

Pure Facts

Newsletter of the Feingold® Association of the United States



March, 1998

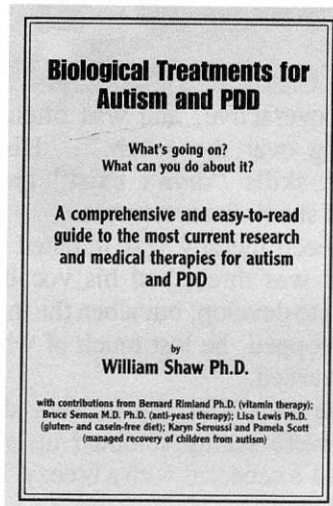
Vol. 22, No. 2

Autism and Pervasive Developmental Delays

Professionals acknowledge there has been an explosion in the number of children who exhibit symptoms of autism and PDD (pervasive developmental delays). In most cases, they do not have much to offer a parent in search of practical help. Sometimes they discourage parents from pursuing therapies which could help.

It is understandable that most doctors prefer to wait until numerous scientific studies are conducted before suggesting a treatment, but autism and PDD need to be addressed as soon as possible in order to maximize success. In the vacuum which exists, a few professionals, and some well-informed parents are taking on the daunting task of finding real answers for these perplexing issues.

One of these professionals, Dr. William Shaw, offers what is currently known about treatments for these syndromes. His new book, *Biological Treatments for Autism and PDD* is designed for anyone who has or who treats children with autism and PDD. The self-educated parent of such a child will be able to follow the science Shaw describes, but despite his intent to make the book easily



This book may be ordered through the FAUS Resource Catalog.

understood by the layperson, those of us with scant scientific background will find portions of the text difficult. Nevertheless, the reader can easily glean the essential information, even if he/she cannot grasp all of the science.

Several portions of the book are written by parents, and provide a wealth of practical information which is easy to understand. If you suspect your child fits the profile of autism or PDD, this is a book you should have. It is available through the FAUS Resource Catalog.

DAN!

The book was stimulated by physicians and scientists who met in Dallas in 1995 as a part of Dr. Bernard Rimland's Defeat Autism Now! (DAN!) Conference.

Continued on page 3

The use of pesticides in schools

Chemicals that can physically damage children and affect their behavior and ability to learn are routinely used in most schools.

Consumer organizations in California are asking if the use of pesticides in schools is also connected with the increase in childhood asthma and cancer.

Many of the chemical pesticides parents are careful to keep from their children are routinely used in schools according to Californians for Pesticide Reform.



The San Jose, California schools try to use integrated pest management (IPM) whenever possible. IPM calls for starting with the least toxic approach first, and resorting to more drastic methods only when necessary.

The director of the California Department of Pesticide Regulation disagrees, "We see no evidence that California schools put children at risk from exposure to pesticides." But as journalist Marilee Enge writes in the *Mercury News*, critics say "A lack of statistical health data shouldn't be construed as no hazard."

See related information on page 4.

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.

Symptoms of autism could be based on diet

As an infant, David didn't cry much; he was a quiet baby — perhaps too quiet.

Susan Rostad watched as her son reached his first birthday without having attained the milestones that were to be expected. His speech was slow to develop, but that might be connected to his chronic ear infections. Susan would later learn that David's hearing was not impaired, but was far more acute than normal. He could hear the sound of an approaching train long before anyone else could.

As a baby he didn't sleep very much, and by the time he was a toddler, getting David into bed was a nightly battle. Susan put him to bed repeatedly but he seldom got to sleep before midnight. Then, after about one hour of sleep he would either begin screaming "bloody murder" from night terrors or walk around the house, drinking any liquid he found. And all the while he was fast asleep! Susan knew not to attempt to go to bed herself until David's nightly ritual of screaming or sleep walking had ended.

The Rostads were becoming increasingly aware that David's development lagged far behind where it should be.

He walked at a normal age, but couldn't navigate steps. He could only crawl up a flight of stairs at an age when other children were bounding up and down.

At three, David was not talking, and would not interact with anyone outside the family unless he knew them well. Even Susan found it difficult to get him to make eye contact; she gently cupped his face in her hands, but could not get those eyes to focus on her even then. Much of the time, David seemed to be "off, somewhere else," oblivious to the people and things around him. But when he was touched, there was a strong reaction — this is referred to as "tactile defensiveness."

There were many repetitive behaviors; though he did not talk, he liked to chant, and could spend long periods sitting on the floor, rocking.

Although David did not seem to know where his body was in space — spacial disorientation — he was physi-



cally overactive, and was often seen "flying over the couch." His fine motor skills "didn't exist" and his hands shook from tremors.

Speech therapy was initiated when David was three, and his vocabulary began to develop, but when the therapy was stopped, he lost much of what he had learned.

The next year the military doctor they were seeing summed up all the Rostad's concerns with a breezy "He'll outgrow it."

A year later another doctor came up with a very different diagnosis. At age five, David did not talk well, walked in circles, and had very poor muscle control; while other children his age were learning to navigate a two-wheeler, he could not ride a tricycle. "David will never be able to do these things," the doctor predicted, and added that he was "a seizure risk."

For the first time the word "autism" was being used.

Now in kindergarten, five year old David could neither write nor color.

Yet another doctor was to be consulted, but there would be a wait of several weeks before Susan could get David in for an appointment. During this time, a friend gave Susan information on the Feingold Program and the Rostads decided they had nothing to lose by trying it for the whole family. Susan saw changes in David's sleep pattern in just a few days (no more midnight bedtimes, night terrors,

screaming or walking), as well as his activity level (no more flying over the furniture). And within one week the changes were even more noticeable.

The tremors went away, (they will return if there's an infraction in his diet). Susan had experienced tremors for as long as she could remember, and she had always had a problem with stuttering. She could not read out loud when she was in school, and refused to do so, even as an adult. These symptoms disappeared once she changed her diet.

After he went on the Feingold Program David began writing letters and it took about six months for his handwriting to improve to the point where it could be read. The tactile defensiveness disappeared and he began to interact with other children and adults. Today he is very open about how he feels and is able to express himself well.

The chronic ear infections and endless doses of antibiotics have ended, and the only ear infection David has had in the five years he has been on the Program was caused by swimming in a lake with questionable water quality.

The speech therapy was resumed and this help, along with the Feingold Program, brought his vocabulary to grade level in about one year. One of the wonderful changes Susan noticed was that David learned to whistle and sing — what a pleasure for his parents to hear!

Today, at eleven years old, David is a bright student getting excellent grades.

He is extremely healthy, generally seeing the pediatrician only when he needs to have a check-up for school. He monitors his own diet, knows how far he can experiment, and doesn't feel like he's missing out on anything.

This child who was doomed by his doctor to never be able to ride a bike is an excellent soccer player, loves football, baseball and swimming. He enjoys Cub Scouts, camping, telling jokes and has a good sense of humor (regardless of what his ten year old sister thinks about that).

Autism, from page 1

In the book the authors link the widespread use of antibiotics with the increased incidence of autism and attention deficit hyperactivity disorder (ADHD). In their view, yeast overgrowth in the intestinal tract, due to antibiotic overuse, is one of the main factors that may cause at least some of the symptoms of autism and ADHD.

The yeast produce abnormal by-products in the intestinal tract; these are absorbed into the bloodstream and alter behavior. (Shaw also suspects that yeast overgrowth of the intestinal tract might be a significant factor in Alzheimer's disease.)

Milk is often cited as a culprit in childhood ear infections.

While many children clearly do react to milk, it does not explain why the infections have increased so rapidly. Children drank milk 50 years ago, when ear infections were rare.

Therapies covered

The therapies described in Shaw's book are: antifungal and antibacterial, gluten and casein restriction, homeopathy, vitamin therapy, gamma globulin treatment, transfer factor therapies, and food allergies.

Dr. Shaw writes, "The purpose of the book is to integrate information from the fields of biochemistry, immunology, genetics, nutrition, and microbiology about autism, ADHD, and PDD into a form that could be assimilated by both parents and professionals such as nutritionists and dietitians, and physicians who deal with children with these disorders."

Shaw was impressed by the high number of parents of children with autism who reported frequent infections; some parents reported 50 or more consecutive ear infections in their children. He cites Canadian research which found a high correlation between the prevalence of ear infections and the incidence of autism. The earlier the child had an ear infection, the more likely that child was to have a severe

form of autism. They also found that increased incidence of ear infections was associated with a more severe rather than a mild form of autism.

Shaw notes that many similar studies have been conducted in the field of attention deficit/hyperactivity. The studies indicate that increased ear infection early on in life results in much greater frequency of hyperactivity. Reporting in the *Journal of Pediatric Psychology* (19:347-367, 1994) Roberts and his colleagues found that recurrent otitis media during infancy correlated with later low IQ scores, poor performance on tests of reading, spelling, and math, increased retention in grade, increased attention deficit, and increased behavior problems in school.

Both autism and ADHD research groups have assumed that hearing impairment caused by ear infections is what caused the abnormal development. Shaw's interpretation of the data is that abnormal by-products of yeast and drug-resistant bacteria absorbed into the body from the intestine following the excessive use of antibiotics is to blame for these epidemics.

PDD, ear infections and immunizations

In 1995 the Developmental Delay Registry (DDR) published the results of a nationwide survey of nearly 700 children with developmental delays. They found a clear correlation between frequent antibiotic use and developmental delays. The survey also found that affected children were nearly four times as likely as normally developing children to have had negative reactions to immunizations. DDR co-founder, Patricia Lemer noted "The difference in the occurrence of developmental delays between children who take high doses of antibiotics and those who don't is astonishing."

The National Vaccine Information Center

Some of the parents who described their experience in Dr. Shaw's book believe that their children's immunizations have played an important part in

the onset of symptoms. Parents receive plenty of information urging them to be sure their child receives his immunizations, but they rarely hear any negative reports. For more than 15 years, a small number of courageous journalists and professionals have been warning parents that their child's "shots" might have a down side.

Lea Thompson's Emmy award winning 1982 investigative report on the adverse effects of immunizations led to the formation of a parent support group named the National Vaccine Information Center (NVIC), which held its first international conference last year. Researchers, physicians, journalists and parents from around the world met to hear speakers discuss how and why vaccines can cause chronic illness, injury, and death, and to discuss what can be done.

Books, tapes, and a summary of the conference can be ordered from the NVIC, 512 Maple Avenue West, #206, Vienna, VA 22180; phone (703) 938-0342

The Feingold Program and ear infections

If the overuse of antibiotics is an important factor in the increase in autism, then the obvious question that needs to be asked is: Why has there been such a drastic increase in ear infections in children? If the source of many of the ear infections could be identified and removed, and the number of them reduced, perhaps there could be a reduction in autism and some developmental delays.

For more than two decades Feingold volunteers have received reports from parents of young children that the child's ear infections have either stopped or greatly diminished once they were established on the Program. Perhaps the drastic increase in synthetic additives (including those used in pediatric antibiotics) is leading to this tragic cycle for many of these children.

Dr. Shaw is the Director of the Great Plains Laboratory, 9335 West 75th Street, Overland Park, KS 66204

Economic Suburban Chemical Warfare

by Sue Carroll

During the spring season many suburbanites begin the yearly ritual of "grooming" their lawns.

My husband used to treat our lawn with chemicals, but after our son was diagnosed with multiple chemical sensitivities we realized the role pesticides play in his condition, including his behavior.

I began researching residential pesticide chemicals and was astonished at what I found. Herbicides (weed killers), insecticides, fungicides and even safe-sounding fertilizers contain pesticides or organic solvents. Herbicides and other pesticides are broad spectrum "biocides" (substances capable of destroying living organisms).

The National Academy of Science reports that "neurotoxic and behavioral effects may result from low-level chronic exposure to some organophosphate and carbamate pesticides."

The chemicals which are used in pesticides may include components of war-time defoliants like agent orange, substances similar to nerve-gas, and artificial hormones.

Many of the chemicals found in commercial products are not required to be listed on the label, but are just as toxic. Fillers may include benzene and xylene, which are listed only as "inert" chemicals. But "inert" does not mean "inactive." Some pesticides remain active for years after application, and a pesticide labeled as "biodegradable" can degrade into compounds more dangerous than the original.

Children are at highest risk

Children are both more vulnerable to pesticides, and more likely to come in contact with them.

A child's immune, nervous and reproductive systems are still developing. Repeated exposure to even low levels of pesticides could cause serious problems for children. Neurotoxic substances cause damage to sensory or

motor function, disrupt learning and memory, or cause adverse behavioral effects. A government report titled "*Neurotoxicity: Identifying and Controlling Poisons of the Nervous System*" states that everyone is at risk of being harmed by these chemicals, but the highest risk groups are: fetuses, children, and the elderly.



Pesticides are easily tracked inside the home, readily inhaled and absorbed through the skin. Children are at high risk of being exposed since they are more likely to crawl on the floor and play in the grass.

Pesticides are required to be "registered"

This sounds reassuring, but unfortunately, all it means is that testing has shown the chemical will kill the target organism, not that it is safe for humans. Most pesticides in use have never been tested for human health hazards such as carcinogenicity, neurotoxicity and environmental dangers.

"FIFRA"

This stands for the Federal Insecticide, Fungicide and Rodenticide Act. Under the revised version of this act, pesticides will be re-evaluated, but the work will not be completed until well into the next century. Meanwhile, the products remain on the market.

Even when the pesticides are evaluated, it will not be solely on the basis of their health effects. The regulators will also consider the economic benefits, industry profits, and the effect on new product innovation.

What can you do?

There are practical steps you can take to minimize exposure.

1) Use natural lawn and garden maintenance methods. Leave grass clippings on the lawn. This saves money, reduces waste, and is said to be the equivalent of three applications of fertilizer a year without unhealthy chemicals and their side effects.

Keep the lawn mower set high to promote grass root growth and to shade out weeds. Water longer and less frequently.

Nitrogen-based synthetic fertilizers kill earthworms and other organisms that aerate soil, causing it to compact and kill grass. These fertilizers actually promote the sprouting of weeds and acidify the soil, which aids in the breeding of some insects.

It is useless to apply weed killers to crabgrass. There will still be thousands of unaffected seeds ready to start anew.

2) Keep your children away from pesticides. When they are sprayed or applied nearby, don't let your children play outside for at least two or three days, as pesticides can "drift." No one knows how long is long enough to avoid risk.

Rewash any clothes that were drying outdoors when the pesticides were applied. Wash down outdoor play equipment and other surfaces. Keep your windows closed. Remove shoes when you come into the house.

3) Look for ways to prevent the need for pesticides in and around the home. Discourage mosquitoes by repairing screens. Check the premises for standing water, including your gutters, and empty it.

There are some excellent books on nontoxic alternatives to pesticides and other synthetic chemicals. Refer to the FAUS Resource Catalog.

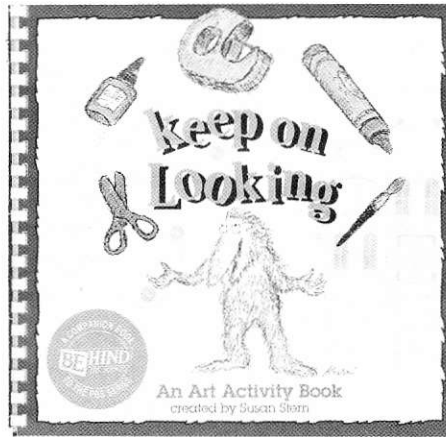
You can receive information from NCAMP (National Coalition Against the Misuse of Pesticides) in Washington, DC. Call (202) 543-5450

Keep On Looking - seeing things in new ways

It's gratifying to children to be able to draw objects as they really look, construct models and create new designs.

Author, Susan Stern, teaches children some of the secrets of how to create. She guides them through enjoyable exercises that show art is a matter of learning to really see what's there, and then to see new possibilities in what is not yet there.

Learning about perspective and negative space, and seeing how our eyes are often fooled by colors and patterns, is a game in this book, not a lesson. Simple art tools can yield cards that "talk" and models of buildings as the child is first guided, then left to create new images.



Order from the FAUS Resource Catalog.

The ability to create pictures and objects is highly regarded by peers, and a child who needs to gain acceptance may find these new skills are helpful socially as well as academically. Unfortunately, this book is no longer in print, so it can't be reordered once the current supply is gone.

Before you give the book to your child, review it and decide if you feel he or she has the fine motor control to successfully cut and draw as directed. If your child is not yet ready, put it away for a future time, to be used and enjoyed.

Maple syrup - another El Nino casualty?

You might be seeing a big increase in the price of pure maple syrup due to the damage inflicted on New England's maple trees this winter.

The good news is that it's surprisingly easy to make your own sugar syrup and add a small amount of pure maple syrup. You will be rewarded with a lighter flavored syrup that more closely resembles the commercial products children are accustomed to having.

Your Own Sugar & Maple Syrup

Combine 1 cup water and 1 cup granulated sugar in a small saucepan. Bring to a boil, stirring occasionally. Allow the mixture to simmer for 10 minutes on low heat, but don't stir now, as this can cause the sugar to crystalize.

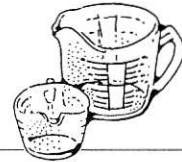
Pour the mixture into a large measuring cup or a jar and cool in the refrigerator. The consistency will be thin. (Simmer longer for a thicker syrup.)

Add about 1/4 cup of pure maple syrup and stir. You can use more maple syrup, depending upon your preference.

Gluten-Free Cakes

During Passover some Jewish families use potato starch in place of flour for their delicious, traditional cakes. These are both wheat-free and gluten-free. FAUS has recently researched Manischewitz Potato Starch and found it to be acceptable for use on Stage One.

Consult kosher cookbooks for recipes using potato starch.



From the Autism/Intolerance/Allergy Network:

Detective work in action: a case study

by Jean Curtin, AIA Director

A parent called the information line recently in search of answers to a puzzling development: her son, Joe, had suddenly begun stuttering uncontrollably, to the point of being nearly unable to communicate. She was very concerned. Could anything in Joe's diet be responsible?

She e-mailed me a list of his medications, and his four day rotation diet. Joe's autism has improved dramatically on a gluten-free, casein-free diet, plus the four day rotation diet devised by his allergist. One of the medicines Joe was taking for his allergies (gastric cromolyn) may cause difficulties in

children who have trouble breaking down phenols and amines in foods (as was demonstrated by Dr. Rosemary Waring in England). I passed that information along to her. After consulting with the allergist, she took Joe off of it. A few days later, her excited e-mail message arrived; the stuttering had decreased by about 50%. Now, it seemed clearly worse on days two and four of his diet.

A quick review of foods allowed on those days showed a lot of berries (salicylates) and two high phenol foods also noted in Dr. Waring's research: oranges on day two and pineapple on

day four. I passed information about this research along to the mom, who decided that since Joe had improved off of a medicine related to phenols, removing the oranges and pineapple might be worth a try. After about a week, the stuttering was about 90% improved. I think this illustrates the success that can be achieved when parents, physicians, and program volunteers use applied detective work.

The AIA program information line in New York is open on Monday and Wednesday mornings from 7 am to 12 noon, (315) 597-6749. Or you can e-mail me at Finders@lynnet.com.

Make your plans around the 23rd Annual Feingold Association Conference

The date has been moved to July this year to accommodate school and graduation plans.

Feingold volunteers will be meeting during the week of July 14, and will offer a two-day seminar to be held July 17 & 18. We will be staying at the Comfort Inn University Center Hotel, and holding the seminar at nearby George Mason University in Fairfax, VA.

Members, their families, and guests are welcome. If this will be your first trip to the area, you have a pleasant surprise in store. From your "home base" at the hotel, you have an amazing selection of places to go and things to do. Our nation's capital is a short distance away, as is historic Georgetown, Mt. Vernon and Old Town Alexandria where George Washington and Robert E Lee lived and shopped, as well as famous Civil War battlefields.

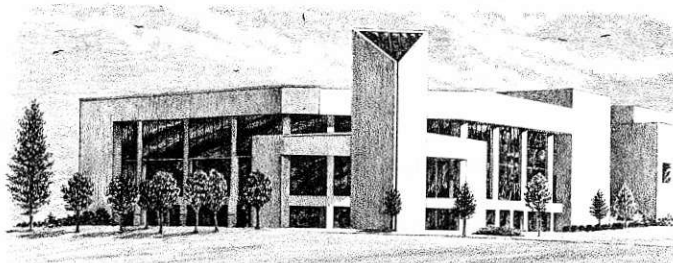
Beautiful Colonial Williamsburg is about three hours drive south, and not

far from there are Jamestown and Yorktown. If you want to learn more about Thomas Jefferson, his alma mater (The College of William & Mary), his famous home (Monticello), and the University of Virginia, which he established, are all accessible by car.

Those who love to shop will have their choice of everything from quaint shops to glittery elegant malls, to enormous outlet centers.

Most of the presenters at our seminar will be professionals who have children with problems such as ADD and autism. They will share the information they have learned which has been of practical use as they help their children and others.

In coming issues of *Pure Facts* you will be receiving more information on the program and our seminar speakers, as well as details on the schedule and costs.



The lovely Center for the Arts, site of the Feingold Association's 1998 Seminar, is the pride of George Mason University.

Antibiotics, ear infections, and their many effects

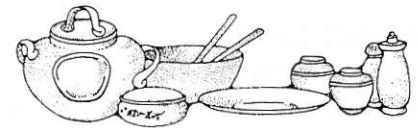
Patricia Lemer, M.Ed., Director of the Developmental Delay Registry (DDR), explained how past ear infections could still cause problems

The child who has had ear infections in the past, and took antibiotics for them, could have a damaged vestibular system — located in the inner ear. The vestibular system affects many parts of our bodies; it is connected to the language center of the brain, eye movements, and the digestive tract.

How can balance and the digestive system be related? Think about the reaction many people have when they are aboard a ship in rough seas, or simply watching a film that depicts turbulence: seasickness. If your child is still suffering from auditory processing problems, digestive problems, or issues that have not really been explained, an understanding of this may help uncover some of the reasons.

The DDR recently held a conference on this topic, featuring Dr. Michael Schmidt, author of *Beyond Antibiotics* and *Healing Childhood Ear Infections*. You can obtain information on the work of the DDR by calling (301) 652-2263.

Good Cookin'



Each year Newman's Own foods and *Good Housekeeping* magazine join hands to sponsor a recipe contest. The prizes range up to \$50,000, which is donated to the winner's favorite charity. Even though she did not win, our Endowment Chairperson, Sandy Ehrenkranz tells us that her reward for entering was a lovely cookbook with the winning recipes.

Sandy is asking you to submit your family's favorite recipe, and designate the Feingold Association's Endowment Fund as the recipient when your name is announced as the grand winner.

You will find the contest rules in the May issue of *Good Housekeeping*.

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.

Membership includes the *Feingold Handbook, Recipes & 2 Week Menu Plan*, regional *Foodlist* containing thousands of acceptable U.S. brand name foods, *Medication List*, a network of Program Assistants available by phone, and a subscription to *Pure Facts*. The cost in the U.S. is \$49 & \$6 shipping. A *Pure Facts* subscription, if ordered separately, is \$28/year.

For more information or details on membership outside the U.S., contact FAUS, 127 East Main Street, Suite 106, Riverhead, NY 11901 or phone (516) 369-9340.

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March 1998

The California Medical Board hearings

The hearings (described in the February issue of *Pure Facts*) are continuing. At this time the doctors who appear as defense witnesses are testifying that the treatments used by the accused doctor are safe, that they are found in medical journals, and are part of a paradigm shift that takes place in the natural course of evolving medical knowledge.

To each of you who have sent a donation, the volunteers who are overseeing the Medical Defense Fund express their gratitude, as does the doctor who is fighting for our right to be able to receive the best and safest medical treatments.

The expenses continue to be enormous, and the Medical Defense Fund is sending out additional mailings in an effort to meet some of the costs being incurred.

Medical Defense Fund, PO Box 1565, Fontana CA 92334

NOTE: For those of you who are new to *Pure Facts*, this trial involves a highly respected physician who is being brought before the Medical Board for treating ADD/ADHD as symptoms of physical illness or metabolic disorders. The Medical Board is attempting to force the doctors in California to limit the treatment of ADD and ADHD to only these choices: a regimen of various powerful psycho-active drugs, or psychotherapy. They hope to punish, and imprison, doctors who dare to use diet management or other effective non-drug approaches. The Board also has claimed that "multiple chemical sensitivity" (the existence of which has been documented for decades) is really a psychiatric disorder, and they claim any doctor who thinks otherwise is incompetent.

Allergic to Soy

A member wrote: "I have discovered I am allergic to soy products. Do you have a list of soy-free foods?"

Donna Curtis responded: "FAUS does not have such a list, but you might be able to make use of company toll-free numbers to call and ask manufacturers if they have a listing of products they make which are soy-free. I have seen lists for wheat/gluten-free, dairy-free, etc.

"You may be able to find their 800 phone numbers on the Internet toll-free listings. Don't be bashful about calling food companies with specific questions about their products.

"Combine this information with your Feingold Foodlist and Shopping Guide and you have a good start."

Thank You Thank You Thank You Thank You

...to Renee Moriarity, Janet Presson and Bonnie Zanetti for presenting workshops on the Feingold Program. These volunteer efforts are one of the best ways we have to reach parents and professionals.

...to Pamela Sims for inviting the Association to help launch her new radio talk show. Pamela is host of "For the Love of Kids," which airs Wednesday evenings from 5:30 - 6:00, Eastern time on CHSC 1220 AM in St. Catharines, Ontario. The show covers the Niagra peninsula, Toronto, and surrounding areas.

Pamela is the author of *Awakening Brilliance*, and presented her workshop at the Feingold Association's conference in 1997.

...to Beth Grohnke of Events Management at the George Mason University for her time and effort in helping the Association find an ideal setting for our upcoming seminar, to be held in July.

...to Dr. Mary Jo Palmer for hosting a Feingold guest on her new radio show. She is on the air Tuesday evenings, 7:00 pm on WZHF 1390 AM in Alexandria, VA.

Dr. Palmer is the director of Commonwealth Chiropractic in Burke, VA.

Northern New York

Families for Early Autism Treatment of Northern New York will be holding a two-day conference titled "Autism: Current Concepts in Diagnosis & Behavioral Based Education for Young Children."

It will be held Saturday April 3 & Sunday April 4 at St. Lawrence University in Canton NY.

For more information contact :

F.E.A.T.

P.O. Box 544

Potsdam NY 13676

(315) 265-6312

Getting Acquainted

Winston, CT - Kathy Rabago would like to meet other Feingold members in her area; you can reach Kathy at (860) 379-2324.

Richmond, TX - Keri Underwood is a full-time mom, and the mother of 4 year old Blake. She would like to be in contact with local Feingold parents to share information or experiences.

Keri's phone number is (281) 343-9013.

FAUS Product Information Center Report

from Donna Curtis

Product Alert!

The entire line of NABISCO Triscuit Wafers has been reformulated and is now unacceptable for use on the Feingold Program. The company has switched oils in an effort to lower the amount of transfatty acids in the Triscuit line. Because of this change in oils, TBHQ has been added to preserve freshness and it is stated thus in the ingredient list. Manufacturers are allowed to use up old packaging when a formulation change is made, so even if TBHQ is not listed on the label it could be in the crackers.

Those crackers which are now unacceptable include: Triscuit Low Salt, Original, Wheat 'n Bran, and Whole Wheat Wafers.

MRS. FIELD'S White Buttercream Frosting is no longer acceptable for use on the Feingold Program. It contains artificial color and artificial flavor.

The company representative said that none of the other Mrs. Field's products are affected.

GLENNY'S Pops contain oil of orange and cherry essence so they should be moved to stage two of the Foodlist. (The lemon flavored pops might be acceptable for Stage One, and the Product Information Committee is contacting the company to be sure this flavor is truly free of salicylates.)

You may have noticed a change in the 7-UP labeling. PIC has spoken with the company and learned that the only ingredient change at this time is the addition of calcium disodium EDTA; this is an additive which is not prohibited on the Feingold Program.

There is new wording on the LAY'S Potato Chips package — they are now called "Classic." There are no changes in ingredients and the product is still acceptable for use on Stage One.

PIC asks for your assistance

We are discovering that not only are several labels of milk packaged by a single plant, but that several different plants may package milk under the same label. For example: ABC Milk may be processed at 6 different locations, each of which may or may not use Vitamin A Palmitate with BHT.

To assist us with our research of lowfat milk, please include the plant location number on your research request. Generally, the label will say "processed and packaged at location stamped on container." And, as always, please provide complete information when sending in a research request.

PIC Report

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

Stage One

ARROWHEAD MILLS* Fat Free Brownie Mix
BROWNBERRY Bagels: Health Nut, Natural Wheat
BROWNBERRY Bread: Buttermilk (CS), Oatnut (CS)
DIETZ & WATSON Ham Bologna (N,CS)
FARMLAND DAIRIES Lowfat & Nonfat Milks (NY & NJ)
GLENNY'S* Roasted Peanut Chocolate Crunch Bar
Fudge Bars (Both contain CS from malted corn)
HONEY BOY Alaska Pink Salmon, Alaska Red Salmon
(available in the Southwestern US)
LA BURRITA Flour Tortillas Regular Size (OR, WA, ID,
MT, CA, AR, ND, MN)
MEYER'S BROTHERS Lowfat and Nonfat Milks (MN)
MURINE Eye Lubricant
ORE-IDA Toaster Hash Browns (CS)
PACIFIC BAKERY Yeast Free Bread: Spelt White
Multi-Grain with Flax Seed. (Mail order by calling
760-757-6020.)
REAME'S Home Style Frozen Egg Noodles
WHITE WAVE* Organic Hard Tofu, Tempeh
Original Soy

Stage Two

BROWNBERRY Cinnamon Raisin Bagels
DIETZ & WATSON Bologna (N,CS, paprika)
Mortadella (N,CS,paprika)
NABISCO Cheese Nips Air Crisps (MSG/HVP,SF,
paprika)
TYSON Chicken Stir Fry: Restaurant Favorites frozen
entree UPC#23700-05051 (MSG/HVP, red bell
peppers)
WHITE WAVE* Silk Dariless Yogurt: Apricot-
Mango, Banana Strawberry, Blueberry, Key Lime,
Lemon, Lemon Kiwi, Peach (apricots), Plain,
Strawberry, Vanilla. *Pectin which is derived from
citrus is sometimes used in these yogurts; otherwise
the Key Lime, Lemon, Lemon Kiwi, Plain, and Vanilla
could be considered as Stage One.*

Bad news about Stage One jams

Pam Weldon, owner of "For Pete's Sake" tells us that the wonderful Buzzy's and Clairine's tropical jams are being discontinued. Pam has purchased all she can, so if you want this product, now is the time to act. You can reach Pam at (800) 864-7383.

She is searching for other sources of Stage One jams and we will keep you posted.

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.