

Pure Facts

Newsletter of the Feingold® Association of the United States



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L.A. School food reform problems

School food reform in Los Angeles has left a bad taste in the mouths of some students.

After much publicity and Herculean efforts on the part of many, including celebrity chef Jamie Oliver, the factory food served in the Los Angeles public schools received a make-over. But now the program is in trouble as students reject the new food and opt to bring in soda and chips. What's wrong with this picture?



Too much too soon

Expecting a teen who is accustomed to eating a greasy cheeseburger to embrace lentil and brown rice cutlets is unrealistic. It is understandable that reform-minded adults want to "catch" the teens before they go out into the world, but the best place to start with introducing new tastes is in the younger grades. Very young children can learn about new flavors and healthy food -- ideally from vegetables they have raised in school gardens -- and from lessons that teach them about things like whole grains. Food is an intensely personal experience and few people of any age are willing to change what they eat overnight.

The Feingold approach

Food services director Dennis Barrett told the *L.A. Times*, "We're trying to put healthier foods in place and make food kids like, and that's a challenge." But this is just what Feingold families do every day. We know that kid favorites can be healthy and delicious. Children in the Arlington, Vermont schools enjoy natural versions of all the kid favorites: cheeseburgers, sloppy Joes, pizza, grilled cheese sandwiches, mac & cheese, and spaghetti, along with more upscale offerings.

Bad cooking

But the fact that so many dishes are unfamiliar to the teens appears to be less of an issue than the problem with the preparation. This writer, who considers it a challenge to feed four people, cannot imagine how it would be to feed one thousand. But others do know how to pull this off, and that's where the program needs help. Food that starts off with healthy ingredients is a flop if the finished dish is burned, soggy, hard, watery or moldy, as has been the case with some of the L.A. school food.

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ADHD Drugs in the News

A recent article in the *New York Times* offers a sobering look at the treatment of children.

In his article, "Ritalin Gone Wrong," psychologist Alan Sroufe, Professor Emeritus at the University of Wisconsin, questions the prevailing beliefs about the use of stimulant drugs for children.

He cites the 2009 report from the National Institutes of Mental Health showing that stimulant drugs do not offer any long-term benefits. (See the May 2009 issue of *Pure Facts* for details.) Dr. Sroufe writes, "To date, no study has found any long-term benefit of attention-deficit medication on academic performance, peer relationships or behavior problems, the very things we would most want to improve."

The twenty-fold increase in the use of such drugs over the past 30 years is based, to a large degree, on a set of beliefs that does not hold up to scrutiny.

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The Feingold® Association of the United States, Inc., founded in 1976, is a non-profit organization whose purposes are to support its members in the implementation of the Feingold Program and to generate awareness of the role of foods and synthetic additives in behavioral, learning and health problems. The program is based on a diet eliminating synthetic colors, synthetic flavors, aspartame, and the preservatives BHA, BHT and TBHQ.

L.A. School food, from page 1

Volunteers working to improve school food note that the dishes offered to them at a tasting party during the summer were "super good," but the same dishes now suffer from really bad cooking. Commented one volunteer, "It's nasty, nasty...if it's not appetizing, people won't eat it." Clearly, L.A.'s biggest problem is in how the food is treated.

"Either/Or" mentality. Sadly, many critics -- especially unhappy high school students -- believe the only options are greasy processed foods or the poorly prepared new foods.



Solutions

Pure Facts has long encouraged schools to seek out young chefs who have abundant skills but few good job opportunities. Working with administrators who understand the logistics of handling huge quantities, the combination could help to overcome the problems that remain. Meanwhile, the schools could offer cold sandwiches. (See *Pure Facts* for September 2011.) And for those students who bring their lunches, in place of packing a bag of Flaming Hot Cheetos and a can of soda, these disgruntled teens could just as easily pack an apple, a banana and a bottle of water. ♦



ADHD Drugs in the News, from page 1

Because many children show an initial reduction of ADHD symptoms when they are put on drugs, stimulants have been seen to be the most effective solution. And despite ample information showing that stimulants have a similar effect on most people, there has long been an assumption that kids with ADHD symptoms are somehow different and their brains don't function normally. Dr. Sroufe writes that drugs "enhance the ability to concentrate, especially on tasks that are not inherently interesting or when one is fatigued or bored, but they don't improve broader learning abilities." (See *Pure Facts*, February, 1995 for more details on this.)

"Policy makers are so convinced that children with attention deficits have an organic disease," writes Sroufe, "that they have all but called off the search for a comprehensive understanding of the condition." He points out that studies for drugs get funded in the United States; thus, there are countless studies on drugs. It is not surprising, then, that the major studies on diet and behavior over the past few decades have come from other countries.

"While some smaller number may benefit from short-term drug treatment, large-scale, long-term treatment for millions of children is not the answer."

Dr. Sroufe

To read the *Times* article, go to: <http://tinyurl.com/NYT-ritalin> ♦

If ADHD is not a Ritalin deficiency, what causes it?

There are many things that can cause a child to have trouble focusing and behaving appropriately. Some of these are based upon our 36 years of practical experience, but most are supported by research published in scientific journals. They include:

- | | |
|---|---|
| Premature birth | Mineral deficiency, especially zinc |
| Dysfunctional family | Inadequate beneficial bacteria in gut |
| Lack of exercise | Release of histamines affecting the brain |
| Excessive stress in home or school | Lead or other heavy metal exposure |
| Poor prenatal nutrition | Antibiotic use, especially if excessive |
| Vision problems | Prenatal vitamin D3 deficiency |
| Difficult delivery/temporary oxygen deprivation | Chlorine, especially indoor pools |
| Lack of sleep | Sensory deficits |
| Maternal iodine deficiency | Cigarette smoke exposure |
| Maternal drinking or drug use | MSG |
| Food allergies | Soy formula, especially GMO soy |
| Exposure to fragrances, perfume | Physical trauma to head |
| Celiac disease | Sodium benzoate |
| Side effects of drugs | High fructose corn syrup |
| Iron deficiency | Petroleum-based food dyes |
| Environmental allergies | Dyes on the skin |
| Environmental sensitivities | Synthetic flavorings |
| Fluoride | Synthetic sweeteners |
| Lack of "good" fats, omega-3 EFAs | Preservatives BHA, BHT, TBHQ |
| BPA in plastics | Salicylates |

"Lunch Lady" or "Lunch Teacher"

Two women offer an answer to fixing school food.

In order to teach science, math, literature, history, foreign language, home ec, art, P.E. or music schools require that teachers have training and proficiency in their subject. Kate Adamick and Andrea Martin believe that schools need another type of teacher and provide the training to enable them to be proficient in their field. They train Lunch Ladies to become Lunch Teachers™.

Both women are accomplished chefs, and Chef Adamick was previously a corporate attorney. Kate Adamick has considerable experience showing how to transform institutional food into healthful meals, and today she and Chef Martin operate Cook For America®, with the major focus on their culinary "boot camps."

The boot camp is a 5-day, intensive program to teach culinary skills to those who are in charge of our children's school food. Lunch Ladies are taught how to prepare delicious food from scratch, which not only results in calmer, brighter, healthier children, but also gives the cafeteria staff the respect they deserve. They become teachers in their schools, showing children how to enjoy healthful food.



Cook For America has numerous programs, including "Jr. Chef" which involves children in food preparation and enlists the help of other professional chefs in sharing culinary skills with school personnel.

Previous *Pure Facts* articles have shown how schools can provide healthy food that costs less than factory food and have pointed out the enormous savings as a result of a reduction in learning and behavior problems. A small portion of these savings could be applied to training a school's Lunch Teachers. ♦

"Lunch Lady" or "School Chef"?

On "Chopped," a Food Channel TV show, four chefs compete to see who can come up with 3 successful dishes in a limited time, using ingredients that are often a bizarre collection of foods. An episode that first aired in November featured four school "lunch ladies."

The initial thing viewers noticed in these women was the lack of inflated egos sometimes displayed by chef divas who compete. The second was their passion to feed children

healthy food. Despite their modesty, they wowed the judges with their skill and the dishes they presented.

All of them prepared delicious food, and the panel of judges knew it would be difficult to select one woman as the winner, but the honor went to Cheryl Barbara of New Haven. One of the judges was White House chef, Sam Kass. All of the culinary experts agreed that these were not Lunch Ladies; they were, indeed, "School Chefs." ♦

Why stimulant drugs do not work in the long-term

New research from the Institute of Psychiatry at King's College in London sheds light on why drugs like Ritalin stop working after about two years. It was published in the February 1 issue of *American Journal of Psychiatry*.

The work, led by Dr. Paolo Fusar-Poli and Professor Katya Rubia also explains why the dose typically needs to be increased to maintain the same level of control first seen.

"There is currently no evidence for the long-term effectiveness of stimulant medication. In fact, there is evidence that the effect of medication diminishes over time..."

Professor Rubia

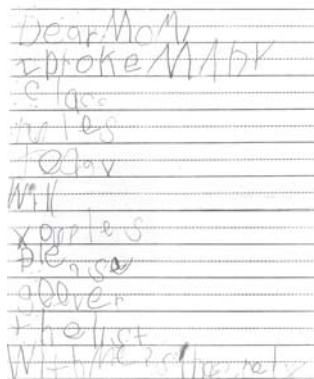
The findings of this new meta-analysis are similar to the research cited by Dr. Sroufe in the recent *New York Times* article (see page 1).

The percentage of patients for whom stimulant drugs seem to have an initial benefit is generally quoted at about 70%. This is the same figure Dr. Feingold found responded to his diet. ♦



Michael's Schoolwork

Six-year-old Michael's schoolwork illustrates the effects of the Feingold Diet on his motor and cognitive skills, as well as his behavior in class. The first two examples are pre-Feingold.



This reads, "Dear Mom, I broke many class rules today. Will you please go over the list with me? Sincerely"



Note the hurried execution and poor motor control in this worksheet.



Here's a sample of Michael's school work after he went on the Diet. ♦

Kendall's Story

Her mom was well acquainted with the information on ADHD, as well as the usual treatments, but she was unwilling to put this vivacious child on a regimen of drugs.



Six-year-old Kendall King is a bright little girl who is doing well in school and enjoys her friends. But a year ago, it was a much different picture.

She was hyperactive, inattentive, and seemed to be lacking in any impulse control. Unlike the typical picture of a chemically-sensitive girl whose reactions manifest as moodiness or distractability, Kendall's reaction to a perceived offense from another child was to lash out aggressively.

What was going on with this kindergartner? Oddly enough, her mom, Kelly has more than ten years of experience as a kindergarten teacher!

By last summer, it became obvious to Kelly that these symptoms were not going to resolve on their own, and all of the behavior modification techniques she used did not appear to have any effect. She read extensively with a focus on books that address girls with ADHD. What help did all of this reading provide? "Nothing," Kelly reports.

An Internet search turned up a message board where one poster mentioned their success with the Feingold Diet. This led Kelly to our web site, the Feingold materials, and a fast turn-around in her daughter's behavior.

The teachers at Kendall's school have been wonderful in cooperating, but a teacher unfamiliar with the diet gave her a green Jolly Rancher. Curious about this new candy, Kendall opened the wrapper and gave it just one lick. That was enough to bring on a reaction with the old, aggressive behavior.

Minneapolis TV coverage

When FAUS was contacted by TV anchor/reporter Liz Collin of the CBS affiliate WCCO, seeking a Feingold family to interview, Kelly was one of the moms who offered to help. The excellent feature on the harmful effects of fake dyes on children's behavior aired on the 10 pm news on February 2. You can view it at <http://tinyurl.com/MN-TVshow> It has also been shown on CBS affiliates in other cities. ♦

Drugs are okay for younger kids, says the AAP

The official AAP (American Academy of Pediatrics) guidelines have recently been changed to include diagnosing ADHD in children ages 4 and 5. As always, lip service is given to using behavior modification first (wink, wink), and then moving on to prescribe drugs. Sadly, Ritalin and similar drugs are already being given to toddlers and even to infants! (See *Pure Facts*, March 2003.) So, in addition to the risk the drugs carry, the age at which stimulants cease to provide any benefits will take place at 6 years old rather than age 8. ♦

CANDY HOLIDAY

This year, Easter falls on Sunday, April 8 -- lots of time to line up the natural goodies for your child's basket!

Jelly Belly has a new line of natural jelly beans that are based on flavors found in Snapple drinks. They can be added to the Stage Two section of your *Foodlist* book.

The five new flavors are Fruit Punch, Mango Madness™, Cranberry Raspberry, Pink Lemonade and Kiwi Strawberry. They are made from fruit juice, Snapple concentrates, and fruit purees. The color comes from fruits and vegetables. They are fat-free, peanut free, dairy free, vegetarian, free of gluten ingredients, and Kosher.

In addition to their 3.1 oz plastic bag and 4.5 oz box, they are also available in a miniature Snapple bottle. <http://tinyurl.com/snapplebeans> ♦



Angell bars

Christopher and Suzanne Angell have combined their love for candy bars with eco-consciousness and come up with a line of organic candy bars.



"We're candy nuts," the couple writes, "...like most people, as we've grown up, we've learned that what you put in your body matters."



Their candy is Certified Organic and Fair Trade. The Angell Crisp bar is a blend of milk chocolate with crispy rice, and it is gluten-free. Snow Angell is made of organic coconut with a coating of white chocolate. The Dark Angell bar has a smooth cocoa center with organic almonds and a dark chocolate coating. It is a vegan product. More details are available at www.angellbar.com ♦

Garden Lites

Garden Lites for busy nights...or for lunch when you're in a hurry.

These vegetable-based frozen dishes can be used as an accompaniment for dinner or serve as a full lunch. The vegetarian souffles' varieties are roasted vegetable, broccoli, spinach and butternut squash.

Vegan offerings are their Zucchini Marinara and Zucchini Portabella.

All of the dishes are gluten-free. To learn more visit www.GardenLites.com ♦



Beware the Green Things!

This is the time of year when loyal Irishmen dump green dye in the Chicago River and bars serve green beer. It's also the time when some schools make plans to serve more "green things," but they are not referring to broccoli!

One Feingold mom wrote to us: "Help, my child's school wants to dye pancakes green tomorrow for Dr. Seuss Day!"

An option would be to use a natural green food coloring, but it is probably not possible to find the shade of green that duplicates the shamrock.



Another Feingold mom offers this suggestion, "I recommend that you find out when they are planning to make and serve the pancakes. Breakfast? Brunch? Right before the end of the day? Then I would arrange to pick your child up before they start and take her to an acceptable restaurant for a special meal out. If there is a Whole Foods in the area, that's a good choice. Be sure to tell the teacher and principal you are doing this because you refuse to allow your child to be exposed to toxic chemicals such as the petroleum-based green food dye." ♦



Check out all the new candies in the PIC Report on page 7. The Easter bunny has lots of choices this year!

Our Toxic Legacy

by Beatrice Trum Hunter

Once lead was removed from gasoline and paint, it appeared that the danger, especially to young children, was over. But lead is still found in our environment including many consumer products, and can result in numerous behavior, health and developmental problems. The same is true for mercury, arsenic and cadmium.

In her newest book, Beatrice Trum Hunter provides an understanding of the history of these substances, why they are still a threat today, the many places where they are likely to be found, the countless problems that exposure can bring, and finally, some of the methods for removing them from the body.

For each of these toxins, there is a familiar story of money, politics, and the pressure of industry to cover up the damage being done. (Remember Erin Brockovich.)

There are many seemingly mysterious illnesses that are the result of toxic exposure to one of these toxins, and testing can help uncover them. (Parents of teenagers at New York's Le Roy High School have asked Ms. Brockovich to investigate a chemical spill from 1970 which may be related to the student's Tourette-like symptoms.) This book is a valuable resource that can help the reader to reduce their exposure to toxins, to recognize symptoms of such exposure, and to deal with the effects of those they cannot avoid.

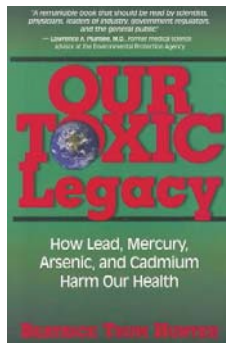
Ms. Hunter is skilled at presenting complex information in a way that is both interesting and readily understandable to the layperson. ♦

Dirty Gold

The mining of gold and some other metals causes enormous damage to our environment and to the people who live and work there. The "No Dirty Gold" campaign is designed to pressure jewelry retailers to sign a pledge to stop buying gold from sources that cause destruction to humans and the environment.

When gold is obtained from open-pit mining, a single gold ring causes 20 tons of mine waste, much of it contaminated by the cyanide used to leach gold from the ore. Each year the mines in the US alone generate waste equal to nearly nine times the trash produced by all of the cities and towns combined.

The metals mining sector consumes 7% to 10% of global energy production while it pollutes the air and the water supply. Only a small percentage of jewelry comes from recycled gold. Most is newly mined.



from Basic Health Publications

Passion and Poison

Dr. Adrienne Sprouse has done extensive research on the life and mental illness of Vincent van Gogh. The film which is currently being made focuses on the cadmium pigments, so popular with Impressionists for their vibrant colors. Sprouse believes that the mystery of van Gogh and his untimely death is linked to his exposure to this toxin while working in a small, poorly ventilated room. ♦

Environmental Health Advocate Honored

After becoming ill from exposure to environmental chemicals, Mary Lamielle was confined to staying in her house where she could avoid the everyday chemicals that most people do not even notice.

But eventually, she decided to do what she could to raise awareness and help other sufferers like herself, so she started the National Center for Environmental Health Strategies and runs it out of her home in New Jersey. For more than 30 years, Mary has helped others who have become sick from our toxic world and has served as a representative on many state and federal committees.



Mary's latest award has been the Freedom Medal from Camden County in New Jersey.

She has long been a valued friend and resource for the Feingold Association. There are many degrees of chemical sensitivity. The Feingold program removes some of the most easily avoided things like food additives and fragrances, but for highly chemically sensitive people, their problems, which generally begin with a toxic exposure, can include most of the ordinary household and outdoor substances we take for granted. ♦

To learn more about the practice of gold mining and the efforts to change it, see www.nodirtygold.org ♦

PIC Report

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

^ = available in Canada

* = available in health food stores and some supermarkets

SM = natural smoke flavoring

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

Stage One

BOAR'S HEAD (GF, CF) All Natural Uncured Ham, All Natural Smoked Turkey Breast (SM), Pesto Parmesan Oven Roasted Ham (SF)

CRYSTAL FARMS Wisconsin White Sharp Cheddar Cheese (GF), All Natural Roasted Turkey Breast

GO MAX GO FOODS*[^] (www.gomaxgofoods.com) (GF, CF) Candy Bars: Cleo's Peanut Butter Cup, Snap!

GOODY GOOD STUFF [^] (CS,GF,CF) Cola Breeze Gummies

JUSTIN'S * Peanut Butter Cup: Organic Dark (GF,CF), Organic Milk Chocolate (GF)

KIMMIE CANDY* (www.kimmiecandy.com) (GF) Natural Choco Rocks, Natural Kettle Corn Nuggets, Natural Sunburst

MOM MADE FOODS* (www.mommadefoods.com) Bites: Turkey Meatball (CF); Meals: Cheesy Mac

OCHO* *available retail in Northern CA only* (www.naturalcandystore.com) Organic Candy Bars (GF): Peanut and Caramel, Peanut Butter (CF), Coconut (CF)

PALMER LANE MAPLE* (www.palmerlanemaple.com) Maple Sugar Candy (all shapes) (GF,CF)

Q.BEL* Q.Thins: Hazelnut Double Dark, Vanilla Double Dark

RAW SHAKTI CHOCOLATE* *available on East Coast only* (www.rawshaktichocolate.com) (GF,CF) Single Origin Ecuador, Citrus Sensation, Energy Elixir

THOMPSON (www.naturalcandystore.com) (GF) All Natural Chocolate (various foiled wrapped shapes) Dark, Milk

WHOLESOME SWEETENERS[^] Organic Evaporated Cane Juice (GF, CF)

WOLFGANG CANDY *available retail in MD, PA, WV* (<http://www.wolfgangcandy.com>) (GF) Solid Milk Chocolate: Cuddles, Bunny Choco-Pops, Rabbit and Egg, Two Bunny

PRODUCT ALERT – KERN'S Pear Nectar now contains apple and needs to be moved from Stage One to Stage Two of your *Foodlist & Shopping Guide*.

Stage Two

APPLEGATE FARMS (www.applegatefarms.com) Natural Chicken & Sage Breakfast Sausage (red peppers, CF)

EARTH BALANCE Mindful Mayo with Olive Oil (GF,CF, apple cider vinegar)

EARTHBOUND FARM[^] Organic Pitted Dried Plums (GF,CF)

EARTH ISLAND* *Canada only* (GF,CF, apple cider vinegar) Vegenaise Eggless Mayonnaise: Grapeseed, Organic, Reduced Fat, Soy-Free; Vegan Gourmet Cheese Alternative: Nacho (GF,CF,jalapeno)

FOLLOW YOUR HEART* (www.followyourheart.com) (GF,CF, apple cider vinegar) Vegenaise Eggless Mayonnaise: Grapeseed, Organic, Soy-Free; Vegan Gourmet Cheese Alternative: Nacho (GF,CF, jalapeno)

GOODY GOOD STUFF [^] (CS,GF,CF, apples, aronia berries, black currants, elderberries, oranges) Gummies: Cherry Cherry, Koala Gummy Bears, Sour Fruit Salad, Sour Mix Match, Strawberry Cream, Summer Peaches, Tropical Fruit

JELLY BELLY (www.JellyBelly.com) Snapple Flavored (CS,SB,SF,GF,CF, apples, black currants, cherries, cranberries, grapes, raspberries, strawberries)

KIMMIE CANDY* Natural Choco Almond (GF)

MOM MADE FOODS* (www.mommadefoods.com) Munchies: Baked Apple Pie (CS,CF), Chicken (CS, bell peppers), Turkey Sausage (CS, tomatoes), Bean Burrito (CS, bell peppers, chili peppers), Cheese Pizza (CS, tomatoes); Meals: Spaghetti with Turkey Meatballs & Sauce (tomatoes), Fiesta Rice (GF, bell peppers, chili peppers, tomatoes)

OCHO* *available retail in Northern CA only* (www.naturalcandystore.com) Mocha (GF, coffee)

RAW SHAKTI CHOCOLATE* *available on east coast only* (GF,CF) Mayan Afrodesia (cayenne pepper), Himalayan High (goji berries)

SOUR POWER* (CS, SF, CF) Peach Belts: Bulk, Tubs

SURF SWEETS* (www.naturalcandystore.com) Organic Jelly Beans -spring mix (GF,CF, grapes, oranges, raspberries, strawberries)

TILLEN FARMS* Bada Bing Cherries (GF,CF, blueberries, plums)

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.

Yet another review of the old studies on diet

Unlike the Millichap article described in last month's *Pure Facts*, this latest effort by Nigg, published in the January issue of the *Journal of the American Academy of Child & Adolescent Psychiatry*, was an improvement. At least it included the newer work from England...along with the ancient studies from the 1970s. (The National Institutes of Health reviewed those studies in 1982 and found them to be badly designed.) While the article includes 2007 research by McCann, it ignores the study conclusion -- that most children are adversely affected by food dye.

Why are so many people rereading the research that is clearly flawed and more than 30 years old? Instead of going over the old territory why aren't they conducting new studies that have an intelligent design and use a realistic amount of food dye?



Something else green.

Who would fund such an exercise in redundancy? And why would such a donor not insist the money be spent instead on a well-designed new study?

Let's take a look at the funding sources. The first funder is an organization that calls itself the North American Branch of the International Life Sciences Institute (ILSI). Its stated mission is to "advance understanding of scientific issues related to the nutritional quality and safety of the food supply." The part that is not mentioned is that ILSI is composed primarily of the major food giants who benefit financially from the continued use of petroleum-based additives and the companies that make them. Partial funding came from the National Confectioners Association. Oh goodie! ♦

Creating healthier babies Language Delays

Women with low levels of **vitamin D** have twice the risk of having a child with language delays by the age of 3 than women with adequate levels. The February online edition of *Pediatrics* includes this research from the University of Western Australia.

Andrew Whitehouse and colleagues followed 700 women, measuring their vitamin D levels during pregnancy and measuring the language development of the children later on.



Folic acid deficiency has also been linked with language delay in children. Mothers who received folic acid supplements early in their pregnancy were less likely to have children with language delay by age 3. The results of a Norwegian study were published in the *Journal of the American Medical Association* in October 2011.

Type 1 Diabetes

Pediatric endocrinologist Shayne Taback of Winnipeg advocates giving vitamin D to newborns who are at high risk of developing type 1 diabetes. Canada reports 300,000 children in the country have been diagnosed with it. Finnish research from 2001 showed a connected **vitamin D** deficiency with type 1 diabetes. Like other countries far from the Equator, Finland has one of the highest rates.

Obstetrician/gynecologist, Jennifer Wu suggests women get their vitamin D levels checked and begin taking prenatal vitamins before they become pregnant. These vitamins include both vitamin D and folic acid. ♦

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*, *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.

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