

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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Recipe for Obesity?

Why getting rid of soft drinks, candy and chips might not be enough to reverse the growing epidemic of health, behavior, and learning problems in our schools.

Concerned individuals throughout the country are searching for ways to help our children. Many approaches are being suggested to upgrade their diet; typically, fast food and vending machines are seen as the culprits. Some schools have removed their vending machines so that all of the food students eat is supplied by the school's cafeteria. The problem with this approach is that the cafeteria food may be just as bad as the junk they have removed, and might be even worse than some fast foods!

School Lunch vs. Big Macs

The ingredients in the hamburgers served by the major fast food chains are available on the Internet: 100% beef. But do you know what's in that burger being served to your child at school?



Schools don't post this information on the Internet, but they do maintain detailed lists of the ingredients in the prepared foods they serve. Parents who want information on allergens in the food might be able to obtain a copy.

Pure Facts has such a list, and it was an eye-opening experience!

That humble cafeteria hamburger does contain some beef, but added to it are inexpensive soybean fillers, five different versions of MSG (monosodium glutamate) flavor enhancers, sugar and salt.

When it comes to breaded, deep fried chicken and the other entree selections, the school lunches and fast food chains are pretty much equal; they are loaded with various additives and fried in oil preserved with petroleum-based TBHQ.

The one bright spot was that the school's entrees did not contain many of the additives eliminated on the Feingold Program (synthetic dyes, artificial flavors, aspartame, BHA, BHT, TBHQ) but they have excessive amounts of undesirable ingredients.

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Food Allergy Labels

In the future it could be easier for consumers to learn what ingredients are included in processed foods. New legislation will take effect on January 1, 2006 that will require manufacturers to use "plain common language" to identify the major allergy foods: milk, egg, peanut, tree nut, fish, shellfish, wheat and soy.

The new law will provide more information about the hidden ingredients in foods and hints at more complete disclosure of food additives. (See the articles in this issue about the many names for MSG and corn sweeteners.) Similar legislation will soon go into effect in Europe.

The growing awareness of the threat of allergic reactions could make it easier for you to obtain ingredient information from restaurants, and possibly even from the food service department of your child's school.

Volunteer Web Site

FAUS announces a new section on our main web site: www.feingold.org. Here members will be able to take a look at some of the opportunities to share Feingold information with others.

Volunteering doesn't need to be time-consuming; you will see suggested projects that take only 5 minutes of your time. Or perhaps you can spare 10 minutes, or 30. You may have more time available and want to consider holding a Feingold workshop, or giving a brief presentation to the teachers in your child's school.

The project will be headed by our own super-volunteer, Annette (Cookie) Miller, with the added talents of Marilee Jones, who will be there to assist you.

Visit the site and see what options you have to make a difference in the lives of other families.

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, aspartame, BHA, BHT, and TBHQ.

How changing our diet has changed our life

by Sheri Youngquist

Have you ever gone through something so burdensome that it felt like it would consume you? Allow me to share something with you that has renewed my hope for the future.

The crisis I'm talking about was the behavior of our son Tanner. Beginning about three years ago he had become increasingly moody, erratic, unpredictable and even volatile. I would often dread picking him up from the classroom, because chances were that an incident had occurred that involved him and I was going to have to insist that he apologize to the teacher and the offended classmate. And the chances were even greater that he would resist doing that and we'd end up in a struggle of wills.

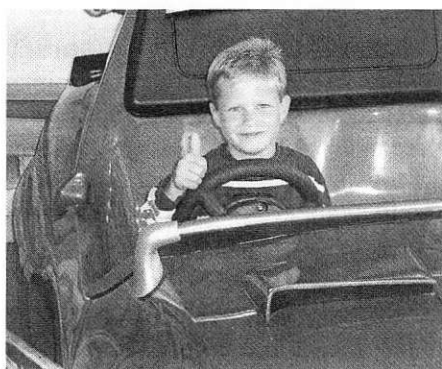
I could set the stage for many more scenarios – at the library, in the park, at Grandma's house, in the grocery store – but you get the picture. He was consistently uncooperative, despite all the parenting classes taken, chores doled out, hugs and kisses given, tears shed, volumes of prayers pled to heaven, etc.

You know kids like this. This is the child who is distractible, impatient, disruptive and irritable (although he can sometimes surprise you with cooperative behavior). He has difficulty sitting through a meal (or class) and trouble getting to sleep at night. Once he gets to sleep, he sometimes has nightmares or night terrors. He overreacts to touch and sound and is very accident-prone. He alienates his friends and family by his unpredictable behavior.

Our precious little spunky guy did not go through a terrible time in his two's. I remember the trouble starting around age three. That's when the tantrums hit full force (or as we liked to call them, "Tanner-trums.") My mother would call him the "kid with the curl in the middle of his forehead," referring to the nursery rhyme of the little girl who was so sweet when she was good, but was so very naughty

when she was bad. On some days, our son had this amazing, outgoing, loving personality—the kind of kid who would make friends wherever he went. No one was a stranger. On other days—and those days became more frequent as time went on—he was moody, difficult and downright defiant.

Our little "friend-maker" would suddenly have these "Dr. Jekyll/Mr. Hyde" attacks. One minute things would be going along swimmingly and then the next minute I would have to tell him "no" about something or would have to tell him it was time to leave a favorite spot, and he would just explode. The fun-loving, agreeable little boy would disappear in an instant and out would come the angry one.



Sometimes little fits and sometimes big ones, but all of them unwarranted and with no apparent correlation to his perceived injustice. There were times when he even ran out the front door and down the street, screaming, "I hate you and I'm running away." Dreadful stuff.

Oh, we tried it all. One parenting class taught us that kids should demonstrate "first time obedience." That makes sense. Delayed obedience is disobedience. And delayed obedience along with a tantrum is certainly disrespectful and just plain wrong. So the spankings flowed. There was certainly no lack of them in the years that followed. Spankings, added chores, lost privileges—whatever seemed right for the offense. But still there was very little evidence that his heart was truly repentant, or any hope that

his behavior would improve in the long-term.

Modeling. That's it. If I as a mom modeled patience and loving kindness, certainly Tanner would "catch" it and would display the same behavior with his siblings. Nope. Well, occasionally I would catch a glimpse of the most amazing, compassionate kid who ever lived. But then he'd disappear a little while later.

Love. I thought maybe what he needed was not simply quick kisses and hugs and assurances that we loved him, but bigger doses of special time with my husband, Kevin, and me. I remember the time about nine months ago when we took him out to Denny's for a special night together: just Kevin and me and our struggling little boy. We

each ordered a dessert and passed the time making small talk. Once dessert was finished, we eased into our planned talk with him reminding him of our deep love for him, of God's deep love for him, and how happy we were that God had made us a family. We were hoping that this would be a touching, tender moment. Instead, he got increasingly fidgety and could hardly keep his

eyes on us. Were we getting through to his heart? It hardly seemed like it. Oh well, we had tried. But I remember feeling a bit sad as we walked (well, he bounced) out of the restaurant.

Since then his behavior had become increasingly volatile. The highs were higher and the lows were lower. When he was caught twice stealing from a friend, we were distressed. His reaction?? Tears, true contrition and a claim that "I don't know why I do it. My brain is just telling me to take it."

Then one day the answer came. Not as a bolt of lightning, but in a small voice that I had been hearing since I was about ten or eleven years old. It was at that time that my parents had placed my brother on the Feingold Diet and as a result, his behavior radically

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Sugar!

It's clear that excessive consumption of sugars leads to obesity, which can lead to diabetes, heart disease and other health problems. The student who shuns the vending machines, skips the cola and the "a la carte" junk food available in the cafeteria can still be consuming huge amounts of sugars.

One of the shocking discoveries was that some of the meat-based dishes served in school cafeterias contain enormous amounts of sugar. Twelve of the ingredients in the barbecued pork rib pattie entree are sugars!

sugar
molasses powder
maltodextrin
corn syrup solids
sugar
corn syrup solids
maltodextrin
high fructose corn syrup
invert sugar
molasses
corn syrup
sugar

School vending machines are only one source of sugar.

Sugar and the Feingold Program

The Feingold Program has never restricted the use of sugars, although moderation is encouraged. The majority of children on the Program seem to be able to tolerate reasonable amounts of most types of sugars, but quite a few don't handle corn syrup very well.

Sometimes the cause of the reaction is the sulfur used in converting cornstarch to corn syrup (see *Pure Facts* for December 2003/January 2004).

We would appreciate member feedback about any reactions to high-fructose corn syrup vs. the reaction to regular corn syrup.

High fructose corn syrup

New research suggests a link between obesity and the dramatic increase in the use of high fructose corn syrup (HFCS).

The average American consumes over 62 pounds of HFCS each year, making it a \$4.5 billion business. It is sweeter than refined sugar, meaning that food companies can achieve the same effect while using less. It also is easy to transport, store and mix in with foods since it is a liquid. Between 1970 and 1990 the consumption of HFCS increased 1000% and it is the major sweetener now used in soft drinks in this country. These soft drinks, that have become a staple beverage for many American children and teens, could be causing far more harm now that the sugar once used to sweeten them has been replaced by HFCS.

Most forms of sugar are converted to glucose, which causes the pancreas to release insulin. The insulin enables the sugar in the blood to be taken into cells where it is used for energy. This is accompanied by an increase in the production of leptin, a hormone that helps regulate appetite and fat storage. Another reaction to glucose is the reduction of ghrelin, a hormone that signals hunger.

By contrast, HFCS does not do any of these things. Instead, fructose is removed and metabolized by the liver and does not cause the release of insulin. Fructose converts to fat.

Fructose appears to upset the body's metabolic process. Unlike glucose, fructose does not stimulate the secretion of insulin or production of leptin, both of which are involved with the regulation of food intake and body weight.

An article published in the April issue of the *American Journal of Clinical Nutrition* is titled "Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity." The authors note: "The increased use of HFCS in the United States mirrors the rapid increase in obesity....The digestion, absorption, and metabolism of fructose differs from those of glucose." *Am J Clin Nutr.* 2004 Apr;79(4):537-43

Barry Popkin, professor of nutrition at the University of North Carolina writes, "We know from animal studies that fructose doesn't affect appetite, so if you drink a soft drink you don't get filled up like you would if you drank milk."

Problems with fructose

Consumers may think that HFCS is healthier than sugar because it contains fructose — which they associate with fruit. A team of investigators at the US Department of Agriculture has discovered that this isn't so. Sucrose is composed of glucose and fructose. Animals given high amounts of sucrose developed many health problems and the researchers wanted to learn if the effects could be linked to the glucose or the fructose. When the researchers gave high amounts of glucose to rats they did not see negative effects, but high amounts of fructose had disastrous results. The male rats did not survive to reach adulthood; they had anemia, high cholesterol and enlarged hearts, as well as reproductive deformities. Female rats had fewer effects but were unable to produce live pups.

Source: www.westonaprice.org/motherlinda/cornsyrup.html

Fructose upsets the body's metabolism in other ways. It can cause the loss of minerals like iron, magnesium and zinc. It interferes with the heart's use of magnesium, copper and chromium. Chromium also is essential in balancing insulin levels, and it is reduced when one consumes fructose, especially when they are combined with other sugars, according to Dr. Richard Anderson of the Human Nutrition Research Center. This can lead to the type of diabetes being seen in so many children today. What is ironic about this is that doctors once thought that diabetics could safely eat fructose since it did not raise blood sugar levels as high as other sugars.

“MSG-Induced Obesity”

Monosodium glutamate (MSG), a widely-used additive, is a known cause of obesity in animals. Like sweeteners, it is widely used in institutional foods, although it generally goes under other names.

That same pork pattie described on page 3 lists MSG-type ingredients four times:

- textured vegetable protein
- hydrolyzed soy protein
- natural flavor
- natural flavor

Because MSG has a bad reputation, food processors use various names to achieve the same result without having to admit they are adding an undesirable chemical to boost missing flavor. Even products sold in health food stores can have MSG cousins. The ingredient list in the school food program described in this newsletter contains 26 different names for MSG-type additives:

- Autolyzed yeast extract
- Disodium inosinate
- Disodium guanylate
- Flavor
- Flavorings
- Hydrolyzed soy/wheat gluten protein
- Hydrolyzed soy/corn/wheat gluten protein
- Hydrolyzed corn/wheat soy protein
- Hydrolyzed corn gluten
- Hydrolyzed corn protein
- Hydrolyzed corn and yeast protein
- Hydrolyzed soy protein
- Hydrolyzed vegetable protein
- Hydrolyzed milk protein
- Hydrolyzed wheat gluten
- Monosodium glutamate
- Natural flavor
- Sodium glutamate
- Soy protein
- Soy protein isolate
- Soy protein concentrate
- Textured vegetable protein
- Textured vegetable protein product
- Vegetable protein product
- Whey protein hydrolysate
- Yeast extract

Note: Check the labels of “health food” products, especially soups, gravies, salad dressings and meatless entrees. Some contain these additives.

Other names that can indicate the presence of MSG:

- Calcium caseinate
- Glutamate
- Glutamic acid
- Monopotassium glutamate
- Sodium caseinate
- Textured protein
- Yeast food
- Yeast nutrient

Source: MSG Update, by Jack Samuels, *Wise Traditions* Summer 2004; also see www.truthinlabeling.org



Fat Mice

Two interesting terms appear in the scientific literature: “MSG-obese” and “monosodium glutamate induced obesity.” For several decades scientists have known that they can create obese test animals by injecting MSG under the skin of day-old mice and rats.

MSG appears to lead to obesity as well as diabetes by stimulating the pancreas to dramatically increase its output of insulin.

Where does MSG come from? The manufacturer does not need to disclose this, but the best information we have is that it is produced by fermenting bio-engineered bacteria, which give off glutamic acid.

Other research shows that excessive amounts of glutamate over-stimulate brain cells until they die. (See the book *Excitotoxins, the Taste That Kills*, by Dr. Russell Blaylock.)

As far back as 1978 Japanese researchers found that MSG could cause brain lesions in newborn animals.

John Erb, a Canadian researcher and author of the new book *The Slow Poisoning of America*, believes that the MSG ingested by pregnant women can damage the unborn child’s brain, leading to cell death and symptoms of ADHD and autism.

The list of health problems that are attributed to MSG is a very long one; it includes asthma, now reaching epidemic proportions in the United States.

The Glutamate Association, a lobby representing the makers of the additive and the companies using it, points to a beneficial effect of MSG. When it is added to institutional foods fed to the elderly it causes them to eat more. It presumably has the same effect on everyone. **Critics charge that MSG has an addictive effect**, causing changes in the brain which make people crave a food. There is no limit to the amount that may be added to foods.

The role of Soy

Along with soy based extenders, MSG enables food manufacturers to produce a “meat” dish at a low cost.

The main dishes used in school lunches and other institutions typically contain soy in the form of TVP or “textured vegetable protein.” The various additives, sweeteners and salt help disguise any beany flavor, but soy itself may be part of the problem. It has been implicated in causing obesity by damaging the thyroid. Also, babies fed soy-based formula have been found to be at higher risk for later development of diabetes. (See *Pure Facts* for July/August 2003.)

Soy extenders are used in all of the main dishes we studied from the school foods ingredient list. These were the pork pattie, beef teriyaki nuggets, hamburger, popcorn chicken and chicken drumettes. The drumettes had six different forms of MSG and five separate listings of salt. The popcorn chicken listed salt four times and seven additional sodium-based additives.

Sprinkle on some color

Just in time for the holidays, now you can decorate desserts with naturally colored sugar sprinkles!

India Tree, a company that makes sugars with synthetic dyes, has come out with "Nature's Colors Decorating Sugars," a line of sugar crystals that use vegetable-based colorings. These decorations have been researched and all are acceptable for use on Stage One. They are available in five pretty colors: yellow, blue, red, orange and pink, as well as white.

www.indiatree.com/naturescolors.html.



Natural candy canes are here!

Bob's has prepared both candy canes and soft mint puffs just for Feingold members! They used a natural coloring to make the red stripes.

Both the colored sugar sprinkles and the natural candy canes/mint puffs are available via mail order from the Squirrel's Nest Candy Shop in Delaware; phone (302) 378-1033 or see www.squirrels-nest.com.

Changing our diet, from page 2

improved. What brought this to mind again was my cousin's visit with her 3-year-old boy who had just had his life turned around by following the Feingold Program. (Her husband had also recently seen great results in eliminating his headaches by following the Program.) I thought, "Why not?" I had seen it work with other family members, and it just might help us.

From the very first meal our unpredictable boy was steady in his behavior and cooperative, courteous and even kind to others. His first day on the diet was spent mostly at my sister's house, playing with his little brothers (we have four boys) and cousins. I must have called her four times that day to see how he was doing, and she would simply say, very quietly (as the bearer of important and serious news), "No problems." I would just start crying each time. It was like finding the cure to a horrible disease. It was the most amazing and blessed day!

Of course Tanner did not turn into the perfect child overnight, but our battles now are much more manageable and much less frequent. Praise God! It turns out that food *can* affect behavior and health; imagine that! The ridiculous thing is that although I've known of this diet for almost 30 years, and both my mother and my sister suggested that I try it, I thought I knew better. (Chalk one up for pride.)

Over the years I had been casually observing to see if there was a connection between his diet and his behavior. What I didn't realize is that it can take anywhere from a few minutes to many hours before a reaction begins. At one point we had taken him off sugar, and although it seemed to help sometimes, his erratic behavior continued. Apparently it wasn't the sugar in the treats that was causing the problem, it was the additives that are used to make them pretty.

Hardee's

Based upon ingredient information provided by Hardee's, there are some items that appear to be acceptable for Feingold members. Like most restaurants, the deep frying oil contains TBHQ, eliminating a large portion of the menu items.

Acceptable:

Hamburger buns (CS,CP), but not the "Whirl" butter substitute used on the bun; sourdough bread (CS,CP), and the flour tortilla (CP).

Roast beef, all of the beef patties except the Slammer.

Ketchup (CS), mustard, mayonnaise (CS, poss MSG), raw onions, tomatoes, lettuce, Swiss cheese, ranch dressing/sauce (CS,SB,possMSG), cole slaw (CS,SB,possMSG). Grilled onions are cooked in Whirl, and are not acceptable.

The chocolate and vanilla ice creams (both CS) are acceptable, but not the ice cream cone, which has artificial flavor.

Orange juice, iced tea, plus strawberry and grape jams (CS in both) are acceptable.

Several friends have also tried it and are seeing some very good results. I probably tend to be a bit annoying as I am constantly telling other parents about the diet!

Editor's Note: Thanks so much to Sheri for sharing her wonderful story with us and with her homeschooling friends in their newsletter "Teaching Hearts @ Home Connection."

Sheri's story first came to our attention when she sent this e-mail:

"I am 100 pages into the book *Why Can't My Child Behave?* and have already seen fantastic results with my 7-year-old after only 3 days on the Program. As a result, I am bursting at the seams to tell all my friends who have 'difficult' children. I would like to order several copies of the book; can you tell me how I can obtain a bulk discount?"

[If you would like to order the book at the wholesale rate, please contact the FAUS office, and they will put you in touch with the publisher.]

How good is the food in your child's school?

It might sound wonderful when you read about the program at your local school, but what you read may tell you more about the skill of their PR department than the actual food served.

Here is a description of one school system where the staff is "on the cutting edge" of nutrition, looking into reducing trans fats and sharing nutrient information on the foods with the students.

Here, vending machines are not allowed to compete with the food service program.

Kids have a say in what is served by attending monthly tasting parties.

Nutrition is taught in the classroom. The food service department supplies lesson plans emphasizing fruit and vegetables. And children prepare healthy snacks.



Before you ask where this school system is and start packing to move your family there, take another look at the ingredient information on pages 3 and 4 of this newsletter. All of the foods described in this newsletter came from this ideal school described above. So did the ingredient list for their cheese quesadillas shown on the right.

Editor's note: The additives eliminated on the Feingold Program are in bold print. Some of the additives are names for vitamin fortification. Others sound worse than they actually are. But that leaves a whole lot of very iffy ingredients. Do they need to have so many sources of sodium?

"Extreme Foods"

Do you really want to eat things called "cheddar flavored mozzarella cheese substitute" and "mozzarella cheese type flavor"?

Does this one food item need to be so complicated? Birds Eye, Britain's largest producer of frozen food products, has vowed to get rid of all the funny-sounding ingredients and just offer plain, straightforward real food (see last month's issue of *Pure Facts*). If a huge corporation can do it, surely your child's school can do the same.

Cheese Quesadilla

Ingredients: Crust (enriched wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, partially hydrogenated soybean oil with **artificial flavoring**, **artificial coloring**, citric acid, baking powder [sodium bicarbonate, sodium aluminum sulfate, cornstarch, monocalcium phosphate, calcium sulfate, salt, dextrose, dough conditioners [wheat flour, salt, partially hydrogenated vegetable oil (soybean, cottonseed and/or canola oil), L-cystine, ascorbic acid, fungal enzyme], wheat gluten, xanthan gum, calcium propionate, potassium sorbate), shredded mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes, cellulose gum [anticaking]), cheddar flavored mozzarella cheese substitute (water, partially hydrogenated soybean oil with citric acid, milk protein concentrate, casein, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, cheese blend [cheddar, blue, and semisoft cheese {pasteurized milk, cheese cultures, salt, enzymes}, water, whey, salt, citric acid], lactic acid, disodium phosphate, sorbic acid, nutrient blend [magnesium oxide, zinc oxide, calcium pantothenate, riboflavin and vitamin B12], paprika annatto blend [natural extractives of annatto seeds and paprika with soybean oil, mono-, di- and triglycerides, other flavors, tocopherol, and potassium hydroxide], romano cheese flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], mozzarella cheese type flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], provolone cheese flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate, sodium glutamate, salt], cheese flavor [maltodextrin, acacia gum, 1,2-propylene glycol, trisodium diphosphate, sodium polyphosphate], beta carotene [partially hydrogenated cottonseed and soybean oils, corn oil, beta carotene, tocopherol], vitamin A palmitate, water, tomato paste, shredded mozzarella cheese substitute (water, partially hydrogenated soybean oil with citric acid, milk protein concentrate, casein, modified food starch, contains 2% or less of the following: sodium aluminum phosphate, salt, lactic acid, disodium phosphate, sorbic acid], romano cheese flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate], mozzarella cheese type flavor [cheese {milk culture, rennet, salt}, milk solids, disodium phosphate], provolone cheese flavor [cheese {milk, culture, rennet, salt}, milk solids, disodium phosphate, sodium glutamate, salt, cheese flavor {maltodextrin, acacia gum, 1,2-propylene glycol, trisodium diphosphate, sodium polyphosphate}], nutrient blend {magnesium oxide, zinc oxide, calcium pantothenate, riboflavin and vitamin B12}, beta carotene [partially hydrogenated cottonseed and soybean oils, corn oil, beta carotene, tocopherol], vitamin A palmitate, salsa seasoning [salt, sugar, dehydrated onion and garlic, dehydrated jalapeno, pepper, citric acid, xanthan gum, spice, dehydrated cilantro, potassium sorbate], vinegar, releasing agent [water, mono and diglycerides, polysorbate 60 and lecithin, acetic acid, polydimethylsiloxane], cellulose gum

Some schools have gone back to food made with simple ingredients, and have found that behavior improves and the costs do not rise. Food distributors are capable of providing whatever a customer orders and will go to the extra effort if it is a large enough contract to be profitable for them. See www.School-Lunch.org.

This school described above might, indeed, be better than the average. What is important for us to know is that bargain foods purchased from the large food distributors tend to be similar all over the country. If your school system boasts about what they are serving see if they are willing to give you a detailed listing of their ingredients.

PIC Report

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

To help you get ready for Halloween, this month's report will list new sweet treats.

Stage One

365 ORGANIC (Whole Foods Market) Swiss Chocolate Bar: Dark Chocolate, Milk Chocolate with Hazelnuts, Milk Chocolate

BREYER'S Ice Cream (black containers only; not "no sugar added" variety) All Natural (CS): Caramel Praline Crunch, Peanut Butter Fudge, Vanilla Fudge Brownie

CANEL'S Caramel Flavor Milk Lollipop (CS)

COLLEGE FARM ORGANIC* Hard Candy (CS), Chocolate Mint, Luscious Lemon, Vanilla Caramel
www.collegefarmorganic.com

INDIA TREE* Nature's Colors Decorating Sugar: Frost White, Marigold Orange, Periwinkle Blue, Raspberry Red, Sunflower Yellow, Strawberry Pink
www.indiatree.com

LOACKER Premium Wafer Cookie: Quadratini Vanilla (CS)

SUGAR NOT* All Natural Sweetener (CS) (Made from the Chinese fruit Lo Han, which is 15 times as sweet as sugar; fructose is added to provide bulk.) in some stores or via www.dixiediner.com (800) 233-3668

SUNRIDGE FARMS All Natural Bulk & Packaged: Chocolate Ginger Drops, Crystallized Ginger, Dried Cantaloupe, Extra Fancy Pine Nuts, Roasted & Salted Jumbo Cashews, Peanut Butter Pretzels, Fancy Mammoth Pecan Halves, Pineapple Rings, Roasted & Salted Pistachios, Sesame Sticks, Tropical Mixed Fruit, Fancy Grade Walnut Halves
www.sunridgefarms.com

WLD OATS NATURAL (Wild Oats Market) Dark Chocolate Peanuts (CS); Unsulphured dried fruits: Coconut Shreds, Ginger Slices, Mango Slices, Papaya Spears, Pineapple Slices

WLD OATS NATURAL (Wild Oats Market) Cookies: Chocolate Chip Mini, Chocolate Chunk, Chocolate Sandwich Cremes, Double Chocolate Chunk, Gluten-Free Chocolate Chip Mini (SF), Lemon Sandwich Cremes, Peanut Butter Mini, Vanilla Sandwich Cremes, Vanilla/Chocolate Sandwich Cremes, White Chocolate Macadamia

WLD OATS ORGANIC (Wild Oats Market) Organic Kettle Cooked Caramel Corn (CS); Cookies: Organic Vanilla Animal Cookies

VAQUITA Caramel Flavor Milk Lollipop (CS)

Product Alert!

KELLOGG'S Cracklin' Oat Bran Cereal needs to be removed from the Foodlist & Shopping Guide as it now contains vanillin (imitation vanilla).

MISS ROBEN'S Gingerbread Mix now contains cloves so it needs to be moved to the Stage Two section of your Foodlist. For more information on their products, see www.missroben.com.

TOM'S OF MAINE Natural Anti-Plaque Plus Whitening Liquid Toothpaste with Mouthwash (Fluoride Free) Cinnamint now contains cloves and needs to be moved to Stage Two.

Correction: In the June PIC Report we listed several dairy-free items by Road's End Organics. To set them apart from foods that contain cheese, they use the name "chreese" and the correct web site address is www.chreese.com, not "cheese.com" as we had it listed.

Stage Two

365 ORGANIC (Whole Foods Market) Swiss Chocolate Bar: Dark Chocolate with Almonds, Milk Chocolate with Almonds

COLLEGE FARM ORGANIC* Funpops - Lollipops (CS, raspberries, strawberries, blueberries, cherries, oranges, currants); Hard Candy: Strawberry & Cream (CS), Vienna Roast (CS, coffee)
www.collegefarmorganics.com

DOUBLE RAINBOW* Strawberry Ice Cream
www.doublerainbow.com

LET'S DO...ORGANIC* Ginger Gummi Guys (CS, apples) MINUTE MAID All Natural Fruit Snacks (CS, apples, cherries, grapes)

SUNRIDGE FARMS Raspberry Licorice Hearts (CS); All Natural Bulk & Packaged: California Almonds Nonpareil Supreme, Cherry Pecan Vanilla Dream (almonds), Chocolate Cranberries, Chocolate English Toffee (almonds), Chocolate Nut Crunch (almonds, raisins), Cranberry Jubilee (almonds, raisins), Dried Cranberries, Fancy Mixed Nuts Roasted & Salted (almonds), Hit the Trail Mix (almonds, raisins), Milk Chocolate Raisins, Mocha Marble (almonds, coffee), Slivered Almonds, Spicy Pumpkin Seeds (chili peppers), Tamari Almonds, Yogurt Almonds, Yogurt Raisins
SUNRIDGEFARMS Organic Bulk & Packaged: Cranberry Harvest (almonds, apples, raisins), Dried Apricots, Hit the Trail Mix (almonds, raisins), Milk Chocolate Raisins, Supreme Almonds, Thompson Raisins, Trail Mix (almonds, apples, apricots, raisins)
www.sunridgefarms.com

WLD OATS NATURAL (Wild Oats Market) Dark Chocolate Almonds with Evaporated Cane Juices
WLD OATS ORGANIC Dark Chocolate Almonds

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Vaccine data withheld

Recent research at Columbia University has found that mice vulnerable to mercury poisoning developed autistic-type symptoms, as well as brain abnormalities, when they were injected with the vaccine preservative thimerosal. It was given to them in amounts comparable to what children receive.

Thimerosal is used as a preservative in multi-dose vials, but is not needed in single-dose vaccines. Also, other preservatives could be employed to prevent contamination in multi-dose batches. While thimerosal has been discontinued in some vaccines, it is being used in flu shots given to children and adults. The US Centers for Disease Control and Prevention (CDC) is urging the flu shot be given to all school-age children.

Twenty years ago autism was a rare condition, affecting about one child in 2,500. Recently the American Academy of Pediatrics estimated the rate at an astonishing one in 166, and parents continue to report that their young child was developing normally until he received a vaccine preserved with thimerosal. (For some reason, boys are more vulnerable to autism than girls.) Parents can ask for mercury-free vaccines, but the doctor might have to special order it; parents can also ask to see the vaccine package inserts to check for thimerosal.

"...the ever increasing numbers of vaccines recommended by government health officials over the past quarter century are associated with increases in chronic disease and disability, including learning disabilities, attention deficit disorder, autism, asthma and diabetes."

"...highly vaccinated children are contracting far fewer infections...but are growing up chronically ill with various kinds of brain and immune system dysfunction..."

Barbara Loe Fisher, president of the National Vaccine Information Center

For more than a decade the CDC has operated the Vaccine Safety Datalink (VSD), a database on reactions to vaccines. The information has been gathered from the major health maintenance groups and is funded with taxpayer money.

In the year 2000 the CDC reported that an analysis of their data suggested that exposure to mercury from thimerosal during the first six months of life increased the risk of tics, ADD, language and speech delays and developmental delays. But more recently they have used the data to publish articles denying such a link.

In 2002 a representative of the CDC assured Congress that they would share their data with independent researchers. But for the past two years the agency has denied such access.



This has led a coalition of parent groups to develop a "Show Us the Vaccine Data Petition." They assert, "The hallmark of good science is replication and the hallmark of good government is transparency." The petition can be seen at www.909shot.com.

To access information on thimerosal in vaccines at the Food and Drug Administration's web site see: www.fda.gov/cber/vaccine/thimerosal.htm.

Searcy, Arkansas

Maria Stephens would like to meet other members in her area. You can reach Maria on-line at secretwindow-jd@sbcglobal.net

Pure Facts

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