

Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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Consumers enjoy many new food options

In 2003 U.S. consumers spent over \$20 billion on natural and organic foods, and the numbers are rising. Conventional grocers are finding ways to be included.

Two major supermarket chains have introduced their own line of natural, organic foods. Giant Food, in the Washington DC area, and Stop & Shop in New England are offering their customers a line of foods under the name Nature's Promise.

Supermarkets make more money from the sale of private label foods, even though they generally are priced below name brands. The two chains hope to lure customers with foods that are both free of artificial additives and are less expensive than other natural brands.

The Nature's Promise line is beginning with a modest 25 new items, but the chains plan to expand to about 90 products in the coming months. The foods should be free of the major additives eliminated on the Feingold Program, but could contain corn syrup.

There have been many encouraging signs that natural foods are getting into the supermarket aisles. Another major chain, Safeway, has its own organic brand milk and eggs. Harris Teeter offers their own house brand of organic cereals. Horizon milks are now widely available, and meats from Coleman's and Wellshire Farms are showing up in traditional supermarkets.

Other innovations

Wild Oats, the nation's second largest natural foods market (featured in the November *Pure Facts*) will team up with Stop & Shop to test out another new venture. The supermarket will contain a store-within-a-store, providing a section of their supermarket for a small Wild Oats market.

Consumers in Chicago will be able to order Wild Oats products through Peapod, an online grocery shopping service owned by the same Dutch conglomerate that owns Giant Food and Stop & Shop.

Earth Fare serves the Southeastern US

Earth Fare began in 1975 as a small natural foods store in Asheville NC with the name "Dinner for the Earth." Today the chain has 13 stores located in North Carolina, South Carolina, Georgia and Tennessee.

They carry a full range of groceries; most of their produce is organic, and much of it is locally grown. Newer stores contain a sit-down cafe as well as a community room available for use by the public. They sponsor cooking classes and related events to share information.

Earth Fare does not carry products with high-fructose corn syrup or trans-fats, and does not consider the sweetener sucralose to be natural. Their commitment to the environment is reflected in their use of a corn-based biodegradable material for their plastic packaging.

See www.earthfare.com for more information. Also, see the page 8 article on a Canadian natural food chain.

Feingold members face the potential loss of additive-free drugs

Because it can be difficult to find medicine free of synthetic dyes and flavorings, many turn to compounding pharmacists, qualified professionals who use bulk ingredients to fill prescriptions, and provide medicines that are suitable for the patient. This is the way medicines were originally created, before pharmaceutical companies grew to dominate American health care. Although most pharmacists do not do compounding, pharmacy schools require students to be proficient in this skill. Pharmacies are under the jurisdiction of State Boards of Pharmacy, and Federal law exempts them from control by the Food and Drug Administration (FDA). Although the FDA acknowledges it has no jurisdiction over pharmacies, the agency is attempt-

ing to intimidate compounding pharmacists and close down the practice. This is the basis of a law suit brought against the FDA by a coalition of pharmacies in Texas, Arizona, Alabama, Wisconsin, California and Colorado.

In 2003 the FDA issued a compliance policy guideline making it illegal to use bulk ingredients in filling prescriptions for humans and animals. The lawsuit is asking the court to protect pharmacists from unlawful inspections, illegal interventions and intimidations by the FDA, and to require the agency to follow the intent of Congress that the regulation be left to the states. A similar effort on the part of the FDA in 1997 was brought to trial and the action of the agency was declared to be unconstitutional.

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, and the preservatives BHA, BHT, and TBHQ.

Virginia parents and teachers call for school food reform

Children in Virginia's schools are having trouble focusing, learning and behaving, and they are missing many school days due to chronic illness, especially asthma. The increases in autism and related disorders are forcing schools to divert funds from other programs. Many of these problems have been linked to the lack of healthy foods and the increased use of synthetic additives in the things children consume, including the foods provided by schools. These problems were the impetus for a resolution passed by delegates to the Virginia PTA's annual conference held in Portsmouth (see page 3). This can serve as a model for other state and local PTA organizations to push for reform in school food.

The resolution calls upon parents, teachers and other members of the community to take a closer look at the foods our children are eating, especially the synthetic chemicals

being used in ever-increasing amounts. According to the resolution's author, Michele Menapace, "Research now confirms what many parents and teachers have long suspected: some children experience behavior, learning or health problems when they eat foods that contain petroleum-based additives like dyes, synthetic flavorings, and certain preservatives. A recent British study showed that a very small dose of food dye plus a preservative triggered tantrums in young children."

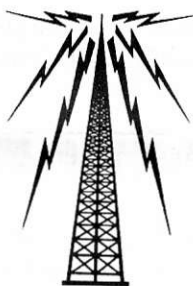
Menapace, who is active in both state and local PTA councils, is the mom of a 12 year-old who was on the verge of being diagnosed with ADHD two years ago. A change to the Feingold Program brought about a fast, dramatic change in his symptoms; it has enabled him to avoid any need for stimulant drugs and to discontinue the use of asthma medications.

Cellular Towers and ADHD

Power lines, cellular towers and microwave towers produce low-level electromagnetic fields that could contribute to serious learning, behavior and health problems. New towers are being installed at or near many of our schools.

Researchers in various countries have studied the biological effects of radio frequency radiation which are emitted at low intensities. They report many negative effects, including: behavioral changes, poor attention, slower reaction time, short term memory loss, fatigue, headaches, sleep disturbance, irritability, depression, dizziness, increase in stress hormones, immune system impairment, visual disorders, damage to the cells in the retina, difficulty concentrating, nerve cell damage in the brain, increased incidence of leukemia, low sperm count and other reproductive damage, nausea, DNA damage, cancer, and increased permeability of the blood-brain barrier.

Parent-teacher associations in Connecticut, Los Angeles and British Columbia have called for a halt to the installation of towers at or near schools. In Fairfax County, VA, parents have created the Protect Schools Coalition (www.protectschoools.org). The protesters point out that Fairfax spends more than \$10,000 a year to educate each child but earns less than \$1 per child on the antennas, so the risk makes even less sense.



Schools typically install cell phone towers on the light posts on football fields. They are also found next to fire stations, on the roofs of government buildings and even in church steeples.

The International Association of Firefighters has called for a moratorium on the placement of cell towers at fire stations. A small study has found that firefighters who had been

"We truly are 'electrical' beings. The heartbeat is electrical. Brain waves are electrical. Some crucial aspects of cell division itself are too. One could argue that not much happens in the human anatomy that isn't electromagnetic."

B. Blake Levitt, author of *Electromagnetic Fields, A Consumer's Guide to the Issues and How to Protect Ourselves*

working at stations with cell towers experienced lack of impulse control, delayed reaction time and trouble focusing.

Bio-effects have been seen at thousands of times below government exposure standards.

Professor Henry Lai of the University of Washington has followed the research in this area for many years. He cautions there has not been sufficient research on prolonged exposure.

Regulations that protect us from environmental harm are typically based on the idea of toxic exposure – that lower levels of exposure are less likely to be damaging. But some of the research to date suggests that when it comes to electromagnetic fields, low levels of exposure could actually be more harmful.

Levitt points out that "There is already a fiber-optic cable system in place which poses no risk whatsoever and that accomplishes most of the communications work which wireless technology proposes to fill." Motorola has a satellite-based system in prototype which could eliminate the need for many ground-based transmitters.

Virginia PTA Resolution on Food Additives, November 20, 2004

WHEREAS, Virginia PTA is committed to promoting good health for all children and youth (1); and

WHEREAS, the number of students in Virginia's schools with identified learning disabilities or disorders has increased 6.6% since the 1997-98 school year, exceeding the student population increases and resulting in growing expenses related to serving this student population (2,3); and

WHEREAS, the number of children diagnosed with asthma, allergies or other chronic respiratory ailments has increased 4.3% per year, costing an estimated \$3.2 billion annually in health-care costs and 14 million lost days from school annually (4); and

WHEREAS, increasing evidence has linked ADD/ADHD, hyperactivity, autistic disorders and upper-respiratory symptoms to the consumption of artificial food additives, including dyes, preservatives and flavorings (5-9); now, therefore be it

RESOLVED, that Virginia PTA urge its units, councils and districts to encourage school districts and individual schools to read the available research on artificial food additives' negative effects on children's health, behavior and learning (5-9); and be it further

RESOLVED, that Virginia PTA and its units, councils and districts support actions by state and local governments and local educational agencies that will discourage the sale and consumption of foods and beverages containing artificial food additives on school campuses before, during, and after school hours; and be it further

RESOLVED that Virginia PTA and its units, councils and districts support nutrition and health education for parents, students, teachers and community members that addresses the potential effects of artificial food additives on children, including behavioral, educational and physical impacts; and be it further

RESOLVED that Virginia PTA urge the state Board of Education to review available research on the effects of artificial food additives on Virginia's public school students and attempt to assess the financial impact on Virginia public schools; and be it further

RESOLVED that Virginia PTA encourage other state PTAs to adopt similar resolutions.

(1) Object, Mission, Goals and Objectives of Virginia PTA/PSTA

(2) Virginia Department of Education, "Report on Children and Youth with Disabilities Receiving Special Education, Part B, Individuals with Disabilities Education Act, State Summary" from school years 1997-98 through 2001-2002 (includes statistics for children identified with Emotional Disturbance, Specific Learning Disabilities and Autism)

(3) Virginia Department of Education, "School Census" July, 2002 and July, 1999

(4) Centers for Disease Control, National Center for Environmental Health: "Asthma's Impact on Children and Adolescents"

(5) "The effects of a double blind, placebo controlled, artificial food colourings and benzoate preservative challenge on hyperactivity in a general population sample of preschool children," Bateman, Warner, Hutchinson, et al., *Archives of Disease in Childhood*, 2004

(6) "Foods and additives are common causes of the attention deficit hyperactive disorder in children," Boris & Mandel, *Annals of Allergy*, May 1994

(7) "Synthetic food coloring and behavior: a dose response effect in a double-blind, placebo-controlled, repeated-measures study," Katherine & Kenneth Rowe, *The Journal of Pediatrics*, November, 1994

(8) *Unsafe at Every Meal: How to Avoid Hidden Toxins in Your Food*, Dr. Earl Mindell, 2002

(9) *Tenth Report on Carcinogens: Butylated Hydroxyanisole (BHA) CAS No. 25013-16-5*, International Agency for Research on Cancer

This resolution was adopted by the representatives of the PTAs and PSTAs of the state of Virginia during their annual conference held in Portsmouth, VA in November. FAUS maintains information on the studies that link diet to behavior, learning and health and can assist people in other states who are interested in taking similar action; contact *Pure Facts*.

Also, see www.School-Lunch.org for information on how to improve the foods in your community's schools.

Is vitamin E risky? The story behind the story

In November the Johns Hopkins School of Medicine released the results of a study that made headlines in the popular press. It was reported that there is a small increase of the likelihood of death for individuals who took more than 400 mg of vitamin E. How could researchers come to such a conclusion when there are countless studies showing health benefits of this vitamin?

Professionals who advocate the use of vitamin E pointed out some of the shortcomings of the study.

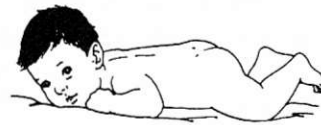
- The study was actually a "meta-analysis," a collection of 19 clinical trials, some of which were quite old and each of which had a different design.
- Most of the patients in the studies were over 60-years old and many had serious health problems.
- The dosages of vitamin E differed considerably in the various studies.
- The form of vitamin E used in some of the studies is believed to be different from the version typically sold to consumers. The vitamin E the studies used (alpha-tocopherol) can, indeed, be harmful as it is believed it can block the benefits of the vitamin E that people generally take.
- In one study the sick patients received the vitamin E but the healthy group (the control group) received a placebo.
- In another of the studies the patients also received large doses of zinc, which can lead to copper deficiency, thus increasing the risk of heart disease.
- Participants in another study received high doses of synthetic beta carotene along with the vitamin E. The synthetic version of beta carotene has been linked with greater risk of cancer and liver damage in ill patients.

Junk food and children

The World Health Organization (WHO) has written a report calling for governments to work to reduce the advertising and distribution of junk food to children around the world. But they have not released it. The Center for Science in the Public Interest has accused the food industry of pressuring the WHO to withhold it. In Great Britain the *Guardian* reported that the recommendations were part of an effort to reduce growing epidemic of obesity around the globe. Third world countries represent a huge market for the sale of American junk food, just as they have proven to be a huge and profitable market for tobacco companies.

An unexpected outcome of our eating habits

Meanwhile, here in the United States, the obesity epidemic has some unexpected problems. During the 1990s the Centers for Disease Control and Prevention (CDC) estimates that the average weight of an American increased 10 pounds. In the year 2000 this extra weight caused airlines to burn an additional 350 million gallons of fuel each year, resulting in 3.8 million more tons of carbon dioxide and costing the carriers an added \$275 million. Airlines are searching for ways to reduce the cost of fuel by reducing the weight of the planes, but they appear to be losing the battle of the waistline.



EPA halts study of pesticides on young children

After a proposed study met with howls of protest from critics, the Environmental Protection Agency (EPA) suspended their plans to carry out a study of the effects of pesticides on children.

The study, called the Children's Environmental Exposure Research Study (CHEERS) was to be funded by a \$2.1 million donation to the agency from the American Chemistry Council (whose members manufacture pesticides). Taxpayers would contribute \$9 million.

The study was designed to investigate how chemicals can be ingested, inhaled or absorbed by children ranging from infants to age 3. Low income families in the Jacksonville, FL area were invited to participate; in exchange they would receive up to \$970, a camcorder, VCR, T-shirts, calendars, bibs and a framed Certificate of Appreciation. The study was designed to run for two years, during which the families would continue to have the current amount of pesticides they now use applied in the home and the EPA would monitor any changes in the children's development.

A non-profit organization called California Safe Schools has reported that the EPA is proposing an additional study to be carried out in Florida. Safe Schools writes, "EPA also wants to expose Florida kids to brominated diphenyl ethers (flame retardants). Animal studies indicate that these chemicals may harm neurodevelopment, and a recent study of exposure of these chemicals to fetal and newborn mice showed a permanent effect on spontaneous behavior, learning and memory. Still another chemical category under CHEERS is perfluorinated chemicals, which have shown a statistically significant association with bladder cancer."

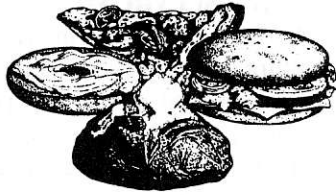
Additional chemicals proposed for study in this population are phthalates (used to make plastic soft). They are linked to kidney and liver damage, and possibly cancer.

Fast Food Guide

What does it take for a restaurant chain to be included in the Fast Food Guide? FAUS tries to obtain a comprehensive printed list of ingredients.

It's difficult to get specific ingredient information for restaurant foods, and even when such a listing is provided, it is often not as complete as we would wish. One chain lists "flavor" in their cheese, but they don't want to disclose what the source of the flavor is. It could be something as harmless as garlic powder, or it could be a petroleum derivative. It's good to know the ingredients in the batter for chicken but that won't help if we cannot find out how the frying oil is preserved.

Some restaurants compile lists of the ingredients in all of their foods and readily provide them for the public; others will only tell you the common allergy foods they use, while still oth-



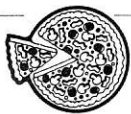
ers will only respond to a doctor's inquiry. Some restaurants tell you what's in their food, but there is so little that is acceptable, it would be hard to put together a real meal.

The restaurants that are listed in the Feingold Association's guide have provided information that we believe is complete enough to allow us to select items for our members. Please re-

member that restaurant research is much less reliable than the research we conduct on brand name items (see the cautions in the Fast Food Guide) but we hope it will make it easier for you to make an educated choice.

Companies that supply foods are gradually becoming more open about their ingredients; this is probably due to the growing number of allergic reactions Americans experience. Restaurants need to hear from consumers; you can promote more openness by contacting them and letting them know that you want this information. Send an e-mail to them, or use the form letter FAUS has provided for you on our web site at:

www.feingold.org/restaurantletter.html



Papa John's

Papa John's is losing its position as a leader in providing fast food that is natural. A few years ago there were only a few menu items Feingold members needed to avoid. But now, as chicken restaurants offer pizza, pizza restaurants offer chicken and the burger places offer everything, the chain's food is looking more like every other fast food menu.

The good news about Papa John's is that you can still get pizza there, provided you order carefully. But steer clear of the thin crust, which contains artificial flavors, don't opt for sausage or pepperoni (you can have the pepperoncini), and saddest news of all, their ground beef is no longer acceptable.

At one time, Papa John's was one of the few places where you could order a pizza with ground beef and be assured it was just ground beef. Today, sadly, Papa serves up his beef with BHA, BHT and MSG-type flavor enhancers (listed as "autolyzed yeast" and "natural flavors").

Something for Dessert

There aren't many dessert options at restaurant chains. Why not wait until you get home and enjoy some gourmet cookies?

Handmade Cookies



After seeing the film *Willy Wonka & the Chocolate Factory* 7-year-old Scott Blackwell sent away for a kit with molds in the shape of characters from the movie. He made chocolate candy and sold it to neighbors; that was when Scott learned that business and fun can be linked. Today Scott continues to have fun as the owner of a thriving company producing all natural, award-winning handmade cookies.

He established the Immaculate Baking Company in 1995 and has continued to blend business with pleasure ever since. Scott holds the Guinness record for having baked the world's largest chocolate chip cookie, weighing 37,500 pounds. In

addition to attracting publicity, the event helped promote a project close to Scott's heart - establishing a museum to celebrate American folk art. Pieces of the monster cookie were sold to bring in funds for the non-profit Folk Artist Foundation.

Growing up in a Southern town in the 1960s and 70s, Scott sought a way to nurture tolerance and creativity, and found that folk art, with its pure innocence, was a good vehicle. Each package of cookies has an example of folk art painting that is a perfect compliment for hand crafted cookies.

For information call (800) 826-6567 or visit:

www.immaculatebaking.com

Flu shots, mercury, and other options

Government agencies continue to maintain that the mercury preservatives found in vaccines do not put children at risk, but this controversial preservative is being phased out.

How much mercury?

Thimerosal, the vaccine preservative that is nearly half mercury, is used in flu vaccines that are packaged in 10-dose vials, but it is not needed in single-dose shots. It is also not found in FluMist (manufactured by MedImmune). Fluzone 0.25 mL prefilled syringe is considered to be preservative-free, but does contain trace amounts of mercury.

The Centers for Disease Control and Prevention explains, "Manufacturers of preservative-free flu vaccine use thimerosal early in the manufacturing process. The thimerosal gets diluted as the vaccine goes through the steps in processing. By the end of the manufacturing process there is not enough thimerosal left in the vaccine to act as a preservative and the vaccine is labeled 'preservative-free.'"

Thimerosal use declining

The Johns Hopkins Bloomberg School of Public Health lists the amounts found in currently-used vaccines. See www.vaccinesafety.edu. While Hopkins, and government agencies continue to defend the use of mercury preservatives, parent protests have led to the decline, and both Iowa and California have passed laws to ban their use.

Is mercury an effective preservative?

In October the Fluvirin vaccine, manufactured by Chiron, was recalled when it was found to contain potentially dangerous bacteria, despite the fact that it used the preservative. Author, David Kirby, notes that a 1982 FDA panel reported that thimerosal only prevents the growth of new bacteria, but does not kill all organisms.

Kirby's book, *Evidence of Harm - Mercury in Vaccines and the Autism Epidemic: A Medical Controversy* asks "If thimerosal doesn't work, why are we using it?"



Alternatives

Dr. Jack Bukowski, a professor at the Harvard Medical School believes there is a safe, natural alternative to the traditional flu shot. His research has led to the formulation of an immune system booster containing L-theanine, a substance found in tea that increases

the immune system's ability to fight bacteria and viruses such as influenza by up to 500%.

Flu shots work by boosting the portion of the immune system that fights off one specific type of influenza virus. By naturally boosting the immune systems function the body is better able to fight off many kinds of flu and even the common cold.

Flu shots might not be as safe and effective as we have been led to believe.

Dolivaxil Flu Season Defense is an over-the-counter homeopathic product that is formulated each year to address the flu strains believed to pose the most likely threat. It is taken orally for a period of several weeks to trigger the body's own immune system to fight off the symptoms of flu.

Like all homeopathic preparations it uses an amount of the flu strain that is so highly diluted, it is well tolerated and needs no preservative. Also, traditional homeopathic remedies are free of the additives eliminated by the Feingold Program.

Dolivaxil has been used in France since 1957 and was introduced in the US in 2001. For more information see www.Flu2004.com.

Dyslexia may have a nutritional component

New research has found that dyslexia can be prevented by adequate zinc intake and that dyslexic children can be helped by supplementing with this important mineral.

A study published in the British medical journal, *The Lancet*, has found that children who suffer from dyslexia are severely deficient in zinc compared to children who are not dyslexic. Animal studies have shown that zinc deficiency impairs learning and that it is particularly important for a mother to have adequate stores of zinc before and during pregnancy.

Zinc appears to work with the B vitamins and enables the body to ab-

sorb and use the important essential fatty acids. It is needed for the many skills a child is asked to perform in school, and has been found to be directly related to intelligence test scores and children's behavior.

Zinc plays a part in many aspects of health including: the immune system, wound healing, the senses of taste and smell, a healthy reproductive system including prostate gland function. Zinc deficiency has been linked with eating

disorders and tinnitus (ringing in the ears).

Like any mineral the body uses, zinc works in harmony with other minerals and an excess of one can be harmful. The easiest way to increase zinc without creating an imbalance is through a healthy and varied diet; good sources of zinc include: fish, legumes, meats, oysters, poultry, seafood, whole grains, eggs, lamb, liver, mushrooms, pecans, sardines, and sunflower seeds.

PIC Report

PILLSBURY GRAND BUTTERMILK BISCUITS now contain corn syrup solids. Because Pillsbury (now owned by General Mills) will no longer cooperate with PIC by completing out our forms we will not be including these biscuits in future Foodlists.

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) Brown & Serve Sausage Links:

Classic, Maple, Sage

BENEFIBER Fiber Supplement Powder

CRYSTAL SPLASH Electrolyte Beverage:

Kiwi Watermelon (CS,SB)

DOUBLE RAINBOW* Ice Cream: Butter Pecan, French Vanilla, Ultra Chocolate www.doublerainbow.com

DURKEE Grill Creation Italian Herb Marinade (CS,MSG/HVP)

FISHER Creamy Peanut Butter (CS); Snack N' Serve: Dry Roasted Macadamia Nuts

FRITO LAY DIPS: Mild Cheddar Dip (CS,MSG/HVP)

HARRY'S Tapioca Pudding www.harrysfreshfoods.com

HONEYBEE GARDENS* Colorbalm Naturals Lipstick: all colors; Watercolors Nail Enamel-non peel off: all colors www.honeybeegardens.com

IAN'S NATURAL FOODS* Italian Meatballs, Pancakes

IMMACULATE BAKING COMPANY Handmade Cookies:

Chocobillys, Key Largo Lime, Leaping Lemon,

Potato Chip Cookies, Sweet Georgia Brownie

KEEBLER Sponge Bob Animal Crackers (CS)

KELLOGG'S Frosted Chocolate Fudge Pop-Tarts (CS,SF)

LA YOGURT Banana Custard Low Fat Yogurt (CS)

LAY'S Stax Original Potato Crisps (CS)

NATURAL BY NATURE* Ricotta Cheese

OLD MILL BREAD* Honey Wheat Bread - available at Old Mill Bread Stores and Wild Oats

OMEGA NUTRITION* 100% Organic Coconut Oil www.omeganutrition.com

PENDERSON'S NATURAL FARMS* Uncured Apple Smoked Bacon, Uncured Hickory Smoked Bacon, Uncured Pepper Bacon www.healthypork.com

PILGRIM'S PRIDE The Original Turkey Burger

RUFFLES Natural Reduced Fat Potato Chip with Sea Salt

TILLAMOOK Cheeses: Colby Jack, Smoked Cheddar, Swiss; Baby Loaves: Medium Cheddar, Sharp Cheddar

TOSTITOS Natural Blue Corn Restaurant Style Tortilla Chips, Natural Yellow Corn Restaurant Style Tortilla Chips with Sea Salt

VAN DAMME Super Marshmallows (CS)

WELLSHIRE FARMS* All Natural Uncured Hot Dogs:

Cheese Franks, New York Style Big Beef, The Original Deli Frank, The Premium Beef www.wellshirefarms.com

Product Alert!

These products need to be removed from your Foodlist & Shopping Guide:

GOLDENBERG'S Milk Chocolatey Peanut Chews now contain vanillin.

KEEBLER Ready-Crust Graham Cracker Pie Crust now contains TBHQ and BHA.

Stage Two

CRYSTAL SPLASH Electrolyte Beverage (CS, SB):

Black Cherry, Kiwi Strawberry, Wild Berry (blueberries, cranberries, raspberries, strawberries)

DORITOS (CS, tomatoes) Natural Cooler Ranch

Tortilla Chips, Natural White Nacho Cheese Flavored Tortilla Chips

HENRY'S FARMERS MARKET* (Henry's Marketplace)

Italian Soda: Orange Passion Mango, Orange Tangerine, Raspberry (apples, elderberries)

HENRY'S FARMERS MARKET* (Henry's Marketplace)

Kettle Potato Chips: Cheddar (paprika, cloves, red pepper), Jalapeno (CS, bell & chili peppers);

Baked Nacho Tortilla Chips (CS, MSG/HVP, tomato, paprika, red & chili peppers)

HENRY'S FARMERS MARKET* (Henry's Marketplace)

Waffles: Buckwheat Blueberry (elderberries), Natural Homestyle (peaches)

IAN'S NATURAL FOODS* Cheddar Cheese Fries

(paprika), Cheese Pizza (tomatoes),

Low Carb 4 Cheese Pizza (tomatoes)

IMMACULATE BAKING COMPANY Apple Pie Apple

Crumble, Mochalangelos (coffee), Pumpkin Gingerlies (cloves)

NUTRILICIOUS* Cookies: Banana Pecan (peaches,

plums), Chocolate Marble Swirl (CP, peaches),

Coconut Macaroon w/ Carob Chip (peaches),

Datenut Raisin (peaches, plums), Oatmeal Raisin (CS,

plums), Walnut Brownie Carob Chip (peaches, plums)

NUTRILICIOUS* Low Carb Donuts: Chocolate (CP,

almonds, peaches), Old Fashioned (CP, almonds,

peaches), Yogurt Glazed (CP, peaches)

www.nutrilicious.com

TILLAMOOK Pepper Jack Cheese (chili peppers)

WAX ORCHARDS* Fruit Sweet Concentrated Fruit Juice

Blend (peaches) - can be used in cooking and baking

WAX ORCHARDS* Fat Free Naturally dessert toppings:

Classic Fudge (grapes, peaches), Fudge Fantasy

(grapes, peaches), Oh Fudge! (grapes)

WELLSHIRE FARMS* Hot & Spicy Tom-Toms Turkey

Snack Sticks (paprika), Original Matt's Select Pepperoni

Snack Stick (paprika, red peppers); All Natural Uncured:

Louisiana Brand Hot Links (paprika), Spicy Hot Style

Bratwurst (paprika)

ZIPS SOURS hard candies: Cranberry (CS, blueberries,

elderberries, grapes)

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.

Past Issues of *Pure Facts*

During the past year major articles which have appeared in *Pure Facts* include:

December 2003/January 2004

School-Lunch.org new site
Corn syrup
Eden Foods
What American toddlers eat

February 2004

Junk food wars accelerate
Supplements as effective as drugs
Sodas, schools and money
Sadie's test scores

March 2004

Antidepressants pose risks
Vermont ladies
Fragrances in schools
Autism, ADD & vaccines

April 2004

Vegetarian diets
Vending machine battles
Health vs. money in schools
Aspartame addiction

May 2004

ADHD in children and parents
Wegman's supermarkets
Austin, a child out of control
Who decides what's healthy?

June 2004

Ways to improve school foods
Liquids injected into meats
USDA goes after organics
Americans eat too little fat

July/August 2004

Additives make tots hyperactive
Dental sealants
Whey as a sweetener
More drugs sold for kids

September 2004

Birds Eye goes natural
Aspartame excluded
Montana school changes food
Video reveals aspartame dangers

October 2004

What's *really* in school food
MSG induced obesity
High fructose corn syrup
Vaccine data withheld

November 2004

Big Pharma - drug companies
New school lunch options
Bovine growth hormone
Wild Oats

Copies are available. Please include your name and full address, plus \$2 for each newsletter. Mail to: FAUS-PF, 540 East Main St., Suite N, Riverhead NY 11901.

Planet Organic offers healthy food in Canada

The ambitious objective of the Planet Organic Health Corporation is "to bring consolidation and managerial expertise to the fragmented natural foods market in Canada."

The company seeks to emulate the business plan that has worked so well for the Whole Foods chain in the US, to acquire small natural food stores and create a nationwide chain that can use its size to offer greater variety and economy to health-conscious shoppers.

The first of such stores was the Terra Natural Food Market in Edmonton, a large facility offering natural versions of products that are sold in conventional supermarkets.

So far Planet Organic has stores in Edmonton, Calgary, Port Coquitlam and Victoria. Their stated goal is "to radically change the nature of the retail natural food industry in Canada."



New to Feingold? Help is Available

Sarah Lake lives in the Chicago area and has been successfully using the Feingold Program for her two little girls, especially her 3 and-a-half year old, who is salicylate-sensitive.

In addition to helping us share Feingold information with others in her community, Sarah has volunteered to assist new members in finding resources in the Chicago area and getting established on the Program. You can reach her by phone at (815) 726-7968 or via e-mail at:

sarahlake79@comcast.net.

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+ \$11 shipping. A *Pure Facts* subscription plus bulletin board access is \$38/year when ordered separately.

For more information or details on membership outside the U.S., contact FAUS, 540 East Main St., Suite N, Riverhead, NY 11901 or phone (631) 369-9340.

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

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