

# Pure Facts

Newsletter of the Feingold® Associations of the United States



April, 2010

www.feingold.org

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## April Fooling

In honor of April Fool's Day our three favorite news items are: aspartame's make-over, turning toddlerhood into a psychiatric disorder, and "milk protein concentrate."

### "AminoSweet"

If you read labels in an effort to avoid aspartame, you will need to be aware of one more name for this chemical.

In an apparent effort to convey a more favorable identity for their controversial sweetener, Ajinomoto (best known for manufacturing MSG) is giving aspartame a makeover. The new name will be AminoSweet, and it will be marketed as a natural sweetener. (Are they taking their cue from those high fructose corn sweetener ads?)

First developed as a drug by G.D. Searle, the company changed their game plan in the mid-1960s when they discovered that aspartame is intensely sweet. After being repeatedly rejected by scientists and the Food and Drug Administration, and accused of falsifying safety test data, the company brought in Donald Rumsfeld, a friend of the newly-elected President Reagan, and overrode all of the consumer protections that were intended to keep harmful chemicals out of our food supply. (The names for aspartame also include Equal, NutraSweet and Canderel.)



### Temper Tantrums?

Did you know those outbursts your child has aren't really part of the "terrible twos" or just normal frustrations of childhood?

According to the American Psychiatric Association (APA) these episodes are really "**temper dysregulation with dysphoria.**"

The APA determines the official description of many conditions in its *Diagnostic and Statistical Manual* -- the bible of the psychiatric profession.

Professor Christopher Lane of Northwestern University writes, "The organization is clearly opening another Pandora's box, as well as paving the way for medication of even-greater numbers in children and teenagers cycling through emotional stages as part of normal development."

*Continued on page 3*

## New study questions ADHD drug benefits

The long-term outcome of children who have been on medication is not very good.

New research, funded by the West Australian Department of Health, used data from the massive Raine Study, which has been tracking more than 2800 families for over 20 years.

The study of 131 children ages 5 through 14 looked at the safety and effectiveness of the long-term use of stimulant drugs for ADHD.

### School performance below average.

Professor Lou Landau, co-author of the study, was very surprised by their findings. He commented on the use of the drugs, "They don't improve outcomes for those with ADHD, they make no difference to levels of depression, social functioning and self-perception, and for those on medication it is 10 times as likely that classroom performance will be below average." Professor Landau is the Chief Medical Adviser to the West Australian Department of Health.

The researchers also found that children who used medication had higher than normal blood pressure by the age of 14, which could increase the risk for heart attack and stroke, even after medicines were discontinued.

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.

## Nick and Nathan

Years ago I realized that my sons had trouble focusing. My ten-year-old, Nick, had many of the symptoms of ADHD, and for Nathan, almost 8, his problems started at 6 months when I began to introduce baby food.

Nathan failed to grow, and weighed less at one year than he had at six months. He began to recover once I put him on a gluten-free diet, but I would later learn that I was doing all of this backwards, starting with the hardest option first!

I tried various diets in my effort to help Nick, including removing dairy products. He was on the Specific Carbohydrate Diet, but it called for a lot of apples, and I would later learn that he couldn't handle them. Using special foods and keeping tabs on everything the boys ate was an exhausting job.

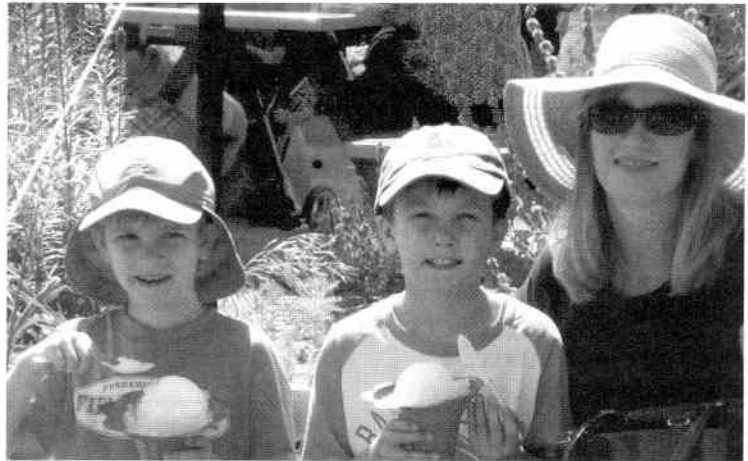
Although I had heard of the Feingold diet, I believed our food was natural as I made most things from scratch. But when I attended a conference on autism in nearby Atlanta, and heard Feingold volunteer Shula Edelkind talk about the program, I decided to look more closely.

My boys have gone from sickly to healthy, and from tantrums to behavior that brings praise from the adults who know them.

Reading *Why Can't My Child Behave?* helped me to understand about the hidden additives in our food and I was eventually able to connect Nick's occasional outbursts to the fish-shaped crackers he ate at preschool.

My usually sweet-natured son would experience headaches, melt-downs and I would see the Jekyll-Hyde personality change.

I learned that the boys couldn't handle some of the natural salicylates, including peaches, oranges and peppers. And strawberries are a big problem for Nathan.



Although many families using gluten-free or casein-free diets know to be diligent about avoiding these things, their children often consume lots of synthetic additives. Our pediatrician has put me in touch with many families of children with severe problems, including autism. I encourage them to start with the easiest options first -- start with Feingold. My life would have been so much easier and we would have seen success more quickly if we had known that. (Happily, we have been able to add back many of the natural salicylates, but we are careful not to overdo them.)

Today my boys are doing so well! They are at the top of their classes and we receive praise about their behavior and level of maturity from teachers and from their principal.

Suddenly, it seemed like the diet was no longer working!

But last year we had a period when all of the progress seemed to evaporate. Nick began to exhibit behavior problems and breathing issues, which he had never experienced. I poured over our diet, but nothing added up. Then, I did what Feingold volunteers often suggest -- I went to his classroom and did a "sniff test."

New regulations from the EPA (Environmental Protection Agency) required schools to increase the intake of fresh air into the building. Since outdoor air is usually far cleaner than indoor air, this is generally a good idea. However, like many schools, the fresh air intake is located where the busses line up, with their engines running and exhaust fumes being drawn into the school. Many of the children were experiencing respiratory problems, including asthma, headaches, stomach aches, and additional behavior problems. The teachers noticed that they didn't feel too well either, but they didn't see that small children are at far greater risk due to their size.

I volunteer at our school and on those days I eat lunch with the boys. Fortunately we bring our own lunches, but we watch and see what happens to the youngsters who eat the food provided by the school.

By lunchtime it seems like the effects of the junk food breakfasts have worn off, and the children walk calmly into the cafeteria. But less than 30 minutes later they fly out, and leave teachers wondering why it's so hard to teach these children in the afternoon.

*Continued on page 3*

## "Milk Protein Concentrate"

Those packages of **American** cheese that boast about being made from milk might be hiding a little secret.

**W**hile there is a surplus of milk in the United States, and dairy farmers are losing money on every gallon of milk produced, and taxpayers pay to stockpile surpluses of dry milk, many U.S. companies are importing milk from abroad. Well, they aren't exactly importing "milk" but rather "milk protein concentrate."

This is the name given to a powdered product that starts out as milk, and is then ultra-filtered to remove the lactose. The large proteins that remain are dried to form a powder. But here's the problem: most of the milk comes from countries with questionable sanitation, and the milk is likely to come from animals other than cows, including yaks and water buffalo. These sources for milk might be okay, but not if the product contains harmful bacteria.

Despite the glut of milk and the low prices paid to farmers, consumers have seen only a modest reduction in the price they pay at their supermarket.

Milk protein concentrate (MPC) has never been approved as an ingredient in foods by the US Food and Drug Administration (FDA), although it is accepted for use in glue. This lack of government approval means it is being used illegally, but the FDA has not taken any action to stop this. Huge dairy companies are pushing the agency to change their standards for what may be added to cheese and other foods. Currently, the legal definition for cheese does not include MPC.

**There's nothing American about cheese with imported MPC!**



The importing of MPC has accelerated in recent years as companies cash in on the added profits from using this low-cost substitute. In the four-year period between 2004 and 2008 the amount of imported MPC jumped by more than 300% and the numbers continue to rise.

Because the lactose (milk sugar) has been removed, MPC is low in carbohydrates, making it attractive for use in diet foods and nutritional beverages.

In 2002 Wisconsin's Representative Tammy Baldwin demanded the FDA enforce the law which makes the use of MPC illegal in food, and more recently Senator Chuck Schumer of New York has introduced legislation to discourage the use of MPC by raising the low tariff on imports.

Meanwhile, check the ingredient labels of ice cream, yogurt, coffee creamers, snack foods, candies, and nutritional drinks, as well as cheese and prepared cheese mixes. If it lists "milk protein concentrate" it might have come from a contented yak.

*Nick and Nathan, from page 2*

## Lunchtime at the School

The things being served in the cafeteria cannot really be called "food." This includes artificially flavored milk (with Red 40 in the "strawberry" version) and marshmallow snacks with brightly colored frosting.

The children have several options. One is a salad composed of shredded lettuce (probably packed miles away and treated with preservatives) and a piece of tomato. It morphs into a main dish with the addition of a bit of cheese and deli meat.

Another option is a defrosted piece of frozen pizza or nuggets of some type. Even the crustless peanut butter and jelly offering comes frozen. How hard is it to make a real peanut butter & jelly sandwich?

By far the scariest lunch I have seen is composed of 2 containers of yogurt (with synthetic additives) and saltine crackers! In the school's defense, I will say that an apple or orange comes with each meal -- although the children generally don't have enough time to eat them. (They are no treat for my salicylate-sensitive boys.)

## Better choices

Like most school districts ours is strapped for cash. What they don't realize is that they are not really saving money by serving the cheapest items they can find. Highly processed food is actually very expensive since most of the costs go toward processing, packaging, profits and salaries.

Then the school pays more for the remedial help and extra staff needed to deal with the problems that result from this foodless diet. But most of all, the children pay because many of them would be excelling, as are my sons, if they only had the nourishment a growing body and brain require.

*Lynn Notgrass*

## Some good news for Mother Earth

### Pesticide ingredients disclosure proposed

The US Environmental Protection Agency (EPA) is proposing new regulations to require pesticides to disclose all ingredients, including inert ones.

The term "inert" refers to any component that does not play an active part in controlling pests, sort of like "inactive" ingredients in drugs, that include fillers and dyes. Just as the dyes in drugs can cause major problems, the inert chemicals in pesticides can cause damage, particularly when they can include toxins like formaldehyde, toluene, bisphenol A, sulfuric acid, benzene and styrene. These inert ingredients can make up more than 99% of the volume of the pesticide!

Thousands of chemicals are permitted to be added to pesticides and are known to the EPA, but this information has not been available to the public. The agency will be accepting public comments on the proposed rule through April 23.



### California judge could stop planting of GM sugar beets

A San Francisco judge will review the case for halting Monsanto's product.

*The Organic & Non-GMO Report* described the down side of using Monsanto's genetically modified (GM) technique: "The process behind genetically modified food involves a careful re-configuration of genes combining e-coli bacteria, soil bacteria and the cauliflower mosaic virus that causes tumors in plants. They add an antibiotic and then artificially force it into plant cells with a gene invasion technique. All this so farmers can douse nearly unlimited amounts of Roundup Herbicide on the crops and the plants won't die." *April Scott*

### Not so Earth-Friendly

Sara Lee Corporation may believe that "nobody doesn't like" being hoodwinked by their new "EcoGrain" bread marketing campaign. But organic activists are enraged by what they call crass, exploitive marketing.

With the popularity of organic foods, some companies are engaged in "greenwashing" -- the attempt to make their products look as good as (or better than) real organic food.

A small portion of the flour used in the EcoGrain breads is grown with wheat that uses 15% less fertilizer than most wheat crops. The remainder of the wheat is grown with the usual petroleum-based fertilizers, pesticides and fungicides. Organic wheat, by contrast, uses none of these chemicals and is grown using sustainable practices that keep the soil healthy.

### Wired Magazine's satirical predictions

This online publication suggests that the Happy Meal of 2013 will be composed of: vat-grown Kobe beef, U-Flavr cola with a squeeze bulb that lets you fine-tune the level of high-fructose cherry-flavoring, plus a free sample of chewable Flintstones Ritalin!

The future of over-the-counter medicines, they claim, will include Liquid-Plumr Cardio for a healthy heart. The product will have "triple-action plaque busting nano-particles that dissolve clogs on contact, and unclogs arteries in minutes." The cherry flavored medicine will be "compatible with all vat-grown organs."

## Why weight-loss diets fail

**"The Old American Diet has stripped nutrients from our food, trained our bodies to store fat, and kept us hungry and unhappy," write Stephen Perrine and Heather Hurlock in their book *The New American Diet*.**

The synthetic chemicals found in our food, plastics, and environment are disrupting our endocrine system, the system of glands that produces the hormones that regulate our body systems. This is the growing consensus of researchers studying the obesity epidemic.

Dr. Jerry Heindel of the National Institute of Environmental Health Sciences explains, "We have data linking environmental chemicals to practically every major human disease, from cardiovascular disease to attention-deficit disorder."

The culprits believed to be of greatest concern include: additives used in processed foods, natural hormones found in soy products, high fructose corn syrup, plastics used to package foods and beverages, pesticides, and growth hormones given to cattle and other animals.

High fructose corn syrup (HFCS) and soy are found in countless processed foods and are a mainstay of animal feed. The HFCS is said to interfere with the hormone that regulates appetite, telling us when we have had enough to eat. Huge amounts of it are found in processed and fast food.

Soy, particularly soy formula, say the authors, promotes the formation of extra fat cells.

**Their advice is to enjoy the food you love, including dessert, but in reasonable portions and made with natural ingredients -- which is a good description of the Feingold Diet!**

## Organic medical food for babies

All babies and children benefit from nutrient-rich, natural foods, but for those with special needs, or who are dealing with food allergies, the superior products are even more important.

The Feingold Association has found that it isn't easy to locate acceptable brands of baby formula, electrolyte drinks and nutritional beverages. Happily, Nature's One has an impressive assortment of products to meet these needs.



### Baby's Only Organic Formula

The formula is available in Dairy Based, Lactose-free and in Soy which the company says is the only **corn syrup-free** soy formula.

### Baby's Only Essentials DHA Fatty Acid Supplement

### Baby's Only Essentials Probiotic Supplement

### Organic Toddler Formula

This comes in Dairy Based (iron fortified), Lactose Free, and Soy (iron fortified).

### Pedia Vance Oral Electrolyte (maintenance) Solution

These are available in organic apple and organic grape; both are Stage Two products.

### Pedia Smart

These organic beverages come in chocolate and vanilla. Because they are powdered, they are easily stored and the concentration can be adjusted to the needs of the child. For best results, chill first or serve with ice. The company says this is the only nutritional beverage on the market that is **free of corn**.

Children who are deficient in various nutrients can benefit from products such as these. And since medicines like anticonvulsants can use up the body's store of nutrients, this makes nutritional supplements even more desirable.

Visit [www.NaturesOne.com](http://www.NaturesOne.com) or call (888) 227-7122.

## Prematurity a major risk for babies

The March of Dimes gives the US a failing grade for the prevention of prematurity, the leading cause of death in infants. Not only is the rate of prematurity (one in eight) higher in the US than in most developed nations, but it has risen about 36% since the early 1980s. New research suggests that adequate amounts of vitamin D3 and omega-3 fatty acids play a large part in preventing prematurity. Fluoride might also be a factor.

### Premature births linked to fluoride in water

Research from the State University of New York (SUNY) was presented at the annual meeting of the American Public Health Association in Philadelphia. Using data collected between 1993 and 2002 the researchers found that there were more premature births in upstate New York communities that had fluoridated water than in those that did not.

### CDC warns against fluoride in infant formula

In August the U.S. Centers for Disease Control issued a paper saying, "It now appears that the amount of the fluoride contained in the water used for mixing infant formula may influence a child's risk for developing enamel fluorosis, particularly if the child's sole source of nutrition is from reconstituted formula."

### ADA also cautions against fluoride for infants

The American Dental Association cautions that fluoridated water should not be used to mix infant formula due to the risk for dental fluorosis.



### *Support for parents of preemies*

Preemies Today is a national non-profit organization helping families of premature babies deal with all of the issues -- both practical and emotional -- that go with the challenges they face.

Visit their site at [www.preemiestoday.org](http://www.preemiestoday.org) for information and details on signing up for their excellent online newsletter.

## Healthy food with Food Stamps

Nobody has to settle for fast food dollar meals. You can enjoy healthy food for just \$5 a day per person.

A family on food stamps with an allowance of \$300 per month for two people can enjoy real food. Nonna Joann Bruso has written about and provided workshops on how to stretch grocery dollars while improving your health. She purchased groceries from a discount supermarket, and included staples like flour. The following is taken from her free Ezine, [www.babybites.info](http://www.babybites.info).

Whole foods, like fresh produce, whole grains, and dairy, satisfy hunger and pack a lot of nutrition into a few bites. Each calorie is nutrient-dense and packed with vitamins, minerals, phytonutrients, and essential amino and fatty acids. Whole foods take longer to digest, warding off food cravings between meals.



### Two-week shopping list:

#### Staples \$36

Brown rice  
Wheat flour  
Extra virgin olive oil  
Mayonnaise with no HFCS  
Rolled oats  
Baking soda  
Baking power  
Honey  
Cinnamon  
Lentils  
Applesauce, 3 lbs - no added sugar  
Red wine vinegar  
Green olives  
Raisins, 1 lb  
Strawberry jelly with no HFCS  
Peanut butter, no added sugars  
Popping corn - 2 pounds  
Salsa - 1 pound

#### Canned Goods \$11

Salmon - 2 cans  
Tomatoes - 3 cans  
Black beans - 2 cans  
Pinto beans - 2 cans  
Organic chicken broth, 32 oz  
Light tuna - 2 cans

#### Dairy, Poultry, Bread \$34

Butter - 1 lb  
Organic eggs - 1 dozen  
Organic milk - 1 gallon  
Plain yogurt  
Mozzarella cheese - 8 oz  
Cheddar cheese - 16 oz  
Organic bread  
Natural chicken breast - 3 lb

#### Produce for one week \$16

Carrots - 1 lb  
Celery - 1 lb  
Green bell peppers - 2  
Onions - 1 lb  
Clementine oranges, bag of 7  
Garlic  
Frozen spinach  
Tomatoes - 2 small  
Bananas - 8  
Lettuce - 1 head  
Avocado

The total, including \$3 tax, came to \$100 with \$25 going toward the cost of food to be used in the second week. This comes to \$75 for the week.

Reprinted with permission from Joann Bruso. Nonna Joann is the author of *Baby Bites, Transforming a Picky Eater into a Healthy Eater*. (See the March issue of *Pure Facts*.) Menu details and recipes can be found on her Ezine.

## Food Stamps for Health

Nearly one American in eight currently receives food stamps and many more are eligible.

A new initiative is encouraging consumers to use the stamps for the purchase of healthy foods by doubling the value of the stamps when they are used to buy things like fresh produce at farmer's markets.

Every dollar spent on food stamps has been shown to have a "ripple effect," generating \$1.80 in economic activity, according to the *Wall Street Journal*.



### Soy allergy?

#### Hydrolyzed vegetable protein poses another problem

The discovery of salmonella in HVP (hydrolyzed vegetable protein) manufactured by a Nevada company is not the only problem consumers face.

People who are **allergic to soy** might not realize that they are ingesting it when they eat food with HVP since it can be made from soy without "soy" being listed in the package ingredients.

This widely-used flavor enhancer provides a way for food manufacturers to use an MSG-type ingredient without having to list the presence of monosodium glutamate (MSG).

Many believe that the growing number of people who are allergic to soy has come from the over-use of the product and from the fact that most soy now grown is genetically modified. Soy is not only widely used in processed foods, but is fed to animals and even fish, which are then consumed by people.

Soy may be in foods under the names: oil, vegetable oil, protein, textured vegetable protein, and lecithin, among others.



## 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

1-2-3 GLUTEN FREE\*<sup>^</sup> [www.123glutenfree.com](http://www.123glutenfree.com)

Deliriously Delicious Devils Food Chocolate Cake Mix (GF, CF), Divinely Decadent Silky & Rich Brownies (GF, CF), Southern Style Corn Bread (GF, CF), Yummy Yellow Cake Mix (GF, CF)

365 EVERYDAY VALUE (Whole Foods Market) Organic: Honey Graham Crackers (CF)

BIO GAIA<sup>^</sup> Probiotic Chewable Tablet (GF), Probiotic Drops (GF), Probiotic Straw (GF)

MEHLENBACHER'S TAFFY Chocolate (CS, GF), Molasses (CS, GF), Peanut Butter (CS, GF), Hot Cinnamon (CS, GF), Lemon (CF, GF) (Hot cinnamon and lemon must be custom ordered; specify no color) [www.mehlenbacherstaffy.com](http://www.mehlenbacherstaffy.com)

MISS ROBEN'S\* Arrowroot Starch (GF, CF), Bette Hagman Flour Blend (GF, CF), Guar Gum (GF, CF), Potato Starch (GF, CF), Tapioca Starch (GF, CF), Xanthan Gum (GF, CF), FreeZ Ice Cream Mix: Versatile (CS, GF, CF)

MISS ROBEN'S\* [www.allergygrocer.com](http://www.allergygrocer.com) Corn Free Baking Powder (GF, CF), Bread Mix: Brown Rice (GF, CF)

OMEGA NUTRITION\*<sup>^</sup> Organic: Hi-Ligan Nutriflax Flax Seed Powder (GF, CF)

ORGANICVILLE\*<sup>^</sup> [www.organicvillefoods.com](http://www.organicvillefoods.com) Island Teriyaki (CS, GF, CF), Non Dairy Ranch Organic Dressing (GF, CF), Sesame Tamari Organic Vinaigrette (GF, CF), Sesame Teriyaki (CS, GF, CF), Organic: Dijon Mustard (GF, CF), Stone Ground Mustard (GF, CF)

PITA GOURMET (available only in Canada and Northeast U.S.) High Fiber Pocket Pita (CP,CF), High Protein Pita (CP,CF), Greek Style Flat Bread: Wheat (CP,CF), White (CP,CF), Mini Pita: White (CP,CF), Whole Wheat (CP,CF), Mr. Pita: Wheat, White (CP,CF)

PURE ESSENCE LABS Candex™ Yeast Management System © (CS)

QUE PASA<sup>^</sup> Organic Blue Corn: Tortilla Chips (GF, CF)

RHODES Warm-N-Serv™: Whole Wheat Rolls

SIMPLY Grapefruit Juice (GF, CF), Limeade (GF, CF)

SUNLAND Natural Valencia Peanut Butter Creamy (GF, CF)

THE NUT LADY GOURMET BAKED NUTS In a Cinnamon Meringue Coating: Cashews (GF, CF), Pecans (GF, CF), Walnuts (GF, CF) [www.thenutlady.biz](http://www.thenutlady.biz)

### Stage Two

365 EVERYDAY VALUE<sup>^</sup> (Whole Foods Market) Organic Mixed Berry Conserve (apples, oranges, black berries, strawberries, blueberries, raspberries)

JELLY BELLY [www.jellybelly.com](http://www.jellybelly.com) Fruit Snacks (CS, SB, SF, GF, CF, apples, cherries, currants, grapes, oranges, raspberries, strawberries)

MEE2ORGANICS [www.mee2organics.com](http://www.mee2organics.com) (retail only in Mid-Atlantic states) Certified Organic Adobo (GF, CF, paprika), NotSooFried Poultry Breeding (GF, CF, paprika, red pepper), Organic NotSooFried Poultry Breeding (CF, paprika, red pepper)

MEHLENBACHER'S TAFFY (must custom order; specify no color): Orange (CS, GF)

NECCO WAFERS<sup>^</sup> Chocolate (CS, GF, CF, coffee)

NUTRITION NOW Rhino Gummy Bear Vitamins (CS, GF, CF, cherries, grapes, oranges, strawberries, citrus pectin), Rhino Gummy Omega-3 with DHA (CS, GF, CF, blueberries, raspberries), Rhino Sour Gummy Bear Vitamins (CS, GF, CF, cherries, oranges, strawberries),

Rhino Swirlin' Calci-Bears with Vitamin D (CS, GF, CF, blueberries, cherries, strawberries, citrus pectin),

Rhino Veggie-Fruit Bears Sour (CS, GF, CF, apple, bilberries blackberries, blueberries, cherries, coffee, cranberries, grapes,) plums, raspberries, tomatoes;

Adult Gummy Vitamins: B Complex (CS, GF, CF, strawberries), Calcium (CS, GF, CF, blueberries, cherries, oranges, strawberries, citrus pectin), CoQ10 (CS, GF, CF, peaches), Multi Vites (CS, GF, CF, blueberries, oranges, peaches), Omega-3 (CS, GF, CF, blueberries, raspberries), Vitamin B-12 (CS, GF, CF, raspberries), Vitamin C (CS, GF, CF, oranges, rosehips), Vitamin E (CS, GF, CF, blueberries, peaches); Adult Multi Vitamins: Vitamin D (CS, GF, CF, blackberries, blueberries, strawberries)

ORGANICVILLE\*<sup>^</sup> [www.organicvillefoods.com](http://www.organicvillefoods.com) Organic Pasta Sauce: Marinara (GF, CF, tomatoes), Portabella (GF, CF, tomatoes), Tomato Basil (GF, CF); Organic: Ketchup (GF, CF, cider vinegar, chili peppers, cloves, paprika), Medium Salsa (GF, CF, bell & chili peppers, tomatoes), Mild Salsa (GF, CF, bell & chili peppers, tomatoes), Original BBQ Sauce (SM, GF, CF, chili peppers, paprika, tomatoes), Pineapple Salsa (GF, CF, bell, chili & red peppers, tomatoes), Tangy BBQ Sauce (SM, GF, CF, cider vinegar, chili peppers, cloves, oranges, tomatoes), Yellow Mustard (GF, CF, paprika)

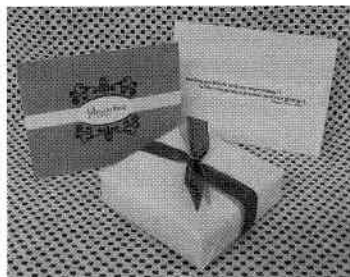
SIMPLY Apple Juice (GF, CF), Grove Made High Pulp Orange Juice (GF, CF), Orange Juice Original Pulp Free (GF, CF)

THE NUT LADY GOURMET BAKED NUTS In a Cinnamon Meringue Coating: Almonds (GF, CF), Sampler (GF, CF, almonds)

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.

## FAUS honors volunteers

Some of our wonderful Feingold volunteers around the country were surprised with a gift of candy donated by the Squirrel's Nest, a Feingold-friendly candy shop in Delaware. [www.squirrels-nest.com]



The lucky recipients were: Carolyn Allen, Joanne Brady, Tracy Fiala, Chris Gardner, Cindy Hoppe, Irma Kennedy, Lisa Lundy, Kathy Martin, Robin Miller, Jenn Palmer, Deanne Scalfo, Mair Schlusser, Renee Shutters, Lisa Stuckey, Janice Shelton, April Walker, Ida Zalaya.

## Candy Sampler

You can order a sampler package of all-natural candies from the Squirrel's Nest. Visit the web site or call (302) 378-1033.

## No Foolin'!

Weight Watchers endorses McNuggets.

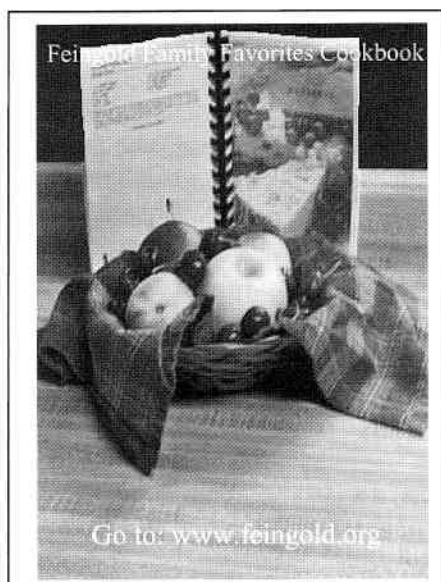
The McDonald's fast food chains in New Zealand will be using the Weight Watcher's logo in their restaurants while the weight-loss corporation will promote some of the McDonald's offerings as a part of healthy eating.

Nutritionists and obesity researchers are outraged over what they consider a blatant marketing ploy at the expense of the public. But McDonald's New Zealand counters that their oil now contains fewer saturated fats than previously. [Because the cooking oil is preserved with TBHQ, it is unacceptable for Feingold members.]

## ADHD drugs in Australia

The Australian government's draft guidelines have reversed their previous recommendations and now advise against the use of drugs as a first line of treatment, particularly for children under the age of six.

This turnabout came after it was discovered that doctors creating the guidelines illegally received large sums of money from drug manufacturers. At the heart of the scandal is Massachusetts child psychiatrist Joseph Biederman.



To order our *Feingold Family Favorites Cookbook*, visit [www.feingold.org](http://www.feingold.org).

## FAUS annual meeting

The Feingold Association will be holding its annual membership business meeting on Friday, June 25, 2010 at 5:00 pm in Linthicum Heights, Maryland.

On Thursday, June 24 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.

## 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 Road, 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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