

# Pure Facts

Newsletter of the Feingold® Association of the United States



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www.feingold.org

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## Restoring our food supply

Among the many promises of genetically modified farming were higher yields, less pesticide use and greater income.

But as superweeds choke out crops, farmers lose their livelihood, and the businesses in rural towns fail, it is clear that these promises were hollow.

Despite the dismal state of so many farms in the United States and throughout the world, researchers at Iowa State University have found they can reverse this free-fall. They report, "Substantial improvements in the environmental sustainability of agriculture are achievable now, without sacrificing food production or farmer livelihoods."

This can be accomplished through returning to techniques that have been successfully used by generations of farmers in the past and are now being employed by cutting-edge farmers today: diversity.

Agricultural agronomist Matt Liebman and colleagues created 36 research plots at the University's Marsden Farm where they compared three systems. The first was the conventional two-year rotation of corn and soybeans. The second group was a three-year rotation planting corn, soybeans, and triticale plus red clover.

The four-year rotation included an additional planting of alfalfa and bringing in cattle to forage after the harvesting. The manure from the animals was used as fertilizer.



The results were dramatic. The longer rotations produced higher yields, drastically reduced the need for fertilizer and herbicides, and brought a 200-fold decrease in the amount of toxic chemicals in the groundwater.

Even during the years they transitioned from conventional to diverse and from GMO to non-GMO seeds, the yields were greater and the costs lower. This means that a farmer can escape from the stranglehold of the giant corporations without losing money.

Sadly, the Department of Agriculture has not taken steps to publicize this important work, nor have the major science journals.

See the April 2012 issue of *Pure Facts* for articles on how smart farming is producing better food and bringing in higher incomes while enriching the soil. ♦

## The shaky future of GMOs

Monsanto executives were still exchanging high-fives for defeating California's Prop 37 (requiring genetically modified foods to be labeled) when clouds began to appear on the horizon.

The giant company's campaign of dirty tricks has enraged so many people that it has created a backlash of similar legislation introduced in numerous states, including Monsanto's home state of Missouri.

It's hard to say if any action will be taken by the US Food and Drug Administration, an agency which has, for many years, included former Monsanto executives in positions of authority.



Seeing the handwriting on the wall, food companies are looking for ways to offer solutions of their own, in hopes of avoiding more stringent regulations. One such company is Ben & Jerry's.

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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.

## Future of GMOs, from page 1

After the popular hippie company was bought by food giant Unilever in 2000, the ice cream formula switched from sugar to the cheaper corn syrup. This increased profits for the company but meant the loss of many loyal customers.

Unilever's \$476,000 donation to the defeat of Prop 37 further enraged ice cream lovers.

Now, smelling regulations in the air, Ben & Jerry's has announced it will be switching to non-GMO products by the end of the year.

**Even more significant, the nation's largest grocer, Wal-Mart, and other major food companies are now discussing the prospect of calling for a nation-wide GMO labeling program.** ♦

Donors contributing to the defeat of the GMO labeling initiative included giant corporations that own organic and natural food companies.

*(Source: Organic Consumers Association)*

PepsiCo - Naked Juice, Tostito's Organic, Tropicana Organic, Flat Earth Snacks, Simple Harvest, True North Snacks

Kraft - Boca Burgers, Back to Nature

Safeway - "O" Organics

Coca-Cola - Honest Tea, Odwalla

General Mills - Muir Glen, Cascadian Farm, Nature Valley, Larabar

Con-Agra - Orville Redenbacher's Organic, Hunt's Organic, Lightlife, Alexia, Healthy Choice, Smart Dogs

Kellogg's - Kashi, Bear Naked, Morningstar Farms, Gardenburger, Stretch Island

Smuckers - R.W. Knudsen, Santa Cruz Organic

Unilever - Ben & Jerry's, Ragu Organic

## Hollow promises

Pesticides such as Monsanto's Roundup have been found to have the opposite effects farmers had been promised.

**R**ather than reduce the need for chemicals to kill weeds, genetically modified crops now require far more of them and increasingly powerful versions.

Professor Charles Benbrook of Washington State University found that the use of herbicides on GM crops in the US grew from about 1.5 million pounds in 1999 to a whopping 90 million pounds in 2011. As the genetically modified seeds and sprays bring failure to more and more farms, the GM industry is developing even more toxic agricultural chemicals. Dr. Benbrook believes that this "makes about as much sense as pouring gas on a fire to put it out."

The main ingredient in Roundup is "glyphosate." It is being found in the water supplies of city dwellers who live far from the fields where it is applied. Various scientific papers have linked the chemical with: Parkinson's disease, DNA damage, reproductive damage, damage to beneficial gut bacteria and birth defects. ♦



## Ractopamine on the menu

Our factory-raised meat is being banned in other countries; the most recent is Russia.

**R**actopamine is a drug that promotes growth and leanness in pigs, cattle and turkeys. The FDA's 1999 approval was based on information provided by Elanco, the drug's manufacturer. When European scientists reviewed the data, they found that only one study was conducted on humans, and it involved just six people. One of the healthy young men was removed from the study after he experienced an abnormally fast heart beat and pounding of the heart. Ractopamine is currently banned in more than 100 other countries, but it is found in up to 80% of the pork sold here.

Veterinarians report that pigs are especially vulnerable to the harmful side effects of the drug. The FDA has received thousands of reports of pigs suffering from various symptoms including: **hyperactivity**, trembling, broken limbs, inability to walk, and death. ♦

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A Feingold member wrote to us complaining that the *Foodlist* contained products high in fats and sugars, made by mainstream companies, while other products that are organic, made with quality ingredients, were missing.

She was shocked when we told her that many of those natural brands, which appear to be made by independent, conscientious companies, are actually owned by the food giants. ♦

## Asperger's syndrome and the Feingold Diet

My son, Damian, started on Feingold when he was 2 ½ years old. The school he was attending recommended that we consider the diet because he was having problems with concentration and was very overactive, even for a 2 ½ year old!

Within the first week of starting Feingold, his teacher commented on the fact that his speech had improved considerably and that he was actually sitting still through circle time. (In the beginning, we could always tell if he had a "bad" food because his speech would slur.)

Through trial (and a few errors), we found that Damian is best on mostly Stage One foods, though he is sensitive to some of those, too.

After being on the diet for a little over 2 years, he had some behavioral issues at school, and the director (who recommended Feingold in the beginning) felt that he probably needed medication and urged us to see a behavioral therapist. At about the same time, we realized that he had problems with soy and removed that from his diet.

I can't believe how many kids are on drugs for things that could probably be helped with Feingold.

After seeing a news story on autism that mentioned Asperger's Syndrome and some of the symptoms, I did more research, and everything I read said, "This is Damian." So we took him to a specialist who confirmed that my son has Asperger's Syndrome (AS).

From the time we started the Feingold diet, we could tell if he'd eaten something he was sensitive to because we'd have more meltdowns and problems with concentration. We always thought these things were related to ADD/ADHD, although we never bothered getting a diagnosis since the diet helped so much and he was so much better while on it.

With the diagnosis of AS, I have found these meltdowns and problems concentrating are actually AS related rather than ADD/ADHD. So many of the parents on the AS support groups mention the meltdowns, and I always mention how much Feingold has helped my son. I can't believe how many of the kids are on drugs for things that could probably be helped with Feingold. I mention it whenever an opening comes up, but most people believe it's just wishful thinking.



If he's on the diet, he's an easygoing, fun-loving, wonderful kid. If he's eaten something that doesn't agree with his system, he has meltdowns at the drop of a hat, becomes aggressive, and has problems figuring out how to get dressed without help.

I know there is no cure for AS, but with the Feingold Program, my son fits in much better with his peers (and has actually been calm enough for long enough that he's starting to make friends, too!)

The psychiatrist my son saw, who had never heard of Feingold, was skeptical about all the sensitivities my son has to food. How can anyone have a problem with *apples* of all things? Then, I showed him the food journal, which clearly tracked his food and behavior, and told him that if

a food was suspect, we'd pull it out for a few weeks and then try it again at a later date to see if it was just coincidence, and that unless there was a severe reaction (like tomatoes), we would give it a total of 3 separate tries before we cross it off the list. He looked amazed and said that's exactly what he would do to test Damian for drug sensitivities. After that I had no problems with the doctor. People can be converted! :-)

Damian needed to be on antibiotics, so I insisted the pharmacist give us an uncolored version, not the yellow ones he tried to provide. After 9 days on the medicine, he was acting more and more like he does when he's on mind-altering foods. He was aggressive, having meltdowns, and slurring his words. I think his IQ dropped about 40 points! I just had to tell myself there was only one more day, and then a few days to clear out his system, and he would be my nice, sweet, smart kid just in time for his first day of kindergarten!

**Even dye-free prescription drugs can cause problems.**

I don't know if it's something with my son or part of his rule-following Aspie-ness, but he refuses to eat any foods that I don't send in to school for him. He passed up cupcakes for a party at school 'cause they weren't from home and had fake colors.'

*Editor's note: This isn't unusual at all. Feingold kids -- even little ones -- do this all the time; they are typically very bright and know how they will feel/ behave if they eat dyes, etc.*

*Continued on page 4*

## Asperger's Syndrome

It was not until 1998, with the publication of Tony Attwood's book, *Asperger's Syndrome, A Guide for Parents and Professionals*, that the public was introduced to this condition. Many children who did not fit comfortably in the diagnostic categories at that time would be seen to be "Aspies," and this gave some measure of comfort to many families. It helped to explain why one sibling flourished on the good parenting he received while another with normal or higher intelligence seemed to be unable to absorb even basic concepts.

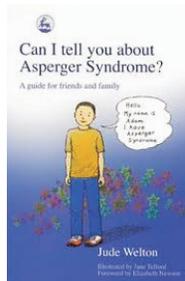
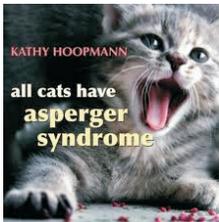
Although the person with AS seems to be totally different from an autistic child, he shares many characteristics, though in less profound ways. For example, the autistic person is likely to be thoroughly engrossed in his own world and might be oblivious to the presence of others. The Asperger's person's less severe symptoms may come across as an aloofness and disdain for others. He is the center of his own universe and likely to see others as simply a supporting cast of characters whose only real value is in how they can make his life more comfortable.

George Bernard Shaw gave us the character of Henry Higgins as an example of the Aspies who have always lived among us. But today, this condition seems to be much more prevalent. An excellent tutorial on AS is the popular TV show "The Big Bang Theory."

Happily, since Aspies are often very bright, they can learn the social conventions that come naturally to most children but seem to have eluded them. Today, in addition to using dietary techniques to help, there are numerous books and support groups for this population. ♦

### More ways to help people with Asperger's syndrome

In addition to cleaning up a child's diet, there are now many resources to help children and teens (and possibly some adults) to fit in more comfortably with the world around them.



**All Cats Have Asperger Syndrome** - This is a simple and entertaining way to teach a child and others who interact with him about the typical Aspie characteristics. The author, Kathy Hoopmann, also wrote *All Dogs Have ADHD*.

**Can I Tell You About Asperger's Syndrome?** - Jude Weldon's book looks at AS from the perspective of a child and should be valuable for youngsters and others who interact with them.

**Model Me Kids** - Video modeling is an ideal way to teach people the basic social skills that come easily to most children but elude those with AS. This company offers various electronic tools. ♦

Asperger's, from page 3

### Damian Today

Damian continues to do well on Feingold, and everyone around him can definitely tell if he's had something "off" or "too much of a good thing" such as some of the Stage Two foods.

Without Feingold, I have no doubt that Damian would not be functioning anywhere near as well as he does in the 'real world.' He's 10, in 6th grade, enrolled in gifted classes for all of his core subjects and just made honor roll for his first trimester of middle school. But when he's off the diet for whatever reason, I get back math papers that show  $2+2=2$ . I kid you not!



Damian has Aspie friends who have also benefited from the Feingold Diet, even though they don't have anywhere near the number of sensitivities he does.

He loves working with computers and wants to write computer games when he grows up.

He has already selected a college and wants to live in an apartment since he doesn't want to be around as many people as are usually in dorms and because they don't have real kitchens, an important factor for the Feingolder who lives away from home. Damian is already a great cookie baker, so he will be comfortable fending for himself when he's on his own. ♦

Melissa van der Zwan

## Beware the green holidays of March!

While Caesar had to deal with the Ides of March, Feingold parents will be facing the double whammy of green celebrations for both Dr. Seuss and St. Patrick.

The usual celebration adds fake colors to beer, pancakes or eggs (as in *Green Eggs and Ham*), but there are much better options.

Avocado adds a lovely shade of green, as well as lots of healthy fats to deviled eggs. Here's a Stage One recipe adapted from the [www.motherthyme.com](http://www.motherthyme.com) web site.

- 6 hard-cooked eggs, peeled
- 1 ripe avocado, peeled, pitted
- 2 teaspoons fresh lime juice
- 2 Tablespoons mayonnaise
- salt



1. Cut eggs lengthwise and gently remove yolk.
2. In food processor, blend egg yolks, avocado, lime juice, mayonnaise and salt.
3. Spoon into egg whites or use a pastry bag and fancy tip.

Minced parsley can be sprinkled on top.

Store in refrigerator. Rubbermaid makes a handy plastic container with a lid for storing and transporting them. The deviled egg holder sells for as much as \$20 with shipping, online, but Wal-Mart sells it for \$3.99. ♦

## Green food source that is packed with nutrients

While your kids are in the green food mode, this is a good time to introduce them to one of the healthiest foods out there: **chlorella**. It's an algae superfood that helps remove heavy metals and other toxins, repairs DNA damage, fights inflammation and boosts the immune system. It has far more protein than beef, soy, and other usual sources, so it is a great addition to a vegetarian diet. It is also gluten-free.

[Nuts.com](http://Nuts.com) sells powdered chlorella and suggests starting out with a small amount mixed in foods like a smoothie -- a healthy alternative to McDonald's green Shamrock Shake. Chlorella can be added to green foods like pesto and guacamole, and the slight taste and color is masked by mixing it into chocolate recipes such as frosting and brownies. Or add it to eggs before scrambling them.

You don't need to refrigerate chlorella powder, but keep it away from light and store it in a cool place. ♦

## Easter crafts

Eco-Kids has a line of craft products, including an Easter egg dyeing kit with natural dye powders. As is typical of natural dyes, the colors are more muted than those with petroleum-based dyes.



You can learn how the dyes may be used by visiting their site at [www.ecokidsusa.com](http://www.ecokidsusa.com) and watching the home video. Click on the "fun stuff" page.

The products are expensive, so you may want to do some research. I found it for \$9.98 at [www.KangarooBoo.com](http://www.KangarooBoo.com) compared to Amazon.com's \$15.98.



A popular Eco-Kids product is their modeling dough, a natural alternative to Play Doh, and easier than making your own version. What's more, you don't need to be concerned about fake dyes being absorbed into the skin or worry about a toddler who decides to take a taste.

[LuckyVitamin.com](http://LuckyVitamin.com) sells the set for \$18.95, a few dollars less than Amazon.com, but check shipping costs. ♦

## Endangered Species - a new way to do business

It's becoming increasingly common to find food companies that seek out the highest quality ingredients, but it is not typical for them to be actively involved in making sure that the people who produce the raw ingredients are treated fairly.



And even fewer companies monitor the effects their production has on the land, the energy, the air, the water and the animals that inhabit our earth.

Endangered Species chocolates combine a desire to make excellent chocolate with a concern for the number of plant and animal species that are disappearing. The company is doing an outstanding job in both areas!

See the long list of acceptable Endangered Species candy on page 6 of this newsletter. ♦

## 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

365 EVERYDAY Bacon (SM,GF,CF): Uncured Center Cut Smokehouse, Applewood Smoked Uncured Pork;  
Organic Pizza Crust (CF): Original, Whole Wheat  
365 EVERYDAY VALUE (Whole Food Market)^ Tonic Water (GF,CF), Fragrance Free Foaming Hand Soap (GF,CF)  
ANNIE'S HOMEGROWN ORGANICS\* Organic Shells and White Cheddar Macaroni and Cheese, Organic 5 Grain Elbows & White Cheddar  
ARROWHEAD MILLS \* Pumpkin Pie Filling (GF), Organic Savory Herb Stuffing Mix (MSG/HVP, CF)  
BADGER^\* Lip Balm Stick: Unscented (GF,CF)  
BARREL O FUN Potato Chips: Dill Thins (CS,MSG/HVP, GF)  
CALIA (only Canada) Organic Styling Gel (GF,CF)  
COCONUT SECRET ^\* Coconut Cream Deserts (GF,CF): Caribbean Chocolate, Madagascar Vanilla, Pina Colada; Chocolate Covered Coconut Bars (GF,CF): Classic, Mint; Chocolate Crunch Bars (GF): Caribbean White, Ecuadorian Milk, Peruvian Dark  
DIANA'S BANANA'S: (GF) Banana's Babies and Full Size: Dark Chocolate, Milk Chocolate with Peanuts  
EARTH BALANCE\* (GF,CF): Creamy Peanut Butter with Flax Seed, Crunchy Peanut Butter with Flax Seed  
EARTHBOUND FARMS^ Premium Pitted Dried Dates (GF, CF)  
ECO-KIDS ^\* eco-glue, eco-egg kit (GF), eco-crayons (GF), eco finger paint  
ENDANGERED SPECIES CHOCOLATE^ 3 oz Natural Bars (GF): Dark Chocolate with Peppermint Crunch, Dark Chocolate with 88% Cocoa, Dark Chocolate, Dark Chocolate with Mint, Dark Chocolate with Cacao Nibs, Dark Chocolate with Hazelnut Toffee, Milk Chocolate; 3 oz Organic Bars: Dark Chocolate, Milk Chocolate; 1.4 oz Bar: Dark Chocolate, Milk Chocolate and Peanut Butter, Smooth Milk Chocolate; 3.5 oz Natural Pouches: Holiday Dark Chocolate with Peppermint Crunch, Dark Chocolate with 88% Cocoa, Dark Chocolate, Dark Chocolate with Forest Mint, Milk Chocolate; .35 ounce bites: Chocolate Chimp Mints, Dark Chocolate Bug Bites, Milk Chocolate Bug Bites; Dark Chocolate Covered Fruit and Nuts: Cashews, Hazelnut Toffee

## PIC Alert

MINUTE MAID Premium Fruit Punch Carton now contains sucralose, an artificial sweetener. Please remove this product from your Foodlist. You will find this in the Stage Two section of your BEVERAGES / Juice & Juice Drinks / Miscellaneous Juice & Juice Drinks section.

DEAN'S CHOCOLATE CHIP MINT ICE-CREAM needs to be removed from your Foodlist because it now contains artificial color. You will find this in the DESSERT section of your Foodlist under Frozen Desserts / Ice Cream.

### Stage Two

365 EVERYDAY VALUE (Whole Food Market)^ All Natural Soda: Dr. Snap (GF,CF, cloves, grapes)  
365 EVERYDAY (Whole Food Market) ^ Organic Flax and Honey Twigs Cereal (peaches)  
ANGELS NATURAL TAFFY^ (CS,GF,CF, cherries, oranges)  
ANNIE'S HOMEGROWN^\* Extra Cheddar Bunnies (paprika)  
APPLEGATE FARMS\* Sausage: Savory Turkey Breast (GF,CF, cayenne pepper, red pepper)  
BARREL O FUN Potato Chips: BBQ Thins (CS, MSG/ HVP, SM,GF,CF)  
BARREL O' FUN Salsa (GF,CF): Mild, Medium  
COCONUT SECRET ^\* Coconut Cream Deserts (GF,CF): Berry Fusion (acai berries, blueberries, raspberries, maqui berry); Chocolate Covered Coconut Bars (GF,CF): Almond, Macaroon (almonds)  
ECO-KIDS ^\* eco-play dough (blueberries, paprika)  
ENDANGERED SPECIES CHOCOLATE^ 3 oz Natural Bars (GF): Dark Chocolate with Cherries, Dark Chocolate with Sea Salt and Almonds, Dark Chocolate with Cranberries and Almonds, Dark Chocolate with Blueberries, Dark Chocolate with Raspberries, Dark Chocolate with Espresso Beans, Milk Chocolate with Almonds, Milk Chocolate with Cherries; 3 oz Organic Bars: Dark Chocolate with Goji Berry, Pecans and Maca, Dark Chocolate with Cacao Nibs, Yacon with Acai, Dark Chocolate with Golden Berry and Lucuma; 1.4 oz Bar: Dark Chocolate and Cherry, Dark Chocolate and Orange; 3.5 oz Natural Pouches: Dark Chocolate with Cranberries and Almonds; Dark Chocolate Covered Fruit and Nuts: Cherries  
FOOD MERCHANT ^\* Organic Polenta (GF,CF, grape concentrate): Basil & Garlic, Mild Green Chili & Cilantro, Sundried Tomato & Garlic, Traditional

## Stage One, *continued*

EREWON Cereal: (GF,CF) Buckwheat & Hemp, Crispy Brown Rice – No Salt Added, Corn Flake  
FINAGLE A BAGEL Plain (CS,CF)  
FOOD CLUB White Bread Dough (CS, SF,CF)  
GOURMET GLUTEN FREE GOODIES Mix (GF,CF):  
Garlicky Sandwich Bread, Coriander Dill Sandwich Bread, Baked Miniature Donuts, Ever-E-Thing Sandwich Bread, Garlic Chippers, Italian Herb & Chive Sandwich Bread, Multigrain Bread Without Egg, Multigrain Bread With Egg, Onion Dill Chippers, Peanut Butter Chocolate Chip Muffins, Plain Sandwich Bread, Rosemary Artichoke Sandwich Bread, Belgium Waffles and Pancakes, Tomato Basil Sandwich Bread (tomato not included)  
(www.gourmetglutenfreegoodies.com)  
NATIVA (Canada Only) Organic Lemonade (GF,CF)  
NATURAL VALUE Chunk Tongol Tuna in Spring Water (GF,CF), Medium Pitted Ripe Olives (GF,CF)  
NATURE'S PLACE Organic Lowfat Milk: 2%, 1%, Skim (GF)  
NATURE'S PLACE Organic Lemonade (GF,CF), Organic Whole Milk (GF), Tortellini with Three Cheeses  
NORDIC NATURALS ^\* Baby's DHA Vegetarian (GF, CF)  
ORGANIC PRAIRIE Organic Smoked Turkey Breast Slices (SM, GF,CF)  
ORGANIC VALLEY Omega 3 Ultra Pasteurized Organic Grade A: Reduced Fat Milk, Whole Milk, Ultra-Pasteurized Organic Reduced Fat Chocolate Milk: Half Gallon, Quart; Lactose Free Ultra-Pasteurized, Ultra-Pasteurized Organic Eggnog, Pasteurized Organic Grassmilk: Fat Free, Reduced Fat, Whole Milk; Ultra-Pasteurized Half and Half: French Vanilla, Organic Cream, Organic Hazelnut, Aseptic Organic; Organic Buttermilk Powder  
QWAKERS CRACKERS^\* Cheddar Cheese (GF)  
RED BOAT FISH SAUCE^ (GF,CF)  
SJAAK'S ORGANIC CHOCOLATES (www.sjaaks.com)  
Chocolate Wicker Basket with Bunny (GF)  
TOM'S OF MAINE^ Womans Naturally Dry: Unscented AP Stick (CS,GF,CF)  
TRU ROOTS ^\* (GF,CF) Organic: Sprouted Quinoa Trio, Sprouted Rice Trio, Chia Seeds, Sprouted Mung Beans, Bean Trio Sprouted Rice and Quinoa, Sprouted Lentil Trio; Organic Ancient Grain Pasta (GF,CF): Elbows, Fusili, Penne, Spaghetti  
WORKING COWS DAIRY (Available in Alabama, Atlanta and North Florida) Milk: Whole, 2%,1%, Skim, Heavy Whipping Cream

## Stage Two, *continued*

JELLY BELLY Sunkist Fruit Gems\*^ (CS, acerola cherry, apples, blueberries, currants, grapes, oranges, raspberries), Sunkist Orange Slices (CS, acerola cherry, apples, oranges)  
KATE'S PASTRIES (GF,CF): Oatmeal Raisin Cookies, Sweet Potato Bread (cloves)  
KEENWAH decadence\* (GF,CF, almonds): Cayenne Cinnamon (cayenne pepper), Chocolate Chia, Coconut Almonds  
LIVE LOVE DEW (Ohio) Sweet Feet Butter (GF,CF, Almonds)  
NAVITAS^ (GF,CF) Goji Berries : 16 ounce, 8 ounce, 4 ounce; Goji Powder: 8 ounce, 4 ounce  
PAMELA'S\* Wherever Bars (GF, almonds): Blueberry Lemon, Cranberry Almond (CF), Chocolate Chip Coconut, Raisin Walnut Spice (CF)  
PREGGIE POP DROPS (GF,CF): Green Apple (CS), Sour Fruit (CS, apples, raspberries, tangerines); Organic (raspberries)  
PREGGIE POPS (GF,CF): Organic (apples, raspberries), Sour Fruit (CS, apples, raspberries, tangerines), Variety (raspberries, tangerines)  
QUEASY DROPS (CS, GF,CF): Acai Berry, Pink, Variety  
QUEASY POP KIDS (CS,GF,CF): 7 Delicious All Natural Lollipops (apples, raspberries)  
QUEASY POPS (CS,GF,CF): Green Apple, Variety (green tea, raspberries)  
SOLAR\* Satellite Cinnamon Energy Gum (apples, CF)  
WALNUT ACRES\* Organic Baked Beans (GF,CF, tomatoes)  
WELLSHIRE\* Smoked Polska Kielbasa (SM,GF,CF, clove)  
WELLSHIRE KIDS\* All Natural Uncured Chicken Franks (SM,GF,CF, paprika)  
WHOLE FOODS MARKET (GF,CF, paprika): Yellowfin Tuna Burgers (chili peppers, red peppers), Alaskan Salmon Burgers, Mahi Mahi Burgers (chili peppers, red peppers)

## Stage Two Fragrance

CLEAN WELL^ All Natural Hand Sanitizing: (orange oil): Spray Wipes  
LIVE LOVE DEW (Ohio) Face Cream (GF,CF, green tea extract)  
TOM'S OF MAINE^ Womans Naturally Dry: Natural Powder AP Stick (CS,SB,GF,CF, orange 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.

## The Feingold Association's uneasy relationship with fast food

The Association publishes an annual *Fast Food Guide* to help members navigate the choppy waters of fast food chains.

This information not only enables them to find menu items that are less undesirable than others, but it is an eye-opening look at how many questionable additives are used. Even the acceptable items are typically filled with high fructose corn syrup and various versions of monosodium glutamate (MSG).

Our newest *Guide* includes both lesser-known restaurant chains and individual eating places around the country that focus on healthy ingredients, and in many cases, organic.



### How is restaurant food researched?

Restaurants are not researched by the Association's Product Research Committee and are not required to fill out the forms we use for the products that go into our *Foodlist*.

Those restaurants listed in our *Fast Food Guide* have met either of two criteria:

1. They are a major chain that publishes detailed lists of the ingredients in their food or
2. They use mostly organic foods and are known for their commitment to natural dishes.

The *Guide* is not intended to be a comprehensive listing of all chains but rather a selection of options that look promising. Some of the chains that do publish lists of ingredients have so little to offer they have been omitted.

### Asthma, Eczema & Hay Fever

Children and teens who eat fast food three or more times a week are at greater risk of experiencing asthma, eczema and hay fever than those who do not.

This research used data from more than 100 countries and feedback from nearly 2 million children and teens. It was published in the January 2013 issue of the journal *Thorax*. The lead researcher was Philippa Ellwood of the University of Auckland.

The study also found that three or more servings of fruit each week was associated with a reduction in the severity of symptoms in those who were prone to asthma, eczema and hay fever. The antioxidants that are found in fruits are believed to have a protective effect.

By contrast, fast food is notorious for being high in synthetic additives, harmful fats, MSG, high fructose corn syrup and sodium. It is low in vitamins, minerals, fiber and the components needed for good health. ♦



The research was headed by Mark Periera of the University of Minnesota School of Public Health and David Ludwig of Children's Hospital in Boston.

They found that people who ate fast food two or more times a week gained about 10 more pounds and developed twice the insulin resistance compared to those who ate fast food less than once a week. ♦

### 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 & 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 details on membership outside the US, contact FAUS, 11849 Suncatcher Drive, Fishers IN 46037 or phone (631) 369-9340.

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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### Obesity & Diabetes

The link between obesity and fast food seems obvious, but in 2005, the *Lancet* published the results of an ambitious study that confirmed that not only was frequent consumption a risk factor for obesity, but it also was for type 2 diabetes.