

# Pure Facts

Newsletter of the Feingold® Associations of the United States



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www.feingold.org

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## England sees results from improved nutrition

Higher test scores, calmer kids and less illness -- a new study documents the benefits of healthier food.



British celebrity chef, Jamie Oliver, was horrified by the food being served to children in the nation's schools and in 2004 he began a campaign of public awareness to improve the food. Low quality, highly processed, additive-laden food was the norm in school cafeterias, with the notorious Turkey Twizzlers becoming the symbol of all that is wrong with the program. (Turkey Twizzlers combine barely-edible parts of turkey with abundant additives; the mix is then deep fried.)

Chef Oliver's Feed Me Better campaign attracted massive publicity in England and has had an impact on countries around the globe. The government was shamed into increasing the amount of money allotted for school lunches, and after initial resistance, later vowed to offer nourishing food to the nation's children.

There was a 15% decrease in absenteeism for the children eating the healthy food.

A study from the University of Essex has found that children in schools that are serving healthy food according to Oliver's recommendations, are scoring higher in English (6% increase in test scores) and science (8% increase), with a modest improvement in math. He notes, "Even while doing the programme, we could see the benefits to children's health....We could see that asthmatic kids weren't having to use the inhalers so often...We could see that it made them calmer and therefore able to learn."

One head teacher commented, "Because the children aren't being stuffed with additives, they're much less hyper in the afternoons now."

Analysis of the school meals the children had previously been consuming indicated that they were low in iron, containing less than half the daily recommended amount. New research suggests that iron plays an important part in various symptoms, including ADHD, Tourette syndrome and what is called "restless leg syndrome" or RLS. There also appears to be a link between RLS and what has long been called "growing pains."

## Iron Deficiency, ADHD and other symptoms

Children who consume a steady diet of foodless foods, deficient in needed nutrients, experience many different behavior, learning and health problems.

Iron has recently been the topic of investigation in numerous medical journals. Here are conclusions found in various journals:

"Overall, these results suggested that lower ferritin (iron) level was associated with higher behavioral problems reported by both parents and teachers." [*Child Psychiatry Hum Dev* 2008 Sep]



"Children with ADHD and a positive family history of RLS (restless leg syndrome) appear to represent a subgroup particularly at risk for severe ADHD symptoms." [*Sleep Med* 2007 Nov]

"Lower ferritin levels were associated with higher hyperactivity scores in parental ratings." [*Pediatr Int* 2008 Feb]

*Continued on page 4*

The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to support its members in the implementation of the Feingold Program and to generate 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.

## We are a Feingold success story

We have been on the diet for nearly two years, and we will never go back.

**M**y son, Brett, was hyperactive and difficult almost from birth. When he was two he was allergy tested and put on allergy medicines for grass allergies. His symptoms included skin rashes, nasal congestion and asthma. I asked the allergist about possible food sensitivities and she told me that if he had any he would naturally detest those foods, so I had nothing to worry about. I even visited the Feingold website at that time and decided to go with the doctor's recommendation.

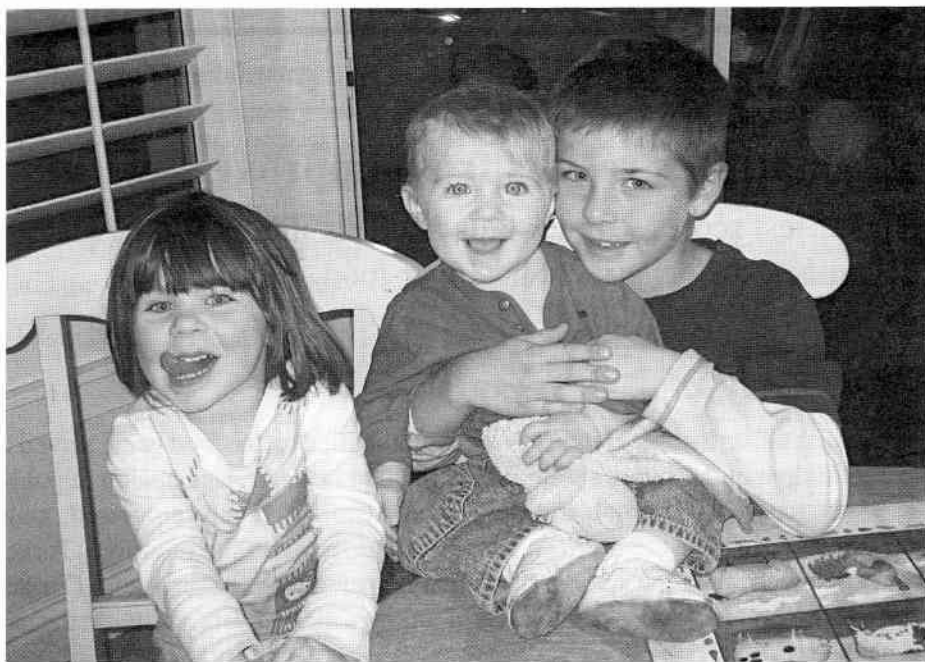
Almost immediately after starting the allergy medicines, my son started getting ear infections. By age four he was losing some speech clarity, so we opted for tubes. The tubes helped for a year, but as soon as they fell out he was back to horrible infections that only added to his behavior woes.

After we started the allergy medicine things became much worse.

His preschool and kindergarten teachers always said he was smart, but very high energy and always getting into trouble. At home, his behavior was explosive and he rarely made eye contact with me when I spoke to him. I worried about what the future held for him.

Before becoming a stay-at-home mom, I had been a teacher for 10 years. I taught upper elementary and junior high and knew the ability to focus, sit still and get along with others was imperative to success.

After Brett's sixth birthday party I became desperate for help. His behavior wasn't improving with age. His size was just making his behavior become very scary; he was now able to



**Brett, Kristen and Ryan - a 100% Feingold baby!**

do damage when he was explosive, and he was explosive to varying degrees at least twice a day.

His pediatrician recommended family therapy, and I kept reading every book I could get my hands on to find out what was wrong.

An ADHD book mentioned the Feingold Diet. It didn't give a glowing review, but it mentioned Dr. Feingold was an allergist who recommended diet changes for children with allergy symptoms and saw their behavior improved as a result of the diet changes. With my son's allergy history, I figured it was worth a try.

We started family therapy the same week we started Feingold. I told the therapist that if our new diet was successful we probably would not be back. We never saw her again.

Within two to three weeks my son's behavior began to completely change. He is now the child I used to see on only rare occasions of clarity. He is

not a perfect child, and he is still an active boy, but he is very normal. He does well in school and even received a grade of Outstanding for behavior on his last report card. He has moments of anger, but his reactions are much more controlled. He is loving, sweet and usually reasonable.
















Brett recently received a grade of "Outstanding" for behavior.

The Feingold Diet has been wonderful for me too. I have really learned to cook and have found out that cooking with real food rather than artificial foods is much more tasty and gratifying. My allergies are also under control. My husband loves all the home cooking, and my little daughter cheers for oatmeal in the morning rather than Froot Loops. It's a great feeling!






*Karen McCormick*

## Using the diet at day care centers and school

One mom offers tips based on her experience.

-  Talk with the director. Explain the concept of the Feingold diet, and give them a few pages of material to read. Explain that it is not a food allergy issue but a sensitivity (i.e., not life-threatening) and if the plan is not followed behavior problems may occur. The kitchen staff (if they have one) and the teacher will need to be brought up to speed. They will probably need to be told that sugar is not the issue.
-  Most schools have procedures for dealing with allergies, but Feingold will probably be new to them.
-  Ask if they can store food for your child, including refrigerated foods.
-  Will there be days when birthday treats will be brought in? And will there be lesson plans that use food?
-  Try to cover only the most important food issues; you can be more particular with the food you serve in your home.
-  Ask for a monthly calendar listing lunches and all snacks. Photocopy the calendar and highlight the offending foods. Give one copy to the staff and keep a second copy at home.
-  Snacks are the easiest part. Make up a list of acceptable brands and/or provide packages of the snacks your child can eat. These can include beverages, fruit cups and dry snacks like pretzels or crackers.
-  If your child will be eating the school's lunch, use the calendar of meals to identify any unwanted item. Ask the teacher to take that off of your child's plate.
-  If you send a packed lunch, use the same lunchbag and thermos with your child's name on them; this will make it easier for the staff to identify his food. Invest in an insulated lunch bag and frozen packs to keep food chilled. If the lunch bag is not always sent home, buy a second, identical set.
-  Tell your child the importance of not sharing food. Instead, see if you can occasionally send in a snack that he can share with everyone.
-  If there will be class parties, see if they can keep some acceptable ice cream or candy on hand for your child. Ask to be notified in advance if possible.
-  Offer to be the Room Mother, and/or offer to do the shopping for food events. If an infraction is not a very serious event, try to be realistic about slip-ups.
-  Check into the Feingold members' message board for help from other parents.
-  Ask for feedback about your child's behavior. But be aware that if a classroom atmosphere is chaotic, it will be stimulating for all of the children, and your child might not show much improvement. A classroom with too many children, new teachers, and classmates with poor eating habits and too little sleep might contribute to a hectic environment.
-  If you notice improvement at home, such as better behavior, better bedtime and sleeping, trust your own instincts. If needed, look for a different daycare facility. This will give your child a chance to learn new behaviors and escape the former teacher's perception that he is a problem child.

### Starting Kindergarten

-  Have information ready for the teacher, school nurse and after-school staff and provide it before school starts, if possible. Provide your email and be available to answer questions by phone.
-  Make it simple. The first month of school is chaotic; the staff has to learn the names, families and special issues for many new children.
-  Initially, they will need to know 1) what your child **cannot** eat, 2) Is it life-threatening if there is an accident? and 3) What substitutes can be used?
-  Packing a lunch will be the best choice. If this is not possible, you will need to have a menu in advance and try to identify acceptable products; however, this is very difficult since school food typically is filled with synthetic additives. The school's food service director might be willing to give you a copy of the complete listing of ingredients in all of the foods they serve.
-  Offer to do the food shopping for class events.

I am now a month into school and am able to have more detailed conversations with the staff. They are familiar with my child and me, and have a basic understanding of the diet. Now I can have further discussion with them about additives. When I drop by the school I carry photocopies of some brand name food ingredient labels to share and talk about, and I give them a copy of the latest *Pure Facts*. We are easing into an ongoing dialogue. [Editor's note: contact FAUS about giving a mini-workshop for the staff.]

Susan Pahwa

## Iron, from page 1

"There was a positive significant decrease in the ADHD Rating Scale after 12 weeks on iron....Iron therapy was well tolerated and effectiveness is comparable to stimulants." [*Pediatr Neurol* 2008]

**Children low in iron do not necessarily test out as anemic.**

"...ADHD, TS (Tourette syndrome) and RLS (restless leg syndrome) may be part of a spectrum, and that iron deficiency contributes to the pathophysiology underlying this spectrum." [*Med Hypotheses* 2008]

For ADHD children who are deficient in iron, supplementation was as effective as stimulant drugs.

"Pregnant women, patients with end-stage renal disease, or iron-deficiency anemia, and children with ADHD have a significantly higher prevalence of RLS....Patients with RLS have lower levels of dopamine in the substantia nigra and respond to iron administration. Iron, as a cofactor in dopamine production, plays a central role in the etiology of RLS. Folic acid administration has also been shown to alleviate the symptoms of RLS..." [*Altern Med Rev* 2007 Jun]

The brain neurotransmitter, dopamine, requires iron in order to function well.

"Some children with growing pains may actually have restless leg syndrome." [*Sleep* 2004 Jun]

The majority of children with ADHD have significantly lower levels of iron than children without ADHD, according to a 2004 study published in the *Archives of Pediatrics and Adolescent Medicine*. The lower their levels of iron, the more severe the symptoms.

## Starting out with too little iron

Infants who received too little iron before and after birth are more likely to experience behavior and learning problems than those with adequate iron intake. These problems continued into teen years, even after they received iron supplementation.

These are the findings of researchers at the Center for Human Growth and Development at the University of Michigan. [*Food and Nutrition Bulletin* Dec 2007]

If there is a family history of Restless Leg Syndrome, or if the child suffers from growing pains, consider a possible iron deficiency.



## Dopamine

Iron is required for the normal functioning of dopamine -- one of the chemical neurotransmitters in the brain. Because dopamine is involved in the control of muscle movements, inadequate levels might be linked with movement disorders like Tourette's syndrome, Parkinson's disease and restless leg syndrome.

## Testing for iron

Too much iron can cause health risks, blocking the absorption of other nutrients, so it should not be given to children except under the guidance of a qualified health care professional. Your doctor can order a ferritin test -- a blood test to determine if iron levels are adequate.

## Iron poisoning

While too little iron can cause many problems, too much can be fatal.

Iron supplements, and those which contain iron, should be treated the same as prescription drugs and kept out of the reach of children. Poison control centers receive many calls each year about children under age 6 who have consumed iron pills or supplements with iron. Swallowing as few as five or six high-potency iron preparations can be fatal for a toddler.

Iron is not a heavy metal, it is an essential micro-nutrient.

## Iron in foods

Many foods contain iron, but the iron found in animal products, particularly red meat, is the most readily absorbed, according to the Iron Disorders Institute.

The best sources on iron include: oysters, liver, beef, poultry (dark meat), tuna, salmon, iron-fortified cereals, dried beans, whole grains, eggs (especially yolks), dried fruits, dark leafy vegetables. Lamb, pork, and shellfish are a fairly good source of iron.

Too little iron can result in reduced IQ, difficulty concentrating, and may affect many systems of the body.

Iron is also found in these foods, but is less well absorbed: whole grains, almonds, Brazil nuts, legumes (such as dried beans), prunes, raisins, dried apricots, broccoli, spinach, asparagus.

Mixing meats high in iron with beans or dark leafy greens at a meal will greatly improve the availability of iron in the vegetables. Consuming foods that are rich in vitamin C will also help increase the absorption of iron.

Some research indicates that using iron cookware is beneficial.

## Mommy Says I Can!

What can you do if you're a Feingold mom whose child is on Stage One and misses having his favorite gummi candies?

Oh, yes, and suppose you are trained in culinary arts, with a particular passion for making candy?

For Birmingham, Alabama mom, Hanson Watkins, the answer was to develop her own line of products, starting with Stage One sour gummi eggs. They will be sold through the Squirrel's Nest Candy Shop for the Easter 2009 season. The candy has the traditional gummi "bite" and the added bonus of being free of corn syrup as well as free of gluten and casein. Hanson will be adding new shapes and flavors after the Easter season.

Last summer the family went on the Feingold diet, and Hanson was impressed by the dramatic positive changes she has seen in her son's behavior. In fact, the changes have been so dramatic that extended family members have joined them in using the diet. But, after going through the "candy seasons" of Halloween, Christmas and Valentine's Day, she knew there was a real need for gummi candies that did not rely on salicylate fruits for their color and flavor.

To order, contact the Squirrel's Nest at (302) 378-2884 or online at [www.squirrels-nest.com](http://www.squirrels-nest.com).



### How to make a statement

Check out the many things available from our Feingold Store imprinted with our messages. Bibs and shirts for baby remind the sitter and relatives that you have a 100% all natural kid. School age kids can sport sweatshirts that point out how gross it is to have petroleum in our food.

There are chefs aprons, hats, mugs, shopping bags, tote bags, and clothing for men and women -- all give you a chance to share some Feingold messages with others.

Visit [www.cafepress.com/FeingoldShop](http://www.cafepress.com/FeingoldShop) or access the site from our home page.

## Shortcuts to Gourmet Cooking and Family Favorites



When Fran Schaffer began using the Feingold Diet to help her son years ago she already had a rich heritage of good food.

Her book teaches us about life in this country through the eyes of the resourceful people who immigrated here. The preparation and enjoyment of food was a central part of their lives, so this enthusiasm and talent are part of Fran's heritage.

She shares old family favorites, but brings them up-to-date with treasures like Quick Microwave Chicken Broth, Tootsie Roll-Like Candy, as well as streamlined Italian favorites that will make you feel like Nonna is there to offer wisdom and encouragement.

### Knox and the mysterious disappearing recipe

Sooner or later Feingolders learn about unflavored gelatin, and how simple it is to make a product that looks like Jell-O, but is actually made out of food, free of synthetic dyes, artificial flavorings and acids.

Years ago, each package of Knox provided instructions on how to make a natural gelatin dessert, but things have changed and the recipe seems to have vanished.

Why would a company remove such a popular recipe that enables consumers to create a tastier, economical, natural alternative? For many years Knox was a family-owned business, but has changed hands many times. It has been owned by Lipton Tea, and Nabisco, but is now owned by Kraft, the Philip Morris Tobacco Company's huge food conglomerate. This parent company also owns...guess what...Jell-O. Here is the missing recipe:

#### Jell-Oh

2 cups juice\*

1 envelope gelatin

Use a sauce pan, not microwave oven.

Measure out juice and place 1 ½ cups in the saucepan.

In the remaining ½ cup of juice, empty the gelatin packet, stir.

Heat the juice in the saucepan to boiling.

Remove from heat and gradually combine with gelatin/juice combination.

Pour into dishes and allow to cool; chill.

\*Fresh pineapple juice will not work

## Healthy US Schools

*Health Magazine* surveyed schools throughout the country and found some wonderful, innovative programs that are combining physical activity, social skills, and good food.

Journalist Tracy Minkin wrote of these enlightened educators who know that education is much more than staying in one's seat or studying for a test. Ten schools around the country received highest honors for healthy, innovative programs. Here are some of the featured schools cited:

The Babylon, NY Senior High School replaced soft drinks with water, milk and juice. They got rid of deep fryers and brought in state-of-the-art ovens. Candy sales were banned.

Some schools offer fresh fruits to students as snacks during the day and allow them to bring water bottles into the classrooms.

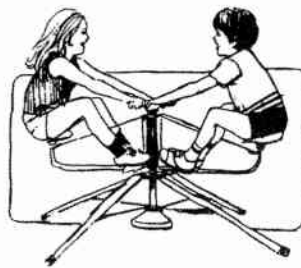
No junky cereals are served at breakfast and no desserts after lunch.

More elementary schools have the teachers and students eat breakfast and lunch in the classroom. This provides a quieter atmosphere than a cafeteria, and is a good place to develop good table manners and conversation skills. It also provides an opportunity for the teacher to build good relationships with the children.

School staff serve as good examples by eating healthy food and being physically active.

In addition to recess and lots of physical activities, schools have developed innovative options like a rock climbing wall, dance, power walks, and ping pong. Some schools open their gym to families, providing activities in the evenings.

The Anthony Elementary School in Leavenworth, Kansas has a program dubbed "Eat, Exercise, Excel!" The school has dramatically raised academic performance and reduced discipline problems by 95% in one year. The students enjoy nearly an hour of physical activity each day, including breaks from academics.



Appleton, Wisconsin's Richmond Elementary School has benefited from the legacy of the well-known school food makeover that was instituted at Appleton's Alternative High School a number of years ago. In addition to "activity breaks," local businesses participate by partnering with the school in after-school bowling and martial arts. The bowling alley even provides a bus to pick the children up after school and take them to the lanes. The staff finds that the children share the things they learn about healthy lifestyles and good food with their parents.

Maine's Mountain Valley Middle School provides opportunities for mountain biking, canoeing, kayaking and nighttime snowshoe walks.

The W.C. Britt Elementary School in Snellville, GA keeps the students engaged with cooking activities, visits to farms, taste tests, school gardens, games and contests that encourage physical activity.

Students at Colorado's Creekside Elementary School help grow food in the school's own organic garden, and then they get to enjoy it at lunch time. Food scraps are composted and all dishes and utensils are either reused or recycled.

Teachers find that children are more attentive in class after they have a break.

The Coopers Elementary School in North Carolina rewards students who walk at least a mile a day with parties and T-shirts. Last year most of the students racked up an impressive 125 miles.

### Health care in the schools

Another aspect of school health addressed by the magazine was the shocking lack of school nurses.

Years ago, when few children required daily doses of medicine, each school had a nurse. But today when asthma drugs, ADHD drugs and epi-pens are commonplace in schools, there are few nurses to be found.

Some school systems have one nurse to handle multiple schools and thousands of children. And others still have a nurse in each school.

Utah schools have an average of one nurse for nearly 5,000 children, while Vermont has one for every 275.





## 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

GF = gluten-free CF = casein-free

## Stage One

BARBARA'S BAKERY\* Cereal: Cinnamon Crunch Shredded Oats

BELGIOIOSO^ Creamy Gorg® (GF)

BELGIOIOSO Mild Provolone (GF), Ricotta Con Latte (GF)

BETTER BATTER Gluten Free Flour (GF, CF)

ENZYMATIC THERAPY\* ^ Acidophilus Pearls™ active cultures (GF)

GLUTEN FREE OATS Old Fashioned Rolled Oats (GF, CF)

EDWARD & SONS^ Dairy Free Chreesy Mashed Potatoes (GF, CF); Black Sesame Brown Rice Snaps (GF, CF)

EDWARD & SONS^ Exotic Rice Toast: Jasmine Rice & Spring Onion (CS, MSG/HVP, GF, CF), Purple Rice & Black Sesame (GF, CF), Thai Red Rice & Flax Seed (GF, CF); Organic Mashed Potatoes: Home Style (GF, CF), Roasted Garlic (GF, CF)

HONEST EARTH^ All Natural: Baby Reds Chunky Mashed Potatoes (GF), Creamy Mash Potatoes (GF), Yukon Golds Chunky Mashed Potatoes (GF)

INDIA TREE^^ Dark Chocolate Decoratifs, Ground Chocolate, Pearl Sugar Belgian (GF, CF), Pearl Sugar Swedish (GF, CF)

KRUSTEAZ Frozen Buttermilk Pancakes (CS)

MACFARMS Milk Chocolate Macadamias (CS)

METROMINT^ Chocolatemint Water (GF, CF), Lemonmint Water (GF, CF), Peppermint Water (GF, CF), Spearmint Water (GF, CF)

NATIVE FOREST^^ Organic Pineapple: Chunks, Crushed, Mini Rings, Slices (GF, CF)

RHODES Bake N Serv (frozen dough): Multi Grain Roll (CS, SF)

TILLAMOOK Medium Cheddar Portion Packs (GF), Monterey Jack (GF), Monterey Jack Portion Packs (GF)

TILLAMOOK Ice Cream: Chocolate (CS, GF), Chocolate Peanut Butter (CS, GF), Mudslide (CS, GF)

TILLAMOOK Tilla-Moos Pack-it-Pals: Colby Jack (GF), Medium Cheddar (GF)

TOFURKY^ Hickory Smoked Deli Slices (SM, CF)

## Product Alert

Hansen's Natural Ginger Ale now contains orange. This product needs to be moved to the Stage Two section of your *Foodlist & Shopping Guide*.

## Stage Two

AC LAROCCO^^ Ultra Thin Sprouted Grain Pizza: Bruschetta Garlic Chicken Parmesan (CS, red peppers), Old World Veggie (bell & red peppers, tomatoes)

ARIZONA CACTUS RANCH Hang Over Terminator™ (GF, CF, apples), Prickly Pear Squares (GF, CF, apples)

BERNOD'S SPUN CITY Certified Organic Grape Cotton Candy (CS, GF, CF, cloves)

BOAR'S HEAD Cocktail Beef Frankfurters (N, SM, GF, CF, cloves, oranges, paprika)

EDWARD & SONS^ Brown Rice Snaps: Salsa (GF, CF, bell, chili & red peppers, paprika, tomatoes)

GOOD SENSE® Organic: Chocolate Banana Trail Mix (GF, almonds, raisins), Country Mix (GF, almonds, raisins), Cranberries, Cranberry Almond Royale (CS, GF, CF), Cranberry Pecan Supreme (CS, GF, CF), Dried & Unsulfured Apricots (GF, CF), Dried Cranberries & Apples (GF, CF), Feel 'N Good Fruit & Nut Mix (GF, CF, almonds, apples, apricots, cranberries, raisins), Jogger's Delite All Fruit Mix (GF, CF), Raw Almonds (GF, CF), Raw Trail Mix (GF, CF, almonds, apples, cranberries, raisins), Roasted & Salted Almonds (GF, CF), Tropical Trail Mix (cranberries); Salad Pizazz: Cherry Cranberry Pecano (CS, CF, elderberries), Honey Toasted Delites (CS, CF almonds), Orange Cranberry Almondine (GF, CF, almonds, elderberries)

METROMINT^ Cherrymint Water (GF, CF), Orangemint Water (GF, CF)

NATIVE FOREST^ Organic Mandarin Oranges (CF)

POLANER All Fruit: Seedless Blackberry (trace salicylate in pectin - citrus fruit, GF, CF, grapes, oranges), Seedless Raspberry (trace salicylate in pectin - citrus fruit, GF, CF, grapes, oranges)

SPARX^ Fine & Dandy Candy: Berry (GF, CF, blackberries, blueberries, raspberries, strawberries), Citrus (GF, CF, oranges, tangerines), Fruit (GF, CF, apples, grapes, peaches)

SUPER FOODS™ KITCHEN Turkey & Spinach Pizza (cider vinegar, tomatoes)

TILLAMOOK Tilla-Moos Pack-It-Pals: Pepper Jack (GF, chili peppers)

TURTLE ISLAND FOODS^ Original SuperBurger (CF, apple cider vinegar); Organic Homestyle Five Grain Tempeh (GF, CF, apple cider vinegar)

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.

## Autism interventions

Last year the Autism Research Institute (ARI) published their findings on various interventions, rating them according to their effectiveness.

More than 26,000 parents of autistic children completed forms on the benefits/downside of three types of intervention: drugs, supplements / biomedical interventions and diets. The ARI has been collecting data on treatments since 1967.

The results for antifungal drugs (Diflucan, Nystatin) were very positive, with 57% and 50% of the children reported as improving, and positive effects were also seen for Valtex and Secretin. But the typical ADHD drugs fared poorly. 43% of the children given Adderall and 47% given amphetamines got worse, as did 45% on Ritalin, and for a large percentage of children the drugs were reported to have no effect.

Many of the supplements and biomedical interventions yielded positive results with only small percentages of parents reporting that their child got worse.

Special diets scored very high in effectiveness and extremely low in negative effects. The highest were: the Gluten-Free/Casein-Free Diet (66% improved), the Specific Carbohydrate Diet (60%), the Feingold Diet (56%), and the Candida Diet (56%).

[www.autism.com/treatable/form34qr.htm](http://www.autism.com/treatable/form34qr.htm)



### Maryland votes to keep dyes in children's food

Earlier this year a senator in the Maryland state legislature introduced several bills to remove synthetic food dyes from products served in public schools and child care centers. Two of the three bills were defeated by the Finance Committee.

Feingold parents testified about the damaging effects these dyes caused in their children. Among those opposing the restrictions were the Grocery Manufacturer's Association, the Maryland Restaurant Association, and Safeway. It is expected that the state Health Department will also oppose the bills, citing increased costs to enforce the ban.

### FAUS Annual Meeting

The Feingold Association will be holding its annual membership business meeting on Friday, June 26, 2009 at 5:00 pm in Linthicum Heights, Maryland.

On Thursday, June 25 the public is invited to attend our outreach workshop from 7:00 to 8:30 pm.

We will be at the Marriott SpringHill Suites Hotel near the Baltimore/Washington International Airport.

#### Fast Food Guide Reminder:

The Einstein Brothers Strawberry Reduced Fat Cream Cheese contains red dye No. 40; please remove it.

## Pure Facts

Editor: Jane Hersey

*Contributing to this issue:*

Carolyn Allen

Lorraine Cordo

Markey Dokken

Cindy Harrell

Janice Shelton

*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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