

The Fearful Child

When A.A. Milne wrote children's stories about Christopher Robin and his playmates, he wasn't diagnosing behavior/learning problems, but take a look at the personalities of the animals he created. Pooh is the distracted dreamer (ADD); Eyore is depressed; Tigger gives meaning to the word "hyperactive." And then there's fearful little Piglet.

Kids have had fears as long as there have been kids. Anxiety around new people or in new situations, separation from a parent, and monsters under the bed have always been a part of most children's development, but for some youngsters these symptoms are much too severe or last too long. Does diet play a role in helping such children? The Association has very limited experience in helping families deal with a child's excessive fear, but, like many other symptoms, parents often feel that "it's worth a try" and appreciate the fact that there is no negative side effect.



One mom called FAUS about her eight year old daughter who is on the Program (although there are frequent infractions) and while they have seen some improvements, she is still a very fearful, anxious child. Her mother explained, "She will participate in various activities, but only if I am nearby. Our doctor has suggested we use antidepressants, but I am uncomfortable with that. Does the diet usually help with these symptoms? My ten year old is great about sticking to the diet, but my husband often buys the wrong foods when he takes the girls out."

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Trader Joe's

Especially for those who are experienced on the Feingold Program, this is a funky, fun place to shop. For the new member, there are also some Stage One foods to be found here.

California families have long enjoyed the convenience, variety and cost saving of shopping at this chain, which calls itself "a unique grocery store."

When you first enter one of these modest-sized establishments, you may wonder whether you've happened into a mom & pop shop, a gourmet store, discount chain, health food store, or the near relative of a convenience shop. (Actually, Trader Joe's began in Los Angeles in 1958 as a chain of convenience stores, called "Pronto.")

Trader Joe's Golden Globe Awards



A glance at Trader Joe's "Fearless Flyer," their newsletter/ad circular stacked at the entrance, assures you that this is a food store with a sense of humor. While the management may not take itself too seriously, they are earnest about providing good food at the lowest prices possible.

Most of the labels are impressively natural, but there are some glaring exceptions. There are stacks of chocolate with synthetic vanilla (vanillin) and there are gaudy, dyed jelly beans.

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Rachel's family pitches in to help

America has recently met Joseph Lieberman, a Senator from Connecticut and vice presidential candidate. Now, meet his niece, Rachel.

She was only 4 years old when she began the Feingold Program, but Rachel can remember being a child of endless energy, running around, climbing trees, and having a hard time getting to sleep. When she did get to sleep she would wake up a few hours later, and remembers wanting someone to come in to her room and keep her company. Her exhausted mom, Ellen, remembers it all too well!

At that time they lived in a two-family home, that they shared with Ellen's brother, Joseph, who would go on to become Connecticut's Attorney General and then a Senator. Grandmother, Marcia Lieberman, lived nearby, and also lent a hand.

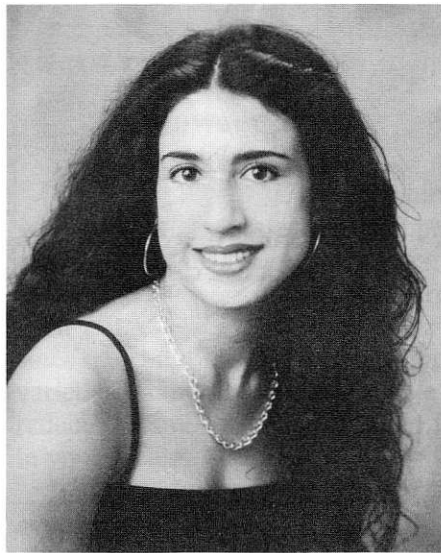
Ellen was watching the late night show "Nightline" in October of 1984. The show focused on behavior problems in children, and included parents from the Feingold Association. Ellen remembers one mom saying that "parents cannot wait ten or twenty years until the research is in. Families need help now; in fact, it's all many of them can do just to get through the day." She identified with these women, copied down the phone number given, and set out the next day to get the information she would need to use the Feingold Program.

Halloween was just around the corner, but Ellen quickly absorbed the information and was ready for it. She made up bags with natural treats for the neighbors to give Rachel when she came to their houses.

The family watched with delight as they saw the change in Rachel's behavior, energy level and sleep habits. Her grandmother recalls, "We saw a great change in Rachel's behavior — she had been almost beyond control — and it was rewarding. I think everyone in our family learned to eat good food. We watched the diets of the other children as well."

One of Rachel's cousins was also on the Feingold Program, so the food served at home and at family gatherings was always natural.

Rachel has some recollection of the early days on the new diet. She was not a child who liked being told what she could or could not eat, but Ellen was creative about providing food that was fun as well as healthy. She soon forgot about the food that was "off limits" and developed a real appreciation for how delicious the natural, or as she calls it "the real food" tasted. This love of food has continued, and now at 20 years old, Rachel still follows an extremely healthy diet.



Rachel grew up on the Feingold Program and today is a successful young adult.

Despite a heavy academic schedule, Rachel enjoys cooking when she can. She thinks that too many people don't appreciate how enjoyable healthy food can be, and miss all the sensory pleasures of working with it. She sees how unenthusiastic some of her college friends have become about what they eat. "Too many of my friends' diets consist of overly processed, overly colored, fatty foods, with unpronounceable ingredients. These meals are usually chased down by sugary or synthetically sweetened sodas. I decided to stay completely clear of soft drinks after I saw a plumber use cola to clear out a clogged pipe!"

Another motivation to improve her diet came when Rachel began studying biology in college. She had always heard the saying "you are what you eat," but now it became an undeniable truth. "Almost everything we put into ourselves, from the nutrients in our food to the air we breathe, becomes the fuel to create and repair cells in the body — unhealthy diet, unhealthy energy, unhealthy person."

The family watched with delight as they saw the changes in Rachel and her cousin.

Growing up on a kosher diet, Rachel was accustomed to being selective about what she ate. "People are so selective about the things closest to them: their friends, their clothes, their entertainment; being selective about what you put into your body is a healthy habit to get into."

Her academic program is very demanding; she has a dual major, combining pre-med with psychology. It is called "psychobiology," and she hopes to go on to get her doctorate.

Ellen recalls that while the diet was very successful in helping Rachel with behavior and sleep, she wasn't doing as well in school as she could. In third grade Rachel changed schools and enrolled in a magnet school. Thanks to the outstanding academic program, plus a very special teacher who took a personal interest in Rachel, the little girl began to excel. This enthusiasm for learning and outstanding academic record continued through the rest of her school years and to this day.

Rachel regards this shift in her academic performance as "the period in my life when I learned to focus the energy I have always had. Having a disciplined source of energy has made life, and definitely school, much easier."

Rachel sums up her philosophy with a few words: "It's important to pay attention to what you put in your body."

Fearful child, from page 1

Since your ten year old is very cooperative, and since Dad sometimes forgets, maybe you can ask her to be in charge of selecting the food eaten away from home, or perhaps she will help you to prepare snacks that can be taken along. This could be a real ego-booster for a child to have this responsibility.

“Does diet usually help with these symptoms?”

Most people associate the Feingold Program with helping behavior and learning problems, not fearfulness, but that does not necessarily mean that our program is ineffective for this problem. While our experience here is limited, we do have a few reports, and they are quite dramatic.

One little three year old boy comes to mind. He was an only child, with two loving parents, and there was no clear reason why he was so fearful. If he was far from an animal, and with his parents, he was o.k., but if they tried to bring him closer he literally became terrified. Needless to say, their few excursions to the petting zoo were disasters!



One day there was a personal note in the FAUS post office box. It was a thank you from his mother, telling how grateful she and her husband were for the change in their little boy. They were successfully using the program and were also looking into allergies. I called the mom to thank her and she asked for information to pass along to others. Since she lived nearby I said I would drop the materials off. One Saturday afternoon I knocked on the family's front door. The door was flung open wide by a vivacious, smiling, bright-eyed little boy, who obviously won the race to get there before his Dad. He had never seen me, but immediately invited me in to see his bug and reptile pets. This was the same child who had been terrified by his own shadow only a few months earlier.

Psychological vs. chemical factors

An important message Dr. Feingold wanted to share was this: psychological factors are not the only things that determine how people behave. Certain foods and food additives can have a profound effect on us in many ways, including the way we behave. But that does not mean that chemicals are the only things that influence us, or that psychological factors are not important. They can be of enormous importance!



Becky was a bright, outgoing little girl; she had the security of a loving family, and was thriving. Her family moved to a new area over the summer and this meant a new school, where she did not know any of the children. Seven year old Becky was not worried about starting out in a new school, in fact, she was very excited. She knew that one of the first things to be discussed would be what each child had done over the summer, and Becky had a wonderful story to tell. She had been to a World's Fair! Not only would this be the hit of the day, she imagined, but all of the children would want to be her friend.

Finally, it was Becky's turn to tell about her summer adventure. She had barely begun, when the teacher interrupted with sarcastic remarks about the World's Fair event. It was an absurd and cruel thing for anyone to do, especially a teacher, and it had a profound effect on Becky. After that experience she withdrew, becoming a quiet, rather timid little girl, and it was many years before she was able to feel trusting and open to the world as she once was. She was a sensitive child, and did not recover quickly from this event.

It's important to know when the symptoms of fearfulness began. If your child had been secure, and is now behaving differently, there may have been an event that triggered this change. Don't expect a child to tell you these things because children see the world through such different eyes than adults. Even if you are very close to your youngster, that does not necessarily mean you will be able to uncover what happened. It's possible that a child's behavior could be the result of something that was said to her by another child, or that a casual remark you made was misinterpreted. (One little boy began to behave badly after hearing his grandmother comment, "The good die young.")

This is where a skilled psychologist or clinical social worker could be of enormous help. If you can find someone who is experienced in working with young children they might be able to uncover the source of your child's anxiety.

If your child has always been timid, then you are probably dealing with a little person who will always be more sensitive to her world. Many people first appreciate how unique each child is when their second baby is born. Look in the window of any hospital nursery to see the very different temperaments of the babies. Some enter the world relatively relaxed, while others arrive kicking and screaming, and continue to do this as they grow.

Every child who is raised by loving adults must eventually face the reality that other adults don't look upon him with the same love and acceptance as his parents. How successfully he adapts to this reality could depend upon many factors, including how well he feels. The child who is plagued with allergies or sensitivities is likely to have a tough time dealing with many of the developmental challenges he faces.

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The use of drugs — pro and con

Drugs can be valuable, particularly in a crisis situation. They might be the best choice in many situations and can confer enormous benefits. But most drugs have a down side too, and this should be considered as you look for solutions. Here are some questions to ask your doctor:

- What are the side effects of this drug? They will be listed in the *Physician's Desk Reference*. Your doctor should have a copy or you can look at it in your public library.
- If a child is already using a drug or if more than one might be used, what effect(s) will there be from the interaction of the chemicals?
- Is this medicine intended to be used for only a few weeks? If so, what will happen once the time is up and it is discontinued?
- Will the use of a drug make it more difficult to discover the cause of the problem(s)?
- Is there a dye-free version available?
- Has this drug been tested on children? (Many medicines routinely used for children have been tested only in adults.)

Adding and Subtracting

If you try adding a substance, there are other options beside prescription medicine. For example, you may want to ask your doctor about the studies showing that St. John's Wort is more effective than typical antidepressants for mild depression. There are many, many substances that show promise as a replacement for various drugs. This



"The enormous weight of evidence, so far, is that anti-depressants do not help childhood depression."
Dr. Donald L. Rosenblitt
Medical director
Lucy Daniels Center for Early
Childhood - therapeutic nursery

includes vitamins, minerals, herbs, essential oils, etc. Some families have found that their child was helped by a comprehensive evaluation of the child's chemistry. An excess or a deficiency of a substance, such as a mineral, can have a profound effect on one's health and behavior. The Pfeiffer Treatment Center in Naperville, IL is one of the facilities that carries out such testing.

Many children with developmental problems benefit from sensory integration therapy.

Subtracting an allergy food or removing an environmental irritant can make a big difference if that turns out to be the source of the problem.



Take a closer look at diet

If your child has not been on a careful trial of Stage One for four to six weeks, with no infractions, it might be worth while to go back and give the Feingold Program a careful trial to help you rule out additives and salicylates. It can be hard to realize that something as innocent as a natural salicylate can trigger a drastic reaction in some people.

There certainly are limits to diet, including the Feingold Program, but you won't know if it will help, or how much, until you've given it a fair test.

"There's still a lot we don't know about using these medications in kids. We don't know about their long-term effects. Children are not just small adults."

Dr. David G. Fassler
Chairman, American Psychiatric
Association's Council on
Children, Adolescents
and their Families

NIH Conference raises questions about drug industry testing

The National Institutes of Health recently sponsored a conference to look into the issue of medical research that is influenced by the manufacturers — the pharmaceutical companies that have a financial stake in the outcome of such research.

Dr. Thomas Bodenheimer, an internist at the University of California, San Francisco campus, spent a year reviewing the problem and presented his findings to the conference attendees.

Boston Globe journalist, Alice Dembner, described his findings: "Symptoms that commercialism is hurting research include studies that are deliberately skewed to produce favorable results for the funders' drugs, and research articles guest-written by prominent researchers whose only contact with the project is a paycheck from drug makers."

The conference came as a result of congressional objections to flawed research in gene therapy studies that led to the death of participants.

Some articles published in medical journals use "ghost writers."

Bodenheimer described instances where the companies funding the drug research did not allow negative findings to be published, and others where the published information was clearly inaccurate. He expressed concern that doctors may be using flawed data to make decisions about using drugs for their patients.

Last year, the *Journal of the American Medical Association* published the results of a trial where one of the drugs used was given orally to most of the patients, even though it is designed to be used intravenously.

One option Bodenheimer suggested was to require that the companies fund the final testing of drugs, but that the U.S. government be responsible for the tests. Drug industry representatives did not deny there are problems, but felt that such a step was not needed.

Dry erase markers can really smell up a classroom!

Traditional dry erase markers contain a soup of powerful chemicals, and give off fumes that are unpleasant to most people and especially troublesome for those who are sensitive. Binney & Smith, makers of Crayola products, has a line of markers that might be a good alternative. They are designed for white boards, and use washable ink.



While there is no guarantee that these markers will be tolerated by the very sensitive child, they are bound to be preferable to those that contain ketone and acetates.

Look for them at discount and toy stores and at some office supply stores. You can also call 1 (800) CRAYOLA for more information or to locate a store in your area.

Trader Joe's, from page 1

This California "institution" is now found in some other areas of the United States and is expanding steadily. In the Washington, DC area the chain is quickly becoming a favorite. The Baltimore area will soon have its first Trader Joe's, located in Towson, MD. There are many branches in the Northwest, and new stores are opening in the Northeast.

Stores are now open in the following states: AZ, CA, CT, MD, MA, NV, NJ, NY, NC, SC, OR, VA, WA.

The first midwestern stores will be located in the Chicago suburbs of Glen Ellyn, Downers Grove and Northbrook. If there isn't a Trader Joe's near you, don't be discouraged; there may be one soon. For current information call 1 (800) SHOP TJS or check their web site:

www.traderjoes.com

Most of the Trader Joe's stores are located in shopping strips where their rent is manageable, but they are beginning to venture into more upscale locations. People who are devoted to this store will travel many miles to pick up their favorite items.

In the store

Each section of the store is small, but filled with inviting, mostly additive-free products. Hard-to-find hamburger and hot dog buns are available in the bakery section. They are made with whole wheat flour but are light and tasty. There is a modest selection of meats, produce and grocery items, but their specialties are: cereals, nuts & dried fruits, frozen seafood, and an impressive choice of prepared entrees and desserts.

Product research

There are about 800 products which have the Trader Joe label, and the stores carry many other brand names as well. FAUS has been submitting research forms to the company, and the responses have been coming in, but it is a slow process since Trader Joe's has to contact each of their many suppliers. There is now a small selection of products that have been found acceptable. If you are experienced on the Feingold Program you may want to test out some of the unresearched foods, but if you are new to the Program, we urge you to stick to the items that have been researched.

Each of the non-perishable foods under the Trader Joe's label are generally made by one company and distributed throughout the country. But for perishables like baked goods, there are different suppliers on the both the East and West Coasts, so FAUS researches both.

The following products under the Trader Joe's label are now acceptable for use on Stage One:

Harvest Whole Wheat Bread - East
Maple Whole Wheat Bread (CS) - East

Multi Grain Country Bread - East
Hot Dog Buns - West
Hamburger Buns - West
100% Canola Oil

Chocolate Cat Cookies (CS)
Fat Free Meringue Cookies
Lowfat Chicken Noodle Soup

Stage Two

Breaded Alaskan Cod Fillets (CS, paprika)
Cranberry Almond Cluster Cereal (CS, peaches)

The drawbacks

There's no guarantee a favorite food will be on the shelves when you return, so the motto is "stock up and stay flexible." Trader Joe's buyers search for interesting foods at the best prices, and when they locate something good, they buy large quantities and pass the savings on to you. In an effort to keep the cost of their house brands low they are always on the lookout for a better deal. A drawback for the Feingold member is that these suppliers could change at any time. We are hopeful that this will not be too big a problem since the company does have specifications of the ingredients to be used.



The Fearless Flyer is given a warm welcome in thousands of homes.

Labels with a sense of humor

Here are some of the house brand labels you will find:

Trader Darwin's vitamins (for the survival of the fittest)

Trader Ming's (oriental food)

Trader Giotto's (Italian food)

Welcoming the Trick-or-Treaters

Add some atmosphere as you provide natural treats for an enjoyable holiday.

Ghostly Greeters

Make ghosts out of clean, empty plastic milk containers. Cut out ghost shapes and string them up in trees or on the porch with fishing line. Either draw on the eyes and mouth with a black marker, or punch holes to make the features. You can attach little bells to them so they jingle when a breeze blows.

Life-size Ghost

Lean your ironing board against the wall. Cover it with a white sheet. Make the eyes and mouth out of black construction paper and tape them to the sheet.



Spooky Jack-O-Lantern

Carve the features in a pumpkin. Inside the hollow pumpkin place a glass of hot water. Float a chunk of dry ice in the water. Put the top back on the pumpkin and fog will float out of the eyes, nose and mouth of the pumpkin face.

More Decorations

Don't forget to bring home lots of orange and black balloons and crepe paper.



United Way/CFC

This is the giving season for the United Way Community Health Charities and Combined Federal Campaign. FAUS can receive donations when an individual fills out a designated donor form, provided by many (but not all) agencies.

To have some or all of your United Way/CFC contribution routed to the Feingold Association, please ask your representative for a designated donor form.

If you have questions, leave your name and phone number on our table (800-321-3287). We will call you back and work with you to have the Association added to your agency's list of recipients. Once FAUS has been approved as a recipient, future donations can be made with no extra paperwork.

Halloween Party Refreshments

Yes, it might be apple season, but if you are on Stage One, it's also pear season. You can substitute pears in any recipe that calls for apples. Firm, even hard, pears cook up well, and since they aren't as tart as many apple varieties, you will probably be able to reduce the amount of sugar called for in your recipe.

Here's a dessert treat that is both simple and delicious.

Pear Crisp

- 4 medium pears
- 1/3 cup sugar
- 1/2 cup rolled oats
- 1/2 cup flour
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/3 cup soft butter

Heat the oven to 375°.

Grease an 8 inch square pan.

Peel pears, remove the core, and slice them into the pan.

Make the topping by mixing the rest of the ingredients until they are well blended.

Sprinkle the topping over the pears.

Bake this for about 30 minutes or until lightly browned.

The Pear Crisp is delicious served warm, topped with a scoop of vanilla ice cream.

Pure Facts

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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.

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Human Rights - Whose Rights?

Last month, when the President was in New York he met with the leader of the world's most populous country, challenging him to allow China's citizens to enjoy basic human rights. Meanwhile, back in the Washington, DC area, parents and doctors met to address an important human rights issue taking place here in the United States. Will parents be forced to agree to have their children immunized while there are serious questions about vaccine safety for some of our children?

Earlier this year Dan Burton, the Republican Congressman from Indiana's 6th District held hearings on the increased rate of autism. Here are excerpts from Mr. Burton's testimony.

This morning we're here to talk about autism. What used to be considered a rare disorder has become a near-epidemic.

My grandson Christian was born healthy. He was beautiful and tall. We were already planning his NBA career. He was outgoing and talkative. He enjoyed company and going places. Then, his mother took him for his routine immunizations and all of that changed. That night Christian had a slight fever and he slept for long periods of time. When he was awake he would scream a horrible high-pitched scream. He would scream for hours. He began dragging his head on the furniture and banging it repeatedly. Over the week-and-a-half after the vaccinations, Christian would stare into space and act like he was deaf. He would hit himself and others, which was something he had never done. He would shake his head from side to side as fast as he could. He lost all language. Unfortunately, what happened to Christian is not a rare isolated event.

Dr. Andrew Wakefield and Professor John O'Leary will be testifying today. Their research has uncovered a possible connection between inflammatory bowel disorder in children with autism who received MMR vaccine and have the measles virus in their small intestines.

I am not against vaccinations, and I don't think that every autistic child acquires autism after receiving childhood immunizations. However, there is enough evidence emerging of some kind of connection for some children that we can't close our eyes to it.

Dr. Mary Megson will testify about the correlation she has seen in children with autism and ADD.

I'm very concerned about the increased number of childhood vaccines. I'm concerned about the ingredients that are put in these vaccines. We've learned that most of the vaccines our children are given contain mercury, aluminum and formaldehyde. Last year the Food and Drug Administration added up the amount of mercury our babies were being given to learn that in the first six months of life they received more mercury than is considered safe. Why is it that the FDA licenses vaccines that contain neurotoxins like mercury and aluminum?

When asked about the increased rates in autism, many will immediately discount that there even is an increase. Even though the latest statistics from the Department of Education show increased rates in every state. Others will say the increase is due to better diagnostic skills. Others will say it is because the diagnostic category was expanded.

California has reported a 273% increase in children with autism since 1988. As for this increase, twenty-one percent of all autistic children in California live in the 29th district.

Florida has reported a 571% increase in autism. Maryland has reported a 513% increase between 1993 and 1998. You can't attribute all of that to better diagnostic skills.

If we want to find a cure, we must first look to the cause. We must do this now before our health and education systems are bankrupted, and before more of our national's children are locked inside themselves with this disease.

Editor's note: Vaccines can save lives and prevent serious illness. But there is evidence that bad vaccines and preservatives in them can cause damage, and that all of the information on them is not being provided. Doctors and parents have the right to know the whole story. Babies have the right to be protected against bad lots, unnecessary medicines, and toxic preservatives.

For more information see the National Vaccine Information Center's web site: www.909shot.com

FAUS Product Information Center Report

from Donna Curtis

Product Alert!

A few months ago we cautioned you about the use of some ORE-IDA products.

When we contacted ORE-IDA we were told they would not fill out our inquiry forms. As they explained, Heinz hires manufacturing companies all over the country to make their products and any changes in the ingredients lists are left up to the individual manufacturers. Hence there may be several different sources for one product and the ingredients can vary with each manufacturer.

PIC was told that extra sodium was the only thing that was changed with the "New Tastier Crispier" version, but as all these products contain oil or shortening, which is a place where BHA, BHT or TBHQ can be hidden, we are now taking all of the ORE-IDA products off of the Foodlist.

They include:

Stage One: ORE-IDA Cottage Fries, Country Style Dinner Fries, Golden Crinkle French Fried Potatoes, Golden Twirls, Pixie Crinkles, Shredded Hash Browns, Southern Style Hash Browns, Tater Tots, Toaster Hash Browns

Stage Two: ORE-IDA O'Brien Potatoes.

Product Change

Please note that the names of all of the JOLLY TIME Microwave Popcorn varieties have been changed. The new names are listed in the PIC Report in the right hand column.

TRADER JOE'S (West) Chicken Egg Rolls now contain wine with sulfiting agents. PIC will ask for updated information from the company. Meanwhile, please use this product cautiously on Stage Two.

IMAGINE* Zesty Gazpacho Natural Garden Vegetable Soup is being discontinued. However, the remaining stock contains salicylates which are clearly listed on the label. Please use this product only on Stage Two.

Correction: In the July/August *Pure Facts* we incorrectly listed the web site for COSMETICS WITHOUT SYNTHETICS. An extra "s" was left out. The correct site address is:
www.allnaturalcosmetics.com.

PIC Report

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

Stage One

- BEELER'S* Hog Wild Brand: Uncured Hickory Smoked Bacon
- CABOT Private Stock Cheddar Cheese
- CANOLA BALANCE Natural Blend of Canola, Soy & Olive Oils - *This is currently being test marketed in: CA, AZ, IA, NE, MI, OH, KY, IN*
- CROWN PRINCE NATURAL* Boiled Baby Clams in Water, Brisling Sardines in Water, Fancy White Lump Crab Meat, Solid White Albacore Tuna in Spring Water, Tongol Chunk Light Tuna
- GREAT HARVEST (*in Herndon and Vienna, Virginia*) Honey Whole Wheat Bread, Old Fashioned White Bread (CS)
- HAPPY INDULGENCE Frozen Dessert Bar: Key Lime Pie (CS)
- JOLLY TIME Microwave Popcorns: Healthy Pop, Butterlicious (CS), Crispy N White, Crispy N White Light
- MINUTE MAID Premium 100% Pure Lemon Juice from Concentrate (frozen), Premium Lemonade chilled in carton (CS), Pink Lemonade All Natural Cooler (CS), All Natural Lemonade Juice Box (CS)
- RED MILL FARMS* Cakes: Banana Nut, Dorch Chocolate - Both are gluten-free. *Mail order by calling (718) 384-2150*
- SMART BALANCE Non-Stick Cooking Spray - *Being test marketed in CA, AZ, IA, NE, MI, OH, KY, IN.*
- SMART BALANCE Low Cholesterol Slices Creamy Cheddar Flavor cheese - available nationwide
- VRUIT* Tropical Blend Pure Fruit & Vegetable Juice

Stage Two

- BEELER'S* Hog Wild Brand: Fresh Bratwurst (bell, chili & red peppers), Fully Cooked Uncured Wieners (chili peppers)
- CROWN PRINCE NATURAL* Brisling Sardines in Mustard Sauce (paprika, red peppers)
- HAPPY INDULGENCE Frozen Dessert Bars: Cappuccino (CS, coffee), Peach Cobbler (CS)
- PACIFIC HOLISTICS Lip-Slix Natural Lip Balm (almonds, grapeseed, oranges)
- PLOCHMAN'S Premium Mild Yellow Mustard (cloves, paprika, red peppers)
- SMART BALANCE Mayonnaise Light (paprika) *Being test marketed in CA, AZ, IA, NE, MI, OH, KY, IN*

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.