

Sweetness without the Sugar

Although most people on the Feingold Program don't report a problem with sugar, the prospect of a sweetener that does not have the negative effects (or the calories) is certainly attractive. There are many natural and synthetic alternatives, and more in the works. Which ones will be tolerated by people with chemical sensitivities? So far our information is limited; we hope readers will share their experience with us.

It shouldn't be such a problem to determine if a sweetener is safe for consumers to use; after all, that's the job of the U.S. Food and Drug Administration (FDA). Most people believe that any food additive sold in this country has been carefully evaluated for safety, and that only those which pass rigorous tests have been allowed to be added to our food supply. Sadly, that isn't always the case.

A good example of this badly flawed system is aspartame (NutraSweet, Equal, Spoonful, etc.) which is the most widely used synthetic sweetener in history, despite poorly conducted research and countless reports of serious health consequences.



Meanwhile, two newer sweeteners, sucralose and acesulfame-k, have attracted a lot of attention, and consumers are asking about their safety.

Sucralose

Sucralose (marketed as Splenda) is made by treating sugar with chlorine. It contains zero calories, but is 600 times sweeter than sugar, without an unpleasant aftertaste.

Sucralose can be used in baked goods and most other foods, and it does not deteriorate in high temperatures as does aspartame. The sweetener was first discovered in 1976 and has been used in brand name products for several years. Last October its manufacturer, McNeil (subsidiary of Johnson & Johnson) was given permission to sell it as a tabletop sweetener.

While sucralose does not appear to trigger the severe reactions that have been attributed to aspartame, it is not without critics. The Center for Science in the Public Interest (CSPI) has raised questions about its safety.

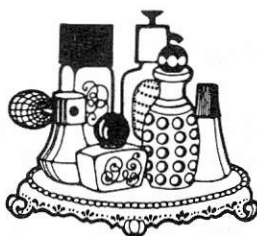
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Perfumes are a big offender for chemically-sensitive people.

It is hard to get solid information on sweeteners, but it's even harder to learn about perfumes. There is no governmental agency that regulates the fragrance industry, and their formulas are considered trade secrets.

Despite the secrecy covering those expensive little bottles of strong-smelling liquid, we do have some information about what goes on in the industry.

One source of information is a 1986 report from the National Academy of Sciences. They found that 95% of the chemicals used to make perfumes are derived from petroleum, and some of these chemicals have been connected with cancer, birth defects, central nervous system disorders and allergic reactions.



["Neurotoxins: At Home and the Workplace"] People with asthma and other respiratory problems are generally very sensitive to fragrances.

Some of the chemicals used in fragrances are designated by the Environmental Protection Agency as hazardous waste disposal chemicals. These include: methylene chloride, toluene, methyl ethyl ketone, methyl isobutyl ketone, and ethanol.

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Plants for Clean Air

Houseplants can do more than just add attractive accents. Some plants have been found to be effective at removing toxic chemicals from indoor environments.

One of the challenges in designing space stations is finding a way to create an environment which is healthy despite the fact that it is entirely closed. For 18 years, Dr. Bill Wolverton worked at NASA, using plants to maintain healthy air quality in indoor environments. He has studied the ability of plants to clean the air, and also to detoxify chemical waste and purify water.

In his book, *How To Grow Fresh Air*, Dr. Wolverton notes that virtually every tropical plant, as well as many flowering plants, can help remove indoor pollution. [Indoor irritants can come from many different sources. Fabrics and carpeting give off tiny fibers and may contain dust mites; synthetic materials can "out gas," releasing chemicals used in their manufacture. Building materials such as plywood, particle board and foam insulation are manufactured using formaldehyde. Plastics and other synthetic materials contain benzene, and it is a solvent in inks. Dry cleaned clothing brings a host of toxins into a house; paints, varnishes and adhesives add more, especially when they are newly applied.]

Based on the NASA research, here is a list of plants that have been found to be effective in removing pollutants from the air.

Azalea
Bamboo
Chrysanthemum
Corn Plant
Dieffenbachia
English Ivy
Gerbera Daisy
Golden Pothos
Janet Craig
Marginata
Mother-in-law's Tongue
Peace Lily
Philodendron
Spider Plant
Warneckei

In a two year study he conducted for NASA, Dr. Wolverton focused on three of the most common indoor air pollutants: formaldehyde, benzene and trichloroethylene. These, and other common indoor air pollutants, such as asbestos, radon, lead and carbon monoxide, are often emitted from furnishings, office equipment and building materials.

The researchers found that philodendron, spider plant and golden pothos were the most effective for removing formaldehyde from the air. Gerbera daisies and chrysanthemums were the best for removing benzene.

To learn more about the use of plants to remove airborne toxins, visit the web site of the Plants For Clean Air Council at www.plants4cleanair.org.



Hot solution!

Soil that was contaminated with polychlorinated biphenyls (PCBs) was successfully treated using "blankets" heated to temperatures up to 925°. The heat separated the PCBs from the soil they had contaminated, and once separated, they were able to be destroyed. The technique shows promise for removing other pollutants from soil.

Another point of view

The U.S. Environmental Protection Agency does not agree that plants are able to clean toxins out of the air. They state, "While it is true that plants remove carbon dioxide from the air, and the ability of plants to remove certain other pollutants from water is the basis for some pollution control methods, the ability of plants to control indoor air pollution is less well established. Most research to date used small chambers without any air exchange which makes extrapolation to real world environments extremely uncertain."

"As a practical means of pollution control, the plant removal mechanisms appear to be inconsequential compared to common ventilation and air exchange rates."

Excerpted from the publication: *Indoor Air Pollution, An Introduction for Health Professionals*.

Have any *Pure Facts* readers tried using houseplants to improve air quality? We would like to hear from you.

A novel way to clean up our world

The explosive TNT has left a legacy of pollution at army bases where it was manufactured. The waste water from cleaning the plants contaminated the soil surrounding the facilities.

Scientists at the Argonne National Laboratories in Illinois have discovered an effective way to clean up the mess by mixing agriculture-grade molasses with the contaminated soil.

The molasses encourages the rapid growth of bacteria, which break down the TNT into carbon dioxide and nutrients, that can then be used as fertilizer. The sugars, proteins and amino acids in the molasses cause the bacteria to grow ten times as fast as they normally would, and can detoxify soil in just a few weeks.

Researchers believe molasses might be an effective way to remove other contaminants (chlorinated solvents, wood-preserving chemicals, petroleum) since they are considered to be less difficult to clean up than TNT.

Sweeteners, from page 1

On their web site they note, "Pre-approval research showed that sucralose caused shrunken thymus glands and enlarged liver and kidneys."

"Despite the manufacturer's misstatements, sucralose does break down into small amounts of 1,6-dichloro-fructose, a chemical which has not been adequately tested in humans. More importantly, sucralose must break down in the digestive system. If it didn't break down and react at all (as the manufacturer claims), it would not chemically react on the tongue to provide a sweet taste."

CSPI objects to the government's failure to provide independent controlled human studies on sucralose, and to the fact that there are no long term human studies on its effect and no monitoring of health effects in subjects using the sweetener.

Acesulfame-k

Acesulfame-k or acesulfame potassium (Sunett, Sweet One) was discovered in 1967 by the Hoechst AG company. This non-caloric product is 200 times as sweet as sugar and is not metabolized by the body. Used in many foods and available as a tabletop sweetener, it has been found to be stable under high temperatures, has a long shelf life and no aftertaste.

It is used in many foods and is available as a tabletop sweetener.

CSPI cites an impressive group of scientists who have reviewed the studies on acesulfame-k and believe they are badly flawed in both design and implementation. They further write that there is evidence of cancer-causing properties in the sweetener.



Aspartame

Aspartame (NutraSweet, Equal, NutraTaste) is the most widely used (and most profitable) synthetic sweetener in history. The Food and Drug Administration has received thousands of reports of adverse effects, some very serious. The Association has also received adverse reports and recommends members avoid aspartame.

The Feingold Association works to locate foods and other products that will be well tolerated by member families. In some cases it is difficult to find objective information, and this is when the feedback from our members is especially valuable. The Association recommends members avoid synthetic sweeteners; but we are eager to hear from you about your experience with sweeteners of all kinds.

Several new synthetic sweeteners have been developed but are not yet approved for use.

Neotame

Neotame, a new, more potent form of aspartame, has not yet been approved by the FDA.

Alitame

Another synthetic sweetener waiting in the wings is Alitame (brand name Aclame) manufactured by Pfizer Inc. Alitame is formed from L-aspartic acid and D-alanine and an amine. It is 2,000 times sweeter than sugar and stable at high temperatures but when it is used in some beverages it develops off-flavors after prolonged storage.



Recently, two older sugar substitutes have made a comeback.

Saccharine

Beginning in 1977, Saccharine (Sweet 'N Low) was required to carry a warning label that it could cause cancer. In December of last year the warning was removed.

Cyclamate

Cyclamate is 30 times sweeter than table sugar. It was banned from use in the United States in 1970 as a potential carcinogen, but the validity of the studies conducted have been challenged, and it is expected to be returned to the market.

Sugar Alcohols

A group of sweeteners that have been around for a long time are "sugar polyols," also known as "rare sugars" or "sugar alcohols." They contain calories, but are absorbed less rapidly and completely than sucrose. They are often used to add bulk, moisture or texture as well as sweetness.

Sorbitol	Manitol
Maltitol	Isomalt
Lactitol	Xylitol
Erythritol	
Hydrogenated starch hydrolysates (a blend of several sugar alcohols)	

While polyols seem to be better tolerated than synthetic sweeteners, there is the potential for adverse reactions including diarrhea and damage to various organs, particularly if they are consumed in large amounts.



Newer sweeteners appear to offer the benefits of the artificial ones, without their harmful side effects. But there are no guarantees that they will be tolerated by everyone.

D-Tagatose

D-Tagatose, awaiting FDA approval, is the product of a Maryland company called Biospherics. It is derived from whey, the liquid by-product of cheese production, but is claimed to be tolerated by people who are allergic to milk and lactose.

Tagatose looks and tastes like sugar, and can be used in the same way; it even causes baked foods to brown, as does sugar. It is 92% as sweet as sugar with one fourth the calories.

Proponents claim many health benefits, such as promoting the growth of beneficial bacteria in the colon.

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Trutina Dulcem (Opti-Sweet) According to the manufacturer (Nutrilab Corporation in St. Petersburg FL) it is made from kiwi fruit, natural fruit flavors, and low glycemic carbohydrates from fruit sugar. 15 times as sweet as sugar, it was first used in 1997 and is suitable for diabetics. Trutina Dulcem can be used in any recipe that calls for sugar, and has no aftertaste. (Available from For Pete's Sake)

Lo Han Kuo or "Magic Fruit" (HerbaSwee, Sweet Balance) grows in Kwangsi Province in China. It has no calories, is about 250 times sweeter than sugar but has a low glycemic index, so it would be suitable for diabetics. Lo Han has been used in China for centuries to treat various ailments.

Agave is the nectar of the agave or "century plant" that grows in the Southwestern states. The syrup it provides is similar to fructose. Critics contend it poses health risks.

Inulin belongs to a group of non-digestible "fructooligosaccharides," or FOS. It is a carbohydrate found in about one third of the Earth's plants, but has only recently been extracted for use in processed foods. It is commercially made from chicory roots, and replaces some of the sugar and fat in food as well as adding fiber.

Inulin is considered a food ingredient, not an additive. While it appears to offer many advantages, serious allergic reactions have been reported.

Dimorphandra Gardneriana grows in the Brazilian rainforest. The leaves from this plant are combined with chicory maltodextrin extract to make "Nature's Treasure." It contains no calories, has a low glycemic index, no aftertaste, and can be used in the same ways as sugar.

Thaumatococcus comes from a West African fruit, 2,000 to 3,000 times sweeter than sugar. It leaves a licorice aftertaste, but this is minimized by combining it with other sweeteners.

Dihydrochalcones has no calories and is 300 to 2,000 times sweeter than sugar. It is made from citrus bioflavonoids, but has a licorice taste.

Monellin is a protein with a flavor that is 100,000 times sweeter than sugar. It is found in a West African berry. Some scientists are experimenting with introducing monellin into growing plants to increase sweetness without raising the plant's sugar content.

Neohesperidine DC is described as "a low-calorie sweetener and flavor enhancer which may be produced by hydrogenation of neohesperidine, a flavonoid occurring naturally in bitter oranges."

Since it has an after taste it is used in combination with other sweeteners, typically synthetic ones.

Glycyrrhizin (licorice root) is 50 to 100 times sweeter than sugar. It has the flavor of licorice.

Stevioside (stevia) is 300 times sweeter than sugar. Derived from a South American plant, and widely used in the natural food community, stevia is available in most health food stores. The US Food and Drug Administration allows it to be sold as a dietary supplement, but not as a sweetener or food additive.



Syrups

There are numerous other sweeteners, including syrups made from sugar cane, rice and fruits, as well as the more traditional honey, maple syrup, and molasses.

Even a product with a lengthy history of successful use can be a problem for some allergic individuals.

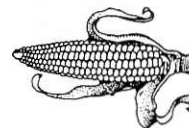
Be sure to check with a physician before giving any of these sweeteners to infants.

Corn Syrup

This sweetener is widely used in prepared foods, and has proven to be an irritant for many people on the Feingold Program. Generally, this same individual does not have any problem eating corn in other forms, so it is not an allergic reaction.

We know that the process of making a clear syrup from the starchy portion of corn requires various chemical treatments, and we have suspected that the finished corn syrup retains trace amounts of these chemicals. We recently learned that corn kernels are treated with sulfiting agents when they are processed.

The food industry uses six different sulfur-based chemicals for various purposes, primarily as a preservative. Sulfites have been shown to be a problem for many asthmatics but we do not know if they play a part in learning and behavior problems.



Some more about corn syrup

Like most grains, a kernel of corn is composed of an outer husk, a large starchy portion, and a small "germ" which is the source of corn oil.

The starchy portion is the source of cornstarch, which is then treated with various chemicals to change it into a syrup made up of glucose, dextrose and maltose.

Manufacturers use corn syrup to thicken foods as well as to add both sweetness and bulk. (Corn syrup is only about half as sweet as sugar.) It helps prevent the sugar in foods from crystallizing and prevents the loss of moisture from baked goods.

Corn syrup can be dried and used in powdered products. This is then listed on ingredient labels as "corn syrup solids."

To make your own corn syrup substitute, see the recipe for Simple Syrup in the *Two Week Menu Plan/Recipe* book that came with your membership.

Will this be a tea for salicylate sensitive people?

An herbal beverage that looks and tastes like "tea" might be just the ticket. If you test it out, please let us know if you are able to tolerate this product.

The Amazon Rainforest holds many treasures including the promise of new drugs. Pharmaceutical companies and environmentalists both recognize the value of this unique piece of the Earth. Plants that grow in the Rainforest are spared the "progress" of modern agriculture: synthetic fertilizers, pesticides, chlorinated or fluoridated water, and genetic engineering.

One of the products available from the Rainforest is a blend that was formulated by the Shipibo Indians, called Shipibo Treasure Tea.

Stage One or Stage Two?

The tea does not contain any of the plants we list as natural salicylates. It is composed of the following plants: tahari, chanca piedra, stevia, chuchuhuasi, jatoba, and una de gato.

We are hopeful that feedback from people who can clearly identify a salicylate reaction will give us the data we need to know how to classify this product. Contact us via our web site, or call FAUS at (631) 369-9340.

How does it taste?

Those who have tried it find it to be pleasant tasting with a slight sweetness. One tea bag can make a whole pot of tea and it works well over ice as well as hot. For variety, you may want to experiment with adding a small amount of a tolerated fruit juice to the iced tea.

Valentine's day is a very sweet holiday

"It must be recognized that on an empty stomach the absorption of simple sugars, and even white flour, is rapid, leading to a lower tolerance. Taken with a full meal, the tolerance for simple sugars may be greater. Therefore, do not offer a child a between-meal snack with a simple carbohydrate load, for example, cakes, cookies, candies, or ice cream, washed down with a bottle of Seven-Up or lemonade highly sweetened with sugar."

The Feingold Cookbook, 1979



The Amazon legacy

The tea is a product of the Amazon Herb Company. One of the things that impresses people about this company is their commitment to preserving the Rainforest. This is accomplished in several ways. The plants are gathered and processed in the Rainforest, providing employment for natives. They can earn a living without having to sell their land. Then, a portion of the money earned by the company is used to purchase land in the Rainforest, which will be kept in its unspoiled state. The company also has opportunities for individuals to participate in this effort.



Sprinkelz!

Remember those little colored bits that adorned the cookies and cupcakes we used to give our kids in the pre-Feingold days? Now there is a line of natural decorations.

Edward & Sons Trading Company offers "Let's Do...Organic," natural toppings. Confetti (little round balls) and Carnation (oblong) are colored with

Try it

A limited number of free samples of Shipibo Treasure Tea are available from For Pete's Sake. To request a sample, call Pam Weldon at (800) 864-7383. For more information about the company visit their web site at www.amazonherb.com.

Be cautious in testing new products

This newsletter contains information about new foods, products and additives, and we invite your feedback. Many people on the Feingold Program routinely test out new items, and this is a valuable source of information for us, but it is not without risk.

If you believe you are very sensitive, we encourage you to stick to the regimen that works best for you and if you wish to experiment, do so under the guidance of a qualified health care practitioner. Something as wonderful as an apple has the potential to trigger a serious reaction if you happen to be highly sensitive. As an allergist, Dr. Feingold understood that, "any compound in existence, natural or synthetic" can trigger a reaction in someone who is sensitive to it.

natural ingredients, and are the subtle pastels that come from natural dyes made with spinach, beet and tumeric. The chocolate sprinkles look just like their synthetic counterparts. Use them to dress up yogurt, as well as cakes, cupcakes, cookies and ice cream.

Sprinkelz are available at various natural food stores and can be ordered from the Squirrel's Nest Candy Shop in Delaware. Call (302) 378-1033.

The company has a limited supply of Sprinkelz available (free) to *Pure Facts* readers. Send a written request to Edward & Sons, Attn: Alison, Box 1326, Carpinteria, CA 93014 or e-mail vegsample@aol.com

Meals in a Hurry

Warm up to a steaming hot bowl of shrimp bisque at lunch time. Or, add a salad and your favorite bread for a satisfying dinner.

This meal begins with Imagine Foods Creamy Potato Leek Soup. It is one of a line of organic soups that can cut time and work off of your meal preparation. The soups come in aseptic packaging, and are available in 32 ounce boxes; some varieties are also offered in the 15 ounce size which makes two servings. These soups have a long shelf life and do not need to be refrigerated until they have been opened.

The potato leek soup serves as a base for your favorite combination. If you enjoy shrimp bisque, you can come close by adding some fresh, canned, or frozen shrimp (thawed) and frozen corn to the heated soup. If you have leftover potatoes cut them into small cubes, and add them, along with a bit of wine (stage 2).

Any meat, fish or vegetable that is used in a cream based soup can be added, and so can pasta or rice. Unlike most creamy white soups, however, this one does not contain milk.

Perfume, from page 1

Does this mean that scents are off limits for sensitive Feingold members? Perhaps not. If you can tolerate the fragrance of fresh flowers and other plants, you might be able to use high quality essential oils.

These aromatic compounds are widely used in Europe, where purity is controlled. Many of the essential oils used in the United States have been adulterated by the addition of cheaper chemicals. If you have had a reaction to these oils, it may be the additive(s) used that triggered the problem, not the oils themselves.

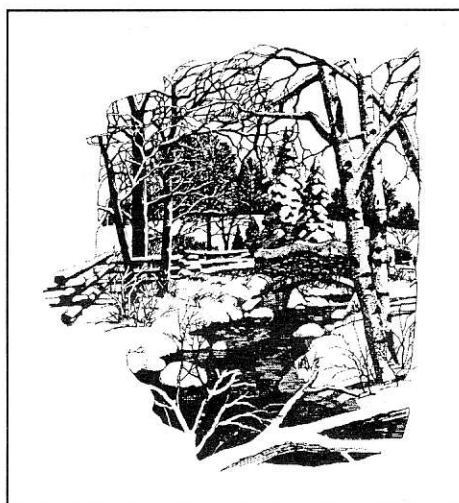
It takes a lot of plants to make an ounce of pure oil; for example, 5,000 pounds of rose petals are required to produce one pound of pure rose oil, and *three tons* of melissa to produce one pound of oil!

Essential oils have been used therapeutically for centuries, and their shelf life is impressive: oils found in Egyp-

The consistency of the soup comes from pureed potatoes, organically grown.

Imagine Foods chicken broth, made from organically-raised, free range chicken, can be the start of a home-made chicken noodle soup. All of the other soups are vegetarian, and all are free of MSG, so often hidden in soups. They are also gluten-free.

More information and recipes can be found at the company's web site: www.imaginefoods.com.



tian tombs still retain their potency. There are many references to them in the Bible; the most famous are frankincense and myrrh.

Some oils are also used as perfumes, and these might be worth trying if you really miss having fragrances.

One brand that is favored by many alternative practitioners is Young Living, located in Payson UT. The company grows many of its own plants, and uses a steam distillation process to extract the oils without damaging their delicate constituents. You can contact Young Living for information or visit their web site: (800) 350-5042 and www.youngliving.com.

Once again, we caution highly sensitive members to test any of these products with care, and would appreciate any feedback you can offer.

Ordering soup on-line

If your local store does not carry the Imagine soups, you may want to check out **Organic Provisions**. [Although the Feingold Program does not require the use of organic foods, many members prefer to use them whenever possible.]

Organic Provisions sells only foods that are free of: artificial colors, flavors and preservatives, sugar, fructose, growth hormones, irradiation.

They also have a selection of kosher foods and provide details on the organization certifying that they are kosher.

See: www.orgfood.com.

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, a telephone and e-mail Help-Line, and a subscription to *Pure Facts*. The cost in the U.S. is \$69 & \$8 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

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February 2001

Feingold Support Groups?

We often hear from members who are interested in having a support group in their area.

At one time the Feingold Association had local chapters throughout the country. But this changed in the 1980s when so many mothers went back to work outside the home. A change also came about once we had developed comprehensive printed materials. Many families found their questions were answered in our materials and they did not feel the need to attend workshops. Today we have even more resources: the telephone helpline, web site with our message board for lots of suggestions and encouragement, as well as the *Feingold Handbook* and book, *Why Can't My Child Behave?*

But there are other benefits to a support group beyond having your questions answered. It's always fun for our kids to meet each other and to be able to go to a place where they can eat *anything* they want.

The first thing a support group requires is a member with an outgoing personality who has had a successful experience with the Feingold Program. Our Volunteer Coordinator, Gail Wachsmuth, will be happy to work with you. You can reach Gail via e-mail at Gail@feingold.org.

We have found that monthly scheduled meetings generally are not the best option. Such meetings typically are designed for people who have not yet found successful answers. Since the majority of Feingold members report that they have found a very big part of their answer, they do not have the same motivation to go out to a meeting.

We suggest that you consider planning several get-togethers throughout the year, and some could be based on a holiday celebration that would include the children.

The simplest option is to plan a picnic in an area park that has a playground. Choose a location and a date where interested families can meet. Each family brings their own food, and the children can play while the parents get acquainted. This requires very little planning, and nobody has to vacuum their living room or arrange for a baby sitter.

As you become acquainted with your Feingold neighbors you may want to plan events where you share the job of bringing food, or perhaps schedule a coffee at someone's home.

A group that develops from these informal meetings might want to take on more ambitious projects. A popular event is a Feingold-safe Halloween party; Easter egg hunts are fun too. Perhaps you will want to initiate a campaign for natural foods in your school's cafeterias or educate teachers about the problems that are created when they give out candy in class, plus the alternative options available. A few motivated parents can make a big difference, so don't underestimate the impact you can have, especially if there are two or three families in the same school who share these interests.

Contact our membership office at (631) 369-9340 for a volunteer packet.

Sale on Books from FAUS

These popular books are available from the New York office while supplies last:

Keep On Looking, an art activity book by Susan Stern, \$3.99

Demonic Mnemonics, 800 spelling memory tricks for those devilishly tricky words. Remember the rule, "I before E except after C" etc.? This book can help with those commonly misspelled words. For students in grades 5-12. by Murray Suid, \$9.95

Call (631) 369-9340 to order books before May 1 and you pay no shipping/handling charges.

A Very Special Lady

We were saddened to learn of the death of Irene "Vicky" Colquhoun at the age of 80. Vicky was a Feingold grandma in England who joined her daughter, Sally Bunday, in creating and running our British sister organization, the Hyperactive Children's Support Group (HACSG). For more than twenty years she traveled extensively in her work, learning, sharing, researching and publishing.

The work of the HACSG has changed the lives of children, not just in Great Britain, but throughout the world. We are much richer for Vicky having spent this time with us.

FAUS Product Information Center Report

from Donna Curtis

Product Alert

ENER-G FOODS has made changes in certain products. Some of these changes are good and some are not. In future PIC Reports we will be listing new ENER-G FOODS items that can be added to your Foodlist. For now, the following products should be removed: Creme of Mushroom Soup, French Almond Cookies, Coconut Macaroons, Plain Rice Doughnuts Chocolate Iced.

Product Change

Cook's Vanilla Powder (sold by Ener-G Foods) now contains corn syrup.

Mrs. Fields Cookies

There is now a retail brand under the label MRS. FIELDS COOKIES. These cookies are made by a different company and are not acceptable for use on the Feingold Program. The ingredient labels clearly state BHT and/or artificial flavor. The ingredients for the Mrs. Fields Cookies found in airports and malls have not changed, and are still acceptable on the Feingold Program.

This is a big disappointment. The founder, Debbi Fields, believes, "quality, more than anything, accounts for Mrs. Fields' worldwide acceptance. The mission has always been to create the highest quality product possible – every time. That commitment has yielded products like no others..."

from www.mrsfields.com

A cookie preserved with the petroleum based BHT, and flavored with synthetic ingredients is neither "the highest quality" nor "like no others" in our opinion. While we are grateful they have not changed the cookies sold at their outlets, it is a shame they have given their name to this new product. If you wish to contact the company and express your views, you can send an e-mail via their web site, or write to: Mrs. Fields Original Cookies, 2855 East Cottonwood Parkway, Suite 400, Salt Lake City UT 84121, or call 1 (800) COOKIES.

FAUS On-Line

With this newsletter mailing Feingold Association members will be receiving a new password to enable you to access the members-only section of our web site. Keep this little yellow card near your computer; it will enable you to stay in touch with us about product research, alerts and cautions, to access our message board, and obtain additional materials.

PIC Report

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

Stage One

BALANCED* Diet Total Nutritional Drink:

Chocolate, Vanilla

BALANCED* High Protein Instant Meal Replacement

Drink: Chocolate, Vanilla

BALANCED* High Protein Ready to Drink Meal:

Chocolate, Vanilla

CROWN PRINCE NATURAL* Albacore Tuna with or without Salt, Brisling Sardines in Olive Oil, Fancy White Crab Meat

ECCO BELLA* Natural Cover-up Stick: Beige, Medium Beige; Natural Lip Liner Pencils: Mauve, Terracotta, Plum *Order by calling (877) 696-2220.*

FRENCH MEADOW* Yeast-free Bagel: Toasted Onion Bagel

HEALTH FROM THE SUN* The Total EFA capsules.

These may be ordered by calling (800) 447-2249 or visiting the website at www.hfts.com.

INTERNATIONAL GOURMET Mixes: Hearty Dinner Muffins, Mild Flavored Dinner Muffins, Pancake (CS), Waffle (CS) *Order via their web site: www.TheInternationalGourmet.com.*

LET'S DO...ORGANIC* Sprinklez: Carnival (CS), Chocolate (CS), Confetti (CS)

YORKSHIRE FARMS Cooked Uncured Pastrami Round - deli or pre-sliced, Brisket - deli or pre-sliced, Beef Jerky, Black Forest Ham, Boneless Pork Chops, Fresh Fields Uncured Pork Bacon, Honey Turkey Breasts, Roast Beef, Turkey Hamburger, Oven Roasted Turkey Breasts - deli or pre-sliced, Pork Kielbasa, Turkey Jerky, Turkey Kielbasa, Roasted Peppered Turkey Breast - deli or pre-sliced, Smoked Turkey Breast - deli or pre-sliced

Stage Two

BALANCED* High Protein Ready to Drink Meal:

Strawberry

ECCO BELLA* Natural Soft Eyeliner Pencils:

Velvet, Royal Blue, Violet, Seal, Cocoa, Bronze

All contain apricot kernel oil.

INTERNATIONAL GOURMET Herb Dinner Muffin Mix (cayenne pepper)

MI-DEL* Chocolate Snaps, Lemon Snaps, Vanilla Snaps *All contain white grape juice.*

YORKSHIRE FARMS Sausage: Jalapeno Herb

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