

Pure Facts

Newsletter of the Feingold® Association of the United States



November, 2002

www.feingold.org

Vol. 26, No. 9

Born in the U.S.A.

It isn't easy being a baby in America in the year 2002. Parents protect their infants from many threats, but some of these come from very unlikely places.

Ben F. Feingold, M.D., is best known for alerting the public to the behavioral effects of certain food additives, but with his background as an allergist, pediatrician and professor of pediatrics, he understood that there are many things that can affect children.

Before birth, the baby can be harmed by its mother's exposure to toxins or an inadequate diet. After birth the baby needs to be shielded from toxic substances while being given the best nourishment available. For thousands of years infants were fed breast milk. This, and many other things have changed, especially in the United States.

Many babies have been injected with mercury, aluminum and formaldehyde, used as vaccine preservatives; they ingest water that has been treated with fluoride (known to increase the absorption of lead), and may contain arsenic. Their vitamins and medicines contain petroleum-based dyes, plus flavorings from unknown sources. Foods designed for infants may still



contain monosodium glutamate under disguised names, as well as the preservatives BHA and BHT.

The very air a baby breathes can contribute to many problems. The National Environmental Trust issued the results of a study of the air quality in California. They found that a two-week old baby living in Los Angeles has already been exposed to more polluted air than the US government considers acceptable as a cancer risk over a lifetime.

In May of 2000 the Greater Boston Physicians for Social Responsibility published a paper titled *In Harms Way: Toxic Threats to Child Development* by Bernard Weiss, Ph.D. and Philip J. Landrigan, M.D.

They describe "an epidemic of neurobehavioral problems sweeping through children today. Twelve million American children suffer from learning, developmental, or behavioral disabilities. Specifically, these disabilities may include ADHD, autism, learning disabilities, mental retardation and other neurobehavioral problems. And the prevalence of some of these disabilities may be increasing."

Among the possible culprits they identified were lead (well known to cause damage, especially to infants and children), fluoride (a known poison found to increase the absorption of lead), and manganese. Although humans need trace amounts of manganese to be healthy, too much is linked to hallucinations, violent behavior, hyperactivity and learning disabilities.

Continued on page 3

"Regulatory Disorders" – editorial comments

In an article published in the *Canadian Journal of Diagnosis* Dr. Jean-Victor P. Wittenberg writes, "Regulatory Disorder is a new diagnosis used to explain infants who present challenges to caregivers from birth, compromising sensory and organizational process difficulties associated with behavioral problems."

When doctors assign a label to a cluster of symptoms, and claim that it is a "disorder," it is generally the first step in

matching drugs to the symptoms. The word "disorder" says the problem rests with the patient, not with any outside factors. Somehow, this is seen as a justification for a chemical solution. At one time powerful drugs were not considered an option for little babies, but times have changed. The challenge these infants present is not to identify a sedative, but to explore the reasons why they are in such distress. There are many possibilities.

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

Special focus on soy

Happy Babies and Calm Kids

Madison Murphy is a bright, well-behaved child who didn't give her parents the problems typical of pre-schoolers.

But she did have problems all the same. Sometimes Madison's easy-going nature would change and she would seem very anxious, getting upset at the smallest thing. Then there were the problems at night, especially episodes of night terrors. When she was 20 months old Michelle and Jason Murphy took their daughter to a sleep clinic as the child had never slept through the night. The clinic staff was not able to find any reason for Madison's sleep problems but the Murphys would learn how to help their oldest daughter after her little sister was born.

In May of 2001 Catherine Paige joined the family. During her pregnancy Michelle tried to limit her intake of fat, and liked to snack on red Twizzlers. In fact, in the days just before Catie's birth she ate a two-pound bag of the candy. Amid the newborn's other medical problems, she had a dreadful diaper rash. Before the baby was 12 hours old her bottom was bleeding and raw.

As she grew she had other skin problems. There were rough patches on the baby's skin and constant battles with diaper rash and diarrhea. By the time she was six months old Catie's chin was so chafed Michelle was afraid it would scar. The pediatrician said it was caused by teething and drooling, but Michelle wasn't sure that was the reason.

She relates, "Then one day I watched her eat a little red candy. As she drooled the red candy down her face I could see the patch brighten and swell right in front of my eyes." After that Michelle avoided giving her little girl things that contained red dye and her face cleared up completely within two days, although "she would still have the occasional runny diaper with accompanying raw bottom and still had some patchy spots."

"When Catie was 13 months old," Michelle recalls, "I called the pediatrician to see if I should offer her the dye



again. They said yes because she should have outgrown the 'problem' by her first birthday. I regret that decision to this day. By bedtime that night she'd had 4 runny diapers and her bottom was raw!! I felt terrible."

Michelle went on the Internet and began reading about dyes and how they are made from petroleum. She learned that they seem to be everywhere. "They were in her shampoo and her lotions and soaps. Her favorite little 'fruit' snacks and 'juices' were loaded!"

Several months ago the Murphys began the Feingold Program, eliminating just the additives, not the natural salicylates. Now, 3 and-a-half-year-old Madison sleeps through the night, and has not had night terrors or bouts of anxiety as long as she steers clear of petroleum-based additives. Twice Michelle has tried going back to her favorite (bright red) candy, but the unpleasant reactions were just not worth it; she becomes very hard to live with and cannot sleep. She has decided it's not so bad to substitute the likes of Ghiradelli chocolates!

Catie (now 16 months old) has also turned out to be very sensitive to products with propylene glycol. Michelle was shocked when she traced the baby's most recent reaction to this additive — it was in her baby toothpaste! Michelle has become a careful label reader and is enjoying her two healthy daughters. By avoiding questionable additives in their home Michelle has found she is also calmer and more relaxed.

A Troublesome Additive

Another Feingold mom writes, "I know about avoiding dyes, fragrances and other additives in personal care products, as well as knowing about food sensitivities. So I was surprised and baffled when I developed a red itching rash on parts of my body.

"I bought various sensitive skin lotions to try to eliminate the itch and the rash. It only got worse. I eventually compared ingredients for the products I used on the areas affected. The first ingredient in my deodorant (from the health food store!) was **propylene glycol**. It was also in my shampoo and conditioner (also health food store brand) and "sensitive skin" lotions.

"The rash on my legs probably got started because of this great hint I had read — use hair conditioner as a shaving gel. So I was shaving the propylene glycol right into my skin! I eliminated all products with propylene glycol, and the rash went away.

"I recently checked my saline eye drops that I buy at the optometrist's office. They also have propylene glycol in them!"

What is Propylene Glycol?

It is an additive made from natural gas, and used in many food and non-food products. At room temperature it is a clear slightly syrupy liquid. It is nearly odorless and tasteless. (Ethylene glycol, by contrast, has a sweet taste, which makes it a potential hazard when it is used around small children and animals, who have been known to ingest it.)

Both propylene and ethylene glycol are used in antifreeze and de-icing solutions for cars, airplanes, and boats. They are added to paints as solvents and used in the plastic industry. Ethylene glycol can also be used in photo developing solutions, hydraulic brake fluids and inks.

Propylene glycol is found in hand lotion, deodorants and antiperspirants, and is allowed to be used in food and is found in some ice creams and sour cream products. It absorbs water and maintains moisture in medicines, cosmetics and food. It's also a solvent for food colorings and flavorings.

How would a baby be exposed to manganese?

It is found in some anti-knock gasoline formulations. It poses a danger for miners who inhale manganese dust from the ore, and are at increased risk for developing Parkinson's Disease. But for the American baby, some scientists believe that the source is their soy infant formula, which contains about 80 times the amount of manganese found in breast milk.

Parkinson's Disease

Arvid Carlsson, a Nobel Prize winner in medicine, has shown that the damage to a part of the brain called the basal ganglia is related to Parkinson's Disease. Toxicologist John Donaldson has found manganese can cause damage to the basal ganglia.

Hyperactivity and violent behavior

Francis Crinella, Clinical Professor of Pediatrics at the University of California at Irvine, found that hyperactive children have higher levels of manganese than other youngsters. Louis Gottschalk, University of California psychiatrist, found high levels of manganese in young prisoners convicted of felony crimes. Since adolescents are able to excrete most of the manganese they ingest it is believed that the damage occurred when the prisoners were infants.

Experiments with laboratory rats suggest that exposure to the amount of manganese typically found in soy based formula is connected to later cognitive disorders. While young rats absorb much more manganese than human infants, the possible human effects are nevertheless very disturbing.

Neurology professor and former Dean of the UC Irvine College of Medicine Stanley Van Den Noort believes "Newborn infants exposed to high levels of manganese may be predisposed to neurological problems. We should exercise strong caution in the use of soy-based formula around the world."

Formula industry defends soy

Scientists who are employed by the formula industry disagree with these findings. The International Formula Council states "There are no reports of manganese toxicity in healthy infants fed soy formula."

Soy formula deficiencies?

In a comprehensive article titled "Manganese Madness" David Goodman, Ph.D., notes, "Soy 'milk' can be dangerous for what it has and does not have." Soy formula "lacks many nutritional, immune and developmental factors" and "may be deficient in linoleic and oleic essential fatty acids, DHA-brain growth factor, epidermal growth factor, lactoferrin, casomorphin, and immune factors like IgA, neutrophils, macrophages, T-cells, B-cells and interferon that mother's milk provides" as a defense for her baby's immune system. The soy "milk" unfortunately, "does contain phytates, protease factors, soy lectins, enormous amounts of phytoproteins, and genistein, a moderately potent estrogen-mimic in humans."

Sexual abnormalities

Another critic of soy formula is Dr. Mary Enig, President of the Maryland Nutritionists Association. She writes, "Megadoses of phytoestrogens in soy formula have been implicated in the current trend toward increasingly premature sexual development in girls and delayed or retarded sexual development in boys."

Dr. Daniel Sheehan, Director of the US Food and Drug Administration National Center for Toxicological Research found that babies fed soy-based formula have 13,000 to 22,000 times more estrogen compounds in their blood than babies fed milk-based formula.

New Zealand toxicologist, Dr. Mike Fitzpatrick states that infants exclusively fed soy formula receive "the estrogenic equivalent of at least five birth control pills per day."

FDA concerns

While it believes that soy is a valuable addition to one's diet the Food and Drug Administration (FDA) has raised concerns about the use of components of soy, such as the soy isoflavones daidzein and genistein, sold as supplements as well as the use of soy infant formula. The *FDA Consumer* notes, "The problem, researchers say, is that isoflavones are phytoestrogens, a weak form of estrogen that could have a drug-like effect on the body."

Digestion, nervous system

Dr. Enig continues, "Soy foods contain trypsin inhibitors that inhibit protein digestion and affect pancreatic function....Soy foods increase the body's requirement for vitamin D, needed for strong bones and normal growth. Phytic acid in soy foods results in reduced bioavailability of iron and zinc which are required for the health and development of the brain and nervous system. Soy also lacks cholesterol, likewise essential for the development of the brain and nervous system."

Other problems with soy formula

"There is a great deal of scientific evidence that soy formula can be damaging to newborns, quite aside from the manganese," according to Naomi Baumslag. She is Clinical Professor of Pediatrics at Georgetown University Medical College and President of the Woman's International Public Health Network.

Dr. Baumslag explains, "One trick of the formula makers is to exaggerate the problem of iron deficiency. Mother's milk is very low in iron and the formula makers have seized on this fact to promote iron-fortified formula as an improvement on Mother Nature...Actually, mother's milk is low in iron for at least two reasons. Low iron levels in human milk contribute to its antiviral effects. Iron also competes with zinc for absorption and the human infant needs a plentiful supply of zinc for the development of his brain and nervous system."

Continued on page 4

Infant feeding abroad

In the United Kingdom and New Zealand only 1% of babies are fed soy formula, according to Dr. Baumslag, while in the United States the number is about 20%.

"In the Philippines...the supermarkets have been flooded with infant foods and materials....Next to them on the shelf is Pedialyte for the diarrhea caused by formula when made up with unsanitary water."

Dr. Baumslag

"Because the risks are so great, soy formula should only be used as a last resort," according to Dr. Enig, "There are many alternatives available for babies who have difficulties with ready-mixed milk-based formula."

Detailed information on preparing your own infant formula is available from the Weston A. Price Foundation www.westonaprice.org.

Soy has been approved for use as a binder in cardboard boxes, but not for use in infant formula.

Breastfeeding's many benefits

Yet another good reason to choose breast milk over formula comes from a study published this summer in the *Lancet*. An organization called the Collaborative Group on Hormonal Factors in Breast Cancer found that mothers who nurse have a reduced risk of breast cancer. The conclusion was drawn from an analysis of 47 studies carried out in 30 countries.

"There are ample reasons to begin to question the safety of soy proteins in the diets of infants."

Lynn Goldman, MD, MPH, Professor of Environmental Health Sciences, Johns Hopkins University Bloomberg School of Public Health.

Infant feeding and later I.Q. scores

In May the *Journal of the American Medical Association* published a report titled "The association between duration of breastfeeding and adult intelligence." The researchers surveyed more than 3,000 Danish adults and found that those who had been breastfed for most of the first year of life were more intelligent than their contemporaries who received little or no breast milk as infants.

The average IQ score of those who nursed for less than one month was 99.4. For 2 to 3 months the score was 101.7; for 4 to 6 months it was 102.3 and for 9 months or more it was 106.0.

"It's clear that breastfeeding is not good for the [multi-billion dollar] baby food industry."

Dr. Baumslag

Soy, from field to factory to food

Soybeans were once a minor product, used mostly in crop rotation and in fixing nitrogen in the soil. This changed when it became clear that soy oil could play an important part in creating new types of foods. One of the biggest successes has been margarine, very inexpensive to create and profitable to sell. Most Americans have been convinced that it is a healthier choice than real butter.

The soybeans are pressed to remove their oil. This leaves an "oil-cake" that is then treated to remove its growth-inhibiting chemicals, after which it is used as animal feed.

Dr. Enig writes, "What the industry needs is a market for its surplus of soy protein isolate, which is a by-product of the soy oil industry. Industry food technicians have spent the last 40 years developing palatable products from the unappetizing high-protein slush left after soy oil is squeezed out of the beans....Soy protein isolate forms the basis of a \$1.6 billion market of imitation foods..."

Dr. Enig points out that the soy protein isolate used in formula has never received approval as a GRAS (generally recognized as safe) substance from the Food and Drug Administration (FDA). Soy has been approved for a different purpose, however. It is legal to use soy as a binder in cardboard boxes.

Essential fatty acids

DHA, an essential fatty acid that plays a crucial role in the healthy development of infants, is important to mothers as well, according to the American Chemical Society. A mother who consumes adequate amounts of DHA in her diet is less likely to suffer from postpartum depression. Foods rich in DHA include fish, chicken and eggs.

The study was presented by Dr. David Kyle, who found that "the DHA content of mother's milk in the United States (40-50 mg) is among the lowest in the world." By contrast mothers in Europe have 200 mg and those in Japan were measured at 600 mg.

"WHO (the World Health Organization) has recommended DHA, essential to infant brain development, be added to infant formula. Europe and Asia have done this but formula makers in the US have resisted."

"The human baby requires 90-plus vitamins and minerals to grow physically, develop intellectually and get a good start at living a long, healthy life."

"Commercial infant formula typically replaces only a handful of these essential nutrients and the manufacturers present it as a valid substitute for breast milk. Recently a few companies have begun adding essential fatty acids to their products, a step in the right direction, but still falling far short of total infant nutrition."

"Millions of dollars are spent annually on advertising and in political arenas to maintain industry's programming of new mothers and fathers to believe that infant formulas are as good or better, and certainly more convenient, than breast feeding."

Colleen Smethers, R.N.

~~~ End of part I ~~~

## Restaurant Responses

Last month we published letters from Applebee's, Baja Fresh Mexican Grill, Bojangles, Old Country Buffet, Carrabba's Italian Restaurant, Cracker Barrel, ColdStone Creamery, Dairy Queen and Dave and Busters. None had much to offer for our readers, but we did identify some promising selections from Fazoli's.

Here are more replies. (In some cases, it isn't easy to get a straight answer, as you can see.)

### Joe's Crab Shack

The general manager writes: "I've spoken to our corporate chef and we've determined that any of our crab dinners would fit the criteria for your diet restrictions. The potatoes that accompany the dinner have some spices and butter, so you will have to order them plain."

Because spices and butter are not excluded on the Feingold Program, this response does not inspire confidence. Nothing was said about possible BHT or TBHQ in frying oil, additives in salad dressings, etc.

### Long John Silver

The good news from Yorkshire Global Restaurants, owner of the Long John Silver restaurant chain, is that they provided a detailed listing of the ingredients in all of their products.

The bad news is that there is very little that is acceptable on the Feingold Program. Like most fast food chains, their cooking oil is preserved with TBHQ so that automatically eliminates most of the offerings.

These are the only suitable items we found...hard to put together a meal, but here they are:

Coleslaw, Flatbread (CP), Seafood Sauce (\*, SB, possible MSG), Shrimp Sauce (\*).

The Long John Silver's item that contains **the most unacceptable additives** is the Seafood Poppers. They have: artificial flavor, Red 40, Yellow 5, and Yellow 6, plus TBHQ. The Poppers also have several salicylates, corn syrup, sulfiting agents and MSG.

## Eating Out

Eating out is not for sissies, or for people new to the Feingold Program. But for experienced members willing to give it a try, this information may be of some help.

### Atlanta Bread Company

A representative of this chain writes: Per your request, is the listing of foods that you and your family can enjoy at our Atlanta Bread Company locations, regarding the Feingold Program. The listing is as follows:

All Asiago breads,  
but not Asiago Bagel  
Italian Pesto Strip  
Sun dried tomato bread  
All French Breads  
All Sourdough Breads  
Butter Croissants  
Fruit Salad  
House salad with or  
without chicken

Avocado sandwich  
Roast beef sandwich  
Turkey sandwich  
Classic chili  
Frontier Chicken chili  
Cream of broccoli soup  
Italian style wedding soup  
Pasta fagoli soup

**We do not have salicylate information on these items.**

See our web site: [www.feingold.org](http://www.feingold.org) for a copy of our form letter that you can use when you write to restaurants. You will also find the names and addresses of the major chains in the U.S. Please send a copy of any responses you receive to FAUS, P.O. Box 6550, Alexandria, VA 22306.

### Olive Garden

Their response was not much help. They write: "Our menu includes a number of Italian dishes for guests who are concerned with a balanced diet. A Garden Fare brochure is enclosed for your convenience. The selections listed in our Garden Fare brochure meet the definition of low fat and calories as established by the US Food and Drug Administration.

"We do not provide a nutritional analysis on other menu items. Our menu and recipes change too quickly to maintain the most current analysis of all of our menu items. Often, when it pertains to allergies, we can initiate an analysis of selected food items. Because this involves extensive research, **we require a written request from a medical professional.** We appreciate your interest in Olive Garden and hope to serve you again."

The good news is that some of our members have found they can get fairly helpful information when they go to their local Olive Garden. Be sure to ask for **bread sticks that have not been brushed with margarine.**

### Outback Steakhouse

A representative writes, "At this point I am unable to answer your request in its entirety without evaluating each and every ingredient. I do have some information and suggestions that I hope will help you.

"The cooking oil that we use does contain **BHT** so you should avoid anything that is fried. None of the items that you mentioned are used in the seasoning blends that we use on our items, and our beef, chicken, and fish are all fresh and have no preservatives.

Many of our items are grilled in butter but can be ordered without butter or seasonings if you like. [Editor's note: We are not sure why so many responders seem to think we eliminate butter or seasonings.]

"Our restaurants will try to accommodate special requests in preparation wherever possible to assist you.

"We do not add synthetic sweetener, and **vanillin would be found in the brownie and the chocolate sauce.**"





November, 2002

## Drugs for very little children

Children in the United States, as young as one year old, have been given the stimulant drug methylphenidate (Ritalin) that is widely used for attention and learning problems. This practice is permitted, although the drug has only been approved by the Food and Drug Administration for children ages 6 and older.

A study published in 2000 found that the use of stimulants in children ages two to four increased 300% between 1991 and 1995. Now, *the Brown University Psychopharmacology Update* questions the safety of this trend.

Researchers have expressed concerns that there is so little information about the safety of giving these drugs to such young children — particularly how the development of the child's brain may be affected by these chemicals.

Studies are underway to test Ritalin on children ages three to five-and-one-half. But that also raises grave concerns. The Brown University paper asks, "Should young children be subjected to clinical trials of drugs, and how can young children consent to participation in such trials given limits to their understanding and ability to communicate their willingness to continue?"

## Feingold Angels

A special thanks to the Kembles (the Squirrel's Nest) for all their unconditional support and love. They came to our August board meeting with gifts for everyone and their wonderful sense of humor. They will again travel to New York to be at our conference and lend a hand wherever we need help. Even after many years of donating their time and talents the Kembles are still ready to roll up their sleeves and pitch in.

## Drugs for other children

In a September Congressional hearing Representative Dan Burton blasted the chief executive officer of CHADD (Children and Adults with ADHD) for the appearance that the organization's agenda is influenced by the money they receive from pharmaceutical companies. CHADD's E. Clark Ross denied that he lobbies for drug companies, but admitted that the ADHD diagnosis may have gotten out of control.

At the same time the acting director of the National Institutes of Mental Health expressed concern that too many children may be misdiagnosed with ADHD and receiving drugs inappropriately.

## Oregon voters will decide on biotech food... maybe.

An initiative on the Oregon ballot calls for labeling of genetically engineered foods if a product contains as little as one tenth of one percent.

Monsanto and other industry giants are working hard (and spending big) to thwart the effort and have set up the "Coalition Against the Costly Labeling Law."

Now, in an unusual move, a federal official has involved himself in the state's politics. The Food and Drug Administration's deputy commissioner, Lester Crawford, has told Oregon's governor that the measure "would impermissibly interfere with manufacturers' ability to market their products on a nationwide basis."

Monsanto has been at the forefront of the effort to promote and sell genetically engineered foods, and is known for hiring former government officials. Similarly, Monsanto employees have left the company to accept high-level government posts. (*See the November 2000 Pure Facts for details.*)

## Shop for Holiday Gifts -- from FAUS!

Looking for stocking stuffers, gifts for teachers or co-workers? FAUS has a new book (*Healthier Food for Busy People*) and an audio tape (*What are all those Funny Things in*

*Food?*) to introduce your friends to smarter grocery shopping and the odd world of food processing.

Each is only \$5. Call our New York office at (631) 369-9340 to order.

And don't forget that you can order our School Year Calendar, Teacher's Packet or Doctor's Packet. They are also good ways to introduce others to our program.

*Will you be moving? Don't miss your Pure Facts!*

Please let us know your new address; the Post Office will not forward bulk mail.

## PIC Report

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

### Stage One

APRIL FRESH Therapeutic Lotion with Aloe Fragrance  
Free - mail order (800) 255-8642 [www.chester-labs.com](http://www.chester-labs.com)  
BEST YET Crispy Corn Puffs (CS) south central states  
FARMLAND Bone-In Smoked Picnic Ham, both Skin On & Skinless (CS, N); Deli Favorites: Chopped Ham (CS, N), Cooked Ham & Water Product (CS, N), Cooked Salami (CS, N)  
GFS (Gordon Food Service) Butter, Whipped Butter  
GLEE Gum: Cinnamon (CS), Peppermint (CS)  
LOOZA\* Pineapple Juice  
LOOZA\* Nectar: Banana, Mango, Passion Fruit, Pear  
MICHAEL SEASON'S Sweet Organics: Cinnamon Kettle Corn, Cinnamon Twists, Lemon Twists, Old Fashioned Kettle Corn  
MUSCO FAMILY OLIVE Black Ripe Olives  
NIELSEN-MASSEY Madagascar Bourbon Pure Vanilla Bean Paste, Madagascar Bourbon Pure Vanilla Powder (CS), Organic Pure Vanilla Extract, Pure Vanilla Extracts, Vanilla Beans  
OATBAR Chocolate, Maple Brown Sugar, Peanut Butter  
PATHMARK (Pathmark) Sharp Cheddar Cheese Pasteurized Process Spread  
SIMPLY ORGANIC Pasta Mixes: Alfredo (CS), Beef Stroganoff, Cheddar & Broccoli Rice (CS), Chicken Alfredo (CS), Chicken Parmesan (CS), Creamy Tuna Spirals (CS), Garlic Butter & Herb Pasta (CS), Herb & Cheddar Chicken (CS), Macaroni & Cheese (CS), Pasta Parmesano, Roasted Garlic & Herb Couscous  
SIMPLY ORGANIC Extracts: Vanilla, Lemon, Peppermint  
SIMPLY ORGANIC Seasoning Mix: Alfredo (CS), Garlic Pasta Sauce (CS), Sweet Basil Pesto (CS)  
WAYMOUTH FARMS\* Organic: Banana Chips, Dried Pineapple, Honey Roasted Soynuts (CS), Honey Roasted Sunflower Nuts (CS), Roasted & Salted Soynuts, Roasted & Salted Sunflower Nuts, Roasted/No Salt Soynuts, Roasted/No Salt, Sunflower Nuts, Walnuts  
XYLIBRUSH\* Peppermint Toothpaste  
XYLICHEW\* Mints: Chocolate, Lemon, Peppermint; Sugar Free Chewing Gum: Chocolate, Licorice, Peppermint Spearmint

#### Product Alert!

The brownie used in DREYER'S and EDY'S Brownies a la Mode Ice Cream contains TBHQ in the pan grease.

### Stage Two

FARMLAND Deli Favorites: Pepperoni (CS, N, paprika, spice information proprietary - possible salicylate)  
FOOD CLUB Vegetable Juice from Concentrate (tomatoes)  
HODGSON MILL Whole Wheat Gingerbread Mix (cloves)  
LOOZA\* Juices: Apple-Cherry, Grape, Tropical (oranges)  
LOOZA\* Nectar: Apricot, Black Currant, Cranberry, Peach  
MICHAEL SEASONS Reduced Fat Potato Chips: Chili Picante (chili & red peppers, paprika, tomatoes)  
OATBAR Apricot, Cinnamon Raisin available in most states, [www.oatbar.com](http://www.oatbar.com)  
REGINA White Wine Vinegar (CS, SF, grapes)  
SIMPLY ORGANIC Beef Lasagne (CS, paprika, tomatoes), Cheeseburger Macaroni (CS, tomatoes), Herb Chicken & Roasted Garlic Pasta (CS, tomatoes), Herb Chicken & Roasted Garlic Rice (CS, tomatoes), Meat Pizza Pasta (CS, paprika, red peppers, tomatoes), Tomato & Garlic Chicken Pasta (CS), Tomato Basil Chicken  
SIMPLY ORGANIC Extracts: Almond, Orange  
SIMPLY ORGANIC Seasoning Mixes: Brown Gravy (CS, tomatoes), Fajita (CS, cloves, peppers), Fish Taco (CS, chili peppers, paprika, tomatoes), Roasted Chicken Gravy (CS, tomatoes), Roasted Turkey Gravy (CS, tomato), Sloppy Joe (CS, chili peppers, cloves, paprika), Southwest Taco (CS, chili & red peppers, cloves, paprika, tomatoes), Spicy Chili (CS, chili peppers, cloves), Vegetarian Chili (CS, chili peppers, cloves, tomatoes), Wild Mushroom Sauce (CS, tomatoes)  
SIMPLY ORGANIC Spices: All-Purpose Seasoning (tomatoes), All-Seasons Salt (paprika)  
SISTERS GOURMET (gourmet and gift shops) Cinnamon Harvest Oatmeal, Raisin & Pecan Gourmet Cookie Mix - [www.sistersgourmet.com](http://www.sistersgourmet.com)  
WALLABY\* Organic Lowfat Yogurt: Blueberry, Cherry, Orange-Passion Fruit, Peach, Raspberry, Strawberry (elderberries), Strawberry-Banana (elderberries)  
XYLICHEW\* Sugar Free Chewing Gum: Fruit (oranges, tangerines)

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.

## Feingold families celebrate Thanksgiving

After the holiday members wrote of their experiences on the Feingold web message board.

**T**his year my brother's family traveled for Thanksgiving so I had the whole deal at my house. Translation: Stage One delicious meal for us all. Wonderful, natural range turkey, stuffing, potatoes, gravy, homemade clover rolls (in Grandma's tradition), pickled beets, pecan pie.

My Feingold daughter sat down at the table and asked what she could have. I said "everything" and you've never seen such a smile!! It was a great success.

**W**eek 4 and it was an awesome Turkey Day! We have made it through four weeks with about 90% compliance on the Foodlist. The other 10% were either foods that seemed okay from the label or eating out at my favorite "granola" restaurant (which, by the way, was kind enough to tell me everything I wanted to know about their ingredients). Ryan is such a different child now, it isn't even funny. We are really enjoying him for the first time in a long while.

The cool part was how great he was over T-day. We spent the day with some friends who hadn't seen him since he was three weeks old. (He's 3 now.) They said they wanted their child to be just like him. My dad was amazed at the change in him, and the last time he saw Ryan was the Saturday before we started the diet.

Our family has also been so great about checking everything with me for the food over the holidays. I'm just really happy and thankful that I've learned about Feingold and how to help Ryan be the great kid I knew he is!

Enough gushing! Here's to a great holiday season!

**E**ach year we leave on Friday to meet my husband's sisters and parents at a hotel half way between us. I take lots of food for our daughter so we minimize potential reactions.

My sister-in-law was interested in Feingold two years ago when we first

began. I got her started, but she's never been 100%. "Too cruel to the kids," she says. You've heard it before. She rolls her eyes at me when I show up at the restaurant with my daughter's food. Her kids order chocolate shakes (cherries on top), fries, fried shrimp, etc.

Her kids aren't extreme to start with, so she can't understand why we are so strict. My daughter's reactions are as difficult for her to live through as they are for us to endure.



Last time we were there I decided not to let my sister-in-law get to me. She's always been very intolerant of other's choices anyway — so what's new? We had a great trip. My daughter behaved beautifully, even though the pool chemicals gave her two dark shiners. The good news was she did not react behaviorally to them.

Bottom line, it's worth the time and energy to take all that we need along with us and to be a little different at the restaurant. We have a well behaved 7-year-old who, for the first time, sat at the other end of the table from Mom and Dad — 12 people in all at the table. She did not require direct supervision, ate nicely, talked with her cousins, didn't get too silly or argumentative, and loved every minute of it.

She did cry quietly for about 15 minutes after we left for home because she would have liked to spend more time with them. But that's just normal tender-hearted little girl stuff. I'm a happy, thankful mom.

God bless Feingold.

### Holiday Plans

If you're new to the Feingold Program be sure to review the materials that came with your Program Kit. In the 3-ring binder you will find a letter titled "Dear Grandma and Grandpa..." that is ideal to photocopy and mail to the relatives in advance. Also, if you have the book *Why Can't My Child Behave?* re-read the sections on Coping Skills, Seasons and Holidays and Eating Out at Restaurants.

### Pure Facts

Editor: Jane Hersey

*Contributing to this issue:*

Kathy Bratby  
Donna Curtis  
Markey Dokken  
Lois Gowans  
Debbie Jackson  
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 & \$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

© 2002 by the Feingold Association of the United States, Inc.

*The next Pure Facts will be our combined December/January issue.*