

# Pure Facts

Newsletter of the Feingold® Associations of the United States



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

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## American Academy of Pediatrics acknowledges diet for ADHD

This comes more than 30 years after Dr. Feingold addressed the Academy, presenting clinical and academic evidence of the value of diet for behavior and learning problems.

Despite the considerable evidence that had been accumulated by 1977, which Dr. Feingold presented, and the positive studies that followed, the American Academy of Pediatrics (AAP) has not recognized dietary management as a treatment for ADHD. But in the February issue of *AAP Grand Rounds*, this changed.

The paper reviews the recent study of the effects of food dyes and the preservative sodium benzoate, from Southampton University in England; it was published in the September issue of highly respected medical journal, *The Lancet*.



"...a trial of a preservative-free, food coloring-free diet is a reasonable intervention."

The author of the report is Alison Schonwald, MD, FAAP, of the Developmental Medicine Center, Children's Hospital, Boston, MA.

"...we might have been wrong."

The description of the *Lancet* study is followed by a commentary and editor's note:

"Despite increasing data supporting the efficacy of stimulants in preschoolers with attention deficit hyperactivity disorder (ADHD) parents and providers understandably seek safe and effective interventions that require no prescription. A recent meta-analysis of 15 trials concludes

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## You can change the foods served in your child's school

All it takes is a handful of interested parents, and we can help you. Look at the new slide show on our special web site: [www.School-Lunch.org](http://www.School-Lunch.org)

March is officially Nutrition Month, so don't be surprised if your first-grader comes home with a picture of fruits and vegetables that he colored in.

Sadly, if your school is like most of the schools in the United States, this is as close to "good nutrition" as it's likely to get.

Prepare to be shocked when you view the new slide show which introduces our updated web site [www.School-Lunch.org](http://www.School-Lunch.org). The ingredients listed in a typical school lunch date to 2003, but despite many claims to the contrary, the foods served in most school cafeterias are as bad as ever. Even if you live in an affluent area, that is no guarantee your child will be

given healthy food, despite what the cheery monthly menus may say. The bad examples on our site come from Fairfax County, Virginia, recently designated by Forbes magazine as the wealthiest county in the country, with a median income of over \$100,000.

The good news is that the site offers practical solutions.



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.

## Behavior can be different at home vs. away

A new member writes about the puzzling problems her child had been having.

I wanted to personally thank you for this program. My son is a bright 6 year-old who loves math, books, playing sports and playing with guys. He was doing wonderfully in school, but at home he was having these rage attacks when he got mad, upset or frustrated. They started in toddlerhood and by his 6th birthday, even with excellent verbal skills, he still wasn't doing any better.

I was starting to get scared as he would lash out violently, kicking, punching and biting. He threw things at me on several occasions. I tried time-outs, removal of privileges, being very consistent. I tried sticker charts and promises and heart-to-heart talks. I saw that he wanted to be able to control himself; he just didn't have the ability to do so. These rages would happen 2-4 times a week.

I went through blaming myself and being angry with myself, I mean, come on, who can't handle a kindergarten? Why weren't anyone else's children acting like this? What were we doing wrong? I am a trained teacher for cryin' out loud! It was a very stressful and depressing time. It was hard on our self-esteem, our relationship and our entire family dynamic.

My husband and I came to the difficult decision to have our son go and see a psychiatrist and have an evaluation done. I feel it's possible that we could have come away with a bi-polar diagnosis as my husband's sister is bi-polar. We probably would have put him on medication, but we didn't take that route. One week before the appointment, I found the Feingold website and read about it. I thought it would be foolish to put my son on medications with terrible side effects when we could try a change in diet first. I ordered the materials and within 1 week I was seeing improvements. Now, 7 weeks in, I see an incredible difference.

Though he still does get angry, it's not even close to the degree it was before. He no longer throws things, and he's only had to be restrained once in this time. (I believe that was a reaction). He is happier, he is more agreeable and helpful and he is able to concentrate even better and his motivation to learn has surprisingly increased even more. We're so happy with the results and needless to say, we've cancelled that doctor's appointment. I am so happy to see my son doing so well. I really love the feeling of loving to be with him.

We are starting Stage Two, but just with strawberries and he seems more hyper, so those are presently in question. I am having fun exploring the recipes on the Feingold message board and I also appreciate the advice and empathy from the other Feingold moms on the message board. I look forward to our future with Feingold. Thanks again so much.

Editor's Notes: Because the details of this story have the potential to cause embarrassment to the child and/or relatives, we are publishing this letter anonymously.

### Behavior variations

It is not unusual for a child to behave differently at home compared to school. Some children work hard to "keep it together" while they are away from home, and then once they are in a place where it feels more comfortable to let their hair down, they do -- big time!

One mom described the transformation in her child from the time he stepped off of the school bus in the afternoon to the short walk to their front door. By the time they were inside the house, Dr. Jekyll was gone and Mr. Hyde had taken over!

### Test organic if possible

It can be hard to remove the natural salicylates, even for a short time. But it's a mistake to add them back too quickly. A child who stays off them for a longer time is more likely to be able to tolerate them later.

It's a good idea to test out organic salicylates so you will have a better idea if any reaction is from the food itself or from some of the chemical pesticides used on it.

### New pesticide approved for use on strawberries

Strawberries are known to be heavily treated with pesticides; now there's another chemical to add to the mix. In October the Environmental Protection Agency (EPA) approved methyl iodide. The Organic Consumer's organization writes, "In a letter to EPA Administrator Stephen Johnson the nation's leading chemists asked EPA not to approve methyl iodide without further scientific review. The chemical has been used to induce cancer in laboratory experiments and causes neurological and thyroid problems, as well as miscarriages in studies with laboratory animals. Farm workers, families, rural workers, and the food supply will now be subjected to exposure to the carcinogen unless the EPA revokes the approval immediately."

that there is 'accumulating evidence that neurobehavioral toxicity may characterize a variety of widely distributed chemicals.' Some children may be more sensitive to the effects of these chemicals, and the authors suggest there is a need to better identify responders. In real life, practitioners faced with hyperactive preschoolers have a reasonable option to offer parents. For the child without a medical, emotional, or environmental etiology of ADHD behaviors, a trial of a preservative-free, food coloring-free diet is a reasonable intervention."

"...practitioners faced with hyperactive preschoolers have a reasonable option to offer parents."

This commentary is followed by an editor's note: "Although quite complicated, this was a carefully conducted study in which the investigators went to great lengths to eliminate bias and to rigorously measure outcomes. The results are hard to follow and somewhat inconsistent. For many of the assessments there were small but statistically significant differences of measured behaviors in children who consumed the food additives compared with those who did not. In each case increased hyperactive behaviors were associated with consuming the additives. For those comparisons in which no statistically significant differences were found, there was a trend for more hyperactive behaviors associated with the food additive drink in virtually every assessment. Thus, the overall findings of the study are clear and require that even we skeptics, who have long doubted parental claims of the effects of various foods on the behavior of their children, admit we might have been wrong."

## Being two-years old is not an illness

Pediatrician, Harvey Karp taught parents how to effectively calm a baby in his first book *The Happiest Baby on the Block*. Now, he offers some unexpected advice in his new book *The Happiest Toddler on the Block*. Toddlers, with their immature brains and stormy outbursts, should be thought of not as pint-size people, but as pint size cavemen, he maintains. Dr. Karp's suggestion for dealing with these primitive, emotion-driven creatures is to learn how to communicate with them in their own language.



The challenges of dealing with a two-year old are legend (even if he is on a good diet), but in recent years there has been a continuing trend to prescribe powerful, risky drugs for very young children, including toddlers, and even babies as young as one year old.

This is reflected in the AAP article, which refers to the value of stimulants for preschoolers. What's more, even as the author acknowledges the value of diet to calm behavior, she writes, "For the child without a medical, emotional, or environmental etiology [cause] of ADHD behaviors, a trial of a preservative-free, food coloring-free diet is a reasonable intervention." But doctors acknowledge that the causes are seldom known. And why is diet not a reasonable intervention for a child *regardless of the cause(s)*? While even the non-ADHD children in the *Lancet* study experienced a behavioral reaction to the additives, surely the child with ADHD symptoms would benefit the most.

Once seen by physicians as a regrettable necessity, how did drug therapy come to be seen as a first option? Back in 1977 when Dr. Feingold addressed the American Academy of Pediatrics drugs were used only in selected cases. They were never prescribed for children under 6, were generally used for a limited time and discontinued at puberty. They were contraindicated if there was a family history of neurological disorders such as tics.

As far back as 1977 Dr Feingold referred to research indicating there were no long term benefits of drug therapy. The more we learn about the use of drugs for ADHD the more we discover their potential for harm, and the more readily physicians prescribe them, and the younger the age of the patient.

Most of the professionals who deal with ADHD operate on the assumption that petroleum-based dyes and other synthetic food additives have no effect on humans. They understand that one peanut can be fatal for a small percentage of people, and one aspirin tablet can cause harm for some, but don't understand that one sip of a brightly colored drink could have a dramatic effect. But the Academy's own Committee on Drugs has twice reported that the dyes used in medicines (the so-called "inactive ingredients") have the potential to trigger many problems. In 1985 and again in 1991 AAP's Committee on Drugs found that the dyes commonly used in drugs can trigger many different respiratory and skin problems. Additional research shows that synthetic dyes have harmful effects on the immune system, the nervous system, the DNA, and the reproductive system. Why is it so difficult to consider that these same powerful chemicals could have an effect on the brain, especially the brain of a very young child?

## England Takes the Lead

New developments in the United Kingdom have exciting implications for Feingold families here in the United States and in other countries. The American Academy of Pediatrics has responded to the new *Lancet* study, but as this newsletter goes to press, US governmental agencies and industries have greeted the information with a deafening silence.

**T**he *Lancet* study received widespread attention in the United Kingdom and was quickly followed by pledges from supermarkets and several candy makers to remove what the Brits like to call the "artificial nasties."

Nestle UK announced it would get rid of the synthetic dyes in its popular Smarties candies. (This candy is like a larger version of M&Ms.) Since they were not able to find a natural substitute for the blue dye used in Smarties, it was removed and replaced by a white candy. Now, the company has found an attractive dye made from **spirulina**, an algae that is extremely rich in nutrients.

When they discontinued the blue Smarties, Nestle announced "By removing all artificial colours from the Smarties sweets, the brand reacts to the overall trend of consumers becoming increasingly concerned about additives and artificial colourings in children's foods." Another positive step was the removal of synthetic vanilla flavoring. But the down side is that the company has continued to sell the synthetically dyed/flavored version to children in Canada and Australia.

Similarly, Mars Candy Company has removed the synthetic dyes from their M&M's in England, but not the US.

### What is Spirulina?

Spirulina, a blue-green colored algae, is a single celled organism, said to have been a widely used whole food source in ancient civilizations in North Africa and Mexico.

Sold as a dietary supplement, it is rich in vitamins, minerals, essential amino acids, carbohydrates and enzymes. It contains very high levels of easily digested protein, and is a good source of essential fatty acids, vitamins B complex, C and E as well as other beneficial substances.

This new source of natural coloring could give Feingold families more choices, but since the color does not look natural it will make it more difficult to distinguish nature's colors from petroleum-based ones. Here's where label reading and checking your Feingold *Foodlist & Shopping Guide* will be especially important.

### Supermarkets work to ditch additives

The British supermarket chain Marks & Spencer has announced that they have completed their efforts to remove artificial additives from more than 900 of their house-brand products. Other supermarket chains in the country are doing likewise.

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## A call for a ban on synthetic dyes in food and beverages

A group composed of members of Parliament and outside experts such as nutritionists and doctors has called for the removal of artificial colorings and non-essential preservatives in foods and beverages sold in Britain.

**T**he committee criticized the government's Food Standards Agency for failing to use their authority to ban food colorings and other additives that offer no nutritional value.

Following a series of meetings held last year, the committee issued a report titled "The Links Between Diet and Behaviour, the Influence of Nutrition on Mental Health." This is a very important paper for those of us who work to promote awareness that food and food additives affect not only our physical body, but our behavior and mental well being. You can read the executive summary/recommendations and access the entire report at our web site [www.feingold.org/healthforum.html](http://www.feingold.org/healthforum.html).

Among the initiatives called for in the report are:

- \* training doctors in nutrition, and for all public agencies to be aware of the important role of essential fatty acids for people of all ages, and particularly for pregnant women.
- \* publicly funded research on the links between nutrition and childhood disorders, depression, aggressive and anti-social behavior. Also, for the use of nutritional supplements for young offenders.
- \* nutritional assistance for people suffering from depression and psychosis.
- \* healthy school lunches and breakfasts, with emphasis on the inclusion of healthy fats.

## Sunflowers Bloom in the Southwest

Sunflower Farmers' Markets are sprouting up in Arizona, New Mexico, Colorado, Nevada and Utah.

**M**ike Gilliland, the founder of Wild Oats, was looking for a way to combine the benefits of a farmers' market with the convenience of a supermarket, the low prices of no-frills stores, and the vision of a health food store. In 2004 he opened the first Sunflower Farmers' Market in Denver, Colorado.

Produce trucks deliver directly to the markets, enabling the store to offer foods at lower prices than chains that rely on distributors. Fresh produce and low prices are the main focus of the store, which describes itself as "serious food, silly prices."

Both organic and conventional foods are sold, but the store is in the forefront of the rapidly expanding market for organic food. The US Department of Agriculture estimates that by the year 2010 organic food sales will have risen 72% from the 2005 figure.

In addition to produce, Sunflower sells breads, dairy products, seafood, meats, salads, cereals, frozen meals, coffee, and sushi. Like most health food stores they carry personal care products and vitamins.

As part of their commitment to the well-being of the community they sponsor activities, lectures and events focusing on a healthy lifestyle. Live music and low-priced dinners attract area residents and the store encourages environmental awareness by setting aside convenient parking spaces for "low emitting and fuel-efficient vehicles."



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## Even natural colorings can be a problem for some people

**D**r. Feingold often said that any compound can cause problems for a person who is sensitive or allergic to it. We occasionally hear from people who have found that they are very sensitive to a natural coloring, particularly **annatto** or **turmeric**.

Annatto is a plant that grows in tropical climates and produces a seed containing a deep red pigment, but it is most often used to create a yellow coloring that is found in butter and cheese; turmeric is the spice that gives mustard its yellow color. As more manufacturers seek out natural colorings to replace dyes like Yellow 5 and 6, we can expect to see annatto and turmeric used in more products.

If you are following Stage One of the Feingold Program and are still seeing unexplained reactions, please check your Diet Diary to help you pin down which foods may be involved, then examine ingredient labels to see if either of these two additives are being used.

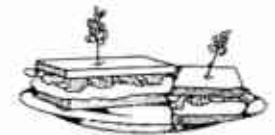
The reactions a person can experience from a natural additive or from a natural salicylate can be as severe as a reaction to a petroleum-based additive. So you might see a deterioration of behavior or ability to focus, or the sensitive individual might have a physical reaction such as headaches, hives, asthma, etc.

## A Diet Soda for Feingolders?

**N**ew additions to our list of acceptable foods are Zevia's Natural Cola, Natural Orange (both Stage Two) and their Natural Twist (a lemon-lime drink that is Stage One). The Natural Cola is listed in Stage Two since it contains coffee.

What's the catch? The drinks are sweetened with stevia, the natural no-calorie sweetener that is being used by millions of health-conscious consumers. The other catch is that the company circumvents Food and Drug Administration regulations by calling Zevia "a dietary supplement that is nature's answer to diet soda." After years of trying to ban stevia in favor of synthetic sweeteners, the FDA agreed to allow stevia to be sold as a supplement, not a sweetener. The agency prohibits it from being added to foods as a sweetener, but allows it to be used in supplements. So pop open a can and enjoy an icy cold "supplement."

Zevia is available in AZ, AK, CA, CO, FL, ID, IA, MT, NM, UT, TX, OR and WA.



## Hormel Natural Lunchmeats

These Hormel meats may all be added to your Stage One list:

- Honey Deli Ham (SM)
- Cooked Deli Ham
- Smoked Deli Ham (SM)
- Honey Deli Turkey (SM)
- Oven Roasted Deli Turkey
- Smoked Deli Turkey (SM)
- Roast Beef

They will give us many additional lunch box options!

The (SM) notation means they contain natural smoke flavoring.

## New products have been accepted for our use

The Product Research Committee has been busier than ever and because of the many new products, we will be devoting two pages to the information in this newsletter.

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 ORGANIC (Whole Foods Market) cereals: Honey Crunch 'N Oats (CS), Peanut Butter Pows (CS), Cocoa Comets, Lean Munch (CS); Milk: Fat Free, Lowfat, Reduced Fat, Whole; Original Creamer for Coffee: French Vanilla, Plain; 100% Whole Wheat Buttermilk Pancake Mix, Buckwheat Pancake Mix, Buttermilk Pancake Mix; Vegan Veggie Burger;
- 5 ELEMENTS^^ Zen Detox Spa Treatment Hair & Scalp Therapy [www.morroccomethod.com](http://www.morroccomethod.com)
- ADINA ORGANIC Le'Mon Amour Lavender Lemonade, Mojita Lime Mint
- AGNES VERY VERY ORGANIC BAKE'MMM BAGELS\*  
Artisan: Gold Ol' Roasted Garlic, Rosemary Greek Olive; Classic: Big City Original, Heartland Whole Wheat [www.agnesveryvery.com](http://www.agnesveryvery.com)
- ALL THE BETTER TO KISS YOU WITH^ Balm: Lavender Vanilla, Pepperminty [www.babybearshop.com](http://www.babybearshop.com)
- ALLERENERGY Marshmallows, Marshmallow Creme, Marshmallow Treats - available from [www.allerenergy.com](http://www.allerenergy.com) and [www.allergygrocer.com](http://www.allergygrocer.com)
- ANNA'S GOURMET GOODIES Gourmet Chocolate Chip Cookies [www.annasgourmetgoodies.com](http://www.annasgourmetgoodies.com)
- ARTISANA\* Organic Raw: Black Sesame Tahini, Cacao Bliss, Cashew Butter, Coconut Butter, Macadamia Cashew Butter, Pecan Butter, Tahini, Walnut Butter [www.premierorganics.org](http://www.premierorganics.org)
- BELLA'S COOKIES\* Champion Chunk (CS), Choco-Bomb (CS), Gluten Free Champion Chunk (CS), Molasses Spice, Vegan Molasses Spice, Whoop-de-doo (Whoopie Pie) [www.bellascookies.com](http://www.bellascookies.com)
- BEQUET GOURMET CARAMEL^ Chocolate Caramel (CS), Soft Caramel (CS) [www.bequetconfections.com](http://www.bequetconfections.com)
- BOBOBABY^^ Organic Frozen Pureed Baby Food: Amaranth & Pear, Brown Rice, Mango & Bananas, Carrot, Lentils & Mixed Vegetables, Pear, Quinoa & Mixed Vegetables, Squash
- BOIRON^^ Oscilloccocinum (homeopathic remedy)
- BUCKBOARD PROVISIONING Acoma Pueblo Carrot Muffins, Guthrie Station Molasses Cookies Mix, Juan Patron's Hot Cocoa, Royal Road Zucchini Bread Mix [www.buckboard-provisioning.com](http://www.buckboard-provisioning.com)
- COLLEGE FARM ORGANIC^^ True Mint hard candy [www.collegefarmorganic.com](http://www.collegefarmorganic.com)
- CAVENDISH FARMS^ Hash Brown Potato Patties 10 & 20 count (CS), Onion Hash Brown Potato Patties 10 & 20 count (CS)
- CUB FOODS 10 count Hash Brown Potato Patties (CS)
- DEMAN ISLAND^ Cool Mint Chocolate Bar, Organic Minty Frogs [www.denmanislandchocolate.com](http://www.denmanislandchocolate.com)
- EARTH BALANCE\* Buttery Sticks, Natural Shortening Sticks
- FLAVORITE 10 count Hash Brown Potato Patties (CS)
- FOOD FOR LIFE^^ Wheat & Gluten Free Bread: White Rice Bread
- GHIRARDELLI^ Intense Dark Chocolate: Twilight Delight 72% Cacao
- HY TOP 10 count Hash Brown Potato Patties (CS)
- IGA 10 count Hash Brown Potato Patties (CS)
- IAN'S NATURAL FOODS^^ Wheat Free Gluten Free: Chocolate Chip Buttons, Cinnamon Buttons
- INDIA TREE^^ Chocolate Vermicelli; White Non Pareils (CS)
- LATE JULY ORGANIC^ Dark Chocolate Sandwich Cookies
- LAURA LYNN (Ingles) 10 ct. Hash Brown Potato Patties (CS)
- LE GARDEN BAKERY Vanilla Pound Cake [www.legardenbakery.com](http://www.legardenbakery.com)
- MAUK FAMILY FARMS^^ Garlic & Parsley Raw Flax Seed Crisps, Onion & Curmin Raw Flax Seed Crisps, Raw Mineral Rich Crusts <http://maukfamilyfarms.com>
- PAULA'S CHOICE cosmetics: All Bases Covered Foundation SPF 15 (SB), Constant Color Gel Eyeliner, Extra Strength Blemish Fighting Solution, Smooth Finish Conditioner (SB), Soft Cream Concealer, Ultra Thin Eye & Brow Pencil [www.paulaschoice.com](http://www.paulaschoice.com)
- PEOPLE DROPS^^ Hard Candy: Double Chocolate Fudge, Frosty Chocolate Mint
- PEOPLE POPS^^ Lollipops: Double Chocolate Fudge, Frosty Chocolate Mint
- PROSPERITY ORGANIC FOODS\* Organic Coconut Flax Butter: Basil, Garlic & Onion, Original
- PURE ENCAPSULATIONS supplements Cognitive Aminos, DHA Enhance
- REAL PURITY Natural Styling Gel, Sensitive Hair Spray [www.realpurity.com](http://www.realpurity.com)
- RICHFOOD Vegetable Shortening
- RJ's LICORICE^ Natural Licorice Soft Eating Black
- SEITENBACHER^^ Muesli #10 Look Good Feel Good, Muesli #5 Choco Choco (CS)
- SOY VAY^ Hoisin Garlic Asian Glaze & Marinade, Wasabiyaki
- TOFURKY^ Tofurky Jerky Wishstix (SM)
- TRADERS POINT CREAMERY Milks: Chocolate, Whole
- TRU-WHIP All Natural Whipped Topping (CS)
- WALLABY ORGANIC\* Lowfat Yogurt (possible trace amounts of salicylate in citrus pectin): Dulce de Leche, Key Lime; Lowfat Yogurt: Plain; Nonfat Yogurt (possible trace amounts of salicylate in citrus pectin): Bartlett Pear, Pineapple Coconut, Plain, Vanilla Bean
- WHOLE KITCHEN Potato Gratin Rondelet, Potato Mushroom Gratin Rondelet
- WHOLLY WHOLESOME^^ Pie Shells: Spelt, Traditional, Whole Wheat

## Stage Two

- 365 EVERYDAY VALUE (Whole Foods Market) Chicken Nuggets (paprika), Mediterranean Meat Rub (paprika, red peppers); Crunchy Wheat & Rice Flakes with Strawberries Cereal (CS)
- 365 ORGANIC Blueberry Waffles (elderberries), Garden Grains Veggie Burger (red peppers), Mini Blueberry Waffles (elderberries), Orange Juice from Concentrate, Orange Juice from Concentrate Plus Calcium
- 365 ORGANIC Hearty Whole Grain Toasted O's Cereal (green tea)
- AGNES VERY VERY ORGANIC BAKE'MMM BAGELS\* Artisan Tuscan Herb Tomato; Classic Cinnamon Raisin Spice
- ALL THE BETTER TO KISS YOU WITH\*^ Chai Mandarin Lip Balm (cloves, oranges) [www.babybearshop.com](http://www.babybearshop.com)
- ALLERGY FREE FOODS\* Chicken Breast Tenders (CS, paprika, red peppers), Country Fried Tenders (CS, paprika, red peppers) [www.allergyfreefoods.com](http://www.allergyfreefoods.com)
- APLEGATE FARMS Organic Genoa Salami (CS, red peppers)
- BELLA'S COOKIES\* Hunky Punky (cloves), Rumazin (raisins)
- BOBOBABY\*^ Organic Frozen Pureed Baby Food: Apple, Apples & Oats, Chickpeas & Tomato Provence
- BUCKBOARD PROVISIONING Ann Lien's Apple Bran Muffin Mix, Chief Pine Leaf's Quick Cornbread Mix (apples), Fort Laramie Blueberry Buckwheat Flapjack Mix, Frank Pope's Blueberry Spread (citrus pectin), General Vallejo's Strawberry Spread (citrus pectin), Genuine Bodie Gingerbread Mix (apples, cloves), Henderson Lewellings Dried Fruit Mix (SF, apples, apricots, blackberries, cherries, cranberries, peaches, raspberries, strawberries), Joe Meek's Sublimity Marion Berry Spread (citrus pectin), Narcissa Whitman's Sweet Potato Biscuit Mix (apples), Pushmataha's Pumpkin Bread Mix (apples), Stagecoach Mary's Strong Black Coffee, Valentine McGillycuddy's Red Raspberry Spread (citrus pectin)
- EYE Q Smooth (CS, apricots) - omega-3 supplement in creamy form that can be eaten directly or mixed with food [www.equazen.com](http://www.equazen.com)
- FALAFEL DIPS & CHIPS Falafel Chips (chili, green & red peppers, paprika, tomatoes)
- FAMOUS WORLD All Natural Beer Bratwurst (CS, chili peppers)
- GHIRARDELLI^ Espresso Escape Intense Dark Chocolate (coffee)
- IMMACULATE BAKING CO.\* Doohicky Oatmeal Raisin Cookies [www.immaculatebaking.com](http://www.immaculatebaking.com)
- JELLY BELLY Natural Channel Jelly Beans Assorted Mix (CS, SF, cherries, grapes, oranges, peaches, plums, strawberries), Summer Fruit Stand Blend (CS, cherries, grapes, oranges, peaches, plums), Tropical Fruit Blend (CS, SF, oranges, strawberries) 800-522-3267
- LANGFORD FOODS^ Petals Garden Bars: Cranberry Original (raisins), Raspberry Orange (raisins) [www.langfordfoods.com](http://www.langfordfoods.com)
- LATE JULY ORGANIC^ Vanilla Bean with Green Tea Sandwich Cookies
- MAUK FAMILY FARMS\*^ Jalapeno Raw Flax Seed Crisps (chili peppers), Raw Breakfast Crusts (goji berries, raisins)
- PEOPLE DROPS\*^ Very Very Cherry Hard Candy
- PEOPLE POPS\*^ Very Very Cherry Lollipops
- SAVE THE FOREST\*^ Organic Snack Bar: Caramel Apple, Chocolate Cranberry (raisins); Organic Snack Pack: Banana Raisin Walnut, Chocolate Peanut Raisin; Organic Trail Mix Bars: Banana Chocolate (almonds, raisins), Cranberry Crunch (almonds, raisins)
- SEITENBACHER\*^ Muesli #11 Apple Cinnamon Cereal (almonds), Muesli #2 Berries & Almonds (apples, raisins, raspberries), Muesli #3 For Active People (almonds, apples, apricots, raisins, strawberries), Muesli #4 Men's Formula (apples, raisins), Muesli #6 Senior's Formula (CS, strawberries), Muesli #7 Gluten Free (raisins), Muesli #9 Pick Me Up Mix (almonds, apples, raisins, strawberries); Organic: Muesli #21 Cashew & Almonds (apricots, raisins), Muesli #22 Raspberry & Almonds (raisins), Muesli #23 Seeds & Almonds (raisins)
- SUNSHINE BURGERS^ Barbecue (SM, red peppers, tomatoes), Southwest (bell & chili peppers)
- SUNSPIRE\*^ Organic Dark Chocolate Cranberries, Organic Dark Chocolate Raisins, Sundrop Almond
- SUNSPIRE\* Organic Strawberry Spreadable Fruit (citrus pectin)
- TOM'S OF MAINE\*^ Natural Clean & Gentle Care SLS-Free Anticavity Plus Dry Mouth Soother Fluoride Toothpaste Apricot (orange); Natural Clean & Gentle Care SLS-Free Antiplaque Plus Whitening Fluoride Free Toothpaste Cinnamon-Clove (oranges); Natural Sensitive Care SLS-Free Antiplaque for Sensitive Teeth Fluoride Free Toothpaste: Black Currant, Wintermint (cloves, oranges, oil of wintergreen)
- VEGA\*^ Meal Replacement Powder: Berry (blueberries, blackberries, boysenberries, cranberries, raspberries, marionberries, grapes), Chocolate (blueberries, blackberries, boysenberries, cranberries, raspberries, marionberries, grapes), Natural (blueberries, blackberries, boysenberries, cranberries, raspberries, marionberries, grapes); Whole Food Energy Bar: Berry (almonds, raisins, cranberries), Chocolate (almonds, raisins), Natural (almonds, raisins)
- WALLABY ORGANIC\* Nonfat Yogurt: Peach, Raspberry, Strawberry, Strawberry Guava (possible trace amounts of salicylate in citrus pectin)
- WATEROOS\*^ All Natural Apple Flavor, All Natural Berry Flavor (cherries, raspberries), All Natural Grape Flavor [www.wateroos.com](http://www.wateroos.com)
- WELCH'S White Grape Mountain Berry 100% Juice (SF)
- WHOLE RANCH Buffalo Chicken Wings (paprika, red pepper), Honey BBQ Chicken Wings (SM, tomatoes)

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.



## Fast Food Question

**Q**: I would like to know why the grilled chicken sandwiches for McDonald's, Wendy's, and Burger King are not in the *Fast Food Guide*. I don't eat beef and would like to be able to get a grilled chicken sandwich when traveling but don't want to risk it since you don't list them.

**A**: **Burger King** chicken breast fillet is treated with various artificial flavors, making it a no-no. The fried chicken options at BK, like most deep fried fast food, are cooked in an oil that is preserved with TBHQ.

**Wendy's** homestyle chicken breast fillet sounds like it should be fine, but it also contains artificial flavoring and is cooked in oil with TBHQ. The same is true for their crispy chicken patty. Even their ultimate chicken grill fillet and their diced chicken contain artificial flavoring.

At **McDonald's** the margarine they use for sauteeing contains artificial flavoring and the cooking oil is preserved with TBHQ!

If your travels take you to a location where there is a Whole Foods Market, a Sunflower Farmers' Market or similar natural foods store, you will find many options. Newer upscale supermarkets offer a dining area and more choices than you find at fast food restaurants. Wegman's (Northeast, Mid-Atlantic) and Ukrop's (Richmond, VA area) are great choices.

Check your recent PIC reports as well as your Foodlist for all the lunchmeats that are now acceptable; there are many chicken and turkey varieties. See Thumann's, Dietz & Watson, and Boar's Head, and in this issue, Hormel. Most supermarkets can make a sandwich to your specifications, and may also have a salad bar plus lots of beverage choices. Today's supermarket can be a great place for lunch!

## In the News

Thanks to the Davis family for appearing on Chicago's WBBM-TV news on Monday night, February 11. This segment, as well as articles in various magazines, have been prompted by the recent English study showing that food dyes and the preservative sodium benzoate can trigger symptoms of ADHD in all children, not just those with a diagnosis. The study, funded by the British government, was published in the September issue of the country's leading medical journal, *The Lancet*.



### Two more reasons to try diet first

◆ The long term use of drugs for symptoms of ADHD does not appear to improve a person's eventual outcome. A study of children, birth to ages 16-18, compared youngsters in the US with those in Finland, where ADHD drugs are seldom used. Researchers from Finland, the UK and US found that both groups of children fared about the same.

◆ The US Food and Drug Administration (FDA) and the Agency for Healthcare Research and Quality will conduct a two-year analysis on the possible risks to the heart for children taking drugs for ADHD. Meanwhile the FDA has instructed drug companies to create patient-friendly explanations of the possible cardiovascular and psychiatric risks.

## Pure Facts

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