

# Pure Facts

Newsletter of the Feingold® Associations of the United States



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www.feingold.org

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## Junk food has become an international problem

Governments around the world are considering ways to help their children.

Newspapers in India, Australia, Britain, Pakistan and the Czech Republic are among those reporting an alarming increase in childhood obesity and health problems as a result of the Western style junk food that can now be found in most parts of the world.

Cartoon characters are singled out as a major factor in luring children to seek out products that are both highly profitable and nutritionally inferior.

Australia's Victorian Health Promotion Foundation (VicHealth) is calling for legislation to prohibit all forms of marketing and advertising of unhealthy foods and beverages to children.

India is a country with extremes - some of its children are malnourished and underweight, while youngsters who live in urban areas are increasingly suffering from obesity and the many health problems that accompany it. The country's government advisory board on matters of health is receiving complaints from parents that their children are buying unhealthy food in the school cafeteria.

In the United Kingdom cartoon characters promote junk food despite numerous regulations designed to restrict this.



### Candies in the Andes

Junk food has found its way into all parts of the globe, including the Andes mountains of Peru. For thousands of years these descendants of the Inca civilization have thrived on a basic diet that includes meats, fruits and vegetables, cornmeal cakes and lots of potatoes. But now they have fallen victim to the lure of "modern" western food and even those with a meager income choose the high priced junk food over their native diet. Obesity, diabetes, and declining health are now problems in this once healthy land.

Giving children choices is a good idea, provided the options are appropriate. You would give a four-year-old the choice between watching Sesame Street or Barney, not between Sesame Street or the Texas Chainsaw Massacre!

### Here in the US

A recent editorial in a Massachusetts newspaper discussed the problem of children being allowed to buy junk foods in their school. It falls into the same trap as many articles written about the issue.

The author writes, "while they are in school children should learn to eat smart." (What follows is the Feingold Association's response.)

### Wrong!

While they are in school children should be given choices between healthy options, not between good food and terrible food. (Sadly, few schools actually offer healthy food.) No responsible parent would allow a child to choose between a nourishing dinner and a candy bar. Why not? Because they are CHILDREN and it is the job of adults to care for children. When a child is in school it is the job of the adults in the system to provide a safe, healthy environment and that includes real food.

If it's important for children to be subjected to unhealthy options in their school, why not install cigarette vending machines next to the junk food machines in the hallways?

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 awareness of the potential role of foods and synthetic additives in behavioral, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, aspartame, and the preservatives BHA, BHT and TBHQ.

## What can you do when people just don't "get it"?

This is a common problem for parents whose kids are on the Feingold Program, but fortunately, there are solutions.

A good place to begin is by giving other people some of our literature. You can photocopy information from your member package or *Pure Facts*, or print out pages from our web site. We have a letter expressly designed for this; it's called "Dear Grandma." You can also request literature to hand out by contacting our membership office in New York (631) 369-9340.

Lend them a copy of the little book *"Healthier Food for Busy People"* or the CD *"What are all those funny things in food?"*

Order a copy of our School Year Calendar and pass it along to a friend or relative.

Be sure your kids know that if they are offered junk they can either turn it down or accept it and bring it to you to trade. Be sure to have desirable treats available, either with you or at home. (Keep a few natural lollipops in your purse.)

Rewards don't necessarily have to be food; a trip to the dollar store can be a good alternative.

Many children become so savvy about avoiding petrochemicals, they will turn down junk food even when there is no alternative or reward.

To help support your child's good diet, you might even consider ordering a button or T-shirt for your child to wear when he is likely to encounter junk.

In the July/August issue of *Pure Facts* we described an internet company that offers buttons, mugs and clothing with a message. Go to [www.cafepress.com](http://www.cafepress.com), then use their search option and type in "multiple chemical sensitivity" where you will find some clever options:

*Artificial food dyes are evil*

*Please give me natural foods*

*I just go WILD for Colors and Numbers FD&C Red #40,  
Red #3, Blue #1, Yellow #5*

They also offer options for avoiding fragrances:

*Think before you stink - perfume stinks!*

*Don't be a stinker - perfumes cause health problems*

Here's a real gem: *Don't Smoke & Breathe*

For gluten-free diets:

*100% gluten-free*

*No thanks, I don't do wheat*

*Gluten-free kids rock!*

## One mom found a solution

I finally got it across to the people at church!

My husband works on Sundays so I get to take all 6 kids to church where they are given all kinds of candy and junk. The teachers wouldn't listen when I tried to explain it. So last week I "wired" the kids before church. On Saturday night we had frozen kid's meals and then the instant oatmeal packets with all the colored candies in them for breakfast. Needless to say they were bouncing off the walls by the time we got to church.

I didn't say a thing to any of their teachers; I just dropped the children off and left for class. When I came back it was amusing to see the frazzled hair and all that. One by one the teachers pulled me aside and asked what was wrong with my kids, who were usually so well behaved. (Even the nursery teacher said the baby was screaming and pulling his hair and throwing things.)

I simply said, "I thought you would like to know what they are like after they come home from church, after eating all the junk I ask you not to give them." I smiled, grabbed a little hand, and walked away. Of course I had to deal with the behavior for a couple of days, but it was worth it.

Now things are different at church. I was asked to provide a list of acceptable foods for each child's classroom, and as a result all of the children are enjoying better food.

## Some more buttons and T-shirts with an attitude

While you're at the Café Press web site, you'll find other clever options, including:

*Dyslexics of the World Untie!*

*I am not Lysdexic!*

More options for the assertive:

*I have an IEP (and I'm not afraid to use it)*

*Got Ritalin?*

*I don't have ADD, I'm just not listening*

*Big Pharma - the real drug problem in America*

*No child left unmedicated*

## ADD drug risks to be studied

Researchers will evaluate the risk of heart attack, stroke and related problems in children and adults using the drugs.

This research will be conducted by the US Agency for Healthcare Research and Quality and the Food and Drug Administration (FDA). The agencies will analyze the clinical data on about one half million children and adults to learn more about the potential risks for heart attacks, stroke and related health problems.

Last year the FDA directed drug manufacturers to strengthen the warnings of adverse effects in the printed materials provided with the drugs. This was prompted by reports of heart attack, stroke and sudden death in patients taking the drugs under the care of a physician, and at the recommended dose.

Although ADHD is typically estimated to affect between 3 and 5 percent of school-age children, it is currently estimated that 10 percent of all 10-year-old boys in the United States are taking ADHD drugs.

For many years, Ritalin was the top selling drug for ADHD. It has been replaced by Concerta, Strattera and Adderall, which brings in about \$1.3 billion each year for the manufacturers.



### The ADHD Industry

Shire, the manufacturer of Adderall, has announced it will be selling off a portion of its business in order to focus on a small number of drugs. "Shire aims to expand its ADHD expertise to markets outside the US within the next two years, with an initial focus on the EU (European Union). This product divestment will enable Shire to pursue this strategy in a more concentrated way." Such a plan is designed to "deliver strong results."

### Increase in abuse of ADHD drugs

The National Center on Addiction and Substance Abuse has reported a 93 percent increase in the abusive use of ADHD drugs, including Adderall and Ritalin, between 1993 and 2005. College students crush the pills and "snort" them; this enables the student to stay awake and alert, going without sleep for hours and even days. Initially, the drug produces a feeling of euphoria, increasing the production of dopamine in the brain. But when the drug's effects wear off the user can experience headaches, anxiety, depression, a rise in blood pressure, and even stroke. Long term abuse has been linked to hallucinations and psychosis.

### Massachusetts will attempt to keep tabs on psychiatric drugs given to pre-schoolers

As a result of the death of 4-year-old Rebecca Riley last year, the state of Massachusetts has established a tracking system to try to avoid another similar tragedy. The little girl was on a regimen of

several powerful drugs to treat what was diagnosed as hyperactivity and "bipolar disorder."

Her parents are in jail, accused of overdosing the child, while the facility that initially prescribed them

### Cough medicines are not suitable for infants and toddlers

Over-the-counter cough medicines have caused hundreds of adverse reactions and several deaths in children under the age of two. This information was part of a Food and Drug Administration advisory issued in August. Despite label warnings that such medicines should not be given to young children without consulting a doctor, many parents have done just that.

Products with DM in their name contain dextromethorphan; this is a chemical that has been linked with neurological problems. The decongestant in some preparations, called pseudoephedrine, has been blamed for arrhythmias, increase in blood pressure and is thought to be responsible for the death of some children.

Some physicians believe that these medicines should not be given to children under age 6, while others say they should not be given to children at all. These products have not been tested for use in children.

Meanwhile, parents wishing to avoid the synthetic dyes and flavorings found in many cough preparations prefer to use traditional remedies like honey and lemon juice to soothe a cough.

Natural food stores and many supermarkets carry a variety of drug-free options, and they also offer natural lollipops and hard candies to help keep a cough at bay.

maintains that their prescriptions were appropriate.

Instead of the state tracking psychotropic drugs given to little children, how about researching safer alternatives for them?

## E Numbers - their days may be numbered

Additives in the US are designated by their name, such as sodium benzoate, or by their color + number, such as Red 3 or Yellow 5. In Europe they all go by "E" followed by a number.

These E numbers have always been unpopular with consumers.

E101 is Riboflavin, an acceptable vitamin sometimes used to color products, but E102 is the notorious Tartrazine (Yellow 5). E140 is the harmless Chlorophyll while E104 is Quinoline Yellow, a dye allowed in Britain but banned from food in the US. [Here it is known as Yellow 10, and is used in the 5 and 20 mg doses of Ritalin.]

The European Union (EU), is composed of 27 member states. As individual countries joined the EU they had to accept various changes; in order for businesses to be able to sell their products throughout the Union regulations would need to be the same for all member countries. Sadly, this meant that the countries with the most liberal policies on food additives set the standard for them all.

The new study shows that food dyes harm all children, not just those with ADHD.

While each country has regulatory agencies and, under some circumstances may ban an additive, the European Food Safety Authority (EFSA) oversees the general policies on additive use throughout Europe. Like the US Food and Drug Administration and the British Food Standards Agency (FSA), the European Food Safety Authority has been subjected to sharp criticism for putting the needs of manufacturers ahead of the protection of consumers. The EFSA recently banned the red dye E128, but they did so nearly 8 years after it was found to cause cancer.



With the recent publication of the University of Southampton study showing that food dyes and sodium benzoate can cause disturbed behavior and learning in the average child, the regulatory agencies are being criticized. Britain's FSA issued a vapid recommendation that parents who see signs of hyperactivity in their children avoid the additives. A coalition of more than 170 health and consumer groups has formed the Children's Food Campaign, and are considering bringing a law suit against the FSA. The spokesman, Richard Watts notes "Parents will be furious that the FSA has chickened out of taking this vital step (banning the additives) to protect their children."

The FSA has claimed it is only following the recommendation of its Committee on Toxicology. Journalist, Felicity Lawrence of *The Guardian* points out that half of the members of this panel have links to agribusiness and the pharmaceutical industry. Ms. Lawrence refers to this as "inactivity disorder," noting that the additives found to be harmful for children have an alarming effect on the behavior of the regulators! She continues, "From a consumer view, taking a precautionary approach and getting rid of them all now is a no-brainer."

The FSA has tried to deflect criticism by blaming food manufacturers for not getting rid of synthetic chemicals. Actually, there has been a real push in this direction and about one in every four new products introduced into the UK this year were touted as free of synthetic additives.

Three major candy manufacturers in Britain are reformulating some of the products to remove unwanted additives. Cadbury, Trevor Bassett, and Mars UK will be removing synthetic dyes from their candies, including Starburst, Skittles and M&M's by 2008. Unfortunately, they have not indicated they would remove the artificial flavorings, and they do not have plans to change the candies sold in the United States. [Editor's note: perhaps dyes only make British kids hyper!]

Now that dyes are being scrutinized it has come to light that medicines designed for infants and children also contain them, even though it is against the law in Britain. What was the response from the drug companies and their trade organization? "The color is necessary to make the medicine more acceptable to children." The products were "independently assessed for safety" by the manufacturers. The amount of additives in medicine is "tiny in comparison" to the dyes a small child ingests from other sources.

The issue of food additives and the harm they cause has been widely reported in the British press. The *Guardian* has covered it for some time, the *Daily Mail* has spearheaded a campaign to get rid of dyes and the *Sun* carried the following headline:

"E nasties must be banned."

## Tomato-free Sauce for Stage One!

But we still don't have a non-salicylate ketchup.

**N**orine Boyd began experimenting with recipes when she learned her granddaughter, Hannah, was allergic to tomatoes. This led to a tomato-free sauce, followed by ketchup, barbecue sauce and salsa. (Sadly, only the tomato sauce is stage one since the other items contain various salicylates.)

In addition to being tomato-free the products contain no soy, dairy, wheat, gluten, corn syrup, or nuts.



Nomato products are available in some stores, mostly on the East Coast, and can also be mail ordered via their web site: [www.nomato.com](http://www.nomato.com), or call (717) 581-0018.

## Beecher's - a company with a message and a mission

This Seattle, Washington company is making a difference in the lives of area children.

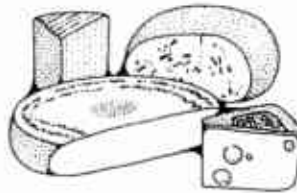
**B**eecher's opened in Seattle's Pike Place Market in 2003, a popular place for this nutrition-aware community. The windows that encircle the facility provide a view of the cheesemaking process.

Beecher's founder, Kurt Beecher Dammeier, is passionate about good cheese and healthy, additive-free food. This means that only pure natural ingredients go into the cheeses and the foods served in the small café.

Milk comes from cows raised without antibiotics and growth hormones as well as other additives. Their credo is:

*Food produced by Beecher's Handmade Cheese is free of all artificial preservatives, coloring and flavor enhancers. It's just pure, all-natural, full-flavored food, handcrafted in traditional ways with the freshest ingredients available.*

Beecher's sponsors various outreach programs, including their Pure Food Program, which they developed in 2004.



### Pure Food Program

This workshop is offered to children in grades four through six in area schools, and is provided at no cost to the school. The workshop teaches students about:

- Food marketing
- Common additives and their effects
- How to read food labels
- The difference between whole and processed foods.
- How to prepare a wholesome soup
- Benefits of eating healthy food

To date over 1,700 students in the Seattle metropolitan area have participated in the workshop.

[www.beechershandmadecheese.com](http://www.beechershandmadecheese.com)

## Simply Sugar

**J**o Ann Brown is a Feingold mom who has found a way to make her children's treats special. She takes white sugar decorations in the shape of stars, hearts and teddy bears, and uses them to top cupcakes, cookies and cakes. She says they also work well in hot oatmeal.

You will see them on her web site: [www.handmadetoyou.com](http://www.handmadetoyou.com).

The products are manufactured by Sugars by Sharon and are also sold in tea shops. Only the white ones above are Feingold-acceptable.

## Vanillin from What?

**E**ach year Harvard University offers its own version of the world famous Nobel prizes, awarded for excellence in various fields.

The spin-off is called the Ig Nobel prize ceremony. (Ignoble = unworthy, degenerate, lowly).

One of this year's winners was Mayu Yamamoto's formula for extracting vanillin (artificial vanilla flavoring) from cow dung.

## Alcohol labels

**A**lcoholic beverages might some day list the amount of alcohol in them, but that could take years. Currently, some beverages must list alcoholic content, but that does not apply to all of them, including beer; only "light" beer is required to disclose the amount.

As far as ingredient listings, efforts to force companies to disclose the chemicals they use in their drinks have all failed.

Unlike most beverages, alcoholic products are under the jurisdiction of the Treasury Department, which is notoriously lax about regulating them.

## The down side of popcorn

A Colorado man's love for microwave popcorn was found to be the cause of his severe respiratory illness.

There are many documented cases of illness among people working in factories that make the artificial butter flavoring used in popcorn; the culprit is a chemical called "diacetyl." When it is inhaled it permanently damages the airways in the lungs. Many of these workers are disabled and some have required lung transplants.

But now the problem of "popcorn lung" has been found in a consumer. He ate two servings of "buttery" microwave popcorn each day, and loved to breathe in the heated vapors that emerged from the pouch. Diacetyl vapors are particularly dangerous to inhale.

At the end of September the US House of Representatives passed a bill calling for new regulations that would protect workers in plants that use diacetyl. The bill was passed despite the objections of the administration and the Occupational Safety and Health Administration, who wanted more time to study the issue. In the Senate, the bill's sponsor, Senator Lynn Woolsey, criticized the agency, "While OSHA is dragging its feet over the numerous reports of workers who have died or suffered serious lung disease for exposure to diacetyl, this new case raises concerns that consumers may be at risk as well."

So far, law suits against the butter flavoring manufacturer, International Flavors & Fragrances, have cost the company \$53 million. Butter flavorings in the United States represent a \$4.4 billion market. Several companies have discontinued using diacetyl and the Flavor and Extract Manufacturers Association has recommended that all companies do this.

A study published in the journal *Critical Care Medicine* in April of 2006 showed that a blend of borage oil and fish oil were beneficial for patients with acute lung injury. It is not known if this could help victims of popcorn lung.



In the midst of the controversy over popcorn lung and diacetyl, Kraft announced the introduction of their new toasted butter flavoring, which is made with "natural and artificial flavor" including diacetyl! The company says they are working on a diacetyl-free version.

## Nitrites in processed meats

Several recent studies have linked meats that are cured with nitrites to serious health problems.

A 2007 study from Columbia University concluded:

"Frequent cured meat consumption was associated independently with an obstructive pattern of lung function and increased odds of chronic obstructive pulmonary disease [including emphysema]."

*Am J Respir Crit Care Med. 2007 Apr 15*



A 2006 study from Sweden found: "increased consumption of processed meat is associated with an increased risk of stomach cancer."

*J Natl Cancer Inst. 2006 Aug 2*



The Feingold Program does not eliminate nitrates, but many members prefer to avoid it; products in our Foodlist and Shopping Guide that contains nitrites are noted with an (N). Fortunately, nitrite-free meats are becoming increasingly available.

## Junk food and vision problems

Doctors in Australia have linked the increase in macular degeneration (MD) with the excessive consumption of junk food, especially those containing trans-fats. They contend that a poor diet is low in antioxidants, allowing waste products from junk food to damage the retina of the eye. They estimate that one in seven Australians over

age 50 now show signs of MD.

Optometrist, Allan Ared, says "What's happening is processed foods have altered our nutritional intake and we are now eating foods every day that our ancestors ate on special occasions. The bag of chips you eat today may impair your vision tomorrow."

## 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.

SM = Natural smoke flavoring/N = Nitrites

### Stage One

365 EVERYDAY VALUE (Whole Foods) Egg Nog (CS) - available in MA, ME, NH

BAKIPAN^ Active Dry Yeast, Fast Acting Yeast, Fast Rising Yeast, Instant Yeast

BERKS Berkshire Ham water added (CS, N, MSG/HVP, SM) - available on the East Coast

DIETZ & WATSON Chopped Ham (CS,N), Classic Trimmed and Tied Ham (CS,N, SM), Cooked Salami (CS,N), Cuban Ham (CS,N,SM), Premium Imported Cooked Ham (CS,N), Smoked Cheddar Cheese (SM), Turkey Ham (CS, N, SM), White American Cheese

DR KRACKER^ Krispy Grahams; Flatbread: Klassic 3-Seed, Pumpkin Seed Cheese, Seeded Spelt, Spelt Seedlander, Spelt Sunflower Cheese; Snacker Crackers: Klassic 3-Seed, Pumpkin Seed Cheese, Seeded Spelt, Spelt Seedlander, Spelt Sunflower Cheese  
[www.drkracker.com](http://www.drkracker.com)

ECO LIPS^ Organic Lip Balm: Bee Free, Eco Tints - Gold, Eco Tints - all colors - [www.ecolips.com](http://www.ecolips.com)

IMUS RANCH Tortilla Chips - Turquoise Buffalo Chips  
[www.imusranchfoods.com](http://www.imusranchfoods.com)

INARA^^ Lip Balm - [www.inaraorganic.com](http://www.inaraorganic.com)

NOMATO^ Sauce: A Tomato Sauce Alternative  
[www.nomato.com](http://www.nomato.com)

PANDEROS DELIGHTS Tapioca Cookies: Chocolate Chip, Lemon, Original - [www.panderosdelights.com](http://www.panderosdelights.com)

RED STAR Active Dry Bulk Yeast, All Natural Active Dry Yeast in Packages, Bread Machine Yeast, Instant Yeast, Quick Rise Yeast, Traditional Active Dry Yeast

SAF Bread Machine Yeast, Instant Yeast, Perfect Rise Yeast, Traditional Active Dry Yeast

SIMPLY SUGAR White Hearts, White Teddy, White Stars  
[www.handmadetoyou.com](http://www.handmadetoyou.com)

SNIKIDDY SNACKS Banana Nibbles, Chocolate Chippers, Grilled Cheese Puffs, (CS, MSG/HVP), Rockin' Ranch Puffs (CS, MSG/HVP) - [www.snikiddy.com](http://www.snikiddy.com)

UNCLE JOE'S Mint Balls [www.chelseamarketbaskets.com](http://www.chelseamarketbaskets.com)

WELLSHIRE FARMS\* All Natural Fully Cooked Hickory Smoked Cured Bacon (SM), Fully Cooked Salt Cured Bacon Bits

### Stage Two

365 EVERYDAY VALUE (Whole Foods) Homestyle Barbecue Potato Chips (CS, SM, paprika, chili peppers, tomatoes)

BRAINCHILD NUTRITIONALS^ Sweet Dreams Calcium Fizz (peach)

CARLSON FOR KIDS^ Chewable DHA (MSG/HVP, oranges), Chewable Vitamin C (CS, oranges, tangerines), Chewable Vitamins & Minerals (CS, oranges, tangerines)

DAVIS MOUNTAINS ORGANIC BEEF^^ Organic Breakfast Sausage Patties (red peppers)  
[www.DavisMountainsOrganicBeef.com](http://www.DavisMountainsOrganicBeef.com)

DIETZ & WATSON Gourmet Lite Virginia Brand Ham (CS,N,SM, paprika), Ham Cappocola (CS, N, cloves, paprika, red pepper), Honey Cured Ham 97% Fat Free (CS, N, SM, paprika), Virginia Baked Ham (CS, N, SM, paprika); Cajun Style Breast of Turkey (paprika), Chipotle Pepper Breast of Turkey (CS, N, SM, paprika, chili peppers), Glazed Honey Cured Turkey Breast (CS, SM, paprika), Italian Style Roast Beef (CS, paprika), Olive Loaf (cucumbers, paprika, pickles, red & bell peppers)

ECO LIPS^ Organic Lip Balm: Berry SPF 15, Sport SPF 30 (octyl salicylate)

JIGSAW BAR\* Chocolate (almonds)

JIGSAW HEALTH Essential Blend Antioxidant (blueberries, cranberries) [www.jigsawhealth.com](http://www.jigsawhealth.com)

NOMATO^ Barbecue (CS, cider vinegar), Ketchup (CS, cider vinegar), Salsa (apples, cider vinegar, chili peppers)

SEITENBACHER\* Cherry Dolphins (apples), Heidelberger Trail Mix (almonds, raisins), Muesli #1 Natural Body Power (apples, raisins), Muesli #8 Cinnamon Magic (apricots, almonds, apples, raisins), Natural Cereal Bar (apples, apricots, raisins, prunes), Roses For You (CS, apples, blueberries), Smooch Lions (apples), Strawberry Alligators (apples), Vampires Lunch (CS, apples, black currants); Honey-Almond Energy Bar; Fruity Sunhats: Black Currant (CS, apples), Cherry (CS, apples), Passion-Fruit (CS, apples), Strawberry (CS, apples)

SQUIRREL'S NEST Fruit Disco Lollies (CS, apples, cherries, oranges) - [www.squirrels-nest.com](http://www.squirrels-nest.com)

THUMANN'S The Deli Best: All Natural Pork & Beef Frankfurters (paprika), All Natural Push Cart Style Beef Frankfurters (paprika), Brown Sugar & Spice Ham Glaze (paprika), Pepperoni Links (CS, paprika), Sweet Roasted Peppers, Barbeque Style Oven Roasted Chicken Breast (CS, SM, paprika, tomatoes), Beef Bologna (CS, N, SM, paprika)

WHOLE KIDS ORGANIC^ (Whole Foods) Quack N' Bites Organic Cheddar Crackers (red pepper, paprika)

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.



## Natural Feingold Goodies available for the Holidays

Our holiday fund raiser is underway. Once again this year we will be offering baskets filled with natural, Feingold-acceptable treats that will include both Stage One and Stage Two items. We have a total of 200 baskets available.

For each \$50 donation FAUS will send a gift-wrapped basket to you or the person you select. Let us know if you want to send them as gifts and indicate the message you would like us to enclose.

You can sign up at our web site ([www.feingold.org](http://www.feingold.org)) or call our New York office at (631) 369-9340 to order them. The baskets will be shipped via priority mail so you can select the date you would like to have them arrive.

### Smellovision?

What may have been the topic of a sci-fi comic book of the last century is now a reality. A Japanese company has developed a machine to emit scents that are synchronized with particular scenes in a film, to give the audience an olfactory experience along with visual and auditory. FAUS is hopeful that we will not be needing to research films along with the products we investigate!



There's very little difference between a chemical used as a synthetic flavor and one used as a synthetic fragrance. The companies developing this technology assure us that their fragrances are approved by the Food and Drug Administration, and this is true. But the FDA doesn't have any regulations governing the use of synthetic flavorings or fragrances (except, possibly their favorite cop-out: that companies are expected to use "good manufacturing procedures.")

While it's possible to create scents that use natural ingredients they are much more expensive than those based primarily on petroleum, and it is unlikely natural scents would be used. We recommend Feingold families follow our classic advice: "If it smells, avoid it."

*The next Pure Facts will be our combined December-January issue.*



### Talking Turkey

You may have heard about people who dye chicks at Easter time, but in Guilford, Connecticut they dye turkeys. The vivid pink, yellow, blue and purple birds have long been a big attraction at the Gozzi Turkey Farm. Fortunately, the thousands of turkeys the farm sells each year are the undyed variety.

You won't have to deal with turquoise turkey feathers when you shop for Thanksgiving dinner, but you will probably encounter birds that have been injected with "butter" in the form of oil with yellow dye added. And check the label to see if the meat has been injected with a "solution" that can include unwanted additives.

The inexpensive store brand frozen birds are often the best bet in the supermarket. Not only are they less likely to be treated, but they are sold at prices below cost in order to lure shoppers in.

## 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 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 Member's Message Board access is \$38/year when ordered separately.

For more information or details on membership outside the US, contact FAUS, 554 East Main Street, Riverhead NY 11901 or phone (631) 369-9340.

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

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