

The big yellow school bus can make kids sick

Diesel fumes from school buses can be a source of both health and behavior problems, especially for children.

About 24 million children in the United States ride on a bus each school day for a total of more than 4 billion miles each year.

On the FAUS message board, one member wrote that her son "has been getting real ornery lately and being short and rude. I was chalking it up to pre-teen status but it was so inconsistent that I was suspicious.

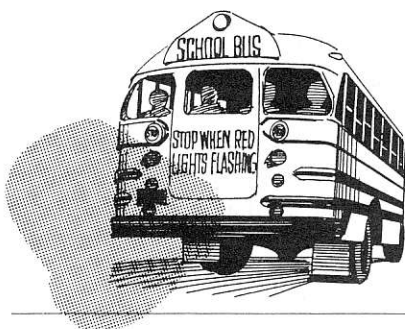
"I would notice he was in a good mood in the a.m. or when I would drop him at school. If he rode the bus he would get home and be snarling at everything and everybody. The days I picked him up and dropped him off and the weekend he would be fine. I think it's the bus.

"At first I wondered if he was having personal problems with someone on the bus, but he insists he isn't so I think maybe it's the diesel fumes. He never rode the bus up until a few months ago. He doesn't like to ride anyway so I am going to start taking him and dropping him off again."

The exhaust from the tailpipe seeps into the bus, causing the inside air to be far more polluted than the air outside the bus. Even when there is no sign of black smoke coming out of the bus, diesel emissions are a source of serious problems.

The Environmental Protection Agency found diesel fumes contain 40 toxic chemicals, including 15 carcinogens.

According to toxicologist David Brown, "Diesel exhaust is comprised of very fine particles of carbon and a mixture of gases, including benzene, formaldehyde, 1,3-butadiene and acetaldehyde. These are well-recognized toxic substances. Most federal health authorities...have designated the components of diesel exhaust as human carcinogens. They are also genotoxic, mutagenic, and can produce symptoms of allergy including inflammation and irritation of airways."



One mom responded: "Are you in a winter climate where they are wearing warm coats on the bus? My son tended to get 'bus sick' especially in the winter when he was overheated with all his winter gear on and especially on sunny days. Telling him to take off his coat helped somewhat. I know that doesn't address the diesel fumes problem, but, as they say, every little bit helps."

Robert LaCamera, M.D., of the Yale School of Medicine, notes "There is no known safe level of exposure to diesel exhaust for children, especially those with respiratory illness. The

Centers for Disease Control and Prevention estimates that 4.8 million U.S. children have asthma."

The diesel emissions are highest inside the bus when all the windows are closed, so the National Resources Defense Council advises that when weather permits the school bus windows should stay open.

A problem with this policy is that when the bus engine is on and it is idling, open windows increase the exposure to toxic emissions.

"I think kids can react to all the things mentioned about buses," wrote another mom. "With my sensory integration experience I also think the loud noise and crowding can be a factor too. Can you imagine 'holding it together' all day and then sit in that environment all the way home?"

Last year Minnesota adopted legislation requiring schools to reduce unnecessary idling of buses in front of schools and to reroute bus parking zones away from the school building's air-intake valves. A particular problem is the toxins given off when buses are lined up end to end, with engines idling, as students get on or off.

Another mom wrote: "I am a school bus driver and have noticed that buses do smell. Lots of drivers put those stick up air fresheners too...and if fragrances are used in any cleaning products, there is nowhere for it to go."

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Benjamin's story

Your child might be only 3 years old, but if he's having problems you could already be wondering what his life (and yours) will be like twenty years from now. Here's some very encouraging information from a young man whose mother had these same concerns.

Ben Leitner offered this response to parents who wrote on our member's board about their concerns:

"To everyone, but especially Alesha, who asked for reassurance. I have a somewhat different perspective since I'm not a parent with a troublesome child, but rather I WAS the child.

"I remember a time long ago when my breakfast would include a bowl of Trix or Froot Loops, or some such heavily colored cereal. I also remember that at the time I was always in huge trouble at school.

"When I was 7 years old (second grade) my mother discovered the Feingold Diet and I was on it very quickly. Of course I hated it at first, but looking back now (16 years later) it was definitely for the best.

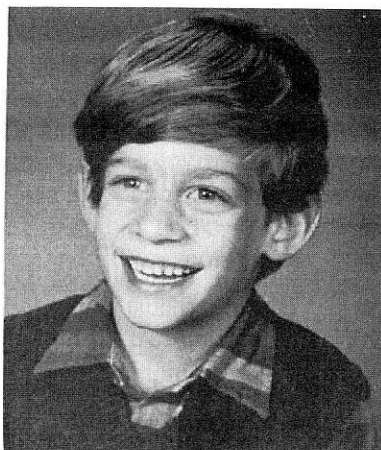
"Before Feingold I had a nasty temper, and I was the kid always picked on at school — not a good combination for staying out of trouble. I was sent home from most places: sixth grade science camp, Camp Ramah after 9th grade, and so on, because at those places there was no control over what I ate.

"Thanks to the Feingold Diet, my behavior problems are behind me. Instead of getting kicked out of high school and college (Would I have made it to college?) I graduated Summa Cum Laude from UCSD and I'm about to start graduate school at Cal Tech.

"So...to anyone, anywhere who wonders if there can be a connection between food additives and behavior, the answer is a resounding YES, and I point to myself as proof. I cannot think of any one single decision made by my parents or myself that had a more positive impact on my life than the choice to go on Feingold. It works!"

Honors

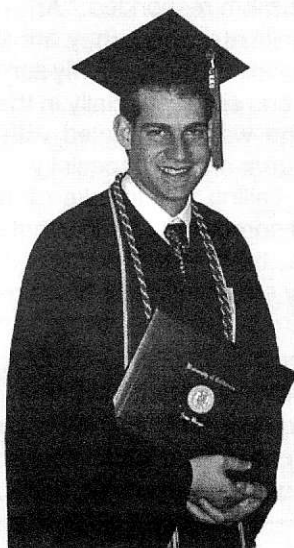
Here are some additional details Ben didn't mention: He received his BS in Chemistry and his BA with High Distinction in Mathematics. Benjamin



Ben at age 7

was one of two students university-wide who was awarded the Harold C. Urey Award for Outstanding Scholarship in Chemistry, and he was one of seven Muir College graduates to receive the Outstanding Muir Scholar Award.

He had previously been inducted into the Muir Caledonian Honor Society and elected to membership in Phi Beta Kappa. Ben has received a fellowship that will enable him to pursue his studies toward a doctoral degree in Mathematics at the California Institute of Technology in Pasadena.



June 2003 graduation

A mom's perspective

"Benjamin sometimes complained about being on a special diet," recalls his mom, Susan, "but I never had to worry about him cheating. He hated being out of control."

They had tried Ritalin, but even though it didn't help, the teachers and principal pressured Susan to keep her son on the drug. Once she tested out the Feingold approach it was clear that additives were at fault.

Susan made sure there were always natural treats available and recalls the Stage One foods they used when they were new to the program. They dubbed one of them "Almost Pizza" and even after Ben was able to add back salicylates, they occasionally made this when they felt especially nostalgic.

One day when Susan, Ben, and his younger brother, Daniel, were shopping, the two boys were reading labels on candy bars, to find additive-free choices. As they discussed which ones might be o.k., Feingold volunteer, Lynn Murphy, overheard the conversation. Lynn introduced herself and asked if they were using the Feingold Diet. This was Susan's introduction to the Feingold Association and all of the resources available.

College Food

When they met with the food service providers at the University of California, San Diego, the Leitners were told that the Americans with Disabilities Act requires the college to provide food that is in compliance with the Feingold diet. They invited Ben to come to them and discuss specific ingredients or request foods that he needed.

Like most Feingolders, Ben gradually gained a greater tolerance for an occasional slip, but he now cooks for himself and is especially careful about his diet when exams are coming up or has to be at his best for meetings and interviews.

Autism/mercury link

A new study shows that children with symptoms of autism are unable to excrete mercury as effectively as other children.

A study published in the *International Journal of Toxicology* links mercury exposure to the increasing number of children being diagnosed as autistic.

Autism is a form of mercury poisoning, according to the study's co-author, Mark Blaxill, of the nonprofit organization Safe Minds. He cites the use of the mercury-containing preservative thimerosal in vaccines as a cause of the neurological damage seen in so many children.

Blaxill and his colleagues studied 94 autistic children and 45 who were developing normally. They found that the autistic children had greater exposure to mercury — both before and after their birth.

Exposure to even small amounts of mercury can be dangerous; this understanding has led to the phasing out of mercury thermometers. Certain varieties of fish have high levels of mercury and "silver" dental fillings are another source. During pregnancy a fetus will be exposed to the mercury that is stored in the mother's body, as well as to any new exposure she may have. But when mercury is used as a preservative in vaccines, this heavy metal is injected directly into an infant's bloodstream. Many parents and professionals believe that the dramatic increase in the number of children with serious neurological problems correlates with the introduction of the mercury preservative.

Getting rid of mercury

Our bodies have ways of getting rid of harmful substances like mercury. If we can effectively excrete it or if we don't have too much exposure, we will probably not experience serious problems from it. But a person whose body is not very good at getting rid of mercury, or who is exposed to large amounts, can be in trouble.

This new study suggests that many autistic children have received the "double whammy" of exposure to too much mercury and a body that isn't very good at getting rid of it.

Measuring mercury

The researchers measured the amount of mercury that each of the children in the study had in their system when they were infants. They were able to do this by obtaining a lock of baby hair that had been taken years earlier, and measured the amount of mercury in it.

At first the researchers were surprised. They found that hair samples from the autistic children had only a fraction of the amount of mercury found in the samples from the normal control subjects. But the significant conclusion of this study is that most children are pretty good at getting rid of mercury. The fact that the mercury showed up in hair follicles is an indication that the body is disposing of it. The autistic children, however, retained mercury.



Too much mercury

Although it is reassuring to see that the majority of children are able to excrete much of the mercury that gets into their bodies, it shows how much exposure all of our children have to this toxic substance.

Sallie Bernard, who is the executive director of Safe Minds notes, "small differences in mercury exposure and detoxification ability can drive huge differences in the brain development of small children....It only takes one child in 100 to have reduced excretion capacity and you can have an epidemic of neurological disease on your hands."

Safe Minds (Sensible Action For Ending Mercury Induced Neurological Disorders) is a nonprofit parents organization founded to investigate the continuing risks to infants and children of exposure to mercury from medical products, including thimerosal in vaccines. www.safeminds.org

FDA dismisses autism treatments

On their web site (www.fda.gov/oc.nutritioninitiative/report.html) the Food and Drug Administration (FDA) claims that dietary supplements for autistic children represent "a false and unsupported claim."

Dr. Bernard Rimland and Dr. Jon Pangborn, leaders in the field of autism research, replied to the FDA's position with a letter to the new Commissioner, Mark McClellan, M.D. The following is excerpted from Volume 17 of *Autism Research Review International*:

"There is a great deal of compelling evidence, from many sources, that a large percentage of autistic children can improve markedly, and some may in fact recover, when provided with the dietary treatments and nutritional supplements that are cavalierly dismissed by your agency's policy statement. Abstracts of 55 articles on the topic of dietary intervention in autism may be found at www.autismNDI.com/studies.htm.

"We note with astonishment and chagrin the FDA's statement that the use of supplements may be summarily dismissed on the nonsensical grounds that 'the physiological causes of these [behavioral] disorders are not fully understood and these claims are patently false.' Aspirin, quinine, lime juice, and a multitude of other natural substances were used effectively to treat pain, malaria, scurvy, etc. for many decades on a strictly empirical basis, even though 'the physiological causes of these disorders were not understood.' To assert, as the FDA's statement does, that 'these claims are patently false' is absurd.

"The FDA's pejorative comments on special diets and nutritional supplements as treatments for autism cannot be justified by claiming that these approaches divert parents from proven and approved treatments. There are none. Most of the drugs...which are the mainstay of the majority of conventional practitioners...carry significant risk of serious side effects, including death."

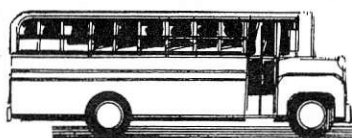
For more information: www.autism.com/ari.

Some research indicates that fumes from diesel exhaust are found in greatest concentration at the back of the bus. They suggest that students who get on at the first stops should sit in the front as they will be on the bus for the longest time and will be exposed to the most fumes.

"My 7-year-old cannot do the bus," writes a Feingold member. "I did a test riding the bus and me driving him every day. When I took him he had a much better day at school. He says it smells on the bus. We moved him to the very front and it did not help."

The best solution to reducing pollution both inside the bus and outside in the community is for schools to use buses powered by propane, compressed natural gas or other alternative fuels. While these vehicles cost more to buy, they are less expensive to operate, require less maintenance and fewer oil changes, and will save money in the long run.

One reader responded to the posts on the message board: "My son and daughter are on the bus for 45 minutes, and my daughter complains about headaches every day!"



Over the years Feingold volunteers have observed that many substances that have been found to cause health problems in some individuals will trigger behavior problems in others. These irritants have often been found to be carcinogens (cause cancer). Like the canaries miners used to take into the mines to detect toxic fumes, these sensitive youngsters are an early-warning system that something is wrong. Rather than sedate such youngsters with drugs, it benefits the entire community to learn why they are reacting and to remove the offending substances.

Positive steps a school can take

- Turn the engine off when the bus is not moving
- Relocate bus parking away from air intake vents
- Park buses at a diagonal to reduce emission exposure
- Have regular maintenance for existing buses
- Replace worn exhaust systems
- When purchasing new vehicles buy those that use alternative fuels
- Do not use scented "deodorizers"
- Use unscented cleaning products inside the bus

Resources

Environmental and Human Health Inc. www.ehhi.org/diesel
Sierra Club www.northstar.sierraclub.org/schoolbus
Clean School Bus USA www.epa.gov/cleanschoolbus
Natural Resources Defense Council
www.nrdc.org/air/transportation/qbus.asp
Clean Cities www.cities.doe.gov/vbg/fleets



Antibiotics, allergies and asthma

A new study shows a link between antibiotic use and later health problems.

Many infants receive antibiotics for colds and flu even though they offer no benefit for those symptoms. But these drugs have some serious long-term effects, according to a study of 448 children, conducted at the Henry Ford Hospital in Detroit.

If a child receives antibiotics during the first six months of life, he has an increased



chance of developing allergies to pets, ragweed, grass, and dust mites. And such a child is more likely to become asthmatic.

The lead researcher, Christine Cole Johnson, Ph.D., suggests that the use of antibiotics may affect the gastrointestinal tract and consequently the child's immune system. This is consistent with the findings of doctors who research the link between antibiotics and autism; they believe that the drugs wipe out much of the body's beneficial bacteria, making the gut vulnerable to overgrowth of yeast and its harmful by-products.

The researchers collected data prior to birth and regularly for about seven years afterward. Nearly half of the children received antibiotics (typically penicillin) during their first six months.

By the time the children reached age 7, those who had the antibiotics were 1.5 times more likely to develop allergies and 2.5 times more likely to develop asthma.

Several other factors had a significant effect on the outcome. Children who lived in a household with two or more pets (particularly cats and dogs) were less likely to develop allergies.

But if a baby had taken antibiotics, and was breastfed by an allergic mother for more than four months, his chances of developing allergies increased significantly. However, there was no increase in the likelihood of developing asthma.

Infants also receive antibiotics for ear infections. Many Feingold parents have found that once they eliminated additives such as synthetic dyes and flavorings (found in most pediatric medicines) the ear infections ceased.

Meat with an attitude ~ Old-fashioned Texas Barbecue

Blake Barker prepares and sells beef and pork that is seasoned then slow-smoked, basted, and cooked over pecan wood for up to 16 hours.

All of this takes place in a facility far from the mesquite and cactus of the great Southwest. The Texacan Beef & Pork Company is located in a state-of-the-art facility in an area outside of Washington, DC often referred to as "Silicon Valley East."

Computers monitor the smokers and ovens to ensure consistent flavor in the old-time recipes, and check temperatures every 30 seconds. The ovens are capable of processing up to 3,000 pounds of meat at a time, and the stainless steel equipment is kept spotless with steam-cleaning after every batch.

After several successful careers in computer technology, Barker combined his skills with something very close to his heart: the old-fashioned taste of barbecue from his Texas home.

All of the Texacan products are Feingold-acceptable for use on Stage Two, since they are tomato-based. You can learn more about Texacan's hand-pulled pork, baby back ribs, beef brisket and smoked sausage on the web site: www.Texacan.com.

Cinnabon strikes out

The "World's finest ingredients" go into Cinnabon's fragrant little buns, according to the introduction on their web site (www.cinnabon.com). Perhaps this refers to the World's finest synthetic chemicals, since the margarine they use to make the buns is dyed with Yellow No. 5 and the frosting includes artificial flavoring.

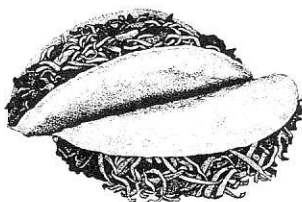
It is rare to find synthetic dye in margarine; most supermarket versions are colored with natural ingredients. And as for the flavoring in the frosting, every Feingold cook knows how easy it is to switch to pure vanilla extract.

To voice your opinions, contact the parent company: ARC Enterprises, Inc., Six Concourse Pkwy, Suite 1700, Atlanta GA 30328 or write to them at their web address.



Barker also offers a variety of colorful sauces: Cussin' Diablo, Swearin' Sauce, Big Al's Carolina Sauce, as well as Carolina Cole "Slaunce."

Texacan products can be purchased by restaurants, schools or other institutions, can be ordered on-line, or you can buy everything from a sandwich to a banquet at the retail section of their facility. It is located in an industrial park across from the huge Metrocall office complex in Ashburn, VA. The address is 21750 Red Rum Drive, Suite 142, Ashburn, VA 20147 (877) 877-8766.



Baja Fresh

One of the problems for Feingold members who want to eat at the chain of Mexican restaurants called Baja Fresh will be the TBHQ in their frying oil. So anything that is deep fried will be off limits; this includes their tortilla chips and strips and the tostada shells as well as breaded fish. They also use a lot of corn syrup/sweeteners.

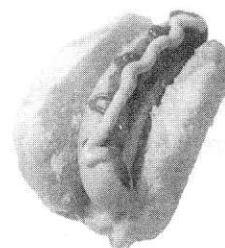
Another problem will be extensive use of salicylates, so anyone on Stage One who wants to eat here will have to be very creative.

White Hots are a Rochester Tradition

Not all hot dogs are red.

Western New Yorkers have been enjoying a nitrite-free white hot dog since it was first introduced by Zweigle's sausage shop in 1925. Zweigle's Pop Open Natural Casing White Hot Dogs and Skinless White Hot Dogs have been added to the Feingold Association's Stage One list.

They are made from beef, pork and veal, and their white color is due to the fact that the meat is not cured and contains no nitrites. (Although nitrites are not eliminated on the Feingold Program, they have been linked with cancer, and many members prefer to avoid them.)



In 1880 Josephine and Wilhelm Zweigle immigrated to America and opened a little sausage shop in Rochester. The business has remained in the family for all these years. It was during this decade that hot dogs were first sold in America at another New York location: Coney Island.

Although Zweigle's offers other types of meat products, it's the white hots that have become a Rochester institution. They are sold at all Buffalo Bills games and at area supermarkets and delis.

Rochester residents who move away from the area have long found ways to import their favorite hot dogs, and now families around the country can sample them and see what the fuss is all about.

White Hots Inc. is a new on-line business for ordering this Rochester favorite. Log on at www.white-hots.com. Meanwhile, the company is working to build a network of retailers throughout the country that will sell Zweigle's white hots.

Chemical-Free Kids

How to Safeguard Your Child's Diet and Environment

by Allan Magaziner, D.O., Linda Bonvie,
and Anthony Zolezzi

This new book is a treasure trove of information and resources for *Pure Facts* readers who want to delve further into the various topics we cover in this publication.

Part One includes:

Food additives to avoid, fluoride, genetic engineering, diets during pregnancy, hidden MSG, high-fructose corn syrup, healthy sweeteners, healthy fats, and nutritional supplements.

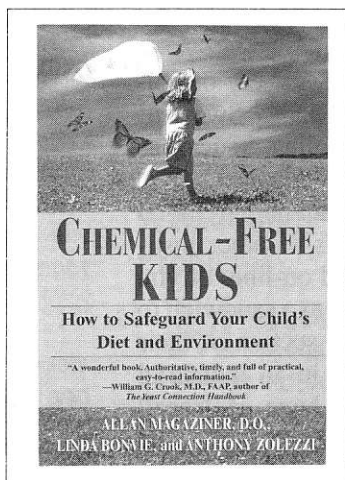
Part Two addresses:

Chemical pesticides at home, at school, and when you travel on airlines, non-toxic alternatives, head lice, mold, lead and mercury.

Part Three is titled "Food Fit for a Kid," and includes recipes from our own Feingold literature.

Each chapter of this book offers a synopsis and practical suggestions of steps a parent can take to enhance their child's health (and life).

This book is a handy resource for addresses and web sites listing the organizations and companies that are leading the way to better health.



Chemical-Free Kids, Twin Stream Books, published by Kensington Publishing Co., New York, 2003. It can be ordered on-line by going through the FAUS web site: www.feingold.org

Fluoride in Drinking Water

New research has linked fluoride to the reduction of intelligence in children, defects in embryos, and disruption of reproductive hormones.

The May 2003 issue of the journal *Fluoride* includes an article titled, "Effect of fluoride in drinking water on children's intelligence," by a group of researchers working in Jiangsu Province in China. They found that as the levels of fluoride increased, the IQ scores of children dropped and the number of children suffering from mental retardation increased.

Food Chemical Toxicology for November of 2003 carries an article by Indiana researchers who found that sodium fluoride caused deformed frog embryos. They hypothesize that humans could be similarly affected.

Even low amounts of fluoride can disrupt reproductive hormones in men, according to a study published in the September 2003 issue of *Environmental Research*.

Kids from our Kids

All children need to feel that they have an important contribution to make, but those who have had to deal with learning or behavior problems, and the low self-esteem that can come as a result, especially need to feel empowered. At this time when we all think about the many reasons we have to be thankful, there is a project that appeals to children, for which your child might wish to take the lead.



Heifer International is a charity that helps poor families improve their lives by giving them animals that are used to provide nutrients and income. Goats are an ideal choice in many climates. They are hardy, provide abundant milk (and cheese), breed well, and can be cared for by children.

The extra milk or cheese can be sold and provides a source of income. Even the manure from animals enriches a family's garden.

Recipients are given livestock, taught how to care for the animals, and once they have become established and the goats begin to breed, the family shares this abundance with other families, and passes along what they have learned about caring for the animals.

Heifer's "Kids 2 Kids Campaign" is a way our children can help others less fortunate. If your child's class, troop, or religious group were to raise \$120 this would pay for a healthy young doe and the training to care for it. To learn more, log on to www.heifer.org/kids or write for their attractive brochure: Kids 2 Kids. Address requests to Heifer International, 1015 Louisiana Street, Little Rock, AR 72202.

Goat milk?

One of our members who owns several goats tells us that the flavor of fresh goat's milk is delicious — not at all like what you might have had from the commercially sold versions. The secret, she adds, is to refrigerate it immediately after milking. Her allergic kids are thriving on it.

Getting Together

Staunton, VA - Amy Walters is a homeschooling Feingold mom who would like to be in touch with other members in her area. She belongs to a food co-op and there is room for more families if you would like to learn about participating. You can reach Amy at (540) 886-1727; please leave a message with your phone number and she will get back to you.

Good news about plastic

Two industry giants, Cargill and Dow Chemical, are working to create plastic containers that can be composted under high heat and will decompose. The plastics are made from corn instead of petroleum, and are called "polyactides." They cannot be used to hold hot foods and will melt if they are exposed to high heat or used in microwave ovens, but it's a great start.

PIC Report

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

Stage One

365 (Whole Foods) Semi-Sweet Chocolate Chips;
Chocolate Ice Cream; Organic Grapefruit Juice;
Vanilla Twist Cookies

365 ORGANIC (Whole Foods) Lemonade; Butter:
Salted, Unsalted; Tortillas: Corn, Fat-Free Unbleached,
Unbleached Flour, Whole Wheat

365 ORGANIC (Whole Foods) Angel Fluffs with Cheddar,
Popcorn Lightly Salted, Popcorn with Cheddar, Pretzels

BEELER'S* All Natural E-Z Carve Ham (N)

DR. PRAEGER'S SENSIBLE FOODS Breaded Fish Fillets,
Fillet Fish Sticks, Fishies, Minced Fish Sticks;
Pancakes: Broccoli, Spinach (www.drpragers.com)

EDEN 100% Whole Grain pastas: Kamut Spaghetti,
Spelt Ribbons, Spelt Ziti Rigati; 60% Whole Grain:
Artichoke Ribbons, Parsley Garlic Ziti Rigati;
Dry Roasted & Salted Pumpkin Seeds;
Sea Salt: French, Portugese

ELYON* Natural Vanilla Marshmallows (CS) *available from
the Squirrel's Nest Candy Shop www.squirrels-nest.com*

FIORUCCI Riserva Prosciutto

GERHARD'S NAPA VALLEY SAUSAGE Chicken Sausage
with Fresh Herbs, Chicken Sausage with Sweet Basil &
Pine Nuts

JONES frozen Dinner Sausage, Hickory Smoked Bacon(N),
Little Pork Sausage, Raw Pork Sausage Patties

JONES GOLDEN BROWN (CS) "Light" Sausage & Rice
Links, Fully Cooked & Browned Sausage Patties

MARIE'S Dressings: Chunky Blue Cheese, Chunky
Feta Cheese (CS), Creamy Ranch, Italian, Light Blue
Cheese (CS), Light Creamy Ranch (CS), Parmesan
Ranch, Super Blue Cheese

MI-DEL* Wheat-Free Chocolate Sandwich Cookie (CS)

MISS MERINGUE Meringue Cookie: Chocolate Chip (CS),
Natural Lemon, Vanilla; Mini's Bite Size Meringue Cookie:
Chocolate Chip (CS), Coconut (SF), Vanilla, Very
Chocolate

MOUNTAIN HIGH Yoghurt (*trace salicylate in pectin from
citrus fruit*) (all contain CS) Classic Lowfat Vanilla,
Natural Fat Free Lemon Chiffon, Original Style Vanilla

SWISS VALLEY FARMS Sour Cream

THE SPICE HUNTER Celery Sea Salt, Deliciously Dill;
Dip: Deliciously Dill, Fire Onion & Herb
(www.spicehunter.com 800-444-3061)

TROPICAL SOURCE* 100% Dairy Free Chocolate: Hazel
Nut, Mint Crunch (CS), Rice Crisp, Rich Dark Chocolate

WHOLE KIDS (Whole Foods) Organic Corn Puffs
Cereal (CS)

Product Alert!

MARIE'S Poppy Seed Dressing now contains cider vinegar and should be moved to the Stage Two section of your Foodlist.

KRINOS Olives - Their green cracked olives now contain peppers and should be moved to the Stage Two section of your Foodlist.

Package change

PILLSBURY "Grand" Biscuits - There has been a change in the packaging but the company has told us that there has not been any change in the ingredients. The label now includes the word "Homestyle."

Just in time for the Holidays!

SPANGLER All White Peppermint Candy Cane (CS)
They are Stage One.

Marshmallows!

Finally! There is a large puffy confection that can be toasted over the campfire. See the listing for Elyon's Natural Vanilla Marshmallows in the Stage One column.

White Hots for the West Coast

Beethoven's Hots in Oregon is now carrying Zweigle's famous White Hots. (See the article on page 5.)

Stage Two

365 (Whole Foods) Oat Bran Flakes cereal (grapes);
Corn Chowder (bell peppers); Three Bean Chili
(tomatoes, chili pepper, cider vinegar); Not From
Concentrate Extra Pulp 100% Florida Orange Juice;
Oatmeal Raisin Twist Cookies (cloves)

365 ORGANIC (Whole Foods) Frozen Fruit: Berry Blend
(blueberries, blackberries, strawberries), Blackberries,
Blueberries, Cherries, Raspberries, Sliced Peaches,
Whole Strawberries

365 ORGANIC (Whole Foods) Juice: Apple, Apple
Cranberry (aronia berries), Berry (apples, berries,
grapes), Cherry (apples, grapes, aronia berries), Grape,
Gravenstein Apple

Note: According to FAUS's Pat Palmer, aronia berry
is another name for chokeberry. It is a member of the
rose family, and is believed to be a salicylate.

TEXACAN Baby Back Ribs (chili powder, paprika),
Barbecued Beef Brisket (paprika, chili powder),
Pulled Pork (cider vinegar, chili powder, paprika)

THE SPICE HUNTER 3 Grain Cereal Cup: Apple
Cinnamon (CS), Banana Nut Cream (CS, almonds),
Raisin Nut (CS, almonds)

THE SPICE HUNTER Quick & Natural Soup in a Bowl:
Chicken Vegetable with Rice (CS, red pepper)

WHOLE KIDS ORGANIC (Whole Foods) Organic Rain-
bow Rings (CS, SF, berries, grapes, 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.

The color of salmon

Even fish can have coloring added, but it is difficult to know if this poses a problem for the Feingold member.

Wild salmon eat a lot of shrimp and shrimp-like crustaceans known as krill; this is how they get their familiar pink color. They also feed on smaller fish, seaweed, and algae — all good sources for the important omega-3 fatty acids.

By contrast, salmon that are farm-raised are fed a diet that may consist of fish meal and fish oil, as well as poultry by-products (including ground feathers), and fillers such as corn, soy and wheat. Since they do not have access to krill, coloring is added to their feed to make the meat pink.

The Food and Drug Administration (FDA) permits two colorings to be used: astaxanthin (as ta zan thin) and canthaxanthin (can tha zan thin). Astaxanthin is not associated with any known health risks (in fact, it is said to have beneficial anti-oxidant properties), although allergic reactions are always possible. But large doses of canthaxanthin have been associated with damage to the retina in the eye. In addition to its use in feed, canthaxanthin is sold as an oral tanning agent in the U.S., but has been banned for this use in England.

Canthaxanthin is also used in chicken feed to make the skin yellow and to deepen the color of egg yolks.

In January the European Union reduced the amount of canthaxanthin allowed to be added to the feed of fish and chickens, citing eye damage from higher amounts. The European Union limits the use of these colorings in fish feed to 25 ppm (parts per million). The Canadian limit is 30 ppm. By contrast, the U.S. limit is 80 ppm.

The nutritional value of fish depends on its diet, and farmed salmon contain far fewer of the beneficial omega-3 fatty acids than their wild cousins. Canned Alaskan salmon is also a good source of the fatty acids, but fat-free salmon patties are not since they have had the beneficial fats removed.

80% of the salmon sold in the US are farm raised but since Alaska forbids fish farming, salmon caught in that state would be free of coloring. Also, some salmon is being raised organically, free of dyes and with less damage to the environment.

The FDA considers astaxanthin and canthaxanthin to be “noncertifiable” color additives compared with the “certified” FD&C color additives that are eliminated on the Feingold Program. But FDA regulations require that the fish be labeled as having coloring added, a regulation is routinely ignored by some stores.



The coloring used to make salmon pink can come from many sources. The Swiss-based chemical company, Hoffman La Roche, produces the dyes from petrochemicals. The company even provides color samples so the producer can customize the color of the fish. Two Hawaiian companies produce it from microalgae, and agricultural giant, Archer Daniels Midland, makes it from red yeast grown on corn by-products. A Japanese beer company, Kirin, has a method that uses gene cloning. It can also be made from shellfish.

This makes it especially difficult for the Feingold member to know the source of the coloring and if it will cause any problems.

Pure Facts

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