

# Pure Facts

Newsletter of the Feingold® Association of the United States



May, 2000

Vol. 24, No. 4

## Enuresis, the ADHD problem nobody wants to talk about

Children who have attention deficits and hyperactivity are 2.7 times more likely to bedwet than other children, and 4.5 times more likely to have daytime accidents. Diet often helps resolve these problems.

As if the child with learning/behavior problems didn't have enough to deal with, bedwetting (nocturnal enuresis) and daytime wetting (diurnal enuresis) are another part of their daily struggle.

Researchers at the Pediatric Nephrology Service, Children's Hospital in Greenville SC reported their findings. "...ADHD children at age 6 were 2.7 times more likely than controls to have nocturnal enuresis and 4.5 times more likely to have diurnal enuresis....Nocturnal and diurnal enuresis was found to be significantly more common in children with ADHD than in control subjects."



A few years ago Joseph Egger and colleagues treated twenty-one children who had both hyperactive behavior and migraines with a "few-foods" (oligoantigenic) diet. Not only did the diet successfully address the behavior and migraines, out of the twenty-four children, twelve stopped bedwetting entirely, and four others improved.

Parents have frequently reported that one of the benefits they have seen with the Feingold Program is the disappearance of this problem. Reports have come from parents of children as young as 4 and as old as 14. The person who thinks children find it too hard to remove some additives from their diet, or that they will be "embarrassed" about their food selections should talk to teens and pre-teens who have to turn down camp and sleepovers for fear of being humiliated.

Here are some of the reports we have received from parents:

*Continued on page 4*

## My friend's child *really* needs the Feingold Program!

But she doesn't seem interested — how can I help?

This is a tough position to be in, and most of us have been there frequently! There's a fine line between offering helpful information and coming on too strong, but it's so difficult to watch another family struggle unnecessarily.

It is helpful if you have an idea of why your friend is not interested in looking into diet for her child.

### "It's too hard"

The main reason parents resist investigating diet is that they have the impression the Program is hard, and their lives are already stressed to nearly the breaking point.

The impression that the Feingold Program is very hard comes from several sources.

Books often refer to the Feingold diet as a difficult regimen; many doctors and counselors believe this. In these cases, they are generally using Dr. Feingold's 1974 book *Why Your Child is Hyperactive* as their source of information, and it has not occurred to them that there have been many changes in the past quarter century. Random House recently reprinted this book, but did not provide any updated information, so the reader will come away with the impression that being on

the diet today has not changed since the mid 1970s, and that you will need to avoid most processed foods.

Parents who followed this regimen back then, and who saw dramatic changes in their children, went on to form the Association in order to make the diet easier.

One of the major services Dr. Feingold wanted the Association to perform was to research brand name foods, and to give others the information and encouragement that would enable them to be successful.

*Continued on page 4*

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to generate public awareness of the potential role of foods and synthetic additives in behavior, learning and health problems and to support its members in the implementation of the Feingold Program. The program is based on a diet eliminating synthetic colors, synthetic flavors, and the preservatives BHA, BHT, and TBHQ.

*Celebrate Mother's Day!*

## Julia's Story

The side effects of food additives, drugs, and even natural salicylates can be very troubling. A determined mom discovered how to help her child.

Eight year old Julia Lee is a bright, healthy little girl who is an excellent student and mature beyond her years. Her mom, Debra, is an enthusiastic proponent of the Feingold Program because it has made such a difference for her daughter and for the whole family.

Julia had been a colicky baby, but had even more problems when she went from formula to baby food. She had very little interest in eating; trying to get even a little food into the baby was an ordeal. Her weight gain was far below normal and she had a pale, unhealthy look.

Mealtime was not the only problem. Bedtime was hard as well; in fact, Julia was four years old before she slept through the night. As a nurse, Debra knew this was not normal for a young child to have so much trouble falling asleep. Julia would lie in bed — telling her mother, “I’m really trying to go to sleep” — and this typically went on for an hour before she could finally drift off to sleep.

By the time Julia got into first grade it was apparent that, although she was bright, it was hard for her to focus. The family doctor prescribed a low dose of Ritalin. Soon afterward Debra noticed that Julia was blinking her eyes excessively. Then she began to have involuntary arm movements, and was jerking her head. The doctor assured Debra that the tic-like symptoms were not being caused by the Ritalin, that they were “no big deal” and might stop in a year or so. He told her to continue giving Julia the Ritalin.

As upsetting as the jerking movements were, Debra thought they were the only side effect of the drug. Then, one day she came by the school in mid morning to pick Julia up. Debra noticed her child was sitting very still in the car, looking dazed. This lasted until after lunch time. Since the medicine was given before school and it had worn off by the time she got home, Debra had not observed this effect. The next day Debra spoke with the teacher,



**Julia and little sister, Olivia, are all dressed up**

who told her that this is Julia’s normal appearance in the class. The child Debra saw looked like a “zombie” and she wanted her real daughter back.

Debra felt like she was “falling apart.” It was painful to watch her child suffer, and she began to search the internet for information on adverse reactions to stimulant drugs, and came across a reference to the Feingold Program. Debra discontinued the medicine on her own, and sent away for the Association’s materials.

Within the first week and a half, the Lees began to see Julia’s involuntary movements begin to diminish, and before long they were entirely gone. There was another surprising change; Julia found that she had an appetite! The mealtime battles were replaced by “Mom, I’m starving — I want something to eat!” In the first month on the Feingold Program Julia gained nearly seven pounds and her pale, unhealthy appearance was replaced with a pink, healthy look.

Yet another bonus was the change at bedtime; now she falls off to sleep easily and sleeps soundly.

Her performance in school changed as well. One day she came home and proudly said, “Guess where the teacher put me, Mom, in the back. She can depend on me to do my work.”

It’s been less than a year now, since the Lee family began using the Feingold Program, and it is clear that Julia is still very sensitive to natural salicylates. Tomatoes seem to be a particular culprit, and after some experimenting with adding them back, Julia’s desk was moved to the front of the room. She was not able to focus and hear the instructions. Returning to Stage One brought her grades back up to As and Bs.

Another memorable infraction was the time she forgot to take her own food on a field trip and ended up drinking the diet soda offered to her. Julia was “bouncing” for the rest of the day.

It is rare that she will accept a food she knows is off her diet. Debra provides the things her daughter likes and it really is not a problem — except for the adults who are convinced that this child must feel deprived!

Julia is a good shopper and knows which foods she can have. She has even asked for her own copy of the Foodlist to keep in her book bag. Debra encourages her daughter’s interest in healthy food, buying her a copy of *The Magic Spoon*, a cookbook for children, and consulting her on what she wants for dinner. Everything in the house is strictly Stage One, and the whole family (plus the extended family) supports Julia. Dad pitches in too, helping with the shopping and cooking. He also notices that he feels better.

The Lees used to eat out frequently before they began the Feingold Program, so Debra worried that it would be difficult to make the needed changes. As it turned out, Julia is more sensitive than the typical child on the Feingold Program, so for now the family is sticking closely to Stage One home cooked food. (Eventually, they will probably be able to add back salicylates and eat out.) Ask Debra how she feels about the extra cooking she now does, and she will tell you it doesn’t bother her. It’s a small price to pay to have her bright, healthy little girl.

## Let's hear it for the Moms!

May is your special month — your time to squeeze out every special perk you can manage; it will be a full year till you have this chance again.

Moms are used to finding ways to make things work out, using their wits and wisdom to accomplish what needs to be done. Today, women have found that internet connections can provide the company and support we all want from others who share our daily struggles and adventures.

If you have not yet logged in on the FAUS "members only" section of our web site, you have a treat in store. Here you will find the people who are facing the same issues you are, and you



"I love this message board! I can't thank you all enough for the support you've given me and the questions you've taken the time to answer. I need this to stay sane. This is my therapy. I feel better knowing you're there."

will have a chance to see how they resolved them. There is a lot of caring and sharing here, so come join us. Type in "www.feingold.org," enter the Members Only section, and use the passwords found enclosed with this newsletter.

Everything from "dealing with Dad," to "what if I'm not seeing results?" to hard-to-find recipes can be accessed.

Check it out if you are having problems, would like some company, or if you are an experienced member willing to share your wisdom.

### Real Mothers

Real Mothers don't eat quiche; they don't have time to make it.

Real Mothers know that their kitchen utensils are probably in the sandbox.

Real Mothers often have sticky floors, filthy ovens and happy kids.

Real Mothers know that dried playdough doesn't come out of shag carpet.

Real Mothers don't want to know what the vacuum just sucked up.

Real Mothers sometimes ask "why me?" and get their answer when a little voice says, "because I love you best."

Real Mothers know that a child's growth is not measured by height or years or grade....It is marked by the progression of Mama to Mommy to Mother.

*author unknown, but if she will identify herself a lot of women would love to thank her*

Here are more web sites that will provide a wealth of information and support for moms.

#### SanityCentral.com

"Kids driving you nuts? Ready to 'go postal' at your spouse? Is the knot at the end of your parenting rope slowly slipping through your fingers? Well, drop your straight jacket at the door! Welcome to Sanity Central!!! The most humorous haven you will find on the web! Within these padded walls we have gathered the leading experts on every aspect of your grown up life! Wallow in their advice, opinions, and most importantly...laughter! So put your bunny slippers on, pour yourself a glass of your favorite 'beverage,' and dive into our nut bowl! We guarantee you'll go back to your asylum thinking it's a lot less dysfunctional than ours!!!"

#### The Natural Child Project

The web site describes itself in this way, "Our vision is a world in which all children are treated with dignity, respect, understanding, and compassion. In such a world, every child can grow into adulthood with a generous capacity for love and trust. Our society has no more urgent task."

You can access the site at: [www.naturalchild.com](http://www.naturalchild.com).

#### MOPS International

MOPS is short for Mothers of Preschoolers. This web site offers support and information from a Christian perspective. They publish a bi-monthly newsletter called *Mom Sense*.

[www.gospelcom.net/mops](http://www.gospelcom.net/mops)

#### Mothers At Home

Founded in 1984, this national non-profit organization provides support for moms who have chosen to forgo or cut back on paid employment to care for their children. Their popular magazine, *Welcome Home*, is written by its readers.

The web address is [www.mah.org](http://www.mah.org)

#### American Mothers Inc.

This organization is dedicated to preserving the moral and spiritual foundations of the family in America. Founded in 1933, it is the official sponsor of Mothers Day. The group sponsors various outreach programs and publishes *The American Mother*. Type in: [www.americanmothers.org](http://www.americanmothers.org)

## Bedwetting, from page 1

"Our daughter, Sandra, had a very difficult time with toilet training in general. When she was 4 she was still having regular accidents at pre-school (at least once a week). She also was still in diapers at night because she wet in her sleep *every* night. Two weeks after starting Feingold she woke up dry for the first time. (I'm not exaggerating — it was the *first time ever*). Six months later she had not had a single accident at school, and had only wet the bed twice in the whole six months. We've been on Feingold now for almost a year, and I can't remember the last time she wet the bed. I think it was sometime back in the spring."

"Two weeks after starting Feingold she woke up dry for the first time."

Another parent wrote, "My seven year old son, Andrew, has been on Feingold for 8 months now and always had a problem with bedwetting and actually with potty training in general. Since being on Feingold, it has literally stopped in about the 8th week. His nightmares have also stopped."

One mom found that "Bedwetting was definitely a sign of a reaction when my son was younger. A big culprit was apple juice."

Studies: "Enuresis in children with attention-deficit hyperactivity disorder." Robson WL, Jackson JP, Blackhurst D, Leung AK. *South Med J* 1997 May;90(5):503-5

"Effect of diet treatment on enuresis in children with migraine or hyperkinetic behavior., Egger J, Carter CH, Soothill JF, Wilson J. *Clin Pediatr* (Phila) 1992 May;31(5):302-7



## My friend's child, from page 1

The 1974 book has a wealth of information that is still valid today, but it is best if your friend reads it *after* she has seen our Handbook, Foodlist, etc., and understands how much progress we have made since then.

You may want to lend out your copy of *Why Can't My Child Behave?* or suggest she look for it in her local library. This book is designed to update the information Dr. Feingold first presented, as well as share the many practical solutions parents have found over the years. When you order your own copy of the book, you can purchase a second copy for only \$15. Contact the membership office at (631) 369-9340 for details.



You are welcome to photocopy newsletter articles if you like, or contact our Virginia office for additional copies of *Pure Facts* to give to others. Call (703) 768-3287.

Another reason some people believe the Feingold diet is hard is that they think there is only one diet to treat ADHD, and confuse the Feingold Program with the many other diets that were developed after Dr. Feingold's pioneering work became well known. This is why we often hear that people believe we eliminate sugar and chocolate, or require people to rotate foods, or take away common allergy foods, etc.

Your friend might be willing to check out our web site: [www.feingold.org](http://www.feingold.org) or [www.adhd-diet.com](http://www.adhd-diet.com). This way she can take a look at the wonderful information provided there, and not feel any pressure.

Occasionally, volunteers conduct workshops, and this has often been a good way to introduce friends to the diet/behavior concept. Generally a member will arrange for their school PTA or other group to invite a Feingold representative to be a guest

speaker. Contact us if you are interested, and we will try to locate a qualified volunteer. If you are experienced on the Program we can assist you in preparing your own presentation. This is a great opportunity to present the Program as it really is used.



## "My child is on medication"

We used to think that the diet would not work if a child was on stimulant drugs, but many years later, it appears that some children are able to combine the two. Since most parents would prefer their child discontinue the drugs eventually, it makes sense to begin using the Feingold diet and then consult with the doctor about a schedule to discontinue use. There is no down side to eliminating petroleum-based additives, regardless of any other techniques being used.

## "My doctor says the studies do not support the diet"

We routinely provide information on the double blind studies of diet and ADHD. The majority of them do support the connection.



If, after you have shown your friend your Feingold information, let her know that you can be on the Program and eat at McDonald's, that it's surprisingly easy — certainly a lot easier than dealing with learning and behavior problems — and that there is plenty of scientific support, she might still not be interested. At that point it's best to just back off, and to keep the door open for a future time when she might want to reconsider her options. Most moms of these children have been blamed rather than supported; many already feel guilty, and when they hear about a diet that they don't think they can follow, it makes them feel even more guilty. At that point, your acceptance and friendship is what your friend needs most of all.

## Subway Update

The most recent information provided by the restaurant chain indicates that some foods look promising for hungry families on the go.

Several years ago *Pure Facts* carried an article on foods at the Subway restaurant chain. This is an update. If you are very new to the Feingold Program it is best to avoid eating out for this early period. Once you are doing well and can identify a reaction, you may want to venture out and begin testing restaurant foods.

The individual Subway owners have some choices about which items to carry, so there may be differences around the country. In some areas special toppings (sesame seeds, Italian seasonings, etc.) are being added to the breads.

Many families have had success in identifying acceptable foods by first making a preliminary trip to their local restaurant. We suggest you select a time when a restaurant is not likely to be busy, perhaps around 3:00 in the afternoon. Bring along some Feingold literature to explain the Program. (Contact us if you would like to have more.) Ask to speak with the manager. Explain that your family member has some food or additive sensitivities and that you would like to identify some items that he/she could enjoy at their restaurant. Please be very positive in your approach; no restaurant representative is required to provide any information, but most will try to be helpful. All Subway restaurants bake their own breads and cookies, and they should have packages on hand that list ingredients.

Please remember that restaurants are likely to buy ingredients from many different suppliers and that they can change suppliers at any time. Our research on restaurant food can not be as precise as that done on brand name products. This information is based on the data provided by the company, and is not subjected to the same in-depth questions asked in compiling our Foodlists. Once again, new members should avoid restaurant food until they have gained experience on the Program. Even experienced members need to be aware that ingredients can change at any time.

## McDonald's Cheese

Food Ingredients can be confusing; this is no exception.

The McDonald's Corporation publishes a booklet titled *McDonald's Nutrition Facts*. It includes a detailed listing of the ingredients in its many menu items, as well as information on fats, calories and vitamins.

One of the ingredients listed in the Sharp Pasteurized Processed American Cheese slice is "artificial color." Technically, the coloring is considered to be artificial since it does not occur naturally in the cheese. In the same way, if you add grape juice to lemonade to make it pink, the grape juice is an artificial coloring. However, sometimes, when a product lists "artificial" coloring, the source is synthetic, such as Red 40 or Yellow 5 (both made from petroleum).

In compiling the 1999 booklet *Pure Facts* spoke with McDonald's headquarters staff and we were assured that the source of the coloring used in the cheese is natural, so it was included. Once again, in preparing the 2000 booklet, we questioned the source of the coloring and were told it is still the same. FAUS has asked the company to please change the listing to make it more accurate, perhaps saying "colored with annatto," "coloring from natural source," or "natural coloring."

**Note:** One mom reported that her local McDonald's uses a pickle that contains Yellow No. 5, despite the fact that the company's information indicates their pickles do not contain dye. Unfortunately, local branches might use products that are different than the ones specified.

## Acceptable Choices at Subway

Subway White Bread  
Subway Wheat Bread (CS, SF)  
Low Fat Tortilla

Roast Turkey Breast (CS,MSG/HVP)  
Steak\* (CS, tomatoes, peppers, MSG/HVP)  
Roast Beef (CS)  
Tuna (MSG/HVP)  
American Cheese

Marinara Sauce\* (CS, tomato, poss MSG/HVP)

Lettuce  
Onions  
Tomatoes\*  
Green Peppers\*  
Olives  
Jalapeno Pepper Slices\* (SB)  
Oil  
Mustard\* (paprika)  
Salt  
Pepper  
Vinegar\* (wine)

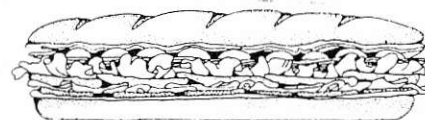
Oatmeal Raisin Cookie\*  
Peanut Butter Cookie  
Sugar Cookie  
Chocolate Chunk Cookie  
(not Chocolate Chip Cookie)

Note: All of the salad dressings and the light mayonnaise dressing contain unacceptable ingredients

\* = salicylate  
CS = corn syrup  
SB = sodium benzoate  
CP = calcium propionate  
MSG/HVP = monosodium glutamate/hydrolyzed vegetable protein  
SF = sulfiting agents

You can access more information on the items available at the Subway web site:

[www.subway.com/our\\_food/nguide/usingredients\\_gide.htm](http://www.subway.com/our_food/nguide/usingredients_gide.htm)



## Scientists call on the government to study environmental pollutants

Representatives of the Federal government, the academic community, chemical industry and environmentalists met in New York to investigate the potential damage of toxic chemicals in our communities. The meeting of about 200 people was titled the Endocrine Disrupters and Children's Health workshop.

The term "endocrine disrupters" refers to synthetic chemicals that interfere with natural hormone function. Some of these endocrine disrupters (such as lead, polychlorinated biphenyls, pesticides) have been linked with an increase in asthma, cancer and birth defects.



The effort is being led by Dr. Philip Landrigan of the Mount Sinai Center for Children's Health and the Environment. They are calling for a massive study to include at least 100,000 children who would be followed from be-

fore birth to age 18 to 21. The work will provide valuable data long before the completion of such a study, since these effects may be seen in very young children.

At the present time there is no commitment on the part of the Federal government to provide the funding that would be required for such a major study.

The role of hormone disrupters in learning and behavior problems is unclear, but it is very likely that those substances responsible for such physical effects are also implicated in behavior and learning disorders.

### Finally!

#### A good use for tobacco and for genetic engineering

It's difficult and expensive to clean up TNT, a powerful explosive that contaminates the soil around weapons factories, but there appears to be an effective resource in genetically engineered tobacco. Researchers were looking for a plant that could be grown in the contaminated soil, rather than using other, more expensive techniques that require the soil to be excavated. They modified tobacco plants by inserting a special gene that produces an enzyme that breaks the TNT down into harmless components. These plants are able to grow in the contaminated soil that would kill normal tobacco plants.

Source: *Nature Biotechnology* 5/99



### Last Call for Calendar Photos

Each year FAUS publishes a School Year Calendar and mails it to members in the United States at the end of summer. The calendar features useful tips for living happily on the Feingold Program, along with information on new and hard-to-find products. It also features pictures of our Feingold children and teens. We are looking for informal photos, especially seasonal activities. They can be color or black & white, as long as the image is not blurry. (Do not send portraits or school photos, please.) You are welcome to include a description of the activity or some information about your child and how the Program has affected your family.

Please write the child's name and address on the back and mail to FAUS, PO Box 6550, Alexandria VA 22306. The photographs will be returned to you after the calendar has been printed.

### Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Kathy Bratby

Lynn Murphy

Donna Curtis

Debbie Jackson

Shula Edelkind

Barbara Keele

*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, a telephone and e-mail 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 (631) 369-9340.

The articles in this newsletter are offered as information for *Pure Facts* readers, and are not intended to provide medical advice. Please seek the guidance of a qualified health care professional concerning medical issues.

www.feingold.org

© 2000 by the Feingold Association of the United States, Inc.

May 2000

## Activism is beginning to yield results

The White House, Washington, DC

President Clinton announced the establishment of a Commission on Complementary and Alternative Medicine Policy. The goal is to conduct research on complementary and alternative therapies that may be beneficial, to educate health care providers in these therapies, and to make this information available, in understandable terminology, to the public.

In April, Congressman Dan Burton held hearings on the growing epidemic of autism.

Testimony was given by doctors who are on the cutting edge of research into autism, as well as those who simply repeated the information that has been obsolete for decades.

Angry parents lashed out at professionals who patronize them, who belittle their efforts at researching and understanding the many unknown factors behind this devastating disorder.

Parents and doctors spoke about the connection between certain vaccines and the onset of autism, and forced a discussion of this inflammatory subject.

Additional information on the triggers for autism is available from:

The National Vaccine Information Center  
512 Maple Ave West, #206, Vienna, VA 22180  
(703) 938-3783 [www.909shot.com](http://www.909shot.com)

Autism Network for Dietary Intervention (ANDI)  
PO Box 17711, Rochester NY 14617-0711  
[www.AutismNDI@aol.com](http://www.AutismNDI@aol.com)

As this newsletter goes to press, Californians have the opportunity to ensure their own health freedom. Citizens for Health is championing a bill to allow doctors and patients to employ safe alternative and complementary medical treatments.

Had a law such as this been on the books a few years ago, the California Medical Board might not have been able to attack San Francisco immunologist, Robert Sinaiko, M.D. (Dr. Sinaiko's case is currently in the appeals process.)

To learn more about how you can play a part in bringing health freedom to California, click on [www.citizenshealth.org](http://www.citizenshealth.org).

*Thank You Thank You Thank You Thank You*

...to Carolyn Allen for writing to the Fort Worth Star Telegram about their coverage of the issue of drugs being given to small children.

Carolyn, who is a pre-kindergarten teacher, spoke about the many children she sees who have difficulty controlling their emotions and movements.

She wrote: "What most articles fail to address is the proven connection between certain foods, chemical additives and their behaviors. I've seen the improvement in children who have removed such substances from their diets.

"If only the doctor who gave his little patient the brightly colored sucker could see that child when he returned to class, hitting and kicking anyone who got in his way! I have!"

...to Shula Edelkind for plowing through the many hours of C-span coverage of the Congressional hearings on autism, and for reporting back to us.

...to Mark Unger for arranging a Feingold appearance on the Queen Latifah Show, a new daytime talk show on NBC. Mark is the president of the ADD Action Group.

## Getting Together

Napa, CA - Tara Booth, mom to a 4 year old, would like to meet other moms in her area. She can be reached at (707) 257-1324.

Vallejo, CA - Esther Roberts is looking for Feingold members in the area north of San Francisco. If you live anywhere in a one hour radius of Vallejo and are interested in having a support group, please e-mail [Esther\\_Roberts@Earthlink.net](mailto:Esther_Roberts@Earthlink.net). or call (707) 645-8477.

## Taylor Seminars

Dr. John Taylor will be giving his popular seminars on helping children with ADHD and on reaching the difficult adolescent. He supports the use of nutrition, including the Feingold Program, plus effective behavioral strategies.

In May he will be in cities throughout New England, and then he will move on to South Dakota, Wyoming and Colorado. Some presentations are free 2 hour introductions and others are full day seminars. All are chock full of practical, proven techniques.

For details on subject, times, dates and places, log on to [www.add-plus.com/itinerary](http://www.add-plus.com/itinerary) or call 1 (800) 847-1233.

## FAUS Product Information Center Report

from Donna Curtis

### Product Alert

CRACKER JACK Butter Toffee Glazed Popcorn & Peanut Clusters now says "New! Butter Toffee Clusters" and contains artificial flavors. It should be removed from your Foodlist. The Original Cracker Jack continues to be free of artificial colors and flavors.

FISHER Chopped Walnuts, now called Fisher Chef's Naturals Walnuts, contain BHA & TBHQ. Also, natural smoke flavoring is being added as an ingredient to Fisher Salted Sunflower Nuts (now in a jar). Some naturally smoked products are included in your Foodlist; however, in this instance the type of natural smoke flavoring is not acceptable. Please remove both of these products from your Foodlist.

ECCO BELLA Peach (Rose) Blush contains Sweet Almond Oil, which makes it a Stage Two item in your Foodlist & Shopping Guide. PIC is working with the company to determine if there are additional changes.

### Product Caution

Please be aware that there are now two varieties of DELIMEX Chicken Taquitos. The regular version is Stage One but the Grilled Children variety contains tomatoes and has not yet been added to the Foodlist.

### Yogurt for Babies

STONYFIELD FARM YoBaby Vanilla Yogurt is considered acceptable for adding to Stage One, even though it has a trace of salicylate from the apples or oranges in the pectin. The problem is that Stonyfield Farm YoBaby Vanilla Yogurt is sold only in a 6 pack that includes peach or banana flavors. PIC has requested information on the peach and banana flavors so we could add them to our Foodlist, but the company is having difficulty obtaining the information they need from their suppliers.

Since the Stonyfield Farm French Vanilla Whole Milk Yogurt is the same formula as the YoBaby Vanilla, it could be used instead.

### Coca-Cola

People often ask why Coca-Cola is included in the Fast Food Guide, but not the Foodlists. Before an item can be added to our Foodlists the manufacturer must fill out a detailed Inquiry Form, but Coke and Pepsi have always been notoriously secretive about the flavoring in their products. We know from many years of use that regular (not diet) Coke and Pepsi are tolerated by the majority of members, but without the completed forms, we will not add them to the Foodlist.

## PIC Report

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

### Stage One

BESTLIFE\* milk substitutes: Balance Plus (CS), Soy Good (CS)

*Mail order: www.bestlife.com (800) 407-7238*

EARTH'S OWN NATURAL BODYCARE

Aloe-Avocado Shampoo, Aloe-Avocado Lotion, Coconut Cloud Cream, Herbal Highlighting Shampoo, Just Natural Soap, Light Refreshing Lotion, Lip Gloss, Mango Body Butter, Shea Butter Soap, Soft Skin Lotion

*Order via the web site: www.earthsown.com*

SHADYBROOK FARMS 15% Fat Free Ground Turkey, Bone-In Turkey Parts, Carved Peppered Turkey Breast, Carved Turkey Breast Natural (CS), Dinner Style Links (CS), Homestyle Oven Roasted Turkey Breast, Honey Roasted Turkey Breast, Hotel Style Turkey Breast, Lean Ground Turkey, Oven Roasted Turkey Breast (N), Prime Young Turkey, Prime Young Turkey Breast, Slow Roasted Chicken Breast, Slow Roasted Turkey Breast, Smoked Turkey Breast (N), Smoked Turkey Parts (N), Smoked Whole Turkey (N), Split Turkey Roast, Turkey Breast - No Salt Added, Turkey Burgers  
*Shadybrook Farms products are available in most states, except the West.*

### Stage Two

DOLPHIN & FRIENDS Deliciously Baked Bite Size Crackers (CS, MSG/HVP, paprika, red peppers)

LIFE FORCE INTERNATIONAL Body Balance Whole Food Supplement (blueberries, black cherries)

*Mail order from (800) 551-4877 or via their web site: www.lifeforce-intl.com, you must use PIN #17024501 when ordering*

NUTRALICIOUS\* Eggless Carob Coated Donut (CS, peaches), Old Fashined Cinnamon Donut w/Cinnamon Glaze (CS, peaches)

*Mail order from (800) 835-8097*

SHADYBROOK FARMS Homestyle Fully Cooked Turkey Meatballs (CS, bell & red peppers), Hot Italian Turkey Sausage (paprika), Salsa Roasted Turkey Breast (paprika, bell & red peppers, tomatoes)

TERRA\* Yukon Gold Potato Chips: Barbecue (MSG/HVP, CS, possible SF, paprika, peppers), Onion & Garlic (MSG/HVP, 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.