

Pure Facts

Newsletter of the Feingold® Associations of the United States



December 1996/January 1997

Vol. 20, No. 10

The Search for a Healthy Diet

Feingold volunteers often hear from people who would like to try the Program but express reservations because they believe it is high in fat and cholesterol.

These people have worked hard to create a regimen that incorporates all the latest health advice — things learned from TV commercials, magazine ads, and in many cases, from the family doctor. Fat has been virtually banished, perhaps sugar is gone as well. Eggs are a memory, and butter has given way to round tubs of a yellow substance. The family has become accustomed to milk devoid of fat, which shares refrigerator space with new versions of condiments, dressings, and desserts that can be consumed with a clear conscience. Chips are fried in non-fats, accompanied by no-calorie cola and cookies that sound like they are good for you.



On cold nights artificially sweetened, artificially flavored, fat free cocoa is topped with a spoonful of non-cream.

They eat salads, broil fish in place of T-bones, exercise, but still don't feel very well. And they have a child who is driving them nuts! This enlightened lifestyle doesn't seem to be working very well, but wouldn't a switch to Feingold be a return to some bad health habits? Such an assumption is based on other assumptions: that fat is bad, that cholesterol is bad, that the issues have been proven scientifically, and professionals are in agreement. But it's not that simple.

Continued on page 2

Cholesterol and Your Moods

Although too much cholesterol may be responsible for health problems, it appears that too little can also be harmful.

Two new studies, reported in the *British Medical Journal* (September 14, 1996) have added data to the body of information that indicates low levels of cholesterol in the blood are associated with depression and suicide.

For the past seventeen years, researchers at the National Institute of Health and Medical Research in Paris have collected blood samples of more than 6,000 middle aged men. Each year the cholesterol levels in the blood were measured. Of the group, 32 committed suicide; each had cholesterol levels which were low.

In the University of Vienna Hospital's Clinic of Obstetrics and Gynecology a study of 20 women with no other predisposing factors connected low cholesterol levels with postpartum depression.

In recent years there have been other studies suggesting a link between cholesterol and behavior disturbances.

A study of adults suffering from various psychiatric disorders linked low cholesterol and suicide in the male patients, but not in females.

Julia Golier and colleagues at the Mount Sinai School of Medicine reported their findings in the March 1995 issue of *American Journal of Psychiatry*.

The 307 men they studied were diagnosed with depression, schizophrenia or substance abuse. Almost one third of the men with low cholesterol attempted suicide, twice the number of men with normal levels who had done so.

Continued on page 2

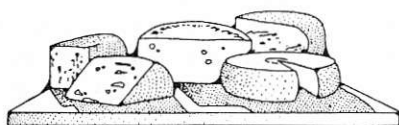
The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit volunteer organization whose purposes are to support its members in the implementation of the Feingold Program and to generate public awareness of the potential role of foods and synthetic additives in behavior, learning 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 fats and cholesterol

Healthy Diet, from page 1

The information on fat and cholesterol is filled with inconsistencies and contradictions.

Is a low cholesterol reading a sign of good health or a warning of aggression, depression, and possible suicide? For those people described in the studies connecting low cholesterol and depression, were there other factors that played a part? Were they taking medication to lower their cholesterol level, and did the medicine affect their mood? Was their cholesterol low because they followed a diet of "lite" foods filled with synthetic chemicals? We know many of these additives can trigger aggression and depression.



Is fat really bad? Not only is it necessary for the absorption of certain vitamins, but when people don't eat enough fat, warns the nonprofit Center for Genetics, Nutrition & Health, they can suffer from dry skin, brittle hair and nails, constipation and other gastrointestinal problems, menstrual abnormalities, fatigue, anemia, impaired wound healing, soreness of joints, headaches and memory loss. (Source: interview with the Center's director, Artemis Simopoulos, as reported in *Business Week* 10/28/96.)

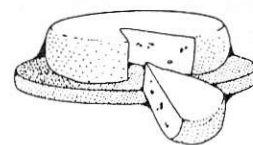
Even saturated fat may be something the body requires since it will create it from simple carbohydrates if it does not get enough in foods. Research conducted at Rockefeller University in 1995 showed that low fat diets raised the level of saturated fat in the blood.

What can we learn from all those studies?

It would be comforting if we could place our trust in scientists and their methods. As beneficial as studies are, they are far from perfect, as you can see in the enclosed article on the aspartame studies. What's more, when enormous financial interests are at stake, and the studies are funded by these interests, there will always be questions. An even bigger problem is the interpretation of studies; look at the issue of diet, ADD, hyperactivity, and scientific studies. How many times have you read or heard that scientific studies have demonstrated diet does not trigger hyperactivity? Yet, this is not what the literature says. For years we heard that any response we saw was due to placebo effect, but this is sheer speculation; there is no scientific basis for such a conclusion. And how many otherwise intelligent people have equated Ritalin with insulin? (Some of our parents have reported professionals recommending "Ritalin replacement therapy." The claim is that just as insulin is necessary in the treatment of diabetes, Ritalin is "necessary" for treating ADD.)

So where does that leave the prospective Feingolder?

Far from being definitive, the information we have from studies on fat and cholesterol is sketchy, incomplete, and often contradictory. This leaves the consumer on her own in deciding the best course of action. If you or a family member are at risk, your options will be more limited than if your focus is just on healthy eating. The loudest information on diet is coming from companies with a financial interest in what you believe and how that influences your food choices. Take a closer look at what the Feingold Program really is. While it does not prohibit beef and butter, it does not require you eat them. Broiled chicken, rice pilaf and a fresh vegetable is just as much a "Feingold" meal as it is a low-fat dinner. If you want to use margarine, seek out a brand from your Foodlist; and there are some low-fat products which are also free of undesirable additives. Since our bodies will work hard to keep both cholesterol and saturated fat flowing through our veins, shouldn't it be given the best raw materials available?



In the final analysis, it's up to you to decide if you are going to entrust your health to Mother Nature or Madison Avenue.

Cholesterol, from page 1

In the women studied, their cholesterol level was not associated with a risk of suicide.

Cholesterol, Aggression...

Dr. Marc Hillbrand, of the Whiting Forensic Institute in Middletown, CT found that men with low cholesterol were likely to be more violent than men with normal levels.

In a group of 50 men who had committed violent crimes the 21 with low cholesterol readings had exhibited greater violence than the 29 who had normal readings.

...and Depression

Men age 70 and older who have low cholesterol levels are three times more likely to experience depression, than their peers with higher cholesterol levels. Ross E. Morgan and colleagues reported their findings in the January 9, 1993 issue of *The Lancet*. The study covered more than 1,000 men ages 50 to 89.

This study suggests that low cholesterol results in a reduction of serotonin, a chemical neurotransmitter in the brain which plays many roles. One of the things serotonin does is to impart a feeling of well-being.

...and Heart Disease

Even if men who reduce their cholesterol level are at greater risk for depression and violent behavior, their reduced cholesterol should at least make them less likely to suffer from a heart attack, right? Not necessarily, reports *Science News* (September 2, 1995).

Research in Finland suggests that it isn't just a reduction in certain types of fat that helps make hearts more healthy, but it is important that people get enough of the right kind of fats. The Finnish study participants reduced

Continued on page 3

NutraSweet™ in the headlines again

Corporate jitters shook the boardrooms and reverberated in the offices of the Food and Drug Administration as this highly profitable sweetener was linked to brain cancer.

Once again, Dr. John Olney threatened to spoil the Thanksgiving holiday of companies and their prosperous executives who enjoy the remarkable success of aspartame (NutraSweet™, Equal™).

In a November press conference the Washington University School of Medicine researcher discussed his findings, published in the November issue of the *Journal of Neuropathology and Experimental Neurology*. Olney suggested that the 10% increase in brain cancer, reported in the mid 1980s coincided with the introduction of aspartame. He believes that this increase shows the need for more studies on the effects of the popular sweetener.

Deputy FDA commissioner, Michael Friedman countered that after a rise in brain tumors, the incidence leveled off, and then declined slightly from 1991 to 1993, despite the fact that use of the sweetener has steadily increased.

Olney is a long-time critic of aspartame and monosodium glutamate, both

considered by some scientists to be toxic to the nervous system, and responsible to many health and behavioral problems. The objections of various scientists led to the 1987 Senate hearings on the health and safety concerns of NutraSweet™, chaired by Ohio Senator Howard Metzenbaum.

One of the researchers testifying at the hearings was M. Jacqueline Verrett, Ph.D., a chemist/toxicologist for the FDA. After examining some of the studies on aspartame she described deficiencies and improper procedures:



“...no protocol was written until the study was well underway; animals were not permanently tagged to avoid mixups; changes were introduced in some laboratory methods during the study with inadequate documentation; there was sporadic monitoring and/or inadequate reporting of food consumption and animal weights; tumors were removed and the animals returned to

the study; animals were recorded as dead, but subsequent records...indicated the same animal was still alive; many animal tissues were decomposed before any postmortem examinations were performed...

“Almost any single one of these aberrations would suffice to negate a study designed to assess the safety of a food additive, and most certainly a combination of many such improper practices would, since the results are bound to be compromised.”

Friedman acknowledged that the studies FDA used to approve the additive were not all conducted as well as would be required of studies performed today, but maintained that their conclusions were valid. “If we were presented data that look at all troublesome,” he maintained, “we would have little hesitation to ask for further study.”

Aspartame is the food additive consumers most often report to the FDA as the trigger for various health problems including headaches and seizures.

Cholesterol, from page 2

their saturated fat intake by increasing the amount of seafood they ate, and this seafood enables the body to produce DHA (docosahexenoic acid, a beneficial polyunsaturated fat). When saturated fats are replaced with oils from plants, these oils do not enable the body to create DHA.

The role of DHA was described in the July, 1995 issue of *American Journal of Clinical Nutrition*.

Another Conclusion

The October 3 *New England Journal of Medicine* reported that researchers at the Harvard Medical School have successfully used cholesterol-lowering drugs to reduce the likelihood of heart attacks in more than 4,000 individuals who had previously suffered a heart attack. There was also a reduction in the number of strokes suffered.

But also from Boston, the Harvard Medical School's *Health Letter* reported that the admonition to the general population to reduce their cholesterol count may not be necessary.

“For many years people have been told that cholesterol is the enemy and that avoiding it at all costs is the best defense against heart disease. Indeed, many think that enjoying a plate of scrambled eggs is a sinful act.” (*Harvard Health Letter*, August 1995).

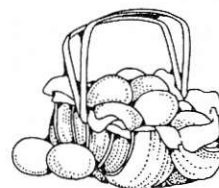


The publication cites studies where healthy individuals ate 2 - 3 eggs per day with only a modest rise in cholesterol levels. This, as well as other studies, suggests that while some people are at risk of developing serious health problems from excess cholesterol levels, others are not.

Cholesterol or fat: Which is to Blame?

Dr. Henry Ginsberg believes it isn't cholesterol, but saturated fat, that is responsible for many heart ailments. Ginsberg is a professor of medicine at Columbia University's College of Physicians and Surgeons.

Most of the cholesterol in our body is produced by the liver, not derived from our food. While the liver produces about 1,000 mg of it each day, the average man in the United States takes in 327 mg of it from food. The average intake for a woman is 221 mg, and about half of what we ingest is excreted.



Fats: Good, bad, or ... who knows?

Another voice from Harvard University is that of Walter Willett, chairman of the department of nutrition at Harvard's School of Public Health. "When communism collapsed, fat took its place as the root of all evil, and it isn't true," he is quoted in the October 28 issue of *Business Week*. Despite its growing disfavor, fat is an essential part of a healthy diet, writer Kate Murphy points out. "It's necessary for the absorption of fat-soluble vitamins, cell construction, nerve function, and digestion, and it is the precursor to hormones that regulate everything from metabolism to circulation."

Because fat is so important, our bodies have the ability to create it if they do not receive enough, according to a 1995 study at Rockefeller University. Researchers found that in people following diets very low in fat, their metabolism was stimulated to change simple carbohydrates into saturated fat.



Different types of fats

Saturated fats are solid at room temperature and are found primarily in meat and dairy products.

Unsaturated fats are liquid at room temperature. There are two types of unsaturated fats: monounsaturated and polyunsaturated.

Monounsaturated fats, which are found in olive oil and canola oil, lower the LDL levels of cholesterol (considered the harmful form).

Polyunsaturated fats, found in oils from fish, peanuts and corn, lower the desirable HDL cholesterol, but they contain important fatty acids.

Trans-fatty acids are produced when vegetable oils are "hydrogenated" or "partially hydrogenated" by the use of high temperatures. The creamy product which results is used to make margarine, baked goods, and fried foods as well as many processed foods. Like saturated fats, trans-fatty acids reduce the desirable HDL cholesterol and raise the level of the "bad" LDL.

Diets in other countries

If we didn't already know it, the experience of other populations demonstrates just how complicated these issues are.

Asian diets are typically very low in fats (15%), and Scandinavian diets are high (40%), while the French traditionally use generous amounts of butter, cheese and cream. Yet, none of these countries have the level of heart disease found in the United States. They also have fewer highly-processed foods; could there be a connection?

Margarine

It's difficult to find a margarine in the supermarket which is free of artificial flavoring, but the yellow coloring is generally from a natural source.

It was first created in the 1890's by a French chemist, who named it after "margarites," the Greek word for pearl. Margarine soon came into use in the United States, despite fierce objections of dairy farmers, who succeeded in passing laws forbidding the addition of yellow dye. It wasn't until 1967 that the last state, Wisconsin, finally dropped the color prohibition.

In the 50s and 60s when butter was selling for 80 cents per pound, margarine could be purchased for a mere 2 cents a pound. A comparison of the present cost of margarine to butter shows how profitable this man-made product is.

Fake fat

Olestra (brand name Olean™) passes through the digestive system without being absorbed, so it is seen by some as the answer to a dieter's prayer. But critics worry that it interferes with the absorption of important vitamins. (It can also cause cramping and diarrhea.) While it is not excluded from the Feingold Program, experienced member families tend to prefer to avoid such creations.

Canola Oil

Back in the 1980s, many Feingold volunteers first learned about a product known as "canola oil" when we heard cautions about its use from our advisor, Beatrice Trum Hunter. Canola oil was originally known as "rape seed oil," but the new name was created from the words for Canadian oil. It was previously used to lubricate machinery, and not considered safe for human consumption because it contains erucic acid. A naturally occurring substance, erucic acid has been found to be toxic to the heart, and cause tumors and lesions in animals. Food processors remove erucic acid, but the issue in question is whether they are able to remove enough of it, and if the residue left is sufficient to cause harm.

In her newsletter, nutritionist Sally Rockwell notes: "Officially, canola oil is known as 'LEAR' low erucic acid rape." She goes on to say, "Rape oil is the source of the infamous chemical-warfare agent, mustard gas, which was banned after...World War I."

She writes that "Rape oil was widely used in animal feeds in England and Europe between 1986 and 1991 when it was thrown out..."

Critics connect rape seed oil with many health problems, while supporters point to its unsaturated structure and digestibility.

Other fat substitutes

Dr. George Inglett of the US Department of Agriculture has invented two fat replacers: Oatrim and Z-Trim.

Oatrim is hydrolyzed oat flour and Z-Trim is made from agricultural by-products such as the hulls of oats, soybeans, peas and rice; it can also be made from corn or wheat.

It's too early to know if Feingold members will need to avoid these, but MSG sensitive people generally must eliminate hydrolyzed products.

Cholesterol and the Feingold Program

If you are new to the Program and are worried that it will conflict with a healthy diet, you need not be concerned.

People who deal with dietary limitations of any kind quickly learn that there are ways to get around most challenges, whether it be gluten intolerance, lactose intolerance, food allergy or salicylate sensitivity. The same is true with those who want to reduce their cholesterol intake. Ask yourself:

Do you want to reduce cholesterol intake because of a medical condition, or is it because you just want to have a healthy diet?

If there is no urgent medical condition, could you compromise on your low-cholesterol regimen for a few weeks while you get started on the Feingold Program? Once they have become comfortable with Stage One, many of our members report that further refinements of their diet are not so difficult; but attempting to use more than one diet at the outset can be hard.

Once you are established on Stage One, and are enjoying the benefits of the Program, here are some areas you may want to examine more closely:

Milk - If you have access to Safeway supermarkets or if you are able to buy one of the reduced-fat milks we have researched and approved, you can cut fat in this area. If you don't have a suitable brand in your area please use the format in the back of your Foodlist to send the name of the dairy in your area to the Product Research Committee. They will try to learn if your dairy's brand of low fat milk is fortified with a brand of vitamin A palmitate which is free of BHT.

If you use whole milk, but want to cut back on fat, would you consider omitting one of the glasses of milk served each day, and replace it with water or another beverage?

Would you want to buy whole milk for your Feingold child and use a non-approved low fat milk for the adults who are cutting back on cholesterol?

Consider using Sanalac Non-fat Dry Milk in cooking, or adding it to whole milk to lower the total fat content.

Meat - Many health-conscious families already cut back on the quantity of meat served, while increasing portions of vegetables and grains. Aside from the need to temporarily avoid salicylate vegetables, this type of dietary change should not pose any conflict with the Feingold Program.

Egg yolks - Before you consider buying artificially colored or flavored egg substitutes, consider the new information which suggests that eggs need not be avoided by healthy people. See the article on page 3 about the work by Dr. Henry Ginsberg, who writes, "...people with normal blood fat levels who are at low risk for heart disease can loosen up and eat as many as seven egg yolks per week." Dr. Ginsberg believes that it is not the amount of cholesterol which is the important factor in the diet of healthy people, but the amount of saturated fat they consume.

Butter - It is high in saturated fat, so Feingold members who limit their intake tend to use it selectively. Home-made popcorn or corn on the cob may be the foods that cry out for real butter, or perhaps as a topping on biscuits. Don't forget that Molly McButter is an acceptable (Stage Two) product.

Stretch butter by mixing 1/2 cup softened butter with up to 1/2 cup oil and 1/2 cup honey. This delicious spread will stay soft in the refrigerator. Or combine butter and oil, with a bit of salt to make "Better Butter."

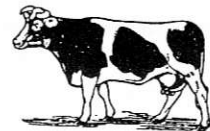
If you use recipes that call for applesauce in place of shortening, substitute pear sauce while you are on Stage One.

If you have a family history of heart disease, or believe someone in your household is at risk, then follow the advice of a professional you trust. But if you simply want to follow a healthy diet, without having to make sacrifices, you will feel right at home using the Feingold Program! (Is it possible to really have a "healthy" diet which includes petroleum based dyes and preservatives and synthetic flavorings?)

Acceptable Low-Fat Milks

As veteran Feingold members know, when dairies remove any of the butterfat from milk, they are required to fortify it with vitamin A. The companies which produce vitamin A palmitate for use in milk generally add BHT to prolong the shelf-life. Even this tiny amount is enough to cause problems for Feingold members, especially if the milk is consumed regularly. (Products included on our Foodlists which contain vitamin A palmitate have already been screened to eliminate those with BHA, BHT or TBHQ.)

Thanks to the efforts on the part of Safeway stores, the two companies which supply the vitamin for Safeway low-fat and skimmed milks have switched from BHT to a natural preservative. This means that all of the Safeway brands of milks should be acceptable for Feingold members.



This is a listing of the low-fat and skimmed milks which have been researched and are currently acceptable:

AMERICAN CHOICE (NJ)
BAY-VIEW FARMS
BRAUM
CASTLE CREST (Safeway)
DAIRY GLEN (Safeway)
FARM BEST
FOSTER FARMS (CA only)
GRAND UNION (Northeast)
LUCERNE (Safeway)
NATURAL HORIZONS*
ORGANIC COW of VERMONT*
PATHMARK (Northeast)
PRAIRIE FARMS (AR)
ROYAL FARMS (Farm Crest, CO)
SUNNYSIDE FARMS
WEGMAN'S

The * identifies products typically found in health food stores.

Refer to the inside back cover of your Foodlist for information on having lowfat-milks researched.

Past Issues of Pure Facts

During the past year major articles which have appeared in *Pure Facts* include:

December 1995/January 1996

Vitamin C & Stage One
Sulfur & sulfites
Stage One jams & exotic fruits

February 1996

Beginning Feingold
Gluten-free diets
Social skills books

Marshmallows & cereal

March 1996

Summer camps
Other ways to treat ADD
Gas leaks in your home
New book on the Feingold Program

April 1996

"A whole village" of help
Resource list
Autism protocol

April fool foods

May 1996

Mother's liberation
Pesticides inadequately labeled
Genetically engineered crops
Sunflowers clean up pollution

June 1996

Eating out on a special diet
Essential fatty acids
Asthma deaths soar
FAUS Resource catalog

July/August 1996

FAUS Conference & new board
AMA report on violence
Dealing with ADD in the
classroom, part one

September 1996

New pesticide regulations
ADD in the classroom, part two
New cereals, fruit cocktail

October 1996

FAUS 1997 Conference
Alternatives to drugs for ADD
Tobacco and ADD
ADD in the classroom, part three
Washington landmarks

November 1996

Going to the dentist
Fluoride, behavior & learning
ADD in the classroom, part four
Safe Shoppers Bible

Copies are available. Please include your name and full address, plus \$1 for each newsletter. Mail to: FAUS-PF, P.O. Box 6550, Alexandria, VA 22306.

For the Serious Shopper...

...it doesn't get much better than the neighborhoods, malls, and outlets in the Washington, D.C. area. When you come to the area to attend our Conference in June, plan to leave some time for the stores.

Follow the tour busses with the out-of-state licenses, and filled with eager shoppers. They will end up at what must be the most awesome collection of famous name stores and outlets on the East Coast. It's called **Potomac Mills**, located just off Interstate 95 south of Washington.

The mall complex, with 220 stores and 15 theaters, is divided into nine "neighborhoods." Surrounding the mall are numerous smaller shopping centers, just in case there is something you missed. Plan to wear comfortable shoes!

You can call for more information on the center: 1-800-VA-MILLS or check their web site: <http://www.potomac-mills.com/shop/>.

Tyson's Corner was once a sleepy intersection in rural Virginia, the site of a small country store/post office with a gas pump out front. Then, in the 1960s this little plot of real estate was transformed into what was, for many years, the ultimate shopping center. With 230 stores, including Nordstrom, Lord & Taylor, and Bloomingdale's, Tyson's Corner continues to be a vibrant magnet for shoppers. For complimentary information you can call the Center at (703) 893-9400.

Just across the street is the newer and even glitzier **Tyson's Galleria**, a marble and brass showpiece dominated by Neiman Marcus, Saks Fifth Avenue, Macy's and The Ritz-Carlton Hotel.

Fair Oaks, Landmark Center, Pentagon City, and Springfield Mall round out the shopping selections in Northern Virginia, while neighboring Montgomery County, Maryland has Lake Forest, Montgomery Mall, and the elegant White Flint.

On a smaller scale, the Town Center in Reston, Virginia, offers a small "city" at its best. 40 plus stores line landscaped sidewalks paved with brick.

The District of Columbia is a city of stark contrasts: affluence and poverty, beauty and ugliness. There are many lovely shops in areas throughout the Northwest portion of the city as well as curious and interesting little places along the centuries-old streets in Georgetown. But of all the areas, three stand out as especially inviting.

Union Station, just two blocks north of the Capitol, has been restored to the elegant Beaux Arts decor of ninety years ago when it was built. Shops, restaurants, food court and a theater share the facility with travelers using Amtrak.

Washington's **Old Post Office** has been transformed to offer a delight of shops, daily entertainment, and a great view of the city from its clock tower.

Georgetown Park housed horse-drawn busses in the 1800s, and later electric trolleys. Today it is a multi-level shopping center with an elegant Victorian decor, and more than 100 stores and boutiques. Parking is available in the garage below.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Debbie Jackson
Pat Palmer
Lois Miele
Barbara Keele
Donna Curtis
Karen Witzke
Leslie Fowler
Lynn Murphy

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.

© 1996 by the Feingold Association of the United States

December, 1996/January 1997

How does a product get on the Foodlist?

Six years ago when long-time FAUS volunteer, Lynn Murphy, asked her mother, Lois Miele, to consider filling a critical position on the Feingold Association Board, neither knew how big the job would be.

Lois and her husband, Steve, converted half of the patio in their San Diego home into an office. One of her most used books is an expensive reference directory of food manufacturers, which Lois managed to charm her local library into donating to FAUS.



When Lois and her committee began, there were only about 3,000 products on our Foodlist, many available only in health food stores. Now there are more than 7,300 products in the seven regional Foodlists. In an average month, she sends out over 300 research requests to manufacturers. In addition, she answers questions from members and always includes an encouraging thought.

Had it not been for her forgiving nature and wacky sense of humor, Lynn believes, her mom would have gone "bonkers" with some of the requests that were not in the required format of 3x5 cards. Large envelopes full of scraps of crinkly food labels or entire cereal boxes have appeared in her mail.

Being on West Coast time, her phone occasionally rings at 5 am, with an eager member on the line or a manufacturer from the East Coast. A colleague, Debbie Jackson, says of Lois, "Whatever was brought to her attention for discussion was met with calm, common sense, innovation and more than a little humor." Lynn adds, "She is one of the smartest, most organized people I know, has a background as a test laboratory research assistant, knows food, and is a giving person. We're all really lucky to have her talent and help."

If you (or your mother!) would like to learn about being a part of this committee, contact Donna Curtis at (217) 357-6693.

Thank You Thank You Thank You Thank You

...to Barbara Tiberi for her wonderful article in the November 18 issue of *FIRST Magazine for Women*. Our phone began ringing in the beginning of November, and still has not stopped. The article, titled "The Ritalin Alternative," was an interview of Deborah Hayes and her son, Randy. The Hayes family has successfully followed the Feingold Program for 5 years. In the article, Deborah described how Randy was unable to sit still, was impulsive, often hostile and never returned the affection she offered him.

Randy's response to the Feingold program was remarkably fast; in one day he told his mom "the bad feeling is gone," and that he loved her.

...to Deborah and Randy for sharing your wonderful story with so many thousands of families. (In case Randy's picture in the magazine looks familiar, his photo is on the cover of our 1996-97 School Year Calendar.)

...to Pat, Bill, Gail, Sherri, Michelle and Shirley. Our staff at the membership office in New York has gone above and beyond the call of any rational job description in processing more than 17,000 calls that have come in to the office as a result of this article as well as a Florida TV show which featured one of our volunteers, Susan Lynn.

The 800 number (which had 12 circuits) was taking 30 to 45 calls an hour, and at times the names and addresses of callers were coming in faster than they could be written down. Before the deluge of requests for information had let up, the membership applications began to arrive, and continue to keep the staff, the Post Office, UPS, and several printers working overtime.

...to Susan Lynn — another thank-you for her many efforts in helping families in Florida.

...to Pat Dunn for communicating with the editors at *FIRST Magazine* about carrying an article.

Welcome!

...to the many new people joining our Feingold family; we are happy to share our information, and to help you succeed. Give yourself some time to become adjusted to the Program. Most people report that it soon becomes second nature.

Don't move ahead too quickly to Stage Two; be aware that corn syrup can be a problem for many, as can milk. And don't be shy about calling a Program Assistant if you have questions or would just like to speak with another member.

FAUS Product Information Center Report

We have been astounded by the number of forms completed and returned this summer. Interestingly, we rarely receive only one form returned from a manufacturer. GARDEN SPOT DISTRIBUTORS were sent one form and returned one hundred and thirty!

Product Alert!

TELDRIN Multisymptom Allergy Reliever Capsules have been changed and are no longer acceptable. Gloria Baldwin writes, "I special ordered some Teldrin, which was in the Foodlist. When I opened the box I found there are two different colors within the capsules. The front of the box now says 'Improved! Now relieves congestion too!' The ingredients list D&C Red No. 33, FD&C Red No. 3, and FD&C Yellow No. 6."

EGGO BUTTERMILK WAFFLES have always been easy to spot since the box was light blue. Some areas of the country report that the Buttermilk waffles are now in yellow boxes, just like the (unacceptable) Homestyle variety.

New Baby Formulas

The Product Information Committee is delighted to be able to add several Mead Johnson baby formulas to our list of acceptable products. They are:

ENFAMIL Infant Formula: Concentrated Liquid with Iron, Concentrated Liquid - Low Iron, Powder - Low Iron, Powder with Iron, Ready-to-use with Iron, Ready-to-use - Low Iron

NUTRAMIGEN Formula: Powder (CS), Ready-to-use (CS)

PREGESTIMIL Formula: Powder (CS)

PROSOBEE Soy Formula: Concentrated Liquid (CS), Ready-to-use (CS)

Dannon

All of the DANNON yogurts containing pectin are now on Stage 2. The company states "The pectin we use is from the peels of citrus fruits: lemons, oranges and grapefruits. No apple is contained in the pectin." Blueberry Arctic Pack Danimals does not contain pectin but is Stage 2 because of the blueberries.

Boar's Head

Working with a representative of BOAR'S HEAD, we have corrected the regional availability for all BOAR'S HEAD products. In region 4 (the Midwest), these foods are only available in St. Louis, Cincinnati and Detroit. Seattle is the only city in the Northwest where BOAR'S HEAD meats and cheeses may be found. If you live in any other region, you may call the sales department at 800-352-6277 from 8:00 to 4:00 Eastern time, to find out where BOAR'S HEAD products are sold in your area.

PIC Report

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

Stage One

BARBARA'S* Bite Size Shredded Oats cereal
BLUE SKY* Soft Drinks: Natural Root Beer (CS)
BREYER'S Ice Cream: Natural Mint Chocolate Chip (CS), Natural Vanilla Fudge Twirl (CS) - Use the Breyer's Ice Creams in the black containers only.
CRACKER JACK Butter Toffee Glazed Popcorn & Peanut Clusters (CS)
DEL MONTE Fruit Naturals: Pears, Pineapple
DUNCAN HINES Cinnamon Muffin Mix (CS) (This was previously called "Bakery Style")
GLUTEN-FREE PANTRY (mail order) Cookies: Vanilla Dreams (CS), Double Fudge Brownies, Chocolate Peanut Butter Dreams (CS)
HOFFMAN'S Smoked Sharp Pasteurized Cheddar Cheese, American Cheese - white or yellow
LIBBY'S Crispy Sauerkraut in cans, Crispy Sauerkraut in jars (contains sodium sulfite - SF)
LOUIS RICH White Turkey Patties
SHILOH FARMS (mail order) Granolas: Honey Oat, Maple Walnut, Seven Grain
SMART BEAT Canola Oil
STARKIST Chunk Light Tuna in Spring Water, Select Prime Catch Solid Light Tuna in Spring Water

Stage Two

BLUE SKY* Soft Drinks: Black Cherry (CS), Mandarin Orange (CS, tangerine)
BREYER'S Ice Cream: Natural Mocha Almond Fudge (CS, coffee) - Use the Breyer's Ice Creams in the black containers only
CHEESE NIPS Air Crisps (MSG/HVP, SF, paprika)
DANNON Fruit on the Bottom Yogurt: Lowfat Blueberry (CS, elderberries, raspberries, orange); Lowfat Peach (CS, orange, currants, raspberry, oil of wintergreen)
DEL MONTE Fruit Naturals: Peaches
LA CHOY Stir Fry Vegetables 'N Sauce (CS, MSG/HVP, bell peppers, paprika)
MRS. FANNING'S "The Original" Bread 'n Butter Pickles (CS, cucumbers)
MUIR GLEN Organic Low Fat: Romano Cheese Pasta Sauce (tomato), Tomato Soup, Tomato Ketchup (clove, wine vinegar)
SHILOH FARMS (mail order) Granolas: Apple Cinnamon, Raisin Nut, Spelt & Kamut (grape juice)
WORTZ Wheat Snack Crackers (SF, paprika)

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.