

Pure Facts

Newsletter of the Feingold® Association of the United States



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Bad school food is too expensive!

A growing number of people finally recognize that poor food equals poor health. And Feingold families have long known that bad food equals bad behavior and poor academic performance. However, few people understand that the factory food being foisted on millions of children is also grossly overpriced!



Why are adults forcing him to eat things they would never consider eating?

For millions of low-income families, packing lunch for their children is difficult or impossible, and for a large number of these children, the food they receive at school is their major source of nutrition.

It seems logical to believe that schools can save money by serving students food that is created in factories. It's also logical to think that hiring cooks to prepare fresh meals in a school is too expensive an option. But consider all of the costs that are involved in creating those frozen disks (hamburgers) or plastic "cheese" nachos. On page 2, you will see where most of the money goes and why these factories can maximize their profits by slashing the cost of one major variable -- the food.

Continued...

Can fluoridated water reduce a child's IQ?

A meta analysis of the research on fluoride suggests that it can damage the developing brain. It is also harmful to the nervous system and may be linked to dementia. Fluorosis -- damaged teeth -- is another adverse effect.

Children living in high fluoride areas have significantly lower IQ scores than those who live in areas where the water is not fluoridated, according to a paper published in *Environmental Health Perspectives* in July.

Harvard University researchers, led by Anna Choi, reviewed 27 studies and found that they agreed with earlier findings of the National Research Council, whose 2006 report noted, "It's apparent that fluorides have the ability to interfere with the functions of the brain."

"Fluoride readily crosses the placenta," the Harvard team wrote. "Fluoride exposure to the developing brain, which is much more susceptible to injury caused by toxicants than is the mature brain, may possibly lead to damage of a permanent nature."

A 2011 review of studies concluded that, "The prolonged ingestion of fluoride may cause significant damage to health and particularly to the nervous system." The paper by Valdez-Jimenez and others was published in the June 2011 issue of *Neurologica*.

This research from 2011 described abnormalities in the brains of animals which are similar to those found in adult patients with Alzheimer's disease. They wrote, "Fluorides increase the production of free radicals in the brain through several different biological pathways. These changes have a bearing on the possibility that fluorides act to increase the risk of developing Alzheimer's disease."

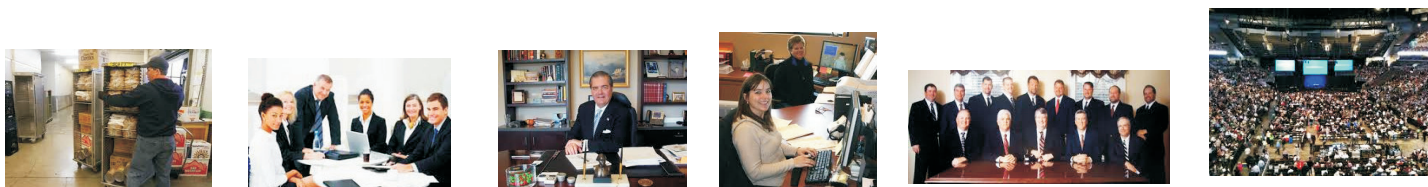
It is also estimated that over 40% of American children between the ages 12 - 16 have dental fluorosis, a condition where the tooth enamel is pitted and discolored. ♦

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.

Look at all of the costs involved in creating the foodless foods that are on many school cafeteria trays!



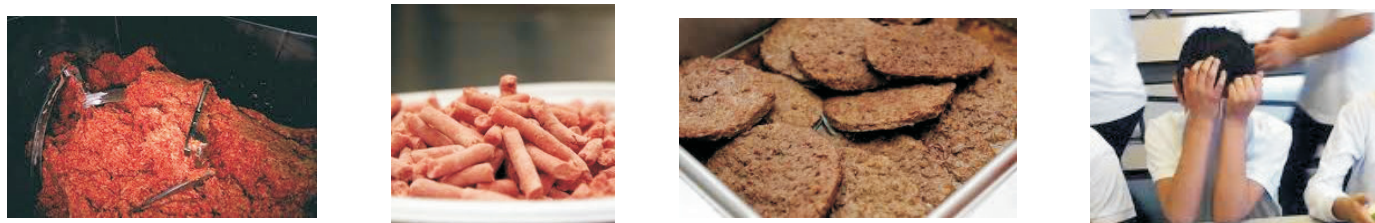
Build a factory, truck in lots and lots of soy, pay for equipment in the factory, hire workers, package the food in cartons.



Install huge freezers to store food and pay a sales staff, a CEO, support staff, board of directors, dividends to stockholders.



Hire a staff to take orders and workers to load up refrigerated trucks, travel many miles to deliver the cartons, store them in school freezers.



With so many expenses, where do food processors save money? On the food. Start with factory-raised meat, add lots of soy extenders, high fructose corn syrup, MSG and way too much sodium. And until recently, pink slime was part of the recipe. The result?

Because the ingredients are so cheap, distributors can afford to give rebates (or kickbacks) that can amount to as much as 50%! This is a powerful incentive for schools to turn a blind eye to what is actually being served. ♦



Why not use the funds to hire school cooks and serve real food?



Our kids are worth it!

How has your life changed since you began the Feingold Diet?

This is a question posted on our message board, and among the amazing responses we received, here's what Kirsten wrote.

After work, I went on my iphone, trying to find a voicemail I thought I had saved about an upcoming appointment when suddenly I heard this message from my son's after-school program, "We need you to come pick him up. He has been kicked out of his gymnastics class, and we are having a really hard time. We really need you to come now." I started to panic. My phone had been dead all day, and I didn't know if it was a saved message or a new one. I finally figured out how to get the date of the message, which was November of last year.

It really hit me how much things have changed since we've been on Feingold and how grateful I am that calls like this are not a daily experience anymore. I picked the kids up, and they were smiling and happy, had a great day and had a great evening. This is what has changed for us; we have more peace.

I am so grateful and so humbled when I am reminded of where our family was just one year ago; I just felt the need to share.

I have two adopted boys about the same age. I knew that Caleb had food dye issues and thought Feingold might really make a difference for him. He has sensory seeking behaviors and an Aspergers-like personality, though he has never been given this diagnosis. His progress has been more slow and steady with the diet, but it is clearly visible.

I have always seen Randall as a more typical ADHD, all boy. I didn't think he had food issues but thought the diet was worth a try. He had also become so moody and snarly. We had tried different meds and blamed his behavior on the influence of certain friends, and I was really concerned that he might be showing some early signs of mental illness. Feingold had a dramatic, almost immediate effect on him. My sweet, loving boy came back!



The after-school staff who had called me weekly, if not daily, was raving about the changes in both boys, and my mother has become a big advocate for Feingold.

Randall (left) and Caleb (right) at 8 years old, thriving on the Feingold Diet and having a great summer.

Update:

Since Kirsten wrote that note, the boys have continued to do well. She recalls, "We had such a bad summer at the after-school facility last year, I was really at the end of my rope. I was getting almost daily calls about one child running wildly in the building and attacking teachers. This summer there was not one incident, not one call, but I still panic when the cell phone rings at work!"

"With adopted kids, you do worry more about other issues like attachment, birth family history or mental illness, orphanage care for one of the boys for the first year, etc. I have dozens of books on these issues and tried countless methods. Some have helped a little, like neurofeedback and neuroreorganization. Some were absolutely worthless, like traditional counseling that instructed me to make a sticker chart and drop it, plus the child, off at summer camp. I dropped him off (and the sticker chart) and within 15 minutes had a call that he was running wildly around the building. Another waste of time was the parenting classes (which assumed that I was the problem). It was all so frustrating!"

"I have spent thousands of dollars out-of-pocket for various therapies to help these kids (including both mainstream therapies and off-the-beaten-path options), but Feingold has had the single biggest impact." ♦

YOU KNOW YOU'RE A FEINGOLD FAMILY WHEN...

Thanks to Larisa Scarbrough for posting an invitation on our members' message board asking for feedback from our families about their uniquely Feingold experiences.



Here are some of the priceless comments. You know you're a Feingold family when...

- You stay up late baking a birthday cake for a party the next day, and it isn't even your kid's birthday!
- Your friends post pictures of their kid's birthday cakes, and after you say, "That's pretty," all you can think about is, "That's three days of tantrums in the making!"
- Hmmm...could be why kids go wild or cry at birthday parties.
- Oh, there's crying at our Feingold birthday parties, but it's usually about the toys!

Fast Food Follies

soda for breakfast, and other bad ideas

Taco Bell is looking to ramp up profits by ramping up the caffeine count at breakfast. The \$7 billion company is adding its own mixed drink -- Mountain Dew AM. It's a blend of the artificially colored, caffeinated soda with orange juice.

The lunch/dinner menu offers Doritos Locos Taco Shell, which includes: Yellow 5, Yellow 6, Red 40, Yellow 5 Lake, Yellow 6 Lake, Red 40 Lake, Monosodium Glutamate, TBHQ, Corn Syrup, Dextrose (sweetener), Maltodextrin (sweetener), and Artificial Flavor (anyone's guess as to what this is!)



And for a lunch beverage, the Strawberry Lemonade Frutista has no strawberries. It is primarily sugar syrup and water with added preservatives (including sodium benzoate), plus Red 40 and Blue 1. ♦

Halloween face paint for Feingolders!

We are excited to have these Stage One Feingold acceptable face paints available for our kids -- both big and little ones!

Elegant Minerals

This company offers brightly colored face paint that is based on natural ingredients, with no synthetic dyes. The make-up kits are also free of other petroleum derivatives, heavy metals, and harsh chemicals.

You can choose from specific face painting kits, or order from a huge selection of natural colors. Visit their site at: <http://www.elegantminerals.com/holiday.html>



Pink Quartz Minerals

The dyes in this company's Halloween and Stage Make-up Kits are made from minerals and other natural ingredients. You can purchase kits or can select from a large assortment of colors. The eye liner is also acceptable and can be used for Halloween effects.

For details, visit <http://tinyurl.com/pink-quartz-min>



Luna Star Makeup

Luna Star products were created by a mom whose little girls love to play dress-up, but who did not want them to be exposed to the harmful ingredients found in so many makeup.

These products include animal kits and fairy makeup kits and are sold on Amazon.com, as well as from their web site: <http://tinyurl.com/LunaStar-makeup>

In addition to being Stage One acceptable, all of these products are free of gluten and casein.

Check out Internet sources for ideas and books on how to achieve some remarkable costume makeup effects. ♦

Healthy Creations in California

This bakery/café is an ideal option for Feingolders

Families living in Encinas, California, north of San Diego, are raving about an eatery that seems to have it all! At Healthy Creations, the food is organic, free range, locally produced and made with whole grains and natural sweeteners. The taste is gourmet, but the price is affordable.

Chef/owner Rhiana Glor understands special dietary needs, and the menu includes food in many versions: with meat, vegetarian, vegan, and gluten-free options.

The diverse menu includes sandwiches, wraps, paninis, salads, smoothies, freshly made muffins and fabulous desserts. Imagine a gluten-free, delicious version of those Hostess cupcakes with the white frosting squiggle on the top.

Healthy Creations food can also be enjoyed at home with its take-and-bake meals.

While many restaurants carefully guard their recipes, this café posts its recipes online for everyone to enjoy. www.healthycreations.com

Halloween Yummy!

Surf Sweet candies are popular with Feingold families who are on Stage Two. The line includes jelly beans and a wide assortment of gummies. The new Spooky Spider Gummies have been researched and are acceptable.

They are made from real fruit juice, with natural colors and flavors. They do not contain any corn syrup or GMOs and have the added bonus of vitamin C.



Look for them at supermarkets and health food stores and online from the Squirrel's Nest at www.squirrels-nest.com and the Natural Candy Store www.naturalcandystore.com or visit the company's web site for details: www.surfsweets.com ♦



One happy diner summed it up: "This place is as good as it gets!"



Healthy Creations
376 N. El Camino Real
Encinitas CA 92024
(760) 479-0500
open Mon - Sat, closed Sun ♦



"No longer do you have to eat 'cheese' puffs dusted with neon powder with incomprehensible ingredients," is the promise from Pirate's Booty.

The new **Tings** corn sticks have been added to our list of acceptable snacks. Other Stage One snacks include Smart Puffs corn and cheddar snacks, Pirate's Booty Aged White Cheddar and the Veggie puffs (CS).

All are gluten-free. ♦



Organic, Affordable - a Smart Idea

Smart Juice is made from the real fruit, not from concentrate, and has no sweeteners or fillers added.

Stage One Feingold members will be glad to see that there are delightful options for them: Fig, Pear, Honeydew Melon, Pomegranate and Pomegranate Purple Carrot.

The Stage Two options are: Apple, Apricot Peach, Black Mulberry, Tart Cherry, and Pomegranate Tart Cherry, and a blend of fruits in their "Antioxidant Force."

Smart Juice is available in natural markets and some supermarkets. Visit www.smartjuice.us ♦

Halloween Pretzels

Here's a clever idea for a favorite snack!



Utz pretzels come in Halloween shapes -- bats and pumpkins. They are Stage One and free of casein. ♦



PIC Report

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

1-2-3 GLUTEN FREE** (GF,CF) Divinely Decadent Brownies, Micah's Mouthwatering Corn Bread Mix, Olivia's Outstanding Multipurpose Flour Mix
365 EVERYDAY VALUE Frosted Flakes Organic Cereal (GF,CF), Shelled Pumpkin Seeds (GF,CF)
ANGIE'S ARTISIAN TREATS *(GF) Kettle Corn: White Cheddar, Caramel (CF), Classic (CF), Lite (CF)
BLUE BREEZE (www.greenpasture.org) Organic Virgin Coconut Oil (GF,CF): 27 ounce, 1 gallon; Organic Coconut Ghee (GF): 27 ounce, 1 gallon
BOOM CHICKA POP^ Sea Salt Popcorn (GF,CF)
CROWN PRINCE (GF,CF) Chopped and Minced Clams, Jack Mackerel in Water, Oysters Smoked in Cottonseed Oil (SM), Smoked Alaskan Coho Salmon (SM), Clam Juice
CROWN PRINCE (GF,CF) Sardines: in Oil, Crosspacked in Extra Virgin Olive Oil, Skinless and Boneless in Olive Oil, Two Layer Bristling in Extra Virgin Olive Oil, Two Layer Bristling in Soy Bean Oil
CRYSTAL FARMS Wisconsin Sharp Cheddar Cheese (GF), Wheat English Muffins (CP, CS)
DAVID'S DELI Bagels (CP,CF): Egg, Garlic, Honey Wheat, Onion, Plain
EARTH BALANCE * Peanut Butter (GF,CF): Creamy, Creamy Coconut, Crunchy, Crunchy, Crunchy Coconut
EARTH BALANCE* Organic Soy Nog (GF,CF)
GHIRARDELLI Mini Semi-Sweet Chocolate Chips (GF)
HERITAGE FOODS Organic Milk (GF): Whole, Reduced Fat, Low Fat, Fat Free, Half and Half, Organic Milk with DHA: Low Fat, Reduced Fat, Whole Milk
HODGSON MILLS ^ Buckwheat Pancake Mix (CF), Milled Flaxseed (GF,CF)
HODGSON MILLS^ Gluten Free Mixes: (GF,CF): Chocolate Cake, Vanilla Cake, Cookie, Pizza, Brownie, Sweet Yellow Cornbread, All Purpose Baking, Bread
HORMEL Honey Ham 100% Natural Packaged Deli Luncheon Meats (GF,CF)
JONES DAIRY FARM All Natural Uncured Canadian Bacon (SM,GF,CF)
JOVIAL FOODS* Organic Einkorn Cookies: Checkerboard, Crispy Cocoa, Ginger Spice
KERN'S Pineapple Mango Nectar (CS,GF,CF)

Product Alert

BEAR RIVER VALLEY'S Blue Pom Tumble Wheats, MOM'S BEST Blue Pom Wheat-fuls and SALLY'S CEREALS Blue Pom Bundles all contain blueberries and need to be moved to Stage Two.

KERNS PEAR NECTAR no longer contains apples, so please move this to the Stage One section of your Foodlist under BEVERAGES / JUICE AND JUICE DRINKS / PEAR JUICES AND NECTARS

LOU'S GARRETT VALLEY NATURALS* Sausage: Smoked Polska Kielbasa (SM,GF,CF), Original Style Pork Patties (GF,CF)
LOU'S GARRETT VALLEY NATURALS* Links (GF,CF): Turkey Maple, Original Style Breakfast Links, Pork Maple Breakfast
NATURAL FLAVORS Natural Food Color (GF,CF): Blue – 5364, Cherry Red – 6650, Forest Green – 5367, Honey Dew Green – 6695, Lime Khaki – 5366, Orange - 6651, Pumpkin Orange 6722, Purple – 7138, Purple Carrot – 4894, Red – 4233 (www.naturesflavors.com)
NANCY'S* (GF): Plain Organic Lowfat Cottage Cheese, Plain Organic Whole Milk Yogurt, Plain Organic Lowfat Yogurt, Plain Organic Nonfat Yogurt, Plain Honey Whole Milk Yogurt, Organic Spreadable Cream Cheese, Spreadable Cream Cheese, Sour Cream, Organic Sour Cream
NEUROSCIENCE (Healthcare Professional must order) (GF,CF) NeuroHealth: Calm – PRT, Cerelist, CysNAC, DL-Phenylalanine, ExcitaPlus, Kavinace, Kavinace Ultra PM, L-Tryosine Ethyl Ester, Norlox, Nuvoxil, Selevance, Serene, Teevance, TheaNAQ, Trava Cor, ZeniQuil, Zymenta
NONNI'S^ (all have CS) Caramel Milk Chocolate Biscotti Bites; Biscotti: Triple Milk Chocolate, Limone, Salted Caramel, Turtle Pecan
OLD DUTCH Restaurant Style (GF): Bite Size Tortilla Chips, Multigrain Bite Size Tortilla Chips
PIRATE'S BOOTY^ (GF): Aged White Cheddar, Tings (CF), Veggie (CS, CF)
RIGHTEOUSLY RAW** (GF,CF) 80% Raw Cacao Covering Raw Coconut Macaroons, 82% Raw Cacao Divine Mint, 83% Raw Cacao Pure Dark
RUDI'S ORGANIC BAKERY (CF) *Bread: 100% Whole Wheat, Double Fiber, Harvest Seeded, Nut and Oat; White Hamburger Buns, White Hot Dog Rolls, 100% Whole Wheat Hamburger Buns, Harvest Seeded English Muffins; Bagels: Honey Sweet Wheat, Multigrain, Plain

Stage One, continued

ST. PAUL BAGELRY* (only available in MN) Bagels:
Sesame (CF), Asiago Cheese
SCHROEDER Sour Cream: (CS,GF) Whole, Lite; Heavy
Whipping Cream (GF), Half and Half (GF)
SEVENTH GENERATION** Natural Oxy Stain Remover,
Natural Laundry Stain Remover, Free & Clear Automatic
Dishwasher Packets, Overnight Diapers
SIMPLY POTATOES Garlic & Herb Hash Browns (CS,
MSG/HVP, GF,CF), Rosemary & Garlic Potato Wedges
(CS, SF, GF, CF), Diced Potatoes w/ Onions (CS, SF, GF,
CF); Mashed Potatoes (GF): Country Style (SF), Garlic
(SF), Sour Cream & Chive, Sweet (SF), Traditional (SF)
SMART GRAINS*Gluten Free Sage Stuffing (GF, CF)
SMART JUICE: 100% Organic: Fig, Pear, Honeydew Melon,
Pomegranate, Pomegranate Purple Carrot
SMART PUFFS^ Real Wisconsin Cheddar
SUN FLOWER MILLS (GF,CF): Bagel & Donut, Pizza
Crust & French Bread
THAI KITCHEN^ Premium Fish Sauce (GF,CF)
THE GINGER PEOPLE^ (GF,CF) Ginger Candies: Original
Chews, Peanut Chews, Gin Gins, Gin Gins Boost
THE GINGER PEOPLE^ (GF,CF) Crystalized Ginger:
Bakers Cut, Organic Cubes; Organic Ginger:
Grated, Minced
THE GINGER PEOPLE^ (GF,CF) Premium Candy, Slices;
Ginger Spread, Organic Ginger Syrup, Organic Ginger
Juice; Organic Pickled Sushi Ginger , Original Ginger Beer,
Lemon Ginger Beer, Ginger Soother
UTZ Potato Stix (GF,CF)
WINTERS DELIGHT Herbal Hand Cream (GF,CF)
WOW BUTTER** (GF,CF): Creamy, Crunchy

Stage One Fragrance

CALIFORNIA BABY**Eucalyptus Ease Every Day Lotion
(GF, CF), Calming Jelly Mousse (GF,CF), Aloe and Arnica
Soothing Spray (GF,CF), Therapeutic Relief (GF,CF):
Eczema Cream, Shampoo & Body Wash, Super Sensitive
(GF,CF): Cream, Diaper Rash Cream
CANDIDA FREEDOM** Candida Freedom Probiotic Soap
SEVENTH GENERATION** Cleaner: Tub & Tile, Toilet Bowl
Disinfecting Cleaner: Bathroom, Multi-Purpose
SEVENTH GENERATION** Disinfecting Wipes, Natural
Dish Liquid: Lavender Floral Mist, Automatic Dishwasher
Gel
WELEDA Salt Toothpaste (CF)

Stage Two

DR. PRAEGER'S KIDS SENSIBLE FOODS All Natural
Veggies Littles (GF,CF) Veggies (GF,CF, red peppers),
All Natural Pizza Bagels (CF, tomatoes), All Natural Bites:
Burrito (CF, chili powder, jalapeno, red peppers); All
Natural Falafel Flats (CF, red peppers)
DR. PRAEGER'S KIDS SENSIBLE FOODS All Natural
Veggie Burgers: Bombay Curry (CF, red peppers),
Meatless Southwest (CS, MSG/HVP, CF, chili powder,
jalapeno, red peppers, chili powder), Gluten Free
California (GF,CF, red peppers), Italian (CF, red
peppers, tomatoes); All Natural Veggie Pocket Burger:
Tex Mex (CS, CF, chili powder, jalapeno, red peppers),
California (CF, red peppers)
LOU'S GARRETT VALLEY NATURALS* Ham: Spiral
Sliced Semi-Boneless Cooked Seasoned (SM,CF,
cloves); Uncured Pepperoni (GF,CF, paprika, red
peppers); Bacon: Dry Rub Center Cut (SM,GF,CF,
apples), Smoked Andouille (SM,GF,CF, paprika); Dino
Bites (GF, CF, paprika), Chicken Apple Patties (GF,CF)
NEWMAN'S OWN Skillet Meal Entrée: Garlic Chicken,
Vegetables & Farfalle (CS, bell peppers, paprika, red
peppers, wine), Chicken Parmigiana & Penne (bell
peppers, tomatoes), Chicken Florentine & Farfalle
(wine), Italian Sausage & Rigatoni (red peppers,
tomatoes, yellow peppers)
NEWMAN'S OWN Skillet Thin & Crispy Pizza: Buffalo
Style Chicken (paprika, red peppers, tomatoes), Four
Cheese (red wine vinegar, tomatoes), Italian Sausage
(paprika, red wine vinegar, tomatoes), Margherita (red
wine vinegar, tomatoes), Uncured Pepperoni (paprika,
red wine vinegar, tomatoes), Roasted Vegetables (bell
peppers, red peppers, red wine vinegar, tomatoes),
Supreme (N, bell peppers, paprika, red pepper, red wine
vinegar, tomatoes)
SMART JUICE: 100% Organic: Antioxidant Force (acerola
cherry, blueberries, cherries, cranberries, grapes, black
mulberry), Apricot Peach, Apple, Black Mulberry, Pome-
granate Tart Cherry, Tart Cherry
SURF SWEETS Spooky Spider Gummies (berries,
blueberries, cherries, grapes, tangerine)
ULTIMATE GRAINS (SF, CF, raisins) Bread: Country
White, Double Fiber, Muesli; Rolls; 100% Whole Wheat
Sandwich Bread, 100% Whole Wheat Long
WILD PLANET** Wild Sardines in Marinara (GF,CF,
tomatoes)

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.

Die, Food Dye!

Here's a T-shirt that says it all!

Rebecca is a mom on a mission! Since she removed the synthetic dyes from her child's diet last year, there has been a dramatic improvement, and she wants to tell the world about these chemicals.

This clever T-shirt leaves no doubt about how food dyes and behavior are related.

The shirt was designed by children's book illustrator Sheila Aldridge, and is available in toddler and youth sizes (\$14.99) and adult sizes (\$17.99).

Place your order through Rebecca's site: www.diefooddye.com ♦



Creating ADHD in college?

A pilot study suggests that some popular soft drinks are interfering with learning among college students.

Research published recently in the *Journal of Attention Disorders* (Beezhold, 2012) links the consumption of beverages that are rich in sodium benzoate with symptoms of ADHD.

Sodium and potassium benzoate preservatives are widely used in many products, including diet sodas, energy drinks, and fruit-based beverages claiming to enhance health. They are also commonly found in soy sauce and other Asian condiments, bottled lemon juice, and lemon-lime combinations.

One of the most controversial aspects of this preservative is that when it combines with vitamin C, (such as citric acid which is widely used in such drinks), the combination of the two forms the potent cancer-causing chemical benzene. If the drinks are exposed to light and even a moderate amount of heat, the amount of benzene produced can be very high. The Food and Drug Administration has been aware of this for about twelve years, but has taken no action to protect consumers.

While the study is interesting, it has not considered the role of the synthetic dyes and flavors and fake sweeteners that are typically found in drinks like these. ♦

Tropicana Twister Diet Orange Soda:

carbonated water, orange juice from concentrate, **citric acid**, aspartame, **potassium benzoate**, citrus pectin, modified food starch, natural and artificial flavors, potassium sorbate, **ascorbic acid** (vitamin C), acesulfame potassium, Yellow 6, ester gum, calcium disodium EDTA, sodium citrate



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*.

For more information or for details on membership outside the US, contact FAUS at www.feingold.org.

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