plus \$3 for shipping.

Scientific studies linking diet to ADHD are often ignored

Have you been told "There is no scientific evidence that the Feingold Program works"? You know this is not true, so why does such a belief persist?

"Dear FAUS," one of our members wrote, "I thought this article would be interesting to read, especially number 4 under Myths about ADHD. I believe this to be completely wrong! It's sad that the medical profession hasn't progressed any further in this area!"

C.R., Savannah, GA

The article CR brought to our attention was published in the June 21, 1995 issue of the *Journal of the American Medical Association (JAMA)*. The title is "Attention-Deficit Disorder, Born to be Hyperactive?" by Alan J. Zametkin,

MD, of the Child Psychiatry Branch of the National Institutes of Mental Health, NIH.

Among the 'myths' listed is this one: "4. *Sugar and food additives cause ADHD.* Many carefully controlled studies have failed to find any substantive link between food additives and ADHD. Support for this finding is well summarized in Barkley's definitive textbook by a number of empirical reports as well as in the 1980 report of the **National Advisory Committee on Hyperkinesis and Food Additives.**" (*JAMA*, Vol 273, No.23, 1871-1874)

To a reader not well acquainted with the subject, this sounds perfectly reasonable, but what's wrong with this picture? There are several problems.

1. Dr. Feingold is acknowledged to be the first traditional physician to connect food additives and childhood hyperactivity, and his work is cited in most papers on this subject. But Dr. Zametkin did not use any of Feingold's work or cite it in the bibliography. (Also, Feingold did not write that food additives *cause* hyperactivity, but that certain ones are capable of *triggering*

Continued on page 3

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.

Feingold, Me, and the Future

By Andrew C. Reed

As he prepares to leave for college, one of our 'Feingold kids' recalls the past 15 years on the Program, and looks ahead.

I don't think of Feingold in relation to myself very much anymore. I've been on the diet since I was in preschool, so I don't really remember any time without it. I can usually eat at school or in a restaurant, or at someone's house and avoid a reaction. It just comes naturally to me, and so I forget about it.

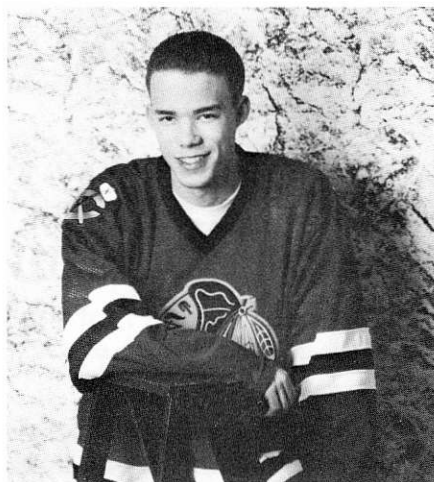
It wasn't until recently when I had to start making some decisions about college that I began to think about my individual differences again.

Many of my friends who are just a little older left for college last year and I visited them on several weekends. I have such strong reactions to foods and chemicals that I would be afraid to drink. I realized that I didn't fit well into the "party" scene. Also I have structured my study time at home so I study late at night after my family goes to bed. I need very little sleep and work best without distractions. After looking at a lot of schools, I decided to go to a local college for the present. I can maintain my diet and study habits better at home for now. When I'm old enough to have an apartment of my own, I think I will be better able to leave home and still keep the kind of control over my environment that lets me be successful academically and comfortable emotionally.

I can live with food and chemical reactions if they only happen occasionally, but don't think I would be as successful academically if they happened often. I was reminded of this when our family returned from a college visit. We couldn't find a restaurant near the campus, so we ate at one of the college cafeterias. It wasn't long before I became dizzy and disoriented. I couldn't think clearly for over twenty-four hours; cafeteria food seems to cause the worst problems. Maybe it is just easier not to be tempted when ordering from a menu, or maybe it is because in a regular restaurant I can ask more ques-

tions about the foods, but I know eating in a dorm could be troublesome. (One of the schools asked if I had any dietary needs on one of its forms. When I wrote back that yes, I did, they wrote back that they served nutritious foods but could not handle special dietary needs. So why did they ask in the first place?)

Anyway, I guess Feingold has already affected one of my decisions about my future because I know I want an environment that allows me to be the best I can be. After feeling good most of the time, I really resent things that cause me to have reactions, feel terrible, and have changes in my ability to think clearly.



I suspect that Feingold will be part of my future in a different way too. I plan to study psychology. My mother is a school psychologist, and she is always trying to enlighten families about the problems foods and chemicals can cause in altering people's moods and behaviors. Actually my mother has always been the "Feingold" person in the family. She worked for the local association, wrote newsletters, gave talks, and answered phone calls. I have never viewed myself in that role, though I did help her put out the newsletter when she did that. Occasionally I might handle a phone call for her too. But I realized

when I chose to go into psychology that I have a different perspective on human behavior than a lot of other people who might be teaching my classes or be in them. I won't be able to ignore what I've learned through my own Feingold experience or not share it with people with whom I am working if I think it will help them.

I think in the next ten years the biochemists are going to be creating a lot of medications that alter people's moods and behaviors. (My sister has five friends who are on Prozac right now.) I think in the field of psychology there will be a lot of new ethical questions about how we should manage human behavior through chemicals. I may be part of that decision making process someday, and my Feingold experience will be part of what I will be thinking about as I help make those decisions.

After feeling good most of the time I really resent things that cause me to have reactions, feel terrible, and have changes in my ability to think clearly.

Finally, Feingold may affect my personal life in the future. My aunt and two of my cousins all have ADD and one of my cousins is a real 'pill'. We all want to thump him by the end of the day at a family gathering. My sister is really afraid to have children because she thinks she will have a child like my cousin or me and not be able to handle it. I'm not afraid, though, because I feel like I've done ok. I'm optimistic; I have lots of friends; I do well in school; and I don't feel handicapped by my condition. I realize I might have children that are hyperactive or have attention problems, but I'll know what to do to help. So, all in all, I think my future with Feingold looks pretty bright.

Studies, from page 1

the symptoms in susceptible individuals. Another note: the name 'Attention Deficit Disorder' did not come into common usage until after Dr. Feingold's death in 1982.)

2. Thirty-four references are cited in Zametkin's bibliography, covering 1937 to 1994, but the double-blind, placebo controlled studies supporting the diet/behavior connection are not included. Studies by Kaplan (1989), Egger (1985, 1992), Boris (1994), and Rowe (1994) are all missing. Even the early studies have been overlooked, as has the important National Institutes of Health Consensus Development Conference, which concluded that the early studies did not disprove Feingold's work, as had been reported.

3. Most of the references are from psychiatric journals, but Weiss's important evaluation of the studies from the *Journal of the American Academy of Child Psychiatry* is not listed. (21,2:144-152, 1982) Weiss reviewed the early studies and found that their conclusions were far more supportive than was being reported.

4. What, then, is the source for Zametkin's conclusion that the connection between food additives and hyperactivity is a myth? One is a book by Russell Barkley, and the other is a report of the National Advisory Committee on Hyperkinesia and Food Additives. *Final Report to the Nutrition Foundation*, October, 1980.

What is the Nutrition Foundation?

The Nutrition Foundation is a lobby representing the major food, chemical and pharmaceutical companies in the United States. Their job is to protect the interests of their member industries, and they have always seen Feingold's work as a threat to these interests.

What is the National Advisory Committee on Hyperkinesia?

After Dr. Feingold's 1973 presentation to the American Medical Association sparked world-wide interest, the Secretary of Health created the Inter-agency Collaborative Committee on Hyperkinesia. The Nutrition Foundation created their own committee and named it the 'National Advisory Committee on Hyperkinesia and Food Additives'.

The 1980 report which Dr. Zametkin references was, in effect, the industry reporting to itself that synthetic food additives are not harmful.

How the Game is Played

There are several official-sounding organizations, all of which are industry lobbies. Many of them share the same members, and in some cases, even the same office. By referencing each other as authoritative sources of information, they convey an air of legitimacy to their work.

Editor's Note

I was present at the press conference to which Dr. Zametkin refers, and the following is a segment of the article printed in the local Feingold newsletter:

The board of trustees of the Nutrition Foundation includes the top officers of the major food corporations. They flew in their scientists from Utah, New York, and North Carolina, rented a room in the National Press building, brought in their paid staff, and passed out slick information packages. The Nutrition Foundation's professional consultants told a packed room of reporters that the effect of food dyes on behavior was insignificant.

In response to questions challenging the design of the studies (which focused on dyes alone, and ignored the other items addressed by the Feingold Program) the Nutrition Foundation spokesmen admitted to some errors in their interpretation, and the scientific confidence began to appear a bit shaky.

A small group of Feingold parents held their own press conference afterward. (Ours was held on the sidewalk outside the Press Building...the 'rent free' district.) Most of the TV and radio stations gave the Feingold side equal or greater coverage.

By the way, the 'Nutrition' Foundation's idea of a nutritious mid-morning snack provided for the press was soft drinks!

What can you do when you encounter negative comments?

The Feingold Association often receives calls or letters from members who ask how to deal with someone who states "The Feingold Program has never been scientifically proven."

Typically, the individual has read a book or article stating this. And the author has generally repeated what he read, as in the *JAMA* article above. Unfortunately, it is rare that a writer reads the original studies. Some don't even read Dr. Feingold's writings.

I generally say, "That's interesting; I've been following the subject for twenty years and am not aware of such a study ever having been conducted." I then ask them if they would provide me with documentation so I can read it.

Technically, it's correct to say the Feingold Program has never been scientifically proven...since the Program as it was designed by Dr. Feingold, and is being used by our members, has never been subjected to scientific study. So, if it hasn't been studied, it could not have been 'proven.' (On a clinical level, it has been proven for decades, but the critics want to see double-blind, placebo controlled studies published in peer-review journals. This is the gold standard in science.)

You may want to note that the Feingold Program has never been **disproved**, although many have tried.

But there have been several well designed studies dealing with portions of the Feingold Program, and the evidence has been conclusive. The Rowe study, for example, demonstrated that a single dye (Yellow 5) could trigger disturbed behavior in the majority of sensitive children.

FAUS can provide documentation of this information; see *Feingold News*.

An inside look at how schools evaluate our children

Carolyn Reed brings both professional and personal experience to her role as president of the Feingold Association of Indiana, Ohio and Kentucky, and as a school psychologist.

Her son, Andrew, describes his experience on the Feingold Program in this newsletter. He has followed it most of his life — since age 3 when his mom saw Dr. Feingold on the Donahue Show, and his grandmother persevered until she located a parent support group to help Andy's family.

Carolyn had tried to use the diet on her own, with limited success, but once she had the help of Feingold volunteers, and took salicylates seriously, the results were dramatic. The child who had never slept more than a few hours out of 24, began sleeping through the night after three days. Three weeks later Andy was able to begin preschool as a perfectly normal child.

Her education prepared her as a speech clinician with emphasis in special education; years later she returned to school and is now a school psychologist. But a great deal of the education was supplied by Andrew. Carolyn observes, "I think I now have a deeper

understanding that a parent can do everything right and still have a difficult child. It really concerns me that we not end up with a 'damaged parent' as a result of how they are often treated at the hands of professionals who blame them for the child's behavior. That parent then goes home more discouraged than ever, and a discouraged parent is less able to help his/her child."

Carolyn observes through her experience as a school psychologist that schools feel safest making outside referrals to medical professionals. Seldom does the school system have the facility to evaluate therapies for safety and effectiveness and, therefore, actively discourages staff members from discussing therapies such as the Feingold Program with parents. Parents who turn to the school for guidance often assume, then, that they only have two choices for their child: allowing his problems to continue or seeking medical help (which often leads to the use of

medications). Parents, however, are not limited in the types of therapies they can suggest for their child, and the school staff is usually permitted to discuss such therapies once the parent has initiated the conversation.

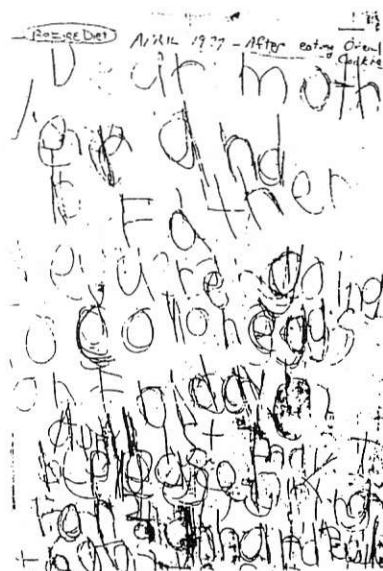
She feels that as advocates for the child, parents need this open discussion in order to determine which course of treatment is in their child's best interest.

Carolyn reports that as a parent, and as a school psychologist she is observing an increase in the number of children taking one or more medications for behavioral and/or emotional difficulties. She remarks that her son, Andy, seems to have a natural level of happiness, while several children she has observed on medication seem to have a more 'unnatural high.' As a chemically-sensitive individual herself, Carolyn would prefer to try helping our brains nutritionally whenever possible, rather than flooding them with chemicals.

Comments

Despite the encouraging report of the National Education Association's new book on sick school syndrome, most educators do not understand that a chemical reaction can trigger more than a headache or rash; it can also result in a change in behavior and the ability to concentrate. So, ADD is viewed as a defect in the child, requiring a medical solution.

A few years ago, a series of negative articles about the use of drugs for ADD and hyperactivity was met by a dramatic backlash. This was the start of aggressive marketing of stimulant medicine for chemically-sensitive children, and the dollars spent have produced spectacular results for the pharmaceutical industry. The *Chicago Tribune* reports that the use of Ritalin, the most commonly prescribed drug for ADD, has increased more than fourfold since 1991, and that 2.2 million Americans now use it, with 90 percent being children. Stimulant drugs have been available for decades, but have been elevated from a regrettable necessity to the treatment of choice. The assumption of an underlying 'brain disorder' lends credibility to the treatment method. Unfortunately few people wonder how it's possible for a brain disorder to appear and disappear, and why it is so noticeable after Halloween.



3 months on Diet
My name is Peter
I am seven years old
Chemicals in my
Food makes me white
sloppy.
July 13, 1977

We recently came across this gem, which Dr. Feingold received from the family of a little boy named Peter. Today he is 25 years old. We know what the diagnosis/treatment would be if Peter was in a typical second grade class today.

Do you have before & after handwriting samples to share with us? Please send photocopies to FAUS at our P.O. box.

Foods for Feingolders

Have you ever wished for a store where you could find those hard-to-locate items you miss?

Pam Weldon began using the Feingold Program for her son, Peter, two years ago when he was 5. Her extensive background in foods was helpful as she created natural versions of some of the products her family had eliminated. Pam's experience includes food management for institutions, hotels, and restaurants, including food preparation for fine dining restaurants.

Complimenting Pam's training in foods, is her can-do attitude. This month she will be launching her own business, named "For Pete's Sake", offering all-natural foods. Some of them



will be created in her new factory/retail facility just being completed in Eastern Pennsylvania, and some will be products made by other companies. They will be available by mail order to Feingold families throughout the United States.

The first in what promises to be a line of 'Feingold safe' treats will be cake and frosting mixes. The introductory

selection will be: Yellow, White, and Chocolate Flavored. Pam explained that the Food and Drug Administration requires use of the designation 'chocolate flavored' because the recipe will be made with cocoa,

rather than chocolate. (Of course there will *never* be synthetic vanilla flavoring used!)

Pure Facts will keep you posted on other products as they become available. For information, prices, and a copy of future catalogs, contact Pam at (800) 864-7383. For Pete's Sake is located at 560 Raymond Street, Lehigh, PA 18235.

A new candy treat: Tiny Tots

Gummy bears have come and gone...mostly gone! Now there's another product which is natural and delicious.

Thanks to Nancy Kemble of the Squirrel's Nest Candy Shop for telling us about TINY TOTS, a gummy candy flavored with fruit juices (salicylate and non-salicylate), and naturally colored.

The candies come in a mixture of assorted flavors: lemon, orange, raspberry, apple. Ingredients are: sugar, glucose syrup (CS), water, fruit juices, gelatin, citric acid, natural flavors, fractionated coconut oil, beeswax coating.

The candies are imported from the United Kingdom and distributed by Haribo of America in Baltimore.



To order Tiny Tots and other natural candy, contact Nancy at 1 (302) 378-1033 or write to the Squirrel's Nest, 1 North Broad Street, Middletown, DE, 19709.

Get a head start on Halloween

If you are planning to order doughnuts for the fall festivities, refer to page 5 of the June 1995 *Pure Facts* for information on acceptable cake doughnuts. They are available from the Squirrels Nest and from the manufacturer: Donuts & Pastry, Inc., 926 W. Estes Avenue, Schaumburg, IL 60193-4426. (800) 835-8097. If you order from the factory, ask to speak with Rachel Stewart.

Rachel tells *Pure Facts* that natural baked goods are now being offered as a part of the vegetarian meals provided by United Airlines and Continental.

P.S. If you will be buying natural face paint from the Feingold catalog, we suggest you place your order early!

Pennsylvania Punch — compliments of EPA

Earlier this year, residents of Lancaster County were informed by the Environmental Protection Agency that they might expect to find 'harmless discoloration' (dyes) in their drinking water as well as in local streams. EPA used the dyes to determine the flow direction of groundwater.

"Residents can be assured that these tests are completely safe," the agency said, "and they can continue to use their water supply for drinking, cooking, bathing, dishwashing and laundry. In addition, the dye will not adversely affect fishing or recreation in the creeks."

...and a 'Mickey Finn' — compliments of NASA

Do you recall the news story earlier this year of the female astronaut who was the subject of an experiment that nearly took her life? She was injected with a chemical and experienced a severe reaction; the facility where the shot was given was unprepared to deal with such an emergency. FAUS later learned that the chemical injected was a dye...perhaps another of those 'harmless' dyes we read about?

Tony's Journal

Feingold volunteer, Sally Marinelli, writes, "My oldest son, Tony, is 8 years old and a third grader. His class is a 'split' class (it is made up of half third graders and half fourth graders) so they call it the "Thourfth" grade. The children were asked to pair off and write an article for the class newspaper, *The Thourfth Grade Times*. They were allowed to choose their own topics and Tony decided to write a piece entitled, "Junk Food" to educate his classmates about healthy eating habits. I've enclosed a copy of what he and his partner wrote. I hope you enjoy it. (You sure can tell he's on the Feingold diet!)"

Now a days everyone likes junk food. Back in the olden days they had natural flavoring and coloring, but now it is all artificial stuff.

What you should avoid on labels are: BHA, BHT, TBHQ, which are preservatives. In addition, you should also avoid artificial flavorings and coloring. Please read the label before you buy it.

Feeling good at age 5

One of the nice things about being a Feingold volunteer and receiving calls from all over is that we have the opportunity to speak with the country's best parents. They often feel like they aren't especially good at the parenting job, but this isn't the case. Only those who really care go to the effort of locating us.

Generally, they have worked hard at trying to give their child a good self-image, despite behavior that tries their patience. Unfortunately, five years of hard work in ego building can be quickly destroyed. Little Stephen came home from kindergarten after just a few days, and sadly announced "I'm the baddest kid in the whole class."

(Stephen is on the Feingold Program now, and is one of the goodest kids!)

AIA Network News

The Autism, Intolerance and Allergy Network USA, a program of the Feingold Association, is pleased to announce the availability of a test for fungal metabolites in the urine of autistic individuals.

Dr. William Shaw at Children's Mercy Hospital in Kansas City, MO is conducting the tests.

If you would like to receive more information on the test, and the procedure for participating, please call FAUS at (703) 768-3287; leave your name and address and we will send additional information.



Alternatives to candy

If you are looking for inexpensive trinkets for use in school, as awards, carnival prizes, treats for your children, or Halloween hand-outs, you will find toys, stickers, and decorations for every holiday in the MG catalog. Some items can be imprinted for fund-raisers (in place of the additive-laden food our children are often asked to sell).

For information contact the Dillon Importing Co., MG Novelty, at (800) 654-3696.

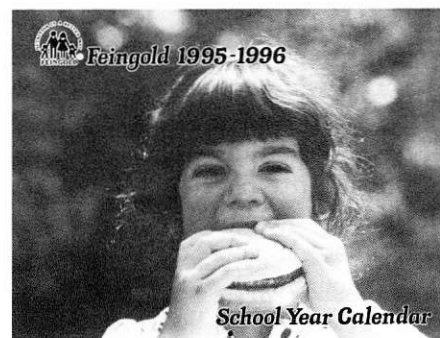
Shopping just got easier!

Check out the front section of your School Year Calendar for the listing of mail order resources.

These companies carry many products which are acceptable for use on the Feingold Program.

School Year Calendar

Feingold members in the United States are now receiving their new 1995-1996 School Year Calendar.



Once again, the calendar highlights some of our own 'Feingold kids' and has been printed with soy-based (rather than petroleum-based) ink, which is generally well tolerated by chemically sensitive people.

Calendars are mailed out bulk rate, and only in the United States. If you joined after they were mailed, or if you live outside the U.S. and would like to have one, please contact the FAUS office in Virginia. The suggested donation is \$10. Proceeds from the calendar help us fund our special projects to better serve our members.

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.

Endowment Fund

To support the FAUS Endowment fund, send contributions to 'Endowment' at the FAUS address above.

September 1995

Why do some professionals believe that diet doesn't work?

Most of us know how frustrating it can be to try and work with a physician, counselor or teacher who does not understand how foods/food additives can affect behavior and learning, or to be told 'studies show the Feingold diet doesn't work' when we live with the proof that it does.

Most of the negative information they have read has initially been generated by the lobbies representing the various industries who benefit from the use of synthetic additives. It is common practice for special interests to hire professionals to act as consultants, and advocate policies which benefit that interest. These individuals generally possess scientific degrees which give their opinions the credibility sought by their clients. Most professionals will not compromise their principles in exchange for personal benefit, but a very small minority will, and have. A handful of credentialed spokespersons are all that an industry needs.

Dr. Feingold described some of the behind-the-scene manipulations of the Nutrition Foundation in an address to the Newspaper Food Editors and Writer's Association in June of 1977.

The favorable publicity given to the Feingold diet "prompted the food industry to involve its 100% industry-supported representative, the Nutrition Foundation of New York," Dr. Feingold noted. They invited him to be a member of their National Advisory Committee, and agreed that "no publicity would be given the findings until the committee has approved the report for release." Then, a week later, without any approval, the Foundation president issued a negative report, which was widely circulated.

The final report of the committee was positive, but it was the unauthorized version which was publicized.

What you can do to gain the cooperation of those professionals with whom you deal

FAUS has several 'professional packets' available. They are designed to be given to doctors, teachers, and counselors, and have been assembled with the assistance of our professional advisors. The doctor's packet contains reprints/abstracts of the major studies connecting diet and hyperactivity/ADD. It also has an extensive bibliography, and a letter from our scientific advisors, explaining the basis for our work. The teacher's information includes newsletters and samples of children's handwriting after having eaten additives, and when they are following the Feingold Program.

The cost to FAUS to print and mail a professional packet is approximately \$4. They are available for members to order. Please enclose \$4 for each, include your name and full address, and specify the profession(s) for which you need packets. Send orders to: FAUS Prof. Pkt., P.O. Box 6550, Alexandria, VA 22306.

Thank You Thank You Thank You Thank You

...to our friends and supporters for your donations to the Robert Palmer Research Development Fund.

...to Colleen Smethers, a nurse practitioner, for such a terrific job of representing the Association on the TV show *The Other Side*. Thanks also to our members and friends who participated.

...to Susan Varga, Joni Holder, Dana Fleming, and all of the folks at the show for their interest and help.

Calvert County, MD

FAUS will be represented at a conference of counselors in Solomons, MD on Friday Oct 20 and Saturday, Oct 21. The conference will be held at the Solomon Island Holiday Inn.

We will need area members to help staff our exhibit table. Please call the Virginia office at (703) 768-3287 if you have an hour or two to spare.

Lafayette, LA

Welcome to Vicki Petitjean, our new Program Assistant in Louisiana. She would like to begin holding support meetings, and has already created a great deal of local interest in diet management after addressing area school counselors.

If you would like to become involved in bringing help to Lafayette families, or just want to meet other Feingold parents and swap information, contact Vicki at 988-2141.

Lansdale, PA

There will be a Feingold introductory meeting at the Lansdale "Y" on Sept 20 at 7:30 pm. Monthly meetings will be held there the last Wednesday of each month at 7:30 pm.

Product Alert!

Farewell to the fries at **Wendy's**, as well as the chicken nuggets and breaded fillet. Wendy's International has verified what some of our members suspected: that the chain has switched to an oil which contains the chemical TBHQ.

For many years the preservative used was a blend of propylene glycol and monoglyceride citrate — both well tolerated by our members. The corporation decided to follow McDonald's, however, and change to a different blend as they found the TBHQ to be about 20% more effective as a preservative.

This is sad news to our member families, as this chain was the only one offering acceptable deep fried food. The other food items on your Fast Food guide are, to the best of our knowledge, still acceptable. Those wishing to write to the company can address correspondence to:

Wendy's International, Inc.
P.O. Box 256
Dublin, Ohio 43017
(614) 764-6800

ESTEE Chocolate Candy Bars: Deluxe Dark and Milk Chocolate now contain synthetic flavoring (vanillin).

Crofton, MD

Members living in the Crofton/Bowie area have a bright spot in their fast food future. Feingold Mom, Suzanne Hoffman tell us of a small food store which provides natural fries, as well as chicken tenders, fried chicken and fish. She likes to call ahead and pick up a meal on her way home or en route to the beach.

It's called **PACEWAY**, and is located at the intersection of routes 450 and 424 (Davidsonville Road) 1334-J Defense Highway, (410) 721-9332.

In addition to natural fried food, they carry acceptable fruit popsicles.

The hours are 10:30 - 4 on Mon - Fri, and 10:30 - 3 on Saturdays. Ask for Bonnie, who can help you during the week, or Tina, on weekends. Be sure to let them know your family follows the Feingold Program.

Some changes at Fresh Fields

This 'healthy market' chain now carries some items which are not in accord with the store's principles and are not acceptable on the Feingold Program.

FAUS understands the need for a business to make compromises in order to remain competitive. We caution member families to watch for tags placed beside these foods to identify them, and to also check ingredient labels. Some of the cookies and a brand of margarine now being sold in Fresh Fields contain

PIC Report

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

Stage One

BAVARIAN "Dutch Style" Pretzels (CS)
BRAUM Pecan Caramel Fudge Sundae (CS),
Supreme Ice Cream Candy Bars (CS),
BRAUM'S Lowfat & Nonfat Milk
(Braum products available in KS, OK, TX, AR, MO)
BREADSHOP* Krinkle Grins cold cereal
CHURNY Natural Vermont Cheddar Cheese
COORS Arctic Ice Beer
EREWHON* Galaxy Grahams cold cereal,
Instant Oatmeal with Maple Spice
FOR PETE'S SAKE Cake Mixes: Chocolate Flavor,
White, Yellow; Frosting Mixes: Buttercream,
Chocolate Buttercream; Brownie Mix (mail order)
FOR PETE'S SAKE Hot Cocoa Mix (mail order)
GHIRARDELLI Classic White Chips, Milk Chocolate
Block, Pure Milk Chocolate
OLD EL PASO Vegetarian Refried Beans
RONDELE Soft Spreadable Cheese: Black Pepper,
French Onion, Garlic & Herbs
SQUIRREL'S NEST Creamy Caramel Cup,
Marshmallows, Peppermint Pinwheels (CS)
(mail order)
WESTBRAE* Corn Spaghetti

Stage Two

CASCADE FRESH* Fat Free Yogurts: Apricot Mango
(peach), Cherry Vanilla (peach)
(available in AK, WA, OR, CA, NM, ID, MT, UT)
LOUIS RICH Turkey Nuggets (MSG/HVP, paprika)
MR. DENSON'S* Apple Cinnamon Organic Cookies
SENECA 100% Natural Applesauce
SQUIRREL'S NEST Raspberry Cremes (mail order)
WESTERN FAMILY Apple Cider Vinegar,
Fancy Tomato Sauce (red & bell peppers, clove)

Not Acceptable

KEMP'S Lowfat & Nonfat Milks (Marigold Foods,
Minneapolis, MN)(BHT)
RICH'S Enriched White Bread Dough
(BHA/BHT/TBHQ in oil)
SCHROEDER Lowfat & Nonfat Milks (Schroeder Milk
Co, St. Paul, MN)(BHT)
WESTBRAE* Rice Non-Dairy Drink 1% Fat Plain,
Non-Dairy Drink Concentrate - Plain,
WESTBRAE WESTSOY PLUS* Vanilla Non-Dairy
Soy Beverage
(The above Westbrae products contain BHA, BHT &
TBHQ in the vitamin A Palmitate and Vitamin D)

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