

# Pure Facts

Newsletter of the Feingold® Association of the United States



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## How can we reach more families who are searching for help?

Hope Marshall has found a way to do this by creating a Power Point show that explains how the things we eat can affect us. Her presentation was very successful and made a big impression on her audience.

**B**ut here's the surprising part -- Hope is 9 years old. Her fourth grade teacher asked her to talk to her classmates about making healthy food choices. The children were very receptive, as was her teacher and the other adults who sat in on the workshop.



Hope's mom, Heidi, wrote, "I can't tell you how proud I am and what an impact she made on her class, her teacher, the school nurse, and principal. I wish I had someone there to videotape the 25-minute presentation! She was so confident and comfortable up there.

"Hope ended the presentation with a Q&A. I was amazed how many questions were asked and how interested these kids were.

To see and use Hope's presentation go to: <http://www.feingold.org/Hope.ppt>

"She looked at me several times for help and I just gave her the nod, because I know she knows the answer. Her concern was if she was allowed to talk about her brother and the problems he had in the past. (She is.) She even referred to David as now being 'an angel.' I was shocked to hear this but it was very nice that she spoke so highly of her little brother. She said, 'He used to give me bear hugs that hurt, but now he's gentle and hugs everyone. I guess he's just trying to share the love.' The principal asked if it was hard to find suitable food and she explained how easy it is." ♦



A gentle hug from little brother

## The great potato debacle

In an effort to curb childhood obesity, the issue of French fries in schools was a hot topic recently in the mainstream media.



**A**dvocates called for the banning or restriction of potatoes. Some even wanted to get rid of beans and other legumes. Meanwhile, potato growers gave generously to lawmakers, who prevented any legislation from going forward. Politicians were chastised for putting their own self-interests ahead of the welfare of our children.

But in all this hoopla, some simple facts were overlooked. The problem is not the potatoes; rather, it's the way they are processed, introducing unwanted additives and destroying the nutrients that occur naturally in them. Additionally, no matter how good a basic food is, it should not be consumed in excess and at the expense of other foods, especially vegetables.

It's typical for crusaders to demonize a food, *but real food is nearly always good food*. The problem rests with the way it is processed -- often tortured!

*Continued on page 2*

## Potato, from page 1

Criticizing school food can be hazardous to one's career, which is why Sarah Wu, the Chicago teacher who ate her school's lunch for a year (and lived to tell about it!), hid behind the alias of "Mrs. Q" in her blog. Now that Sarah's book is out, she is, too. See the November issue of Pure Facts for details on the book, *Fed Up With Lunch*.

Another school food pioneer is a woman in Boston who will only identify herself as Alison (Ali), for fear of retaliation. She had worked in the restaurant industry before moving to her current job as a "school lunch lady." Appalled by the thaw-and-serve food she encountered, she has been inspired by Jamie Oliver, Mrs. Q, and the other voices calling out for sanity in the cafeterias. Ali has gradually been upgrading the ingredients and quality in the food she serves and describes it in her blog *Brave New Lunch*.

### Healthy Potatoes

Ali knows that potatoes can be a healthy food when they are prepared intelligently. One of the options at her school is the baked potato bar. Not only is the humble spud filling and popular with all ages, there is a huge assortment of good food that can serve as a topping. Here are a few: cheese, broccoli, chili, sour cream/yogurt blend, real bacon pieces, and scallions. Potatoes lend themselves to countless toppings, including meats, fish, hard-cooked eggs and creamy cheese or white sauces to combine them with the fluffy potato.



### More Potato Options

At one time, mashed potatoes were a cafeteria staple, and today many upscale restaurants feature garlic mashed potatoes. More potato-based old fashioned comfort foods include scalloped potatoes and potatoes au gratin, which are both wonderful when cubed ham is added to them.



The salad bar is being used as a baked potato bar.



For chilly days, nothing is more satisfying than a bowl of potato soup or a fish chowder with corn and chunks of potato. Bacon or ham can be added to these dishes. For soup, you can cook diced fresh potatoes, or use up the leftover mashed or baked potatoes from a previous meal. Cheese goes well with this type of soup.

Oven roasted potatoes are a treat and can be made in quantity in those schools that have ovens. They retain heat so they can be prepared in advance.



Potatoes are not just good for the chilly days but can be used all year long. Who doesn't love potato salad?

### The Not-So-Healthy Potato

Remember Jamie Oliver's first encounter with the West Virginia school's version of mashed potatoes? He learned about their "Whipped Potato Pearls" which simply needed to be reconstituted -- no peeling required. The ingredients are potatoes, salt, partially hydrogenated canola oil, mono and diglycerides, artificial color, natural and artificial flavor, sodium bisulfite and BHT.

Real mashed potatoes = potatoes, milk, butter, salt.

How about some gravy to go on those "Pearls"? Here it is: chicken stock, cooked mechanically separated chicken, wheat flour, modified food starch, chicken fat [generally preserved with BHA or BHT, but not labeled], water, dried dairy blend (whey, calcium caseinate), salt, cooked chicken meat, margarine (partially hydrogenated soybean oil, water, beta carotene for color), [margarine generally also contains artificial flavoring], contains less than 0.5% of the following ingredients: onion powder, monosodium glutamate, tomato paste, sodium phosphates, soy protein isolate [like MSG], chicken flavor (contains chicken stock, chicken powder, chicken fat [more preservatives]), flavoring [what's that?] and citric acid. ♦



## No more bedtime hassles

For 4-year-old Noah and his exhausted mom, Kelly, the nightly struggle began early in the evening and continued for the two hours it generally took to get this very unhappy little boy settled down.

When he did finally get to sleep, Noah was plagued by nightmares. He would wake up so frightened that Kelly would have to go to his room and sit on the floor until he went back to sleep. He also had to have the bright overhead light on all night. During the day, he was very irritable and seldom smiled. His mom knew that he was not getting enough sleep, but since he fought both bedtime and naps so intensely, she didn't know how to remedy this.

Noah's diet was healthy, so when the family went on the Feingold Program there weren't many additives to remove. But it was through Renee, a Feingold volunteer, that Kelly learned about the problems with scented detergents and fabric softeners. She was not aware that most perfumes in use today are made from petroleum and that the harmful effects from breathing in petroleum can be as severe as the effects of eating it.

Kelly writes, "We changed to an all natural detergent and fabric softener, and it has helped Noah's bedtime routine immensely! No more fits. No more crying. I didn't tell him I changed detergent, although he did see that I had put freshly-washed sheets on. When he first lay down in the sheets washed in the natural products, he snuggled in and literally said, 'Mom, these feel *so good!*' He never did anything like that! I usually had to force him to lie down after a very drawn-out bedtime routine. I just couldn't believe he noticed they were different! Now we have it down to 30 minutes which includes tooth brushing, a story and snuggle time. Incredible! It used to take me 2 hours!"

### Other offenders

Scented laundry products were not the only things that caused problems for Noah. He had tantrums when he was exposed to the brands of sun screen, bubble bath and shampoo Kelly bought. The little boy would scream when she tried to wash his hair, and he said that the soap running down his head and face "hurt." She checked the water temperature, which was fine. Now Kelly understands that this was Noah's way of telling her of his discomfort. Like the bedtime problems, the sun screen application and bath time issues all ended once they went on the Feingold Program. ♦

**Bubble Bath** is a notorious offender for children and sensitive adults. One family found that all three of their well-behaved children began to have serious problems when the strawberry scented, pink bubble bath was introduced. Another child would bang her head repeatedly on the side of the tub when she was bathed in a similar perfumed bubble bath.

In the last issue of *Pure Facts*, we described new research that shows the exhaust fumes from clothes dryers contain many hazardous air pollutants. These include acetaldehyde, toluene and benzene -- all extremely harmful to living things!

The "fresh springtime" smell advertised on laundry products is actually the scent of mutagens, tumors and cancer!



No more bedtime struggles for Noah!

### Did the diet stop working?

When school resumed in September, another 4-year-old boy began having the same behavior problems and difficulties that had prompted his parents to use the diet a year earlier. He had responded so well then, but now things were falling apart. What's more, his older brother wasn't doing well in school either.

After going over all of the foods their younger son had eaten, his parents realized it was not a food issue but lack of sleep. The boys had stayed up past 9 pm many nights. The mom writes, "My husband and I thought through all the things that keep us from getting the kids in bed on time and planned for them. Monday and Tuesday nights I had him in bed at 7:30 and he was asleep within 15 minutes each time so that tells me he really needs to be asleep before 8 pm. Also, yesterday morning I made him a breakfast shake from the *Feingold Handbook* and topped the English muffins with cheese rather than jelly." His teacher reported that he had a wonderful day! ♦

## 2012 FAST FOOD GUIDE IS NOW AVAILABLE!

You'll find lots of new restaurants listed, but not KFC.  
Check out the ingredients below to learn why.

Can you count how many times monosodium glutamate appears?

Can you find the MSG clones?

Natural flavor has no legal meaning.

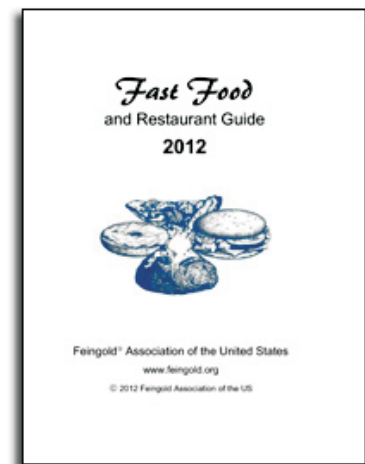
Chicken fat is likely to have hidden BHA or BHT.

Margarine usually has artificial flavoring added.

Did you see the Yellow 5 (twice) and Red 40?

How far do you need to read down the list before you find chicken?

"Chicken Pot Pie Flavor" -- what's that?



### KFC Chicken Pot Pie

Chicken Stock, Potatoes (with Sodium Acid Pyrophosphate to protect color), Carrots, Peas, Heavy Cream, Modified Food Starch, contains 2% or less of Wheat Flour, Salt, Chicken Fat, Dried Dairy Blend (Whey, Calcium Caseinate), Butter (Cream, Salt), Natural Chicken Flavor with other Natural Flavors (Salt, Natural Flavoring, Maltodextrin, Whey Powder, Nonfat Dry Milk, Chicken Fat, Ascorbic Acid [to help protect flavor], Sesame Oil, Chicken Broth Powder), Monosodium Glutamate, Liquid Margarine (Vegetable Oil Blend [Liquid Soybean, Hydrogenated Cottonseed, Hydrogenated Soybean], Water, Vegetable Mono and Diglycerides, Beta Carotene [color]), Roasted Garlic Juice Flavor (Garlic Juice, Salt, Natural Flavors), Gelatin, Roasted Onion Juice Flavor (Onion Juice, Salt, Natural Flavors), Chicken Pot Pie Flavor (Hydrolyzed Corn, Soy and Wheat Gluten Protein, Salt, Vegetable Stock [Carrot, Onion, Celery], Maltodextrin, Flavors, Dextrose, Chicken Broth), Sugar, Mono and Diglycerides, Spice, Seasoning (Soybean Oil, Oleoresin Turmeric, Spice Extractives), Parsley, Citric Acid, Caramel Color, Yellow 5. Enriched Flour Bleached (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Hydrogenated Palm Kernel Oil, Water, Nonfat Milk, Maltodextrin, Salt, Dextrose, Sugar, Whey, Natural Flavor, Butter, Citric Acid, Dough Conditioner, L-Cysteine Hydrochloride, Potassium Sorbate and Sodium Benzoate (preservatives), colored with Yellow 5 & Red 40. Fresh Chicken marinated with: Salt, Sodium Phosphate and Monosodium Glutamate. Breaded with: Wheat Flour, Salt, Spices, Monosodium Glutamate, Leavening (Sodium Bicarbonate), Garlic Powder, Natural Flavorings, Citric Acid, Maltodextrin, Sugar, Corn Syrup Solids, with not more than 2% Calcium Silicate added as an anti-caking agent OR Fresh Chicken marinated with: Salt, Sodium Phosphate and Monosodium Glutamate. Breaded with: Wheat Flour, Salt, Spices, Monosodium Glutamate, Corn Starch, Leavening (Sodium Bicarbonate), Garlic Powder, Modified Corn Starch, Spice Extractives, Citric Acid, and 2% Calcium Silicate added as anti-caking agent OR Fresh Chicken marinated with: Salt, Sodium Phosphate and Monosodium Glutamate. Breaded with: Wheat Flour, Sodium Chloride and anti-caking agent (Tricalcium Phosphate), Nonfat Milk, Egg Whites, Colonel's Secret Original Recipe Seasoning OR Potato Starch, Sodium Phosphate, Salt, breaded with: Wheat Flour, Sodium Chloride and anti-caking agent (Tricalcium Phosphate), Nonfat Milk, Egg Whites, Colonel's Secret Original Recipe Seasoning OR Potato Starch, Sodium Phosphate, Salt, breaded with: Wheat Flour, Salt, Spices, Monosodium Glutamate, Leavening (Sodium Bicarbonate), Garlic Powder, Natural Flavorings, Citric Acid, Maltodextrin, Sugar, Corn Syrup Solids, with not more than 2% Calcium Silicate added as an anti-caking agent OR Potato Starch, Sodium Phosphate, Salt, Breaded with: Wheat Flour, Salt, Spices, Monosodium Glutamate, Corn Starch, Leavening (Sodium Bicarbonate), Garlic Powder, Modified Corn Starch, Spice Extractives, Citric Acid, and 2% Calcium Silicate added as anti-caking agent OR Seasoning (Salt, Monosodium Glutamate, Garlic Powder, Spice Extractives, Onion Powder), Soy Protein Concentrate, Rice Starch and Sodium Phosphates. Battered with: Water, Wheat Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Salt, Dextrose, Monosodium Glutamate, Spice and Onion Powder. Predusted with: Wheat Flour, Wheat Gluten, Salt, Dried Egg Whites, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Monosodium Glutamate, Spice and Onion Powder. Breaded with: Wheat Flour, Salt, Soy Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Monosodium Glutamate, Spice, Nonfat Dry Milk, Onion Powder, Dextrose, Extractives of Turmeric and Extractives of Annatto. Breeding set in Vegetable Oil.

*This information has been taken directly from the KFC web site. ♦*

## Go Max Go Candy Bars

Here are treats for many different diets.



While there are wonderful natural candies available for Feingolders, there aren't many candy bars. And it's even harder to find a candy bar with ingredients and flavors similar to those many of us knew in our pre-Feingold days. So if you find you are missing these familiar brands: Reese's Peanut Butter Cups, Crunch, Snickers, Milky Way, Three Musketeers, and Almond Joy, you can now enjoy the same flavor combinations but minus the fake vanilla, high fructose corn syrup, and petroleum-based preservative TBHQ.

Go Max Go has six candy bars, shown above: Cleo's, SNAP!, Jokerz, Twilight, Buccaneer, and Mahalo.



The candy is vegan and made without artificial additives, hydrogenated oils, trans fats, or high fructose corn syrup. And while their rice-milk chocolate tastes like milk chocolate, it is dairy-free.

For the newbies who are making the transition from fake food to Feingold, these candies can be a nice way to begin. Teens and pre-teens who are concerned about fitting in with their peers will appreciate them, too. And for the adult who is feeling nostalgic for candy he enjoyed as a child, these may bring back fond memories. At a cost of up to \$2.50 a bar, Go Max Go may be an occasional indulgence rather than a frequent treat. But for many people, especially those on a more restricted diet, it is a welcome option.

The candy, named after Max, a beloved pet with an indomitable spirit, is available in natural food stores, specialty markets and some supermarkets. It can also be ordered online.

For details on each of the candies and for a complete list of ingredients, check out: [www.gomaxgofoods.com](http://www.gomaxgofoods.com) ♦

## Maraschino Cherries

When most people look at an ice cream sundae, they see a treat. When Feingolders look at it, they see that bright red cherry on the top, and Red Dye #40!



Few of us "old-timers" thought we would ever see the day when there would be a natural maraschino cherry, but here it is.

Tillen Farms Merry Maraschino Cherries use natural colors, natural flavorings and real sugar. They are available retail in some stores and can be ordered online. Check out <http://tinyurl.com/goodcherry> ♦



## New sweetener shows promise

You will be hearing about monk fruit in the near future as major food manufacturers begin using this zero-calorie sweetener.

It is new to the United States, but monk fruit (known as luo han guo) has been valued in China for hundreds of years for both its sweetness and health benefits. It is rich in antioxidants.



This small green fruit, which is in the melon family, grows on vines, primarily in the Guangxi Province of Southern China.

The plants (believed to have been first grown by Buddhist monks) are cultivated from parent plants and are non-GMO. The powdered concentrate is being called "Fruit-Sweetness." The sweetness comes from a naturally-occurring chemical called mogroside, found in the skin and flesh of the fruit. The version of monk fruit that is used in foods is approximately 150 times as sweet as sugar. It is soluble in water, is heat stable in cooking, has a long shelf-life, is both kosher and halal, and is expected to be especially popular with diabetics. Monk fruit is said to be free of the bitter after-taste that is a problem for some stevia compounds, so it is likely to be used in a wide range of foods, beverages, and supplements. It is also likely to be available to purchase as a sweetener. FAUS will research products as members request them. ♦



## Nutrition, Health and Illness

Sometimes problems that appear to be complex have fairly simple solutions.

### Mental Illness in Children

Children who have serious mental illnesses are likely to be deficient in vitamin D3. Researchers led by Dr. Keith Cheng of the Oregon Health & Science University presented their findings at the annual meeting of the American Psychiatric Association.

The small study of 67 children measured vitamin D levels and found that 21% of the youngsters in a psychiatric hospital were deficient in the vitamin, compared to only 14% of healthy children.

The diagnoses included: autism, mood disorder, disruptive behaviors, anxiety disorder, and psychosis.

### Most Americans are Deficient in Vitamin D

Fewer than one out of four Americans have enough vitamin D to prevent serious illness, according to data presented to the 2011 meeting of the American Association for Clinical Chemistry. The research was led by Dr. Neil Binkley of the University of Wisconsin School of Medicine and Public Health.

Previous research has indicated that the percentage of people who are deficient is much higher in older citizens and those with darker skin (since the darker one's skin the more sun exposure is required for the body to make vitamin D).

### Male Reproductive Health

A growing number of couples have difficulty conceiving, and the research suggests a link between vitamin deficiency and low sperm motility.

Martin Bloomberg Jensen and colleagues at the Department of Growth and Reproduction, Copenhagen University, report that while there could be many causes, one of the factors appears to be vitamin D deficiency. In Denmark, ten percent of all children are now born only after assisted reproduction. What's more, Denmark and Norway have the world's highest incidence of testicular cancer and impaired semen quality.

Dr. Jensen noted that animal studies have shown that vitamin D deficiency results in low sperm count and low sperm motility.

*Editor's note: It's interesting that so much research is being conducted in northern latitudes where less sunlight means lower vitamin D production.*

### Dealing with the Winter Blues

When winter comes and we are exposed to less sunlight, some people experience bouts of sadness or even depression -- referred to as seasonal affective disorder or S.A.D.

To compensate for less sunlight (which is needed for our bodies to create the hormone known as vitamin D), popular options are to take a good omega-3 supplement and D3, and to use "full spectrum" lights.

Some hardware stores sell "grow lights" designed to mimic sunlight when you grow plants indoors. These are reasonably priced and can be used in place of conventional light bulbs.

Ott lamps are named after John Ott, whose pioneering work in full spectrum lighting showed that not only is sunlight essential for good health but that classrooms using full spectrum lights are more productive and the children are calmer than when they are working under traditional fluorescent lights.

Now there's another option. Fabric stores are offering desk lamps with full spectrum bulbs. Unlike the earlier light fixtures, these are much less expensive, selling from about \$35 to \$45.



### Deficiency, Early Puberty and Cancer

Girls who are deficient in vitamin D3 are likely to enter puberty earlier than those with adequate amounts. This puts them at higher risk for developing breast cancer and other illnesses later in life because they are exposed to high levels of estrogen for longer periods. [Villamor, *Am J Clin Nutr* Oct 2011]

Other cancers are also being found to correlate with low D3 levels, and new research treating various cancers with the vitamin is showing promising results. A potent form of vitamin D has been injected directly into cancerous cells to destroy them. The effectiveness has been comparable to drugs but at a fraction of the cost and without the harmful side effects. ♦

## 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

CADIA\* Tortilla Chips: (GF,CF) Sweet Potato Agave Cinnamon, Organic White Restaurant Style, Sweet Potato Salted

CADIA Organic Pizza

COCO POLO\* [www.ycchocolate.com](http://www.ycchocolate.com) Stevia Sweetened: (GF,CF) 70% Cocoa Cadenza Dark Chocolate Bar with Ginger, 70% Cocoa Cadenza Dark Chocolate Bar with Cocoa Nibs, 70% Cocoa Cadenza Dark Chocolate Bar; No Sugar Added: 70% Cocoa Dark Chocolate Bar with Cocoa Nib (CS,GF,CF)

EARTH BALANCE\*<sup>^</sup> Organic Coconut Spread (GF,CF)

ECO SKIN CARE\*<sup>^</sup> Logical Skin Care: All Natural Marine Mist (GF,CF)

INDIE CANDY [www.indiecandy.com](http://www.indiecandy.com) (available retail in southeast only) (GF,CF) Love Heart Hard Candy Lollipop: Pineapple, Watermelon

KERNEL SEASON'S\*<sup>^</sup> [www.kernelseasons.com](http://www.kernelseasons.com), Ranch Popcorn Seasoning (CS,GF)

SIMPLY SHARI'S - GLUTEN FREE<sup>^</sup>

[www.glutenfreefabulous.com](http://www.glutenfreefabulous.com), Lemon Shortbread Cookie Bites (GF, CF)

TASTE OF NATURE<sup>^</sup> (retail in Canada only) Snack Bars: Argentina Peanut Plains (GF,CF)

THE KITCHEN TABLE BAKERS\*<sup>^</sup>

[www.kitchentablebakers.com](http://www.kitchentablebakers.com) Gourmet Cheese Crackers: (GF) Aged Parmesan, Aged Parmesan Mini Crisps, Everything, Flaxseed, Garlic, Italian Herb, Rosemary, Sesame

### Naturally Fragranced Stage One

CRYSTAL CLEAN [www.soundearth.com](http://www.soundearth.com), Glass and Surface Cleaner: (GF,CF, Natural Fragrance) Lavender, Lemon, Sassy, Sunshine

SENSIBILITY SOAPS\*<sup>^</sup> NOURISH (GF,CF, Natural Fragrance) Organic Wild Greens Fresh Stick Deodorant, Organic Iced Mint Vanilla Hand Sanitizer

### Stage Two

CADIA Organic Salsa: (GF,CF, bell peppers, chipotle powder, jalapeno, tomatoes) Mild, Medium, Hot

CADIA Organic Sauce: (GF,CF, tomatoes): Red Wine, Vodka

CADIA Organic Pizza: Cheese (tomatoes), Mushrooms & Black Olives (tomatoes), Spinach Mozzarella Cheese and Cherry Tomatoes

CRYSTAL CLEAN Unscented Glass and Surface Cleaner (GF,CF, sweet orange)

INDIE CANDY Love Heart Hard Candy Lollipop: Strawberry (GF,CF)

KETTLE CUISINE\*<sup>^</sup> [www.kettlecuisine.com](http://www.kettlecuisine.com) (GF,CF)

Thai Curry Chicken Soup (bell peppers, chili peppers, tomatoes), Three Bean Chili (bell peppers, chili peppers, paprika, tomatoes, red peppers)

MARTIN'S MARVELOUS\*<sup>^</sup> [www.martinsmarvelous.com](http://www.martinsmarvelous.com)

Crisps: Chocolate Mole (GF, raisins), Date And Olive Tapenade (GF, raisins), Sunflower Seed Raisin (CS,GF), Rosemary Lavender (GF); Granola: Sunflower Seed Raisin (GF), Pumpkin Seed Cranberry (CS,GF)

SIMPLY SHARI'S - GLUTEN FREE<sup>^</sup>

[www.glutenfreefabulous.com](http://www.glutenfreefabulous.com), Quinoa & Marinara (GF, tomatoes), Almond Shortbread Cookie Bites (GF,CF)

STONERIDGE ORCHARDS\*<sup>^</sup>

[www.stoneridgeorchards.com](http://www.stoneridgeorchards.com), Pomegranate & Berries (GF,CF, blueberries, cranberries)

TASTE OF NATURE<sup>^</sup> Snack Bars: (GF,CF) Brazil Nut Fiesta (almonds, raisins), California Almond Valley (raisins), Canadian Maple Forrest (apricots, raisins), Caribbean Ginger Island (almonds, raisins), Quebec Cranberry Festival (almonds, apples, raisins)

### Naturally Fragranced Stage Two

CRYSTAL CLEAN Sunshine Glass and Surface Cleaner (GF,CF, Natural Fragrance, sweet orange)

SENSIBILITY SOAPS\*<sup>^</sup> NOURISH (GF,CF, Natural Fragrance) Organic Cucumber & Watercress Daily Face Moisturizer (almond oil, orange oil), Organic Foaming Fragrance Free Hand Wash (apple essence), Organic Cucumber & Watercress Facewash (apple essence, orange oil), Organic Fresh Stick Deodorant (orange oil), Organic Acai Berry & Seabuckthorn Night Time Renewal Face Moisturizer, Organic Wild Greens Body Wash (apples), Organic Wild Greens Body Lotion (almond oil)

The Feingold Association does not endorse or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment, does not constitute approval (or disapproval). The Foodlists are based primarily upon information supplied by manufacturers and are not based upon independent testing.

## Past issues of Pure Facts

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

### December 2010 / January 2011

School lunch solutions  
Feeding children, a fable  
Ear infections and gut health

### February 2011

Toxins in the environment  
Itchy dry skin  
Fluoride levels are too high

### March 2011

School food options  
Next steps after Feingold  
Food dyes and cancer

### April 2011

Wacky world of food  
Tylenol and asthma  
Giftedness and ADHD

### May 2011

Moms testify at FDA hearing  
Naturally colorful candies  
FDA's identity crisis

### June 2011

Why food costs so much  
School food and money  
Saltwater swimming

### July/August 2011

The empire strikes back  
Nutrition and mental disorders  
Pesticides in produce

### September 2011

Nurtured Heart Approach  
Stealth dye in cosmetics  
Cold school lunches

### October 2011

Who decides what's healthy?  
Better food in LA and the Bronx  
Locating hard-to-find products

### November 2011

New trends in fast food  
More fluoride problems  
Dry erase answers

## School food exposed

In December, the *New York Times* ran an article titled "How the Food Industry Eats Your Kid's Lunch." For many, this is the first glimpse into the longstanding practice of rebates, both legal and illegal, that have long plagued the food industry. It helps explain why so many children are given substandard, additive-laden food.



This is the latest expose by investigative reporter Lucy Komisar, who wrote a detailed article on the topic in 2009. (See the full article at: <http://inthesetimes.com/main/article/4282> )

Food distribution giants work with food industry giants to squeeze more money out of the schools and the other institutions they service by providing the cheapest food they can and pocketing the profits. Local farmers and businesses are shut out because they cannot afford to cover the cost of the kickbacks required by the big food service companies.

In many cases, school administrators have been asleep at the wheel, not wanting to be bothered by the job of running the school's food program.

The belief that schools save money by outsourcing turns out to be an illusion. Ms. Komisar cites research from Roland Zullo of the University of Michigan that shows there is an increase in class size and a reduction in test scores when schools turn their food service over to giant distributors.

Now, just imagine what could happen if schools threw out the distributors and the junk and served really healthy food! ♦

## Pure Facts

Editor: Jane Hersey

*Contributing to this issue:*

Carolyn Allen  
Markey Dokken  
Shula Edelkind  
Cindy Harrell  
Elizabeth Kellum

*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*, *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 at [www.feingold.org](http://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.

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