

Pure Facts

Newsletter of the Feingold® Associations of the United States



December 2009/January 2010

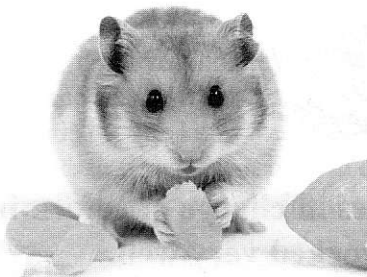
www.feingold.org

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Junk Food Addiction

A common link between obesity and addiction

Rats that were offered a diet of unlimited processed junk food quickly developed an addiction, and required increasingly more of it to satisfy the pleasure centers of their brain. This was the finding of a study from the Scripps Research Institute in Jupiter, FL. It was presented at the annual meeting of the Society for Neuroscience.



One group was given unlimited access to fatty, sweetened processed foods purchased at a local supermarket, while the control group received a standard diet of nutrient-rich chow. The rats fed the junk food quickly developed a taste for it, compulsively eating large amounts, and they soon became obese.

After consuming the junk food for only 5 days the researchers found that those rats showed a dramatic reduction of their brain's ability to experience pleasure. They needed to eat increasingly large amounts of the junk food in order for their brain to experience pleasure; this is a definition for addiction.

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The junk food industry blinks

Their so-called "Smart Choice" system has been exposed as the most recent PR gimmick.

A rating system that considers Froot Loops a good choice was bound to come crashing down. After receiving scathing criticism from Connecticut's attorney general, the Food and Drug Administration, and Yale University's Rudd Center for Food Policy and Obesity, the mega-industries behind this latest scheme have backed down. The coalition of companies announced in October that they would "voluntarily postpone active operations."

The sharpest criticism has been leveled at the extensive promotion of cereals. Not only do they target children in their unrelenting advertising, but with as much as 46% sugar (Quaker Cap'n Crunch with Crunchberries) and 48% (Kellogg's Marshmallow Froot Loops) they might be better classified as breakfast candy.

Cola Defense

As talk of a tax on soft drinks sends shivers down their collective spines, the cola giants are looking for ways to protect their bottom line. Coca-Cola's solution is to sell their drinks in mini cans of just 7.5 ounces for those who have trouble limiting their consumption. Coke is partnering with Pepsi, Kellogg and others in forming what they have dubbed the Healthy Weight Commitment Foundation. Watch for this newest public relations invention to promote exercise as the solution to overweight Americas' ills.

Cola Generosity

A favorite way for industries to try to improve their image is to befriend a respected organization. The American Academy of Family Physicians (AAFP) has accepted a gift of six figures from Coca-Cola to "to help fund nutritional education content on its website." This partnering has brought sharp criticism from nutrition experts and the public resignation of member doctors who charge that an organization that claims to promote public health has no business accepting money from Coke.

An AAFP spokesman defended the grant, saying, "We will move forward with this commitment together by providing educational materials on sweeteners and how to maintain a healthy, active lifestyle while still enjoying many of the foods and beverages consumers love."

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.

To test the level of addiction, both groups of rats were given access to the junk food and were subjected to a foot shock when they ate the unhealthy food. Those rats who had been eating lab chow soon stopped eating the junk food, but the addicted rats continued eating it even though they knew they would receive a shock.

The change in the pleasure centers of the brains of the addicted rats continued for weeks after the junk food had been taken away.

Feingold and dessert

This study appears to provide additional evidence for those who criticize the Feingold Diet for allowing sugary foods (although we encourage moderation). But while most people agree that these foods are not healthy, let's take a broader look.

In our parents' or grandparents' day obesity affected a small percent of people and was not common in children. What is being called "morbid obesity" today was so limited that people who were that much overweight were likely to work in circus side shows.

There are many differences between the food available in supermarkets today compared to what people used to eat, but there's nothing new about dessert. People who could afford them ate candies, cookies and rich desserts but those foods did not seem to have the same effect as today's versions. What's different? Perhaps it has something to do with the fake flavorings, the petroleum-based dyes and preservatives, the hidden MSG and all that high fructose corn syrup. What's more, people who crave junk foods -- blends of fat, sweeteners, additives and too much sodium -- are likely to be deficient in nutrients that might enable them to tolerate a natural dessert.

How the game is played

In the true tradition of the fox guarding the hen-house, the food giants are offering their newest solutions to the problem of childhood obesity.

The Healthy Weight Commitment Foundation is the most recent creation to address the problem of childhood obesity. The members include: PepsiCo, Kellogg's, Nestle USA, General Mills, Coca-Cola, Mars, ConAgra Foods, the Food Marketing Institute, Grocery Manufacturers Association, American Dietetic Association Foundation, Girl Scouts of the USA, and the American Council for Fitness and Nutrition.

For a little more detail, the American Dietetic Association receives grants from the food giants and the Girl Scouts have recently teamed up with Dairy Queen to offer their Blizzard with the various cookies blended in. The Thin Mint cookie Blizzard not only has added yellow and green dye, but the large size contains a whopping 1,000 calories and 31 teaspoons of sugar, according to the Center for Science in the Public Interest.

As for the American Council for Fitness and Nutrition, their members include: Campbell Soup, Coca-Cola, General Mills, Grocery Manufacturers Association, Hershey, J.M. Smuckers, Kellogg, Kraft, Mars, Sara Lee, Unilever, and the Wrigley Company.



Putting junk food companies in charge of reforming themselves has not worked very well.

In 2006 yet another solution was offered and named the Council of Better Business Bureau's Children's Food and Beverage Advertising Initiative. This was a voluntary, self-regulating effort that could only work if companies were willing to reduce the enormous amounts of money they gained as a result of advertising junk food to children.

But the November-December issue of the *Journal of Nutrition Education and Behavior* published a study that found children's shows contain 76% more food commercials per hour than other networks. The majority of these commercials are for junk foods. The shows for older children contain fewer ads for cereals, but focus instead on fast food restaurants, sugary drinks and sweets.

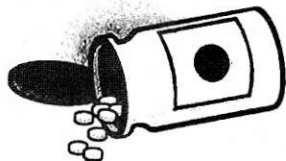
A 2007 study from the University of Liverpool found that children who were exposed to extensive TV ads for junk foods ate twice as much of them as children who did not have this exposure. England has restricted such ads during the hours the children would be expected to be watching.

The sneaky food additive

Sugars and fats are not the only problem with junk food. The widespread use of MSG (monosodium glutamate) in processed foods has been shown to lead to excessive eating and weight gain. This "flavor enhancer" is often disguised under other names such as hydrolyzed protein, autolyzed yeast extract, and even "natural flavorings,"

Obesity and Psychiatric Drugs

Anti-psychotic drugs, increasingly being given to children, appear to stimulate rapid weight gain, and some of the drugs cause an increase in the levels of LDL cholesterol and triglycerides in the blood, according to a report in the *Journal of the American Medical Association* (October, 2009).



Although effective non-drug options are available to help children with serious problems, including autism, schizophrenia, bipolar symptoms, tics and aggression, many doctors limit their treatment to a growing number of powerful medications such as Zyprexa, Seroquel, Risperdal and Abilify.

The study of 272 children, ages 4 to 19, followed them for 6 years. 257 of them were prescribed anti-psychotic drugs and 15 refused. After a period of about eleven weeks the medicated children gained an average of 10 to 19 pounds, with Zyprexa causing the greatest gain. The researchers report that the drugs resulted in a dramatic craving of carbohydrates, and suggest that they might interfere with the chemicals that let us know we have satisfied our hunger. The 15 children who did not receive drugs gained an average of less than one pound during the 12-week test period.

Nutrition can help autism and ADHD

"Many, but not all, studies link exposure to toxins such as mercury, lead, pesticides, and in utero smoking exposure to higher levels of autism and/or ADHD. Some studies have reported many nutritional deficiencies in autism/ADHD patients. Numerous studies have reported that supplemental nutrients such as omega-3 fatty acids, vitamins, zinc*, magnesium, and phytochemicals** may provide moderate benefits to autism/ADHD patients. Avoidance of food allergens, food chemicals, and [adding] chelation therapy may also provide some relief to autism/ADHD patients."

Nutritional and environmental approaches to preventing and treating autism and attention deficit hyperactivity disorder (ADHD): a review. Curtis, LT, Patel, K. *Journal of Alternative and Complementary Medicine*, 2008 Jan-Feb; 14(1):79-85.

Notes: *Food dyes have been shown to deplete zinc levels.

**Pycnogenol is a powerful phytochemical.

What is Pycnogenol?

It is the brand name given to a product made from the bark of the maritime pine tree that grows in the Bordeaux region in France. The extract made from the bark is extremely high in "bioflavonoids" found in fresh fruits and vegetables.

These bioflavonoids are important to our health because they destroy the free radicals that damage our cells, causing health problems of all types and, accelerating aging. Free radicals cause our cells to "oxidize" (just as oxygen can cause metal to rust), while an antioxidant like Pycnogenol counteracts this.

This product has been studied for many years and has shown an impressive record of benefits. A recent study found that Pycnogenol decreased pain and reduced inflammation. Inflammation is part of a healing process where our immune cells fight infections, irritations and injuries. But if the inflammation goes out of control it can attack the body's own tissues, as happens with arthritis and asthma. [The study was published in the journal *International Immunopharmacology*, 2009]



Reduced ADHD Symptoms in Children

A 2007 study found that **Pycnogenol** balances stress hormones, which lowers adrenaline and dopamine, resulting in a decrease of ADHD. [The study was published in the journal *Nutritional Neurosciences*.]

In the previous year a study published in *European Child & Adolescent Psychiatry* showed that children given Pycnogenol for one month had a significant reduction in hyperactivity, and improvement in attention, visual-motor coordination, and concentration. A month after the supplement was discontinued, the children's symptoms returned to their previous levels.

Over the years some parents have reported to the Feingold Association that pycnogenol has had positive benefits for their children.

Phytochemicals

Pycnogenol is high in phytochemicals (or phytonutrients) which refers to the beneficial chemicals created by plants. They are especially abundant in fruits and vegetables; the phytochemical which provides color to tomatoes is called lycopene and the ones that give color to carrots and oranges are carotenoids. These phytochemicals play a very important role in protecting us from aging and from diseases of all kinds.

"Less is More"

The poet Robert Browning first introduced this phrase, which was adopted by architect Mies Van Der Rohe.

It symbolizes the design style based on simplicity that was introduced in the 20th Century. Now, food manufacturers are seeing that it can be an attractive marketing tool, and this is likely to be good news for Feingold members.

Foodies have long said, "If you can't pronounce it, don't eat it," and while this is not always a valid way of getting better food (since some hard-to-pronounce additives are not harmful, and some that are easy to pronounce are harmful) it still works well much of the time.



Savvy consumers are now looking at the length of the ingredient list as a quick guide for judging processed food. Rule #4 in the book *Healthier Food For Busy People* is: "Read the list of ingredients but be suspicious if you find yourself dozing off before you reach the bottom."

In coming months there will be a big increase in foods that have only a few ingredients -- products that use the word "simple" to describe cleaner labels. (Remember those Breyer's ice cream ads with young children reading the brief list of ingredients?)

"Consumers these days not only want to know what's in the stuff they eat and drink -- they want to know what's not," writes Bruce Horowitz of USA Today. "...folks increasingly are demanding cleaner food labels: **no artificial coloring (some of which have been linked to hyperactivity in children)**, no chemical additives (such as MSG) and no chemical preservatives (such as BHA)."

Beech-Nut promises their toddler Let's Grow foods no longer have added sugars and starches, and contain "No Junk." Starbucks is providing food with few ingredients, as is the new line of Haagen Dazs "Five" ice cream, with just 5 ingredients. Even Kraft has trimmed down their Triscuit crackers to just three ingredients (but since their oil could be hiding preservatives, and Kraft does not like to provide detailed information, this might not be an acceptable choice).

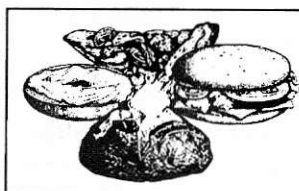
Campbell's Select Harvest soups proclaim that they have "no MSG added," but contain the MSG cousin, yeast extract. The same is true for Swanson's "100% Natural" Chicken Broth.

Fast Food Guide

Our 2010 Fast Food Guide is being mailed out to *Pure Facts* subscribers along with this issue. Please read the caution on page one of the Guide.

Trying to find the ingredients in restaurant food is difficult. A few of the largest chains post a comprehensive list on their web site, but most are reluctant to provide this information and restaurants typically lag far behind food companies in offering healthy innovations. Unlike the brand name foods we research, we must be content with limited data from the chains.

Fast Food
and Restaurant Guide
2010



Eating out is risky for someone who is new to Feingold, but most members can eventually venture into the land of burgers and pizza. But even when a chain looks promising, things can change quickly, as one family found when they recently visited the Atlanta Bread Company. Anna wrote:

"My Fast Food Guide lists the Caesar salad and I have had it in the past with no problem. I ordered that today and the dressing came in a little sealed portion cup and now lists HFCS (high fructose corn syrup) and a very long list of ingredients. They used to make their own croutons from leftover bread. The croutons had cheese and way more spices and tasted like they were pre-made. Also, the cream cheese didn't taste like regular cream cheese.

"So now it's a big crazy reaction for us all and no more ABC! That was the only place we could go to have a complete meal without having to replace buns, and we could actually get sides."

The sad truth

Most people who frequent fast food restaurants are not concerned about natural ingredients and the menus reflect this. Pizza Hut introduced a line of natural, healthy pizzas in 2008 but have dropped it due to lack of customer interest. McDonald's sees no reason to reform their US foods, as they have done in England, since there is not as great a demand here. The small number of natural fast food chains are having a hard time competing with the giants, and this is likely to continue as long as the majority of Americans are willing to pay for poor quality. Even in these difficult economic times, Americans have not gone back to the more economical, healthier home-cooked food; instead, they are choosing the low-cost options served at their neighborhood drive-through.

New cereals from Annie's

"No icky additives or pesky preservatives inside" is the promise from Annie's Homegrown.

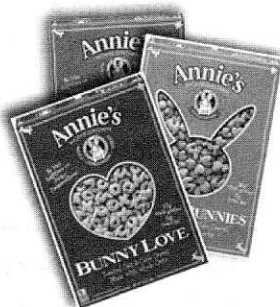
Their new line of cold cereals includes two Stage One and three Stage Two varieties:

Stage One:

Bunny Love
Honey Bunnies

Stage Two

Cinna Bunnies
(peaches)
Fruity Bunnies
(elderberries, peaches)
Cocoa & Vanilla Bunnies
(peaches)



Annie's Homegrown also has a selection of Feingold-acceptable Stage Two fruit snacks: Berry Patch, Summer Strawberry, Sunny Citrus, and Tropical Fruit. (All of them are free of gluten and casein.)

Necco candy ditches fake dyes

The wafers are now colored with dyes made from beet juice, turmeric, paprika, cabbage and cocoa powder.

The 162-year-old New England company is following the trend to remove petroleum-based dyes from many favorite foods. This reflects the growing awareness that dyes can bring on behavior problems, demonstrated in the University of Southampton study, published in 2007.

One third of all new food products introduced in the US in 2008 were advertised as all-natural.



Special K gets a makeover

We always thought it was odd that Kellogg's would promote their Special K (original version) as a healthy choice while preserving it with BHT. And it was even odder when they brought out their Special K with Red Berries -- a cereal that not only contains real (dehydrated) strawberries, but is also free of petroleum-based preservatives. It uses a form of vitamin E, which is a natural preservative.

FAUS wrote to Kellogg's, asking why it was necessary to use BHT in one version but not in another. They assured us that it was not possible to provide the original version without these chemicals, but never really explained why.

Now, many years later, the cereal giant apparently has found a solution and is using the vitamin E preservative alpha tocopherol acetate in the original Special K so it can now be

Goodie Baskets

FAUS members and friends enjoyed holiday baskets that were overflowing with Feingold-acceptable yummys. We are grateful to these companies for their donations to this fund-raising event:

Angel Mints - Florida Candy Factory
B-Fresh Gum
Barbara's Bakery
Bellows House Bakery
Edward & Sons Trading Company
Fisher Nuts
Glee All Natural Chewing Gum
Ian's Natural Foods
Jelly Belly natural jelly beans
Jolly Time Popcorn
Late July Snacks
Matt's Cookie Specialties
NuGo Nutrition candy bars
Pamela's Products
Peelu Dental Chewing Gum
Pure Fun Candy Canes
Q.bel Foods candy
RJ Raspberry Licorice Logs
RM Palmer Company chocolates
Shelton's Turkey Jerky
Sparks Candy - Xlear Company
Squirrel's Nest Candy Shop
Surf Sweet Gummy Bears
Yamate Master Piece Chocolatier

added to the Stage One section of your *Foodlist & Shopping Guide*. More good news is that the **Red Berries** version is still acceptable (Stage Two). But the bad news is that Kellogg's new **Blue Berry** version of Special K is loaded with synthetic additives, including blueberry flavored clusters, blueberry flavored bits, artificial flavors, Red #40, Blue #2, Green #3, Blue #1, Red 40 Lake, Blue #2 Lake, and several doses of BHT.

Prison food and school food

Institutional foods are increasingly relying on meat substitutes to reduce costs. But the costs in health and behavior problems can be high.

Inmates in the Illinois prison system are suing the state to stop the excessive use of soy as a replacement for meat in the foods provided.

The soy-based prison diet began when Rod Blagojevich was elected governor of Illinois in 2002. Beginning in January, 2003, inmates began receiving a diet largely based on processed soy protein with very little meat. In most meals small amounts of meat or meat by-products are mixed with 60-70 percent soy protein; soy cheese has replaced real cheese; and soy flour or soy protein is now added to most prison baked goods. (The soy products are produced by agricultural giant, Archer Daniels Midland, a large contributor to the Blagojevich campaign.)

Excessive amounts of unfermented soy have been linked to numerous health problems the inmates experienced, including: chronic constipation alternating with diarrhea, vomiting, sharp pains, passing out, heart palpitations, rashes, acne, insomnia, panic attacks, depression and hyperthyroidism. The high amount of oxalic acid in soy protein isolate has been associated with kidney stones, heart problems and nerve impairment. Fermented soy (such as soy sauce and tempeh) does not appear to be linked with these health problems.

A 2008 study from the Harvard School of Public Health found that men who consume high amounts of soy have a considerably lower sperm count than men who did not eat soy. Soy contains "phytoestrogens" which are similar to the female sex hormone estrogen.

Soy has become a major allergy food in recent years, most likely due to the excessive use of it in processed foods as well as the fact that most soy today is genetically modified.

Schools, nursing homes and other institutions use many of the same types of foods as prisons.

Florida prisons are making similar changes in their foods, and Georgia prisons are reducing their costs by serving inmates only two meals a day on Friday, Saturday and Sunday.

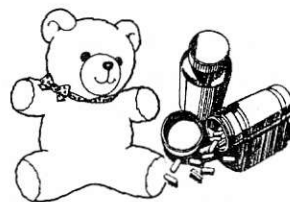
The United States has only 5% of the world's population, but has nearly 25% of the world's prisoners. Most are incarcerated for non-violent crimes. The July/August 2009 issue of *Pure Facts* described one of the successful nutrition-based programs to help rehabilitate prisoners. Prisons would save far more money if they applied the large body of research showing that real food and added nutrients have a direct, positive impact on behavior.

Editorial Comments

Public Broadcasting recently re-ran a Frontline special that first aired in April of 2008. It is titled "The Medicated Child."

This is a disturbing look at the growing use of powerful drugs for young children and teens. Especially compelling was the story of a little boy who had been diagnosed as bipolar (a diagnosis heavily promoted by the Massachusetts doctor, Joseph Biederman, who illegally accepted over \$1 million from drug manufacturers while simultaneously receiving federal funds).

The 4-year-old boy was on a regimen of multiple drugs which caused a dramatic increase in his appetite. Feingold parents winced when the cameras showed his mother feeding him numerous frozen corn dogs, washed down with *blue Gatorade*!



On a different channel viewers can tune in "**The World's Strictest Parents.**" These one-hour segments follow two teens as they spend about a week living with a family that uses "toughlove" to introduce the youngsters to structure and discipline. Clearly, these strict yet caring parents are doing an excellent job of reaching teens who had been heading down a destructive path, and by the end of the show there is a profound difference in the young people.

But there might be another important aspect of these success stories. The host families are usually farmers or ranchers, living a traditional life style without reliance on electronic devices that include excessive TV or video games. The family meals are shared, and the food appears to be the sort of basic traditional dishes our grandparents ate. I do not recall seeing any 2-liter bottles of Mountain Dew in any of the kitchens.

So, along with the toughlove, it is possible that the absence of cigarettes, alcohol, marijuana and synthetic food additives could be contributing to the dramatic improvements in behavior and attitude. The teens return to their own homes with a great deal of motivation to change their lives for the better, and the viewer hopes they will abstain from cigarettes, excessive alcohol and recreational drugs, but if the petroleum-based chemicals are not removed from their diets, they could find it difficult to follow through with their good intentions.

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

365 EVERYDAY VALUE (Whole Foods Market) Cookies:
Vanilla Sandwich Cremes (CS, CF)
ANNIE'S HOMEGROWN Sour Cream & Onion Bunnies
(MSG/HVP), White Cheddar Bunnies (MSG/HVP)
ANNIE'S HOMEGROWN (CF) Cereal: Bunny Love,
Honey Bunnies
ANNIE'S HOMEGROWN (MSG, HVP) Organic Crackers:
Bunny Classic Buttery Rich, Bunny Classics Saltine (CF)
ANNIE'S HOMEGROWN* Bunny Grahams: Cinnamon,
Chocolate Chip (CF), Honey (CF)
BAXTER (Maritimes) Homogenized Milk 3.25% Milk Fat (GF)
BLUEDOMINOES SAFE ART™ Face, Finger & Sidewalk
Paint: Brown, Orange, Red, Yellow (GF, CF)
BOAR'S HEAD EverRoast™ Oven Roasted Chicken Breast
(CS, GF, CF)
BOB'S RED MILL* (GF,CF) Guar Gum, Potato Starch
CALIFORNIA BABY* Wash Up!™: No Fragrance
Moisturizing Handwash (GF, CF)
DAIRYLAND (West Canada) Homogenized Milk 3.5% Milk
Fat (GF)
EDEN* (GF,CF) Brown Rice & Mugwort Mochi,
Sprouted Brown Rice Mochi, Sweet Brown Rice Mochi;
Organic: Red Quinoa
ENZYMATIC THERAPY* (GF,CF) Eskimo-3® Naturally
Stable Fish Oil, Liquid Eskimo-3® Fish Oil
FRUITFULL® Lucuma (CS, GF, CF)
GOLDBAUMS* Brown Rice Pasta - All Shapes (GF, CF)
KELLOGG'S Special K® (CS)
NEILSON (Ontario) Homogenized Milk 3.25% Milk Fat (GF)
NOH^ Haupia Luau Dessert Hawaiian Coconut Pudding
(CS, GF, CF)
NUTRILAIT (Quebec) Homogenized Milk 3.25% Milk Fat
(GF)
RIZOPIA* Brown Rice Pasta - All Shapes (GF, CF)
SMUNCHIES* White Spelt Bread (CF), White Spelt
Rolls (CF)
SYMMETRY^ (Food Service) Green Certified: Foaming
Handwash Unscented (GF, CF)
TOM STURGIS PRETZELS Whole Grain Logs (CS,CF)
VITANICA* Chaste Tree Berry - Vitex Extract Plus (GF, CF)

Product Alert

Ener-G English Muffins now contain apples and oranges and Ener-G Pound Cake now contains apples. Please move these items to the Stage Two section of your Foodlist & Shopping Guide.

Stage Two

ALMOND DREAM^ (GF,CF) Original Almond Drink,
Unsweetened Original Almond Drink
EDEN* Black Bean & Quinoa Chili (GF, CF, bell, chili & red
peppers, tomatoes), Great Northern & Barley Chili (CF,
bell, chili & red peppers, paprika, tomatoes), Kidney Bean
& Kamut Chili (CF, bell, chili & red peppers, paprika,
tomatoes), Pinto Bean & Spelt Chili (CF, bell, chili & red
peppers, paprika, tomatoes)
FOLLOW YOUR HEART*(GF,CF) Reduced Fat Vegenaise
(apple cider vinegar), Sesame Dijon Dressing (wine),
Thousand Island Dressing (apple cider vinegar, chili
peppers, cloves, tomatoes, wine)
GLORY BEE* Organic Agave Stix Fruit Mix (GF, CF,
strawberries)
JANES (MSG/HVP) Pub Style Chicken Breast Nugget (CS,
paprika); Uncooked, Fun Shaped: Kids Chicken Nuggets
(paprika)
KASHI Organic Promise: Strawberry Fields (CF, raspberries)
NATURE CLEAN® ^ Kitchen Surface Cleaner (GF, CF,
oranges)
NOH^ Hawaiian Iced Tea (CS)
NUGO FREE*(CS,GF,CF) Gluten Free, Soy & Dairy Free
Carrot Cake (almonds, raisins), Dark Chocolate Trail Mix
(almonds, cranberries)
PAMELA'S^ (GF) Organic Cookies: Dark Chocolate
Chocolate Chunk Cookies (CF, grapes), Espresso
Chocolate Chunk Cookies (coffee, grapes), Peanut Butter
Chocolate Chip Cookies (CF, grapes), Spicy Ginger
Cookies (CF, cloves, grapes); Simplebites: Ginger Mini
Snapz (SF, CF, cloves)
PURELY DECADENT* Coconut Milk Dairy Free Frozen
Dessert: Mocha Almond Fudge (GF, CF, coffee)
RACHEL'S Exotic Pomegranate Blueberry Yogurt (GF)
SO DELICIOUS (GF,CF) All Natural Coconut Milk Yogurt:
Blueberry, Raspberry, Strawberry, Strawberry Banana
SURF SWEETS* Sour Berry Bears (GF, CF, cherries,
grapes, oranges, raspberries, strawberries)
ZEVIA (GF,CF) Black Cherry Natural Diet Soda, Ginger Ale
Natural Diet Soda (citrus peel)
ZWICKY (SF, CF, almonds, apples, raisins) Fruit Muesli,
Original Muesli (CS)

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.

Past Issues of Pure Facts

During the past year major articles which have appeared in *Pure Facts* include:

December 2008/January 2009

Message to our new leaders
Seizures helped by diet
Better foods at bargain prices

February 2009

Children under stress
Kidney stones
MSG hiding in soups

March 2009

Slushies in the schools
Autism and climate link
Tourette Syndrome

April 2009

England and school food
Iron deficiency and ADHD
Feingold in day care centers

May 2009

Eczema/ADHD connection
Drugs not effective for ADHD
Food allergies

June 2009

Sweeteners, fake & otherwise
Babies and synthetic chemicals
Unexplained reactions

July/August 2009

How does a reaction feel?
Environmental chemicals
Chemically sensitive adults

September 2009

Fixing our troubled economy
Antipsychotics for kids
New books and DVD

October 2009

Sensory processing disorders
Science fair project
The Autism & ADHD Diet

November 2009

Here come the holidays!
Aging on Feingold
Avoid the flu this winter

Another reason to avoid diet soda

A study of more than 3,000 women, followed for eleven years, found that those who drank two or more diet sodas a day had double the risk of damage to their kidneys when compared to women who drank less and those who did not drink diet soda.

The research, conducted at the Brigham and Women's Hospital in Boston, did not show kidney damage from the consumption of sodas that are sweetened with sugar. (But, unfortunately, most soft drinks today are sweetened with high fructose corn syrup, not sugar.)

While the US government considers the sweetener aspartame to be perfectly safe, the British government is seeking volunteers to study the link between aspartame and illnesses.



Feingold Family Pages

We are starting a new project this month called Feingold Family Pages. Everyone who is signed up for our free online newsletter will receive a link to Feingold Family Pages. These pages are filled with program tips, recipes, your family photos, cake of the month, school lunch ideas, and much much more. So if you have not yet signed up for the E-News go to our home page (www.feingold.org) and sign up so you will receive all of the information and ideas that are designed to make life on the Feingold Program easier than ever.

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, 37 Shell Rd, 2nd floor, Rocky Point NY 11778 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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