

Pure Facts

Newsletter of the Feingold® Association of the United States



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ShopHouse

A new concept restaurant has opened in the nation's capital, and it could change the way America eats out.

Shop houses are small restaurants found in Asia where the owner's family lives in an apartment above. Steve Eells, who created Chipotle, the successful chain of Mexican restaurants using healthy food, is experimenting with a similar concept based on popular Asian dishes. If this first restaurant is successful, we can expect to see them multiply. The fast food giants may eventually get the message that what a growing number of diners want is not catchy jingles, toys or clowns, but real food.

Fast food restaurant woes & bright spots

The numbers are daunting to the industry. Young adults between the ages of 18 and 29 have reduced their visits to fast food restaurants in the past five years from 245 annually to 192, and while McDonald's owns nearly half of the country's hamburger outlets, their expansion has greatly slowed. Both Wendy's and Burger King are losing customers. Long-time Feingold favorite, In-N-Out Burger is still going strong, and Five Guys is expanding rapidly. (These two chains cook their fries in oil that is free of TBHQ, making them acceptable on the Feingold Diet. Wendy's also continues to use a Feingold-friendly oil for their Natural Fries.)

It's a much rosier picture for newcomers with names like Elevation Burger, Mooyah, and Smashburger, which are expanding quickly by offering diners fresh, good-tasting food at affordable prices.



Most impressive of the "better burger" chains is Elevation Burger's organic grass-fed beef, ground on the premises, and fries that are cooked in olive oil. The building design and operation stress environmentally friendly practices. ♦

California initiative on GMO labeling

The Organic Consumers Association is spearheading a campaign to have an initiative on the 2012 ballot that would require food manufacturers to disclose the presence of genetically modified organisms (GMOs) in food.



GMOs became a contentious issue after Hungarian born scientist Arpad Pusztai conducted research on GMO potatoes at Scotland's Rowett Institute. He discovered that the potatoes caused damage to test animals. Shortly after he told a BBC reporter of his findings, he was fired -- as was his wife, who also worked at the Institute.

Dr. Pusztai's notes were confiscated, and he was banned from interacting with his colleagues at the facility. He has since received numerous awards for both his work and his refusal to keep quiet about the results of his research. ♦

Children, Fluoride and Alzheimer's

In June Spanish researchers published the most recent study casting doubt on the value of fluoride and demonstrating the various risks.

One such risk is a childhood disorder called Niemann-Pick Type C (NPC), which has many of the characteristics of Alzheimer's disease.



The researchers found that fluoride causes changes in the **brain's structure and chemistry** which affect the ability to think, as well as learning and memory. [Valdez-Jimenez, et al, *Neurologica* June 2011] They found changes in the brains of animals that are similar to those found in victims of Alzheimer's disease.

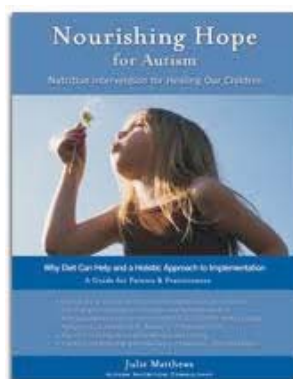
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Study links nutrition and autism

Professor Jim Adams of Arizona State University's Autism/Aspergers Research Program has found significant biochemical differences between children with and those without autism. Autistic children had lower levels of some vitamins and minerals, as well as difficulty using some of them. Oxidative stress markers were significantly higher in children with autism, and they had a reduced level of sulfation and glutathione, which are important for removing toxic metals and unwanted chemicals. They also had "impaired mitochondrial function," meaning reduced ability to produce and use energy for the body and brain.

"This study validates what many clinicians have observed in their practice for years -- that children with autism have bio-medical imbalances that are strong factors in their autistic symptoms, and that diet and supplementation play a role in helping children to heal, even lose their autism diagnosis."

Julie Matthews



The researchers developed a supplement that replenishes many of the insufficient chemicals, thus reducing the autistic symptoms. The product, called **Syndion**, can be purchased from www.yasoo products.com and from New Beginnings at (913) 754-0458 or www.nbnus.com. It is available in a capsule which can be swallowed, or the contents can be mixed with food. The study was published in the *Journal of Nutrition and Metabolism* in June 2011.

Nourishing Hope, a guide for those dealing with autism

Julie Matthews, a certified nutritional counselor, has many years of experience helping families of children on the autism spectrum. She has compiled an impressive guide to navigate the complex issues involved.

Her book, *Nourishing Hope*, covers the many topics related to healing autism, including special diets, environmental chemicals, vaccines, detoxification, GI tract issues, glandular functioning and the immune system. Readers will learn about the supplements that can help compensate for deficiencies so many of the children exhibit, as well as practical suggestions for dealing with the notoriously picky eaters.

Parents rave about this book and the compassionate voice behind it. *Nourishing Hope* is not an "easy read," but Julie urges parents to read through what is sometimes complex information, knowing that much of it will be absorbed by the caring people she helps. ♦

Fluoride, from page 1

Thyroid Gland

Fluoride has been found to disrupt thyroid function when an individual is deficient in dietary iodine. This can lead to a greater risk of heart disease, depression and a **reduced IQ** of children born to women exposed to fluoride. [Tang et al., 2008]

Similarly, adult brains are vulnerable to the effects, according to Robert Isaacson, of the State University of New York, Binghamton. He noted that research showed animals chronically exposed to fluoride in drinking water showed **plaques and tangles in the brain** which are similar to those found in adult Alzheimer's patients.

Pineal Gland

Girls who reach **puberty** at a young age are at greater risk for later development of breast cancer.

The work of Dr. Jennifer Luke at the University of Surrey (England) showed that fluoride accumulates in the pineal gland, a tiny powerhouse located in the brain, which regulates melatonin, best known for its ability to induce sleep. This hormone is found in the greatest amount in young children. When the pineal gland signals a reduction in melatonin, it sets off the start of puberty, and excess fluoride appears to accelerate this.



Bone Fractures

The National Research Council's (NRC) 2006 report on fluoride in drinking water found that at higher levels, there was a greater risk of skeletal fluorosis and **bone fractures**. The NRC scientific committee also expressed concerns about the effects of fluoride on the brain, central nervous system, and thyroid gland. ♦

Fluoride in our food, too!

Sulfuryl fluoride, sold as ProFume, is a fumigant (an insect and rodent killer) that is used to treat grains stored in silos and warehouses. It was developed to replace methyl bromide which has been found to damage the ozone layer. It has been in use since 2004.

Taran never wants to leave Scotland

This Feingold family is enjoying the easier shopping and healthier lifestyle abroad.

After my husband finished his doctorate and was hired as a professor at the University of Edinburgh, we moved here from the United States.

Since we have been on the Feingold Diet for several years, I was eager to learn about Scottish food and immediately noticed the incredible difference between the U.S. food and what we have here. Even the least expensive stores have their own brand of low-cost foods that are all-natural, and the really good stores have shelves full of things Taran can eat. It appears that most labeling is accurate. They use much less corn syrup here (a real problem for my son), and he can have some sodas. We can even eat out at restaurants without fear, and I have not baked a loaf of bread since we arrived because the stores have freshly baked bread that does not cause any reaction.

It's amazing how relaxing it is to live here. Until we moved I had not realized how much of my life was caught up in feeding my son.

We continue to check labels and are cautious, but not with the apprehension we had in the United States. We give him foods that look okay per the label, but we were not able to do that in the U.S. because hidden ingredients always caused a reaction.

Another bonus -- Taran has been able to enjoy some salicylates without any significant effect. We believe that because he is now exposed to fewer toxins, his tolerance is better. In the seven months we have been here, with many store-bought foods, he has had maybe 3 to 6 reactions. We consider this a miracle!



Here is Taran in front of Edinburgh Castle.

Also, thanks to Jamie Oliver's efforts here, artificial additives are not allowed in cafeteria food in the school. Taran can actually have school lunches here! My Scottish friends are surprised by my incredible enthusiasm for the healthier lifestyle we find here, but I think any Feingold family would completely understand how I feel.

The U.S. *Foodlist* was my shopping bible. Now I can just read a label and trust that it is accurate.

Taran is thrilled with the new freedom after two years of constant restrictions; the third week we were here he told me he never wants to leave Scotland. "Why?" I asked. He responded, "Because I can eat anything here!" He has been so cooperative about his diet these past two years (he started just before he turned five), it is wonderful to be able to let him eat almost anything he wants. Okay, I'm spoiling him just a bit.

Lynn Hyland

As an infant, Taran had many health problems, including skin rashes, allergies and a chronic cough. He had numerous ear infections and was treated with multiple courses of antibiotics.

At about age 4, this charming, sensitive, enthusiastic little boy began to become moody and anxious. He would have bouts of wild energy, followed by periods of "zoning out." Frustrated and angry, Taran began lashing out at his parents and baby sister.

Neither incentives nor punishments had any effect, and although he appeared to understand what his parents said, he chose to fight them on every issue. It was clear that he was very bright, learning to read at an early age, and in kindergarten he would be reading books designed for third graders.

His grandmother suggested they try the Feingold Diet, but his parents dismissed it as extreme and unproven. However, a closer look showed that there was much scientific documentation for the diet, and they took a hard look at what the family ate.

Nearly everything in their kitchen had the unwanted additives. They ordered the materials and 48 hours after they arrived, Taran was on a careful Stage One diet. Within days, the dreaded behaviors were gone, and the sensitive, cheerful little boy was back.

As is often the case, his mom found that the same additives that affect her son were troublemakers for her as well. ♦

Dry erase answers

Many schools are using dry erase boards in an effort to save paper.

The students use their own whiteboard "slate" reminiscent of those used by school children many years ago. But while old fashioned slates used chalk, today's versions use markers, most of which contain toxic chemicals including xylene and toluene, which are derived from crude oil.

These markers are notorious for causing headaches, especially in classrooms where there is poor ventilation. A headache or feeling of nausea is typically the first sign of an adverse reaction. Greater exposure can result in a "high," dizziness, irritability, and a slow reaction time. The highest exposure can be fatal.

Repeated overexposure to these chemicals can result in symptoms that look like ADHD: irritability, anxiety, difficulty concentrating, memory loss and poor coordination.



Terms like "non-toxic" and "low-odor" don't have any official definition, but they tend to be a better choice than traditional markers.

Markers that are free of solvents like xylene and toluene generally are alcohol-based; while alcohol is a much better option, they still tend to be smelly. Some of these brands include: Melissa & Doug Dry Erase Markers, BIC, Quartet Low Odor, The Markerboard People, Sweden's Friendly Markers.

The one dry-erase marker which appears to be truly free of strong odors and toxic chemicals is an Australian product called the AusPen.

The downsides to the AusPen include the need to refill about once a month and the high initial cost, but since they are refillable and last a long time, this expense is eventually recouped. (A set of six markers and 6 refill bottles of ink sell for about \$60.00.)

A low-cost solution is Crayola's whiteboard with dry-erase crayons which have no odor at all and sell for about \$7.00. This is not a perfect answer as they can be difficult for young children to wipe off. But many teachers report that a damp paper towel will clean them easily. Other ways to clean them include baby wipes, whiteboard cleaners and any non-toxic all-purpose cleaner. ♦

"We're Not Buying It"

Junk food manufacturers say it's the responsibility of parents to deal with the constant exposure children receive to their advertising. But preventing such exposure is next to impossible since it is so pervasive.

The California-based Prevention Institute, www.preventioninstitute.org has created a petition calling for protecting children from junk food marketing. They call this initiative: "We're Not Buying It."

In recent years, numerous groups have called for an end to the relentless marketing of products -- especially junk food -- to children. These include the World Health Organization, the American Academy of Pediatrics, Commercial Alert, Citizen's Campaign for Commercial-Free Schools, Center for Science in the Public Interest, the Environmental Working Group and the Campaign for a Commercial-Free Childhood.



Research has shown that young children prefer foods that are promoted by cartoon characters and celebrities.

The industry likes to argue that freedom of speech gives them the right to advertise, but public health lawyer Michele Simon points out that both federal and state laws forbid advertisers from engaging in deceptive practices. (Even though this often happens, it is illegal.)

Because young children do not have "the cognitive capacity to understand that they are being marketed to, such advertising is inherently deceptive and unfair," Simon contends.

The United Kingdom, Greece, Denmark and Belgium restrict advertisements to young children, and in Quebec, Sweden and Norway, marketing to children under age 12 is illegal. ♦

Dunkin Donuts

You won't be able to eat their donuts, but this chain offers some food and beverage options.

Based on the information supplied by the company, these food items appear to be free of the additives eliminated on the Feingold Diet.



Hot Coffee*	Bagels - all have HFCS
Cappuccino*	Everything (possible MSG)
Iced Coffee*	Garlic (possible MSG)
Box O Joe*	Multi-grain
Espresso*	Onion
Latte* (not Iced Latte)	Plain
Frozen Iced Tea*	Poppy Seed (possible MSG)
Hot Tea*	Salt (possible MSG)
Iced Sweet Tea*	Sesame (possible MSG)
Iced Apple Cider*	Wheat
Hot Apple Cider*	Cheddar Cheese Bagel Twist
Muffins	(HFCS, possible MSG)
Coffeecake (HFCS, poss MSG)	
Corn (HFCS)	* = salicylate
Honey Bran Raisin* (HFCS, possible MSG)	HFCS=high fructose corn syrup
English (CP)	CP=calcium propionate ♦

Better Batter offers Gluten-Free solutions

Naomi Poe's innovative gluten-free flour mix was the answer to a prayer.

Like many other parents, Naomi found that the gluten-free foods her family needed had the usual problems of tasting odd and costing too much. Her first triumph was to develop a basic flour that would enable her to use her mom's favorite recipes. What's more, she wanted to be able to serve them to anyone with no apologies.

The flour blend was followed by gluten-free mixes, but Naomi made sure they made generous amounts for a whole family to enjoy. For example, the cake mixes will make a layer cake or a 9x13-inch sheet cake, and the same is true for the brownie mix.

The next issue to address was the cost.



See the PIC report on page 7 for a full listing of all of the Feingold-acceptable Better Batter products.

Holiday Gift Ideas

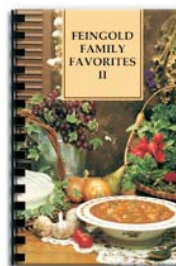
A basket of treats and a book of recipes for more good eating!



This year our Holiday Gift Basket fund-raiser offers both Stage One and combined Stage One and Two options! Both baskets have a wide selection of natural yummys.

Both baskets will contain candy canes, gummies, mints, brownies, licorice, cookies, jelly beans, candy bars, gum and lots of chocolates.

Order them at <http://fgshop.org/basket-one.aspx>. For each \$50 donation, FAUS will send a basket via Priority Mail to you or the lucky person you select, and we can include a personalized message.



The Feingold Association's second book, Volume 2 of our *Family Favorites Cookbook* makes a great holiday gift for friends and relatives.

It can be ordered from:

www.feingold.org/cook.html

A portion of the income goes to scholarships for families in need of financial help to purchase gluten-free foods. For orders under \$50 there is a flat shipping fee of just \$5 and the shipping is free for orders over \$50.

Check out www.betterbatter.org for a wealth of recipes, including GF versions of many commercial favorites such as:

- Girl Scout Thin Mints
- Pillsbury Cinnamon Rolls
- Auntie Anne's Pretzels
- Bisquick Master Mix
- Olive Garden Bread Sticks
- Einstein Bagels ♦

School Lunch Problems

When a parent donates her talents to help improve the lives of the children in her community, who would object? One woman describes her experience.



"I don't understand..." These are the words I have used over and over again when the answers that are given seem to be questionable. I used these words more often than not as I tried to do what I thought was a good thing, and change the types of food served to the kids in the school district.

I knew it would be challenging, but what I did not know was that the school food service system is run like a business, which means the kids are not the priority, the money is. The funny thing is that I thought if we can show that it will cost the same or maybe even less to put better food on the plates, then it would be a *slam dunk*. Not the case.

I will say again, "I do not understand." After having financial documentation to show that offering better food will not cost any more money and in fact may save money, still the answer was the same: "It cannot be done." This was then followed by many excuses that again left me puzzled.

It seems to always come back to the government, but I am not so sure this is the problem. I think it's coming from somewhere else: the people who run the food service departments in the school districts. These are the people who have the power to make a difference, and whether they choose to or not is their option. The new National School Lunch Program (NSLP) regulations have made it much easier to get fresh produce and have set the tone for "doing better by the kids." What amazes me is that, even with these new regulations, the Food Service people can still find a way to manipulate these good intentions. For example, instead of using the colorful plate to promote fresh vegetables, fruit and whole grains as was intended, it is being used to promote components of an NSLP reimbursable meal. But a reimbursable meal and a nutritional meal, at this time, are not necessarily the same, although it would not be difficult to do. The former just means getting items that meet the criteria for the Food Service to get

A School Lunch Solution

Seven-year-old Emma attends a private school that provides healthy snacks but has recently discontinued its hot lunch program.

After initial fears that each day would mean a PB&J sandwich, her mom, Karen, got creative and established a system where Emma would be in charge of her own lunches.

With the help of friends and input from Emma, Karen compiled a list of favorite foods that fall under the headings of Protein, Grain, Vegetable, and Fruit. Additional categories are Soup, Combos (such as sandwiches), and Dips. There are many options; for example, the protein category includes hummus, nuts, Greek yogurt, turkey, sunflower butter, cottage cheese, ham, natural hot dogs, shrimp, trail mix, and chicken sausage.



Each week Emma decides which foods she wants to have for the coming school week, and Mom adds them to her shopping list. A weekly chart shows Emma each morning what she needs to prepare and pack in her kit of plastic containers (BPA-free). Mom or Dad lend a hand when needed, but most of the time this seven-year-old plans and prepares her own food.

At a time when countless adults are spending too much money for low quality food, relying on microwaves and drive-throughs, it's refreshing to know that even young children are capable of choosing and preparing healthy food.

To see the full list of lunch options Emma selected, click on: www.feingold.org/DOCS/Lunchplanner.pdf ♦

reimbursed; an example of this type of meal is French toast sticks with syrup, chocolate milk and a juice. This meal has a whopping 19 teaspoons of sugar and is definitely not nutritional, but it is reimbursable, so it is being served.

What I ask myself constantly is "why?" Why, when there are so many people who want to help and so much research to show how it can be done, and more importantly WHY it should be done, is there still such resistance? There must be something else we just don't know. I have come to realize that sometimes in a supposedly honest environment such as a school there is a black hole -- the Food Service budget which is separate from the annually reviewed administrative budget. As long as the Food Service is in the black, no need to look at anything. That creates a black hole which contains the vital information of what is being done with current funds. What deals are being made at the expense of the health of the children? School boards should look at *everything!* ♦

PIC Report

The following products have been researched or re-researched and may be added to your *Foodlist* or *Mail Order Guide*.

^ = available in Canada

* = available in health food stores and some supermarkets

SM = natural smoke flavoring

GF = gluten-free CF = casein-free CS = corn sweeteners

Stage One

APPLEGATE FARMS* www.applegatefarms.com

Sweet Italian Poultry Sausage (SM, GF, CF)

BETTER BATTER GLUTEN FREE^ www.betterbatter.org

(GF,CF) Gluten Free Fudge Brownie Mix, Gluten Free Flour, Gluten Free Chocolate Cake Mix, Gluten Free Pancake and Biscuit Mix, Gluten Free Yellow Cake Mix

CADIA Organic Cheese: (GF) Mild Cheddar Bars, Mild Cheddar Slices, Monterey Jack Bars, Low Moisture Part Skim Mozzarella Shreds, Organic Low Moisture Part Skim Mozzarella Slices, Provolone Slices, Sharp Cheddar Bars, String, Mild Cheddar

CADIA Organic Butter: (GF) Unsalted Butter, Salted Butter

DAVE'S KILLER BREAD*

www.naturebake.com (CF) 21 Whole Grains, Blues Bread, Good Seed, Good Seed Spelt, Good Seed Sprouted, Oregon Grains, Potato Oat Bread, Spelt Bread, Stoneground Whole Wheat, Surviva Bread

GLEE GUM*^ (www.gleegum.com) Sugar Free:

(GF,CF) Refresh Mint, Lemon-Lime

INDIE CANDY www.indiecandy.com (available retail in southeast only) (GF,CF) Christmas Light Hard Candy Lollipop: Lime, Mango; Snowflake Hard Candy Lollipop: Pineapple

JULES GLUTEN FREE* www.julesglutenfree.com

(GF,CF) Gluten Free All Purpose Baking Mix, Certified Gluten Free Oats, Gluten Free Cookie Mix, Gluten Free Bread Mix, Gluten Free Graham Cracker Ginger Snap Mix

SENSIBILITY SOAPS*^ NOURISH Organic Raw Shea Butter (GF,CF)

SQUIRREL'S NEST BEANS www.squirrels-nest.com

All Natural Jelly Beans: (GF, CF) Lemon, Pomegranate, Vanilla

WOLFGANG CANDY (available retail in MD, PA, WV)

www.wolfgangcandy.com (GF) Solid Milk Chocolate: Christmas Choco-Pops, Christmas Min-a-kins, Little Angel Plaque, Santa, Soccer Bear

Product Alert

WOLFGANG CANDY (available retail in MD, PA, WV (www.wolfgangcandy.com) Are no longer CF but are now GF **Stage One:** Peanut Butter Milk Chocolate Bar, Caramel Milk Chocolate Bar, Golden Caramelts, Peanut Butter Bears (21-ounce, 8-ounce gift box), Milk Chocolate Peanut Clusters;

Stage Two: Almond Milk Chocolate Bar

Stage Two

ALLISON'S GOURMET www.AllisonsGourmet.com

Fudge: Chocolate Orange(GF,CF); Brownie: Mexican Chocolate (coffee)

BETTER BATTER GLUTEN FREE^ Gluten Free

Seasoned Flour (GF, CF, cloves, cayenne pepper)

CADIA Organic Crackers: Tuscan Stoneground (CF, bell peppers, tomatoes)

CADIA Organic Cheese: Mexican Blend Fancy Shreds (GF, jalapeno)

CADIA Organic Agave Ketchup(GF,CF, chili peppers, cloves, paprika, tomatoes)

CAPTAIN SEASON'S Ranch Popcorn Seasoning (CS, GF, tomatoes)

COCO POLO* www.ycchocolate.com Stevia

Sweetened: (GF,CF) 70% Cocoa Cadenza Dark Chocolate Bar with Tart Montmorency Cherries, 70% Cocoa Cadenza Dark Chocolate Bar with Almonds, 70% Cocoa Cadenza Dark Chocolate Bar with Elderberry; No Sugar Added: (CS,GF,CF)

70% Dark Chocolate Bar with Cranberries and Walnuts (apples), 70% Dark Chocolate Bar with Montmorency Cherry and Pistachio (apples), 70% Cocoa Dark Chocolate Bar with Cranberries (almonds)

DAVE'S KILLER BREAD* (CF) Power Seed (peaches), Robust Raisin

INDIE CANDY Christmas Light Hard Candy Lollipop: Strawberry (GF,CF)

JELLY BELLY Snapple Flavored Jelly Beans (CS, SB, SF, GF, CF, apples, black currants, cherries, cranberries, grapes, raspberries, strawberries)

YAMATE CHOCOLATIER * www.ycchocolate.com

Master Piece Caramel & Whole Roasted Almonds (CS, GF); (CS,GF) Sugar Free Bar: Dark Chocolate With Orange Bits, Dark Chocolate With Whole Roasted Almonds, Milk Chocolate With Orange Bits

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.

Laundry Scents

If you find that you hate going down the aisle in the supermarket that has the laundry detergents, you're not alone!



The petroleum-based fragrances added to so many products can bring on undesirable symptoms, from something as benign as sneezing to more serious reactions including mood swings and convulsions.

Now there's another reason to skip the smelly soaps and fabric softeners and choose "free and clear" unscented versions. Research published in the journal *Air Quality, Atmosphere and Health* in August shows that some of the chemicals that come out of dryer vents are considered hazardous air pollutants, including the notorious acetaldehyde and benzene. Laundry products may also contain toluene, a chemical in some dry erase markers (see the article on page 4).

Commenting on the fumes released by laundry products, lead researcher Anne Steinmann noted, "If they're coming out of a smokestack or tail pipe, they're regulated, but if they're coming out of a dryer vent, they're not." ♦

HOLIDAY TRAVELS

If you are a Feingold member you can buy a *Foodlist* book for the area you will be visiting during the holidays. To order another book go to:

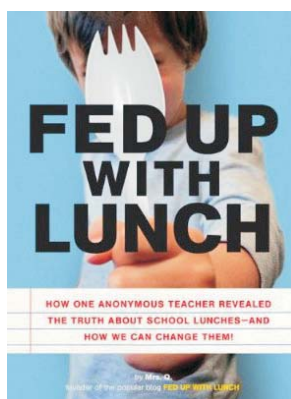
www.fgshop.org/foodlist.aspx



School Food Unmasked

The mysterious Mrs. Q has revealed her identity after a year of eating school lunches and blogging about her experiences.

Sarah Burns-Wu went to work for Kraft Foods after graduation from college, but she switched careers to become a speech-language pathologist out of a desire to help children. However, her biggest contribution has been to shine a bright light on the food that is being given to children in the Chicago area public school where she worked.



When she forgot to bring her lunch one day, Sarah bought what was being served in the cafeteria, and was shocked to see how bad the food was. She then decided to eat the school lunch for a year, while taking photos and blogging about her experience. She described the good, bad and ugly, and how some of the lunches made her ill. www.fedupwithlunch.org

The blog, with photos and commentary, quickly gained a devoted following, and has alerted countless parents and others to just how bad school food can be.

Her identity has been a closely-guarded secret for fear that she would be fired if the school administration knew she was responsible for the criticism. But Sarah came out from the shadows on October 5, with TV appearances and the launching of her book. ♦

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 Handbook*, which includes recipes and a two-week menu plan, a regional *Foodlist* book containing thousands of acceptable US brand name foods, a telephone and E-mail Help-Line, *Mail Order Guide* and *Fast Food Guide*, and a subscription to *Pure Facts*. The cost in the US is \$82.50. 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, www.feingold.org.

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.

www.feingold.org

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