

# Pure Facts

Newsletter of the Feingold® Association of the United States



September, 2013

[www.feingold.org](http://www.feingold.org)

Vol. 37, No. 7

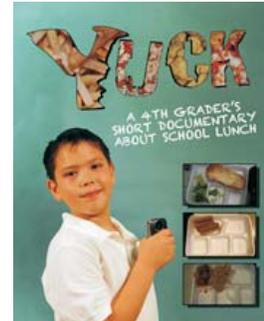
## "Yuck" for Lunch

A young filmmaker exposes what is really on cafeteria trays found in countless US schools.

Fourth grade student Zachary Maxwell didn't like the food served at his New York City elementary school and wanted to bring his lunch from home, but his parents disagreed. The monthly menus provided by the school system sounded wonderful, filled with fresh healthy food, including meals designed by celebrity chefs. Zachary knew better. Those Styrofoam trays held the same foodless foods that are found in school cafeterias around the United States.

So Zachary decided to secretly film what was being served -- to the shock and horror of his parents. After that, all his lunches came from home. His dad makes videos as a hobby, so he had the equipment to support Zachary, who continued to covertly film in his school's cafeteria.

New York City schools claim they "provide healthy and delicious school meals" but if that's true, why won't they allow students to take pictures?



The result of Zachary's project is the award winning "Yuck - A 4th Grader's Short Documentary About School Lunch."

This young filmmaker has had an impact on the system. Has the food service department reformed their food? No, their solution is that a student who is caught filming in the school will be suspended. [www.yuckmovie.com](http://www.yuckmovie.com) ♦



Zachary's experience is typical of many schools; the meals described on the monthly menus sound wonderful, with descriptions of fresh fruits and vegetables and whole grains, but that may have very little to do with what is actually served. Stop by your child's school at lunchtime and take a look for yourself!

## Would you like to change the food in your child's school?

See how other parents and activists have successfully changed their school's food; you may be surprised at how easy it can be!

Feingold members know that they have choices; that they can buy brand name foods that are not filled with harmful additives. They know that the most highly processed foods are often the most overpriced. They also know that healthy food can taste delicious. The same rules these families follow in their home can be applied to the meals served in schools and other institutions.

Our revised school lunch web site will guide you through an understanding of the issues. It explains why the children in the United States are typically fed such low quality food, why there is so much unnecessary confusion over how to fix the problems, what has worked for others, and how you can bring about change in your community. ♦

Visit: [www.School-Lunch.org](http://www.School-Lunch.org)

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.

## Dear Mayor Bloomberg,

We applaud your efforts to improve the health of New Yorkers by bringing about changes in the food they are eating.

**B**ut there is a more effective way to do this -- a way that will not result in the backlash that came with other initiatives.

The food being served in many New York City schools is terrible, but it was not always this way.

In the late 1970s and early 1980s, a series of changes were implemented, based upon the Feingold Diet. First, synthetic food dyes were removed, then artificial flavors, and then two preservatives. These petroleum-based chemicals have been shown to trigger many behavior, learning and health problems.

Before the changes, the children in the Greater New York public schools scored in the 39th percentile on the California Achievement Test. Each dietary change brought an increase in test scores throughout the system, and in 1983, the scores were above the 55th percentile! A modest change in the foods being served was the only adjustment that took place!

Even more impressive, the number of children who were academically 2 or more years behind dropped from over 12% in 1979 to just under 5% in 1983. Each child who requires special services can add \$10,000 to \$20,000 to the cost of educating him for one year! Do the math, and you will see that the system is hemorrhaging money while countless children are failing in school and in life.

As Zachary Maxwell's film, "Yuck," shows, the food being served in New York's public schools bears little resemblance to the descriptions on those monthly menus.



Would you willingly eat things like this, Mr. Mayor? Have you ever made an unannounced visit to a New York public school cafeteria at lunchtime?

Did you know that school food can really be delicious and that it is actually more economical to serve fresh, real food than the barely edible things shown above? The Feingold Association shows people how to do this, while improving behavior, learning and health.

Please check out our article on page one and visit our web site [www.School-Lunch.org](http://www.School-Lunch.org) ♦

## Fresh costs less

It not only costs less, but tastes best!

**R**obert Irvine hosts a popular show on the Food Channel, "Restaurant Impossible," where he visits failing restaurants and shows the owners how to turn things around. Typically, the restaurant serves highly processed canned and frozen food, believing that it is easier to prepare and more economical, but chef Irvine demonstrates why this is not the case.



In some of the episodes, he shows the cooks and owner how they are paying high prices for low quality food. He documents that fresh food is not only less expensive, but it can be prepared in the same amount of time (or less) than the overprocessed counterparts.

The real test comes when the restaurant staff tastes chef Irvine's food and sees how delicious it is. By the second day of the make-over, patrons are enjoying the delicious new dishes, and the future of the restaurant looks bright.



These are the concepts that can be successfully applied to the food being served in schools and other institutions in the United States. ♦

## Time for Lunch

American children might not need to have the one- to two-hour lunch periods that are provided by some of the schools in France, but many need more time than they are now given. The School Nutrition Association says that elementary school age children get a median of 25 minutes for lunch, and older children get 30, but reports from teachers and parents show this is often not the case.

The time begins when the child leaves the classroom and travels to the cafeteria, but it does not allow extra time for visits to the rest room or locker and doesn't count how much of the time is spent waiting in line. Some children have timed their lunch period and find it amounts to 10 minutes or less. ♦

## Migraine Headaches

Joe suffered with this debilitating condition for many years. He welcomed the change in diet that brought him relief.

After an easy first few weeks as an infant, Joe's problems began. He suffered from colic and later from ear infections. These resulted in hearing loss, followed by a temporary loss of speech. He underwent the insertion of tubes in his ears and then repair from the tubes.

Joe's mom, Kathryn, experimented with using soy formula, but he didn't seem to tolerate it well.

Because he was homeschooled, some of the problems Joe would have encountered in school were avoided. He had difficulty with both reading and writing, and he suffered from dyslexia, for which he received special tutoring.

---

As Kathryn discovered which foods and food additives were to blame, the troubling symptoms diminished.

---

Looking back, Joe recalls that it was hard for him to focus, but he believed that most of the problems he faced were normal. The huge issue for him was always the terrible migraines.

He went through many diagnostic procedures, including MRIs and a thorough allergy panel, but none of this helped identify a reason for the migraines, and his parents were very worried.

An Internet search led Kathryn to the Feingold diet and brought some major changes in their lifestyle. They had become a family on the go with co-op classes, field trips, martial arts and roller hockey for Joe's older brother. A package of Skittles was often Joe's treat as he waited through his brother's games.

But with the prospect of a healthy life for her son, Kathryn learned to pack healthy food and treats and to plan ahead. "It took a little time," she recalls, "but with the support of so many moms on the Feingold members' forum, we were able to adjust quickly. Once we had the migraines under control, we were able to discern other things that were causing problems. This included sensitivities to high fructose corn syrup, cinnamon and maple syrup, to name a few. Slowly but surely, things just kept getting better and better!"

---

The huge issue for Joe was always the migraines.

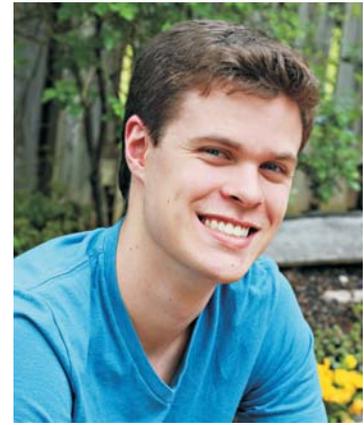
---

"I didn't have migraines any longer," Joe happily notes, "so missing out on 'treats' wasn't a sacrifice. It was great to feel better."

He continues, "I always turned down food at friends' homes because I assumed nothing was safe. Mom packed my food for parties, and now we continue to pack for events, retreats, etc."

### Noise sensitivity

Another problem that was resolved by a change in diet was Joe's extreme sensitivity to noise. The multiple ear infections resulted in a temporary loss of hearing. When his hearing returned and he had completed speech therapy, his parents began noticing how sensitive his hearing had become. He had a hard time in movie theaters, at church, and with large groups of people. Kathryn recalls, "We had to sit in the church lobby on Sundays because the noise level was too high."



As the additives were removed, Joe's sensitivity to sound diminished. He was able to sit through a service at church, play the bass in a band, and run the sound equipment, too!

Joe will be starting college this month and reports that he is doing great. "I feel good and can focus so much better," he finds. "I'm looking forward to college and enjoy Bible study, playing bass, banjo and video games. My mind is so much clearer now that it is hard to imagine what life would have been like without Feingold!"

### College options for Feingolders

Kathryn writes, "Joe decided to go to community college his first two years so that he can commute. The college has multiple campuses, and at the two Joe will attend, the only thing he would be able to safely purchase is water. (How sad is that?)

"He likes to pack snacks that are small, portable and keep well in his backpack and that provide protein to keep him going. He has access to grocery stores next to both campuses should he need to get something else to eat.

"Joe has taken ownership of his health for so long he knows what he can buy. Because going off of the Feingold Program means pain, he is super careful about what he eats." ♦

## Paying attention and remembering

New research has shown that choline, generally classified as one of the B vitamins, plays an important role in the ability to focus and recall.

Animals fed a diet rich in choline maintained attention and learned more quickly than those who were not given the supplement, according to researchers from Spain, Venezuela and England.

In a related study, rats were given choline during the third term of their pregnancy, and the offspring were followed until they reached adulthood. The animals whose mother received the supplements had better memory and attention when they reached adulthood than those whose mothers were not given the supplement.

Choline is an essential nutrient, found in many foods of animal origin including eggs, chicken or beef liver, turkey, shrimp, scallops, salmon, whey and grass-fed beef.



Rich plant sources are peanuts and peanut butter, cauliflower, lentils, sesame seeds, flax seeds, oats, collard greens and wheat germ.

Because choline is so essential for the brain development of infants and children, human milk is rich in the nutrient. ♦

The two studies, by Moreno et al., were published this year in the journals *Nutritional Neuroscience* and *Behavioural Brain Research*

## Paying attention and learning

For children who are already "wired," it might be wise to limit time on wireless devices.

While digital technology offers some exciting possibilities, especially for special needs children, a growing number of teachers believe that excessive time can have a negative impact for some children.



Research conducted last year by two groups, the Pew Research Center and Common Sense Media, found that most teachers believe that heavy use of digital technology is causing children to become more easily distracted and to have shorter attention spans. However, specially designed programs could be helpful in increasing a child's attention span. Work on this is being conducted at the University of Oregon by Michael Posner. ♦

## Proposed study of vaccines

A bill known as the Vaccine Safety Study Act has been proposed in the US Congress.



Designated H.R.1757, it is currently being considered by the House of Representatives' Subcommittee on Health.

The bill calls for the secretary of Health and Human Services and the director of the National Institutes of Health to conduct a comprehensive study that would compare the incidence and risk of autism, between vaccinated and unvaccinated populations. Further, it would determine whether exposure to vaccines or vaccine components is associated with autism spectrum disorders. ♦

"No study of vaccinated vs. unvaccinated children with autism has ever been attempted anywhere in the world. Without this basic data, no one can say with certainty whether or not the current vaccine schedule is associated with a greater risk of autism and other chronic health outcomes."

*Age of Autism*

## The murky world of vaccines

Vaccines are a highly profitable business; and with profits come the potential for abuse.

Writing for *Age of Autism*, J. B. Handley, Mark Blaxill and Dan Olmsted have followed the money trail to uncover disturbing facts behind the promotion of some of the many vaccines given to children in the US.

A popular industry ploy is to set up a nonprofit organization that acts as a front to promote the interests of a particular industry. One such group is "Every Child By Two" -- meaning that every child will have received all his vaccinations by age two. In a tiny office, located in Washington, DC., three people run the organization with money from vaccine manufacturers Wyeth and Sanofi.

Another effective tool is money -- lots of it. Vaccine enthusiast, Paul Offit is a big promoter of Merck's RotaTeq® vaccine. As co-inventor of the vaccine, he has become a multi-millionaire, and stands to continue adding to his riches if the vaccine sales increase. ♦

## Who decides which additives are safe to use in your food?

More than 10,000 additives are allowed to be used in foods in the United States. 43% of those additives are considered "Generally Recognized As Safe" or GRAS. Who decides if they are safe?

Generally, it's the company manufacturing and selling the additive that makes this decision!

In 1958, Congress decided that food additive manufacturers could determine if an additive was safe. This was intended to cover ingredients like oils, salt, rosemary, or vinegar, all of which had a long history of use in food. But the number of chemicals added to foods has grown, and the antiquated law is being used to cover them.

The Food and Drug Administration list of GRAS additives is a Rogue's Gallery of chemicals that includes: BHA, BHT, Monosodium Glutamate, Calcium Propionate, Sulfiting agents, Sodium Benzoate, Propylene Glycol and Propane.

In 1997 the FDA decided that food additive manufacturers could decide if the new chemicals they develop are safe, and that while the companies *should* let the FDA know -- they didn't have to!

A recent study published online August 7 in the journal *JAMA Internal Medicine* took a hard look at how the food additive industry decides if an additive is GRAS. Researchers, led by Thomas Neltner, food additive expert with the Pew Charitable Trust, found that about 1,000 new additives were never submitted to the FDA; they then analyzed the 451 voluntary notifications that were submitted in the years between 1997 and 2010.

---

"At least when you put a new chemical on the market, you have to notify the EPA (Environmental Protection Administration). But there's no requirement that you notify the FDA when you make a new food additive." *Thomas Neltner*

---

The FDA criteria for the decision to call an ingredient GRAS is that there is "a reasonable certainty in the minds of competent scientists that the substance is not harmful under the intended conditions of use." So who are those scientists? In the 451 cases investigated, the researchers found that in 22.4%, the safety assessments were made by an employee of the chemical manufacturer. 13.3% were made by an employee of a consulting firm hired by the additive manufacturer. And in the majority of cases (64.3%), it was the decision of an expert panel that was hired by either the additive company or by their paid consultant. The investigators found many of the same people who were hired to be on these panels had served as paid consultants for those additive industries, leading to charges of widespread conflicts of interest. ♦

## Good news from the Product Research Center



### Mustard Lovers, Rejoice!

We now have a huge selection of acceptable brands, some of which are listed under Stage One. See the PIC report.



### Wax Orchard Treats for everyone

Not only are they free of refined sugar and all the additives eliminated on the Feingold Diet, but Wax Orchards thick, rich chocolate sauces are now Stage One acceptable!

Their vegan chocolate sauces and Fruit Sweet syrup all get their sweetness from fruit.



### Kinnikinnick's Gluten-free Foods

Based in Edmonton, Alberta, Canada, this is one of the first companies to cater to people on a gluten-free diet. Today, they have an impressive assortment of GF products, most of which are also free of dairy, soy and sesame. Check out the PIC Report in this issue for details.



### Sun Rype

These Stage Two natural fruit snacks are a healthy lunchbox treat. They are made from fruits grown in the Kelowna Valley of British Columbia, and are available in the US as well as Canada.

## PIC Report

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

APPLEGATE FARMS\* Bacon (SM,GF,CF): Natural Sunday, Organic Sunday  
BARBARA'S BAKERY Snackimals Cereal (CF): Cinnamon Crunch, Vanilla Blast  
BERLIN NATURAL BAKERY\* (CF): Chocolate Crinkle Spelt Cookies, Spelt Angel Food Loaf, Amish Country Spelt Cornbread, Spelt Stuffing: Whole, White  
GATOR GRIT\* Chia Peanut Butter (GF,CF)  
KALONA SUPERNATURAL\* (GF): Lightly Salted and Unsalted Butter, Half and Half, Organic Whole Milk, Organic Whole Milk Cottage Cheese  
KINNIKINNICK\*^ KinniKritters Animal Cookies (GF,CS); Bread (GF,CF): Soft Multi Grain (CS), Soft White; Buns (CS,CF): Soft Hamburger, Soft Hot Dog; Dinner Rolls (CS,CF); Cookie Mix (GF,CF): Ginger Bread, Sugar; Panko Style Bread Crumbs (CF), Graham Style Bread Crumbs (CF), Bread Cubes (CS,CF), Pancake & Waffle Mix (CS,CF), Cake Mix (GF,CF): Chocolate, Angel Food, White; All Purpose Flour Mix (GF), Homestyle Waffles (GF,CF): Cinnamon and Brown Sugar, Original; Soft Plain Bagels (CS,GF,CF), Gingersnaps (GF,CF), Smoreables Graham Style Crackers (CS,GF,CF), KinniKritters Cookies (CS,GF,CF): Graham Style Animal, Chocolate Animal; KinniToos Fudge Sandwich Cream Cookies (GF,CF), Personal Pizza Crusts (CS,GF,CF)  
MANHATTAN MUD\* Chia Peanut Butter (GF,CF)  
NATRAPEL 8 Hour Insect Repellent (GF,CF)  
ORGANIC PRAIRIE Prairie Classic Original Beef Jerky (GF,CF)  
WELLSHIRE FARMS\* (GF,CF): Pork Sausage Maple Links, Pork Sausage Maple Patty, Dry Rub Peppered Uncured Bacon, Applewood Smoked Center Cut PA Cut Uncured Bacon (SM), Whole Pancetta Wrapped Cured Bacon  
WELLSHIRE (available only in Canada)^ Apple Fully Cooked All Natural Skinless Chicken Sausage  
ZEMAS MADHOUSE FOODS (GF, CF): Multi Grain Pancake and Waffle Mix, Cocoa Teff Pancake and Waffle Mix, Rosemary Millet Focaccia and Pizza Mix

**KEEBLER** Organic Toasteds Harvest Wheat Cracker has changed its name. Keebler has taken off "organic" from the name and added TBHQ, so please remove this product from your *Foodlist & Shopping Guide*.

These products may be moved to the Stage One section of your *Foodlist*:

**WAX ORCHARD** Fruit Sweet Concentrated Fruit Juice Blend no longer contains peaches.

**WAX ORCHARD** Fudge Fantasy, Classic Fudge and Oh Fudge! Sauces no longer contain grapes or peaches.

### Stage Two

ANDEAN DREAM ^ Quinoa Cookies: Coffee (GF,CF)  
APPLEGATE FARMS\* (GF,CF, paprika, red peppers) Natural Uncured Pepperoni  
BERLIN NATURAL BAKERY\* (CF): Gingersnap Spelt (cloves)  
FRUIT ADVANTAGE (GF,CF): Juice Concentrate: Montmorency Tart Cherry Wild Blueberry; Supplements: Cherry Prime 3125mg, Tart Cherry 1200mg  
KINNIKINNICK\*^ Cinnamon Raisin Bagels (CS,GF,CF), Soft Blueberry Bagels (GF,CF)  
LOU'S FAMOUS ORGANIC\* Cocktail Sauce (tomatoes), Horseradish Mustard (cloves)  
ORGANIC PRAIRIE Organic Beef Jerky: Smoky Chipotle (SM, GF, CF, chili peppers), Spicy Hickory Original Beef Jerky (SM,GF,CF, red peppers)  
REAL STICKS\* Beef and Pork Cracked Pepper (GF,CF, cherries), Beef and Pork Chipotle (cherries, chili peppers, paprika), Beef and Pork BBQ (cherries, chili peppers, paprika)  
SIMPLY SAUCE\* Simply Pizza Sauce (GF,CF, tomatoes)  
SUNRYPE 100% Fruit Stripes (GF,CF, apples, elderberries, grapes): Raspberry, Strawberry, Strawberry Banana Plus Veggie, Strawberry Banana, Wildberry (blueberries, boysenberries, cherries, cranberries, raspberries, strawberries )  
SUNRYPE 100% Fruit Bar Fruitsource (GF,CF, apples, elderberries, grapes): Mango Mangosteen, Mango Strawberry Plus Veggie, Blueberry Pomegranate, Strawberry  
SUNRYPE 100% Fruit Mini Bites (GF,CF, apples, elderberries, grapes): Strawberries, Mixed Berry (blueberries, cherries, cranberries, raspberries)

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.

## Stage One Fragrance

CALIFORNIA BABY\* Sunscreen: (GF,CF) SPF 30 + Everyday Year Round (SB), SPF 18 + Everyday Year Round (SB), SPF 30 + Year Round Stick, SPF 30 + Summer Blend (SB); Wash Up Handwash: (GF,CF) Super Sensitive, Squeaky Clean, Calendula (SB)  
ECO PLUS\*^ Lavender Laundry Detergent (GF,CF)

## Stage Two Fragrance

BADGER\*^ (GF,CF) Balm (oil of wintergreen), Cuticle Care Balm (mandarin), Cheerful Mind (orange oil, rose hip oil), Focus (rose hip oil), Night Night (mandarin), Yoga Meditation (rose hip oil, mandarin); Damascus Rose Antioxidant Body Oil (rose hips); Everyday Moisturizer (rose hips): Creamy Cocoa, Nutmeg and Shea, Vanilla Coconut (cayenne pepper); Hair Oil (orange oil): Argan for Dry and Damaged, Seabuckthorn for All Hair Types (rose hips); Ginger Deep Tissue Massage Oil (rose hip), Soother: Headache (mandarin), Stress (rose hips, tangerine); Rub: Sore Joint (rose hip oil), Extra Strength Sore Muscle (cayenne pepper), Cooling Blend Sore Muscle (cloves), Aromatic Chest (tangerines); Aromatherapy Massage Oil (rose hip oil): Lavender, Sweet Orange (orange oil); Classic Lip and Body Balm (rosehip oil): Highland Mint, Tangerine; Body Soap: Moroccan Mint (orange oil)

## Stage Two, continued

SUNRYPE Just Fruit & Grains Plus Veggie Bar (CF): Strawberry Mango (apples, elderberries, grapes), Summer Berries (apples, blueberries, cherries, elderberries, grapes, raspberries, strawberries)  
SUN RYPE ^ Fun Bites (GF,CF, apples, elderberries, grapes, oranges): Berry (raspberries), Strawberry Banana, Strawberry Watermelon  
SUN RYPE ^ Squiggles (GF,CF, apples, elderberries, grapes, oranges): Strawberry, Wildberry (cherries, raspberries, strawberries)  
SUN RYPE ^ Fruit Source (GF,CF, apples): Strawberry (grapes, oranges), Cherry Berry (blueberries, boysenberries, cranberries, oranges, raspberries, strawberries), Blueberry Pomegranate (elderberries, grapes, oranges), Mango Mangosteen (grapes, oranges), Peach Pear Plus Veggie (grapes, oranges), Wildberry Plus Veggie (cherries, elderberries, grapes, raspberries)  
SUN RYPE^ Fruit Source Bites (GF,CF): Mixed Berry (apples, blueberries, boysenberries, cherries, cranberries, elderberries, oranges, raspberries), Strawberry, Mango Mangosteen (apples, grapes, oranges)  
TRAVERSE BAY FARMS\* Salsa (GF,CF, jalapenos, tomatoes): Black Bean, Cherry, Peach, Pineapple, Red Raspberry  
WELLSHIRE FARMS\* Uncured Beef: Sliced Corned (GF,CF, cloves)  
ZEMAS MADHOUSE FOODS (GF,CF): Cinnamon Oatmeal Apple Muffin Mix

## Stage One Mustards

Spicy Brown (GF,CF): AMERICA'S CHOICE (A & P), GUARANTEED VALUE (available in PA, OH, WV, MD), HY-VEE, KOOPS, KROGER, LAURA LYN, LOU'S FAMOUS ORGANIC\*, RALEY'S (CA, NV), SCHNUCK'S, SPARTAN (IN, MI, OH), SPRINGFIELD, SUNNY SELECT (CA, NV), TOPS (NY, PA), WESTERN FAMILY, WINN DIXIE (FL)

## Stage Two Mustards

Yellow (GF,CF, paprika): AMERICA'S CHOICE (A & P), GUARANTEED VALUE (PA, OH, WV, MD), HY-VEE, KOOPS, KROGER, LAURA LYN, LOBLAW, MEIJER, RALEY'S (CA, NV), SAFEWAY, SCHNUCK'S, SELECTION, SPARTAN (IN, MI, OH), SPRINGFIELD, SUNNY SELECT (CA, NV), TOPS (NY, PA), WESTERN FAMILY, WINN DIXIE (FL)

Deli Horseradish (GF,CF, red peppers): AMERICA'S CHOICE (A & P), GREAT VALUE (WalMart), GUARANTEED VALUE (PA, OH, WV, MD), HY-VEE,

## Stage Two Mustards,

### *Deli Horseradish, continued*

KOOPS, KROGER, LAURA LYN, MEIJER, RALEY'S (CA, NV), SAFEWAY, SCHNUCK'S, SPARTAN (IN, MI, OH), SPRINGFIELD, SUNNY SELECT (CA, NV), TOPS (NY, PA), WESTERN FAMILY, WINN DIXIE (FL)

Dijon (GF, SF, wine): AMERICA'S CHOICE (A & P), GUARANTEED VALUE (PA, OH, WV, MD), HY-VEE, KOOPS, KROGER, LAURA LYN, MEIJER, SAFEWAY, SCHNUCK'S, SPARTAN (IN, MI, OH), SPRINGFIELD, SUNNY SELECT (CA, NV), TOPS (NY, PA), WESTERN FAMILY, WINN DIXIE (FL)

Honey (CS, cider vinegar, paprika), AMERICA'S CHOICE (A & P), GUARANTEED VALUE (PA, OH, WV, MD), HY-VEE, KOOPS, LAURA LYN, MEIJER, RALEY'S (CA, NV), SAFEWAY, SCHNUCK'S, SPARTAN (IN, MI, OH), SPRINGFIELD, SUNNY SELECT (CA, NV), TOPS (NY, PA), WESTERN FAMILY, WINN DIXIE (FL)

## Another resource for Feingold members

We now have our own Facebook page where families can have quick access to information and support!

This is where you can find fast answers to your questions from the experts -- staff, volunteers, and experienced members.

Here are some recent posts:

- I'm looking for a way to "yummy up" a Stage One pizza.
- The DH refuses to give up his contraband snacks.
- Which is better, cane sugar or beet sugar?
- We will be in Richmond for the day; are there any good restaurants for Feingolders?
- My DS is having a reaction; I need help pinning down the culprit.
- How can I find a speaker to give a Feingold workshop for my PTA?
- What are your favorite dinners for a hot summer night?
- Help! The reading specialist hands out junk candy as a reward!
- Which brand of natural dyes is the best?
- Can someone suggest a good snack for Vacation Bible School?
- How can I find a pediatrician who will support us on the diet?
- Can someone recommend a stage one lip balm?
- Someone posted that they had bought a fryer that strains the oil. What brand was it?



### Feingold members are logging on to our new Facebook pages.

- I found a yummy brand of mango gummies my kids love!
- Here's a photo of the new Duncan Hines cake mix box. They've changed the product name slightly. Is it still okay?
- What brands do you buy from Costco?
- I'm confused by all the different salicylate lists I have found online.
- For those who live in southeastern Wisconsin, the Natural Ovens Bakery Outlet has their approved bread on sale today for 3 loaves for \$3!
- What are your favorite snacks for long car trips?
- How can you tell the difference between a reaction and normal kid behavior?
- Here's a link to the best fish stick recipe ever!

### Three-year-old wisdom

Veronica writes, "I had to share this adorable story. My 3-year-old calls everything that is not acceptable on Feingold 'goldfish' since at the beginning of the diet changes, she had to give up her beloved Goldfish. Every time we are at a friend's house and they offer her something to eat, she asks, 'Mommy, does this have goldfish in it?'"

"I bought the Feingold bumper sticker ('Food - if they dye it, don't buy it!') and have had it on my car for about a week or so, but yesterday my daughter just noticed it. She asked me what it said, and I responded, 'What do you think it says?' She replied, 'It says, *don't eat goldfishes!*' Such a smart little girl!" ♦

## 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 & two-week menu plan, a regional *Foodlist* book containing thousands of acceptable US brand name foods, a telephone and E-mail Help-Line, *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.

[www.feingold.org](http://www.feingold.org)

©2013 by the Feingold Association of the United States, Inc.

