

New additives are being hidden in food

...and we don't know what effect they might have on us.

Senomyx and RedPoint Bio are two biotechnology companies creating new chemicals designed to change the way food tastes. The change won't be in the food itself, but in the taste receptors in our mouth so that we perceive the food as tasting different.

The companies have identified hundreds of taste receptors in the mouth and offer various chemicals that will activate or turn off certain of those receptors. This means that a company can reduce the amount of sugar or salt in a product by as much as one-half. Then, with the added chemicals the food will taste as though it had the full amount.

Such foods can be marketed as healthier and will have the familiar tastes that are not found in low-sodium or low-sugar products. Major food companies (Coca-Cola, Nestle, Kraft, Campbell Soup, Cadbury Schweppes) have invested millions of dollars in this new technology. And Senomyx has announced that they will be working with Ajinomoto, the world's major manufacturer of MSG.

Because many consumers now avoid foods with added MSG, or its cousins, hydrolyzed vegetable protein and autolyzed yeast extract, there is also a keen interest in alternative ways of accomplishing the same result without the use of these additives.



These additives have no taste of their own; they manipulate our taste buds.

The testing of the additives involved a brief (3 month) study in rats. After that, Senomyx received approval to use them in food from the industry organization, the Flavor & Extract Manufacturers Association. The Food and Drug Administration accepted the industry endorsement and approved the additives as "generally recognized as safe" or "GRAS."

These chemicals are already being used in foods but they are not required to be listed on ingredient labels; instead are covered under the term "artificial flavoring." Why is there so little oversight? The rationale is that because they are used in tiny amounts of less than 100 parts per million, they couldn't possibly have any harmful effects. In other words, "a little bit can't hurt." But they have a dramatic effect on foods, which is why they are being used. The best choice for the consumer is to skip any food with "artificial flavoring."

Food companies have been very secretive about which products will be using these novel additives. But since they have already invested millions of dollars in development they clearly expect to reap rewards. Not only will they be able to claim newly formulated foods are healthier, but they should be able to save money by reducing the amount of sugars.

The biotech companies see a use for their products in drugs. Patients avoid taking some drugs because they taste bitter; the new technology claims it can increase patient compliance by altering the perception of the bitter taste of the drug. But it won't be as simple to avoid these additives in medicines since the pharmaceutical companies are not required to provide complete information on ingredients.

Humans have relied on our sense of taste to determine what things are beneficial and which ones are harmful or even poisonous. Things that taste sweet, savory or salty are generally found in foods that are beneficial, while bitter and sour-tasting things may signal that a substance is poisonous or that a food has spoiled.

Is this manipulation of our food supply and drugs a benefit, or does it bring the potential for unexpected problems? Amid an array of unanswered questions, the technology is proceeding at a rapid pace.

Diagnosis unknown - a mom's search for answers

I sat there crying as I watched my 4-year-old boy bang his head against a wall over and over again. I had called his teacher, the school psychologist, his therapist, and anybody who could help me figure out what could be happening to my son, but nobody had been able to help me.

I looked into Brayden's eyes. They were glazed over and unable to focus on me, and I could just tell that something was "making" him do this.

He had a history of severe reflux, speech delays, gross motor skill delays and sensory processing disorders, and I had also suspected autism. Countless doctors, neurologists and psychologists had all said, "I don't know what is causing his behavior, but it isn't autism." But if it wasn't autism, then what was happening to my darling little boy?

His odd behaviors ran the gamut from having no attention span, saying very odd things, repeating the same strange phrases over and over, having a horrible disposition all day long, aggression and some OCD-type behaviors (obsessive compulsive disorder), just to mention a few. But watching the head banging was more than I could handle; I could not let him go through life like this. I needed an answer and needed it fast.

I had heard of Feingold, and even became a member. Putting my packet in the closet, I thought I'd get to it sometime. But having a four-year-old with special needs, a two-year-old with major sleep issues, and a husband who traveled Monday through Friday, I did not think I had the time or energy to do this diet. When would I have time for extra food shopping trips, and what would McDonald's do without me three times a week? And due to reflux, it was a full year of feeding therapy before Brayden ate his first bite of solid food at 2.5 years old. I thought to myself, "How can I restrict his diet after praying for so long for him just to be able to eat a cookie, a cracker, anything!?" I put Feingold on hold once again.

So what could be causing the head-banging? Then I remembered the only times I had seen him like this were when he was on medicine. I had suspected the dyes and had cut out dyes from the food we ate at home ages ago.

Then it dawned on me. I ran to get his school notes from the past few days and there it was: "Today for snack I had St. Patty's Day Pudding -- vanilla pudding dyed green" and the day before that "a shamrock cookie with green frosting." I watched for the next four days and as suspected, the behavior improved as the dye got out of his system. We had our culprit!



Thanks to a change in his diet, there has been a big change in Brayden. He can now focus on his work and enjoy complicated puzzles without getting frustrated.

As a mom on a mission, I got out my Feingold Shopping Guide and told myself two things. First, I would try it for a month and watch for a change. Surely I could do this for a month. And the second, and most important, was that I owed it to him. How unfair for this child to go through life in a fog, to not be in control of his behaviors and -- worse yet -- to get in trouble for these behaviors. We went cold turkey that day and I was determined to never look back.

But I quickly became discouraged during the first week, with one good day and then one bad one. I almost gave up but my husband pleaded with me to stick with it a little longer since we both knew food additives played some part in Brayden's behavior.

The second week was amazing. I watched my son sit and do a 75-piece jigsaw puzzle for a half hour straight. I took him to play dates where he sat and played contentedly and quietly by himself. Countless friends asked, "What happened to Brayden?" I am proud to say that after explaining the Feingold Diet to them, their children are now on it as well.

I fully expected the diet would alleviate his head-banging since I knew it was a direct result of the dyes, but I was pleasantly surprised when almost all of his other odd behaviors soon disappeared.

Now when I wake him up in the morning he looks at me with a smile instead of a grimace. When I pick him up from school he no longer mumbles some odd phrase under his breath; now he greets me with a smile and a hug!! He can sit and do puzzles, mazes, and play games with no problems. One of the most exciting changes has been that Brayden is now showing signs of a fun personality, making funny faces for the camera and using silly voices -- things most people take for granted.

Our son's problems are not 100% gone, but my nights of crying myself to sleep from worry, and being worn out mentally, emotionally and physically, are over. Thoughts of autism are a distant memory. Now, after six weeks on the diet we have a new child and a happier family.

Rebecca Harris

More stealth additives are hidden in foods

Neotame, which is N-[N-(3,3-dimethylbutyl)-L-aspartyl]-L-phenylalanine 1-methyl ester, is another additive to be hidden under the disguise of "artificial flavor."

Neotame is a newer, much more potent version of aspartame, a synthetic sweetener eliminated on the Feingold diet.

It is 30 times sweeter than aspartame, and about 8,000 times sweeter than table sugar. This means that the amount needed to sweeten foods is extremely small, which allows neotame to go "under the radar" and be added to foods without having to be declared on the ingredient label. Like a growing number of additives, neotame can be an "artificial flavoring."



There are many companies making synthetic sweeteners, and like other synthetic additives, much of it is manufactured in China.

One of the companies selling neotame is NutraSweet Co., the world's largest producer of aspartame. Last year they introduced a version of aspartame in a blue packet, to compete with Equal.

Now they are bringing out a blend of neotame and another synthetic sweetener, acesulfame potassium. This product will be packaged in pink, in competition with Sweet'N Low. And plans are in the works to introduce a third product (that will contain a small amount of real sugar) to compete with Splenda. Not surprisingly, it will have a yellow package.

Epilepsy diet is shown to be effective in recent study

The high-fat Ketogenic Diet has been found to be a valuable treatment for the control of seizures. Even though it has been used effectively for many patients since the 1920's, most doctors have ignored it, opting for drugs instead. The drugs used have mixed results and often have severe side effects.

The study, which was conducted in London, appears in the June issue of *Lancet Neurology*. One group of children had seizures reduced by half, and in five children, seizures were reduced by more than 90 percent.

The Ketogenic Diet uses very high amounts of fat and must be precisely controlled to achieve benefits; parents receive training from the various centers around the world that use the diet.

While the Feingold Association applauds the parents and doctors who opt to follow this challenging regimen, we believe that an initial trial of the much simpler Feingold Diet would be wise since we have had positive results addressing seizures. The Ketogenic Diet includes synthetic additives that are removed on the Feingold Program.

"Popcorn lung" is now officially recognized

Chefs are being exposed to this additive and some companies are advertising their product as "diacetyl-free."



A chemical used to create artificial butter flavoring has been studied by the US National Institute of Environmental Health Sciences, and was found to cause severe lung damage in mice. This verifies what many doctors have found in people who work in factories making artificial flavorings and who breathe in the fumes of the additive.

Diacetyl found in more than just popcorn

The American Culinary Federation has called upon the Food and Drug Administration to remove their GRAS (generally recognized as safe) designation from this chemical. The additive is used in many food products, including oils, butters, sprays and margarines that release diacetyl into the air when they are heated. So people working in food manufacturing plants, commercial kitchens and restaurants are being exposed to the chemical.

The most troublesome products are the butter-flavored pan, grill and saute oils since they have high levels of diacetyl.

The Food and Drug Administration says it does not have any jurisdiction over additives that are breathed in, only those that are eaten. The agency that does have authority is the National Institute of Occupational Safety and Health (OSHA); critics say that they have done very little to protect food workers.

As for the home cooks who use artificially flavored products, they're on their own!

The way we eat

So much processed food is a blend of corn syrup, salt, MSG-type flavor enhancers, and unhealthy fats (plus color and flavor additives). The "light" and "healthy" versions are often worse!

It can be hard to find out what is in brand name processed foods since manufacturers are not obligated to tell the consumer, but it can be even harder to learn what ingredients are used in restaurant foods.

Restaurants put on a happy face in their advertisements, assuring prospective customers that they will be "treated like family," and the staff at local chain restaurants are almost always personable and helpful. But it's a different story behind the doors at their corporate headquarters.



However, the growing number of people who have severe food allergies, as well as those with gluten sensitivities, are causing restaurant chains to provide more information on ingredients in their menu selections, but to date only a minority of national chains are willing to publish their ingredients.

There have been some initiatives to require restaurant chains to post the calorie count of their various dishes in the restaurants, and a bill was introduced in California, but was never enacted.

Dining Out

Another reason for the obesity crisis could be the high-calorie restaurant food that has become the staple diet for a growing number of people.

Journalists David Zinczenko and Matt Goulding compiled a listing of the calories, fat, carbs and sodium in foods served in both fast food and sit-down restaurants in the US. Here is a listing of the selections and calorie count for 20 of them.

Outback Steakhouse Aussie Cheese Fries with Ranch Dressing 2,900
 Chili's Awesome Blossom, fried onion appetizer 2,710
 On The Border Stacked Border Nachos 2,740
 Macaroni Grill Spaghetti & Meatballs with Meat Sauce 2,430
 Uno Chicago Grill Chicago Classic Deep Dish Pizza 2,310
 On The Border Dos XX Fish Tacos with Rice & Beans 2,100
 Chili's Honey Chipotle Crispers with Chipotle Sauce 2,040
 P.F. Chang's Pork Lo Mein 1,820
 Chili's Chocolate Chip Paradise Pie with Vanilla Ice Cream 1,600
 Bob Evans Caramel Banana Pecan Cream Stacked & Stuffed Hotcakes 1,540
 Lonestar 20 oz T-bone Steak 1,540
 Carl's Jr. Double Six Dollar Burger 1,520
 On The Border Grande Taco Salad with Taco Beef 1,450
 Quizno's Classic Italian Sandwich 1,370
 Macaroni Grill Double Macaroni 'n' Cheese 1,210
 Chipotle Mexican Grilled Burrito 1,179
 Ruby Tuesday Bella Turkey Burger 1,145
 Pepperidge Farm Roasted Chicken Pie - supermarket food 1,020
 Jamba Juice Chocolate Moo'd Power Smoothie 900
 Mc Donald's Chicken Selects Premium Breast Strips 830

Some additions to this list:

Wendy's Baconator 1,680
Hardee's Monster Thickburger 1,420
McDonald's 32 oz. Chocolate Triple Thick Shake 1,160

Do fake sweeteners make us fat?



An intriguing study suggests this. Researchers at Purdue University found that rats eating yogurt sweetened with saccharin later consumed more calories, gained more weight, and put on more body fat than rats eating yogurt sweetened with glucose.

Susan Swithers, PhD, and Terry Davidson, PhD, surmised that by breaking the connection between a sweet sensation and high-calorie food, the use of the synthetic sweetener changes the body's ability to regulate intake. The saccharin-eating rats consumed 5% to 10% more calories, gained 20% more weight and increased body fat by more than 5%.

Normally when we begin to eat, our body temperature rises and our metabolism increases. But the rats consuming the saccharin showed a much smaller rise in body temperature. All of these changes could help explain why obesity has risen as the use of synthetic sweeteners has increased.

The article is in the February, 2008 issue of *Behavioral Neuroscience*, published by the American Psychological Assoc.

Pure Fun - a new way to look at candy

Is it possible for a candy to be: all-natural, organic, gluten-free, casein-free, sugar-free, allergen-free, with no genetically modified organisms (GMO's) and a low glycemic index, and still taste delicious? Pure Fun candies fill the bill; what's more, they are also kosher, vegan, and parve. So what is in these candies?

The sweetener used is certified organic brown rice syrup, which provides sweetness without causing blood-sugar levels to rise and fall rapidly. Pure Fun's founder, Luna Roth, has opted to not use tapioca in her candies. Tapioca comes from the cassava plant, which contains a small amount of naturally-occurring cyanide, a powerful poison. While cyanide exposure from tapioca is small, Pure Fun rejects any hazardous substance, even in small amounts. Cyanide is also present in seeds and pits of fruits including apricots, apples and peaches. In tropical climates cyanide exposure is likely to come from eating cassava roots while in the United States, tobacco smoke is the most likely source.



Luna had worked as a consultant to candy manufacturers and routinely brought baskets of additive-laden candy to her grandchildren. Then, in 2001 she found herself recovering from a serious illness and took the advice of her daughter, Amanda, to adopt a healthier diet. When Amanda became pregnant with little Noah in 2004 Luna was inspired to create a candy that would be made with only wholesome, natural ingredients.

Her philosophy is "Candy is fun... it shouldn't hurt!"

The first product she created was an organic cotton candy -- something that was unknown. Then came lollipops, hard candies, and natural red & white striped candy canes, for a total of 30 styles and flavors which are now being distributed throughout North America, and will soon be available in the United Kingdom, Israel, Europe and Asia. Pure Fun is in the final stages of developing an organic jujube candy and organic freeze pops.

To place an order see www.purefun.ca (located in Canada).

PIC unveils exciting new information

Cindy, Lorraine, and the ladies of the Product Information Committee are delighted to announce products which may be added to our list of acceptable foods, as well as some old favorites which had been removed. They have been reformulated and may now be added back.

Kellogg's

Stage One

Keebler Organic Toasteds Harvest Wheat Crackers
Keebler's Ready Crust Graham Pie Crust
Keebler's Ready Crust Reduced Fat Pie Crust
Keebler's Ready Crust Chocolate Pie Crust

Stage Two

Kellogg's Special K
Red Berries Cereal (strawberries, CS)

Dannon

Stage One

Natural Yogurt - Plain
Nonfat Yogurt (trace salicylate in pectin) Plain
All Natural Flavors Yogurt (trace salicylate in pectin):
Lemon, Vanilla
Lowfat Yogurt (trace salicylate in pectin) Plain

Stage Two

99% Fat Free Lowfat Yogurt:
All Natural Strawberry
All Natural Peach
All Natural Cherry
All Natural Blueberry
All Natural Flavors Yogurt: Coffee

White Wave Silk

White Wave Foods has removed the preservatives in the Vitamin A Palmitate!

Stage One

Soymilk:
Plain
Vanilla
Chocolate
French Vanilla

New innovations in food

◆ University of Wisconsin researchers have found that by combining gelatin and papaya protein, they can produce an additive that helps to reduce the formation of ice crystals in ice cream.

◆ Researchers at the University of Illinois have found they can reduce the proteins in soy which are responsible for allergic reactions. They employ a fermentation process and introduce beneficial microbes into the plants.

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

Stage One

ALLERENERGY Soft Pretzels www.allerenergy.com,
also available from AllergyGrocer.com

ANDEAN DREAM* Gluten Free Quinoa: Fusilli, Macaroni,
Spaghetti; Quinoa Cookies: Chocolate Chip, Coconut
www.andeandream.com

APPLE & EVE Home Style Lemonade (CS)

BARBARA'S BAKERY* Snickerdoodle Snackimals

BARE FRUIT^ Banana, Mango, Pears, Pineapple Mango
www.barefruitsnacks.com

BATTER BLASTER Organic Original Pancake & Waffle
Batter www.batterblaster.com

BIRCH HILL HAPPENINGS Unscented - no scent added:
Conditioner, Shampoo, Sulfite & PEG Free Shampoo
www.birchhillhappenings.com

BLACK TOP Alaska Wild Sockeye Red Salmon, Fancy
Sockeye Red Salmon, Pink Salmon, Premium Wild
Alaska Pink Salmon

BOB'S RED MILL*^ Gluten Free Mix: Cornbread, Hearty
Whole Grain Bread (CS), Pizza Crust

CRYSTAL RIVER SOAP Castile Soap Bar, Clay Cleanse
Shampoo Soap Bar, Herbal Baby Powder, Lime Delight
Soap Bar, Original Body Balm, Original Hand & Body
Soap Bar, Original Herbal Body Powder, Original Laundry
& Dishwasher Soap Powder, Original Lip Balm, Original
Shampoo Soap Bar, Original Shaving Soap Bar, Original
Tea Tree Deodorant Stick, Smile Saver™ Original
Herbal Tooth Soap Shreds, Whipped Shea Body Balm
www.crystalriversoap.com

DIETZ & WATSON Bacon Lovers Turkey Breast (CS, N,
SM), Cracked Black Pepper Ham (CS, N),
Mesquite Smoked Turkey Breast (SM)

FIGAMAJIGS Dark Chocolate Covered Fig Bar (CS),
Dark Chocolate Covered Fig Candy Pieces (CS)

HONEY BOY Fancy Alaska Sockeye Red Salmon,
Pink Salmon, Premium Wild Alaskan Skinless Boneless
Red Salmon, Red Salmon, Skinless Boneless Pink
Salmon Chunk Style in Water

JANE'S KRAZY MIXED UP SEASONINGS Original Mixed
Up Salt www.janeskrazy.com

KEEBLER Organic Toasteds Harvest Wheat crackers,
Ready Crust Chocolate Pie Crust, Ready Crust Reduced
Fat Graham Pie Crust (CS), Ready Crust Graham Pie Crust
(CS)

Stage One, continued

MIESSENCE MIENVIRON Biopure Probiotic Household
Cleaner (concentrate) www.spirituality.mionegroup.com
MIESSENCE ORGANICS Toothpastes: Anise, Lemon;
Concealer: Dark, Fair, Medium, Tanned; Lip Creme:
Cinnamon, Grape, Melon, Nutmeg, Paprika; Probiotic
Skin Brightener

MISS ROBEN'S Mock Buttermilk Sugar Free Pancake &
Waffle Mix www.allergygrocer.com

MIVITALITY CERTIFIED ORGANICS Fast-Tract Gluten
Free Probiotic Liquid, In-Liven Probiotic Super Food

NANCY'S^ Plain Organic Lowfat Kefir

NOW* Candida Clear

RISING TIDE SEA VEGETABLES* Maple Kelp Crunch
Organic Energy Bar www.love seaweed.com

RUSTIC CRUST* Pizza Originale Ready Made Old World
Crust

RUSTY ISLAND CHIPS Potato Chips
www.rustyschips.com

SAFE SOLUTIONS Lice R Gone Nontoxic Shampoo,
Not Nice to Bugs Bug Spray, Pet Wash Non Toxic
Shampoo www.safesolutionsinc.com

SEVENTH GENERATION* Chlorine-Free Baby Wipes,
Chlorine-Free Diapers, Chlorine-Free Training Pants;
Free & Clear: 2X Ultra Concentrated Laundry Liquid,
All Purpose Cleaner, Fabric Softener
www.seventhgeneration.com

SHEESE*^ 100% Dairy Free Mozzarella Style
www.blackduckimports.com

SHIP AHOY Alaska Red Salmon, Wild Alaska Pink Salmon,
Wild Fancy Alaska Pink Salmon, Wild Fancy Alaskan
Red Salmon

SILK Light Soymilk: Chocolate, Plain, Vanilla; Soymilk:
Chocolate, Plain, Plus Bone Health Vanilla, Plus Fiber
Vanilla, Plus Omega-3 DHA, Unsweetened, Vanilla,
Very Vanilla

SOYATOO! Soy Whip (CS)

SWEETPEA ORGANIC BABY FOOD Brocoli, Butternut
Squash, Lentils & Root Veggies, Sweet Potato, Turkey
& Veggies, Veggies & Chicken, Veggies, Beef & Barley

THE DIRTY MOOSE Dead Sea Salts, Goat Milk Soap,
Liquid Soap, Natural Squalane, Olive Oil Cream, Olive
Oil Soap, Wheatbran Oatmeal Soap, Shea Butter Fusion
www.thedirtymoos.com

WELLSHIRE FARMS Natural Black Forest Seasoned
Uncured Ham Nugget (SM) www.wellshirefarm.com

WOODSTOWN FARMS*^ Black Forest Ham, Black Forest
Seasoned Uncured Ham Nugget (SM), Cooked Sliced
Black Forest Ham, Cooked Sliced Corned Beef,
Cooked Sliced Pastrami, Premium Beef Franks,
Top Round Sliced Roast Beef

ZEST Alaska Pink Salmon, Wild Alaska Pink Salmon

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.

Stage Two

ALLERGAROO Allergy Friendly Foods: Chili Mac (CS, tomatoes), Spaghetti (CS, tomatoes), Spyglass Noodles (CS, tomatoes) www.allergaroo.com

ANDEAN DREAM* Quinoa Cookies: Cocoa Orange, Orange Essence, Raisins & Spice (cloves) www.andeandream.com

APPLE & EVE Guava Nectar (CS, apples), Mango Mangosteen (CS, apples), Orange Carrot Juice Cocktail from Concentrate (CS), Pomegranate Blueberry (CS, apples)

APPLE & EVE 100% Juice No Sugar Added Juice Box: Orange Tangerine (apples), Sesame Street Cookie Monster's Orange Tangerine (apples)

APPLE & EVE 100% Juice No Sugar Added: Apple, Cranberry (apples, aronia berries), Cranberry Apple (aronia berries), Orange, Pomegranate with Cranberry (apples, grapes), Mango Nectar (CS, apples)

APPLE & EVE Juice with Multivitamins: Concord Grape (apples), Fruit Punch (CS, apples, aronia berries), Kiwi Tangerine (CS, apples), Orange Mango (CS, apples)

APPLE & EVE Organics 100% Juice: Apple Juice (Pomegranate, apples, grapes), Strawberry Mango Passion (apples), Vintage Concord Grape

APPLE & EVE Tropicals 100% Juice: Mango Passion (apples), Paradise Fruit Punch (apples), Pineapple Orange Banana (apples), Strawberry Passion Mango (apple)

BARE FRUIT^ Banana Cherry, Cherry, Cinnamon Apple, Fuji Apples, Granny Smith Apples

BOB'S RED MILL^^ Gluten Free Cinnamon Raisin Bread Mix (CS)

BREAD OF LIFE* Gluten Free: Country Brown Pure Bread (cider vinegar), Multi Grain Pure Bread (cider vinegar), Pumpernickel Pure Bread (cider vinegar)

CRYSTAL RIVER SOAP Pumpkin Spice Hand & Body Soap Bar (cloves)

CURIOUS COOKIE Gluten Free/Casein Free Cookies: Chocolate Chip (raisins), Chocolate Chocolate Chip (raisins), Ginger Cranberry (raisins), Lemon Chocolate (raisins)

DANNON 99% Fat Free Lowfat Yogurt: All Natural Blueberry, All Natural Cherry, All Natural Peach, All Natural Strawberry;
All Natural Flavors Yogurt: Coffee (citrus pectin)

DIETZ & WATSON Champagne Dill Mustard (wine), Chipotle Mustard (bell, chili & red peppers, paprika), Hoagie Dressing (wine vinegar), Honey Mustard (cider vinegar), Kosher Pickles (SB, cucumbers), Sandwich Spread (CS, SB, chili & red peppers, pickles), Smoked Peppercorn Turkey Breast (SM, paprika), Wasabi Mustard (wine), Whole Grain Dijon Mustard (wine)

EDEN^ Organic: Curried Rice & Lentils (chili peppers), Mexican Rice & Beans, Moroccan Rice & Garbanzo Beans (chili peppers, cloves), Spanish Rice & Pinto Beans

Stage Two, continued

FIGAMAJIGS Dark Chocolate Covered Fig Bar with Almonds (CS), Dark Chocolate Covered Fig Bar with Natural Raspberry Flavor (CS) www.figamajigs.com

FRESCA FOODS (Costco) Mediterranean Pizza (bell peppers, tomatoes), Spinach Lasagna (tomatoes) www.frescafoodsinc.com

FUNKY MONKEY freeze dried fruit snacks - Carnival Mix, Purple Funk (acai berries) www.funkymonkeysnacks.com

GLEE^ Bubblegum (CS, oranges) www.gleegum.com (401) 351-6415

GRANDMA FERDON'S Gluten Free Pumpernickel Bread: Full Size, Cocktail Size (cider vinegar, coffee) www.grandmaferdons.com

KELLOGG'S Special K Red Berries (CS, strawberries) (Note: only this version of Special K is acceptable)

LARABAR^^ fruit & nut snack bars: Coconut Cream Pie, Key Lime Pie (almonds); JOCALAT: Chocolate (almonds), Chocolate Cherry (almonds), Chocolate Coffee, Chocolate Hazelnut (almonds), Chocolate Mint (almonds), Chocolate Orange (almonds) www.larabar.com

LIFEVANTAGE Protandim antioxidant supplement (tea) www.protandim.com

MADWOMAN FOODS - Only available in North Dakota - Cheese Pizza (almonds, tomatoes), Gluten Free Flour Mix (almonds), Granola (almonds, raisins), Greek Pizza (almonds, cucumbers, tomatoes), Vegan Cheezie Pizza (almonds, tomatoes), Vegan WhatEver! Flatbread (almonds), Veggie Pizza (almonds, bell peppers, tomatoes); Tea Cake: Banana Chocolate (almonds), Banana Cinnamon (almonds), Blueberry (almonds), Chocolate Cherry (almonds, coffee), Cocoa Mocha (almonds, coffee), Lemon Blueberry (almonds), Lemon Poppyseed (almonds), Orange Chocolate (almonds), Orange Cranberry (almonds), Pecan Cocoa Mocha (almonds, coffee)

PLANETARY HERBS Calm Child Herbal Syrup (cloves) www.planetaryherbals.com

PLAYFOOD Cheezy Cheeze (oranges), Cream Tang (oranges), Nacheezmo (chili peppers, paprika, oranges), Whip Cheeze (oranges)
Note: This is a non-dairy (vegan) cheese substitute made primarily from raw cashews. It comes in a squeezable container. www.playfood.org

RUBY RANGE Gluten Free Spice Cake (cloves) www.therubyrangegourmetfoodmall.com

THUMANN'S The Deli Best Deluxe Virginia Brand Ham - without pineapple & cherries (CS, N, paprika, wine)

THE DIRTY MOOSE Apricot Scrub, Lips SPF 15 (ethylhexyl salicylate), Natural Lips lip balm (almond, apricot)

WOODSTOWN FARMS^^ Spicy Andouille Flavoured Cooked Pork (paprika)

Editorial Comments

"Orthorexia"

One person's wise choice is another person's orthorexia.

The term "orthorexia" has been in the news recently as more light is focused on the food we eat. Coined in 1997 by Dr. Steven Bratman, it describes an unhealthy obsession with eating what one perceives to be the correct foods. (Ortho = correct, rexis = appetite.) Dr. Bratman's own earlier experience with following a rigid dietary regimen was the basis for his ideas, and he offers a checklist to identify someone who is orthorexic. The checklist includes symptoms that are clearly unhealthy ("Do you feel guilt or self-loathing when you stray from your diet?") but it also lists symptoms that would be hard to classify as a disorder ("Have you become stricter with yourself?" "Does your self-esteem get a boost from eating healthy?") And then there's the puzzling inclusion of this one: "Are you planning tomorrow's menu today?" That describes the majority of busy moms throughout the world! When did it become pathological to plan what you are going to buy when you go to the supermarket? Does the act of writing out a shopping list make one mentally ill? I'll bet there's a nifty drug for that!

In addition to "orthorexia" we need another name. What would you call the condition that involves otherwise rational people feeling compelled to eat harmful petroleum-based additives? Petrolexia? Maybe there's a pill for that too!



How do you define "extreme"?

The amount of attention a person pays to his diet is generally governed by the seriousness of the issue.

For a child with a life-threatening peanut allergy, his parent's exceptional efforts are necessary. The adult who suffers a 3-day migraine headache after eating MSG is cautious because it is preferable to suffering. For the parents of a hyperactive child, avoiding food dyes is much easier than dealing with the out-of-control behavior that would follow after he consumed it.

Like most things in life, there is a healthy balance between making good choices and overdoing it. Teaching a child to wash his hands after using the bathroom and before eating is good parenting; teaching him to wash his hands dozens of times a day is neurotic.

Critics sometimes claim that children on the Feingold Diet are obsessed with avoiding certain foods, but aside from the initial period when salicylates are removed, the Feingold Diet is about eating all the foods one enjoys.

Petroleum-based additives aren't foods. In addition to the behavior and learning problems certain synthetic additives can trigger, they have been found to be linked with serious health problems including nerve damage, reproductive damage, DNA damage and cancer. Not so appetizing!

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.

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

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