

Pure Facts

Newsletter of the Feingold® Association of the United States



February, 2004

www.feingold.org

Vol. 28, No.1

The junk food wars accelerate

Not everyone believes it's a good idea to improve the foods available in our schools. The industry is fighting hard to protect its profits, and is meeting with some success.

The battles are taking place in communities and state legislatures throughout the country, and the results are mixed.

California, New York and Colorado have enacted restrictions on the foods that can be served in their schools, and it is under discussion in Arizona, Nebraska, Washington, Iowa, Nevada, Connecticut and Kentucky.

In some states the industry has had success, fighting off attempts at restrictions by these legislatures: Montana, Virginia, Maine, Oklahoma, Mary-

land, Tennessee, Michigan and Texas.

Although most of the action is taking place in the United States, there is concern in other countries. The Education Minister in British Columbia is encouraging local school boards to consider removal of soft drinks and junk foods in their schools. Ontario's Premier is outspoken in his desire to remove soft drinks and junk snacks in that province's elementary schools.

The World Health Organization blames soft drinks for the increase in worldwide childhood obesity and calls

for the removal of vending machines in schools. The agency has also recommended a tax increase on soft drinks and encouraged governments to ban television commercials that promote sugary products to children.

In response, the European Vending Association (EVA) has suggested other options such as stocking the vending machines with healthier snacks and drinks. The trade group has outlined their rebuttal, which is similar to the objections offered by US opponents.

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Supplements found to be as effective as Ritalin for ADHD

Researchers at the McLean Hospital in Belmont, MA compared Ritalin to a supplement blend and found that both were equally effective. Twenty children diagnosed with ADHD were treated; 10 received the drug and 10 were given a supplement composed of: vitamins, minerals, phytonutrients, amino acids, essential fatty acids, phospholipids and probiotics.

The authors note that there are at least eight risk factors for ADHD: "food and additive allergies, heavy

metal toxicity and other environmental toxins, low-protein/high carbohydrate diets, mineral imbalances, essential fatty acid and phospholipid deficiencies, amino acid deficiencies, thyroid disorders, and B-vitamin deficiencies."

"Outcome-based comparison of Ritalin versus food-supplement treated children with AD/HD,"

Harding KL, Judah RD, Gant C., *Alter Med Rev* 2003 Aug;8(3):319-30

Consumer's ability to buy supplements threatened

In the past, the Food and Drug Administration (FDA) has attempted to restrict the manufacture and sale of vitamins, minerals and other supplements. To rein in FDA abuses Congress passed the Dietary Supplement Health and Education Act of 1994.

Now, under the guise of supplement safety, the Senate is considering a new, highly restrictive bill called the Dietary Supplement "Safety" Act -- Senate bill 722 -- that would give the FDA new unprecedented power to control our access to supplements.

Information on S-722 and directions for contacting your senator can be found at these web sites:

www.nnfa.org

www.citizens.org

www.healthfreedom.net

www.aabhealth.com/sb722.htm

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

Special focus issue on junk food in schools

Reading Disabilities: Why Do Some Children Have Difficulty Learning to Read? What Can Be Done About It?

by Reid Lyon, Ph.D.

Chief, Child Development & Behavior Branch
National Institutes of Health

The following is a summary of Dr. Lyon's article:

- Studies indicate that the child who is a poor reader is at high risk for failure, both in school and in life. As early as the end of first grade the child who cannot read well will experience poorer self-esteem and social development than his peers.
- Difficulty with reading will interfere with a student's progress in all other areas of learning and such children are unlikely to go on to college.
- Nationwide, about 38% of fourth graders cannot read at a basic level, and children who live in poverty are at highest risk.
- The home experience is a very important factor in determining how well a child will be able to read. A youngster whose parents provide a stimulating environment will find it much easier to read and understand the printed word. Other caregivers and early teachers can also contribute to the creation of a good reader.
- These early deficits can be addressed, but require intensive interventions by trained educators.

What about Sadie?

The situation Dr. Lyon describes is supported by many studies, as well as the experience of countless teachers and reading specialists, but there's more to the issue of reading difficulties. The observations described above don't represent the whole story. Some important information comes not from government funded longitudinal studies, college seminars or reading specialists; it comes from a 5th grader named Sadie.

Pure Facts readers first met Sadie Gaston in the July/August issue when we carried an article about her big brother, Lincoln. He went from a hyperactive toddler to an all-around great kid, and today is excelling in 7th grade.

Girls typically have a more subtle reaction to synthetic food additives than boys do. Sadie's mom, Janet, noticed that when she was exposed to certain food additives, Sadie became disruptive, spacey and chatty. Since Janet is both a "Feingold mom" and a special education teaching assistant, she is tuned in to the link between diet, behavior and learning. But even Janet did not initially see the connection between food additives and her daughter's deteriorating school performance.

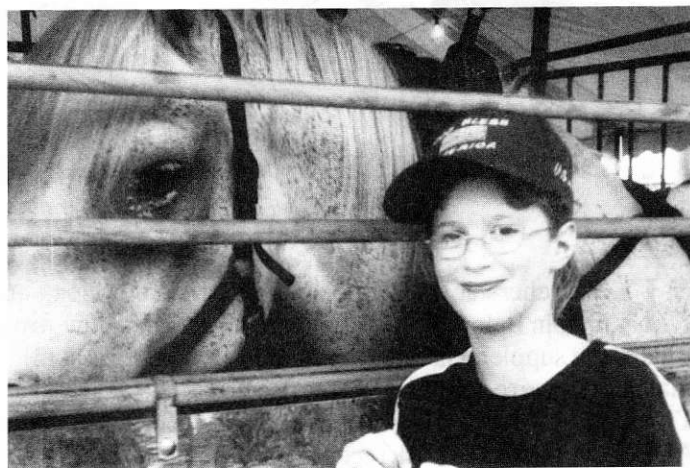
Like most young children who are raised in a stimulating home (and who consume nourishing food), Sadie started out well in school. A test given when she was in the seventh month of third grade showed she scored in the 79th percentile for both reading and language. This translates to the average score of a child in the sixth grade.

But things changed in the Gaston home over the summer. One dietary slip led to another, and before long, the family was eating many of the additive-laden foods that had been found to cause Lincoln's old behavioral reactions.

At the beginning of fourth grade, testing showed that Sadie's reading scores had slid down to the 32nd percentile. Now, she was doing the work that would be typical of a child in second grade! Her vocabulary scores were shocking – she was in the 6th percentile, equal to a child in first grade!

When fifth grade began, the Gaston family was back on the Feingold Program. Not only did Sadie's ADD symptoms disappear, there was a dramatic increase in her test scores. At the start of fifth grade she tested in the 83rd percentile for reading – equivalent to a student in the fifth month of ninth grade! In the year since her last test, Sadie's vocabulary jumped from the 6th to the 79th percentile – which is what would be expected of a student in the ninth month of seventh grade!

	Sadie's grade level when test is given:	Percentile scored	Grade equivalent
Reading	3.7	79	6.7
	4.0	32	2.8
	5.0	83	9.5
Language	3.7	79	6.9
	4.0	67	5.2
	5.0	64	7.4
Vocabulary	3.7	–	–
	4.0	6	1.7
	5.0	79	7.9



While we're at it, let's take a look at the newest grade equivalent test scores for 7th grader, Lincoln:

Reading 11.0	Math 9.5
Vocabulary 11.2	Science 12.6
Language 12+	Social Studies 10.9
Language Mech. 7.7	Spelling 6.5

Not bad for a young man who once showed all the symptoms of "ADHD."

The junk food/beverage defenses

The European Vending Association offers its perspective:

1. Vending machines can offer a wide range of food and drinks (including healthy ones).

True. The machines are not the problem; the issue is what items are in them. Junk food is the most profitable, but vendors will switch to healthier choices rather than see their machines removed.

2. Products offered in vending machines supplement the other foods served in schools; they don't replace them.

Whoever wrote this needs to spend some time in schools and observe what many of the students are eating. (Better tasting school lunches would go a long way to discourage children from consuming cola/candy lunches.)

3. Eating habits are learned in the very early years of infancy.

Yes, but many parents of today's infants grew up on microwaved meals, fast foods and the contents of school vending machines.

4. Reversing obesity rates requires a program that involves better nutrition education,(a) more physical exercise,(b) and appropriate parenting.(c)

(a) Will this be taught in schools that promote non-nutritious foods in their hallways and cafeterias?

(b) This will mean bringing back P.E. classes and recess.

(c) When all else fails, blame the parents.

5. Prohibiting vending machines or the classic food and drink sold in them won't stimulate better eating habits.

Nice try. Some documentation would be helpful here...or just a little common sense will do.

6. Children who want these foods can get them elsewhere, thereby disrupting school activities, or worse, get in danger by quickly leaving the school to purchase them.

We haven't heard this old line for many years. (How heartening to know the vending operator's primary concern is the safety of our students!)

In schools where good food has been introduced, students arrive early to enjoy it, and prefer it to what they had previously been eating.

Of course, for those students who have become addicted to high caffeine soft drinks, they might feel compelled to get their "fix" off campus. [Editor's note: Perhaps an emergency can of Mountain Dew could be kept in the nurse's office.]

Waging war on healthy food

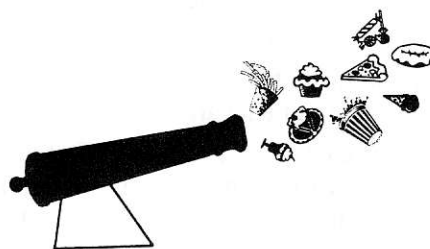
It may seem like a simple matter to bring good food into our schools. Who can argue that the increase in childhood obesity is linked -- at least in part -- to the rise in junk food consumption? But half a century ago it seemed like a simple matter to get people to quit smoking once it became obvious that cigarettes were killing them.

A consortium of special interests, along with the best P.R. that money can buy, is hard at work to emulate the years of success the tobacco industry enjoyed.

When a special interest is threatened the favored response is to form an alliance of groups and create an industry lobby with a name that sounds both reassuring and legitimate.

Dilute, Distract & Delay

Then, go on to dilute the message of your opposition (creating your own facts when needed), and try to turn the focus elsewhere. Whenever possible, paint your opponent as a radical and yourself as a moderate voice of reason. While such tactics might not succeed in the long run, every week that reform is delayed amounts to huge financial gains.



"The American Council on Fitness and Nutrition"

This recently-formed group is leading the charge against those who would remove junk foods from our schools. It is composed primarily of industry trade groups, including:

National Soft Drink Association
Sugar Association
Chocolate Manufacturers Association
Snack Food Association
National Council of Chain Restaurants
National Confectioners Association
National Automatic Merchandising Association
Kraft Foods (owned by Philip Morris Tobacco Co.)
American Frozen Food Institute
Association of National Advertisers
Food Marketing Institute
Grocery Manufacturers Association
International Dairy Foods Association
American Association of Advertising Agencies

The American Council on Fitness and Nutrition is only one of the industry groups working to prevent the removal of junk food from schools. They are joined by:

Center for Consumer Freedom (supported by restaurants and food companies)

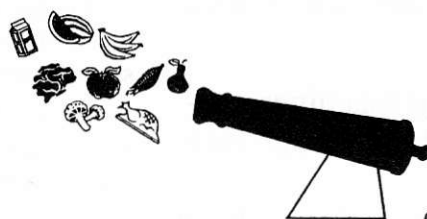
Californians for Sensible School Nutrition Policy (soft drink, snack, and vending machine interests)

The company you keep

Industries like to polish their tarnished image by hanging out with good role models. Cigarette companies sponsor sporting events. Soft drink money pays for athletic equipment. And manufacturers of junk food have suddenly become advocates for physical education and “balanced diets” — but there’s no real description of what they mean by this.

In the 1970s and 1980s cereal companies promoted their highly sugared products by calling them “part of a good nutritious breakfast.” The translation is: if all the rest of the food you eat is nourishing, then it’s O.K. to eat the junk we sell.

Today the National Soft Drink Association’s spin is: “Soft drinks are a complement to many types of foods that together form a balanced diet.”



The vending machine people weigh in

The National Automatic Merchandising Association echoes their colleague’s recommendations for solving the obesity problem.

“Better education about healthy diets and increased physical activity” are the solutions offered by the association’s senior vice president and chief counsel, Tom McMahon.

After acknowledging the growing problem of obesity, McMahon said: “We do not believe that pulling soft drinks or candy bars or snack items out of vending machines will help to solve that problem.”

He acknowledged that vending machines sometimes offer nutritious foods, but focused primarily on the defense of junk food. Mr. McMahon’s comment on student consumption will astonish parents, teachers and health advocates. McMahon claims that according to a survey of vending machine suppliers:

“the average per-student consumption rate, per week, is less than one snack item, less than one candy bar, and only about 16 ounces of carbonated drinks per student, per week. We find it hard to believe that those sales could be contributing in any significant way to the problem of obesity.”

Here are some nuggets from the industry’s trade group:

The soft drink industry has a long commitment to promoting a healthy lifestyle for individuals — especially children. As part of that ongoing commitment, the industry recognizes:

- 1) The importance of at least 20 minutes of daily physical exercise and the need for daily physical education classes in grades K through 12.
- 2) An important key to a healthy lifestyle is eating a balanced diet that consumes a wide variety of foods in moderation. All foods and beverages can fit into a healthy diet, and experts agree that sugar — in moderate amounts — has a place in a healthy diet.
- 3) Consuming at least 67 ounces of fluid each day (even more for those who are physically active) is important to your health. Adults and children should consume a wide variety of fluids each day, including water, milk, juices, teas, sports drinks and soft drinks to maintain proper hydration.

Pediatricians join the battle

The January issue of the journal *Pediatrics*, calls for the restriction of junk food in schools.

A new study appearing in the January issue of the *Journal of the American Academy of Pediatrics* blames fast food consumption for the epidemic of childhood obesity. The study of over 6,000 children was led by Dr. David Ludwig, director of Boston Children’s Hospital obesity program. It found that fast food consumption by children has increased five fold since 1970.

The study refutes an earlier report from the U.S. National Chamber of Commerce, that claimed fast-food restaurants “are not a chief culprit in the fattening of America.” (Fast food companies are members of the Chamber of Commerce.)

About 15% of the children in the United States are seriously overweight, triple the number identified in 1980.

The Academy goes on to call upon pediatricians to work with local schools in an effort to eliminate soft drinks and focus on providing healthful alternatives. Dr. Robert Murray, lead author of the policy statement, noted that those responsible for our children’s education are “playing a role in the current obesity crisis” and that they “have measures at their disposal” to address the issues.

The Centers for Disease Control estimates that the average teen drinks about 2 soft drinks a day, to equal 300 extra calories, and 2.5 additional pounds per month.

Soda, Schools and Money

Many school administrators believe that sacrificing student health is the price they must pay for the lucrative grants they receive from the cola giants. Maybe not.

The term "pouring rights" refers to the contracts that give a soft drink company exclusive rights to stock and maintain the vending machines in a school district with their products. Because the profit on soft drinks is so high, major companies routinely offer school districts large sums of money for these contracts.

But cash-strapped school boards shouldn't be so dazzled by this money, claims American Quality Beverages (AQB), a competing industry group. The schools can make even more money by installing and stocking their own vending machines and keeping the profits that would otherwise flow back to the cola companies.

Cash-strapped schools can make even more money by stocking their own vending machines.



Another option, according to AQB, is for schools to contract with independent vending companies and share the profits. Schools can also force suppliers to compete for their business by refusing to sign the multi-year contracts favored by the major companies.

The biggest advantage to such an arrangement, from the Feingold perspective, is that this would make it easier for schools to select healthier snacks and beverages to be stocked in their vending machines.

"The Charleston SC school district signed a five-year contract valued at \$8.1 million with the Pepsi Bottling Group. Pepsi's profit? A lot more than lunch money."

*Jim Guest, President
Consumer's Union*

A better soft drink option

Vending machines are not responsible for the sorry state of nutrition in schools — the problem is what is in the machines.

One of the first things a Feingold member learns is that improving your diet doesn't necessarily mean giving up favorite foods. In most cases it just involves switching to a better brand or a delicious alternative.

IZZE is a new, upscale carbonated drink that is made up of 70% fruit juice and 30% sparkling water. It does not contain any synthetic dyes, artificial flavors, caffeine or corn sweeteners. With the equivalent of a serving of fruit in each 12-ounce bottle, IZZE is attracting the attention of schools as a healthy option for children and teens.

Four of the IZZE flavors have just been added to our list of acceptable products: lemon, pear, grapefruit and blackberry. Since all flavors contain grape juice they are Stage Two.



Located in Boulder, Colorado, IZZE is working with area schools to stock vending machines with a better alternative. The company is committed both to natural products and to supporting worthwhile causes.

IZZE beverages may be found at natural food stores, convenience stores and some supermarkets.

See www.izzeco.com.

Canadian soft drink companies pull the plug on vending machines

Childhood obesity is as big a concern in Canada as in the United States. Nearly 30 percent of Canadian children are considered to be obese. Following the growing call for reform the country's soft drink industry is voluntarily offering to remove all carbonated drinks from elementary and junior high schools beginning in September, 2004.

As impressive as this move is, critics see it as a calculated step to defuse the issue and allow the soft drink companies to continue selling their products in high schools, where their income is far greater.

In an article titled "School is no place to sell pop" the *Montreal Gazette* notes, "No one is disputing the right of soft-drink manufacturers to sell their products. They have a legitimate place in the market place. But schools are not — or should not be — part of the marketplace. Children should be able to learn in an atmosphere free of commercial pressures."



Wisconsin students can now focus on schoolwork

JoAnn Anderson noticed a difference in her sixth, seventh, and eighth-grade students after the school stopped selling soda and candy bars at the start of the school year.

"They are more focused after lunch now," said Anderson, who teaches social studies at the sixth through 12th grade charter school. "I noticed an obvious difference. We're pleased with the fact that they can focus a lot easier when they're not coming down from that sugar high."

*Brent Killackey
The Racine Journal-Times*

Editor's note: The removal of these junk foods also reduces the amount of synthetic food additives consumed.

Farewell to Bill – We will miss you

If you joined the Feingold Association in the 1990s chances are your member packet was prepared and shipped by Bill Palmer, husband of Pat Palmer, past-president of FAUS and long-time member of the Northeast association.

Those of us who are involved in the day-to-day workings of the organization got to know Bill well, particularly after his retirement when he volunteered in the New York office. He was a quiet man with a dry sense of humor, and was the one who always seemed to be taking care of a needed task before anyone even thought to ask him. We are grateful for the many contributions Bill made, and are saddened by his passing.

I am sure that somewhere in Heaven things are running a lot more smoothly because Bill is there, once again donating his time to make sure that others receive the assistance and support they need.

When his beloved son passed away, Bill helped to establish The Robert Palmer Memorial Fund to support future research.

If you would like to make a donation in Bill's memory, please send it to:

The Robert Palmer Memorial Fund
c/o the Feingold Association of the US
127 East Main Street
Riverhead NY 11901

Autism Conference in Michigan April 3rd & 4th

The Oakland, Michigan County chapter of the Autism Society of America will be holding a 2-day conference in West Bloomfield titled, "Treating the Biology of Autism."

Speakers include: Kelly Dorfman, MS; David Geier, BA; Mark Geier, MD, PhD; Paul Hardy, MD; John Hicks, MD; Woody McGinnis, MD; Seth Pearl, DC; and Paul Shattock, B Pharm

For information call (248) 393-3131 or log on to:
www.asaoakland.org

Healthy Markets in British Columbia

Vancouver shoppers already have three branches of the Wild Oats chain, and they will soon have a new option. The existing Wild Oats stores are:

Kitsilano Capers Community Market, West 4th Avenue
Robson Capers Community Market, Robson Street
West Vancouver Capers Community Market, Marine Drive

Whole Foods Market is completing work on a 37,000 square foot store in the Park Royal Shopping Center in West Vancouver.

These markets offer Feingold families a dazzling choice of natural foods.

Getting Together

Oregon - Portland/Hillsboro area: Kristina Belt would like to meet area members. She can be reached at (503) 642-9817 or via e-mail at kristinabelt@comcast.net.

The confusing issue of nutrition for kids

Parents and educators are struggling to reform the sad state of foods and beverages offered in schools, especially the products sold in vending machines. But the issue is filled with confusion. What foods should be banned? Should the focus be on reducing sugar? reducing fats? which fats? removing caffeine? increasing calcium? If the current items are removed, which ones should take their place? Just what constitutes a "healthy" snack or beverage?

Some school systems are banning carbonated drinks, but there are fruit-based carbonated drinks that are a good choice. Some are seeking to provide "sports drinks" but some brands are loaded with sugars and synthetic additives while natural counterparts are available. Some activists see the answer in milk-based drinks, but these are not necessarily a good solution.

Every few years the dairy industry has sought to increase sales by promoting flavored milks to schools (despite the fact that many children have difficulty digesting milk). They are again working on new ways to entice children to drink more milk, offering the likes of Looney Tunes Slammers and Milk Chug. Now, the soft drink giants are offering their own versions. Coke has come out with Swerve, Dr. Pepper has Raging Cow, Pepsi offers Love Bus Brew.

These flavored milks are typically barely over 50% milk, and are high in calories, with many containing more sugars than the soft drinks they will be replacing. They also contain synthetic dyes and artificial flavorings.

But flavored milk drinks can be made of mostly milk, with natural colors and flavors. Horizon Organics offers single serve chocolate, vanilla and strawberry milks, and they recently introduced orange creme and caramel flavored versions. (At this time the Horizon chocolate milk is included in our Foodlist.)

Our advice? Use the Feingold yardstick to evaluate foods and beverages. A good place to begin is by selecting products that are free of the worst of the additives.

Thailand bans additives in their schools

The Education Ministry in Thailand has moved to ban MSG and other synthetic additives that they find pose a health risk to students. Suppliers will face legal action if they do not comply. The Deputy Minister announced, "We don't want school food to be contaminated with any artificial substances. In particular, MSG will be banned."

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.

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) Fresh Juice: Grapefruit, Organic Grapefruit
365 (Whole Foods) Milks: Lowfat, Nonfat, Half-and-Half
AMISH VALLEY FARMS Colby Cheese, Marble Cheese
(330-893-2131)

BARRY'S BAKERY French Twists: Chocolate Chip (CS), Key Lime, Maple French Toast, Original Sweet Cinnamon Taste

BENEFIT NUTRITION Cereal: Protein Plus with Soy, Simply Fiber (www.benefitnutrition.com)

BUMBLE BAR Chocolate Crisp, Lushus Lemon, Original
CONSORZIO 10 Minute Marinade: California Teriyaki,

Sesame Ginger (CS,MSG/HVP); Dressing: Honey Mustard; Flavored Olive Oil: Basil, Cilantro, Meyer Lemon Organic Extra Virgin, Roasted Garlic, Rosemary
DEL MONTE canned vegetables: Asparagus Cuts & Tips, Tall Asparagus Spears, French Style Green Beans, Lima Beans, Mixed Vegetables, Peas & Carrots, Sweet Peas

DOWD AND ROGERS* Italian Chestnut Flour; Cake Mix: Dark Vanilla (CS), Dutch Chocolate (CS), Golden Lemon (CS) (www.dowdandrogers.com)

ENER-G* Brown English Muffins with Sweet Potato (CS); Chocolate Chips (CS); Egg Albumen; Low Protein Potato Chips; Plain Croutons; Yeast Free Pizza Shells 6" & 10"

ENER-G* Breads: Seattle Brown Loaf, Six Flour Loaf, Yeast Free Sweet Loaf (CS); Buns: Seattle Brown Hamburger, Seattle Hot Dog; Cookies: Low Protein Cinnamon, Vanilla (CS), Vanilla Cream (CS); Crackers: Cinnamon, Garlic, Sesame (1-800-331-5222)

FANTASTIC FOODS* Big Potato Creamy Mashed Potatoes: Broccoli & Cheddar, Garlic & Herb, Sour Cream & Chives, White Cheddar Cheese; Big Soup: Creamy Broccoli Cheddar, Split Pea; Hearty Soup Cup: Split Pea;

Simmer Soup: Totally Natural Vegetarian Chicken Noodle, Totally Natural Vegetarian Creamy Potato; Rice Pilaf: Four Grain, Organic, Vegetarian Chicken; Soup & Dip Recipe Mix: Onion Mushroom; Cereal Cup & Big Cereal Cup: Banana Nut Barley

FRUITFULL (frozen fruit bars) Guava, Tamarind; Yogurt: Vanilla (CS)

KAVI CRISPBREAD 5 Grain, Crispy Thin, Golden Rye, Hearty Thick (www.worldfiner.com)

MONIN Organic Syrup: Caramel, Chocolate, Hazelnut, Vanilla (www.moninstore.com)

SANTA BARBARA OLIVE CO. Pitted Green Olives, Sun Dried Black Olives (800-624-4896)

SANTA CRUZ ORGANIC* Spritzer: Gingerale, Vanilla Creme

SHIRRIFF* Whip It Stabilizer for Whipping Cream (CS)

STRATUS FAMILY CREAMERY* Lowfat, Nonfat Milks

TEDDIE Peanut Butter (smooth or crunchy)

WHEAT MONTANA English Muffin Bread (CP,CS), Montana Sourdough Bread (CP,CS); Steak Rolls (CP,CS),

100% Whole Wheat Bread: Honey Whole Grain (CP,CS)

WHOLE KIDS ORGANIC (Whole Foods) Cereal: Organic Morning O's

Product Alert!

NABISCO Easy Cheese Pasteurized Processed Cheese Spreads (both American Flavor and Cheddar Flavor) are now called Kraft Easy Cheese Pasteurized Prepared Cheese Spread. The ingredients and label have changed. Since this company will no longer fill out forms for us we will have to remove them from the Foodlist.

FRANKFORD CANDY & CHOCOLATE COMPANY Milk Chocolate Coins, Hot Wheels, and Barbie now contain vanillin and should be removed from your Foodlist.

SHILOH FARMS Granola: Seven Grains has changed its name to Festive Flavors and Honey Oat changed to Sunny Honey. They both contain apple and should be moved to the Stage Two section of your Foodlist.

NATURE'S PATH Lifestream Hemp Plus Toaster Waffles are now sweetened with peach, pear and pineapple concentrate. Since peach is a salicylate, they need to be moved to the Stage Two section of your Foodlist.

Stage Two

365 (Whole Foods) Fresh Juice: Organic Orange, Orange, Tangerine

BARRY'S BAKERY French Twists: Cafe Mocha (coffee), California Almond, Wild Raspberry

AMY'S* Family Size Veggie Loaf with Gravy (cider vinegar, tomatoes), Indian Mattar Paneer (paprika, tomatoes);

Pizza: Rice Crust Cheese (tomatoes)

CLIF BAR Carrot Cake (apples, cloves, raisins), Chocolate Brownie (apples), Chocolate Chip Peanut Crunch (apples), Cranberry, Apple, Berry, Crunchy Peanut Butter (apples)

DR. PRAEGER'S SENSIBLE FOODS Tex-Mex Veggie Burgers (chili powder, red peppers, jalapeno pepper), Veggie Burgers (red pepper)

EDEN* All Mixed Up (almonds, apples, cherries, raisins), All Mixed Up Too (amonds, apples, cherries, raisins)

ENER-G* Donut Holes (CS,oranges); Rice Nuts Cereal (raisins); Biscotti (CS,almonds), Chocolate Chip Biscotti (CS,almonds)

FIORUCCI Chorizo Cantimpalo (CS,N,SF,paprika,wine)

KETTLE VALLEY Real Fruit Snack: Apricot (apples), Grape (apples), Raspberry (apples), Sour Apple, Strawberry (apples), Tropical (apples), Watermelon (apples), Wildberry (apples, raspberries, strawberries, cherries, blueberries, blackberries) (www.kettlevalley.net)

LORIVA* Oils: 5 Pepper Hot (bell, red & chili peppers), Grapeseed (grapes)

ORGANICA FOODS Cookies: Double Chocolate Coffee Toffee, Ginger Walnut Cherry Chocolate Chip (raisins), Oatmeal Coconut Cranberry Chocolate Chip (apples), Peanutbutter Almond Chocolate Chip, Lemon Shortbread with Lemon Tangerine Icing (www.villageorganics.com)

ROSE'S Lime Marmalade (CS, orange)

THE SPICE HUNTER Dip: Cajun Fire (paprika, chili & red peppers), California Guacamole (tomatoes, bell, chili & red peppers)

TROPICAL SOURCE* 100% Dairy Free Chocolate: Raspberry, Toasted Almond

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.

Keeping posted on school lunch issues

Last month *Pure Facts* announced our new web site: www.School-Lunch.org. This important issue is also being monitored by other concerned citizens. An excellent resource is the San Francisco group Parents Advocating School Accountability (PASASF, see www.pasasf.org).

Although it was formed to focus on reforming schools in the San Francisco area, PASASF does an excellent job of keeping posted on school food issues around the country and outside the U.S. Here is an excerpt from their web site:

Some educators, such as those at Mundelein High School in Lake County (Illinois), already have taken up the cause. Caramelized sugar water has been replaced by water and fruit juice. Twix bars have given way to cereal bars.

But an Evanston Township High School food service director defends junk food, contending: "They're exposed to it everywhere else, and they have to learn how to deal with it."

Huh? By that logic school ought to offer cigarettes, the better to help kids deal with making difficult choices.

In the same vein, PASASF quotes an article from the Birmingham AL *News*:

In their desperation to raise funds, some school administrators "would vend crack if it were legal," one administrator admits. But despite some schools' reliance on raising money by selling unhealthy food, eastern Alabama schools are...getting soda and junk food out of the school vending machines.

Fighting the Cola Giants

California's Project Lean has a guide to dealing with contracts offered to schools. Their publication: "Taking the Fizz Out of Soda Contracts" can be found at www.dhs.ca.gov.lean.

Others are challenging the legality of exclusive contracts. See details at Arizona State University's Commercialism in Education Research Unit website: www.asu.edu/educ/epsl/CERU. Click on "Search EPSL" and type in "pouring rights."



Severe childhood ADHD may predict alcohol, substance abuse problems in teen years

"Childhood ADHD may be as important for the risk of later substance abuse problems as having a history of family members with alcoholism and other substance use disorders" according to a paper issued by the National Institutes of Health.

Researchers from Pittsburgh, PA and Buffalo, NY interviewed 142 teens who had been treated for ADHD. 100 teens who were not diagnosed with ADHD served as a "control" group.

"Both groups gave similar responses when asked if they had ever tried alcohol, cigarettes, or marijuana at least once; however, the ADHD group was three times more likely to have tried some of the illegal drugs besides marijuana. The teens with childhood ADHD also reported having used tobacco and having tried an illegal drug other than marijuana at younger ages than their non-ADHD peers. Additionally, about 11 percent of the teens diagnosed with ADHD reported having used two or more different illegal drugs more often, compared with 3 percent of the control group."

The study, by Brooke Molina, Ph.D. and William Pelham, Jr., Ph.D., appears in the August 2003 issue of the *Journal of Abnormal Psychology*.

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 provides the Feingold Program book which includes Recipes & Two Week Menu Plan, a 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 plus bulletin board access is \$38/year when ordered separately.

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