

# Pure Facts

Newsletter of the Feingold® Association of the United States



September, 1999

Vol. 23, No. 7

## Strategies for Success ~ come join us on Staten Island

On October 8 FAUS's one day seminar will feature the newest information on ways to help children with attention deficits and autism, which are believed to be on the same continuum. Enhance your child's success by exploring additional options which are compatible with the Feingold Program.

Parents, teachers, and other professionals will gather at the College of Staten Island on Friday, October 8 to participate in this seminar with experts offering information on new research and proven strategies for helping our children. Please refer to the enclosed brochure for more information, call (800) 321-3287, or see our web site: [www.feingold.org](http://www.feingold.org).

When the seminar closes at 4:00 pm it will be time to tour Historic Richmond Town, and enjoy an all-natural dinner. If you plan to attend the dinner



**In the shadow of New York City, parents, teachers and other professionals will share information on new ways to help our children.**

we will need to have your reservation as soon as possible. Also, hotel rooms are limited; call now for reservations.

Conference speakers will include:

**William Shaw, Ph.D.** Dr. Shaw is the director of the Great Plains Laboratory for Health, Nutrition and Metabolism, and the author of *Biological Treatments for Autism and PDD*. The book is an excellent resource guide to a wide range of therapies being used to help children with many symptoms.

*Continued on page 5*

## Genetic Engineering of our Food

There is no evidence to indicate that genetically engineered products can trigger behavior or learning problems, but every time a company tinkers with something as fundamental as the seeds that become our food, chemically sensitive people get nervous.

Various environmental and consumer organizations have protested the development and use of genetically engineered (GE) foods, and European countries are resisting heavy-handed efforts on the part of Americans to force other nations to import these products.

One of the leaders in the movement against genetic engineering is Greenpeace. Their letter of protest to Gerber foods has persuaded the nation's largest manufacturer of baby foods to reject genetically engineered corn, soy, or other ingredients.

The *Wall Street Journal* reported that Gerber's Swiss parent company, Novartis, intends to set the "gold standard" for the baby food industry by eliminating any genetically modified ingredients from its products. (Shortly afterward, H.J. Heinz made a similar announcement.)

The odd thing about this scenario is that Novartis, who owns Gerber, also owns Ciba Geigy, and Ciba (along with Monsanto) is one of the leading players in producing genetically engineered crops. Ciba is best known as the manufacturer of Ritalin.

"Ciba Geigy's corn contains an antibiotic," according to Greenpeace, "although there is absolutely no need for it to do so.... Now scientists fear that the antibiotic gene could be passed to harmful bacteria.... Ampicillin is one of our most widely used defenses against such harmful bacteria.... If the resistant gene is spread this vital protection could be rendered useless."

"Allergens are another potential health risk for humans," they write, "There is already proof that allergens can be transferred into plants through genetic engineering."

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to support 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.

## When the children are teachers

The teachers at Joshua's school watched this second grader change from a restless, unhappy child who was doing poorly, to a capable, pleasant student.

When Rebecca Lewis received her Feingold member packet she filled out the symptom checklist at the front. Of the 62 symptoms listed, her son, Joshua, fit 39 of them. After 4 weeks on the Program only 5 still applied, and next to these she had written "sometimes." As for the third column of symptoms, to be filled in after the family had been on the Program for 6 months, she was able to leave them completely blank.

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### After a diet infraction

"The program had a positive impact on our entire family," Rebecca told *Pure Facts*. "The food we eat at home is fairly basic, so while Joshua didn't have too much trouble with home cooking, any time we went out to eat, or on a vacation, it would be a disaster. If we took him to a restaurant or a party it was followed by terrible behavior. We thought we were doing something so special for him, and when he became so difficult afterward, we always felt he was being ungrateful."

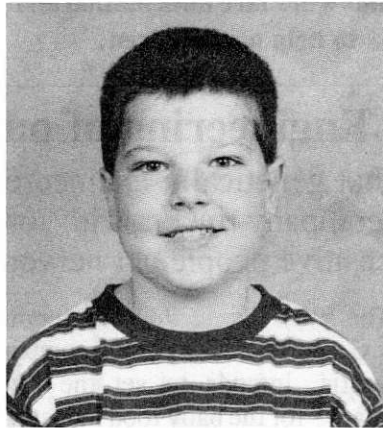
Similarly, he got along fairly well on the weekends, and at the start of the week his school performance was not bad, but as the week wore on, with daily lunch in the school cafeteria, Joshua's school work went down hill.

The family started the Program shortly before the fourth quarter of second grade began, with Joshua bringing his lunch to school. His grades for the fourth quarter went up in nearly every category.

Early in the school year, after Joshua had done poorly on a test, his teacher wrote, "We went through the directions one part at a time. Many times Joshua is not staying focused when directions are being given. He should have had 100% easily on this test."

His teacher's comment at the end of the school year: "Joshua has great potential. He has an unusual wit about him that I enjoyed. I'll miss him next year."

Everyone at school who knew Joshua was impressed with the change they saw, but his grandparents were less receptive. They were accustomed to him being a handful, from the time he was a colicky baby, and then grew into what they considered to be a strong-willed child. It was simply his personality, they believed, and changing his diet sounded ridiculous.



Joshua Lewis looks forward to a successful year in fourth grade.

Joshua had been on the Program for about six weeks, and although it was clear that he was behaving well, his grandparents did not attribute this to his diet. One night they gave him food with the prohibited additives. The next morning when he tried to decide which shirt to wear, the seven-year-old became hysterical and his grandparents found him on the floor, having a major tantrum. After that incident all of his grandparents cooperated.

Many people noticed the change in Joshua, and comment on how polite and calm he now is. Friends make sure to have food he can enjoy, and the teachers at vacation Bible school let Rebecca know what they will be serving so she can send natural versions of the same foods.

The Cookbook FAUS provided with her member packet has been a big help, and Rebecca prepares a variety of treats, including a natural version of Twinkies.

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### Back on the Program, doing well

The pre-Feingold memories are still very fresh in Rebecca's mind. "My husband and I were so upset by Joshua's behavior. We had read many books and tried to use the parenting techniques, but they never seemed to apply to our family. How do you change the behavior of a child who expresses his anger by scratching and clawing at himself? We felt like we were failures as parents. It was awful to admit this, but we didn't even like being in the same room with him."

"We felt like we were the only people in the world who were going through this until we read an article in *Parent Life* about a similar family, and how they had changed their lives by changing the food they ate. We will always be profoundly grateful to the staff at *Parent Life* and to the family who wrote about their child. And we are so grateful for the work of Dr. Feingold and to the Association for all their help."

## Can schools make children sick?

Yes, say some, especially if the children are in one of the many portable classrooms now in use.

Like many schools, those in California use portable classroom trailers to provide extra space. Even more trailers (an estimated 86,000) are being used as a result of the state's recent requirement that classroom size be reduced. But there is evidence that these portables might not be a very safe environment for both children and adults.

New trailers may be even more troublesome than older ones, because the toxic chemicals used in making them are still being emitted. Some of the chemicals that "gas out" include: formaldehyde, benzene and toluene. All of the are considered volatile organic compounds. This information was presented by the Environmental Working Group, who estimated that children exposed to formaldehyde during the years they attend school could later be at risk for developing cancer.

There is sharp disagreement over whether or not portable classrooms pose a health risk, and many critics believe that permanent classrooms also suffer from poor indoor air quality. But the California Interagency Working Group on Indoor Air Quality (a coalition of experts) note that trailers might be more vulnerable for several reasons. They are prone to water damage from leaking roofs and condensation. Some have no way to bring in fresh air while others take in outside air only when the air conditioner or heater is operating. If the ventilation system is noisy, teachers often turn them off.

State environmental and health officials have been working for several years to educate school district personnel about the need to maintain healthy indoor air quality, but complain that most of their efforts are being ignored.

In Southern California six students who were in temporary classrooms at the Rio Vista Elementary School became sick and were hospitalized. The toxicologist who treated them found high levels of chemicals from the building materials. The blood and urine of the children contained high levels of arsenic, phenol and benzene, a carcinogen used in solvents.

It isn't that hard to improve air quality according to California's air quality researcher, Jed Waldman, "It could be a matter of just moving a piece of furniture away from a vent or opening the vent, or even a window," he told school officials. "You can find solutions that won't break the bank."



### 8 easy ways your child's school can improve air quality

1. Check to be sure outside air is entering the room during all seasons.
2. Clean or replace air filters, and clean duct work of any mold.
3. Replace strong-smelling cleaning supplies with less toxic alternatives.
4. Remove carpeting, which can house mold and mildew. Hard flooring and small, washable area rugs are a good choice.
5. Use unscented/non-toxic products of all types (stickers, markers, crayons) and keep out perfumes, potpourri, and air fresheners.
6. If pest control is needed, employ non-toxic techniques.
7. In older portable classrooms, check the roof for leaks and mildew.
8. If new portable classrooms are used, consider "baking" them prior to use. (Heaters inside the trailer raise the temperature to a very high level, to speed the process of volatile chemicals gassing out.) Then, allow it to air out before it is occupied.

## Soda in school

Center for Science in the Public Interest (CSPI) calls for reform on the use of "liquid candy."

Public schools are required to ban the sale of soft drinks until after the lunch period is over. Some schools have made an "end run" around this law, offering students free soda if they eat the lunch provided by the school.

At a press conference convened at the U.S. Capitol, CSPI Executive Director, Dr. Michael Jacobson addressed the press:

"Schools should teach what's best — everything from math to social studies to health. Giving away soda pop in lunchrooms is like handing out horror comic books in English class. If schools cared one whit about their student's health, they would be encouraging them to drink less, not more, soda.

"Soda pop, which we call 'liquid candy,' has become teens' favorite beverage. Twenty years ago, teens drank almost twice as much milk as soda. Now, they drink twice as much soda as milk."

"All that soda squeezes more nutritious food out of their diets. Girls, in particular, should be building their bones by consuming plenty of calcium-rich foods instead of sugar-rich soda."

Jacobson thanked Senators Patrick Leahy, James Jeffords, Russell Feingold, and Congressman Hinchey for supporting a bill banning this practice, but he added, "Actually, it's outrageous that such legislation is necessary. Whoever imagined that schools — prohibited from selling sodas in cafeterias — would give sodas away to bribe kids into eating otherwise nutritious lunches, and, in one school, breakfasts?"





## Back to school resources to help your child succeed

The following books have been selected as recommended resources for parents to use as they help their children. All of them are available through the FAUS Resource Catalog.

### Helping Kids Get Organized

Don't give this book to your child...until you've had a chance to check out the wealth of useful hints that can just as easily apply to adults. Unless you are one of the fortunate few, you sometimes find yourself at loose ends, spending more time looking for something than you spend working on it. Help is here.

Most of the ideas presented here will be familiar to those of us who read about organizational skills (in the fervent hope that some of it will sink in), but the authors present these ideas in a kid-friendly format. There are logical steps to making a peanut butter & jelly sandwich. Just apply the same concept to a homework assignment, and voila! a snack and a book report materialize with less effort than in the past.

In less than 100 pages the authors cover an ambitious range:

- organizing your environment
- identifying and using study tools
- developing effective homework habits
- dealing with deadlines
- prioritizing multiple tasks
- building memory
- writing reports
- preparing for a test

Cost: \$12.00

### Help! It's Homework Time

For parents engaged in the nightly homework battle, the authors provide many specific recommendations. They include not only the expected recommendations about setting up a study area and providing the child with all the needed tools, but also included are suggested reactions to the various ploys children may use when they want to avoid hitting the books. For example, a child who routinely "forgets" to bring work home is still required to spend the scheduled time at a scholarly pursuit. Parents are encouraged to keep their cool, and reminded to offer praise for any task completed.

Cost \$5.95

### Study and Take Tests

Although it is designed for teachers to use in helping students learn study skills, this book would be a valuable aid for anyone. A wide range of skills are covered in detail, including note taking and ways to effectively study for tests.

The hints are aimed at children in grades 5 through 8, but they could help a student of any age, including back-to-school adults, or someone studying for a driver's license. Especially helpful are the hints on preparing for, and taking various types of tests.

Cost: \$7.95

### How to Report on Books

When you were in elementary school how many book reports were you assigned to write? And how many of them consisted of: "The book I read was \_\_\_\_\_. The part I liked best was \_\_\_\_\_."

*How to Report on Books* opens up the windows of creativity to let in some fresh ideas and get your child's creative juices going.

Not all book reports need to be in written form and the authors suggest other ways children can share their interest in their favorite books.

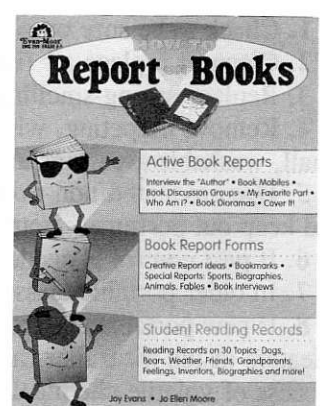
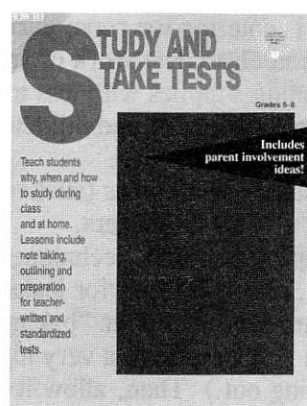
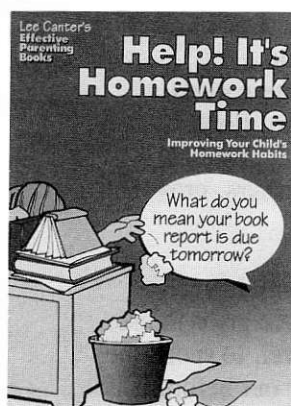
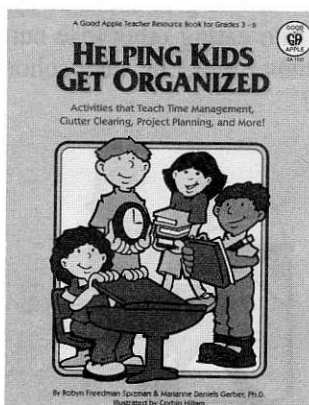
If you want suggestions for books your child might enjoy, there is a bibliography of children's favorite stories, listed by topic.

Cost \$9.95

The FAUS Resource Catalog is sent to all members and is included in the new member's white binder. If you need to have another copy of the Catalog, contact the FAUS office at (800) 321-3287.

Books can be ordered from:  
Feingold Association of the US  
127 East Main Street, Suite 106  
Riverhead NY 11901  
(516) 369-9340

Shipping charges:  
up to \$20 add \$5.00  
\$20.00 to \$30.00 add \$6.00  
\$30.01 to \$40.00 add \$7.00



## Hain Kidz — all natural foods, just for kidz

Here is an assortment of goodies that can travel to school in your child's lunchbox, and rival those of his classmates.

**H**ain Pure Foods has introduced a line of natural products developed especially for kids under the Hain Kidz brand. All of the products in the line are made with no artificial flavors, colors or preservatives. They also contain no hydrogenated oils and are less processed than their counterparts. The packaging includes a "cool" Kidz mascot, games and on-back premiums.

"Our objective was to develop fun and convenient kid foods that look and taste like the products kids ask for, but with the all natural ingredients that parents prefer," said Denise Garbinski, Hain's Senior Brand Manager.

The following Hain Kidz products have been researched and are acceptable for use. **Stage One:** Marshmallow Crisp Bars and Marshmallow Crisp Bars with Chocolate Chips.

**Stage Two:** Marshmallow Crisp Cereal in Cool Cocoa (cloves, coffee); Marshmallow Crisp Cereal in Very



Vanilla (cloves); Bear Bites Gummy Fruit Snacks (grapes); Bear Bites Chewy Fruit Snacks (grapes).

Hain's Kidz brands are in health food stores and some supermarkets.

The Hain Food Group is the parent company for many familiar brands, in addition to those under the Hain label. (Some of them are found in your Food-list.) These brands include:

- Health Valley
- Westbrae Natural
- WestSoy
- Little Bear
- Bearitos
- Estee
- Hollywood
- Arrowhead Mills
- DeBoles Foods, Inc.
- Terra Chips
- Garden of Eatin' Inc.
- Kineret frozen Kosher foods
- Featherweight
- Farm Foods
- Boston Popcorn
- Weight Watchers
- Nile Spice
- Near East
- Alba Foods

### Conference, from page 1

The organic acid test used at the Great Plains Laboratory in Kansas can detect inborn errors of metabolism.

The information Dr. Shaw provides is useful for any of the various learning/behavior problems that include characteristics of autism.

### Constantine Kotsanis, M.D.

One of the most exciting innovations in the treatment of autism is the use of Secretin, a naturally-occurring hormone. It has been available as a drug for many years, and has an excellent history of safe use for the diagnosis of pancreatic disorders.

Recently, an observant mother (Victoria Beck) found that this hormone brought about dramatic improvement in her son's autistic symptoms. Other children have been given Secretin and about half of them exhibit significant progress in many areas of learning and development. For some, allergic reactions to foods diminish.

Dr. Kotsanis is conducting research to study the effects of Secretin on children with autism. He practices medicine in the Fort Worth, TX, area and is the director of the Foundation for Research in Energy Medicine.

### Arnold Brenner, M.D.

Dr. Brenner's interest in the diet/behavior connection goes back many years. When he learned of Dr. Feingold's work Dr. Brenner did not believe that the hyperactive children he treated could be helped with something as simple as a change in diet.

He conducted his own research to test the concept, fully expecting that he would prove the Feingold diet did not work. Dr. Brenner was amazed to find that not only did the diet work, but that his patients improved on it when none of the other interventions had been successful.

Dr. Brenner is Chief of the Division of Pediatrics at the Baltimore County General Hospital and author of "Food Additives and Behavior."

### Your trip to Staten Island can be a family vacation

New York's vibrant heritage comes to life at Historic Richmond Town, which was a rural Staten Island community in the late 1600s.



Through the historic 25 acre village and museum complex you will see more than 300 years of evolution of the village of Richmond — seen from its beginnings as a rural crossroad, through its development as the county seat, to its incorporation as a borough and suburb of the City of New York. Visitors can see historically furnished interiors, formal exhibits, and seasonal demonstrations of daily activities of colonial life.

## School Year Calendar

Feingold members in the United States have received their new 1999-2000 School Year Calendar.



In addition to keeping track of dates and activities, the calendar features some of the hard-to-find products which make life easier for us all.

Once again, the calendar highlights some of our own "Feingold kids." Be sure to share their photos and stories with your children, especially if they don't know many other children using our program. Even if they don't live near each other, our kids have lots of company.

Calendars are mailed out bulk rate, and only in the United States. If you joined after they were mailed, or if you live outside the U.S. and would like to have one, please contact the FAUS office in Virginia: FAUS, PO Box 6550, Alexandria, VA 22306. The suggested donation is \$10. Proceeds help us better serve you.

### Another way to help

*Please keep the Feingold Association in mind when the United Way or Combined Federal Campaign comes to your place of work.*

*Although rules differ greatly from one area to another, many of our members will be able to fill out a form for their "designated donation" to be sent to the Association. These funds are put to work to improve our services to members and to educate parents and professionals about the help available. Contact FAUS at (703) 768-3287 if you would like more information.*

## Genetically Engineered Foods Abroad

The most visible figure in the fiercely debated issue of genetically engineered foods has been Monsanto. Their attempts to use American style public relations tactics in Great Britain have backfired, and served only to stir up passionate objections to the manipulation of food. Americans are already eating many foods that have been grown from genetically engineered (GE) seeds. Monsanto's GE soybeans are widely grown and used in the United States, and the federal government does not require that labels reflect their use. Last year, about 15 million acres of genetically altered corn were planted in the United States.

But in Europe, governments are not as accommodating and citizens are outspoken in the opposition. Faced by public and media pressure, the McDonald's restaurants in the United Kingdom have vowed to seek suppliers who use GE-free foods. Similar policies are in place at other fast food chains in Great Britain.

Last fall the House of Commons banned genetically modified foods from their staff canteens, and many public schools across the country have done likewise.

England is not alone in their suspicion of humans tampering with something as basic as our food. The European Union has long banned hormone-treated beef, to the consternation of American exporters.



### Caterpillars and corn

One of the advantages of using the genetically engineered corn is that it is protected from the corn borer, a caterpillar that damages crops.

Researchers at Cornell University experimented with the pollen that is produced by GE corn and came up with disturbing results. John Losey and his colleagues dusted milkweed leaves with pollen from both GE and conventional corn. Milkweed generally grows near corn and provides food for the caterpillars which become the beautiful orange and black Monarch butterflies.

The caterpillars that ate the milkweed leaves treated with pollen from non-GE corn thrived, but those fed the leaves treated with the gene-altered pollen had a different fate. Four days after eating the milkweed leaves, 44% of them had died.

### 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 telephone Help-Line, and a subscription to *Pure Facts*. The cost in the U.S. is \$69 & \$6 shipping. A *Pure Facts* subscription, if ordered separately, is \$38/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.

[www.feingold.org](http://www.feingold.org)

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September 1999

## Medical Defense Update

We have been following the issue of the Medical Board of California in their prosecution of a doctor who chooses non-drug alternatives for some of his patients. The Medical Board is attempting to force doctors in the state to limit their treatments for ADD/ADHD to only: psychotherapy and a series of powerful stimulant drugs. They are attempting to enforce a "ladder of treatment" that uses progressively more aggressive psychostimulants, and forbids doctors from suggesting proven, drug-free alternatives, even if these approaches have been validated by medical studies.

At the end of July a hearing was held in San Francisco, and supporters had expected to hear a final ruling at that time. FAUS Executive Director, Lynn Murphy reports that the media and the 120 supporters who traveled to the meeting to show their support for Dr. Sinaiko and the principles at stake were told that the decision would not be announced at that time. Here are some of her notes:

Among the standing-room-only audience of patients and supporters, were some very ill people. About 6 of them wore filter-masks and one woman arrived in a wheel chair, on oxygen. (The Medical Board does not believe that chemical exposure can trigger illness.)

The judge who officiated at this hearing said that it was disturbing that parts of the evidence supporting Dr. Sinaiko were intentionally or unintentionally left out of the evidence the Attorney General's office submitted.

Two eminent physicians supporting the defense were Dr. Phillip Lee, former U. S. Assistant Secretary of Health and Dr. Dean Hillsman of the Union of American Physicians and Dentists.

Tireless volunteers, Shula Edelkind and Colleen Smethers, organized a rally to deplore the Medical Board's witch hunt; it was complete with posters and witch costumes.

Dr. and Mrs. Sinaiko offered an emotional thank you to all of the many supporters who have joined them in their brave efforts to stand up for medical freedom.

For details see: [www.treatmentchoice.com](http://www.treatmentchoice.com).

## Herndon, VA

Parenting issues: dealing with anger, time for each other, trusting your instincts, and the diet/behavior connection will be addressed at a workshop on Saturday, September 25 at the Crossfield Elementary School.

Call (703) 860-5940 for details.

*Thank You Thank You Thank You Thank You*

... Karen Horbatt of the Green Turtle Bay Vitamin Company for passing out Feingold information at the recent natural foods trade show held in Las Vegas.

Karen's company has developed a Stage One chewable multi-vitamin just for children on the Feingold Program. It is flavored with maple syrup crystals. Check your FAUS School Year Calendar for more information on Maple Melts, or call (800) 887-8535.

## Alternative approaches to ADD, hyperactivity

Philadelphia, PA area - the Citizens Alliance for Progressive Health Awareness (CAPHA) will hold an informational meeting on **Sunday, October 3** from 2:15 to 6:00 pm. A panel of professionals will offer drug-free solutions for this growing problem, followed by a Health Fair and Social. The location is The Saturday Club, 117 West Wayne Avenue, Wayne, PA, near 476, exit 5. Admission is \$7 (\$2 for CAPHA members). For details, call (610) 640-2788.

## How to Live without Wheat, Dairy & Sugar

On **October 9**, one day after the Feingold Association's Strategies for Success seminar in Staten Island, the non-profit Developmental Delay Resources (DDR) will be sponsoring a workshop (10:00 a.m. to 4:00 p.m.) held nearby in New York City.

The presenter will be Annemarie Colbin an author, health consultant and founder of the School of Natural Cooking. She will present a seminar on practical ways to follow a diet that excludes wheat, dairy and sugar. This will be especially valuable for families helping children with autism.

For information call the DDR at (301) 652-2263.

*Celebrate the Columbus Day holiday in New York!*

## Taylor Workshops

Dr. Taylor's popular workshop "Beyond Ritalin, Mega Answers to AD/HD" has been planned for the following locations:

Oct 6, 7: Philadelphia PA

Oct 23, 24: Scottsdale AZ

Nov 6, 7: Boston MA

Nov 19, 20, 21: Charlottesville VA

For details and other dates, call (800) 847-1233 or check out his web site: [www.ADD-Plus.com](http://www.ADD-Plus.com).

## FAUS Product Information Center Report

from Donna Curtis

### Product Alert!

VAN DE CAMP'S Batter-Dipped Fish Fillets now list TBHQ on the label and should be removed from your Foodlist.

### Re-researched product

B&M Baked Beans have been successfully used by families on the Feingold Program from the earliest days we began researching foods. As is the case with all of the products in our Foodlist, we periodically re-research them, even when it does not appear there has been any change. For B&M, the change is that they now have a vegetarian version, with no pork added.

### Product Alerts Online!

Those members with Internet access will now be able to view the latest Product Alerts on the Feingold website: <<http://www.feingold.org>>. Once at the site, click on the "For Members Only" link and enter the user ID and password from your Pure Facts mailing label. Product Alerts will be one of the choices available.

Members may submit product changes or research requests from this site as well.

Reminder: Research Requests sent by mail should go to Cynthia Harmon, 6109 Wellesley Court, West Bloomfield, MI 48322. (Refer to the last pages of your Foodlist for details on how to submit products to be researched.)

### Candy for Kids

Books and articles that mention the Feingold Program often say it eliminates sugar. This has never been the case, although we recognize that some children are sensitive to various sweeteners.

Some families report that sweets and snack foods are more difficult to find than the other foods, and this is why our newsletter focuses attention on them.

The good news is that there are many delicious treats for your children, and they are not laced with undesirable chemicals. Now is a good time to be sure you are ready for that unanticipated class party or for the ultimate junk food day — Halloween.

Does your child's teacher have a goodie bag on hand for parties or when the math lesson uses edibles? Will you be ready for Halloween?

Your Foodlist has delicious choices, and our mail order list will introduce you to businesses that cater to your needs. Kids who eat real food don't have to miss out on any of the celebrations.

## PIC Report

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

### Stage One

B&M Brick Oven Baked Beans: Original (CS),  
Vegetarian (CS)  
CLOUD\* Lowfat Candy Bars: Crispy Peanut Nougat,  
Dark Chocolate Nougat, Golden Nougat, Malted Milk  
Nougat  
FRENCH MEADOW\* Flax & Sunflower Seed Bread  
HEALTHY TIMES\* soap bar - Fragrance Free Daisy  
Flower Baby Bar  
HEALTHY TIMES\* Hugga Bear Cookies: Cinnamon,  
Vanilla  
HEALTHY TIMES\* Instant Baby Cereal: Barley;  
Brown Rice; Mixed Grain (contains rice, oat & barley);  
Oatmeal with Banana  
HEALTHY TIMES\* Tretzels for Toddlers pretzel snacks:  
Organic Cheese, Original, Peanut Butter

### Stage Two

CLOUD\* Red Raspberry Nougat Lowfat Candy Bar  
HEALTHY TIMES\* Arrowroot Cookies: Vanilla (grapes),  
Wheat Free Maple (grapes)  
HEALTHY TIMES\* Teddy Puffs Cereal Snack for  
Toddlers: Apple Cinnamon (peaches),  
Original (peaches)  
NUTRILICIOUS\* Rolls: Apple Cinnamon (CS, apples,  
cloves), Cinnamon (CS, apples, cloves),  
Lemon Danish (CS, apples, cloves)  
*May be mail ordered by calling (800) 835-8097*  
R.W. KNUDSEN FAMILY\* Light Spritzers: Boysenberry  
(grapes, plums), Cherry (apples, grapes), Mango  
(grapes), Raspberry (apples, grapes), Strawberry Kiwi  
(grapes), Tangerine (grapes)  
R.W. KNUDSEN FAMILY\* Champagne-Style Beverage:  
Black Cherry (apples, plums), Cranberry (grapes),  
Crisp Apple, Organic Apple, Strawberry (apples,  
grapes)  
SOURCE NATURALS\* Focus Child Chewable Wafers  
supplement (cherries, peaches, grape seed extract)  
STONYFIELD FARM\* Nonfat Fruit Juice Sweetened  
Yogurt: Apricot Mango, Blueberry, Peach, Raspberry,  
Strawberry -  
*all have CS and pectin from apples and/or oranges*  
STONYFIELD FARM\* Planet Protector Banilla Lowfat  
Yogurt (CS, cloves, oranges, pectin from apples  
and/or oranges)  
SUNSPIRE\* Milk Chocolate Maltballs (grapes)

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