

# Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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## Food dyes trigger toddler tantrums

Four food dyes and one preservative were given to 3-year-olds in Great Britain and parent reports found that one child in four experienced behavior problems as a result. The astonishing thing is that so many children clearly reacted to the very small amount of dye given.

The 277 three-year-olds living on the Isle of Wight were given a combination of four dyes and the preservative sodium benzoate. The additives were disguised in a fruit juice that was given to the children for a period of two weeks. During the other two weeks the children drank just the juice, which looked identical to the additive-laden drink.

Of the four dyes included, Yellow No. 5 (tartrazine) and Yellow No. 6 (sunset yellow) are widely used in the United States. The other dyes, carmosine and ponceau 4R, are red colorings not permitted to be used in foods in the U.S. (However, they are allowed to be added to non-food products like drugs and cosmetics.)



### The Dose

The challenge (additive-laden) drinks contained 45 mg of sodium benzoate; but only 20 milligrams of the dye blend was used. This represents a very tiny amount, especially in view of the number of brightly colored foods children typically consume.

Twenty mg. of dye is approximately the amount required to dye two teaspoons of colored frosting.

### Parental Reports

Parents reported that reactions to the additives included: disturbing others, difficulty settling down to sleep, poor concentration and temper tantrums.

The British Food Commission, an independent watchdog, is demanding that those additives be removed from food and drinks designed for children. They note, "This is the first time that a UK government-sponsored scientific study has corroborated the link between food colourings and preservatives and changes in children's mood and behavior. For decades, concerns expressed by parents have often been dismissed by food manufacturers and government as anecdotal and lacking

*Continued on page 3*

## Another ugly side to those pretty colors

Dyes made from petroleum have many harmful effects beyond behavior and learning. Here are some of the findings from scientific studies, with more coming out each year.

Red dyes were found to cause DNA damage, physical and behavioral toxicity, possible breast cancer and damage the reproductive systems of animals.

Yellow dyes led to headaches, behavioral changes, suppression of the immune system, abdominal pain and cancer.

The FAUS web site contains a great deal of information including abstracts of studies on food additives. See [www.feingold.org](http://www.feingold.org).



Another study which recently came to our attention was published in 1996. It found that food dyes interfered with the functioning of the "mitochondria."

**Effect of organic synthetic food colors on mitochondrial respiration.** Reyes FG, Valim MF, Vercesi AE. *Food Additives and Contaminants*, 1996 Jan; 13(1):5-11

### The "mito ... what?"

Mitochondria is a big word for tiny little organs inside each cell where food is changed to energy. This process is called "mitochondrial respiration."

One of the substances used in this process is a chemical called "carnitine." The body makes some, and the rest comes from foods we eat.

The study found that food dyes can interfere with the work of the mitochondria and can reduce the levels of carnitine in the body. For some people, the physical effect of this double-whammy can be symptoms of ADHD.

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

## Starting on the Feingold Program can seem scary

One mom wrote on our web site Member's Board: "I am Amy, Mama to 5 great kids. We are starting the program next Monday and I am scared!"

**Q:** The whole thing seems scary; what can I do? I'm scared the diet won't work, I'm scared it will. Maybe I am just lazy?

We removed all dyes from my 9-year-old's diet about 4 years ago with great success and I know how hard avoiding them is. What will it be like avoiding all the other stuff? But then if it doesn't work, I think we would need professional help. If this doesn't work then I would be forced to admit there is something "wrong" with my child.

Anyway, just thought I would post a message and say hell-o. I look forward to getting to know you people.

**A:** Hi Amy, I am new here too. I have only been on Feingold for 3 weeks today. Everyone on the message board is very nice and helpful. It is already getting easier to stay on the diet. The first week was the hardest to me. Glad you are here.

**A:** Since you are starting next week, go out and make 5 copies of the Symptom Checklist that's in the front of your binder. Go through each checklist for each kid, even the ones who aren't really your "targets" for the Feingold diet. (My non-Feingold kid has been helped too.)

Do this before you start next week and I guarantee that you will see changes that you wouldn't have noticed otherwise. I did this, and didn't think I was seeing much. And then when I did the 4-week checklist, I was amazed. We went from 28 symptoms to 8 in just 4 weeks! And now we're down to just one (excessive talking; do you have any ideas on that one?).

With the hustle-bustle of living sometimes you don't notice what problems are gone. When we do have a reaction I am amazed that I actually put up with this behavior for so long before I realized we could do something about it! I'm glad you're here — beginning is the hardest; you'll do fine.



**A:** Amy, you will be fine. You **WILL** see a difference. We have been on the program for 5 weeks now. This message board is the best source of support. If you have any questions, ask them. All the people here are wonderful and know exactly what you're going through and what you're feeling. Don't be afraid.

**A:** Amy, I started my 7-year-old son on the diet 1 1/2 weeks ago and felt just like you. But I knew I had to try this or I would never know. Good luck!

**A:** New here and getting less scared! Amy, I completely understand how you feel. We're only into our first whole day -- we sort of half did it over the weekend. I was really overwhelmed when I looked at the shopping list, but I went to the store alone and just took my time.

I started out with things my kids really like, approved pop-tarts, approved cookies, etc. Today we had 100% Feingold foods and it was fine. My kids are 10, 7 and 4. I think they are really picky but they did great.

I know this is a fluke but my 4-year-old had a great day at pre-school. Normally I dread being parent helper because he really acts up when I'm there. Today was actually pleasant. *[Editor's note: It probably wasn't a fluke at all.]*

I'm just as worried that it won't work, but nothing I've done so far has

helped so I have nothing to lose.

I do not want my son labeled before his school career even starts. Just do the best you can, trust me, you are not alone. I'm right here with you. Please write and keep everybody updated. This is only my 4th day on the message board and the responses to my questions have been wonderful. I'm really blown away. Hang tough.

**A:** My family has been on Feingold for only 4 weeks. This Saturday my 8-year-old son was ring bearer in his cousin's wedding. He did a perfect job! Pre-Feingold he was so jittery, touching things constantly, weird mouth noises, complete inattention to surroundings, this list could go on forever! We were so proud to see him function like a normal boy his age. He even danced the night away at the reception. My parents were so amazed they stayed the entire evening to watch him, and are now in full support of our diet!

**A:** Hi and welcome. You are among friends, people who will help you out with simple and tough questions you'll have along the way, and people who are so knowledgeable that it will make Feingold much easier. It has for me.

If you have five children you already are one busy mom, so doing this program will be easier than you think. I too was skeptical, and afraid that the hard work wouldn't pay off, or that I wouldn't know if it was working or not. Give it a month of strict compliance with Stage One, and I bet you see enough results to make you never look back.

My advice? Load up on junk food (acceptable cookies, candy, popcorn and chips) and your kids will think they are the lucky ones. My Feingold son is 6 and he thinks he gets more goodies than he did before, which he does. You can do this! Best of luck to you and welcome aboard!

## Toddler tantrums, from page 1

in scientific evidence, even though serious behavioral changes can cause much distress in families until they are able to identify the cause of the trouble and eliminate additive-laden foods from their children's diets."

The British government is not so enthusiastic, claiming that the dyes have been found to be non-toxic, but not requiring any testing for behavioral effects.

The claim that food dyes have been found to be safe by the standards of governments around the world is being challenged.

The Food Commission is demanding that the additives used in this study be removed from children's foods and drinks.

Not only do the young children have problems from eating these chemicals, the study notes that "the potential long-term public health benefit that might arise is indicated by the follow-up studies that have shown that the young hyperactive child is at risk of continuing behavioural difficulties including the transition to conduct disorder and educational difficulties."

They estimate that the elimination of the problematic additives would reduce the number of hyperactive children from one in six to one in seventeen.

It was significant that the researchers found that the additives brought on changes in mood and behavior even in toddlers who had no history of hyperactivity. They believe that all children would benefit from the removal of these additives.

The study is titled, "Do food additives cause hyperactivity and behaviour problems in a geographically defined population of 3-year-olds?" It may be purchased from the Food Standards Agency Library in Britain; telephone 020 7276 8060.

## Food "Awards"

The Food Commission coordinates "The Parent's Jury" which seeks to improve the quality of foods designed for children. They have created "Children's Food Awards — the good, the bad and the appalling!"

U.S. readers will recognize some of the brand or product names in their thumbs-down categories:

**The Tooth Rot Award** for a food or drink relying on sugar for its appeal to children: Kellogg's Real Fruit Winders

**Not in My Lunchbox** - an award for the worst food targeted at children's lunch boxes: Dairylea Lunchables

**Additive Nightmare** - an award for the most blatant use of additives: Sunny Delight

**The Pester Power Award** - for manipulative advertising or marketing techniques: McDonald's Happy Meals.

(see [www.foodcomm.org.uk](http://www.foodcomm.org.uk))

## The Feingold Diet in the UK

For 25 years the Hyperactive Children's Support Group (HACSG), under the leadership of Sally Bunday, has been helping families in Great Britain and around the world. Congratulations on your fine work!

(see [www.hacsg.org.uk](http://www.hacsg.org.uk))

## Research on dyes is flawed

Studies on the effects of additives on behavior have generally focused only on artificial colorings, ignoring the other thousands of food additives now in use but never tested for behavioral or neurological side effects. What's more, the researchers generally use amounts of food dyes at far below the known average daily intake.

Long ago, an industry group calling itself the Nutrition Foundation recommended using 27 mg per day of synthetic food dyes in scientific studies on food additives and behavior. Although a National Academy of Sciences study on 12,000 people showed that 99% of them ate up to an average of 327.6 mg per day of dyes (in 1977), most scientists followed the Nutrition Foundation's advice of a mere 27 mg per day, and sometimes even less.

27 milligrams of coloring is approximately the amount in a single cup of a red drink made from a powdered mix. Anything opaque such as frosting, colored candy, or ketchup takes much more.

Although the companies have declined to tell us how much coloring is actually contained in their products, we have used an analytical balance and an artist's eye to bring you the following estimates:

### Red frosting

155 mg of Red 40 per Tbsp

### Green Ketchup

150 mg Yellow 5 + Blue 1 per Tbsp

**The comet assay with 8 mouse organs: results with 39 currently used food additives.** Sasaki YF, Kawaguchi S, Kamaya A, Ohshita M, Kabasawa K, Iwama K, Taniguchi K, Tsuda S, *Mutation Research* 2002 August 26; 519(1-2):103-19

We determined the genotoxicity [toxic to the genes] of 39 chemicals currently in use as food additives. ...Of all the additives, dyes were the most genotoxic. Amaranth [Red No. 2], Allura Red [Red No. 40], New Coccine, Tartrazine [Yellow No. 5], Erythrosine [Red No. 3], Phloxine, and Rose Bengal induced dose-related DNA damage in the glandular stomach, colon and/or urinary bladder. **All seven dyes induced DNA damage in the gastrointestinal organs at a low dose (10 or 100 mg/kg).** Among them, Amaranth, Allura Red, New Coccine, and Tartrazine induced DNA damage in the colon at close to the acceptable daily intakes (ADIs). Two antioxidants [BHA & BHT], three fungicides, and four sweeteners [sodium cyclamate, saccharin, sodium saccharin and sucrose] also induced DNA damage in gastrointestinal organs. Based on these results we believe that a more extensive assessment of food additives in current use is warranted.



## Autism, Vaccines and Mercury

Researchers are baffled by the skyrocketing numbers of cases of autism being reported in California.

In June, 1999 *Pure Facts* reported that between 1987 and 1998 the number of children in California being diagnosed with autism rose 273 percent. As of July 2001 the rate continued to increase and it is now a rise of 287%. The statistics do not include milder forms of autism or autistic-like symptoms, including Asperger's syndrome.

California has been the focus of the increase in what is being called an "epidemic" because it has a comprehensive system of diagnosing developmental disorders. Examination of the data and the way it is collected shows that the increase is real, it is not the result of greater awareness or of the way information is collected.

Even though the numbers are staggering, Dr. Bernard Rimland, president of the Autism Research Institute, says the numbers are far below the actual figure.

### Genetic Link

Researchers are looking for the genes that may be involved, but genes do not change in one generation. Says Robert S. Byrd, an epidemiologist at the University of California at Davis, "You can't explain an increase of this magnitude on genetics." Other researchers believe that the genetic profile sets a child up to be vulnerable to damage, but does not actually cause the symptoms.

"Where is the science showing the safety of combining 9 vaccines...in one day?"

Many parents find that the symptoms begin to be seen at about 18 months, when their child's development starts to regress.

Geneticists at the Center for Neurobehavioral Genetics at the University of California's Neuropsychiatric Institute have found a gene they believe puts one at risk for developing ADHD, and they suspect it may be involved in autism.

### FDA attacks critics

Congressman Dan Burton believes his grandchildren have been harmed by vaccines and has been working to investigate a possible link.

In response to a Food and Drug Administration attack on Burton, his daughter responded. Here are portions of her letter:

"My son not only received the MMR vaccine but he received a total of 9 vaccines in one day. He had DPaT, MMR, HepB-HiB combo and oral polio. Where is the science showing safety of combining 9 vaccines in a child at age 14 months in one day?"

"Where is the science that shows that long term effects will not happen to these children? I almost lost one child to death from a vaccine and I lost my other child to the world of autism that locked him inside himself and thousands of other parents whose children have been affected demand answers!"

"You are now living in a world where children are routinely becoming autistic. This may not be measles, mumps, rubella, but guess what - if you look around you and ask around you will see there is already an epidemic in this country. The epidemic is autism. We are scared of the vaccines. We are scared of the diseases that the vaccines protect against. We want vaccines. We want them safe."

*Danielle Sarkine*

*Congr. Burton's daughter*

### MMR link found

Autistic children are likely to have MMR antibodies in their blood, which triggers an autoimmune reaction that may lead to autism. V. Singh and colleagues at Utah State University examined blood samples taken from 125 autistic children and 92 children who did not show signs of the disorder. 60% of the autistic children had the antibodies in their blood. It is believed that these antibodies attack the myelin sheath in the brain.

The work, titled "Abnormal measles-mumps-rubella antibodies and CNS autoimmunity in children with autism," was published in the *Journal of Biomedical Science*, 2002;9:359-64.

### Staggering costs of autism

Families in Canada are suing the government to help cover the huge costs incurred in helping their autistic children. Once the child reaches six, the funding is cut off. This means that parents are left with costs as high as \$50,000 to help their children.

### Mercury fillings

California dentists are now required to warn their patients of the dangers of mercury in "silver" fillings. This is the result of the popular Proposition 65 voters passed in 2001.

### Improving gluten tolerance

Many families report that they see significant improvement after they remove gluten from the diet of their autistic children. New information on gluten intolerance is always of interest to them.

Researchers at Stanford University believe that a dietary enzyme can help those with celiac disease break down gluten. It is not known if this will benefit autistic children who cannot tolerate gluten. The article was published in the September 27 issue of *Science*.

"We are scared of the vaccines. We are scared of the diseases that the vaccines protect against."

### Mercury in the environment

About 17 tons of mercury are added to this country's solid waste each year, according to Senator Susan Collins of Maine. She was the author of a bill to ban the use of mercury fever thermometers. Her bill also creates a task force of government agencies to study the dangers resulting from mercury in the environment.

# What the Nutrition Experts are Learning

A report from the American Dietetic Association's  
Food and Nutrition Conference held in Philadelphia, October 2002

by Barbara Hoffstein, R.D.

**S**eventy percent of soy and corn in this country has a biotech (Bt) gene, and it is likely that most processed foods contain some bioengineered food product. According to a survey by the Pew Initiative on Food and Biotechnology, however, only 19% of consumers believe they have ever eaten a biotech product. The Food and Drug Administration (FDA) does not require genetically modified foods to be labeled, but those that carry an organic label may not contain Bt components.

Researchers are currently working to engineer new foods with reduced allergens (such as shellfish), to increase important nutrients in food (functional foods), and to bring back nearly-extinct plants (the American chestnut).

## Bt and the environment

Foods are genetically modified to promote pest resistance and decrease weeds. If they work as promised, we will have less need for herbicides and pesticides, plus better yields.

While some bioengineered products have performed as promised, not all do what they were supposed to. In some parts of the country Bt crops have not resulted in decreased herbicide or pes-

ticide use. While genetically modified crops may not be all the producers claim, the studies have not supported all the fears either. For instance, when Starlink corn, intended for animal feed, got into processed foods meant for humans, the CDC reported it did not cause the allergic reactions they had expected. Dr. Michael Fernandez of the Pew Initiative reported the use of pest resistant crops have not reduced the population of the Monarch Butterfly as had been feared.



## Regulations and research are needed

Scientists at the conference expressed concern about the lack of regulations and research in this growing and lucrative field. Lisa Lubin, M.D., R.D., of the FDA Office of Food Additive Safety, explained that regulating these new technologies can be complex as the agency shares regulatory oversight for meat and poultry with the Department of Agriculture and for pesticides with the Environmental Protection Agency.

Beginning in January of 2001 the FDA has required companies to consult the agency 120 days before bringing a new Bt food to market. Prior to this date, consultation was voluntary. In a call for more open procedures, the FDA lists the Bt products on the Internet. See: [www.cfsan.fda.gov/~Ird/biotechm.html](http://www.cfsan.fda.gov/~Ird/biotechm.html).

As with so many new products, the burden of proof of safety is with the producers and potential profit makers. Dr. D.A. Andow, Professor of Entomology at the University of Minnesota, pointed out that no one was dying from these modified foods, but there was also insufficient independent research.

The U.S. tends to dive into things like this before we fully understand the consequences, as has been the case with synthetic food additives, hormone replacement therapy, and solutions for radioactive waste at nuclear power plants. I asked Dr. Fernandez if we could go back to a non-genetically modified food chain, now that there is so much of it already in the marketplace. He stated he thought we could in the next five years if consumers prove to processors that they do not want these products by seeking out organic foods and not buying those suspected of being Bt.

## Can MSG damage your eyes?

**J**apanese researchers have found that the widely used flavor enhancer, monosodium glutamate (MSG) damages the retina in laboratory animals. Those fed large amounts of the additive suffered from vision loss and thinning of the retina.

Hiroshi Ohguro and his colleagues at Hirosaki University studied three groups of rats over a period of six months. The first group was fed high amounts of the additive — equaling 20 percent of their diet; the second group was fed less and the diet of the third group did not contain any MSG.

The first group had significant damage, the second group lesser damage and the no-MSG group did not show any change in the retina or vision.

While it is unlikely humans would consume a diet that is 20% MSG there is no way of predicting if moderate

consumption over a period of years would inflict damage, or if consumption during pregnancy would affect a baby.

## ...or affect fibromyalgia?

Four women who had a history of allergies and fibromyalgia participated in a small study at the University of Florida. After eliminating MSG and aspartame (NutraSweet, Equal) for several months their symptoms of fibromyalgia were nearly gone.

The study appeared in *The Annals of Pharmacotherapy*, June 2001.

More information on MSG is available at:  
[www.truthinlabeling.com](http://www.truthinlabeling.com).

December 2002/January 2003

## *Eating out Feingold-style*

Our **2003 Fast Food and Restaurant Guide** is here! In addition to the chains we have covered in past years there are some new additions. The Guide now lists these restaurants: Arby's, Atlanta Bread Company, Burger King, Domino's, Einstein Brothers/Noah Bagels, Fazoli's, In-N-Out Burger, McDonald's, Papa John's Pizza, Subway, and Wendy's.

The choice of restaurants is based on the information we can obtain on ingredients. Only a small number of restaurants disclose their ingredients; and even when they do, the information is not always as complete as we would wish. But we are glad to have information, limited though it may be.

McDonald's made news recently when they said they would switch to a different cooking oil. We had hoped they would begin using one that is free of TBHQ -- the preservative now found in most cooking oils used by restaurants. Unfortunately the new oil does have this preservative, making all of the deep fried items off limits.

Thank you to all who wrote to the various chains and sent us copies of the letters they received. The letters ran the gamut from helpful to secretive. Please visit our web site [www.feingold.org](http://www.feingold.org) and locate the list of names and addresses of restaurant chains. Then use our form letter (or compose your own) and write to these companies. Change will come when they hear from enough customers. Please send us a copy of any responses you receive.



### *Thank you!*

for your generous donations to our recent Giving Campaign.

Please send your contributions to FAUS at

127 East Main Street  
Riverhead NY 11901.

*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.

### **Looking for lunch or dinner**

Don't overlook the growing numbers of "healthy markets" -- superstores that carry only natural foods. They can provide a delicious meal to take home or eat in.

In the October Pure Facts we wrote about the responses we have received from: Applebee's, Baja Fresh Mexican Grill, Bojangles, Old Country Buffet, Carrabba's Italian Restaurant, Cracker Barrel, Cold-Stone Creamery, Dairy Queen, and Dave & Buster's.

Our November issue covered Joe's Crab Shack, Long John Silver, Olive Garden and Outback Steak House.

### **Bob Evans**

They sent a list of items that are not acceptable but the information was not comprehensive enough for us to be able to recommend specific menu items. The following are definitely unacceptable: margarine on breads, buns (and even spaghetti!), frying oil, stuffing, batter mix for French toast, macaroni & cheese, honey mustard dressing, lite Italian dressing, Kool Aid, sundae toppings, chocolate milk.

Since the frying oil is unacceptable, it is unlikely there would be many good options. You can contact their headquarters at:

Bob Evans Restaurants  
3776 South High Street  
Columbus OH 43207  
(800) 939-2338  
[www.bobevans.com](http://www.bobevans.com)

### **Chick-Fil-A**

The only acceptable options we found were Cole Slaw (CS, poss MSG), Carrot & Raisin Salad, Tossed Salad (bring your own dressing), Lemonade (regular, not diet), Iced Tea (sweetened & unsweetened). The chicken is promoted as "natural" but the marinades, breading, and frying oil used to prepare them all contain unacceptable additives.



## PIC Report

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

### Stage One

ABUELITA (Costco) Tortilla Chips - *East Coast*  
BACHMAN Super Premium White Cheddar Popcorn  
BELLA TERRA\* Extra Virgin Olive Oil  
BELLA TERRA\* Organic Pasta: Cavatappi, Gemelli, Penne, Rotini, Spaghetti; Organic Whole Wheat Pasta: Cavatappi, Gemelli, Penne, Rotini, Spaghetti  
*available at natural food stores and [www.racconto.com](http://www.racconto.com)*  
BOAR'S HEAD Golden Classic Oven Roasted Breast of Chicken (CS)  
CASA DE CARMEN Tortilla Chips  
DREYER'S Frozen Yogurt: Caramel Fudge Cosmo (CS), Ultimate Tin Roof Sundae (CS); Grand Light Ice Cream: Peanut Butter Cup (CS); Whole Fruit Fruit Bars: Creamy Coconut (CS)  
EDY'S Frozen Yogurt: Caramel Fudge Cosmo (CS), Ultimate Tin Roof Sundae (CS); Grand Light Ice Cream: Peanut Butter Cup (CS); Whole Fruit Fruit Bars: Creamy Coconut (CS)  
FARMLAND Deli Style: Honey Ham 97% Fat Free (CS, N); Special Select: Boneless Smoked Turkey Breast (CS, N); Variety Pack: Turkey Breast Fat Free (CS, N)  
LANSINOH Lanolin for Breastfeeding Mothers  
[www.lansinoh.com](http://www.lansinoh.com)  
McCORMICK Pure Lemon Extract  
NANA'S COCINA Tortilla Chips  
NUTRIBIOTIC Skin Supplement Formula  
PLEDGE Grab-It Cloths Unscented  
RACCONTO\* All pastas except tri-colored  
*available at natural food stores and [www.racconto.com](http://www.racconto.com)*  
SAN-J Organic Whole Soybean Tamari Wheat Free Soy Sauce, Tamari Premium Soy Sauce  
SAN-J Salad Dressing: Tamari Sesame  
SIMPLY ORGANICS Spices: Basil, Black Pepper, Black Peppercorns, Cinnamon, Cumin, Garlic Pepper, Garlic Powder, Garlic Salt, Ginger, Lemon Pepper, Minced Onion, Oregano, Parsley, Turmeric  
WALLABY\* Organic Lowfat Yogurt (*possible trace amounts salicylate in citrus pectin*): Banana-Vanilla, Lemon, Maple  
WANDA'S ALL NATURAL\* Bread Mixes: Oregano Garlic, Sunflower Sesame Poppyseed, White European  
WANDA'S NATURAL FARM FOODS\* Pizza Crust Mix with Basil & Rosemary  
WHOLE FOODS BAKEHOUSE (Whole Foods) Lowfat Chocolate Chewies, Marshmallows (CS), Plain Croutons  
*available only in Midwest Whole Foods Markets*  
YORKSHIRE KIDS Uncured Chicken Hot Dogs

### Product Alert

FOOD LION (Food Lion) All Natural Semi Sweet Chocolate Morsels are no longer all natural; according to the company they have switched to a supplier who uses vanillin. Please remove this product from your Foodlist.

WAMPLER Turkey and Chicken Franks now contain paprika. We are not sure at this time if there have been further changes in the formula. Please watch *Pure Facts* for future updates.

OUR E-MAIL NEWSLETTER and Product Alerts may not have reached you because we are having a problem with the service provider. We are trying to resolve it.

### Pathmark Milks

We have had to remove PATHMARK Lowfat and Nonfat Milks from the Foodlist. This brand has many bottling plants and each supplier may choose and change their source of Vitamin A Palmitate, so we have no assurance that the vitamin used is free of preservatives.

Pathmark has had Vitamin A Palmitate listed on the Whole Milk label but we have been told this is a mistake and they will be correcting their labels.

### Pathmark Cheese

Many yellow cheeses are colored with annatto, a widely-used vegetable dye. We have just learned that in the case of the PATHMARK Yellow Mild and Sharp Cheddar cheeses the annatto may be preserved with BHA, BHT or TBHQ, depending on its source. Due to this uncertainty, we must remove these products from the Foodlist.

### Pillsbury biscuits

There has been some concern about the PILLSBURY Grands! Buttermilk Biscuits being discontinued or changed. The good news is there has been no formulation change to this product. The reason for the confusion is that Pillsbury is making a new buttermilk *flaky* biscuit too. They have told us they have no plans to discontinue the original buttermilk biscuits that are currently in the Foodlists, so when you are shopping for biscuits check out the label very carefully. If you have any doubt look at the ingredient list because the flaky variety does contain artificial ingredients.

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.

## Past Issues of *Pure Facts*

During the past year major articles which have appeared in *Pure Facts* include:

### December 2001/January 2002

Eczema  
Yellow Dye No. 5  
Popcorn flavoring & illness  
Cosmetic additives

### February 2002

Drugs for ADHD, Ritalin downside  
Depression is a growing problem  
Sweeteners  
Curious World of Tobacco

### March 2002

Bullying & violent behavior  
Waldorf school  
Education alternatives  
Character Counts

### April 2002

Migraine headaches  
America's fat children  
Food dye, new studies  
"Strawberry" oatmeal

### May 2002

"Easy is..." life on the Program  
Paint

Arsenic and Old Lumber  
Subway restaurant update

### June 2002

Summertime activities for kids  
White House Commission  
Bubble bath  
Low-tech farming solutions

### July/August 2002

Supplements calm prisoners  
CDC report on ADHD  
Teen girls respond to diet  
"Those funny things in food" audio

### September 2002

Neotame now approved  
Milk, modern and raw  
Natural dinner mixes  
"Healthier Food for Busy People"

### October 2002

School lunch program in Wisconsin  
Science fair winner  
Canadians find acceptable foods  
Restaurant report, Fazoli's

### November 2002

Soy infant formula  
Drugs for babies  
Restaurants, Atlanta Bread Co.  
Thanksgiving member reports

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## Connecticut adopts anti-bullying initiative

Americans have learned that there is a common cause for the incidents of school shootings: unrelenting bullying.

Beginning in February all public schools in Connecticut must adopt policies to deter bullying, and must investigate all cases reported to them. Teachers and principals will be required to intervene and will be held accountable.

At a forum hosted by Connecticut's Commission on Children, adults listened in horror to the stories children told of being physically abused and humiliated by other students, while teachers and principals stood by.

Teen suicides are believed by some to be the only option some youngsters see, after their efforts to find help fail.

Erika Harold described how something as small as straightening her hair



was seen by other girls as an indication of vanity. Elizabeth Hall of the *Hartford Courant* described Ms. Harold's ordeal as a girl of 14, growing up in Urbana, Illinois. "The audience, which packed a legislative hearing room, gasped as she recalled the teacher who didn't stop a boy from singing a vulgar song about her and instead asked him to sing it so the entire class could hear it. They gasped again when she said she quit standing up for herself after hearing that a group of students was pooling money to get a rifle and shoot her. She said the principal blamed her for not acting submissive, like the other girls."

Erika Harold was forced to change schools and went on to become Miss

America. She is using her role to try to focus attention on the abuse being suffered by children in the one place they are supposed to be safe, their school.

She told the audience "There are kids suffering in silence every day. They go into adulthood wondering if they are stupid or a loser or any of the other horrible names they are told in school....Names have so much power over you. I chose a different name. I wanted a different title. I wanted to be Miss America."

## Pure Facts

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