

## Eating out on a special diet

You will probably be able to enjoy eating out this summer. The precautions you take will depend on your degree of sensitivity.

**T**he key is to focus on what you can eat, not what you cannot.

One adult member called FAUS, worried about the plans she and her husband had made to eat dinner out with friends that evening. These were our suggestions. It was early in the afternoon, a good time to call the restaurant and ask to speak with the chef. Don't name all the things you cannot eat, and expect him to come up with a meal that fits your needs. Instead, have a brief list of some of the foods you enjoy and tolerate before you call, and ask him if he can prepare one of them for you to eat that evening.



Perhaps you would like a fillet of fish, sautéed in olive oil and fresh garlic, and lemon. It could be accompanied by a baked potato with real sour cream or real butter. Green salad might have a lemon juice/olive oil dressing. The chef may be able to offer a grilled T-bone steak with no marinade and only salt, pepper and garlic to season it. Noodles tossed with butter and your choice of seasonings, plus steamed broccoli with salt and butter could round out the meal. Sliced chicken breast, dipped in flour and sautéed is a dish easily prepared;

*Continued on page 3*

## "Essential fatty acid metabolism in boys with attention-deficit hyperactivity disorder"

Another study supports the biochemical basis for behavior; it was published last year in the *American Journal of Clinical Nutrition*.

**L**aura J. Stevens, and other researchers at Purdue University demonstrated that boys diagnosed with ADHD are likely to have difficulty metabolizing essential fatty acids (found in oils derived from certain plants and seafood).

The *Journal of the Hyperactive Children's Support Group* (HACSG) in England notes, "The study showed that these children had more temper tantrums, problems getting to sleep/waking up, head/stomach aches, more colds, asthma, hay fever, chronic stuffy noses and eczema, more than 10 ear infections since birth, more had had surgical tubes in ears." Excessive thirst, as well as dry skin and hair are clinical signs that can indicate poor EFA metabolism.

The HACSG has long recommended parents consider supplementing the diets of hyperactive children with oils rich in essential fatty acids, and with a group of vitamins and minerals believed to enable the EFA's to be metabolized.

In 1981 an HACSG paper documenting many of the characteristics of EFA deficiency among hundreds of children was published in *Medical Hypothesis*. Other Feingold groups abroad have experimented with supplementing their children's diets with oils high in EFAs to see if it alleviated symptoms, but the results were not conclusive. Stevens et al write that supplementation may be more successful if it were based on "individual fatty acid profiles."

The Purdue study follows earlier work in this area which suggest that poor EFA metabolism can be a factor in behavioral or neurological dysfunction.

### Sources:

*Am J Clin Nutr* 1995;62:761-8. 1995

*Journal of the HACSG*, #53. For reprints of this article please send a SASE to FAUS Reprints, P.O. Box 6550, Alexandria, VA 22306.

## A little boy named Michael

It's been twenty years since the Feingold Association of the United States was formed in 1976, and no individual played a larger part in this event than a mother of three, living in Smithtown, New York.

Vickie Gelardi struggled to help her son, Michael, but nobody could explain why the five year old had such severe behavior problems and there were no logical reasons for his motor skills deficits. No professional was able to explain why this child slept so little or why his visual perception was so flawed. Vickie and Jim Gelardi received labels, and advice: place Michael in a school for brain injured children (despite the fact that there was no evidence of actual brain injury).

What they did not receive were answers to their many questions, and a plan of action to enable Michael to function normally. They were not ready to give up on their only son. When Vickie learned about the work of a remarkable doctor who was having success using a diet to help troubled children, Vicki changed the foods in her kitchen, and changed her family's way of eating. She knew to eliminate artificial colors and flavors, and to remove certain fruits, but this was many years ago, and there wasn't much more information available than that.

Vickie stopped using all prepared foods and began to cook everything from scratch. There were no Foodlists, Handbooks or newsletters to guide her, and no experienced moms to call for assistance. The only way to be sure that Michael's food was free of potential offending chemicals was to prepare it herself.

Vickie wasn't sure what to expect, or even if it would make a difference, but there were no other acceptable options she was aware of.

A week went by, with no noticeable change in the daily tirades and sleepless nights. Then, on the seventh day, when Vickie woke up, she was surprised that Michael was not dismantling the kitchen; he was not even awake. She ran upstairs, and her heart sank

when she saw him lying in bed. But he wasn't in a coma...or worse. Michael was asleep!

She returned to the kitchen and prepared breakfast. It was the weekend, so Jim was home to witness what happened next. Michael *walked* downstairs, he ate his breakfast, and when he finished said to Vickie, "thanks, Mom, you're a good cooker." Then he went into the next room, turned on the TV, and sat down to watch cartoons. This mundane scenario, which takes place in homes all over the country, was a miracle in the Gelardi home, and his parents cried tears of joy and relief.



### Love is Everything

"The little boy who started it all" Michael Gelardi, and his bride, Wendy, exchanged vows last year at their wedding. The Feingold Program is very much a part of their lives.

Gradually, Vickie was able to introduce some prepared foods, always alert for a reaction; when they came, they were unmistakable. She contacted the local and national media, and when Michael's story became known, other parents came to Vickie to learn more about how to help their children. The techniques developed in New York were shared with other enthusiastic parents throughout the United States, and then around the world. Eventually, the small bands of families springing up to form support groups were able to pool their information on which foods their children could tolerate, and this became our first Foodlist.

Michael never was placed in a school for brain injured children. After one week he had gained control of his muscles and his body and his mind. Instead of roaming the house, he slept at night, like other children. He attended school like any other little boy, learned, played, laughed and grew. He played football in high school, and graduated from college. Now he runs a business, and he and his wife are awaiting the birth of their first child.

Grateful for the help their family received, Vickie and Jim formed one of the early support groups, which would later join with other similar groups, and in May of 1976 these volunteers created the Feingold Association of the United States.

Dr. Feingold understood the crucial role parent volunteers would play in educating other parents and professionals about the role of biochemical factors in learning and behavior problems. He knew that research would be carried out in kitchens before it would be conducted in laboratories. He knew how vital the role of the parent would be, and the significance of a little boy such as Michael.

## Eating Out, from page 1

corn on the cob and a green vegetable may be added.

Perhaps they have fresh fruit, fresh vegetables and boiled shrimp; these could turn a salad into a meal.

Quality restaurants probably have a good selection of basic ingredients on hand; look upon them the same way you do when you prepare food in your own kitchen. Maybe the fresh orange slices are designed to go in the mixed drinks, or the lemons are kept for use with iced tea. But that doesn't prevent you from enjoying fresh sliced orange with your meal, or a glass of lemonade made to order.

### What to eat at Disney World?

A similar approach was suggested for a member planning a family vacation which includes their very allergic daughter.

We encouraged the mom to type up a list of all the foods her child tolerates and enjoys — no meals, just the foods alone. This might include, for example: rice, noodles, oats, macaroni, walnuts, pecans, cashews, cantaloupe, pears, lemon, pineapple, watermelon, blueberries, banana, kiwi, green beans, sweet potatoes, onions, cabbage, peas, carrots, broccoli, squash (all types), alfalfa sprouts, lettuces (all

types), beef, chicken, lamb, flounder, salmon, sole, tuna, eggs, cocoa, white sugar, honey. When the family arrived at the park, Mom visited the restaurants that looked promising (at off hours), taking copies of the list of foods. She asked each chef if he could devise several meals using those foods; then she gave the days and times the family would plan to eat at that restaurant.



Before the family set out for each day's activities, a call to the restaurant reminded the chef that they would be arriving for that day's lunch or dinner. We believe that most accomplished chefs will gladly accept the challenge (and may welcome the opportunity to use their creative talents), but we would like your feedback if you use this technique.

### On the ground/in the skies

A similar technique may be helpful whether you are arranging for special airline food or speaking with a neighbor who has invited your child to stay overnight. Make your suggestions clear and specific; for example, you might ask the airline representative if they could provide a peanut butter & honey sandwich, banana, and whole milk for your child's meal. Your suggestion to your neighbor could be grilled hamburger, Fritos and 7UP, with Breyers vanilla ice cream for dessert. For breakfast Crispix with whole milk and pineapple juice is not a difficult request.

If you feel comfortable mentioning that the diet your child is on helps children with "ADD," don't be surprised if the other person tells you her own child, or a friend's has been diagnosed with this. (FAUS will provide you with information brochures to have available.)

Experienced volunteers become very skilled at dropping key words like "ADD," "asthma," "headaches," "distractability," and "ear infections" into conversations. Some of us even take pride that few people ever leave our home without a brochure in hand, whether we're speaking with a salesperson or the man who came to fix the dishwasher!

## There's more news about asthma, and it isn't good

Deaths from asthma continue to soar in the United States, and experts have not been able to explain why.

The Centers for Disease Control and Prevention (CDC) in Atlanta, GA, reported a sharp increase in the death rate of young people in the United States as a result of asthma. They cite the years between 1980 and 1993 where the rate of fatalities more than doubled, going from 1.7 deaths per million people, to 3.7, for an increase of 118%.

Statistically, black children are at greatest risk, especially those children from birth to age 4 and from age 15 to 24. Both groups of black children were six times more likely to die of asthma than were white children.

Black youngsters in the 5 to 14 year age group were four times more likely to succumb.

But while the increase in childhood fatalities has been drastic, the majority of victims in the U.S. are over age 65.

Typically, many factors are suggested, including allergies and cigarette smoke. But children and adults have been exposed to these triggers for decades, so they would not account for the sudden rise. Actually, with the greater restriction on smoking, both children and adults are far less likely to be exposed to second-hand smoke now than they have been in the past.

"Energy efficient" schools and workplaces, which trap in fumes and irritants are now being mentioned, and they certainly have increased during the years since 1980. But professionals working in this field do not appear to have considered the increase in the use of synthetic chemicals in foods and the greater tendency to add fragrance to non-foods. Allergists first reported the connection between asthma and yellow dye decades ago, and even the Food and Drug Administration acknowledges the connection. But for most doctors, the "magic pill" remains a pill, or other forms of drugs.



## Abnormal gene or abnormal diet?

Many factors combine to cause one person to be more sensitive to synthetic chemicals than other people. New research identifies one such possible factor.

The April/May issue of *Molecular Psychiatry* carries the results of new work by researchers at the University of California and the University of Toronto. They found that children who are diagnosed with ADHD are more likely than other children to possess a genetic variation in one of the dopamine receptors in the brain.

Two groups of children between the ages of 7 and 12 were studied, each containing 39 subjects. The first group of children were diagnosed with ADHD, and the second (the control group) were not. Of the 39 children with "ADHD," 49 percent had the genetic difference, and in the control group, 21 percent showed the same genetic variation.

Earlier this year the same gene was found to be associated with a greater likelihood that an individual will have a personality trait identified as "novelty seeking." Such a person is apt to be considered impulsive, quick-tempered and excitable.

### The Implications

Parents being blamed for their child's learning/behavior problems have expressed relief that a physiological difference may be at the root of the struggle they have had with their child. Scientists are hopeful that new knowl-



edge about the workings of the brain may lead to the development of new drugs to address the symptoms that seem to become more and more widespread in this country.

For the Feingold parent it is one additional piece of the picture that explains why one child has a greater sensitivity to additives than another. In our story about the Gelardi family (on page 2), it helps us to understand why Michael had such a severe reaction to food additives, but his two sisters appeared not to be sensitive.

### Questions that remain

While almost half of the 39 children in the study who were diagnosed "ADHD" were found to have a genetic difference, 51 percent did not. Why? Of the control group, 21 percent of the children had what the researchers con-

sider a genetic abnormality, but did not have any symptoms of ADHD. Why?

In Europe, where ADHD is believed to occur one tenth as often as in the United States, do the children have a different genetic makeup? If similar research were to be done using "Feingold kids" in the U.S. who are successfully on the Program, would the researchers find that almost half had an "abnormal" gene? Genes don't change when parents change the brands of food they buy.

### Feingold 101

Dr. Feingold frequently pointed out that the genetic inheritance was one of many factors that "set a person up" to be more vulnerable to the effects of petroleum-based food additives (and other similarly unappealing synthetic chemicals). He knew that there were reasons why some people are able to tolerate more offenders before they exhibit symptoms, and why some very sensitive children can be set off by a single sip of colored drink or by a few raisins. He was careful not to confuse the predisposing factors with the things that actually trigger the disturbed behaviors.

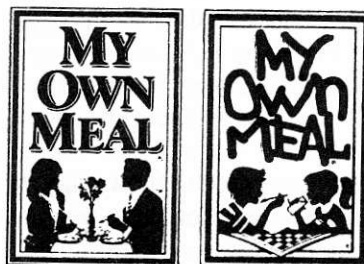
Unfortunately, it appears that the scholars involved in research of this type haven't taken "Feingold 101."

## My Own Meals

The leader in children's ready-to-eat natural foods is now blazing a path for "multi-faith" multi-dietary and multi-use meals.

Mary Ann Jackson began her company, My Own Meals, to fill a void that existed in the marketplace — natural, good tasting ready-to-eat entrees for young children. Feingold families have long enjoyed this convenience.

But then Mary Ann went on to develop adult entrees. When the Department of Defense asked food manufacturers to come up with meals for their Jewish soldiers serving in the Persian Gulf and Somalia, MOM responded.



Next came vegetarian meals which could be used by Seventh Day Adventists, and then halal for Muslim troops.

In each case, Mary Ann immersed herself in learning about these dietary requirements to comply totally.

Today these shelf-stable meals are not only used by Feingolders in a hurry, but are being enjoyed by armed forces in the field, used in hospitals, hotels, nursing homes, prisons and now are traveling on space shuttle missions. When the folks at your child's school tell you they can't serve natural food, tell them about Mary Ann!

## Breyers Ice Cream

Have you seen those adorable children on TV, trying to pronounce the additives found in most brands of ice cream?

Television is a powerful teacher; it's information such as this that enables our neighbors and relatives to have a better understanding of our diet. As the ads point out, Breyers (original variety) ice cream is made with basic, natural ingredients — ingredients that even young children are able to pronounce.

Feingold families have successfully used many of the Breyers ice creams for years, but because we were told at one point that the plastic sheet in the half-gallon rectangular box was treated with preservatives, members were asked to discard it, and scrape off a thin layer of the ice cream at the top. Later, we attempted to learn if the plastic was still treated with a preservative, but were not able to get the answers we sought. Obtaining information from large companies can be difficult for many reasons, one being that

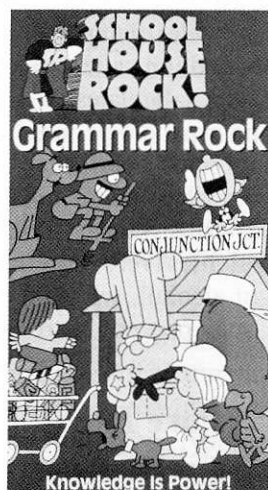


companies are bought and sold by their parent company. A change in ownership can mean a change in policy, or can simply make it more difficult for the current staff to answer questions about past practices. As Feingold members know, the companies we contact are not required to respond to our inquiries.

Breyers, which was originally founded in the 1860's, merged with Good Humor in 1993. The current staff has been very helpful in filling out our detailed inquiry forms and also in answering our questions. Both the round tub and rectangular box are being phased out, and replaced by the new rounded "space saver" box with a recloseable lid and no plastic sheet. This new design is more user-friendly when you scoop it — intended to help you avoid the ice-cream-on-the-wrist and chocolate-sleeve syndromes.

## School House Rock — still alive and rocking!

If you're in your twenties, you probably remember those catchy lyrics and cartoon figures that taught you about science, math, grammar and history, but did so with a beat...and an attitude.



The idea of combining rock music with otherwise boring rules of grammar has been an especially effective technique...just ask anyone growing up in the 70's and 80's about "Conjunction Junction." The animated hero, Schoolhouse Rocky introduces viewers to such inventions as "Rufus Xavier Sarsaparilla," "My Hero Zero," and "Little Twelvetoos" as they rock their way through grammar and multiplication.

The cassettes run for 30 minutes each and include both the original cartoons and an animated introduction, plus additional segments not previously available. Much of the impetus for marketing the series came from teachers requesting permission to use them in their classes.

The release of many Disney classics has been credited with opening up the marketing of video cassettes for young children. In fact, nearly half of those sold are created for children.

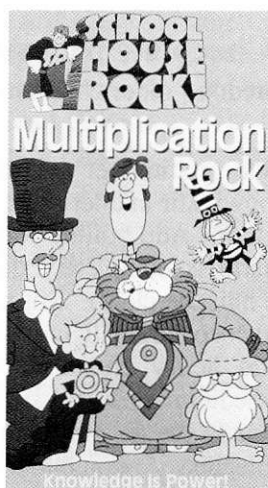
These aids should be especially useful for children with learning difficulties, those with a short attention span, or Feingold youngsters now catching up with their peers.

Our new Resource Catalog has been very popular with members, and this issue of *Pure Facts* contains an expanded four-page format. We will be providing additional information on other products geared to "Feingold kids" in future issues.

If you are using a product which has helped your child with learning or school performance, please let us know so we can consider carrying it.

If you're the parent of a young adult, you might remember hearing these lively numbers which were first aired in the early 1970's on ABC. The three-minute lessons were sandwiched between cartoons shown on Saturday morning.

The good news is that these easy-to-take doses of learning are available in video cassettes. FAUS has added two of them, Grammar Rock and Multiplication Rock, to our new Resource Catalog.



## Unexpected ingredient adds a sour note

What's a good choice for a salicylate-sensitive person eating out at a restaurant? How about a hamburger? Possibly not.

If Phil Korson has his way, that hamburger will hide a surprising little secret — tart cherries.

Korson is president of the Cherry Marketing Institute in Michigan, which is one of the country's leading producers of tart cherries. Unlike the popular sweet cherries grown in Washington state, or those awful dyed color spots found in fruit cocktail and elsewhere, most tart cherries end up in jellies, pies or toaster pastries.

The nation's 2500 growers produced 384 million pounds of the fruit

last year, but less than 300 million were used. This surplus led to lower prices and a search for other ways to use tart cherries. Korson wants to sell them for use in hamburgers.

He notes that when you chop up the cherries and add them to lean ground beef "they seal in the taste and keep the burger together." A plus, he adds, is that you can't even taste the cherries. Not much of a plus for the salicylate-sensitive diner, who would have no reason to suspect her burger's mystery ingredient.

## Summer Learning... and Fun

Is there a science fair project in your child's future? Is your youngster a real science buff? Or does he hate science and you wish he didn't?

Summer is a good time to send for an impressive catalog of all types of science projects and tools — from the serious to the downright silly. *Scientifics* which dubs itself a catalog for educators, students and inventors, is available from the Edmund Scientific Company in Barrington, NJ. (609) 547-8880.

Several books listed in the catalog deal with science fair projects. There are kits for all ages, and you can even order one for making rock candy. (If you do get it, skip the yellow dye and artificial flavorings they provide.)



*Happy Father's Day!*

## Chill Out This Summer — with Chocolate Mousse

This "project" is a good antidote to heat and boredom; older children may be able to make it on their own.

- 1 teaspoon unflavored gelatin
- 2 Tablespoon cold water
- 2 Tablespoons boiling water
- 1/2 cup sugar
- 1/4 cup Hershey's Cocoa
- 1 teaspoon pure vanilla extract
- 1 cup heavy cream (very cold)

To double the recipe, use 1 envelope of gelatin and double the remaining ingredients.

Sprinkle gelatin over cold water in a small bowl; stir and let stand 1 minute to soften. Add boiling water; stir until gelatin is completely dissolved (mixture must be clear). Stir together sugar and cocoa in small, chilled mixer bowl; add heavy cream & vanilla. Beat at medium speed till stiff peaks form; pour in the gelatin mixture and beat till blended. Spoon into 4 serving dishes. Chill about 30 minutes.

## More about "healthy" artificial flavorings

Thanks to you, *Pure Facts* readers, for the news clips and information you send in. Many of you sent us a clipping of the recent news story about the possibility that artificial flavorings have a beneficial effect.

Lillian Ingster of the National Center for Health Statistics researches heart disease and its causes. She suggested that the reduction of deaths from heart disease could be linked to the increased consumption of artificial flavorings, which are chemically similar to aspirin. Aspirin has been found to reduce the risk of blood clots.

Another scientist disagrees. Harvey Weiss, M.D. is a professor of medicine at Columbia University. In a letter to the *Washington Post*, Dr. Weiss writes that not all salicylates are the same. He explained, "In our original description in the *Journal of Clinical Investigation* (1968) of salicylates' inhibitory effects on blood platelets (one of the culprits in causing blood clots), we observed that while aspirin (acetyl salicylic acid) prevented platelet clumping, its chemical cousin, sodium salicylate, did not.

"Thus, the salicylates in junk foods could be pharmacologic junk in regard to prevention of heart attacks. The beer that washes down potato chips while you watch Sunday football may be the real lifesaver, since moderate amounts of alcohol, which also inhibit platelets, may prevent heart attacks."

## Pure Facts

Editor: Jane Hersey

*Contributing to this issue:*

Debbie Jackson  
Pat Palmer  
Lois Miele  
Barbara Keele  
Donna Curtis  
Sherri Palmer

*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.



June, 1996

## Autism/Intolerance/Allergy Commentary

Since its inception in November 1994, AIA has been much like a crystal in formation, constantly growing and expanding its scope of network resources. The volume of inquiries from physicians, parents and caregivers has far exceeded any of AIA's initial expectations.

At this time Brian Flagg (our "in-house staff/husband") and I would like to express our sincere appreciation to the following AIA members for their commitment to helping families investigate and unravel dietary/nutritional interventions for their autistic child/adult. Their hours of responding to AIA phone call inquiries and conference presentations are to be commended and formally recognized.

Special Projects Coordinator - Jean Curtin for her ongoing commitment to the development of the new AIA revised Handbook, the writing of AIA newsletter articles for *Pure Facts*, and the promotion of AIA and dissemination of information in the upstate New York area.

Program Specialist - Bonnie Abbi for her professional presentation at the International Parent to Parent Conference in Albuquerque, New Mexico and her promotion of AIA and dissemination of information in the state of Kentucky.

As AIA members your involvement, comments, criticisms, and suggestions are most welcome! Again, thank you for your patience as we endeavor to answer the volume of AIA-e mail letters and phone inquiries. For it is only if we unite and work TOGETHER that an idea whose time has come can crystalize into reality for our autistic children/adults.

Yours in the search,

*Deborah Tritschler*

Director of the Feingold Association's AIA Network

P.S. How do you handle a school field trip which ends up at McDonalds...when you have a child who is on a gluten-free, casein-free, sulfur-free diet to control the symptoms of autism? His resourceful mom simply requested, "One Happy Meal, please. Hold the food." (The child was delighted with the trinkets and the packaging; he didn't seem to miss the rest.)

## Welcome to our new Program Assistants

**Worthington, MN:** Gwen Teerink (507) 372-7612

**Martinsville, NJ:** Janine Dickey (908) 356-3993

*Thank You Thank You Thank You Thank You*

...to Jim O'Connor, pharmacist at Palmer's Drug in Missoula, Montana, for reviewing our Medication List. Some of the listed items have been discontinued, and will be removed for the next printing.

Jim specializes in "compounding" which means he can actually create many medicines, using ingredients which the consumer can tolerate. If you are having difficulty finding help in this area, or if you simply would like to speak with a pharmacist who understands the Feingold Program, you can call Jim at (406) 549-4125.

...to Kathy and Don Holstrom at *Dani's News*. This is a free parenting newspaper published in Northern Virginia. It is filled with information on parenting resources as well as practical information. Kathy and Don invited the Feingold Association to participate in their 3rd annual Children's Festival.

*Dani's News* is provided at no charge to residents of Virginia, Maryland and the District of Columbia. To learn how you can receive your copy of *Dani's News*, call (703) 560-7722.

...to Sandra Johnson, creator of "Sara's Diet" for children with symptoms of autism. Sandra shared AIA information with parents at the Behavioral Intervention in Autism Conference held in Spartanburg, SC in May.

## Getting Together

**Chesapeake, VA:** Rhonda Padgett would like to meet other families in her area. Her son, Justin, is 11 years old.

**Springfield, VA:** Luonna Lancaster would be happy to host an informal gathering of other Feingolders who are interested. Luonna can be reached at (703) 913-9712.

**Holland, PA:** Gretchen Altabef is planning support meetings for interested families. You can contact her at (215) 579-1443

**Ashland, OR:** Laura Garlington would like to meet with other Feingold families in her area. She can be reached at (503) 482-8138

**Roanoke, VA:** One of our young Feingolders writes: "We would like to invite all families in Roanoke or surrounding areas to a picnic at the park. If so contact Joseph Whorley at 6271 Nell Circle, Roanoke, VA 24019 or by phone (540) 362-3245." You can also call Joseph's Mom, Sherry Carl, at that number.

*Thanks to Joseph, for helping plan this...sounds like fun!*

## Note from Donna Curtis, Director of the FAUS Product Information Center

**BREYERS ICE CREAMS** Please keep in mind that there are different varieties and flavors of Breyers ice creams, yogurts, and sherbets, so new members are urged to use only those we have researched.

The following Breyers Ice Creams (original version), packaged in black containers, have recently been researched, and found to be acceptable:

### Stage One:

Natural Butter Pecan  
Natural Vanilla

### Stage Two:

Deluxe Rocky Road (CS, almonds)  
Natural Coffee  
Natural Strawberry  
Natural Vanilla/Chocolate/Strawberry

The Product Information Committee will be researching the other flavors and will keep you posted.

## Food Allergies Support

**South Natick, MA** - Colleen McSpirit writes: I am a Feingold member who has a child with food allergies and chemical sensitivities. We follow the Feingold diet and avoid the foods to which my son is allergic.

Another mom and I have formed a support group for "Parents of Children with Food Allergies." We find that many of our members benefit from Feingold information.

This group is open to parents of all food allergic or sensitive children, including colicky infants. We parents know the stresses and fears first hand. Parents are welcome to come share with other understanding and empathetic parents in a supportive atmosphere. We discuss the challenges, resources, hopes, ideas, new discoveries, frustrations, experiences, joys, laughter and a few tears.

In addition to monthly meetings we would like to create playgroups and holiday get-togethers that accommodate our children's dietary requirements.

Meetings are held on the last Wednesday of every month, from 8pm till 9:30 pm in Natick, MA. For details, call Diann at (508) 650-1716 or Colleen at (508) 650-4650. You can also fax at 508-655-7859.

**LAURA'S LEAN BEEF**, featured in our May issue, has recently moved. Their new address is 2285 Executive Drive, Suite 200, Lexington, KY 40505. To learn if their meats are available in your area you can call 1 (800) ITS LEAN.

**Note:** The next Pure Facts will be our combined July/August issue.

## PIC Report

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

### Stage One

ARROWHEAD MILLS\* Buttermilk Pancake & Waffle Mix, Puffed Millet Cereal  
ANDERSON Bavarian "Dutch Style" Pretzels (CS)  
BEARITOS\* Baked Lite Cheddar Puffs  
BREADSHOP\* Krinkle Grains cold cereal  
CHURNY Natural Vermont Cheddar Cheese  
COORS Arctic Ice Beer  
DON PANCHO Corn Tortillas (CS) available in OR, WA, AK  
FOR PETE'S SAKE Brownie Mix (mail order from For Pete's Sake 1 (800) 864-7383)  
GHIRARDELLI Classic White Chips, Milk Chocolate Block, Pure Milk Chocolate - available in the East and West  
PEOPLE POPS Lollipops: Double Chocolate Fudge, Frosty Chocolate Mint, Hot 'n Spicy Cinnamon, Lickin' Lemon, Pink Grapefruit - All contain CS  
RONDELE Soft Spreadable Cheese: Black Pepper, French Onion, Garlic & Herbs  
S&W Clam Juice (MSG/HVP) limited distribution

### Stage Two

CASCADE FRESH Fat Free Yogurts: Apricot Mango (peach), Cherry Vanilla (peach)  
available in Mountain and Western states  
DONUT & PASTRY Low Fat Cookies: Apple Spice Yogurt (apple, peach), Carob Chip Brownie Yogurt (peach), Date Raisin Yogurt (currant, peach, raisin), Lemon Yogurt (peach)  
All are egg-free; to order call (800) 835-8097.  
LOUIS RICH Franks with Turkey & Chicken (CS,N, clove, paprika)  
PEOPLE POPS Lollipops: Give Me Grape, Orange Zip, Red Ripe Raspberry, Tangy Citrus Parfait (raspberry), Very Very Cherry - All contain CS  
PEOPLE DROPS Assorted Hard Candies - same ingredients as lollipops  
PURE & NATURAL\* Applesauce  
SENECA 100% Natural Applesauce (available in Western states)

### Not Acceptable

KEMP'S Lowfat & Nonfat Milks (BHT) - from Marigold Foods, Minneapolis, MN  
RICH'S Enriched White Bread Dough - frozen (BHA/BHT/TBHQ in oil)

The Feingold® Association does 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.