

Pure Facts

Newsletter of the Feingold® Associations of the United States



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www.feingold.org

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British supermarkets "clean up" their food

Major supermarket chains in Great Britain have announced they are getting rid of synthetic dyes and flavorings in their store brand foods. Aspartame is also getting the axe.

British food retailer ASDA is working to remove all synthetic dyes and artificial flavorings from their own brand name foods. Aspartame will also be eliminated, and they say they will get rid of both hydrogenated fats and monosodium glutamate (MSG). ASDA is owned by the US giant, Wal-Mart, but so far there have not been any reports of Wal-Mart taking similar steps.



ASDA refers to the elimination of the additives as their "no nasties guarantee."

New study on food additives and behavior

There is a rapidly growing awareness in Britain that synthetic additives such as dyes can trigger behavior, learning and health problems.

Marks & Spencer, another major supermarket, will be taking similar action, and they have already removed MSG and tartrazine (known as yellow No. 5 in the United States) from their foods. Natural colorings and flavorings are being used in place of the synthetic versions, and the stores will be using sucralose (Splenda) in place of aspartame (NutraSweet, Equal). The Feingold Association welcomes the elimination of aspartame, but feels that the use of sucralose is not an ideal solution.

Marks & Spencer has already banned many of the synthetic additives, particularly in foods that are designed to appeal to children.

Tesco and Sainsbury's, two other large supermarket chains, are taking similar steps to improve the quality of their food by removing the most offensive additives.

This surge of interest and awareness is being created by a new study from the University of Southampton.

Although it will not be published until later this year, information on the results is gaining widespread exposure in the media.

The Food Standards Agency, which commissioned the study, is withholding any formal recommendations until the report is published. But many professionals are advising parents to avoid foods that contain synthetic dyes.

Children age 3 and 8 to 9 year-olds were given a group of food dyes in the amounts that an average child may be expected to ingest in a day. These dyes include three that are used in foods in the United States, and three that are banned here.

Dyes studied

These are used in food in the US:

Red 40 (allura red AC)

Yellow 5 (tartrazine)

Yellow 6 (sunset yellow)

The following are banned from food in the US, but are permitted in drugs and cosmetics:

Red 4 (ponceau 4R)

Yellow 10 (quinoline)

Carmoisine - a red dye

The new study is similar to one conducted in 2000, which showed that food additives triggered behavior problems including hyperactivity, temper tantrums, poor concentration, and various allergic reactions. These problems were shown to occur in children who were not considered to have ADD or ADHD symptoms.

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.

A mom who found solutions for her family

Margaret Fletcher had always noticed that certain foods and medicines seemed to set her children off so she did her best to avoid them.

The oldest of her three children, Joshua, would have severe temper outbursts and break out in hives if he ate anything with dye, especially yellow dye. He also suffered terribly from wheezing and nausea when he was exposed to the additives; and salicylates were a problem for him as well. Margaret learned about the Feingold Program from her sister, who used it to help her whole family.

When Josh wanted the cotton candy sold at their local fair Margaret found a solution. She went to the fair early in the morning while the vendors were getting set up and asked the man making the cotton candy if he would make three big bags of it using just the sugar -- no dyes or artificial flavorings -- and put it aside for her. When she and the children arrived there was natural cotton candy waiting for them. She brought her own natural syrups and added them to the shaved ice from the Sno Cone vendor.

Margaret found a way to provide the things her family enjoyed, including cotton candy and Sno Cones.

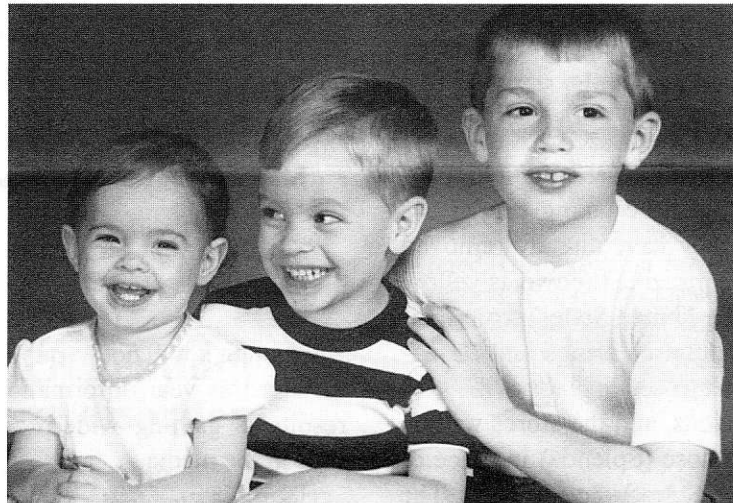
Joshua's determination to stay away from the harmful chemicals may be one reason he graduated as valedictorian of his high school class.

The Fletcher's second son, Jason, struggled with dyslexia and other learning disabilities, and while the Feingold Program helped enormously, he had to work harder than his siblings when it came to schoolwork. But by watching his diet closely, this young man who once could not learn his alphabet, graduated from high school with honors.

Jason's off-the-wall reactions to synthetic additives have long been replaced with a calm, easygoing nature.

"If it stains your tongue," he believes, "it isn't good for you."

At age 19 Jason ran for mayor of his West Virginia town and came close to winning, hampered only by his young age. Today, barely 21, he works in computer technology, supervising over 300 people.



The youngest of the Fletchers, Jennifer, has extreme physical reactions to food additives and to some foods. These reactions include severe hives and anaphylactic shock if she eats chocolate.

She had a scary episode with nasal polyps several years ago. The polyps were so large, her face became swollen and was huge on one side. This put pressure on her brain and for several days she lost her vision. If the polyps had burst, it would have killed her.

Needless to say, Jennifer is very careful about what she eats. When the family vacationed in Disney World Jennifer looked wistfully at all of the desserts displayed but knew she couldn't have any of them. The chef noticed her looking, but not eating any of them. When Jennifer explained her sensitivities the chef took her back to the kitchen and created a dessert just for her to enjoy. Each night of their stay he had a special treat for Jennifer, and she still talks about it today.

Jennifer was valedictorian of her high school class and is now on the dean's list at college.

The severe reactions the Fletchers experienced meant no school lunches, but that was something Margaret took in stride. Packing lunches was just part of her routine. Some favorite sandwiches included peanut butter & honey, turkey breast, and chicken salad. She baked cookies, brownies and other snacks, and purchased natural fruit leather. Green salads and pasta salads added variety.

Margaret's family is an example of what Feingold volunteers have seen for years, in most families the mom's determination is the key to success.

ADHD is linked with other conditions

New research shows what Feingold parents have long known, that a child with ADHD is likely to have additional symptoms. Identifying the cause(s) often leads to solutions.

Researcher K. A. Bazar and colleagues believe that ADHD is linked to a variety of disorders, including obesity, insulin resistance, diabetes, hypertension, depression, psychosis, sleep apnea, inflammation, autism and schizophrenia. [*Medical Hypothesis*, 66, 263-269, 2006]

More recently, researchers at the University of Virginia found that children who were being treated for asthma frequently experienced anxiety, depression and ADHD.

"We can definitively state that families with asthmatic children not only report higher incidences of ADHD, but also of depression, anxiety and learning disabilities," reports Dr. James Blackman, whose article was published in the April 12 issue of the *Journal of Developmental and Behavioral Pediatrics*. The research was based upon data from over 100,000 children ages 0 to 17.



Although this is news to many physicians, it was well known to Dr. Feingold more than 30 years ago. He told parents and colleagues that for an individual who is sensitive to them, synthetic food additives and natural salicylates can affect "any system of the body." Medical studies and clinical observation over the past three decades have shown that all of these symptoms described above, plus additional ones, can have a common link: synthetic food additives and various environmental chemicals.

ADHD has become a worldwide problem...

Dr. Richard Scheffler and other researchers at the University of California at Berkeley report that the global use of ADHD drugs has more than tripled since 1993. In the ten years between 1993 and 2003 the number of countries using such drugs rose from 31 to 55, with the United States consuming the most. Along with this rise has come a nine-fold increase in the amount of money spent on them.

To date, *Pure Facts* has not seen any evidence that researchers will try to identify the reason so many children in so many cultures are now experiencing serious behavior and learning problems.

...with some likely worldwide causes

Asian countries are seeing drastic changes in their traditional diets. A 2006 survey of college students in Taiwan found that very few of them eat fruits, vegetables and their traditional foods, opting instead for deep fried and sugary foods.

In Japan childhood obesity and diabetes has increased along with a preference for eating what Japanese teens consider the cool option of American fast food, available at chains found throughout the country.

Chinese teens are shunning their traditional foods in favor of Big Macs, pizza and Kentucky Fried Chicken, which was the first American chain to enter the Chinese market in 1987. Yum!, the company that now owns KFC, also owns Pizza Hut, Taco Bell, Long John Silver's and A&W.

The company now earns record profits from their Asian restaurants, more than they make from American branches. Yum! reported in 2005 that they were opening new stores in China at the rate of nearly one a day; the average annual sales from each restaurant is \$1.2 million.

Another use for ADHD drugs

Some doctors have found a new way to treat obesity in children. They use ADHD drugs, which have a known side effect of suppressing one's appetite. This is considered an "off label" use of the drugs, and while it is not illegal, it is frowned upon by most doctors. One such critic is Dr. John Lantos, professor of pediatrics at the University of Chicago. Referring to the Food and Drug Administration's caution of risky side effects of ADHD drugs, Dr. Lantos notes, "Doctors who prescribe this could end up killing kids by giving them a medication that doesn't work for the reason they're prescribing."

Fast food, vending machines and highly processed supermarket food are not the only sources of empty calories for children. Most school cafeterias serve meals that are little more than a blend of unhealthy fats, high fructose corn syrup and monosodium glutamate -- all of which have been linked to obesity.

Vitamin D3 and cancer

Once again we see how closely nutrition is related to health.

Researchers at Creighton University in Nebraska found that adequate levels of vitamin D3 were linked with a 60 to 77 percent reduction in the risk of cancer in older women. Lead researcher, Joan Lappe, PhD, RN, says "Vitamin D is a critical tool in fighting cancer as well as many other diseases."

"We now recognize that every tissue and cell in the body [uses] vitamin D." Vitamin D researcher, Dr. Michael Holick, believes "Vitamin D tells cells to keep their growth in check and helps keep them from becoming cancerous."

Our bodies produce vitamin D when the skin is exposed to sunlight. Recent Canadian research shows that girls ages 10 to 19 who spent more time outdoors and who were given cod liver oil (rich in vitamin D and essential fatty acids) were 60% less likely to develop breast cancer in adulthood. Canadians are especially at risk since their northern location means reduced exposure to sunlight. Two recent papers reviewed past studies to determine the link between vitamin D use on a reduction of breast and colon cancers. They found that people with the highest levels of vitamin D had the lowest cancer rates.

Sunlight might not be enough to ensure adequate vitamin D, according to research conducted in sunny Hawaii. Despite abundant sun exposure without sunscreen, 51% of the participants tested low in blood levels of the vitamin.

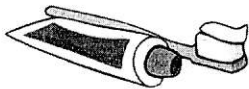
The amount of vitamin D we get from our food is small, and the D that is included in many multivitamins is the less useful form - vitamin D2. This is why vitamin D researchers typically recommend using a supplement to achieve a minimum of between 1,000 and 2,000 IU a day. The supplements are very inexpensive, costing about 5 cents a day.

Products for the very salicylate sensitive

Salicylates that are found in toothpaste, cosmetics, lotions and other personal care products can be even more of a problem for some people than salicylates in food.

Cleure is a company created by Dr. Flora Stay, a dentist who was searching for products that would be tolerated by patients with many sensitivities. Even the natural versions she found contained ingredients many people needed to avoid, such as sodium lauryl sulfate, a detergent added to toothpastes, shampoos and other personal care products. She is also concerned about the use of aluminum tubes for toothpaste. Dr. Stay notes that if the tube is punctured the aluminum can leach into the toothpaste.

One group of people who have a problem finding suitable dental and body care products are those with **fibromyalgia** who are using the drug **Guaifenesin** to treat their symptoms. While they are on the Guaifenesin, they must avoid topical salicylates; for some reason, salicylate foods do not appear to be as great a problem for them.



Cleure offers an opportunity for Feingold members to support our work when they purchase products from Cleure. The company will donate 50% of the sale price when Feingold members order from their site.

Visit them at www.cleure.com/feingold.

Some of the Cleure products are acceptable on the Feingold Program but others are not, due to the use of synthetic dyes. The acceptable products are listed below and in the PIC Report on page 7.

Stage One:

Pineapple Toothpaste
Original Toothpaste with Fluoride
Hydrovive Body Lotion with Shea Butter
Deodorant Stick, Deodorant Spray
Loose Mineral Foundation
Loose Mineral Setting Powder
Loose Mineral Highlighter
Loose Mineral Blush
Hydrovive Night Cream with Shea Butter
Hydrovive Day Cream with Shea Butter
Oatmeal Face & Body Bar with Shea Butter
Glycerin Soap with Vitamin E
Volumizing Shampoo

Stage Two:

Cranberry Toothpaste
Cranberry Mouthwash

BBQ fun

This is a great gift for your favorite indoor or outdoor cook.



The apron is available from www.thegiftoflaughter.com. Click to visit their online store then scroll down the bar on the left and click on "Artificial Colors are Evil."

They also offer mugs, stickers, magnets, and various clothing with the message.

College Farm Organic Candies

College Farm has been making candies since 1949 and the company is unusual in that it produces candy here in the United States, not abroad. The plant is located in historic Lancaster County, PA and took the name College Farm because they are located next to a college. The founder, Charlie Simon, donated many acres of his land to the college next door, thus the name.

Both their hard candies and their lollipops (called Naturepops) are acceptable on the Feingold Program. They are available at stores throughout the United States and via their on-line store. See www.collegefarmorganic.com. Many manufacturers provide details on the stores that carry their products and this is a great resource if you will be traveling. You can locate many health food stores throughout the country on their web site.

In addition to producing the highest quality products possible, College Farm Organics is concerned about their workforce and the environment. Employees work four ten-hour days a week, which saves on gas and electricity, and gives the staff a 3-day weekend.

The clear wrappers are made from cornstarch and can be composted. Unbleached, recycled paper and non-toxic inks are used in their packaging.

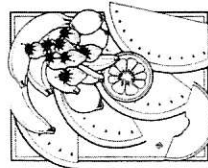
One of the unique packages offered by the company is their little metal barn/lunch box which is too cute to end up in a landfill.

Great food in Manchester, VT

Terry and Mark Downey use Feingold food, both at home and in the new restaurant, The Seasoned Palette at the Garden Café.



The hours are Tuesday - Sunday 11:30 am to 3 pm, and Sunday brunch from 12 pm to 3 pm. Phone (802) 366-8298.



Six Beans near Atlanta, Georgia

This is an order-ahead service where professional chefs prepare all-natural non-processed real food

They have both fully cooked and ready-to-cook foods. Cooking and heating instructions are given with each item and whenever possible they are packaged in containers that can be used for cooking. Margie Verdon, who calls herself the Chief Edibles Officer, is a Feingold mom so the food has no artificial colors, flavors or preservatives. It is also free of high fructose corn syrup, trans fats and modified starches. Margie provides just REAL FOOD.

Although it is not an eat-in restaurant I did sample some Luscious Lemon Cookies. They were warm from the oven, delicious, and just melt in your mouth.

I took home Lamb Orzo with Feta and Fresh Mint, described on their web site as "a classic pairing of mint and lamb with the zippy addition of ripe tomato and feta cheese - a definite delight for your taste buds." I couldn't describe it any better and I was truly delighted by this culinary creation. I also selected Herb Roasted Veggies, "a delightful array of seasonal veggies seasoned and ready to roast." It was a generous assortment of peppers, broccoli, mushrooms, carrots, sweet potato, grape tomatoes, onions, yellow squash and zucchini. It can be served over rice, but was a savory fare just as it is. The Quinoa with Red Peppers and Fresh Basil is a delicious alternative to rice, but could work well as an entree.

They are located at 1401 Johnson Ferry Road, Suite 140; phone (404) 455-7627 www.sixbeans.com.

by Lisa Stuckey

Sodium Benzoate

In addition to food dyes, the University of Southampton study tested the preservative sodium benzoate. As new information emerges about this additive, British soft drink manufacturers are looking for ways to eliminate it and supermarkets are removing it from their own brands.

Sodium benzoate (and potassium benzoate) are preservatives that are added to various foods and beverages as well as medicines, mouthwashes and nutritional supplements. They prevent the growth of yeasts, bacteria and fungi. When products with benzoates are exposed to high temperature or light they can react with ascorbic acid or vitamin C to form the powerful carcinogen benzene. Benzene exposure has been linked with leukemia.

FDA and industry

Last year *Pure Facts* (May 2006) described a secret deal between the US government and soft drink manufacturers. Testing done at the Food and Drug Administration (FDA) in 1990 showed that benzoate preservatives could break down to form benzene. FDA regulators decided to allow the beverage industry to monitor themselves and to work to reduce use of the additive. But nothing changed and the problem didn't come to light until a private citizen had beverage samples analyzed (after the FDA refused to test them); he found they contained four times the permitted levels of benzene.

Sodium benzoate in Britain

There is much more concern over the issue of sodium benzoate in Britain. Professor Piper of Sheffield University says that his studies of sodium benzoate in laboratory tests suggest that it can create free radicals and damage cells. While it is already linked with leukemia, new research suggests it may lead to cirrhosis of the liver and Parkinson's disease.

In 2000 the World Health Organization reported that there are many studies showing that sodium benzoate can cause hives, asthma and anaphylactic shock in sensitive people.

The Food Commission, a British activist group, has called for warning labels on foods that contain synthetic dyes and sodium benzoate. They note that medicines containing these additives carry warning labels.

The British Food Standards Agency, which is the counterpart of the US Food and Drug Administration, defends the use of sodium benzoate and other additives, saying "all additives approved for use in this country undergo stringent tests and are safe for use."

But food additives are tested one at a time on healthy animals, a condition that does not reflect their use in the real world. Professor Howard of the University of Ulster is critical of the practice of testing a single food additive; a typical food may contain dozens of different additives. He led a study that found the combined damage from two additives can be seven times as great as when they are tested alone.

"No one really knows what this chemical cocktail could be doing, particularly in the early stages of development. This cocktail (of synthetic additives) is far too complex."

Professor Vyvyan Howard

The same supermarkets described on page one will also be removing sodium benzoate from their house brand products.



Help for those who must avoid gluten

A new flour can replace wheat in baked goods, without compromising the texture.

Scientists at the US Department of Agriculture have found that a flour made from rice and sweet potato produces pancakes with an excellent texture, that are similar to those made from wheat. Both potato and rice have been used as substitutes for wheat but the combining of them seems to offer a superior substitute. This blend has an added advantage of providing more of the beneficial beta carotene (found in orange vegetables) than traditional wheat based products.

The US Food and Drug Administration has proposed a rule to help define the term "gluten-free." A food will need to contain no more than 20 parts per million of gluten in order to be labeled as such. However, the final ruling on gluten-free labeling is not expected to be published until August of 2008.

PIC Report

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

Products with this symbol ^ are available in Canada.

Stage One

365 (Whole Foods Market) Fair Trade Vegan Cane Sugar;
Tuna: Chunk Light Tongol
in Spring Water, Solid White Albacore in Water - with or without salt

365 (Whole Foods Market) Gallon & Half Gallon Milk:
Whole, Fat Free, Skim, Lowfat, Reduced Fat;
Low Fat Chocolate - *available in Eastern states*

365 (Whole Foods Market)^ Cane Sugar, Homestyle
Pancake, Lemon Juice, Lime Juice

ALBA BOTANICA Kids Mineral Sunscreen SPF 18
www.avalonnaturalproducts.com

ALTA DENA Milk: Whole, 2% Reduced Fat, 1% Low Fat,
Non Fat Skim - *available in CA, AZ, NV, UT*

ANGEL MINT^ Peppermint Candy (CS)
www.angelmint.com

BAMBA^ Peanut Snack

BUDDHA BAR Hazelnut Brownie www.vitalitywellness.com

CALIFORNIA BABY* SPF 30+ Sunscreen No Fragrance
www.californiababy.com

CAMEL* Halvah Natural Sesame Bar: Chocolate (CS),
Chocolate Coated (CS), Marble (CS), Pistachio (CS),
Vanilla (CS)

CLEURE^ Cleanser, Dental Floss, Emu Lotion, Emu Oil,
Eye Perfection Gel (SB), Hair Gel (SB), Hair Spray (SB),
Lip Gloss (SB), Loose Mineral Concealer (SB), Loose
Mineral Eye Powders, Loose Mineral Eyebrow, Loose
Mineral Eyeliner, Loose Mineral Lipstick, Mascara (SB),
Nail Polish - All Colors, Pressed Eye Shadow, Pressed
Mineral Powder, Replenishing Conditioner (SB), Sheer
Satin Blush (SB), Skin Freshener www.cleure.com

ENZYMEDICA Candidase, Virastop

FARMERS' ALL NATURAL CREAMERY Certified Organic
Dutch Chocolate Milk

HEALTHY HANDFULS* Chocolate Chip Chimpies

HYLAND'S* (homeopathic remedy) Poison Oak/Ivy Tablets,
Restless Leg Tablets

HYVEE HEALTH MARKET Organic Dutch Chocolate Milk

JC NATURALS Hand Sanitizer, Homemade Dishwasher
Powder, Homemade Laundry Soap www.jcnaturals.com

SOUTHAVEN FARM Baking Mix: Chocolate, Cinnamon,
Multigrain, Oat Bran, Wheat Bran, Wheat Free Corn
Bread, Whole Wheat www.southavenfarm.com

THOU SHALT SNACK* Latke Crisps: Original, Sour
Cream & Onion www.thoushallsnack.com

Product Alert

WHOLE KIDS ORGANIC Quack N' Bites Organic
Cheddar Crackers now contain red peppers and paprika
so please move them to the Stage Two section of your
Foodlist & Shopping Guide.

Stage Two

365 (Whole Foods Market) Apple Smash Apple Juice
from Concentrate, Fruit Fusion Fruit Punch (apples,
grapes), Mango Acai Berry Fruit Juice (apples, aronia
berries, blueberries, grapes)

ALBA BOTANICA Fragrance Free Mineral Sunscreen
SPF 18 (tea), Fragrance Free Sunscreen SPF 15 (tea)

AVALON ORGANICS*^ Aloe Unscented Hand & Body
Lotion (almonds) www.avalonnaturalproducts.com

BUDDHA BAR Cherry Vanilla

CAMEL* Halvah Natural Sesame Bar - Delux
(CS, almonds, raisins)

GOOD2CHEWS*^ Fruit & Nut Snack: Caramel
(almonds, cranberries, raisins), Chocolatey (almonds,
cranberries, raisins), Yogurt (almonds, cranberries,
raisins) www.goody2chews.com

JUSTIN'S NUTBUTTER* Honey Almond Butter

MYSTIC PIZZA^ Cheese Pizza (tomatoes), Fire
Roasted Veggie Pizza (bell & red peppers, tomatoes)
www.mysticpizza.com

NEW BEGINNINGS NUTRITIONALS Antioxidant
Formula (grapes), Calcium Chewable with Magnesium
(CS, cherries), Chewable Vitamin C (oranges),
Magnesium Powder (tea) www.nbnus.net

PEANUT BETTER Peanut Butter: Mixed Nuts Butter -
Creamy or Crunchy (almonds), Organic Cinnamon
Currant, Organic Peanut Praline (oranges), Organic
Spicy Southwestern (red peppers, chili peppers,
paprika), Organic Thai Ginger & Red Pepper, Organic
Vanilla Cranberry

SEPP'S^ Homestyle French Toast (CS, paprika)

SIMPLEXITY^ Go Berry antioxidant (blueberries, cran-
berries, cherries, strawberries, bilberries, raspberries)

SMART MONKEY Premium Raw Food Bar: On The
Trail Mix (almonds, raisins), Pecan Pie (oranges)
www.smartmonkeyfoods.com

SOUTHAVEN FARM Baking Mix: Ginger Spice (cloves),
Mocha (coffee)

SQUIRREL'S NEST Soft Fruit Chews (CS, berries,
cherries, oranges, peaches) www.squirrels-nest.com

SUN RIDGE FARMS Sun Domes - Deluxe (almonds,
coffee, peaches, raisins, raspberries), Sun Domes -
Vegan (almonds, coffee, peaches, raspberries, raisins)

TASTY BITE Jodhpur Lentils (chili peppers, tomatoes)

UNCLE SAM* Cereal Bar: Oatmeal Raisin

The Feingold Association does not endorse 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.

FAUS welcomes new officers

The Association held its 32nd annual membership meeting in Maryland in June.

Our officers for the coming year are:

President: Annette (Cookie) Miller

Vice President: Megan Browne

Secretary: Larisa Scarbrough

Treasurer: Gail Wachsmuth

Our new Executive Director is Deborah Lehner and our Office Manager is Danielle Robinson.



FAUS thanks our friends at Wellshire Farms, My Family Farms and the Squirrels Nest Candy Shop for their food donations for our annual meeting.

Kellogg's dances around the rules

Facing a law suit for their marketing of unhealthy foods to children, the cereal giant promised to reform.

In mid June they agreed to limit the calories, fats, sodium and sugars in foods designed to appeal to children. As a result the law suit against them was dropped. But by the end of the month they had launched their new Froot Loops Cereal Straws. These are tubes containing powdered cereal "dust" and are intended to be used for drinking milk. When the milk passes through the tube it picks up bits of the cereal, providing a taste similar to drinking the milk left at the bottom of the cereal bowl.

While it's true the cereal straws do not exceed the limits of calories, fats, etc., they are loaded with undesirable additives, including: artificial flavor, Yellow #6, Red #40, Yellow #5, Blue #1 and something called polyglycerol polyricinoleic acid.

Last year Kellogg's in Great Britain came out with a similar product - straws lined with powdered cereal dust to simulate the taste of Coco Pops (sold as Cocoa Krispies in the U.S.) So much for corporate self-restraint!



Preventing eye disorders

New studies link age-related macular degeneration (AMD) with nutrients.

Macular degeneration is the most common cause of blindness in people over age 50. A diet that contains too many omega-6 fatty acids and too few omega-3s is associated with increased risk of AMD.

In a related study, researchers found that people with high blood levels of vitamin D3 had a 40% lower risk of early AMD than people with low levels of the vitamin.

Both studies were published in the journal *Archives of Ophthalmology* in May.

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 provided the Feingold Program book which includes Recipes & Two Week Menu Plan, a regional Foodlist containing thousands of acceptable US brand name foods, a telephone and E-mail Help-Line, and a subscription to *Pure Facts*. The cost in the US 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 US, contact FAUS, 554 East Main Street, 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

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