

## Sweeteners - fake and otherwise

Sugar is making a comeback, while new synthetic sweeteners are being developed.

The Feingold Program recommends members avoid the use of synthetic sweeteners, and has long been critical of the claim that sugar is the cause of hyperactivity and learning disabilities. While we acknowledge that sugar does not contribute to good health, most of us eat too much of it, and giving any child a lot of sugar on an empty stomach is a recipe for disaster, we have found that certain synthetic additives, not sugar, are the likely culprits. The most troublesome aspect of the anti-sugar bias is that it has led parents and educators to believe that giving children food sweetened with synthetic chemicals like aspartame is healthier.

*Watch out, here comes  
Advantame!*



Now, with growing consumer rejection of aspartame, sucralose (Splenda), and high fructose corn syrup (HFCS), cane and beet sugars are being used in more foods, particularly those offered as natural. Three major British supermarket chains are removing aspartame from their store brand products and they are expected to eventually reject brand name products that use the sweetener.

Pepsi now has a version, called "Throwback," that is sweetened with sugar.

Both the aspartame and HFCS industries have spent millions attempting to convince consumers that their products are safe, but this has been difficult in light of the growing suspicion that HFCS is a major factor in the obesity epidemic and that aspartame is linked with serious health problems.

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## Poor Baby!

A widely-used plastic ingredient has been found to lead to aggressive behavior and ADHD, and to impair brain development of infants and children.

Bisphenol-A (BPA) is used in plastic food containers, the linings of cans -- including cans of liquid infant formula, baby bottles and dental sealants, among other uses. It leaches into food, especially when the plastic is exposed to heat, and it acts as an artificial estrogen.

Although the safety of BPA was questioned as long ago as 1938, it is only in the past few years that the considerable amount of research on it has come to the attention of the public.

In August of last year the National Institutes of Environmental Health cautioned that animal research indicated BPA might provoke problems like early puberty, obesity, urogenital abnormalities and ADHD.

The chemical has been linked to many health problems including miscarriages, breast cancer, prostate cancer, and abnormal development of reproductive organs in unborn baby boys. It can damage the development of young brains by disrupting the

effects of estrogen, a hormone that plays many roles in human development, including the developing brain of both males and females. It has been implicated in infertility by preventing an embryo from attaching to the uterus.

BPA has been found to cause increased aggression in laboratory animals as a result of significant changes in the level of the hormone testosterone.

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## Unexplained Reaction!

Chris had been doing so well on the Feingold Program. His parents were delighted as were his teacher and the professionals who had searched for ways to help him.

**B**ut suddenly it all seemed to fall apart! He had reverted to his pre-Feingold days with aggressive behavior and an inability to focus in class. The ADHD was back with a vengeance! Was the diet no longer working? Would the next step be drugs?

When there is an abrupt change in a child's behavior and ability to focus and the child who had been doing well suddenly changes, it's time to do some detective work.

What is different in his life and his world? There is a lengthy checklist in the member's program book (the large book with the spiral binding) and this covers many possible culprits.

Perhaps there has been an emotional trauma -- a divorce, loss of a loved one, death of a pet, move to a new location or any life-changing event that can shake up a child's world.

Has there been an illness and artificially colored/flavored drugs?



Any exposure to pesticides, including lawn spraying and pest control, in the home or school?

Any new pets?

Is it pollen season? This can make a person very irritable and reduce their ability to tolerate salicylates.

Is there a conflict at school, either with an adult or with other children?

Is a relative visiting, along with her favorite perfumes?

Have you kept up with the Product Alerts and removed any foods that are no longer acceptable?

The culprit turned out to be in his home. One of the bathrooms had just been renovated and now featured new cabinets (that gave off an odd smell), new tile (with strong-smelling grout), new paint (giving off VOCs - volatile organic compounds), and then there was the new plastic shower curtain with a distinct smell of its own.

New cars, furniture, rugs, paint, and even electronic equipment are made of/contain synthetic components that can emit chemicals. Any product that gives off a noticeable smell is a warning that the fumes can be a major irritant, especially for a sensitive person. In many cases, these components are derived from petroleum, the source for so many of the additives and fragrances we avoid.

The solution for this family was to get rid of the plastic shower curtain, seal off the bathroom and air it out until all traces of the smell had gone.

Chris is now doing well.

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## Chemicals in the environment and ADHD symptoms

If something gives off a noticeable smell, that's a clue that it might be a problem.

**H**umans can tolerate a certain amount of exposure to harmful chemicals, and our bodies can still function reasonably well, even when our diet is not very good. But we all have limits and some of us are more sensitive than others.

Chris, the child described above, did not have an attention "disorder" or a Ritalin deficit. He was simply reacting to toxic chemicals. Because he had a good diet, his body was well nourished, and he was not ingesting petroleum-based additives, it was easier to identify the reasons for the recent change in his behavior.

When a child who has been doing well suddenly behaves differently, there is a reason.

The new bathroom cabinet was one of the culprits for Chris. New furniture can give off fumes from the volatile organic compounds (VOCs) in the lacquer coating. Or it could have been off-gassing of the formaldehyde in pressed wood products. Some "green" products are being offered with low-VOC lacquer and low-fume formaldehyde. But for most families, it is sufficient to simply let the furniture air out until the odor is gone.

Spring and fall are good times to paint, put in new carpeting or do other home improvement projects since it's easier to air your home out.

For the very sensitive person, buying used furniture (or antiques) is a good option.

## Poor Baby, from page 1

Last year the *Journal of the American Medical Association* published research showing that people with the highest levels of BPA in their blood were more likely to develop diabetes and heart disease than those with low levels.

**Plastic containers cause problems when they are heated or come in contact with hot food.**

BPA can affect the brain neurons of rats at extremely low doses of 0.23 parts per trillion, and the effects take place very quickly, according to a team of researchers at the University of Cincinnati.

**This widely used chemical can affect brain development.**

In 2008 a Food and Drug Administration (FDA) scientific advisory committee criticized the agency for ignoring the evidence that the chemical in baby bottles and formula cans could be damaging to children. Part of the FDA reasoning was the assumption that BPA is quickly metabolized and excreted from the body, but new research at the University of Rochester Medical School found that it is released much more slowly than previously believed.

The non-profit Consumers Union has called for the FDA to include independent research in their evaluation of the chemical, not to rely solely on industry-funded studies.

**Canada has listed BPA as a hazardous substance and will ban it from use in baby bottles.**

Several major US manufacturers have recently announced plans to stop using the plastic in their baby bottles. And consumer organizations are calling for safer options.

Washington state is working to prohibit BPA from use in food containers designed for young children and infants. Other states have followed, and are proposing similar legislation. Even one county -- Suffolk County in New York -- has taken similar steps.

California Senator Diane Feinstein has introduced a bill into the US Senate that would ban BPA, saying that consumers should not be used as guinea pigs to test out this substance which raised safety concerns more than 70 years ago.

The National Toxicology Program suggests consumers reduce the use of canned foods, and when possible, use glass, porcelain or stainless steel containers, especially for hot foods.

Canned vegetables were found to be high in BPA that had migrated into the liquids. Fresh or frozen vegetables might be a better choice.

Amid growing evidence showing the harm BPA can bring, industry trade groups (American Chemistry Council, Grocery Manufacturers Association) continue to defend it. On a positive note, one member of the Chemistry Council, Sunoco, has taken steps to reduce the damage by refusing to sell BPA to companies unless they will guarantee that it will not be used in food and water containers designed for children under the age of three.

### Another culprit

Phthalates, another plastic used in food packaging, is also believed to disrupt hormones. New research from the Mt. Sinai School of Medicine suggests that high levels of phthalates are associated with childhood obesity. Earlier research links them to insulin resistance.

## Poor Baby!

### Postpartum depression

As this newsletter goes to press, the US Senate is expected to pass a law that will establish funds to study and treat postpartum depression (PPD), a common condition among new moms. For the majority of women, symptoms are mild and temporary, but for a small percent the depression can be severe.

This legislation has attracted wide support because it sounds like a good idea. The problem is that "treatment" for depression generally translates to the use of powerful antidepressants, with numerous harmful side effects, including depression, the very condition it is supposed to address.

New Jersey passed legislation similar to what is being called the Mothers Act. It resulted in mandatory screening of new mothers, and some cases of forced hospitalization and drugging, even when the symptoms were not extreme.

These drugs would be given to mothers who are breastfeeding and would also extend to pregnant women. Unborn babies and newborns being exposed to powerful drugs is a chilling prospect. We already know that antidepressants can cause great harm for babies, including birth defects, prematurity and death.

Critics charge that this is a callous effort by the pharmaceutical industry to find new customers for their profitable new drugs. It is similar to the creation of other "disorders" including ADD. Once a symptom is labeled as a disorder it opens the door to the use of drugs to treat the disorder. By the time the damage becomes known and the drugs are discontinued, Big Pharma has enjoyed years of patent protection and enormous profits.

There are effective natural ways to help new moms. See our web site at [feingold.org/mothersact.html](http://feingold.org/mothersact.html).

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## Poor Baby!

### PCBs damage IQ, lead to ADHD symptoms

Researchers in New York have reported the results of a long-term study of children whose mothers were exposed to polychlorinated biphenyls (PCBs) in the area of Lake Ontario. They measured the level of PCBs found in placental tissue and blood samples of 156 newborn infants, and they evaluated their progress at age nine.

Children with higher placental levels of PCBs at birth scored lower on verbal IQ tests and were more distractible than children with lower levels.

PCBs, used in electrical equipment, have been banned since 1977 but are still found in the environment, particularly in the Great Lakes area.

The research, by Paul Stewart et al was published in the October 2008 issue of *Environmental Health Perspectives*.



## Poor Baby!

### Mercury and brain damage

New research from Poland shows that thimerosal (a preservative used in vaccines, which is almost 50% mercury) caused damage to brain development in rats at doses that approximate the amount a child might have received in a vaccine that used the preservative thimerosal. It has been removed from some vaccines but is still found in a few, including the flu vaccine.

The animals who received the thimerosal were slower to learn, anxious and did not interact socially as do most rats. Post-mortem examination also showed reduced brain weight.

## Poor Baby!

### Editorial comments

The menu for baby's diet features an astonishing selection of contaminants.

**P**erchlorate, a toxic chemical used in the propellants for rockets and missiles, has been found in drinking water and infant formula. Last year scientists at the Centers for Disease Control and Prevention (CDC) described their findings in the *Journal of Exposure Science and Environmental Epidemiology*. The chemical can damage the thyroid and interfere with brain development. It is believed that the addition of iodine to infant formula helps to reduce possible thyroid damage.

To the delight of the defense and aerospace industries the previous leaders at the Environmental Protection Agency (EPA) resisted pressure to require those responsible to spend the millions of dollars that are needed to clean up their mess.

In a similar vein, the previous FDA (Food and Drug Administration) announced in December that it is no longer dangerous for pregnant women, nursing mothers and young children to eat fish that is contaminated with mercury. This came on the heels of agency proclamations that melamine in formula and BPA in baby bottles does not pose a risk for infants.

With new leadership at the agency, consumer advocates are hopeful that the welfare of the public will now be the primary concern. The newly appointed FDA Commissioner, Dr. Margaret Hamburg, is the former health commissioner of New York City; and her deputy, Dr. Joshua Sharfstein, served as the commissioner in Baltimore. Both have a strong record of consumer protection.



## Better choices for baby

The Environmental Working Group recommends the use of glass baby bottles rather than plastic, and clear silicone nipples in preference to latex rubber, which is more likely to contribute to allergies. They caution against using a microwave oven to heat the bottles, suggesting that parents warm the bottles in a pan of hot water. The organization also recommends using water that is free of fluoride when reconstituting baby formula.

### BPA-free products

There now are many BPA-free products for babies and children; they include glass bottles and plastic or metal sippy cups without this undesirable additive. If you don't see them in stores, you should be able to find them by doing an Internet search. Here are some brands:

Gerber Gentle Flow bottles

Evenflo classic glass bottles

Born Free plastic bottles and sippy cups

Dr. Brown's bottles

## Baking natural treats - a summer activity for kids



**Z**ebbras are unique animals, and while they look much alike, no two zebras have exactly the same pattern of stripes. Kids are unique as well, so when Lisa and Brian Alm were looking for a mascot for their line of children's baking mixes, the choice seemed clear.

Their children wanted to bake cookies and cupcakes, but the prospect of cooking from scratch was a daunting one, and the Alms use organic food in their own home, so the idea of natural, organic, kid-friendly baking mixes was born.

Actually the products are baking kits, since they contain more than just the mix. Each package contains two versions of fold-out instructions. One side is designed for ages 4 to 9, with simple instructions and photos of children preparing the mix; and on the reverse side are the instructions for older children. Along with the instructions are teaching points and age-appropriate information.

Currently Zebra Mix offers chocolate chip cookies, brownie bites and a cupcake & frosting mix. They are also available as activity kits in plastic tote bags; some come with an apron and wooden spoon or toy animal. They are great to use as birthday gifts for your children's friends.

This fall Zebra Mix will introduce Deluxe Gift Kits that include kid-sized rolling pins, cookie cutters and decorating equipment for cupcakes. They will also be offering mixes for cinnamon twist pretzels and other yummys. Kits will be available in lunchbox-type Treasure Tins.

See [zebramix.com](http://zebramix.com) or call (206) 547-2122 for information.

## Fast and Fancy Chicken

Here's a main dish that can be on the table as quickly as a boxed mix, but your family will think you've gone gourmet.

It is getting increasingly easy to find individually packaged chicken breasts from animals raised without unnecessary chemicals. Or buy the meat on sale, then wrap and freeze it for quick meals.

### Fast and Fancy Baked Chicken

4 servings

- 4 boneless, skinless chicken breast halves
- 2 slices bread, whole grain preferred
- 1 lemon - zest and juice
- salt
- garlic powder

Preheat oven to 400°

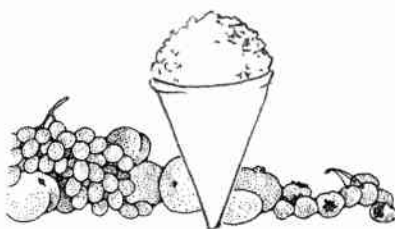
1. Use a food processor to make bread crumbs
2. Grate the rind of the lemon to yield about 1 teaspoon of zest; add to bread crumbs.
3. Place chicken on oiled or foil-lined baking pan.
4. Moisten the top of the chicken with lemon juice and sprinkle with salt and garlic powder.
5. Cover the chicken with bread crumbs - just dump them right on top.
6. Bake, uncovered, in a 400° oven for 18 to 25 minutes till the breadcrumbs are browned and a meat thermometer registers about 155°. Check temperature at 18 minutes.
7. Remove from the oven, cover, and let it rest 5 to 10 minutes. It will continue to cook a bit longer. White meat chicken is done when the temperature is about 160°.

## Shaved Ice, Slushies and Sno Cones

Warm weather brings out these crushed ice confections. They might be cooling, but most of them are filled with junk, so Feingold moms bring their own flavoring.

Look for fruit syrups that are designed to be used on pancakes or on desserts. Check out both the pancake aisle and the gourmet dessert section of your super-market, Whole Foods or natural foods store.

You always have the option of using maple syrup.



Bring some frozen juice or lemonade concentrate and add it to the crushed ice. Or give your child a can of Feingold-acceptable soda to pour over it; a bottle or box of juice would also work. Keep an extra container of juice or soda in the car for unexpected events. It's not hard to find a cup and some ice.

### Advantame

The sweet smell of profits has prompted companies to develop new chemical sweeteners as patent protection for the old ones expires. Ajinomoto, a major manufacturer of both aspartame and monosodium glutamate (MSG), is seeking FDA (Food and Drug Administration) approval for their newest sweetener which they are calling **Advantame**. Like aspartame, consumers don't have much information about what these chemicals actually are, but the company has disclosed that Advantame is created from the same amino acids as aspartame and vanillin (fake vanilla).

### A hidden additive

Aspartame is 200 times as sweet as sugar, but Advantame is said to be "thousands of times sweeter." Like an earlier aspartame cousin, Neotame, Advantame would be permitted to be added to food without being disclosed it on the label since the amount used would be very small. An ingredient that is present in tiny amounts is not required to be listed. Advantame is also likely to be added to various other sweeteners since food manufacturers have learned that blending various sweeteners can enable them to use less product, and save money. Some of the new sweeteners being added to food will be listed as "artificial flavors" so Feingold members will know to avoid them.

### Going green with fake sweeteners?

The food industry resource, *Food Navigator*, reports that the Ajinomoto Company has a new marketing campaign claiming that aspartame is more environmentally friendly than sugar or HFCS since it does not require much land and water to "grow" a synthetic chemical.

### New Natural Sweeteners

As the demand for natural alternatives to synthetic sweeteners grows, more are becoming available. Products based on stevia include Sweet Leaf, Truvia (from the Coca Cola Company), and PureVia (from PepsiCo).

Consumers will soon be hearing about **Cweet**, which is based on brazzein, an intensely sweet berry that grows in Cameroon, West Africa. The finished product is about a thousand times as sweet as sugar, has a taste similar to sugar, has zero calories, can be used by diabetics, is suitable for baked goods as well as beverages, and has no aftertaste.

While this is good news for the American sweet tooth, there is a potential down side.

In order to gain patent rights to these sweeteners (and earn many millions of dollars), and to enable manufacturers to produce them in large quantity, the molecules that provide sweetness are usually chemically modified and synthetically produced.

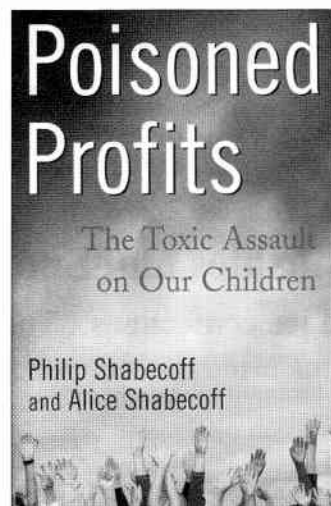
We cannot predict if the new version will be well tolerated by Feingold members or by the general public. We suggest Feingold families avoid these sweeteners until they are well established on the program and are able to identify a reaction. After that, the sweeteners can be cautiously introduced, while you observe to see if there are any reactions.

It will only be after millions of people have used these products that we will have a good idea of what side effects, if any, they have.

*Welcome to the world of human guinea pigs!*

## The Toxic Assault on our Children

Here is a book that discloses what's going on behind the scenes and how the system works, or fails to work.



A new study from Argentina has found that Monsanto's herbicide, Roundup, could cause brain, intestinal and heart defects in babies.

Journalists Philip and Alice Shabecoff peel away the layers of special interests and follow the money to show how and why growing numbers of children are being sacrificed for personal gain. They also offer options to change this. Their well-documented investigation uncovers collusion in unlikely places, including religious establishments. This very readable book is a real eye-opener. Here is one passage, below:

"A study of bisphenol-A commissioned by the American Chemistry Council...selected a type of rat that had been bred over hundreds of generations to be extraordinarily insensitive to estrogen hormones, exactly the hormone disruption that bisphenol-A seems to cause."

## 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\* Crunchy Organic Granola Bars:  
Cinnamon Crisp (CF), Oats & Honey (CF), Peanut Butter (CF)

BEELER'S\* Ham Steaks (SM, GF), Uncured Boneless Ham with Natural Juices: Half, Quartered and Whole (SM, GF)

BELL & EVANS\* Chicken Burgers (GF, CF), Grilled Chicken Breasts (GF, CF)

BRAINCHILD NUTRITIONALS Ashwagandha (GF, CF), Parasite Formula (GF, CF), Pau D' Arco (GF, CF), Spectrum Support Advanced Sensitive (lemon-lime flavored & unflavored, GF, CF)  
([www.brainchildnutritionals.com](http://www.brainchildnutritionals.com))

CARANDO Spiral Sliced Ham Boneless Honey  
Cured wrapped in foil (CS, N, SM, GF, CF)

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

FARMLAND All Natural Boneless Pork Shoulder Butt, All Natural Boneless Pork Sirloin and Sirloin Tip (GF, CF), All Natural Steamship Leg of Pork (GF, CF), Hickory Smoked Bacon (N, SM, GF, CF), Extra Tender® Boneless Pork Sirloin for Strips (CS)

KETTLE CUISINE\* ([kettlecuisine.com](http://kettlecuisine.com)) Chicken Soup with Rice Noodles (GF, CF), Organic Cream of Mushroom & Potato Soup (GF)

NUTRIBIOTIC\* ([www.nutribiotic.com](http://www.nutribiotic.com)) Chocolate Rice Protein (GF, CF), Nasal Spray (GF, CF), Nasal Spray Plus (GF, CF), Plain Rice Protein (GF, CF), Rice Protein Plus Flax Seed (GF, CF)

PITTER PATTIES ([www.pitterpatties.com](http://www.pitterpatties.com)) Spinach Patch (GF), Zucchini Cheezini

PROZONE Nutribiotic Nutritionally Balanced Drink Mix 30.30.40: Vanilla Bean Whey Protein

PURE FUN\* ([www.purefun.ca](http://www.purefun.ca)) Spearmint Swirl Organic Mint Pinwheel (GF, CF)

SPRY\* ([www.xlear.com](http://www.xlear.com)) Infant Tooth Gel (GF, CF)

TEECCINO HERBAL COFFEE ([www.teeccino.com](http://www.teeccino.com)) Maya Herbal Coffee: Caffé Organic (CF), Chai Organic (CF)

WESTERN FAMILY Light Corn Syrup (CS, SF, GF, CF)

ZEBRA MIX ([www.zebramix.com](http://www.zebramix.com)) Brownie Bites Kit (CF), Chocolate Chip Cookie Kit (CF), Zebra Cupcake & Frosting Kit (CF)

SINE-OFF Extra Strength No Drowsiness Formula needs to be removed from your *Foodlist & Shopping Guide* because it now contains artificial color.

These two products need to be moved to the Stage Two section of your *Foodlist & Shopping Guide*:

ORGANIC SOY DELICIOUS\* Chocolate Chip Cookie Sandwich now contains coffee.

SIMMONS All Natural Skeeter Scatter now contains almonds.

### Stage Two

BARBARA'S BAKERY\* Toasted Almond Crunchy Organic Granola Bars (CF)

BEELER'S\* Breakfast Sausage Links (GF, CF, red peppers)

BELL & EVANS\* Breaded Boneless Skinless Breasts (CF), Breaded Chicken Breast Tenders (CF), Breaded Chicken Patties (CF, paprika), Breaded Chicken Patties with Mozzarella (paprika), Buffalo Style Chicken Wings (CS, GF, chili & red peppers, paprika), Buffalo Style Grilled Chicken Breasts (CS, GF, chili & red peppers, paprika), Gluten Free Breaded Boneless, Skinless Chicken Breasts (GF, CF, paprika), Gluten Free Breaded Chicken Breast Nuggets (GF, CF, paprika), Gluten Free Breaded Chicken Breast Tenders (GF, CF, paprika), Gluten Free Breaded Chicken Patties (GF, CF, paprika), Gluten Free Garlic Parmesan Breaded Boneless, Skinless Chicken Breast (GF, paprika), Gluten Free Italian Style Breaded Chicken Patties with Mozzarella (GF, paprika), Honey Barbeque Grilled Chicken Breast (SM, GF, CF, paprika, tomatoes), Honey Barbeque Chicken Wings (SM, GF, CF, paprika, tomatoes)

CARANDO Deli Tub: Alpina Sliced Genoa Salami (CS, N, wine)

GAYLE'S SWEET 'N' SASSY ([www.gaylesbbq.com](http://www.gaylesbbq.com)) Barbecue Sauce: Extra Sassy (SM, GF, CF, cayenne pepper, tomatoes), Honey Sweet (CS, SM, GF, CF, cayenne pepper, tomatoes), Original (SM, GF, CF, cayenne peppers, tomatoes)

NORTHWEST HARVEST ([www.winebarrelgourmet.com](http://www.winebarrelgourmet.com)) Rosemary Red Wine Pasta Salad (CS, SF, CF, bell peppers, tomatoes); Soup: Red Wine Barley and Lentil (CS, SF, CF, bell peppers, tomatoes), Red Wine Lentil (CS, SF, GF, CF), Red Wine Minestrone (CS, SF, CF, tomatoes), Red Wine Split Pea (CS, SF, GF, CF, oranges, tomatoes), Red Wine Vegetable Bean (CS, SF, GF, CF, tomatoes)

ZEVI A Ginger Root Beer (GF, CF, oil of wintergreen)

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.



## Ticks!

Thanks to Chris for passing this tip along to us; it came from a school nurse who has had a lot of experience in this department.

Apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-soaked cotton ball and swab it for about 15-20 seconds. When you lift the cotton ball off, the tick will be stuck to it and will come off.

This is especially helpful for removing ticks from children and pets, and is far less traumatic than most other methods.

## Better than Teflon

When Teflon-coated pans are exposed to very high temperatures it is believed that they can give off harmful fumes from the powerful chemicals (abbreviated as PTFE and PFOA) that are used to make the non-stick coating.

Cuisinart has developed a line of Green Gourmet Cookware that appears to offer the benefits of Teflon without the down side. The non-stick surface is made of a ceramic, with none of the above chemicals. The cookware can handle heat up to 500° and can be placed in the oven or under a broiler.

Green Gourmet sets and individual pieces can be purchased online, especially at Amazon.com where the prices are more affordable, and at Bed Bath & Beyond, where their 20% coupon reduces the cost even more.

### *Moving?*

Please be sure to let us know your new address. The Post Office will not forward your newsletter since it is sent via bulk mail.

**Fast Food Guide reminder:** Please remove the Einstein Brothers Strawberry Reduced Fat Cream Cheese, which contains Red 40.

## Coming soon: *Our Cookbook!*

A book of Feingold favorite recipes is nearly completed and we expect it to be available for sale by the end of summer.

The book will have 300 recipes of all types that are especially valuable for families on the Feingold Program. Each recipe notes whether it is on Stage One or Stage Two.

There will be a section covering helpful tips for special occasions, travel, holidays, and lunchbox ideas. We will be keeping you posted on the cookbook via *Pure Facts*, e-mails and our web site.



## Safer Preservative?

Food chemists have a growing number of natural preservatives that can be used in place of the petroleum-based BHA and BHT and as a substitute for sodium benzoate.

**Guarana** is a fruit that grows in the Brazilian rain forest. The seeds of this small red berry can be used to create an effective preservative that has anti-oxidant, antibacterial and antifungal properties. It can be used in foods, drugs and cosmetics. Some nutritional beverages use sodium benzoate as a preservative, but the addition of guarana would be a better option. Guarana is already found as an ingredient in various energy drinks where it is valued because it provides caffeine that is gradually released.

## Pure Facts

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*Pure Facts* is published ten times a year and is a portion of the material provided to members of the Feingold Association of the United States

Membership provides the Feingold Program book which includes Recipes & Two Week Menu Plan, a regional Foodlist containing thousands of acceptable US brand name foods, a telephone and E-mail Help-Line, and a subscription to *Pure Facts*. The cost in the US is \$69 plus s+h. A *Pure Facts* subscription plus Member's Message Board access is \$38/year when ordered separately.

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

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