

## Obesity, diabetes, high blood pressure and heart disease — on the menu in American schools?

The foods students eat daily for lunch, and in many cases for breakfast as well, are responsible for a growing epidemic of health problems, according to critics. They are working to reform school cafeterias and the contents of vending machines.

The connection between what a child eats in the school's cafeteria and his subsequent behavior and performance in class is not widely understood, but the link between school sanctioned junk food and America's Super-Sized children is hard to miss.

The statistics are sobering. 20% of today's kids are overweight and 15% are classified as obese. High blood pressure, diabetes and even heart disease are showing up in younger and younger children. According to Marion Nestle, author of *Food Politics*, American children and teens get half of their calories from sugar and fat that is added to food. These are the unhealthy trans-fats, not the beneficial "omega 3" fats.



A generation ago a meal of fast food was a sometime thing, but today it is the daily fare for a growing number of children.

A well nourished body can afford occasional junk food flings, but many people today don't have the ability to cope; their nutritional "bank account" has long been overdrawn.

An additional insult to the badly-nourished body is the lack of adequate sleep and exercise. Teenagers must start their school day long before their internal clock is ready and they, like their younger siblings, often have little or no physical education. In Los Angeles, where 26% of the school children are overweight and 40% are not physically fit, most schools fail to follow the state's physical education mandates. [Source: the *Los Angeles Times*, Charles Ornstein and Erika Hayasaki]

*Continued on page 3*

## Pure Facts article travels around the globe

The story about the Wisconsin school lunch program, featured in our October issue has reached a huge audience and has stimulated hundreds of inquiries.

The story of the Appleton, Wisconsin Alternative High School in the October issue of *Pure Facts* has traveled far and wide. It was picked up by Jon Rapoport, an investigative reporter who provides a daily Internet service called StratiWire ([www.stratiwire.com](http://www.stratiwire.com)). Jon's article, "A Miracle in Wisconsin"\* has traveled electronically all over the globe and brought inquiries from enthusiastic readers. As a result of this publicity, the Appleton Alternative High school dean, Greg Bretthauer, has been interviewed by newspapers as far away as Rome and New Zealand.

\*[See <http://www.stratiwire.com/article.asp?id=655>]

The Good News Network featured it in their Autumn issue. Their publication, *Some Good News!* was created by Geraldine Weis-Corbey, who believes the news we get from the media is slanted to report only the negative events. Each issue of *Some Good News!* is filled with reports of the positive things that are happening in the world. It is a treat to read and a thoughtful gift to brighten someone's life.

See [www.goodnewsnetwork.org](http://www.goodnewsnetwork.org).

Barbara and Paul Stitt, the owners of Natural Ovens of Manitowoc who underwrote the cost of the Appleton program, are busier than ever, sharing information with interested consumers, politicians and school administrators.

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.

## Charlene's Story

by Christine Brown

On July 6, 1993, our daughter, Charlene was born. She was our fifth child with the others being considerably older — 24, 20, 18 and 10 years of age. She was a beautiful baby, whose looks people repeatedly compared to a "China doll." She was perfect in every way. We were so blessed.

When Charlene was born we were just one year into a new business venture — owning and operating a 150-child daycare center. We decided to open the center as a result of our experience with Heather, who was then 10-years-old.

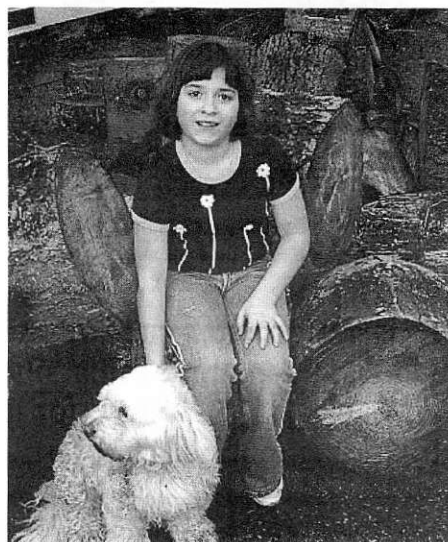
Heather is allergic to dairy and when she was a preschooler we learned how difficult it is to find the cooperation we needed. We had chosen to place her in a national daycare chain, and gave the staff clear instructions about her allergies. But she was either fed dairy (leaving us to deal with the consequences of this) or they fed her nothing at all. When we opened our own center my husband and I were determined to do what was best for the children — not what was easiest for us. Everything the children ate at our center was the same as if I was making it for my family. Soups made from scratch, homemade bread, lots of fresh fruits and vegetables.

Before the center opened I attended a seminar in Seattle on how to treat hyperactive children through diet. It was given by a member of the Feingold Association. I found the class to be very informative, and I agreed with what they had to say, but I did not believe that much of anything I had learned that day applied to me. I already cooked everything from scratch and my kids had never been allowed to have too much candy and were calm, well behaved children. I filed the information in the back of my mind and went about the business of running my new daycare.

When Charlene was 2 1/2 years old, she got a very bad cold and we went to the doctor. He had us give her one of those orange colored and flavored cold

medications, as well as the pink bubble gum flavored antibiotic. We were up all night with a child having mild convulsions. Since our oldest son had had convulsions as a young child whenever he had a fever, we weren't overly concerned and knew how to deal with the situation.

The next morning the doctor told us Charlene did not have an infection and to discontinue the antibiotic, and to cut the dose of cold medicine to half of what she had the day before. This helped, but with each additional day she was on the medicine, her behavior grew more and more outrageous. The staff in her classroom kept asking me how much longer she had to take this



medicine as she was so "wound-up." Finally, I stopped giving it to her and went to the health food store for a homeopathic cold medicine. The problem behavior stopped.

As she approached three, our mild mannered child started to have dramatic mood swings. Suddenly she would get angry or aggressive for no apparent reason. When I would pick Charlene up at her class in the center and head for home she was perfectly calm, but by the time we reached the car she was kicking, screaming and impossible to handle. All the way home I had to listen to her yelling as she kicked the back of my seat. I could not understand what the problem could be. "I must be a horrible mom," I

remember thinking, "she's fine for her teacher."

Finally one day the light went on. I remembered the Feingold class I had taken a few years earlier — it was the food coloring!!! Almost every day the lady who owned the laundromat next to our daycare, would come out to meet us on the way to our car. She would hand Charlene a quarter and let her put it into the 4 foot tall gumball machine. A big, brightly colored gumball would spiral down and around. Charlene loved watching it, not to mention eating it! It took less than five minutes for her to become totally uncontrollable. The gumballs stopped that very day and so did the tantrums.

By the time Charlene was four years old, however, she had gradually become more and more unfocused; she was unable to sit and listen to a story or color a picture in class. As June approached and kindergarten was just around the corner, we became very concerned about her ability to attend school in September. We had so many children in our daycare who had been put on Ritalin to control their behavior in school. We did not want our daughter to be one of them. Her best friend had become uncontrollable as well, and his mother was concerned that he would end up medicated like his older brother.

I joined FAUS, began the program, and Charlene improved immediately. I had thought that by cooking from "scratch" I had been giving her a good diet, free of all those additives, but my eyes opened when I got my FAUS program kit! Who knew there was blue coloring in marshmallows or that there was MSG in her favorite sandwich — tuna fish? I never realized the egg bread at restaurants got its color from dye and not eggs. And who would have ever thought food colors were petroleum products anyway? I had always assumed they were made from some sort of edible substance; I guess I never really thought about it.

*Continued on page 3*



## Charlene, from page 2

By September, Charlene was VERY ready to go to school. The little girl who did one or two quick scribbles on a picture and then wanted to move on to something else, was now making meticulous drawings of castles, complete with individual bricks, and guards in the lookout towers.

As for her friend, he wasn't doing so well. He was not only hyper, but getting very aggressive and hurting other children. Finally, out of desperation, his mother tried the diet. After just two days, she came to me and said "For the first time ever, he made it from the car to the apartment without stripping off all his clothes and making me chase him around the playground!" He left our center shortly after that, so I don't know if she followed through with the diet...I hope so, as he was a great kid.

I had been giving her a good diet, free of all those additives, but my eyes opened when I got my FAUS program kit!

As for Charlene, she is now entering the fourth grade and doing very well! She loves to read and always has two or three books going. She loves pets and is responsible for the care of her cat, dog, hamster and goldfish. She is very good about staying with the program and when people offer her food that is not acceptable, her response is "No thank you, that food makes me CRAZY!"

Postscript: As a result of the entire family eating the same diet as Charlene, I have found that she was not the only one affected by these additives. I had suffered from allergies, chronic bronchitis, and asthma for years. Since changing what we eat, I seldom need to use medication for allergies, and when I do it's homeopathic. I have not had bronchitis in years, and about the only time I have an asthma attack is when I get a dose of additives in the margarine when we eat out!

Thank you Feingold, from all us us!  
*The Brown family*

## School food, from page 1

Pressure is building in many areas to improve the food being served to children in school and to tame the \$120 billion non-nutritive food industry. This is a super-sized task.

Greg Critser, author of *Fat Land, How Americans Became the Fattest People in the World*, explains the economics behind the explosion of fast food. For every dollar a fast food company spends, only 20 cents of that pays for the actual food. The remainder goes for fixed costs such as the building, salaries and advertising. So when a customer is offered the chance to "super size" his selection for only a small increase in cost, the company still profits.

Journalist Shannon Brownlee explains the dynamics. "The flakes in your kid's breakfast cereal, for example, account for only 5 percent of the total amount Nabisco or General Mills spend to make and sell them. Soda costs less to produce than any drink except tap water thanks to a 1970s invention that cut the expense of making high-fructose corn syrup. There used to be real sugar in Coke; when Coca-Cola and other bottlers switched to high-fructose corn syrup in 1984, they slashed sweetener costs by 20 percent. That's why 7-Eleven can sell the 64-ounce Double Gulp -- half a gallon of soda and nearly 600 calories -- for only 37 cents more than the 16 ounce, 89 cent regular Gulp."

How has fatty sugary food come to dominate the American marketplace? Susan Linn of the Harvard Medical School says, "Essentially kids are inundated with marketing from the moment they get up in the morning to when they go to bed at night, and the two primary products are food and toys, which are often linked." (McDonald's is one of the world's largest toy distributors, and even Barbie has a fast food outfit.) Children play a big part in determining which products will sell, and every company hopes to establish brand loyalty at as early an age as possible. Insiders discuss strategies to teach aggressive marketers "how to own kids."

Even if a child escapes junk food ads on his home TV he must still withstand the school sponsored advertising. Students who are required to watch Channel One in their classroom get daily advertisements for non-nutritious foods. Companies gladly provide an assortment of branded promotional materials including scoreboards, book covers, lesson plans and have succeeded in getting their products placed in text books used by the schools.

The most dramatic example of industry intrusion into public schools is the issue of "pouring rights." Soft drink giants offer lucrative contracts to school systems for allowing them to install vending machines in the schools, which then agree to offer only the products from that company. Huge checks are written for the schools, and the subsequent income is based on the amount sold. Because the profit margin on most soft drinks is so huge (a \$50 billion/year industry), the companies can afford to share millions of dollars with a school system.

While soft drink money is spent in many ways, the favorite use appears to be to promote a school's athletic program. One must wonder if the companies are hoping to associate their sugar-water drinks with the image of the physically fit teenager.

## Fierce Resistance

In cities and legislative halls where reformers have campaigned for better food, representatives of the National Soft Drink Association and the Grocery Manufacturer's Association have vigorously lobbied against efforts to reduce their hold. But the trend does not seem to be letting up.

Jane Brody, of the *New York Times*, quotes Dr. Nestle: "By the end of 2000, more than 30 school districts in California, Tennessee and Wisconsin...had refused such deals after protests by parents, students and school officials....Philadelphia refused an offer from Coca-Cola for \$43 million over a 10-year period, and Michigan turned down a contract that would have covered 110 school districts encompassing nearly half a million students."

*Continued on page 4*

## School food, from page 3

Los Angeles made news when the school board voted to ban the sale of soft drinks in schools. Beginning in 2004 vending machines will carry only water, milk, and drinks that contain a minimum of 50% juice. A spokesman for the California Center for Public Health Advocacy calls this decision "absolute proof that there's a momentum building to create a healthy school environment."

### Will students accept healthier food? Will this food cost more?

They certainly have in the Appleton, Wisconsin schools (see page one). And in two New York schools children arrive early so they can enjoy freshly baked muffins and scones.

The food programs in the Ross School and nearby Bridgehampton Public School are under the direction of Ann Cooper, a trained chef who has an impressive background working in upscale restaurants.

Students and teachers eat together in an attractive dining room, using real dishes, utensils and cloth napkins. Ms. Cooper creates dishes like those she has made when she worked at fine restaurants: pasta with scallops, orange and rosemary, roasted squash, steamed beans, sourdough bread and natural strawberry "jell-o" with fresh fruit.

**"Make no mistake: The junk-food wars are coming."**

Melinda Welsh, *Sacramento News & Review*

They use no processed foods, no canned foods, no refined sugars or flour. Most of the food is organic, and locally grown. Breakfast is offered and there are snack foods and beverages available during the day. The students are enthusiastic about these gourmet meals. How much does it cost to provide such a program? The cost of the food for one student's breakfast, lunch, snacks and beverages throughout the day is just \$3.84. (Breakfast costs \$1 or \$2; lunch is \$2.25 for students and \$6 for teachers.)

Ms. Cooper is working with researchers at Harvard to determine the nutritional value of the food being served at both Ross and Bridgehampton and to develop a program that could be used in other schools.

On the opposite side of the country, chef Al Schieder has brought about a similar transformation in the school cafeterias of the Folsom Cordova Unified School District in Sacramento. He serves an enthusiastic clientele of 7,000 students freshly baked calzone, a wholesome version of pizza, veggie bowls, fresh fruit, sushi and taco salads. The food tastes great and lunch costs only \$2.50. Like Amy Cooper, chef Schieder has a background of preparing fine meals. The district that previously lost about \$200,000 a year in the school lunch program realized a profit of \$300,000 with the new menus.

These innovations have attracted the attention of nutritionists, administrators and food service directors.



### Shouldn't students have the freedom to choose the food they want?

This would be a more compelling argument if students actually did have choices.

What kind of free choice does a student have when he must be at school early in the morning, has only the cafeteria and vending machines to supply food, and may remain at school for various activities several hours after classes are over? Free choice would be a cafeteria that offers nutritious selections as well as fatty fried foods, that provides fresh fruit in vending machines, along with the Doritos.

## Would schools lose money?

The income from vending machines would probably go down. Sodas provide schools with a profit of 50% while other beverages yield only 25%. But one can only guess at the savings that could be realized as a result of healthier students.

As schools are forced to spend increasing amounts on special services for children with behavior and learning problems there is less left for all of the other expenses. When metal detectors and security officers have to be added to the school budget, the money has to be taken from some place. The same is true for the repair of vandalism and for dealing with truancy. The school cafeteria is a favorite place to cut costs and increase profits. But the Appleton Alternative High School has shown that this is a very bad economic decision. By spending a mere \$20,000 per year, the above costs were drastically reduced. This sum (\$20,000) would not even pay for the incarceration of one teenager for one year.

### New challenges and opportunities

School systems could see dramatic improvements in their foods without having to totally reinvent their program. Even modest changes can yield impressive results. By removing synthetic colors, artificial flavors and the preservatives BHA BHT and TBHQ, any school system would be well on their way to improving both the behavior and learning ability of students. New York City accomplished this in over 800 public schools. Scores on the California Achievement test rose 15.7 points after the dietary changes.

**Many teachers find they can't "get through" to kids after they eat lunch in the cafeteria.**

In the early 1980s Fairfax County, VA responded to public pressure and provided a similar program. The food was well received by the students and did not cost more to provide. Unfortunately, the county has reverted to the typical school foods.

*Continued on page 5*

## Changing the System

School food service directors and dietitians have long been the step-children of the system. The “mystery meat” legacy — a reputation for serving uninspired foods — makes it hard for most school systems to see cafeteria food as a high priority. But as parents and school boards begin to understand that the current diet is affecting behavior and learning, as well as the health of their students, there will be a need for food service professionals who understand what is common knowledge in every Feingold home: that some of the chemicals routinely added to foods can cause serious problems, and that natural foods, foods free of these additives can be delicious.

Food distribution companies will be faced with a growing demand for products that are free of the unwanted additives. Most such companies serve a wide range of clients, from institutions to upscale restaurants, and they can provide whatever food a school system demands.

Even the companies filling vending machines can adapt to requirements for better food. This past year the snack giant Pepsi-Co, earned \$3.5 billion from its Frito-Lay line of snack food, and they are working to retain their dominant place in the market. Seeing the coming trend to healthier foods, the company has even created a natural version of their (neon orange) Cheetos as well as an organic Tostitos.

## Research shows the harmful effects of dyes

Does a school have the right to serve foods containing synthetic additives that have been shown to trigger disturbed behavior, inhibit a child's ability to learn, and may cause physical damage?

All seven of the currently approved food dyes, plus the preservatives BHA and BHT, were found to induce **DNA damage** in the gastrointestinal organs at a low dose.

**The comet assay with 8 mouse organs: results with 39 currently used food additives.** Sasaki Y et al, *Mutat Res* 2002 Aug 26;519(1-2):103

Red food dyes were found to cause **DNA damage in the colon** even though the dose was small.

**DNA damage induced by red food dyes orally administered to pregnant and male mice.** Tsuda S et al, *Toxicol Sci* 2001 May;51(1):92-9

These two studies found that red dye causes **reproductive abnormalities** in mice.

**Reproductive and neurobehavioral toxicity study of erythrosine (Red 3) administered to mice in the diet.** Tanaka T, *Food Chem Toxicol* 2001 May;39(5):447-54.

**A study on the reproductive toxicity of erythrosine (Red No. 3) in male mice.**

Abdel Aziz AH, et al, *Pharmacol Res* 1997 May;35(5):457-62

Red 3 (a known cause of thyroid tumors) has been found to be a “significant risk factor” in **breast cancer**.

**Estrogenic and DNA-damaging activity of Red No. 3 in human breast cancer cells.** Dees C, et al, *Environ Health Perspect* 1997 Apr;105 Suppl 3:625-32.

Yellow dye has been found to suppress the immune system, have negative effects on the reproductive and nervous systems, and trigger headaches, asthma and (in rare cases) anaphylactic shock.

**Immunological aspects of the common food colorants amaranth and tartrazine.** Koutsogeorgopoulou L, et al, *Vet Hum Toxicol* 1998 Feb;40(1):1-4.

**Reproductive and neurobehavioral effects of Sunset Yellow FCF administered to mice in their diet.** Tanka T, *Toxicol Ind Health* 1996 Jan-Feb;12(1):69-79

**Intolerance to Dietary Chemicals May Underlie Recurrent Headaches.** Cornwell N, et al, Royal North Shore Hospital, Sydney Australia.

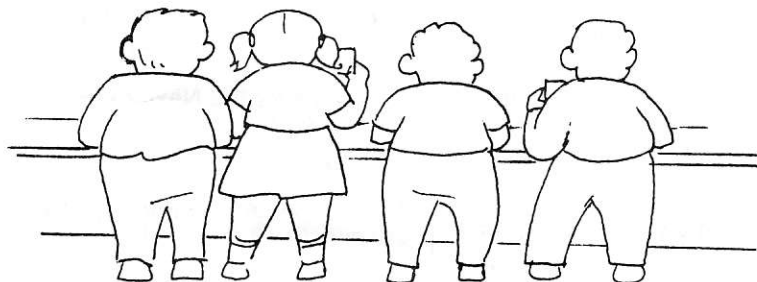
Food dyes have been shown to trigger **disturbed behavior** and interfere with **cognitive ability**. The previous issue of *Pure Facts* described a double-blind study carried out in England that showed a small amount of food dye plus the preservative sodium benzoate caused temper tantrums and other disturbed behaviors in nearly one fourth of the 3-year-olds tested.



school lunch menu

featuring

**FAT FOOD**



## Winter Blues?

Some people become very sad during the winter months, when shorter daylight hours mean less exposure to sunlight. It's called “seasonal affective disorder,” or SAD. Sunlight activates the endocrine system, which affects the immune and nervous systems.

Full spectrum lights (used as “grow lights” for plants) can provide much of the benefit we normally get from exposure to sunshine. There are also light boxes designed to provide rays in the healthful spectrum.



## *Meet our new President!*

Collen Smethers has a long history of activism.

As the mother of five children and a nurse-practitioner, Colleen has first-hand knowledge of the importance of avoiding harmful food additives. But her interests go beyond foods. She has closely followed the vaccine/autism issues, the problem of air pollution in her Southern California community and the need for doctors to be able to practice good medicine free of harassment from state medical boards.



Colleen has been a Feingold volunteer since 1977, a leader in the successful fight against polluters in Riverside County and is co-founder of the Progress in Medicine Foundation. She is a lady who sees a need and rolls up her sleeves to step in and make a difference. We gratefully welcome her in this latest leadership role.

### **Moving?**

Please send us your new address. The Post Office will not forward bulk mail.

**Welcome Home magazine's** January issue has an article about Gail Wachsmuth, FAUS's First Vice President, and her daughter, who came close to dying from a reaction to Yellow No. 5 (tartrazine). *Welcome Home* is the popular magazine published by the Family & Home Network, a nonprofit organization devoted to supporting families. The magazine is created from articles, photos and artwork submitted by its readers. See [www.familyandhome.org](http://www.familyandhome.org).

**Getting Acquainted** - These members would like to meet other Feingold families in their area and share information:

Cincinnati, OH: Jodi Harris (513) 731-7013

Sacramento, CA: Debra Osfeld (916) 487-2567 [debos3@yahoo.com](mailto:debos3@yahoo.com)

**Food Co-op** - Connie Gregg lives in the Detroit, Michigan suburb of Roseville. She is interested in either locating an existing food co-op in her area, or in starting one if none currently exists. She can be reached at (586) 777-7215 or [efdld@msn.com](mailto:efdld@msn.com).

[Note: Blooming Prairie provides food for co-ops in 13 Midwestern states; for information see [www.blooming-prairie.com](http://www.blooming-prairie.com).]

## *When schools feed kids —* **Some editorial comments**

The school lunch was originally designed to supply a wholesome meal for youngsters whose families were unable to provide adequate nourishment. Not only are the vast majority of today's school lunches no longer wholesome, but they are too expensive.

A determined principal in Pennsylvania, Al Bullock, successfully turned around a failing inner city school by providing fresh, nutritious foods. In addition to the foods provided at lunchtime, healthy snacks were available throughout the day in the classrooms. (*Pure Facts*, March 1997)

But the types of "food" given out in most classrooms today are candies, cookies or soft drinks loaded with synthetic additives — the very things that make it hard for the child to focus and behave.

Does a teacher have the right to give these things to a child without the parent's knowledge or consent? Should schools first obtain written permission before they feed a child things his parents may not want him to have?

Does a school have the right to pressure parents into using psychotropic drugs for children who are simply reacting to the additives in the foods served in the school?

## *The school of the future?*

"Forecast #9: Schools will solve many behavior problems with better nutrition: One school eliminated fights, expulsions and suicides by offering students a healthy menu and not allowing them to fill up on junk foods."

Forecasts for the Next 25 Years, a special report from the World Future Society, publishers of *The Futurist*

The reference is to the Appleton, Wisconsin Alternative High School.

## PIC Report

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

### Stage One

ATLANTIC MARICULTURE\* Dulse Sea Vegetable Snack  
BACHMAN Super Premium White Cheddar Popcorn  
BERLIN NATURAL BAKERY Yeast Free Sourdough  
Spelt Bread [www.speltbread.com](http://www.speltbread.com) (800) 837-5334  
BRAGG\* Liquid Aminos All Purpose Seasoning from  
Soy Protein  
CETAPHIL Gentle Cleansing Bar *See the web site  
[www.cetaphil.com](http://www.cetaphil.com) for a list of stores that carry it.*  
CHEETOS Natural White Cheddar Flavored Puffs  
Cheese Flavored Snacks (CS)  
CRACKER JACK Butter Crunch Peanuts (CS)  
FREE & CLEAR Shampoo, Conditioner  
*Ask your pharmacist to order, or direct order by calling  
(800) 325-8232, [www.psico.com](http://www.psico.com)*  
FRUTSTIX Fruit & Cream Bars: Creamy Banana,  
Creamy Coconut, Creamy Mango, FudgStix Lite  
FRUTSTIX Fruit & Juice Bar: Pineapple,  
Watermelon  
LAND O' LAKES Mini Moo's Half & Half Individual  
Creamers *They can be purchased on-line at  
[www.coffeeforless.com](http://www.coffeeforless.com)*  
LAY'S Natural Thick Cut Potato Chips with Sea Salt  
MARIANI Premium Tropical Pineapple (SF)  
MR. STERLING CHEESE CO-OP Goat Milk Cheese:  
Cheddar Style, Fresh Jack Style with Dill  
ROLD GOLD Honey Wheat Braided Pretzels  
SAN-J Sesame Brown Rice Crackers  
SAN-J Reduced Sodium Tamari Soy Sauce  
SMARTFOOD White Cheddar Cheese Flavored Popcorn  
SUN DOG\* Hand Crafted Hemp Soap Naked, Hemp Oil  
Naked Liquid Soap; Hemp Lip Balm: Naked  
WANDA'S ALL NATURAL\* Blue Corn Muffin Mix  
WANDA'S ALL NATURAL\* Chocolate Chip Cookie Mix  
WHOLE KIDS ORGANIC (Whole Foods) Macaroni &  
Cheese Mix: Traditional, White Cheddar  
WHOLE KIDS ORGANIC (Whole Foods) Peanut Butter:  
Smooth, Crunchy  
WHOLE KIDS ORGANIC (Whole Foods) Pudding:  
Banana, Chocolate, Vanilla  
WHOLE KIDS ORGANIC (Whole Foods) Waffles:  
Mini, Regular  
ZION Fig Bars (CS)

### Stage Two

FARMLAND Deli Favorites: Sliced Olive Loaf  
(CS, N, red pepper)  
FRUTSTIX Fruit & Juice Bars: Strawberry  
GIANT EAGLE Peppercom Ranch Classic Style  
Dressing (MSG/HVP, tomatoes)  
SAN-J Sauces: Asian BBQ Grilling & Barbecue  
Sauce (apple cider vinegar, cloves, red peppers,  
tomatoes), Japanese Steak Sauce Stir-Fry &  
Marinade (apple cider vinegar), Polynesian  
Sweet & Tangy Stir-Fry, Dipping & Glazing Sauce  
(apples, apple cider vinegar, red peppers,  
tomatoes), Szechuan Stir-Fry & Marinade (apple  
cider vinegar, plums, red peppers),  
Thai Peanut Stir-Fry & Dipping Sauce (apple cider  
vinegar, plums, red peppers), Traditional  
Japanese Teriyaki Stir-Fry & Marinade (apple  
cider vinegar, plums)  
SAN-J Salad Dressing: Tamari Mustard (apple  
cider vinegar), Tamari Peanut (apple cider  
vinegar), Tamari Vinaigrette (apple cider vinegar,  
red peppers)  
SOYANNAISE\* Soy-Based Mayo (cider vinegar)  
SUN DOG\* Hemp Oil Body Creme Naked  
(almonds), Hemp Oil Lotion Naked (almonds)  
WANDA'S ALL NATURAL\* Orange Cinnamon  
Bread Mix  
WANDA'S NATURE FARM FOODS\*  
Pumpkin Spice Quick Bread Mix (cloves)  
WHOLE KIDS ORGANIC (Whole Foods)  
Applesauce: Cinnamon, Mixed Berry  
(blackberries, raspberries), Peach, Strawberry  
Banana, Unsweetened  
YORKSHIRE KIDS Fully Cooked Breaded Chicken  
Bites in Dinosaur Shapes (paprika)

### Fast Food Update

SUBWAY Restaurants have informed us that there have been changes in the breads they offer. Please revise your 2003 Fast Food & Restaurant Guide to read as follows:

Breads: (not Deli Style Roll)  
Italian Bread  
Wheat Bread (CS,SF)  
Asiago Cheese Bread (SF)  
Hearty Italian  
Sourdough (CS)

### Product Alert

KELLOGG'S Complete Wheat Bran Flakes cereal now contains BHT. It should be removed from your Foodlist.

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.

## New videotape introduces families to a dietary solution

Are you looking for ways to teach others about the connection between food additives, behavior and learning? Here's how you can share your knowledge with them.

For many parents, the hardest part of the Feingold Program is not locating the food, or gaining a child's cooperation, or temporarily removing natural salicylates. The challenge is in trying to gain the understanding and support of other adults. In-laws, teachers, neighbors, coaches, dentists, day care providers, or anyone else who is in close contact with their child (including spouses) often just "don't get it." This is the resource that can open eyes and generate understanding of the Feingold Program and why they need to support it.

Associated Producers of Silver Spring, Maryland announces *ADD/ADHD: Smart Solutions*, a 45 minute videotape exploring non-drug options to helping children, with a primary focus on the Feingold Program.

This is the first in what will be a series of videos by award-winning film producer, Jim Grapek. Future films will cover osteoporosis, hormone replacement therapy, and understanding vitamins, enzymes, and nutritional supplements.

The film is introduced by Betty Kamen, Ph.D., who has taught at Hofstra University, developed a nutrition workshop for Stanford University Medical School and established the nutrition program at the Corsello Centers in New York. Dr. Kamen has hosted numerous talk shows, presented seminars, and published hundreds of articles. She is the author of nineteen books on health and nutrition.

Parents featured in this video tell how the Feingold Program helped their children (who often flipped over furniture and fell out of chairs) improve so much that these parents now receive compliments about their children's good behavior.

Dr. Arnold Brenner, Chief of Pediatrics at Northwest Hospital and a staff member at Sinai Hospital in Baltimore, explains how he once set out to disprove the effectiveness of the Feingold diet by setting up a study of hyperactive children who had not responded to any other treatment. When many of the

children improved dramatically on the diet he became convinced of its validity. He discusses several other studies with similar results. Dr. Brenner also points out that most pediatricians receive very little formal training in nutrition at medical school, which sometimes results in their being skeptical about the role of diet in ADHD and ADD.

FAUS National Director, Jane Hersey, gives examples of supermarket foods that create problems, and natural alternatives that are readily available.



*ADD/ADHD: Smart Solutions* can be purchased by calling (301) 565-2170 or online at [www.associatedproducers.com](http://www.associatedproducers.com). \$19.95;

Quantity discounts are available.

### Lead and Delinquency

In up to 38% of teen delinquents in the Pittsburgh area, their behavior is due to lead exposure, according to a study by Dr. Herbert Needleman. The findings were published in the journal *Neurotoxicology and Teratology* in January. The delinquent teens had 11 parts per million of lead concentrations in their bones, compared to 1.5 parts found in the non-delinquents. Lead based paint in old homes is believed to be the principal source.

### Book Buying?

The next time you buy a book please consider ordering it through our web site bookstore which is an Amazon.com affiliate. Not only will you get Amazon.com's good prices and service, you will also be providing a donation of up to 15% to the Feingold Association.

Go to:  
[www.feingold.org/bookstore.html](http://www.feingold.org/bookstore.html).

### 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 St., Riverhead, NY 11901 or phone (631) 369-9340.

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

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