

# Pure Facts

Newsletter of the Feingold® Association of the United States



April 2006

www.feingold.org

Vol. 30, No. 3

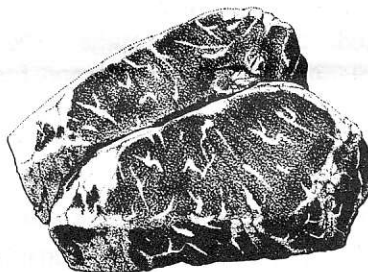
## Carbon Monoxide – modern technology or consumer fraud?

A Feingold member wrote: “I just saw a story on TV that said in the U.S. they are injecting carbon monoxide gas into cuts of beef to keep it red and nice looking for longer. From what the story said, this is for the prepackaged beef. Have you heard anything about this? It makes me nervous to let my son eat the stuff now!”

The technique, known as “modified atmosphere packaging,” does not involve injecting the meat, but rather replacing the air (oxygen) in packaging with gases such as carbon monoxide, carbon dioxide and nitrogen.

Currently, carbon monoxide (CO) is being used in a small percentage of “case ready” meats -- this refers to meats that are cut and sealed in airtight plastic packaging at a central plant, and then delivered to stores that no longer employ butchers. 60% of the meat sold in the US is case-ready, but at the present time it is believed that only a small percentage of that is treated with CO.

Freshly cut meat is a purplish red color. Carbon monoxide reacts with myoglobin in the meat, causing it to stay bright red long after it normally would become brown.



Previously, case ready meats were treated with oxygen, but this doesn't extend the shelf life as long as CO, which can keep meat looking red indefinitely. This technique is also used for vegetables and other foods including turkey, lamb, veal and tuna, and has been going on for several years.

One journalist reports leaving a package of CO treated meat on the counter in her kitchen (unrefrigerated) for 6 days. There was no change in the red color of the meat.

## Innovations and Oddities

In honor of April Fool's Day we like to focus on some of the unusual things of interest to Feingold members.

In addition to treating meat with carbon monoxide, what else qualifies for our April issue?

How about tattooed fish? In Great Britain it is legal to sell aquarium fish that are given colorful tattoos. Speaking of tattoos, the popular practice holds many risks for humans, especially those who are chemically sensitive.

Most tattoo pigments are made from iron oxides and various minerals (cadmium, titanium oxide, cobalt, aluminum, zinc, manganese), although they may also contain the synthetic dyes used in foods.



*Continued on page 6*

## Food and Drug Administration

Like most of the issues presented to the Food and Drug Administration (FDA) the agency does not conduct studies on its own, but relies on the information provided by the industry seeking approval. Two years ago both the FDA and the USDA expressed concern that the use of CO could mislead consumers and increase the chance they would consume spoiled meat.

*Continued on page 4*

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.

## Eczema!

Itchy, uncomfortable, and persistent — Kirsten had suffered from it since she was about a year old.

Once a rash went away it left white, unpigmented spots, and new rashes would flare up. The problem didn't start until Kirsten was a year old, about the same time she began to eat table food. But as a first-time mom, Barb Little was not aware of the role that food might play so she relied on the advice of her doctors, and she saw many of them, including allergists and dermatologists. She received numerous prescriptions, but very little information other than "She'll outgrow it." Not one of the professionals suggested that food additives or salicylates could be triggering the outbreaks.

Kirsten suffered from ear infections and throat infections, and was put on many liquid medicines — loaded with artificial colors and flavors. Looking back, Barb believes that the medicines were triggering additional problems. The eczema continued to plague Kirsten and it wasn't until she was ten that her mom finally found some answers.



Today Kirsten is doing well.

Barb's first clue that food could be a factor came from a book suggesting eczema can be related to allergies. She had Kirsten's blood tested and the results showed intolerances to many common foods. Barb attempted to follow a highly restricted diet, but there was so little permitted that Kirsten was very unhappy and eventually got sick.

Then, after hearing a nutritionist speak and recommend the Feingold Program, Barb signed up. Com-

pared to the allergy diet, Feingold was very liberal, and Kirsten has been comfortable with it. The eczema is mostly gone, but will begin to show up if she has too many salicylates.

Kirsten was very impressed by the film *Supersize Me*, where the down side of a steady diet of fast food is documented so dramatically. She sees Happy Meals in a different light from most ten-year-olds.

Barb continues to learn about natural ways to help her family and finds that adding essential fatty acids with omega-3's also helps her daughter. She hopes to be able to give an "in-service" presentation to the teachers at their school, to help them become more aware of the effects of food additives and to encourage their support for Kirsten's diet.

## FDA caution on eczema drugs

Drugs used to treat eczema have serious side effects. Few professionals are aware that a safe option — diet — might be even more effective.

At the direction of the Food and Drug Administration (FDA) the manufacturers of two popular drugs used to treat eczema have added a "black box" label. This is the most serious caution, designed to alert physicians to potentially dangerous side effects. One of the effects of the drugs is to suppress the immune system, which could lead to cancer. As of October 2005 the FDA received reports of 78 cases of cancer that they believe were caused by the drugs.

Both products, Elidel cream and Protopic ointment, are relatively new but have quickly replaced the older steroid drugs, which have unpleasant side effects.

They were approved only for short-term use by adults and children over the age of 2, but are being used for long periods and are being prescribed for babies.

The manufacturers argue that patients with eczema are in much distress and that doctors should have as many options as possible. The scientists advising the FDA argue that the drugs are not being used as intended, and that a black box is needed to rein in the excessive use, especially in infants. They are particularly worried about the long-term suppression of the immune system.

It is interesting to note that Elidel, a widely advertised drug, has sold far more prescriptions (12 million) than the less advertised Protopic.

## Is the FDA allergic to cherries?

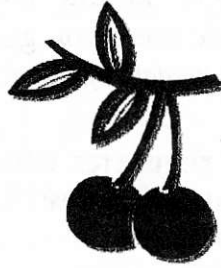
The Food and Drug Administration (FDA) is threatening cherry growers with fines and legal action for publicizing peer-review scientific studies on their web sites, demonstrating the health benefits of cherries.

Their reasoning is that this makes a cherry a drug that must undergo extensive testing before the growers can make public statements about the fruit's benefits. The agency does not dispute the validity of the studies; but they consider the statements made by the cherry growers to be "unproven claims" about the health benefits of cherries.

According to the Food and Drug Administration cherries "have not been recognized as safe and effective when used as labeled."

Part of the agency's mission reads as follows:

"The FDA is responsible for advancing the public health by helping to speed innovations that make medicines and foods more effective, safer, and more affordable; and helping the public get the



accurate, science-based information they need to use medicines and foods to improve their health."

If this is their mission, why isn't the FDA publicizing the studies that show the many health benefits of cherries and other fruits?

### Health benefits

Studies have connected cherries and other fruits with a wide range of health benefits.

The flavonoids in the fruit can destroy free radicals which result in tissue damage and have been linked to cataracts, Parkinson's disease and arteriosclerosis.

Flavonoids are also anti-inflammatory, so they could help alleviate the pain of arthritis.

They strengthen collagen which is weakened in varicose veins.

Cherries have long been used to reduce high uric acid levels that cause gout.

Of course, the "cherries" referred to in the studies are real cherries, not the bleached, synthetically dyed and flavored syrupy sweet maraschinos.

A bill has been introduced in the House of Representatives to protect growers. The bill, HR 4282, will stop FDA from taking action against people who publicize peer-reviewed scientific studies about the health benefits of agricultural products.

*Editor's note:* I don't know about you, but I'll certainly sleep better at night, knowing the FDA is protecting us from cherries.

## New legislation on food laws

Uniform laws on foods sound like a good idea; so why are 39 state attorneys general opposed to this bill? And why are the food giants so happy?

In March the House of Representatives passed the National Uniformity for Food Act which would prohibit state and local governments from adopting any regulations that are different from federal ones.

Since state laws (which currently make up 80 percent of food regulations) are often stricter than federal ones, critics say this would put consumers at risk for food-borne illness. If the bill becomes law it would wipe out 200 state laws that

govern the safety of foods. It would also prevent campaigns such as the proposal for New Mexico to ban the use of aspartame, and threaten California's consumer protection initiatives.

In recent years states have taken the initiative in areas where they believe that federal laws are either lax or non-existent.

The *Salt Lake Tribune* wrote "A federal move to take all power to inspect, label and issue warnings about food-related dangers away

from the states and invest it in the overworked and understaffed Food and Drug Administration is nothing more than an attempt by the food-processing giants to resist the decentralization of agriculture. That is not the side Congress...should be on."

The Natural Resources Defense Council contends "The House is trampling crucial health safeguards in every state without so much as a single public hearing. This just proves that old adage 'money talks.' The food industry spared no expense to assure its passage."

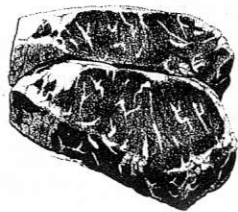
The Senate has not yet addressed the bill.

## Carbon Monoxide, from page 1

Later both agencies reversed themselves on the grounds that the CO is not a food additive. When questioned about this reversal the FDA's confusing response was that the agency has not formally approved the use of CO, but they told the meat processors they did not object to it.

"The FDA should not have accepted CO in meat without doing its own independent evaluation of the safety implications,"

*Elizabeth Campbell, former head of FDA's Office of Food Labeling.*



## Objection to the practice

A Michigan company (Kalsec Inc.) has filed a petition with the FDA, calling on the agency to ban the use of CO in meat. Kalsec produces natural food extracts, including rosemary and other natural essences that can extend the shelf life of meat by blocking the oxidation that turns meat brown.

Kalsec has been joined by the Consumer Federation of America and a group called Safe Tables Our Priority. They contend:

- Most consumers judge the freshness of meat by its color.
- Carbon monoxide suppresses bad odors, the presence of slime, and other telltale signs that meat is spoiled.
- The use of CO can hide the growth of harmful bacteria that would not be killed by cooking.

"I picture a refrigerator truck breaking down in Arizona and sitting there for an afternoon. Then, 'Hey, we got it repaired and nobody knows the difference,' and there you go."

*Dr. Don Berdahl of Kalsec*

## Who regulates what?

The regulation of meats is shared by two agencies: the Food and Drug Administration (FDA) and the Department of Agriculture (USDA). The USDA regulates raw agricultural products including meats sold to wholesalers. The FDA authority comes in when the meats are sold by the wholesalers to others.

To make things more confusing, the USDA also regulates processed foods that contain more than 2% meat, plus all sausages.



## Policies on the use of food additives

Federal regulations state: "The Secretary shall not list a color additive under this subsection for a proposed use if the data before him show that such proposed use would promote deception of the consumer in violation of this Act or would otherwise result in misbranding or adulteration within the meaning of the act."

*Federal Food, Drug and Cosmetic Act - Chapter VII -- General Authority, Subchapter B -- Colors.*

**Translation:** Food dyes cannot be used to cover up inferior products, and cannot be used to fool the consumer into believing that the food is better or more valuable than it really is.

"In general, statute says you cannot use [substances] in a deceptive manner, and the question is what is a deceptive manner."

*George Pauli, FDA office of Food Additive Safety*

## The opposing sides

A spokesman for the American Meat Institute calls the use of CO "a technology that's been proven to be safe and effective....It's very unlikely, extremely unlikely that the product is going to be spoiled and still be red." They contend that CO does not mask the odor that would alert consumers to spoiled meat.

But in 2003 the European Union prohibited the use of CO in meat and tuna after a report from their Scientific Committee on Food stated: "The stable cherry color can last beyond the microbial shelf life of the meat and thus mask spoilage."

The petitioners are not worried that the small amount of CO itself is dangerous, but that it will keep meat looking fresh when it is no longer safe to eat. They do not believe that the "sell by" date (appearing in small print on meat labels) is sufficient to protect consumers.

Critics argue that the CO represents a color additive and the steps required for such an additive to be approved have not been taken.

They believe that, at the very least, CO treated meats should disclose this on the label.

"It's just common sense that when consumers buy meat, they use color as an important indicator of its freshness. For FDA to rely on a promise of some stamp on the package that says 'use or freeze by' is just naive."

*Rep. John Dingell*

*Continued on page 8*

## Eating out G-F

It has been estimated that one out of 133 Americans must avoid gluten. Since people are eating more and more meals away from home, this represents an expanding market, and some restaurants have responded.

Risotteria, in New York City's Greenwich Village, not only has a gluten-free pizza, you can order beer to go with it. Other gluten-free offerings include breadsticks, fruit pies and panini sandwiches. There are frozen foods to take home: pizza, focaccia, chocolate chip cookie dough, soups, sauces and pies.

Restaurant chains that provide gluten-free selections include: Outback Steakhouse, P.F. Chang's, Mitchell's Fish Market, Legal Sea Foods, Carrabba's Italian Grill and Bonefish Grill.

Whole Foods Market has opened a dedicated gluten-free baking facility in Raleigh NC to supply stores in the Southeast, and later to other stores on the East Coast.



## Natural chicken... that isn't

Don't get excited about the recent campaign from one major fast food chain promoting their "Chicken Naturals." They advertise that they serve "100 percent natural chicken breast that is not altered or injected with added water, salt or phosphates." They go on to say "See how much better chicken can taste when it's not poked, prodded or altered in any way."

What they don't discuss are the additives (including artificial flavor) in the marinade, in the breading, or TBHQ in the cooking oil and deep frying oil.

## Heartland's Finest - a carb you can feel good about

These gluten-free products not only taste great, they also offer many health benefits.



Growers in the Upper Midwest have found delicious ways to provide popular foods that are made from the humble navy and pinto beans. Working with the University of Nebraska and the Celiac Sprue Association, they developed methods for processing the beans into flour and using them to create pastas and cereals that taste like they were made from grains.

In addition to processing out the "beany" taste, they were also able to alter the sugars and starches to eliminate the gastric distress typically found with beans.

## Beef up your nutrition with beans

People who are not gluten-sensitive or allergic to wheat can benefit from adding more of these nutritious legumes to their diet.

Beans are low in fat, high in protein and fiber, and contain complex carbohydrates so they have a low glycemic index. This means they can help regulate insulin, which is why they are good for people with diabetes.

Legumes such as beans are a good source of protease inhibitors, which are believed to inhibit the growth of cancer cells. They are beneficial for colon health and stimulate the production of short chain fatty acids that can lower blood pressure and cholesterol. All that from a little bean!

## Gluten Free Cereal and Pasta

Both the original and cinnamon versions of the company's Cero's cereals are acceptable on Stage One, and Raspberry Cero's is Stage Two. They are sweetened with CS.

All of the plain gluten-free pastas are Stage One (Linguini, Macaroni, Rotini, Spaghetti and Ziti), as are all of the flours. Their Macaroni & Cheese Gluten Free Pasta mix contains Yellow 5 and 6, but the All Natural Macaroni & Cheese Gluten Free Pasta mix has just been accepted for use on Stage One.

Heartland's Finest pastas have received high marks for their mild taste and ease of use. They are made with a combination of bean and non-GMO corn flour, don't stick, and need minimal rinsing. Best of all, the pasta cooks in just 3 1/2 to 5 minutes.

To enhance your cake, cookie or bread recipes, substitute bean flour for about one-third of the flour you are using, and increase the liquid slightly. Heartland's Finest can provide recipes and instructions.

The company is working on expanding their prepared products and hopes to add mixes, breads, cakes and cookies.

## How you can order the products

Heartland's Finest products are sold retail in 39 states or you can order from their web site at: [www.heartlandsfinest.com](http://www.heartlandsfinest.com) or by calling (888) 658-8909. You can request free one-ounce samples to taste.

The company is hearing from a growing number of restaurant owners who want to provide gluten-free choices for their customers.

Red pigments were once made from mercury, but this practice has been discontinued. That still leaves many reasons for concern.

The non-profit American Environmental Safety Institute in Palo Alto, CA says that tattoo inks contain substances that are hazardous. These include: lead, antimony, arsenic, beryllium, chromium, cobalt, nickel and selenium. Other ingredients that have been found in tattoo inks include: sodium benzoate, methyl salicylate, and very high levels of the potent carcinogen benzidine (3,3'-dichlorobenzidine).

In September a California judge ordered two tattoo ink manufacturers to add warning labels due to the presence of lead and arsenic.

Pigments used for tattooing are not regulated by any US Government agency.



### **A new energy source**

Feingold families will be pleased to know that the same colorful candy which could trigger a "hyper" reaction in their children or themselves can now, thanks to innovative technology, be tapped for fueling the family car.

Xethanol is a company that has found out how to use a newly discovered form of yeast to turn candy into ethanol. When it is mixed with unleaded gasoline, ethanol lowers both air pollution from cars, and the cost of the gas. The technology also works for grass clippings, agricultural waste, old newspapers and the sludge from paper mills. Paper mill waste has also been used as synthetic (imitation) vanilla flavoring.

### **Old fashioned chocolate**

Does Mars (of M&M fame) have any chocolates that are free of synthetic vanilla (vanillin)? The good news is that yes, they do. But the bad news is that the products are very expensive and available only in one location: the visitor's center in Williamsburg VA. (Eight packets of the chocolate drink sell for \$30 and a 5-ounce bar is \$10.)

Colonial Williamsburg has teamed up with Mars to develop American Heritage Chocolate, using 18th century recipes to create a product with an authentic taste — delicious but a little gritty.

Williamsburg, Virginia food historian, Jim Gay, explained that during the time of the Boston Tea Party it was considered unpatriotic for colonists to drink tea, so they turned to hot chocolate as an alternative.



### **New car smell**

Many people enjoy the smell of a new car. Some dealers even spray "new car smell" on the interior of older cars to give the impression they are newer than they really are.

The down side is that the smell is actually the "outgassing" of the paints, plastics and glues that are giving off toxic fumes. The chemicals, called volatile organic compounds or VOCs, can cause headaches and other adverse effects in sensitive people. The amount of VOCs are far higher than those found in "sick buildings" and are just as damaging. One of the compounds that emerges is formaldehyde, a cancer-causing agent.

The United States does not have guidelines for such auto emissions, but Japan does. Now Japanese automakers are working to meet their government's standards for reducing VOCs in their cars.

### **Vanilla fragrance?**

The recipes for synthetic flavors and synthetic fragrances are sometimes used interchangeably. So we might have a new reason to avoid vanillin (fake vanilla).

Researchers at the Sekisui Chemical Company in Japan have managed to extract an aromatic ingredient of vanilla from cattle dung. (Yes, you read that correctly; it's not a typo!) The vanillin is expected to be used as a fragrance in shampoo and candles.



### **Wal-Mart goes natural?**

Few people associate the retail giant with healthy food, but Wal-Mart carries a small selection of organic foods in their supermarkets. Now they have announced their plans to double the number of organic products they offer.



### **Squeezing the berries**

Normally it's not a good idea to squeeze berries or other ripe fruits, but researchers at Virginia Tech are doing just that.

Produce can be contaminated by parasites, viruses and bacteria. In 1996 over 1,400 people became sick after they ate raspberries from Guatemala. Chemical pesticides are not risk-free and irradiation is not welcomed by many.

The Virginia food scientists are using water and pressure to "squeeze" the fruit. Oddly enough, the process damages the pests but not the berries.

## PIC Report

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

### Stage One

**COLORMAKER** Natural Color for Icing: Blue 3947, Green 3948, Orange 3946, Red 3945, Red 3945B, Yellow 3944  
Purchase from ColorMaker Inc. [www.colormaker.com](http://www.colormaker.com)  
not available retail

**DR BOBBY** Body Wash (SB), Foaming Hand Wash (SB), Foaming Shampoo (SB), Moisturizing Cream (SB), The Stick Hydrocortisone Cream [www.drbooby.com](http://www.drbooby.com)

**GHIRARDELLI** Chocolate Chips - 60% Bittersweet Chocolate

**GLACEAU SMARTWATER** Electrolyte Enhanced Water

**GLACEAU VITAMIN WATER** Multi-V Lemonade (CS), Power-C Dragonfruit (CS), Stress-B Lemon-Lime (CS)

**GLUTEN-FREE SAVONNERIE\*** Jojoba Oil, Shaving Foam, Shea Butter [www.gfsoap.com](http://www.gfsoap.com)

**HORIZON ORGANIC\*** American Singles Pasteurized Process Cheese Food

**KANGAROO** Salad Pockets: 100% Whole Wheat (CP), White (CP); Sandwich Pockets: Whole Grain with Flaxseed & Honey (CP)

**MARINO'S ITALIAN ICES** Lemon (CS)

**NATROL\*** Melatonin 1 mg Tablets, Melatonin 3 mg Tablets (CS)

**NATURAL CHOICE\*** Organic Mango Sorbet

**R.M. PALMER** Hollow Milk Chocolate: NASCAR Hollow Milk Chocolate Car, Yu-Gi-Oh Milk Chocolate Foil Egg; Solid Milk Chocolate: Inspirational Card, Milk Chocolate Rabbit Assortment, Sweetie Pop, Whacky Wabbit/Hunny Bunny, You're a Keeper-Milk Chocolate Fish

**ROYAL CREST DAIRY FARMERS ALL NATURAL** Lowfat & Nonfat Milk (Colorado only)

**SAFFLO** Sunflower Oil

**SIMPLY ORGANIC** Macaroni & Cheese

**SOY BOY\*** Organic Tofu: Extra Firm, Firm

**TRADER JOE'S** (Trader Joe's) Combread Mix, frozen French Toast made with Four Grain Bread (SF), Pita Bread, Multi Grain Country Bread

**TRADER JOE'S** (Trader Joe's) Liquid Laundry Detergent

**UNICO** Sunflower Oil

**UTZ's Kettle Classic** Potato Chips: Sour Cream & Chives (CS, MSG/HVP), Sweet Potato

**VITAMIN RESEARCH PRODUCTS** Ethyl EPA [www.vrp.com](http://www.vrp.com)

**WALLAY ORGANIC\*** Non Fat Yogurt: Mango Lime (trace salicylate in pectin - citrus fruit & apples)

**WELLSHIRE FARMS\*** All Natural Uncured: Old Fashioned Deli Style Beef Salami (deli & pre-sliced), Semi-Boneless Cooked Ham, Spiral Sliced Semi-Boneless Cooked Ham, Virginia Brand Deli Ham (deli & pre-sliced); All Natural Black Forest Uncured Boneless Buffet Ham [www.wellshirefarms.com](http://www.wellshirefarms.com)

**WHOLE RANCH** (Whole Foods Market) Bratwurst

## Product Alert!

**FOOD FOR LIFE** White Rice Bread needs to be moved to the Stage Two section of your Foodlist & Shopping Guide. This product now contains apples and grapes.

**KEEBLER** Toasteds Sesame Crackers and Scooby Doo Cinnamon Baked Graham Cracker Sticks need to be removed from your Foodlist & Shopping Guide as both now contain TBHQ in the oil.

### Stage Two

**FOOD FOR LIFE\*** Rice Bread: Brown (apples, grapes), Fruit & Seed Medley (apples, grapes, raisins, currants), Multi-Seed (apples, grapes)

**HORIZON ORGANICS\*** Smoothies: Strawberry Banana Splash (apples, oranges), Tropical Fruit Punch (oranges), Wild Berry Blast (apples, oranges, raspberries, strawberries)

**HOUSE OF TSANG** Tokyo Teriyaki Hibachi Grill Sauce (SB, MSG/HVP, wine)

**ITALIAN VOLCANO\*** Organic: Blood Orange Juice, Tangerine Juice

**JUST JUICE\*** Organic Blood Orange Juice, Tangerine Juice

**MARYJANE'S FARM** Almond-Cashew Attitude Food Bar, Peanut Attitude Food Bar (raisins), ProBar (apples, prunes, peaches, raisins, grapes, almonds, oranges), Whole Berry ProBar (strawberries, blueberries, oranges, almonds, peaches, raisins, grapes, apples, prunes) [www.maryjanesfarm.org](http://www.maryjanesfarm.org)

**MARYJANE'S FARM** Organic Bac'un & Egg Scrambler (chili peppers), Black Bean Hummus (chili peppers), Chilimac (tomatoes, red peppers), Corn Salsa (tomatoes, bell peppers), Couscous & Lentil Curry (tomatoes, cloves, red peppers), Curried Lentil Bisque (cloves, red peppers), Ginger Sesame Pasta (oranges, red peppers), Hot 'n Spicy Instant Black Bean Flakes (chili & red peppers), Instant Black Bean Flakes (bell peppers), Kettle Chili (tomatoes, bell peppers), Lebanese Peanut Bulghar (currants, tomatoes, cloves, red peppers)

**MARYJANE'S FARM** Blueberry Blonde Brownie

**MARYJANE'S FARM** Coffee: Freeze-Dried, Freeze-Dried Decaf

**MARYJANE'S FARM** Chili Batter Bread (bell & chili peppers, tomatoes), Curry Roll (almonds, cloves, red peppers), Italian Roll (tomatoes)

**PERKY'S\*** Cereal: Apple Cinnamon Perky O's

**SMUCKER'S** Simply 100% Fruit: Concord Grape (SF, citrus fruit pectin), Orange Marmalade (grapes, citrus pectin)

**ULTIMA REPLENISHER\*** beverage BananaBerry (CS, strawberry)

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.

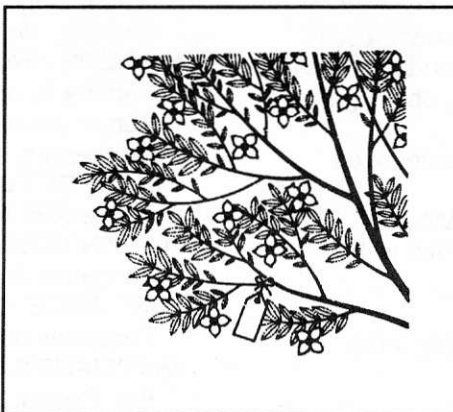
## Your Mood and Omega-3 Fatty Acids

Numerous studies have shown that essential fatty acids (EFAs) are effective in helping with many problems including depression, schizophrenia, ADHD, bipolar disorder, and substance abuse. Now, researchers from the University of Pittsburgh School of Medicine have found that these "good fats" influence the mood and behavior of people who don't have serious problems.

They measured the levels of omega-3 fatty acids in the blood of 106 healthy adult volunteers. These

levels were then compared to their scores on widely-used tests that measure depression, impulsiveness and personality.

The results showed that people who have lower levels of the EFAs are more likely to have mild or moderate depression, a negative outlook, and are more impulsive. The participants with higher blood levels of omega-3 were more agreeable.



### Carbon Monoxide, from page 4

#### The Feingold perspective

- Exposing meat to CO might not be harmful, but nobody really knows. Like many additives and processing practices it was introduced into our food supply with little understanding of its effects — either alone or in combination with other chemicals.
- The regulatory crazy-quilt and recent buck-passing is one more indication that both agencies are broken.
- Consumers have the right to know what is actually in their food.

As a result of the negative media publicity, several food chains are already rejecting the use of CO treated meat. For those who continue to use it, we believe that the label should prominently state the fact that the meat has been treated, and the sell-by date should be enlarged so it is easy to see.

FAUS thanks  
Heartland's Finest  
for their support of  
our mission.

#### Last Call for Photos!

Each year FAUS publishes a School Year Calendar and mails it to members in the U.S. at the end of summer.

The calendar contains useful tips for living happily on the Feingold Program, along with information on acceptable products. It also features photos of our children and teens. We are looking for informal photos, especially seasonal activities. (Do not send portraits or school photos, please.)

You are welcome to include information about how your child is doing on the program for inclusion in the calendar. Mail to: FAUS Calendar, PO Box 6058, Williamsburg VA 23188 or e-mail them to [ckharrell@mchsi.com](mailto:ckharrell@mchsi.com). with "FAUS Calendar" in the subject line. 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.

## Pure Facts

Editor: Jane Hersey

Contributing to this issue:

Lorraine Cordo  
Markey Dokken  
Susan Folk  
Cindy Harrell  
Marilee Jones  
Pat Schaible

*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, plus S+H. 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, 554 East Main St., Suite 301, 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.

[www.feingold.org](http://www.feingold.org)

© 2006 by the Feingold Association of the United States, Inc.

#### Permission to reprint

You are welcome to circulate articles that appear in *Pure Facts*. This can be in the form of photocopies to share with others, or the reprinting of articles in another newsletter or in an Internet newsletter or on a web site.

When you reprint, please use the following acknowledgment:

Reprinted from *Pure Facts*, the newsletter of the Feingold® Association of the United States (800) 321-3287, [www.feingold.org](http://www.feingold.org)