

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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Feingold and the Vegetarian Diet

The selection of food available in supermarkets today is greater than that enjoyed by the pharaohs, emperors and monarchs of the past.

But for the first time in history, consumers have voluntarily placed severe limits on the variety and quality of their food. They might consume a diet filled with highly processed food, lacking in nutrients. Or they might follow a regimen that excludes entire categories of foods such as fats, carbohydrates, meat, other animal foods, gluten, casein, or all grains. This makes it more difficult to obtain all the nutrients needed for an optimum diet.

A vegetarian who is also salicylate-sensitive has an additional challenge. There are many nourishing non-salicylate foods available, but there will be less variety.



In the rural South in the first quarter of the twentieth century, families living in poverty relied on corn as a staple of their diet. The excessive consumption of this one food led to a deficiency in niacin (vitamin B3). This deficiency was the cause of pellagra, a devastating illness that baffled doctors for years until it was traced to diet.

The vegetarian has a huge selection of imitation foods that look like, and often taste like, the animal food they replace. But ingredient labels often show that they are based on one food: soy. The soybean industry has created an amazing variety of products and has overcome many of the taste problems of the soybean. It is possible to have breakfast, lunch, dinner, snacks, dessert, and beverages that are all based on soy. Substitute foods can be a blessing for someone with a food allergy, but it is easy to overdo one ingredient and take in too few foods of other types.

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The battle for vending machine drinks

As parents and school administrators search for healthier beverages to replace soft drinks, some of the products now being developed are far worse.

Aspartame and other synthetic sweeteners are being offered as a "healthy" replacement for the high-sugar beverages found in many school vending machines.

Dr. H. J. Roberts, director of the Palm Beach Institute for Medical Research, has written extensively about the damaging effects of synthetic sweeteners, particularly aspartame. He has issued a warning to doctors and parents:

Imminent Public Health Threat

"Imaginative entrepreneurs now seek to substitute an array of palatable 'sugar free,' 'caffeine free,' and 'calorie free' drinks having appealing brand names. They plan to actively promote them to students and school systems, using celebrities such as professional athletes as pitchmen.

"Unfortunately, there is a major public health problem when aspartame — commonly known as NutraSweet® and Equal® — is the sweetening agent. I have repeatedly stated my professional opinion, based on the scores of children in my data base of aspartame reactors, that they should not take

aspartame products — including beverages, foods, vitamins, drugs, gum and supplements.

"Each of the components of this chemical (phenylalanine; aspartic acid; the methyl ester, which promptly becomes *free* methyl alcohol) and their multiple breakdown products can damage the developing brain.

"Aspartame-induced disorders in children include headache, confusion, convulsions, irritability, depression, intellectual deterioration, antisocial behavior, rashes, asthma

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

Getting better, not older!

Years ago Dot Boody felt like her life was falling apart. Now, nearly three decades later, she enjoys vibrant health.

She had spent much of her childhood and teen years in a deep pit of depression and there was no improvement as she got older. The depression was accompanied by fatigue.

She was on a continual round of antibiotics in an effort to treat painful bladder and kidney infections, and was one step away from having to be tethered to a dialysis machine. Sore joints indicated early signs of arthritis. Because her sinuses were so congested she had never been able to breathe through her nose. She felt sick much of the time and suffered from eczema...and Dot was only 30 years old.

One of the bright spots in her life was her marriage to a wonderful man, but today Dot wonders how he put up with her miserable moods and snappy personality. She was also the mom of a bright little 3 year old, and had looked forward to having a child to love, play with, snuggle, and read to. But that wasn't working out either.

Little Harry could be a difficult child at times, not physically overactive, but "it seemed like he just wasn't with me" Dot recalls. He was wound up and could not relax, could not sit still long enough to listen to a story, or sleep through the night. He had fine and gross motor control problems and showed no interest in learning to ride a tricycle or dress himself. He rocked in his bed so much he wore a hole in the wall, and would get upset at the least little thing. He was sick much of the time and, every few weeks was back on antibiotics.

Their baby daughter, Lori, was put on antibiotics when she was just 6 weeks old, and showed signs of having many of the same problems as her brother.

Dot had cooked many things from scratch when she was first married, but as the stress and exhaustion mounted, the family's diet came to rely more and more on convenience foods.



Good health is a family affair for Lori, Dot and little JoJo, shown in their store. The new baby is due to arrive any day.

In October of 1976 she got a phone call from her sister-in-law who told her to turn on the Phil Donahue show. The guest was Ben Feingold, M.D., who described children just like Harry, and explained how to change the symptoms by changing one's diet.

Dot was overwhelmed at the prospect of having to give up many of the convenience foods she used, but was determined to give this a try. By the third day on the new food regimen the change in Harry was dramatic. Dot felt like someone had come and taken away her sickly, fussy child and replaced him with the beautiful little boy she had dreamed of. After 3 weeks all of the motor problems were gone. Harry rode his bike, dressed himself, took naps, and Dot could now read to him.

"I thought if the companies put stuff in food then it had to be safe, tested!"

Dot suspected that some of the health problems she had might be related to food, and she told her urologist about her suspicions. But he refused to believe that what went into the mouth could have any relation to the kidneys or bladder. He told her: "That is the most ridiculous thing any-

body has ever said to me." Dot's reply to him: "Goodbye."

As the family's food improved, the changes Dot saw in herself were as dramatic as those she saw in her son. There was a clear improvement in all of the symptoms that had plagued her, including the depression. Gradually, Dot began to educate herself about nutrition, and she would later go through the regimen to deal with the yeast overgrowth caused by so many courses of antibiotics. But she never stopped being grateful to Dr. Feingold and the parent volunteers who carried on his work. They had provided the first and largest piece to the puzzle.

Dot volunteered in the local Feingold chapter and shared her story in many workshops. She eventually bought a health food store along with her daughter, Lori, and together they provide information and encouragement to customers who want to help themselves attain better health. [The store is Health Now, on Delsea Drive in Vineland, NJ] Lori continues to enjoy the same kind of good food and good health she first received from her mom. Now Lori has her own daughter, a bright 3 year-old with a sunny disposition, who has never had a single illness; she will soon have another baby, to be raised with love and wonderful food.

and unstable diabetes. Addiction to aspartame products also has become a problem. The details appear in my publications, particularly *Aspartame Disease: An Ignored Epidemic*. [The book was reviewed in the October 2003 issue of *Pure Facts*. This is the second in a series of articles on aspartame.]

“Addiction to aspartame products also has become a problem.”

How to find better choices for school vending machines

There are a variety of flavored waters and carbonated juice drinks available. Health food stores and “healthy markets” (Whole Foods, Wild Oats, etc.) offer a selection of natural products that children and adults enjoy. Take a look at what is available there, and suggest the administrators at your school do the same.

Another way to learn about the many beverages available is by checking out The Beverage Network (BevNET.com). Over 500 beverages are reviewed for flavor, and the site provides a link for each that includes a list of ingredients. Most of them contain synthetic additives, but some look promising.

There is a colorful assortment of beverage names, some of which border on obscenity and others with barely disguised references to drug use. Fortunately, most of them are “G” rated.

Some interesting beverage names:

Skeleteens Counter Culture Sodas
Goldin Pickle Juice
Appletiser
Fizzy Lizzy
Oop! Juice

Many focus on the energy lift they promise:

Mountain Dew Live Wire
Venom Energy Drink
Monster Energy
Hype Energy Drink
Arizona Extreme Energy Shot
Atomic Energy Drink

A marketing executive's dream

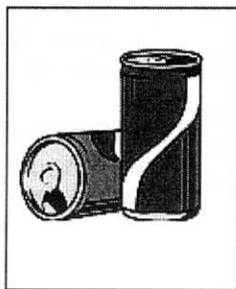
Jet setters, as well as many ordinary folks, are turning Diet Coke into a cultural icon.

Hollywood executives, tycoons, and politicians have given this product a prominent place in their lives, sending assistants out for it and even stocking their limos with the silver cans. Former presidential hopeful, John Edwards, consumes 10 cans a day and it is the favorite of Bill Clinton, Donald Trump and baseball commissioner, Bud Selig.

As they describe their favorite beverage, Diet Coke devotees frequently use the word “addiction.”

“Aspartame Addiction”

This is more than a lighthearted acknowledgment of the taste these folks have for the beverage.



Dr. H.J. Roberts, author of *Aspartame Disease*, and long-time critic of the sweetener, has collected case histories from over 500 individuals who describe their addiction to the chemical. He writes: “Persons consuming large amounts not only may suffer aspartame disease, but also have difficulty stopping them because of violent and prolonged withdrawal reactions...the hallmark of addiction. Recovering alcoholic patients repeatedly stated that they felt worse after avoiding aspartame than alcohol, and asserted that they had traded one addiction for another.”

Aspartame in beverages

The National Soft Drink Association initially opposed the use of aspartame and in 1983 they submitted this protest to Congress, calling the company's studies inadequate and unreliable:

“Searle has not characterized the decomposition products of aspartame in soft drinks under temperature conditions to which the beverages are likely to be exposed in the United States. Collectively, the extensive deficiencies in the stability studies conducted by Searle to demonstrate that aspartame and its degradation products are safe in soft drinks intended to be sold in the United States, render those studies inadequate and unreliable.”

Splenda

Although sucralose (marketed as Splenda) does not have the dramatic history of controversy that has followed aspartame, Dr. Roberts is critical of it as well.

He writes, “Animal research indicates that sucralose causes shrinking of the thymus gland, enlargement of the liver and kidneys, renal mineralization, diarrhea, reduced growth rate, decreased red blood cell count, aborted pregnancy, and decreased placental weight. It was also found to be weakly mutagenic in a mouse lymphoma mutation assay.

“Impurities found in sucralose include lead, arsenic, chlorinated disaccharides, chlorinated monosaccharide, and triphenylphosphine oxide methanol.”

“Despite claims to the contrary, as much as 40 percent of sucralose IS absorbed in humans.”

Aspartame Disease, page 972

Health vs. Money - schools can have both

Homeowners in Northern Virginia's Fairfax County are bracing for another sharp rise in their real estate taxes. The newest increase will bring the total to a 62% rise in just the past four years.

In addition to the higher tax burden, services of many types will either be reduced, or will cost residents more. As a result, the quality of life in this suburb of Washington, DC will decline. Fairfax is an affluent area, so where is all this money going?

More than half of the county's income goes to pay for public schools, and a huge chunk of the school budget is spent on special education. The cost of educating one child in a regular classroom is about \$9,000 for the year but the cost for a special ed student is a whopping \$16,000. With 24,000 special ed students in the system...well, you do the math.

Fairfax is no exception; schools all over the United States are hemorrhaging money.

The cafeteria is a favorite place for school systems to cut costs, and vending machines are a pet source of income. But the foods in both may be costing schools far more money than they are saving.

The diet/behavior/learning link has been demonstrated in thousands of families for several decades, in many studies, and in a growing number of schools. It all points to a simple fact: students who eat good food are calmer, healthier and better able to learn. Many of the children who are currently in special ed classes would not need to be there if their diet was improved. (See the article about Sadie's test scores in the February issue of *Pure Facts*.)

Students and taxpayers can both benefit.

Cafeteria food doesn't need to be the cause of learning and behavior problems. Recent issues of this newsletter have described schools that serve fresh natural food without any increase in cost. Vending machines can also work on behalf of schools and their students.

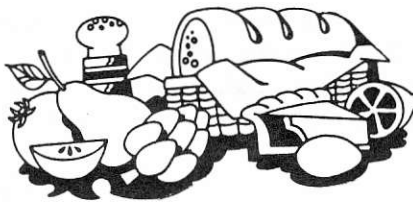
For more information on how you can help improve the food in your community's schools, log on to www.School-Lunch.org.

Schools around the country are switching to healthy food

The principal of the Whitefish, Montana Middle School changed the food in their vending machines in order to bring about improved student behavior. The school continues to make money, but now it is from the sale of healthy snacks. Why not offer good tasting natural food to students who skipped breakfast, or who stay after for sports or other activities? Vending machines that dispense junk food are required to be turned off during much of the day. This would not be necessary if they dispensed nourishing food, so they would bring in even more income.

Brenda Martin, the principal of the Bethel Elementary School in Gloucester County, Virginia, has introduced students to a healthier lifestyle. It involves drinking more water, eating more fruits and vegetables and increased exercise. PTA volunteers occasionally come in to school to treat the students to fruit smoothies. Children are also encouraged to bring in healthy snacks.

La Porte City, Iowa also encourages students to bring fruits and vegetables from home. Parents of elementary school children are invited to come to school and eat lunch with their children, and encourage them to eat healthy foods.



Parent Power

Olympia, Washington not only provides salad bars in their elementary schools, they are working toward the goal of having 50% of the foods organically grown. The school has formed a partnership with local farmers to supply food. This is part of a growing movement to support local farms while improving school meals. By eliminating desserts the school has been able to afford the increased cost of some organic foods.

The changes were initiated by Vanessa Ruddy, the parent of one of the children in Olympia's Lincoln Elementary School. First, she contacted the Child Nutrition Supervisor about the quality of the food being served. Then she arranged for meetings that included the supervisor and other parents, teachers, community members, and the school's principal. The first phase of the project was to focus on expanding the salad bar; later the main entrees were evaluated.

Healthy food is not new to Lincoln Elementary. They began environmental education in 1984 and created an organic greenhouse in 1991. The children grow foods and learn how to cook them in a special kitchen. They sell some of their crops to raise money and each fall the school hosts a Harvest Festival where the children harvest, cook and serve the foods they have grown.



Overused foods become allergy foods

Corn is a good example of overuse. Now a common allergen, it is found in an amazing assortment of foods and non-food products, making it a nightmare for those who must avoid it.

Soy is a likely candidate for increased allergic reactions, and the growing use of genetically-modified soy presents an additional problem. Researchers at the York Laboratories in England reported in 1999 that soy allergies increased by 50% in just one year. They noted that this dramatic increase coincides with the date Monsanto's genetically-modified soybeans first entered the food supply.

Foods that aren't really food

Low cost ingredients that are made from plants not traditionally eaten by people are being used widely in institutional meals and restaurant food, especially fast foods. They are incorporated into processed foods or are the primary ingredient in new products made to look like the traditional item. Cottonseed, not regarded by the government as a food, has long been used as a source of oil. Now cottonseed is being made into flour and added to processed baked goods.

Food technologists work to find uses for products that were once considered worthless.

Non-traditional uses for food can bring both benefits and risks for the consumer. You can extend the shelf life of ground meat by adding cherries, which is fine unless you are salicylate sensitive. Orange seeds can be made into flour, but will someone allergic to oranges have a problem with this? Whey is now being used as the basis for a new sweetener, Tagatose. Will those who are sensitive to dairy products be aware that whey is in their food?

The biggest potential for health problems comes from creating new foods out of things that have not normally been eaten. Fortunately, one experiment to turn sewage sludge into edible products never took off. And the proposal to add ground up chicken feathers to flour (high-protein cookies?) didn't get far.

A matter of balance

In her book *Food and Your Health*, Beatrice Trum Hunter writes:

"Anyone whose diet is strongly dependent on grains and legumes will find it difficult, if not impossible, to achieve optimum nutrition."

- "Excessive calcium decreases the absorption of iron, phosphorus, magnesium, zinc and manganese."
- "High intake of phosphorus-rich foods, such as meats, grains, potatoes, and soft drinks or other manufactured foods to which phosphorous compounds are added, decrease calcium absorption."
- "Copper absorption can be decreased by excessive zinc."
- "Excessive dietary fiber decreases the absorption of calcium and zinc."
- "Iron absorption is decreased by soy, coffee, or tea."
- "Excessive fat consumption decreases calcium and magnesium."

Peasants suffered from malnutrition because they didn't have access to more and better food; Americans have access to a large amount and variety of good food, but many suffer from self-imposed malnutrition.

A dietary mainstay for the Irish peasant was the boiled potato; for the American teen it's fries.

Vegetarian foods that use partially hydrogenated oils are likely to contain high amounts of the harmful trans fatty acids. People who were previously critical of butter are now rethinking their position, since margarine is generally made by hydrogenating oils.

"Nutrition science" is filled with conflicting interests and conflicting information

In the past, children learned about food from the adults in their family and community. In some societies, religious beliefs had a major influence on diet, but in every society the motive was to ensure that the new generation would thrive.

The picture changed in the late 19th century as more people left farms and migrated to cities. They lost touch with the growing of their own food and became dependent on the food that others provided.

People began to learn about food (and about its relationship to health) not from their parents and grandparents, but from people outside their community. In most cases the teachers based their instruction on either a philosophy or on a profit motive, or a combination of the two.

Dr. John Harvey Kellogg's beliefs about hygiene led to his invention of cold cereal and the creation of an industry.

In 1911 Proctor & Gamble saw the potential of using nutrition to sell a product. They convinced many homemakers to replace the traditional lard with Crisco, P&G's manufactured shortening. (See *Pure Facts* for December 2003/January 2004.)

Today, nutrition is used to promote products, promote philosophies, and to benefit groups of companies that share a common interest.

Business and nutrition began to form a partnership that has grown to monstrous proportions today.

Product promotion: Supermarkets are filled with foods that promise to make your body slim, make your kid smart and make life wonderful.

Philosophies: Groups concerned about animal rights, environmental pollution, or the health of citizens in third world countries weigh in on the debate over food policies.

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Common concerns: The original organization that looked after the interests of the food, chemical and pharmaceutical companies was called the "Nutrition Foundation." Today, there are several groups that serve this function, including the International Life Sciences Institute and the American Council on Science and Health. In creating such lobbies it is important to come up with a name that will give the appearance of an independent scientific or consumer-based organization that provides unbiased information.

Most of these lobbies are based on the successful "grass-roots" consumer associations that formed in the 1960s; critics refer to these imitation groups as "astro-turf."

New alliances are formed as needed to meet whatever threat is imminent. The February issue of *Pure Facts* described such a group. (The American Council on Fitness and Nutrition has recently been formed to fight the growing movement to remove junk food from public schools.)

Widely differing opinions among professionals on what constitutes a good diet make it hard for the consumer to know what to believe.

The technique of using science to promote a product or an industry has been developed into a fine art, particularly in the United States. Enormous amounts of money are spent on advertising, public relations, gifts and consulting fees to professionals, political contributions, grants to universities, and influence over professional journals. Corporate influence can be found throughout our society.



Limited diets can be healthy

In the first part of the 20th century a dentist with a keen interest in nutrition visited primitive cultures around the world.

At that time there were still isolated groups of people who lived and ate very much the way their ancestors had. He visited villagers in the Outer Hebrides, South Sea Islanders, African tribes, Eskimos, Australian Aborigines, New Zealand Maori and the Indians of South America.

The dentist, Weston A. Price, studied both the dental health and the physical well-being of the populations. "Wherever he went, Dr. Price found that beautiful straight teeth, freedom from decay, stalwart bodies, resistance to disease...were typical of primitives on their traditional diets." [from www.westonaprice.org]

In some cases native people in other areas of a country had adopted the Western diet of refined foods. Those people had crowded teeth, many cavities, and degenerative health problems.

The primitive diets were very rich in vitamins, minerals and enzymes, even when the variety of their food was limited. They had found ways to compensate for what nutrients might be lacking in the available food, such as consuming bugs as a source of protein. As distasteful as this sounds to us, there's no denying the startling difference when you see photos of both groups. Dr. Price includes them in his book, *Nutrition and Degenerative Disease*.

It may sound boring to hear someone tell you to eat a varied diet, but it's good advice.

Unlike ancient cultures, we don't have the eons of wisdom to know how to thrive on a limited variety of food. Lacking this, Americans can obtain important nutrients by selecting many different types of food from different food groups, opting for less processed food whenever possible.



[Editor's note: The diets of our ancestors may have been limited, but they were 100% organic!]

Science, health and politics

The Union of Concerned Scientists recently lambasted the Bush administration for "policy decisions being made that have serious consequences for our health, safety and environment."

Their report states: "Across a broad range of issues — from childhood lead poisoning and mercury emissions to climate change, reproductive health, and nuclear weapons — the administration is distorting and censoring scientific findings that contradict its policies; manipulating the underlying science to align results with predetermined political decisions; and undermining the independence of science advisory panels by subjecting panel nominees to political litmus tests that have little or no bearing on their expertise; nominating non-experts or underqualified individuals from outside the scientific mainstream or with industry ties; as well as disbanding science advisory committees altogether.

"These activities are of grave concern to members of the scientific community as well as to those who rely on government information to inform policy decisions. But they should also concern the American public, which places its trust in the government as an honest broker of scientific information and one that will protect our health and safety."

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 ORGANIC (Whole Foods) Macaroni & Cheese
BETTER THAN ICE CREME* Soy Ice Cream Mix
BETTER THAN MILK* Rice Vanilla Light (CS)
BLUE RIBBON ORCHARD CHOICE Figs: Calimyma,
Black Mission, Kadota & Adriatic (SF) www.valleyfig.com
HARVEST MOON* Organic Frozen Vegetables: Broccoli,
Corn, Green Beans, Peas, Mix Vegetables, Spinach,
Edamame
MORI-NU Tofu: Extra Firm, Firm, Firm Made with Organic
Soybeans, Lite Extra Firm, Lite Firm, Soft
NUTRITION KITCHEN Organic Soybean Pasta: Green,
Golden, Black
PEANUT WONDER* Peanut Spread: Original, Low Fat
SALMOLUX Alderwood Smoked Salmon Original,
Farm Raised Atlantic Salmon, Gourmet Wild Alaskan
Smoked King Salmon, New York Style Smoked
Whitefish, Norwegian Smoked Salmon Nova Lox,
Scottish Style Smoked Salmon Nova Lox, Smoked
Rainbow Trout, Smoked Sockeye Salmon Nova Lox,
Smoked Whitefish Chubs
SILK CULTURED SOY Yogurt: Lemon (CS)
SILK SOYMILK Hazelnut Creamer
SIMPLE SNACKS* Organic Microwave Popcorn: Butter;
Soy Snappers: Caramel, Garlic & Chives, Lightly Salted,
White Cheddar
SOY WONDER* Soy Butter Spread: Creamy & Crunchy (CS)
SOYA KAAS* Slices: Mozzarella Style, Provolone Style,
Swiss Style, White Cheddar Style
ST. AMOUR cookies - Lemon Teethers; Rocks N' Rolls:
Cinnamon, Lemon, Vanilla (1-866-782-6687)
STRAUS FAMILY CREAMERY* Organic Half & Half;
Organic Cheeses: Medium White Cheddar Cheese,
Monterey Jack, Sharp White Cheddar; Organic Whipping
Cream; Organic European Style Butter: Salted &
Unsalted; Organic Ice Cream: Dutch Chocolate,
Vanilla Bean; Plain Yogurt: Whole Milk, Non Fat
WHEAT MONTANA Bagels: Honey Whole Wheat (CP),
Plain (CP), The Whole Works (CP)
WHEAT MONTANA Breads - Baked with Honey :
1/2 Wheat Loaf (CP, CS), 1/2 White Loaf (CP,CS);
Big Sky Bread: Rye (CP,CS), Wheat (CP,CS),
White (CP,CS)
WHEAT MONTANA Buns: Hot Dog (CP,CS), Sourdough
Burger (CP,CS), Wheat Burger (CP,CS), White Burger
(CP,CS),
WHOLE SOY Vanilla Creamy Cultured Soy;
Vanilla Bean Frozen Cultured Soy

Product Change

Annie's Homegrown has purchased the Simply Organic line of dinner and pasta/rice mixes. They have told PIC they will be making changes in some of these products, adding salicylates. We will keep you posted as we learn more.

Correction

Our February *Pure Facts* PIC report listed Kavi Crispbread; the correct spelling is Kavli.

Stage Two

365 ORGANIC (Whole Foods) Beef Lasagna (chili peppers, tomatoes, wine vinegar), Cheese Cannelloni (chili peppers, tomatoes), Cheese Lasagna (chili peppers, tomatoes), Macaroni & Beef (chili peppers, tomatoes), Vegetable Lasagna (tomatoes, wine vinegar)
CONSORZIO 10 Minute Marinade: Baja Lime (CS, oranges, chili peppers), Lemon Pepper (CS, oranges), Roasted Garlic & Balsamic (CS, wine vinegar), Tropical Grill (CS, chili peppers, red pepper)
ECCE PANIS Bread: Sun Dried Tomato (SF)
ENJOY LIFE FOODS* Bagels: Cinnamon Raisin (SF, apples, grapes), Onion (SF, apples, grapes), Original: (SF, apples, grapes) www.enjoylifefoods.com
FANTASTIC FOODS* Tabouli (chili peppers), Scrambler (red peppers), Vegetarian Chili (tomatoes)
FANTASTIC FOODS* Big Soup Noodle Bowl: Hot & Sour (tomatoes), Italian Tomato
FRONTIER* Seasoning Blends: Bombay Veggie Blends (chili & red peppers), Cajun Seasoning & Organic Cajun Seasoning (paprika, red peppers), Dash O' Dill (oranges), Jamaican 'Jerk' Blend (tomatoes, red peppers), Mexican Seasoning (chili & red peppers, paprika), Organic Garlic Pepper (CS, bell peppers), Organic Jamaican Seasoning (tomatoes, chili peppers), Oriental Seasoning and Organic Oriental Seasoning (bell peppers)
HARVEST MOON* Organic Fruit Spread: Apricot (grapes, apples), Blackberry (grapes, apples), Blueberry (grapes, apples), Cherry (grapes, apples), Four Fruit (grapes, apples, cherries, red currants, raspberries, strawberries), Grape (apples), Peach (grapes, apples), Raspberry (grapes, apples), Strawberry (grapes, apples)
ST. AMOUR cookies - Rocks N' Rolls: Almond, Orange Chocolate Chip
STRAUSS FAMILY CREAMERY* Organic Jalapeno Jack Cheese; Organic Raspberry Ice Cream
SWANN GARDENS* Natural Hummus: Roasted Red Peppers; Organic Hummus: Roasted Red Peppers
SWIGGIT* nutritional beverages - Epic Chocolate (apples), Gonzo Vanilla (apples)
TOMS OF MAINE* Goofy Grape Natural Liquid
Toothpaste for Children - Fluoride Free

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.

Breakfast on the go

Here's a good use for all those hard boiled eggs.

Have a bowl of egg salad prepared before the breakfast rush. Mix in crumbled bacon if you like, especially if you have nitrite-free bacon available. (The Feingold Program does not eliminate nitrites, but many families prefer to avoid this additive.)

Spread the egg salad on bagels, toast, crackers, pita or tortillas. Add some fruit or fruit juice for a quick but nourishing meal.

The April Fools prize goes to Lipton's new Tomato Cup-a-Soup

Over the years as Feingold label-readers toured the supermarket shelves, there was one bright spot...the much loved, much used tomato.

It was nearly impossible to find a tomato product that contained any of the prohibited additives (with the exception of the unfortunate green catsup incident). Tomato paste, sauce, soup, and pizza sauce have almost always been free of artificial colors, flavors and antioxidant preservatives.

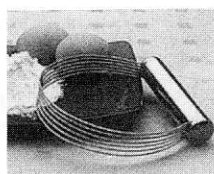
But now we have Lipton Cup-a-Soup, an instant product made by adding a cup of hot water to the powder inside a little pouch. The first ingredient is dehydrated tomato, and the next two ingredients are sugar. There are various oils and the notorious MSG (monosodium glutamate) which also is seldom used in the tomato products listed above.

But the shocker is the last ingredient: **Red 40!** Why would anyone need to put red dye in tomato soup?

By the way, have you seen the TV commercial for this line of soups? It's the one with the very **hyperactive** man running around his office. [Hmmm.]

Moving?

Don't forget to give us your new address. The post office will not forward bulk mail.



Egg salad is a snap to make if you use an old fashioned pastry blender. Remove the shells from hard-cooked eggs

and place the eggs and some mayonnaise in a large plastic bowl. Use the pastry blender to cut the eggs into pieces, and at the same time mix them with the mayonnaise.



Send us your kids!

It's time to send us photos of your children and teens, to be printed in the 2004-2005 Feingold School Year Calendar. Send informal shots, but no portraits or school photos, please.

Each year FAUS publishes this calendar that provides tips on using the Program and information on hard-to-find products. It is sent out to members in the U.S. at the end of summer.

You are welcome to include information about how your child is doing on the program for inclusion in the calendar. Mail to: FAUS Calendar, 6808 Stoneybrooke Lane, Alexandria, VA 22306. Please write your child's name and your address on the back of the photos. They will be returned once the calendar has been printed.

Getting Acquainted in Louisville, KY

Deb McCallister would like to meet other Feingold members in her area. You can reach Deb at (502) 836-0192 or via e-mail at market@iglou.com.

Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Lorraine Cordo
Donna Curtis
Shula Edelkind
Cindy Harrell
Barbara Keele
Deb Lehner

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