

Pure Facts

Newsletter of the Feingold® Association of the United States



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Fighting the Big Bucks

Activists are finding ways to defend against powerful vested interests.

Mommy bloggers, ballot initiatives, nonprofit pressure groups, and individuals of all ages are finding their voices to protest some of the worst offenses of giant corporations. The legal system also offers a means for leveling the playing field, and there have been many recent victories.

Major food companies, including Kellogg, Frito-Lay, Ben & Jerry's and Tropicana are having to defend their use of the word "natural" in the courts.



General Mills is being sued for claiming its Fruit Roll-Ups are "made with real fruit," misleading consumers by giving the impression that the additive-laden product is healthy.

Consumer groups are suing the FDA for its failure to protect the public against the harm from excessive antibiotic use (see the article on page 4). The Natural Resources Defense Council has brought numerous suits against the FDA, forcing the agency to release its documents on the dangers of antibiotics in meat.

Autism in a shopping cart

New research links the rise in autism with the type of food many children (and their mothers) eat today.

Our bodies have ways to eliminate the harmful chemicals we encounter in our air, water and food. But in order for these systems to work well, we need to have basic nourishment. The factory food most American children eat is not only deficient in the nutrients they need, but it contains many of the toxins that are linked with autism.

A study published in April in *Clinical Epigenetics* notes that in addition to genetic factors, researchers need to consider the role of unhealthy diets as a contributing factor in autism. Renee Dufault, the study's lead researcher, is a toxicologist who previously worked for the Food and Drug Administration.



Dr. David Wallinga, one of the study authors and a physician at the Institute for Agriculture and Trade Policy commented, "To better address the explosion of autism, it's critical we consider how unhealthy diets interfere with the body's ability to eliminate toxic chemicals."

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The power of the press was seen when British newspapers took up the cause of getting rid of synthetic dyes in foods. Now the journal *Nature* and *Consumer's Reports* magazine are pressuring retailers to discontinue selling meat and poultry that have antibiotic residues. The *Washington Post* has added its voice.

In its ongoing war against healthy foods, the Food and Drug Administration has proposed that any company making qualified health claims for its product (such as the anti-cancer properties of green tea) will have to carry a disclaimer saying that the FDA disagrees. A district judge has ruled against the FDA.

In an event that could have a world-wide impact, an Italian court awarded damages to the family of a little boy whose autistic symptoms began immediately after he received an MMR vaccine. ♦

Autism, from page 1

Dr. Dufault created a model called "macroepigenetics," which looks at the ways nutrition, environment and genetic inheritance are linked to various health outcomes. Her interest in the effects on children may have been influenced by her credentials as a special education teacher.

High fructose corn syrup and the link to autism

It was Professor Dufault who alerted the public in 2009 to the presence of mercury in high fructose corn syrup.

Between 1975 and 2009, Americans reduced their intake of sugar by almost 29%, but it was more than made up for by the increase in the consumption of high fructose corn syrup.



HFCS consumption has been linked with the loss of important minerals (Ivaturi 1992, Milne 2000) and in 2009, Dufault and her colleagues found mercury in samples of HFCS. They also discovered that the years when the most HFCS was consumed were the same years when autism growth rates were the highest. [See Dufault, R. et al. 2009. Mercury from chlor-alkali plants: measured concentrations in food product sugar. *Environmental Health* 2009, Jan 26; 8:2 and Dufault, R. et al. 2009. Mercury exposure, nutritional deficiencies and metabolic disruptions may affect learning in children. *Behavioral and Brain Functions*. 5:44]

The use of high fructose corn syrup in infant formula is especially troubling.

Zinc helps the body eliminate toxins. Ward (1990) showed that synthetic yellow dye leaches zinc from the body, and we now know that HFCS does the same. The sweetener can also reduce the levels of calcium -- another beneficial mineral. When there is insufficient calcium, the brain is more vulnerable to the effects of lead, with children and the unborn being at greatest risk.

Factory foods contain very few nutrients and many toxins (food additives, heavy metals, pesticides, etc.). In order to get rid of toxins, our bodies need a good supply of nutrients -- the very things missing in the typical American diet.

Professor Dufault has established the non-profit Food Ingredient and Health Research Institute and serves as its director. Its mission is to conduct research on those food ingredients currently considered by the Food and Drug Administration as "Generally Recognized as Safe" (GRAS). They are especially concerned about the link between food additives and the development of behavior disorders like autism and ADHD and chronic diseases like obesity and diabetes. For details, see: www.foodingredient.info ♦

Fake Honey

That bottle of honey in your pantry, sold in a plastic container shaped like a bear, might not be what you think it is.

The introduction of **high fructose corn syrup** in the 1970s brought the practice of adulterating honey with the low-cost sweetener. What's more, the bees in two-thirds of the hives in the US are fed HFCS and subjected to lighting 24 hours a day to cause them to produce more honey.

An even graver problem is the use of cheaper imported honey, mostly from China and India. This honey may be contaminated with antibiotics or heavy metals. Unscrupulous processors filter out the pollen, so there is no way to identify the origin of the honey. In 1975, the FDA promised to set standards to protect consumers, but the agency has not taken any action.

If you buy the brands sold in supermarkets and drug stores, you are likely to be getting adulterated honey. Instead, look for organic products at natural food stores or purchase locally-produced honey at farmer's markets. ♦



The name change game

Thanks in part to a long history of government subsidies, the corn industry has been able to sell high fructose corn syrup for less than sugar, and the food industry eagerly embraced the cheaper sweetener. But with new revelations about the role of HFCS in obesity and diabetes, and the discovery of mercury, consumers are increasingly wary of it. The response of the Corn Refiners Association was a series of TV ads attempting to make critics look foolish. When that didn't seem to work they turned to the time-honored ploy of name changing. But the Food and Drug Administration has come out on the side of the Sugar Association, saying that HFCS cannot be renamed "corn sugar." The agency defines sugar as a solid, crystallized food, not a syrup. However -- in a show of chutzpa -- the corn industry continues to air their TV ads claiming that "corn sugar" is no different than sugar. ♦

Ray is thriving on the diet.

by Kim Anthony, Ph.D.

My son's behavior problems were the result of what he was eating; they were not a characteristic of Down syndrome.

When my son, Ray, was born in 2003, I went into research mode! I wanted to know everything about Down syndrome, but the initial information from doctors was nothing but doom and gloom. Looking back, this was a great thing because it made me angry and made me want to fight this extra chromosome! I threw all of the negative information aside and found positive steps I could take.



Every day is Mother's Day at the Anthony home!

When Ray was only one month old, we began a program at the Institutes for the Achievement of Human Potential (IAHP). It was quite a challenge doing this intensive program, but well worth it.

The program included every facet of a human's life including physical, physiological, intelligence, and much more. One of the main aspects was nutrition. Since I was breast-feeding, this meant that I had to eat in a different way -- a better way. This was very challenging for someone who had already given up what I thought was "bad" food while I was pregnant. Since I breast-fed Ray for 15 months, it was a long journey, but the IAHP helped in many ways.

When Ray started eating food, it was easy to cook good food and puree it for him. He loved everything! Then, things changed. For some reason (probably our lifestyle), his eating habits changed. We got busy, and our food purchases changed. Ray began wanting and getting mainly waffles, pizza, and hot dogs. I'm ashamed to even write this. (We now use natural versions of these foods.)

Today, my family is living a normal life. I had no idea what a difference food can make!

Since I homeschool both my boys, I didn't see a difference in Ray right away. It wasn't until I took him to Sunday school and teacher after teacher told me he couldn't stay in his seat, that I began to recognize the problems. Ray was also knocking things off of the tables and not being cooperative. We changed churches only to find that it wasn't the church, it was Ray, or rather what I was feeding him.



I then went on a search for information on ADHD and Down syndrome. We also visited Ray's pediatrician. He is a wonderful man who said that Ray was just being a boy and that it wasn't because he had Down syndrome.

That was nice to hear, but I knew that in order for Ray to be accepted, he has to be better than the best. We decided to try Ray on an ADHD medicine, but we didn't make it through one day; he changed completely. Yes, he was calmer, but he wasn't our wonderful, outgoing, make-you-smile Ray! He was in another world, and he was drooling! That one day of medicine would be the last! I began doing more research and happened upon the Feingold Program!



I joined the Yahoo group and read the many postings the moms and dads were writing. Although none of them mentioned that their children had Down syndrome, the symptoms were all the same. Why not give it a try? Changing our food was not going to hurt him.

After we purchased the Feingold materials, I took my boys to Whole Foods, and we spent two hours there, looking at and tasting different foods.

Continued on page 4

While it wasn't easy to get Ray to change his eating habits because he is very stubborn and set in his ways, the results were almost instant. He calmed down, his speech improved, and his attention in homeschool has improved.



I had not realized there was a problem in homeschool, but I was amazed at what we had been missing. On the approved foods, Ray had a lot to add to the classes. He is creative and has funny stories to tell. Now, when we start school, instead of me dragging Ray to his desk, we all yell "school time" and dance our way to the school room. I had no idea what a difference food can make!

His behavior in Sunday school changed as well. He is now 8 years old and sitting in a 4th and 5th grade junior church for over an hour. Before the diet, he used to need to have an aide with him at all times, but now he can go there on his own.

He calmed down; his speech and attention improved.

We still fall off the program sometimes when we are busy, and then can just kick ourselves! My entire family realizes that if we all eat healthy, we all feel better emotionally and physically.

Antibiotics - Using the courts to bring change

The Food and Drug Administration (FDA) has known for more than 50 years that the practice of routinely adding antibiotics to the feed of animals results in the development of increasingly powerful "bugs," and makes the drugs ineffective when they are needed to be given to humans. About 80 percent of the antibiotics used in the United States are given to livestock, not because they are sick, but to compensate for the bad conditions and inappropriate feed used by factory farming. But there are other ways to keep animals healthy and promote their growth that don't pose such risks.



Thanks to the IAHP (the Institute for the Achievement of Human Potential) and the Feingold Association, my family is living a normal life. We do so many activities as a family that we would never have done without the help of our Feingold way of eating. Ray plays golf, bowls, runs, plays baseball, plays soccer (on a regular team), and is very easy to take anywhere. He loves God, life, people, and just being alive! I'm very thankful for the people who have helped us to have a normal family! I hope that many other families will see the importance of feeding their children with Down syndrome natural food and will use the Feingold diet. ♦



Food supplements, probiotics and phytonutrients can prevent some animal diseases, and vitamin D is being considered as a treatment for dairy cows. Chlorate-based compounds that are added to the food and water of cattle just two days before slaughter can kill E. coli and wipe out Salmonella in poultry.

Farmers and ranchers who raise animals in unconfined areas, providing the food they were intended to eat (such as grass rather than corn) find that their stock is healthy and not in need of a daily diet of drugs.

A 1977 study funded by the FDA showed that because drugs such as penicillin and tetracyclines were being routinely given to animals, the medicine was less effective for humans. But after proposing a ban back in the 1970s, the agency did not take any action and doesn't wish to do so now. As a result, a coalition of consumer groups has sued the FDA, and a magistrate judge has ordered the agency to take action on the long-ago proposed ban. The FDA Commissioner, the Director of the Center for Veterinary Medicine and the Secretary of Health and Human Services have all appealed the decision, preferring instead to politely ask the industry to reduce their use of the drugs.

One of the staunchest critics is U.S. Representative Louise Slaughter of New York, a microbiologist. "I suppose it's not much of a surprise," Ms. Slaughter said of the agency, "They've buried their heads in the sand and ignored the threat of antibiotic resistance for well over 30 years." ♦

Natural Snow Cones!

Our product research department has been working with a supplier of natural syrups, and we are delighted to announce these Snow Cone syrups from Nature's Flavors have been accepted. Nature's Flavors makes a tremendous assortment of colors and flavors, so in order to obtain the right versions, we suggest you use the "NF" and number when you place your order and tell them you want the Feingold-safe versions. See: www.naturesflavors.com

Stage One

Organic Bubble Gum NF-4520
Organic Cola NF-4443
Organic Lemon Lime NF-4553
Organic Root Beer NF-1675
Organic Vanilla NF-1996



Colored by nature!

Stage Two

Organic Black Cherry NF-4889
Organic Blueberry NF-4581
Organic Cherry NF-2973
Organic Grape NF-4564
Organic Strawberry NF-3435
Organic Watermelon NF-5102

If snow cones are a big favorite at your house you may want to get your own shaved ice machine. HawaiianShavedIce.com has two models for less than \$30 that look like they will be able to stand up to frequent use. Schools and clubs may opt to purchase a more expensive commercial model. When you are at events where snow cones are sold, just get a cup of shaved ice and top it with your own natural syrup.

Kiss My Face Kids Mineral **Sunscreen** SPF 30 is acceptable on Stage One. It retails for \$14.99 for a 4 oz tube but can be found at Luckyvitamin.com for \$8.99. Also, see Drugstore.com, Vitacost.com and Amazon.com.

Greek Yogurt – authentic and not-so-much



This good-for-you product has quickly gained the attention and affection of foodies, going from negligible sales in 2006 to one third of the yogurt market today. It is high in protein, low in fat, and its dense, creamy texture makes it a good stand-in for sour cream, and even mayonnaise.

General Mills has its own version, **Yoplait Greek**, but the food giant is being sued for misrepresenting the product. Rather than straining it, as is done with the authentic Greek yogurts, GM instead cuts corners and saves on their costs by thickening regular yogurt with a product called MPC or milk protein concentrate. Under Federal regulations, MPC is not a permitted ingredient in yogurt.

MPC is a powdered concentrate made from milk, but the process of filtration and drying results in a product that is devoid of the minerals that occur naturally in milk. Most of it is imported and can be made from the milk of any animal including yaks, water buffalo, etc. There is no oversight to ensure the cleanliness of the facilities.

It is widely used in cheese, including the sliced product Kraft advertises as "all-American." The irony is that this switch to the cheaper MPC has been devastating to American dairy farmers, many of whom have gone out of business as a result. ♦

FroYo Chains Expand

Zinga, Swizzles, Peachwave, Honeybee, Pinkberry, Red Mango, Sweet Frog -- they are among the growing number of frozen yogurt shops that have sprung up all over the country.

It's hard to get straight information about the ingredients, and despite the fact that Pinkberry lost a law suit for claiming their product was all natural, other companies use the term with abandon. Most contain fake flavors and corn syrup. Peachwave calls its product "a perfectly healthy dessert," "good for your body" and talks about its "freshly-prepared natural fruits and other healthful toppings." The photos they show online include luscious fresh fruit, but they don't show the neon-colored candies and sprinkles.

In their claim "we use only the finest ingredients for our products," Peachwave does not tell us which of the "fine ingredients" are found in these flavors: pink cotton candy, red velvet and blue bubble gum.

In the most popular yogurt shops, customers serve themselves and are charged by the weight. This makes it easy to run up a high bill.

Red Mango yogurt looks like a good option for Feingolders but not their multi-color toppings. We would love to hear back about your experience with various "fro-yo" chains and which brands your family can tolerate. ♦

PIC Report

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

Products with this symbol ^ are available in Canada.

To understand the codes listed in parentheses, refer to page 3 of your *Foodlist* book.

Stage One

ALL TERRAIN Aqua Sport SPF28 Face Stick Sunblock
BEST LIFE (SB,CP,GF,CF) Buttery Spread w/Extra Virgin Olive Oil, Buttery Spread, Buttery Sticks
BLUE DIAMOND^ Nut Thins (GF,CF): Hazelnut, Pecan
CABOT CREAMERY COOPERATIVE (GF) Unsalted Butter, Mozzarella Shredded Cheese (SF), Swiss Cheese Slices, Smoky Bacon (SM), Plain Greek-Style Yogurt
CHARLIE'S SOAPS (GF,CF) Laundry Pre Treater, Outdoor Surface Cleaner, Kitchen and Bath Household Cleaner, Laundry Powder, Liquid Laundry Soap
CRYSTAL FARMS (GF,CF) Better 'n Eggs, All Whites
CRYSTAL FARMS (GF) Slices: Smoked Provolone Cheese Deli (SM), Provolone Cheese Block, Wisconsin Low Moisture Part Skim String Cheese
CRYSTAL FARMS (available in AK, MS, OK, TX) (GF) Shredded: Mac & Cheese Blend (SB), Pizza Cheese Blend; Farmer Cheese, Medium Cheddar Cheese
CUB FOODS (GF,CF) Shortening
DAVID'S DELI^ (CP,CF) Bagels: Multi-Grain, Plain, Sesame; Sourdough English Muffins
DR. PRAEGER'S KIDS SENSIBLE FOODS (all products are CF) All Natural Littles: (GF) Potato, Spinach, Sweet Potato; All Natural Bites: Broccoli, Potato, Spinach, Sweet Potato; Sweet Potato Pancakes, Meatless All American Veggie Burgers (CS, MSG/HVP); All Natural Potato Crusted Fish Sticks
DYNAMOO (available in IL, IA, MN, NE, ND,SD,WI) 1% Milk (GF)
EVEREST NUTRITION Krill Oil (GF,CF)
GRASS POINT FARMS Skim, 2%, Whole Milk (GF)
HOMEFREE^^ Gluten Free Cookies (Regular & Mini) (GF,CF): Chocolate Chip (CS) , Chocolate Chocolate Chip (CS), Oatmeal (CS), Oatmeal Chocolate Chip (CS), Vanilla
HOMELAND CREAMERY (available in NC) Whole Milk, Lowfat Milks (Skim, 1%, 2%)
JOLLY TIME Pops (CS,GF,CF)
JUSTIN'S NUT BUTTER* (GF,CF) Classic Peanut, Honey Peanut
LATE JULY ORGANIC^^ Snack Chips: (GF,CF) Summer-time Blues Multigrain, Sea Salt by the Seashore Multigrain, How Sweet Potato It Is Multigrain

PIC Alert

Yummy Earth Cheeky Lemon Lollies now contain apple so please move them from Stage One to Stage Two.

LOU'S GARRETT VALLEY NATURALS* Oven Roasted Turkey Breast (GF,CF), Smoked Turkey Breast (SM,CF); Ham: (SM,GF,CF) Turkey Steak, Boneless Steak, Uncured Ham (SM,GF,CF): Breakfast Slices, Virginia Brand Seasoned Deli, Black Forest Boneless Seasoned Deli, Black Forest Seasoned Nugget; Bacon: (SM,GF,CF) Thick Sliced Dry Rub, Fully Cooked Hickory Smoked Salt Cured, Hickory Smoked, Pancetta, Canadian Style
LUNDBERG^^ Organic Risotto Alfredo (MSG/HVP, CF)
MASSY MEDICINALS^^ Candida Freedom Bath Salts (GF,CF)
MRS MAY'S NATURALS^^ 100% Natural, Freeze Dried Mango Fruit Chips (GF,CF); All Natural Cashew Crunch (GF,CF)
NANCY'S* Cottage Cheese: (GF) Low Fat Organic Pear on Top, Low Fat, Organic Low Fat
NASOY^ (CF) Egg Roll Wraps, Round Wraps, Won Ton Wraps
NATREL^ Lil Chocolate Milks (individual aseptic) (GF)
NATURE'S FLAVORS Organic Syrup (GF,CF): Bubble Gum Flavor – 4520, Cola Flavor – 4443, Lemon Lime Flavor – 4553, Root Beer Flavor – 1675; Vanilla Extract – 1996
NATURE'S PATH^^ Gluten Free Organic Homestyle Waffles (GF,CF)
NEWMAN'S OWN Thin & Crispy Pizza: (MSG/HVP) Roasted Garlic Chicken, White
ONCE AGAIN^^ Organic Sunflower Seed Butter (GF,CF)
OXICLEAN^ (GF,CF) Baby Stain Remover (available at Baby's R US, Bed, Bath and Beyond, Military Outlets), Baby Stain Soaker (available at Baby's R Us and Target), Versatile Stain Remover
PACIFIC^^ Organic Soup: (GF) Creamy Butternut Reduced Sodium (CF), Creamy Butternut (GF,CF), French Onion (GF)
PARMALAT^ Milk: Fat Free, 1%, 2%, Whole, Lil Milk: Chocolate (GF)
RED STAR^^ Nutritional Yeast Flakes
RICHTEX Vegetable Shortening (GF,CF)
RUBSCHLAGER^ Cocktail Breads: (CP, CF) Pumpernickel, Rye, Sour Dough, Whole Grain
ST. PAUL BAGELRY* (available only in MN) Plain Bagel (CF)
SCHROEDER (available in IL, IA, MN, NE, ND, SD,WI) Cottage Cheese: Fat Free, 1%, 2%, 4% (GF)

Stage One, continued

SIMPLY POTATOES Potatoes: (GF,CF) Shredded Hashbrowns (CS,SF), Homestyle Sliced (CS,SF), Red Wedges (SF)

STARFISH* (GF) Gluten Free Panko Breaded: Salt & Pepper Shrimp, Shrimp

STARKIST (GF,CF) Flavor Fresh Pouch: Chunk Light Tuna in Water, Albacore White Tuna in Water, Low Sodium Chunk Light Tuna in Water, Low Sodium Albacore White Tuna in Water; Canned: Solid White Albacore Tuna in Water, Gourmet Select Choice Chunk Light Tuna in Water, Chunk White Albacore Tuna in Water, Low Sodium Chunk Light Tuna

THOUSAND HILLS CATTLE COMPANY (available only in MN, IA, NC, WI, ND, SD, TX) Uncured Beef Summer Sausage (SM, GF, CF)

TORTILLA LAND*^ Uncooked Flour Tortillas (CF)

TRADER JOE'S* Double Chocolate Cookies (CS), Cereal: Crisp Rice (CF), Frosted Flakes (CS)

ULTIMATE GRAINS (SF,CF) Bread: 12 Grain, O Mega Grains, Multigrain, Heart Healthy, Rustic Italian, Sweet Crunch, Whole Grain

VAN'S NATURAL FOODS* Wheat Free French Toast Sticks: Cinnamon (CS,GF,CF)

VITASOY Tofu: (GF,CF) Extra Firm, Firm, Multi Use, Silkin, Soft

WELLSHIRE^ (now available in Canada) Boneless Ham Steak (SM,GF,CF), Uncured Ham: (SM,GF,CF) Black Forest Boneless Seasoned Deli, Black Forest Seasoned Nuggets

WILD PLANET*^ (GF,CF) Wild Albacore Skipjack Light Tuna, Wild Albacore Tuna, Wild Albacore Tuna in Extra Virgin Olive Oil, Wild Albacore Tuna No Salt Added; Wild Alaska Pink Salmon; Wild Sardines (GF,CF): In Water, In Extra Virgin Olive Oil, In Extra Virgin Olive Oil With Lemon; Wild Alaska Sockeye Salmon

WOODSTOWN FARMS*^ (available only in Canada) (SM,GF,CF) Uncured Ham: Black Forest Seasoned Deli, Virginia Brand Seasoned Deli, Virginia Forest Boneless Seasoned Deli, Black Forest Seasoned Nuggets; Boneless Ham Steak (SM,GF,CF)

Stage One Fragrance

MAID NATURALLY* Room Spray: (GF,CF) Cyprus, Paris; Dusting Spray, Glass & Mirror, All Purpose Cleaner, Soft Cleansing Scrub, Stainless Steel & Leather Polish

Stage Two

ANCIENT AWAKENINGS (retail in FL and GA only) Organic Cultured Vegetables (apple)

BLUE DIAMOND^ Almond Breeze – Refrigerated (almonds, GF,CF): Chocolate, Original, Unsweetened Original, Unsweetened Vanilla, Vanilla; Almond Breeze (almonds, GF,CF): Chocolate, Original, Vanilla, Unsweetened Chocolate, Unsweetened Original, Unsweetened Vanilla, Oven Roasted Almonds (GF,CF, almonds): Dark Chocolate (CS), Honey (CS), Mint Dark Chocolate (CS), Sea Salt (CS), No Salt; Bold Flavored Almonds (GF): Carolina Barbeque (CF,CS,MSG/HVP, SM, paprika), Salt & Vinegar ; Traditional Flavored Almonds (GF,CF): Honey Roasted (CS), Lightly Salted, Roasted Salted, Smokehouse (CS,SM), Whole Natural

KIKKOMAN^ Preservative-Free Teriyaki Baste and Glaze (CS,CF, apple cider vinegar)

LATE JULY ORGANIC*^ Snack Chips: Dude Ranch Multigrain (GF, paprika, tomatoes), Mild Green Mojo Multigrain (GF, bell peppers, chili peppers)

LOU'S GARRETT VALLEY NATURALS* Old Fashioned Deli Style Beef Bologna (GF,CF, green tea), Turkey Tom Tom Snack Sticks (GF,CF, paprika), Turkey (SM,GF,CF, paprika), Peppered Turkey (SM,GF,CF, paprika); Sausage: Smoked Chorizo (SM,GF,CF, paprika), Smoked Fresh Turkey Kielbasa (SM,GF,CF, paprika)

NATURE'S FLAVORS Organic Syrup (GF,CF, black currents): Black Cherry Flavor – 4889, Blueberry Flavor – 4581, Cherry Flavor – 2973, Grape Flavor – 4564, Strawberry Flavor – 3435 (cherries), Watermelon Flavor – 5102

SIMPLY POTATOES Potatoes (GF,CF): Steakhouse Seasoned Diced (SF, bell peppers, paprika, red peppers), O'Brien Hash Browns (CS,SF, bell peppers)

THAT'S IT* (GF,CF) Fruit Bars: Apple + Apple, Apple + Cherry, Apple + Pear

THOUSAND HILLS CATTLE COMPANY* (available only in MN, IA, NC, WI, ND, SD, TX) Uncured Hot Dogs (SM,GF,CF, paprika)

VERONICA'S HEALTH CRUNCH * Veronica's Health Crunch (GF,CF, almonds, cranberries)

YASSO Frozen Greek Yogurt Bars: (GF, oranges) Blueberry , Raspberry (black currents), Strawberry; Frozen Greek Yogurt Smoothie: (GF) Mango Pineapple (orange, tangerine, tea), Mixed Berry (blackberries, blueberries, raspberries), Strawberry Banana

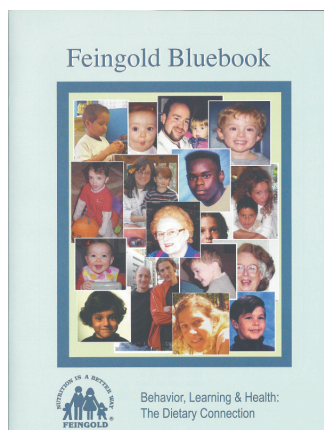
The Feingold Association does not endorse or assume responsibility for any product, brand, method or treatment. The presence (or absence) of a product on a Feingold Foodlist, or the discussion of a method or treatment, does not constitute approval (or disapproval). The Foodlists are based primarily upon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

FAUS Bluebook is now Available!

The newest edition of the Feingold Association's *Bluebook* is now available. This 52-page book provides in-depth information on many aspects of the Feingold Program with particular attention to the research on the diet/behavior link. The work of our Research Librarian Shula Edelkind, it is an ideal resource for students, professionals and those with a keen interest in the studies.

A new feature is the section titled, "How to Design a *Really Bad Study*." Here are a few of the gems that are taken from real studies that were published in peer review journals:

- Use subjects who do not have the disorder you are studying.
- Add up your numbers incorrectly.
- Use a tiny fraction of the amount of a food additive a child would normally ingest.
- Feed children dyes when they are supposed to be in the dye-free phase.
- If a child reacts to the additives, drop him from the study.
- Challenge the children with dye while they are taking medicine to suppress any possible symptoms.
- Have the studies reviewed by people who work for the junk food industry.
- Put children on the diet for only one week and if there is no response, claim it didn't work.



You can download the book at <http://fgshop.org/bluepdf.aspx>

Paper copies can be ordered for \$5 each from:

<http://fgshop.org/bluebook.aspx>

Drug giant GlaxoSmithKline pled guilty to criminal charges and will pay a penalty of \$3 billion.

This is the largest penalty yet assessed against GSK, a company with a long and tawdry history of illegal behaviors. These include suppressing information on the adverse effects of drugs, intimidating scientists who report negative results, lying about the risks of products -- including the habit-forming effects of antidepressants. Especially loathsome was their effort to minimize the harmful effects of Paxil on children.

The company has been found guilty of misleading consumers, inflating prices, attempting to prevent competition from generic drugs, adulterating drugs, and giving fraudulent information to consumers. During the Iraqi war GSK paid bribes to the Saddam Hussein regime.

Glaxo reduced the production of the AIDS drug AZT in order to inflate prices by creating an artificial shortage. The company withheld information on drug trials from the Food and Drug Administration and manipulated its books to avoid paying Federal taxes.

The July list of charges to which GSK pleaded guilty is for the company's illegal promotion of prescription drugs, failure to report safety data, bribing doctors, and promoting medicines for uses for which they were not licensed. ♦

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 \$85. 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 or phone (631) 369-9340.

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