

Pure Facts

Newsletter of the Feingold® Associations of the United States



July/August 2010

www.feingold.org

Vol. 34, No. 6

Solve many problems with good food

Feingold families have a unique perspective on food; it enables us to identify solutions to some of the major problems our country faces -- improving behavior, learning and health.

No other effort has greater potential to reform many of our country's problems than the prospect of changing school food, and no other group has the unique experience we have to help bring this about.

The skills we learned as we shopped for and prepared better versions of the foods our families like are exactly what are needed in schools. We learned that we have several options: buy the right brand of frozen waffles or make our own, using an acceptable brand of pancake & waffle mix or make them from scratch.

Schools can do this.

We learned that if we simply took away the worst of the additives, it could make a huge difference in the way our kids behave, in their school-work and in their health.

New York City made simple changes like this in their school food between 1979 and 1983. Test scores rose dramatically and the number of children who were more than 2 years behind dropped by more than half. This means fewer children needing expensive special services.

Back in the 1980s Fairfax County, VA made similar changes with no increase in cost for the improved foods.



As we parents gained more knowledge and experience using the Feingold diet, we learned that if we did a little food preparation we could enjoy even better food and cut our grocery costs. This is what Feingold mom Kathy Irion is doing in the Arlington, Vermont public schools. Visit www.School-Lunch.org for details.

Other schools can do this.

As we learned how food is linked to health, we gradually began to upgrade our diets with more fresh fruits and vegetables, whole grains, etc.

We also learned how to spot the gimmicks companies use to make consumers think they are providing healthy food, when it's the same old chemical stew. Now, we can more easily see through the claims that food distributors and food service directors make when they pretend they are providing healthy food.

"Fresh Cooked Food"

Former *Washington Post* reporter Ed Bruske spent a week in the Washington, DC school his daughter attends and wrote about what he saw. Bruske has a web site called "The Slow Cook."

The District reports they have gotten rid of the pre-cooked, plastic wrapped "foods" they had been providing and replaced them with "fresh cooked" foods, prepared in the school's own kitchen.

H.D. Cooke School, where Bruske's daughter is a student, recently had a multi-million-dollar renovation that gave them a brand new stainless steel commercial kitchen with all the bells and whistles, including walk-in freezer and refrigerator. But a closer look turns up some surprises. There is no cooktop and there are no pots and pans -- essentials for any kitchen. But the school kitchen staff doesn't actually cook the food; they heat it in either a convection oven or in a steamer, and the kitchen's director doesn't have training in cooking, as most people would define the term.

The food is supplied by Chartwells-Thompson, a giant food distribution company.

Continued on page 3

From "E.D." to star student

"He won't make it through kindergarten without an aide by his side," Cathy was told by the professionals who evaluated her little boy. She wondered, "What did I do wrong?"

Cathy Gullick knew something wasn't right. Her toddler, Gus, was unable to tolerate the noise and activity of birthday parties, could not handle a trip to the mall, and didn't get along with other children on play dates. In addition to multiple sensory problems, he was plagued with nightmares and night terrors, often waking up frightened and soaked with perspiration. He suffered from chronic ear infections, asthma, poor muscle coordination, and was late in learning to talk. He also had the tics that are a hallmark of Tourette syndrome.

A good friend from her childhood, who was now a holistic doctor, suggested looking at the food they were eating, but Cathy thought it seemed odd to think that the food she was serving would have any connection with her son's many problems. He ate all the usual things other kids eat: hot dogs, chicken nuggets, pizza, bright yellow macaroni & cheese, Jell-O, etc. But she decided to look into a possible food link when she saw a flyer advertising a workshop at her school. The speaker was a volunteer with a group called the Feingold Association.

That workshop was held in 2001 and Cathy vividly remembers the boxes and packages of foods with harmful additives on one side and those without on the other side. She especially remembers seeing the familiar mac & cheese mix that she often used -- but hers was on the "not okay" side; and she saw that she could make a simple switch to the one that was made with white cheese, not neon yellow.

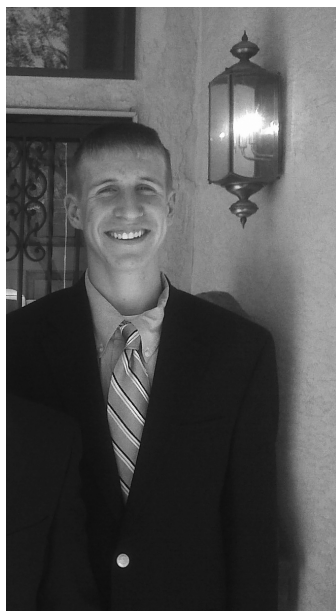
Gus was enrolled in a program run by Child Find, which identifies at-risk preschoolers. Even at this early age, he had an IEP which labeled him as E.D. (emotionally disabled).

Cathy remembers that they had been on the Feingold diet for 10 days when she picked him

up from the Child Find program and brought him home. Instead of taking off in his usual hyperactive whirl, Gus lay down on their sofa and took a nap. This child whose engine never seemed to stop was asleep, and Cathy watched him in amazement.



The Gullicks were not the only ones who noticed profound changes -- everyone thought they had begun using medicine.



As she worked with the diet Cathy learned that her son has a lot of trouble with salicylates. Unlike most children, Gus continues to be very sensitive, but he can tolerate an occasional pizza or bit of ketchup. It doesn't present a problem if they have salicylate foods in the house, Cathy finds, since her teenage son dislikes how they make him feel, and chooses to avoid them. He is fine with drinking water or diluted lemonade. He will occasionally get a slushee made from cola or a can of 7-UP.

The family's diet has been modified to accommodate Gus's sensitivity to dairy and his younger brother's lactose intolerance. Naturally, the whole family is careful to steer clear of the unwanted additives. Another food that is not in the Gullick pantry is molasses. Years ago Cathy watched her son go from a sweet, calm little boy to Tasmanian Devil from a small exposure to this old-fashioned sweetener.

Thanks to a change in diet there was no need for an aide to sit by Gus in kindergarten; he excelled. Each year has brought an academic record of nearly straight A's and a social life with lots of friends, as well as athletic success. The little boy with poor motor control is now the captain of his football team. His teachers nominated Gus to be the representative at the People to People Business Leadership Summit held at Columbia University and Wharton School of Business at the University of Pennsylvania. [www.peopletopeople.com]

The US Food and Drug Administration might think that food additives have no link to behavior, learning and health, but we know a 14-year-old boy who could teach them a great deal!

"Fresh cooked" foods, *from page 1*

Bruske describes what he found in the Washington, DC school:

"When I passed through the doors of the 'Kid's Stop Café,' I walked straight into the maws of the industrial food system, where meals are composed of ingredients out of a chemist's lab, where highly processed food is doused with all sorts of additives and preservatives in distant factories, then cooked and shipped frozen so that it can be quickly reheated with minimal skill and placed on a steam table.



"Since nearly all of the ingredients for school meals... arrive frozen or canned, and in many cases already cooked, they are quickly prepared in the convection oven or in the steamer. Some things, such as the 'cheese sauce' used on lunch nachos, aren't even removed from the plastic bag they arrive in before they are heated in the steamer."

He continues,

"I was perplexed by the sheer banality of so much processed, canned and sugar-injected food being fed to our children on a daily basis; disappointed that no one seemed to take issue with this sort of food service; chagrined that pizza and Pop Tarts and candied cereals were being served so routinely alongside Mountain Dew masquerading as milk..."

"Fresh cooked" does not mean "from scratch" or "fresh ingredients."

Ed Bruske

Not so fresh, and not so green

H.D. Cooke's \$35 million renovation was intended to make it an environmentally friendly school. But a closer look shows that the food service is based on cardboard and plastics that are not recycled. The children are given foil-wrapped foods, plastic containers, and a plastic spoon/fork hybrid with the food deposited on a styrofoam tray that is their plate. The kitchen has no dishwasher as there is no need for one.

Flavored Milks in School

Following the negative publicity about the Cooke school, the District filled the vacant job of Food Service Director with a new face, Jeffrey Mills. He has vowed to fix the mess that is the District's school food, and many are optimistic that his fresh approach, and his background in the restaurant industry, will help him to succeed.

Ed Bruske reports that Mills told the parents at the H.D. Cooke school that beginning this fall the DC schools will no longer serve flavored milk and sugary cereals.

Milk Money

While many favor getting rid of chocolate and strawberry milk (with fake flavoring, dyes, and as much sugar as a soft drink) there is one group trying hard to keep them. The milk interests may claim they are looking out for the welfare of the children, saying children are more likely to consume milk if it is flavored, but what they fear are lost sales.

Schools should consider removing milk and replacing it with water as the primary beverage. Not only would this save on the cost of the lunches, but many children don't tolerate milk, particularly African-American and Asian-American youngsters.

Putting pressure on schools

Parent activists are working in communities throughout the country to try to force schools to fix the mess they have created. School boards, superintendents, food service directors and Department of Agriculture representatives are paid to provide children with a good education and healthy food. But in many cases, these same people are standing in the way of reform.

The District of Columbia has the highest rate of obese adolescents in the country, according to the CDC (Centers for Disease Control & Prevention).

Many Feingold moms have been talking with local school administrators and their neighbors, to explore ways to fix the broken system.

Real Food For Kids

Not far from the H.D. Cooke school, parents in Fairfax and Loudoun Counties in Virginia are bringing pressure on the school system to replace the dreadful things being served, with real food. What makes this especially dramatic is that these are the nation's two wealthiest counties.

In Fairfax, where the state of the food is especially bad, they are losing money because so many students refuse to eat it (and because adults won't eat it either). Rather than meeting their budget by changing their food, they claim the reason for the loss is that children are stealing food, and the remedy has been to spend money installing security cameras!

Gus, whose story is on page 2, grew up in Fairfax County. How much money would the county have spent on his schooling had he not been on the Feingold Diet?

Food dyes pose a "Rainbow of Risks"

For that skeptical scientist you know, or your reluctant relative, this is the report you need to download and give to them.

Food dyes, used in everything from M&Ms to Manischewitz Matzo Balls to Kraft salad dressing -- pose risks of cancer, hyperactivity in children, and allergies, and should be banned, according to a new report by the Center for Science in the Public Interest (CSPI). James Huff, a top government scientist agrees, and says that food dyes present unnecessary risks to the public.

"Dyes add no benefits whatsoever to foods, other than making them more 'eye-catching' to increase sales," says Huff, the associate director for chemical carcinogenesis at the National Institute of Environmental Health Sciences' National Toxicology Program. "Their continued use presents unnecessary risks to humans, especially young children. It's disappointing that the FDA has not addressed the toxic threat posed by food dyes."

"Numerous studies have demonstrated that dyes cause hyperactivity in children."

Michael Jacobson, Ph.D.

The three most widely-used dyes, Red 40, Yellow 5 and Yellow 6, are contaminated with known carcinogens, says CSPI. Another dye, Red 3, has been acknowledged for years by the Food and Drug Administration (FDA) to be a carcinogen, yet is still in the food supply.

Despite these concerns, each year manufacturers pour about 15 million pounds of eight synthetic dyes into our food. Per capita consumption of dyes has increased five-fold since 1955, thanks in part to the proliferation of brightly colored breakfast cereals, fruit drinks, and candies pitched to children.



CENTER FOR
Science IN THE
Public Interest

See the report at CSPI.net.org

"These synthetic chemicals do absolutely nothing to improve the nutritional quality or safety of foods, but trigger behavior problems in children and, possibly, cancer in anybody," said CSPI executive director Michael Jacobson, co-author of the 580-page report *Food Dyes: A Rainbow of Risks*. "The FDA should ban dyes, which would force industry to color foods with real food ingredients, not toxic petrochemicals."

But the biggest concern is **cancer**, according to the CSPI report. Back in 1985, the acting commissioner of the FDA said that Red 3, one of the lesser-used dyes, "has clearly been shown to induce cancer" and was "of greatest public health concern." However, then Secretary of Agriculture John R. Block pressed the Department of Health and Human Services not to ban the dye, and he apparently prevailed -- notwithstanding the 1958 Delaney Amendment that forbids the use in foods of cancer-causing color additives. Each year about 200,000 pounds of Red 3 are poured into such foods as Betty Crocker's Fruit Roll-Ups and ConAgra's KidCuisine frozen meals.

Since 1985 more than five million pounds of the dye have been used.

Tests on lab animals of Blue 1, Blue 2, Green 3, Red 40, Yellow 5, and Yellow 6 showed signs of causing cancer.

In addition, according to the report, FDA tests show that the three most widely used dyes, Red 40, Yellow 5, and Yellow 6, are tainted with low levels of cancer-causing compounds, including benzidine and 4-amino-biphenyl in Yellow 5. However, the levels actually could be far higher, because in the 1990s the FDA and Health Canada found it contained a hundred times as much benzidine in a bound form that is released in the colon but not detected in the routine tests of purity conducted by the FDA.

CSPI's report notes that FDA's regulations mandate a stricter standard of safety for color additives than other food additives, saying that there must be **"convincing evidence that establishes with reasonable certainty that no harm will result from the intended use of the color additive."** (The standard of "convincing evidence" doesn't apply to preservatives, emulsifiers, and other additives.)

FDA breaks the law

CSPI charges that the FDA is not enforcing the law in several regards:

- Red 3 and Citrus Red 2 should be banned under the Delaney amendment, because they caused cancer in rats (some uses were banned in 1990), as should Red 40, Yellow 5, and Yellow 6, which are tainted with cancer-causing contaminants.
- Evidence suggests, though does not prove, that Blue 1, Blue 2, Green 3, Red 40, and Yellow 6 cause cancer in animals. There certainly is not "convincing evidence of safety."

Continued on page 6

Flavored milk in schools

Nearly all schools offer flavored milk, primarily chocolate, according to a 2006 report by the School Nutrition Association. About two-thirds of schools also sell strawberry milk. There is a large assortment of flavors available, including vanilla, coffee, banana, orange, dulce de leche, blue raspberry, blueberry, cookies & cream, and root beer.

What's in flavored milk?

It's not just the fake flavorings that are a problem for children; these drinks are loaded with sugar.

An 8-ounce glass of milk contains 3 teaspoons of natural sugar (lactose), and when you add an additional 4 teaspoons of sugar or corn sweetener to flavored milk, that equals 7 teaspoons, or the same amount that can be found in many sodas!

For the child who consumes two 8-ounce cartons of flavored milk in his school breakfast and lunch, he is getting a total of 14 teaspoons of sugar! What's more, school administrators might think they are being conscientious because they are using fat-free or 1% milk, but all that sugar, plus possible hidden preservatives in the vitamin A palmitate fortification, offer no benefits.

Starting the kids off wrong

The Canadian branch of the Center for Science in the Public Interest (CSPI) has published a report detailing the amount of sugars found in food designed for toddlers.

The report's author is Charlene Elliott, associate professor at the University of Calgary. She notes, "There is a presumed halo effect around baby and toddler foods because people expect these foods to be held to a higher standard. Yet this is not necessarily the case."



The study, published in the *Journal of Public Health*, examined 186 foods that are marketed for babies and toddlers and found that more than half had a sugar content greater than twenty percent. Many of these foods were also high in sodium.

No more chocolate formula!

Here's a bright spot. Mead Johnson Nutrition, the manufacturer of Enfamil baby formula, has announced they will stop producing their controversial Enfagrow Premium chocolate drink. The sugary product, introduced in February, brought howls of protest from many parents and health care providers.

What is smelly and strange?

How about hamburger-scented candles described as smelling like "steam-grilled on a bed of onions?"

White Castle sold these fake fragrances at their shops with the proceeds going to Autism Speaks, a group that funds autism research. We hope autistic kids will not be subjected to the perfumes emitted by these odd items.



Assault on the senses in Mooresville, NC.

Bloom groceries, owned by Food Lion, decided to advertise their line of beef with a billboard picturing a steak, and emitting the scent of black pepper and charcoal. The billboard used cartridges of perfumed oil, spewed out on unsuspecting motorists by a high-powered fan.

Not smelly, but definitely strange

Looking for a natural iced tea mix?

It shouldn't be hard to find...after all, it's tea and sugar, right? Here's one that advertises "Natural lemon flavor with other natural flavor."

But take a look at the fine print on the back and you will find: citric acid, maltodextrin, instant tea, corn syrup solids, aspartame, magnesium oxide, acesulfame potassium, Red 40 Lake, Red 40, Yellow 6 Lake, Yellow 5, Blue 1 Lake, Blue 1, and BHA.



The first ingredient is acid, there are two sugars (maltodextrin and corn syrup solids), two fake sweeteners (aspartame and acesulfame potassium), plus 6 different dyes and the petroleum-based BHA.

Who would have thought tea could be so complicated?

The company that can take something as simple and inexpensive as tea and turn it into a high-priced Frankenfood is -- big surprise -- Kraft (owned by Philip Morris Tobacco), with their Crystal Light Natural Lemon Iced Tea drink mix.

- Dyed foods should be considered adulterated under the law, because the dyes make a food "appear better or of greater value than it is" -- typically by masking the absence of fruit, vegetable, or other more costly ingredients.

Because of concern about dyes' impairment of children's behavior, the British government asked companies to phase out most dyes by last December 31, and the European Union is requiring, beginning on July 20, a warning notice on most dyed foods. CSPI predicted that the label notice -- "may have an adverse effect on activity and attention in children" -- likely will be the death knell for dyes in all of Europe.

Find the report at CSPI.net.org

Greater government oversight and public concern across the Atlantic means that McDonalds' strawberry sundae in Britain is colored with strawberries, but in the US it's Red 40. Likewise, the British version of Fanta orange soda gets its bright color from pumpkin and carrot extract, but in the United States the color comes from Red 40 and Yellow 6. Starburst Chews and Skittles, both Mars products, contain synthetic dyes in the US, but not in Britain.

Fortunately, says CSPI, many natural colorings are available to replace dyes. Beet juice, beta-carotene, blueberry juice concentrate, carrot juice, grape skin extract, paprika, purple sweet potato or corn, red cabbage, and turmeric are some of the substances that provide a vivid spectrum of colors. However, CSPI warns that "natural" does not always mean risk-free. Carmine and cochineal -- colorings obtained from a bright red insect -- can cause rare, but severe, anaphylactic reactions. Annatto, too, can cause allergic reactions.

Dyes are a good place to begin

When a school or a family removes foods with synthetic colorings, they generally get rid of a lot of other harmful food additives, as well as excess amounts of sugars.



In addition to triggering learning and behavior problems, food dyes made from petroleum can lead to many health problems including asthma, hives and ear infections. Ear infections, which were once rare, have now become accepted as a normal part of childhood. The knee-jerk response to ear infections has long been to give a child antibiotics, even when they are not necessary.

Then what happens after the child has consumed that neon-pink bubble-gum flavored medicine? It wipes out good microbes in the digestive system, as well as the bad ones, and this can lead to the overgrowth of harmful bacteria, candida and a damaged gut. (And this does not include the antibiotics children eat when they are fed factory-farmed meats and poultry. See page 8.)

Once the gut is damaged, the rest of the body, including the brain, is vulnerable to a host of issues. Then more chemicals (drugs) are added to address the symptoms.

The good news is that parents can buy healthy food without having to spend more money or give up taste, and schools can actually save money by serving real, old fashioned meals in place of frozen blocks of factory food. See www.School-Lunch.org, and our home site www.feingold.org.

So, if you start by providing infants and children with healthy food that does not contain: BHT in the formula, Red 40 in the baby vitamins, or genetically modified soy formula with too much manganese and estrogen-like components, it's a good beginning.

Then, the toddler who is given real food in place of Sunny Delight, Froot Loops and Flintstone Vitamins will continue to benefit.

Not only will such a child be less likely to experience behavior, learning and health problems, but he will be at lower risk of obesity for another reason. Foods with synthetic additives disrupt the endocrine system and the hormones that regulate weight. They also interfere with the immune system, the nervous system and the reproductive system.

American children today are being fed plastic food in plastic containers with the major ingredients being high fructose corn syrup, genetically modified soy, and monosodium glutamate (hidden under many names). These ingredients cause havoc with a growing body; a steady diet of them is a risky experiment, and the results are all around us.

Diabetes

According to the Juvenile Diabetes Research Foundation about 8% of Americans, or more than 23 million people, have diabetes. They estimate that 5.7 million additional people have the disorder, but are unaware of it, and 57 million are at high risk of becoming diabetic. These figures were compiled in 2007 and the numbers since then are known to have risen. It is now the 7th leading cause of death.

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 Organic Blue Corn Taco Shell

(GF, CF), Organic Yellow Corn Taco Shell (GF, CF)

BLACK RIVER^ (only available in Canada) Grapefruit Juice

(GF, CF), Pineapple Juice (GF, CF)

CLEURE Sunscreen (SB, GF, CF)

DA VINCI LABORATORIES OF VERMONT^

(www.davincilabs.com) Gluconic® DMG Liquid 300 mg

(GF, CF), Gluconic® DMG Sublingual 125mg(GF, CF),

Pycnogenol® 50 mg (CS, GF, CF)

GO MAX GO FOODS* (gomaxgofoods.com) Buccaneer

Candy Bar (CS, CF), Jokerz Candy Bar (CS, CF), Twilight

Candy Bar (CS, CF)

FOOD SCIENCE OF VERMONT^ (www.fslabs.com)

Aangamik® DMG Liquid 300 mg (GF, CF)

FRONTIER* Peppermint Flavor (GF, CF)

INDIA TREE^^ Butterscotch Crunch (GF, CF); Natures Colors

Natural Decorating Colors: Christmas Green (GF, CF),

Christmas Red (GF, CF)

INDIE CANDY (www.indiecandy.com) (available retail in the

Southeast) All Shapes: All Natural Gummis Key Lime (GF,

CF), All Natural Gummis Mango (GF, CF), All Natural

Gummis Pineapple (GF, CF), All Natural Gummis

Pomegranate (GF, CF), All Natural Gummis Watermelon

(GF, CF)

KIDDIE BEE* (www.kiddiebee.com) (available retail in the

Southeast) 100% Natural Children's Honey Cough Syrup

(GF, CF)

KIKKOMAN^ Panko Japanese Style Bread Crumbs (CF)

LORANN OILS (www.lorannoils.com) Tragacanth Gum

(GF, CF)

MAPLETON'S ORGANIC^ (only available in Canada)

Vanilla Chocolate Chip Ice Cream

MISS ROBEN'S* (www.allergygrocer.com) Bread Mix:

Simply Soft (GF, CF)

NASH BROTHERS™ TRADING COMPANY Organic

Cinnamon Graham Crackers (CF) Organic Honey Graham

Crackers (CF), Organic Round Snack Crackers (CF),

Organic Wheat Thins (CF), Natural Italian Soda: Lemon

(GF, CF)

PIC Alert

NATURE'S PATH Multigrain Oat Bran Cereal no longer contains grapes so please move it to Stage One of your Foodlist book.

The following products all contain red pepper and cloves, so please move them to the Stage Two section of your Foodlist book:

WELLSHIRE Corned Beef First Cut Brisket

GARRET COUNTY Uncured Corned Beef

GARRET COUNTY All Natural First Cut Brisket

Uncured Corned Beef

AMY'S Indian Meals Samosa Wraps now contain tomatoes and chili peppers so please move them to Stage Two in your Foodlist book.

Stage One, continued

NATURE'S PATH ORGANIC^^ Cereal: Flax Plus

Multigrain (CF), Whole O's (GF, CF); Chewy Granola

Bar: Chococonut (CF), MMMape Pecan Flax Plus (CF),

Peanut Buddy (CF), Peanut Choco (CF); Instant Hot

Oatmeal: Flax Plus (CF), Maple Nut (CF);

Waffles: Pomegran Plus with Oatbran (CS)

WHOLE FOODS (Whole Foods Market)

(www.wholefoods.com) CoQ10 200mg (GF, CF),

CoQ10 30mg (GF, CF), CoQ10 60mg (GF, CF)

Stage Two

365 EVERYDAY VALUE Old Fashioned Fully Cooked

Uncured Beef Hotdogs (SM, GF, CF, cherries)

CREAM O' WEBER (only available in the Western US)

100% Orange Juice (GF, CF)

CROFTERS ORGANIC^ Mango Premium Spread

(GF, CF, apple pectin)

ENJOY LIFE FOODS^^ (www.enjoylifefoods.com) Snack

Bars: Sunbutter Crunch (GF, CF, raisins)

GO MAX GO FOODS* Mahalo Candy Bar (GF, CF,

almonds)

GROVE'S PRIDE (only available in the Western US)

100% Orange Juice (GF, CF)

INDIE CANDY (available retail in the Southeast) All

Shapes: All Natural Gummis Orange (GF, CF),

All Natural Gummis Strawberry (GF, CF)

KIDDIE BEE* (available retail in Southeast) 100% Natural

Children's Honey Cough Syrup Orange Flavor (GF, CF)

SCHWARTZ'S Refrigerated Kosher Slab Pickle

(SB,GF, CF)

ZEVI^ Dr. Zevia Natural Diet Soda (GF, CF, cherries,

cloves, coffee)

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.

Feingold Family Pages

Our annual School Year Calendar has been replaced with the online *Feingold Family Pages*, edited by our own product research pro, Cindy Harrell.

We continue to bring you new information, seasonal hints, photos of our kids, recipes, craft ideas, plus information about many of the Feingold-acceptable products -- all to make your life even better.

You can go to the *Family Pages* via our home page: www.feingold.org, and can link to previous issues by checking out the archives in the "Tips" section of *Family Pages*.

Faus Meeting 2010

Our thanks to Wellshire Farms and the Squirrel's Nest Candy Shop for providing so many delicious foods for our recent annual meeting. We are also grateful to Karen and the folks at the Marriott Springhill Suites Hotel in Linthicum, Maryland for taking such good care of us.

Got recipes?

Our Feingold volunteers have begun work on a brand new edition of our cookbook and are asking members to send their favorite kitchen-tested stage one and stage two recipes.

You can email them to Cindy Harrell at: ckharrell@att.net.



Jacksonville FL

Feingold mom, Charice DeVidal, would like to meet other members in her area and swap notes. You can reach Charice at (904) 262-1297 or cmdevidal@gmail.com.

Great for Grilling

Check out this apron at the Feingold Shop. You will find a huge choice of products and messages at:

www.cafepress.com/feingoldshop.



Good news from the FDA

For many years health experts have written of their alarm that the routine use of antibiotics in animals has caused the development of resistance, making these medicines ineffective for treating people with serious health problems. Now, the Food and Drug Administration (FDA) is drafting guidelines to reduce the excessive use of these medicines in poultry and cattle.

Antibiotics are routinely fed to animals to increase their weight (and profit) and to compensate for the fact that most meat-producing animals are raised on a diet that is not well tolerated, such as soybeans instead of grass.

Severe asthma attacks

Researchers from the Harvard Medical School have found that children with the lowest levels of **vitamin D3** are at higher risk for needing hospitalization for severe asthmatic attacks.

Their findings were reported in the online issue of the *Journal of Allergy & Clinical Immunology*.

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.

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www.feingold.org

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