

# Pure Facts

Newsletter of the Feingold® Association of the United States



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## Who teaches us about nutrition?

What is the position of the organization representing America's dietitians concerning the marketing of junk food to kids?

Have they joined the growing number of health professionals who say that companies like McDonald's, Coca-Cola, PepsiCo, General Mills, Kraft, Nestle and Mars are partly to blame for the deteriorating health of America's children? Sadly, the opposite is true. The Academy of Nutrition and Dietetics (AND) is the trade group representing 74,000 dietitians. Long known as the American Dietetics Association, the group renamed itself in 2012.

Utah dietitian and outspoken critic, Andy Bellatti, notes, "For years, the Academy has formed shocking partnerships with the very companies that have contributed to the many health problems faced by millions



of Americans... Do you think multi-billion dollar junk food companies like Coca-Cola, McDonald's, PepsiCo or Hershey's are reliable sources of information on healthy eating? Probably not, yet they sponsor professional events for -- and educate -- the people you turn to for credible advice."



After the AND's 2012 national conference, public health lawyer Michele Simon published the paper, "And Now a Word From Our Sponsors, Are America's Nutrition Professionals in the Pocket of Big Food?" Simon documented the many areas where the AND compromises its credibility. This report inspired Bellatti, fellow dietitian Elizabeth Lee, MS, RD, and their colleagues to create **Dietitians for Professional Integrity** (DFPI), and pressure the AND to rethink their policies about corporate sponsorship. They are among a growing number of dietitians who are disturbed by the cozy relationship the AND has with these companies.

*Continued on page 2*

## 2014 Fast Food Guide

Our newest edition of the *Fast Food Guide* is out!

Burger King is back in the book, and we have some promising new information from Wendy's. McDonald's is once again included, but it was sad that the company has discontinued one of the few options Feingold members applauded -- their Cherry Berry Chiller.

**The Feingold Association has always had an uneasy relationship with the Fast Food giants.**

We appreciate that so many of them provide detailed information on their ingredients so those members who choose to eat there can have some guidance, but we cringe at the overwhelming amount of high fructose corn syrup and MSG they use.

### Kiddy Consumers

The Association also deplors the fact that Big Food (both manufacturers and fast food giants) market unhealthy products to children as young as 2 years old.

At their shareholders' meeting in May McDonald's CEO, Don Thompson, was called on the carpet by several critics who say that the company is targeting children, whose health will suffer as a result. Notable critic was 9-year-old Hannah Robertson who said they were trying to "trick kids into eating food that isn't good for them."

The CEO refuted all of the criticisms by denying them, most notably that they do not serve junk food and that McDonald's -- the largest distributor of toys in the world -- does not target children!

## Who teaches us? *from page 1*

Following the most recent (2013) conference and expo, DFPI published their summary of that event in their paper "The Food Ties That Bind." Not only has the AND been silent about Big Food's marketing of fat, sugar, salt and carbs, the companies played a starring role in the event. Advice about fitness, weight loss and healthy eating was being dispensed by the very companies accused of sabotaging our health. This year cameras were banned from the exhibit hall where Big Food sponsors had elaborate displays. (So much for the AND's claims to transparency!)

Bellatti compares the AND position to the ties the American Medical Association once had with the tobacco industry. That, too, was only reversed after members pressured the organization for change.



## AND's Defense

AND's response was that their messages "are and have always been based on stringent analysis of the latest scientific research and are in no way influenced by our sponsors." AND president, Glenna McCollum, claims the organization (which banned cameras) is "so extremely transparent about their sponsors and vigilant about every message the Academy puts out to consumers being backed by sound science..." An example of this science is a paper the attendees received titled, "Aspartame is safe." It was provided by the Coca-Cola Beverage Health and Wellness Institute.

## Corporate messages to dietitians

- One of the education sessions was presented by the Corn Refiners Association, the lobbyists for high fructose corn syrup.
- Kellogg's cited Frosted Flakes, Cheez-its and Pop Tarts as examples of good nutrition.
- PepsiCo claimed that Frito-Lay potato chips are a good choice for snacks as they are lower in sodium than some other foods.
- McDonald's boasted that the bun for their chicken sandwich has half a serving of whole grain.
- Coca-Cola advised that consumers can burn 100 calories by climbing stairs for 10 minutes.
- As far as the labeling of GMOs, which Big Food has spent millions of dollars to prevent, AND has not taken a stand on the issue or on GMO foods.

*Continued on page 3*

## Hospital Food

McDonald's CEO Thompson also denied that hospitals are kicking the fast food chain out, but this is happening in some areas.

**I**n fact, a growing number of hospitals are also ditching the Jell-O and nondescript foods, replacing them with whole grains, organic fruits and gourmet dishes cooked from scratch!

In Chapel Hill, NC the UNC Health Care hospital provides patients with an extensive menu that allows them to select what they want, and to have it delivered to their room at the time of their choosing. This means that food arrives hot and there is little waste. The old system delivered meals to all patients at the same time, whether they wanted them or not. Much of the food would arrive cold and many dishes ended up in the trash. The UNC's "restaurant delivery system" saved \$400,000 during their first year, while dramatically improving patient satisfaction.

Patient satisfaction is critical to a hospital since the new Obama healthcare initiative links the amount of Medicare reimbursement a hospital receives with the patient satisfaction scores the hospital earns.



## Dear McDonald's...

The nonprofit activist group, Corporate Accountability International, is sponsoring a petition to McDonald's CEO, calling on the fast food giant to stop marketing to children. The petition, already signed by many organizations and thousands of health care professionals, can be accessed at: <http://www.Lettertomcdonalds.org>

The letter states, in part: "The rates of sick children are staggering. Ballooning health care costs and an overburdened health care system make treatment more difficult than ever. And we know that reducing junk food marketing can significantly improve the health of kids."

Who teaches us? *from page 2*

The fox isn't just guarding the hen house;  
it lives there.

Academy sponsors can become an Academy Partner, which entitles them to "educate" nutrition professionals about the health benefits of their products, co-sponsor events, and conduct educational sessions at meetings. They can also use the Academy's logo in marketing campaigns.

*Ocean Roberts*

### Huge perks for Big Food

The relatively small amount of money industries give to the AND has provided them with astonishing benefits including access to mailing lists of the AND dietitians and co-branded educational materials, implying that their messages are endorsed by the AND. And even scarier, the junk food giants provide accredited continuing education credits for dietitians. In 2011 the AND teamed up with the "Coca-Cola Company Beverage Institute for Health and Wellness," to create a program to teach dietitians that **food dyes, fake sweeteners, sugar and fluoride are not harmful!** Before registered dietitians can earn Continuing Professional Education unit credits they have to accept the notion that these chemicals don't hurt children and deny all of the research that links them to numerous problems, including ADHD.

### Consuming Kids

"Corporations are racing to stake their claim on the consumer group formerly known as children."

Susan Linn, an instructor of psychiatry at Harvard Medical School, is a long-time critic of marketing strategies directed at children. She is the author of *Consuming Kids* as well as the co-founder and director of Campaign for a Commercial-Free Childhood.

Commenting on the invasion of brand logos, advertising, food, and educational materials into the schools, she notes, "Kids know that school is supposed to be good for them...So they think whatever a school endorses is also good for them."



Enola Aird, lawyer and director of The Motherhood Project, writes, "The Congress of the United States, under pressure from advertisers and marketers, actually robbed -- took away from the Federal Trade Commission -- the right, the authority to regulate advertising and marketing to children."

### FAUS and the ADA/AND

Since the Feingold Association was formed in the 1970s, the dietetics organization has refused to acknowledge that the food additives we target are harmful.

In 1984, 18 months after Dr. Feingold's death, and as the 1982 National Institutes of Health (NIH) conference on diet and hyperactivity faded from memory, the American Dietetic Association sent a press release to television, radio and print media throughout the country, claiming a huge new study showed that food additives do not affect children's behavior, and that Dr. Feingold's work was not valid. The problem is that there was no such study. The carefully worded press release was based on the accumulated research done over the previous years -- the same research the NIH said was inadequate. The fake conclusions were repeated by all of the US media outlets without checking the credibility of the information.

**Monsanto** sponsored the annual meeting of the New York State Dietetic Association and **McDonald's** served lunch at the conference of the California Dietetic Association.

### Even PBS!

Parents who wanted to protect their children from insidious TV ads were once able to do so by turning the channel to PBS. But with funding cuts, the stations are finding cash by taking on corporate sponsors. Public TV's show, *Martha Speaks*, includes ads from the restaurant chain **Chick-fil-A**.

Many consumers consider their food to be a healthy option, but not "Foodbabe" Vani Hari, whose exposé about the restaurant's ingredients has caused the company to announce they will remove a few of their synthetic additives. Unfortunately there was nothing said about getting rid of the MSG and high fructose corn syrup, which are found even in their "nutritious menu options" for kids.

*Editor's note:*

The company might be saving cows, but they aren't preventing our children from developing fatty liver disease.

(See the following article.)



# Fast food, school meals, and supermarket junk food pose a triple threat for children.

Major fast food chains, most school meals, and the junk foods marketed to children are doing more than affecting behavior and learning; they are playing a major role in the growing number of children who are being diagnosed with liver disease.

At one time liver damage was the result of excessive use of alcohol, but for these children it is being caused by a combination of a bad diet and sedentary lifestyle. The condition, which results in excess fat in the liver, is called Non-Alcoholic Fatty Liver Disease, or NAFLD.

Non-alcoholic **fatty liver disease**, which can progress to heart disease, type II diabetes, and death, affects as many as one in five Americans, according to the American Liver Association. But for those with diabetes, says physician-researcher Kenneth Cusi, MD, the rate may be as high as four in five. This condition kills about 27,000 Americans each year and deaths from liver cancer have also increased in recent years. The good news is that in the early stages this condition can be reversed in just a few months by a switch to a healthier diet and increased physical activity. (This was confirmed at a recent seminar co-sponsored by the FDA and the American Association for the Study of Liver Disease.)

## Of Mice and Men

Morgan Spurlock learned that in just one month a diet of fast food will impair liver function. In 2004 he conducted an experiment on himself, eating only fast food from McDonald's for 30 days, and documented it in his award-winning film, *Super Size Me*. In addition to weight gain, he experienced fatigue, irritability, depression, mood swings, stomachaches and serious liver damage.

Brent Tetri, MD, professor at the Saint Louis University Liver Center, conducted a study where mice were given a diet that closely resembled fast foods. In addition, the animals were forced to remain sedentary. "We had a feeling we'd see evidence of **fatty liver disease** by the end of the study," Tetri said, "but we were surprised to find how severe the damage was and how quickly it occurred. It took only four weeks for liver enzymes to increase and for glucose intolerance -- the beginning of type 2 diabetes." But Tetri noted, "The good news is that most people can undo this damage if they change their diet and they keep physically active." (Tetri, 2008)

Your liver isn't "loving it."



Antioxidants, along with lifestyle changes, are helping people with fatty liver disease.

(Ovchinsky, 2012)

## Major offenders

The ingredients that have been singled out as major offenders include high fructose corn syrup, unhealthy fats including trans-fats, and **monosodium glutamate (MSG)** -- three major ingredients in junk food. MSG, a staple in fast food that is often listed under aliases such as autolyzed yeast and hydrolyzed protein, causes damage to the liver and kidneys, but numerous researchers have found that vitamins C and E exert a protective effect. (Tawfik, 2012, Hashem, 2012, Paul, 2012, Hoofnagel, 2013)

**High fructose corn syrup**, so widely used in American junk food, does more than just add sweetness. Dr. Tetri explained that it interferes with the brain's ability to sense that we have had enough to eat (the "satiety mechanism" in the brain). So as people down fast food meals and super-sized soft drinks the switch in their brain that is supposed to tell them, "Stop, you've had enough now" is turned off and they continue to eat.

Unlike the highly processed foods served in many national chains, foods high in fiber quickly help you feel full, but fructose actually suppresses the feeling of fullness.

Recent research supports this:

- "Fructose ingestion produces smaller increase in circulating satiety hormones compared with glucose ingestion, and central administration of fructose provokes feeding in rodents, whereas centrally administered glucose promotes satiety." (Page, 2013 JAMA)
- "Fructose as a key player in the development of fatty liver disease" (Basaranoglu, 2013)
- "Growing evidence suggests that fructose contributes to the development and severity of NAFLD (*nonalcoholic fatty liver disease*)." (Vos, 2013)

The foods served in many US schools contain the same harmful ingredients used in fast food.

## Good things for Feingolders



### Stage One Skippy

Peanut butter goes well with honey and with chocolate, so why not team them up for this lunchbox favorite?

Skippy, now owned by Hormel Foods, has several new options that have been added to our *Foodlist*. They include Honey Peanut Butter Spread and Natural Creamy with Dark Chocolate.



### Utz Wavy Potato Chips

These Stage One chips are not only free of synthetic preservatives, but the company states that (at this time) all of their chips are currently made with non-GMO potatoes.

## We love snacks!

By the year 2015 the global snack market is predicted to be well over 300 billion dollars.

But a growing number of consumers are looking for snacks that offer nutritional value, and one of the most surprising newcomers to this field is the huge 7-Eleven convenience store chain.

**The new 7-Select snacks include organic trail mixes, dried fruits and veggie chips.**

Resourceful Feingold members have long known that even convenience stores have some real foods available, such as juice, yogurt, nuts and in some stores, hard cooked eggs and fresh fruit.

### Big Bang Beverages

Founded in May of 2013, this new company has made all the right choices. Their sports drink is ideal for athletes (including soccer kids) and for supplying electrolytes when your child needs them.

The drinks are a Stage Two dream come true -- organic, low calorie, free of harmful additives, caffeine or other stimulants, and have only 1 gram of sugar, a fraction of the sweetener in other sports drinks.



They were developed by a dad/pediatrician who was tired of seeing unhealthy foods promoted to children, and 5-year-olds with blue mouths.

Their motto is "Powered by Nature, Not by Chemicals."

Big Bang Beverages is located on Long Island, NY, but they ship the product throughout the US.



### Maty's Cough Syrup

Like the Big Bang beverages, Maty's Cough Syrup was developed by a concerned parent. Carolyn Harrington's daughter Maty had many health challenges and her mom wanted something better than drugs. She learned about all the foods that can be used to address cold symptoms, and created a line of Stage Two drug-free products that are both good tasting and effective. If you have trouble finding Maty's Cough Syrup in your area, it can be ordered online.



### Organic Starlight Mints

Tru Joy offers this classic candy for Stage One Feingold members. It is also free of gluten and casein.

## Turning the tables

While 7-Eleven moves into the healthy arena, a new natural food market is moving into the convenience store territory.

In October **Green Zebra Grocery** opened its first store in southeastern Portland, Oregon, with two additional stores in the works. It is a convenience store, but with a focus on fresh, healthy, locally-grown foods, and with many organic options.

The store's founder, Lisa Sedlar, has the needed qualifications for this project; she is the former CEO of New Seasons Market, a popular natural food chain located in the Portland area.

## Saving money and saving lives

It's not just Feingold families and natural food advocates who understand that good nutrition is an effective way to reduce the growing number of health problems and the spiraling costs they incur.

On December 5, a report on the benefits of supplements for chronically ill people was presented to Congressional staff members on Capitol Hill. Frost & Sullivan, a global market research consulting firm, conducted a systematic review of hundreds of scientific studies on supplements that have been found to reduce the risk of the major chronic diseases in this country. They calculated the cost savings if people at risk for some major diseases were to take supplements at levels that could prevent the illness.

### **Omega-3 supplements could save a whopping \$3.9 billion by reducing the incidence and severity of heart disease.**

Unlike most drugs, supplements are generally very low in cost and have little likelihood of causing adverse side effects. By contrast, the number of deaths from medical errors is enormous, killing hundreds of thousands of Americans each year. So reducing the need for medical tests, prescription drugs and hospital stays could not only save enormous amounts of money, but could save countless lives as well. [See *Journal of Patient Safety* September 2013]

### **In the US 75% of health care costs are spent treating chronic conditions, while a measly 3% is spent on prevention.**

The report focuses on the supplements that are helping older people who are at high risk for heart disease, age-related eye disease, diabetes and bone disease. They include:

- Calcium plus vitamin D for women with osteoporosis
- Magnesium for osteoporosis
- Lutein and zeaxanthin for age-related eye disease, including macular degeneration and cataracts

The following supplements were found to be beneficial in treating/avoiding coronary heart disease:

- Omega-3 essential fatty acids
- The B vitamins folic acid, B6 and B12
- Psyllium dietary fiber
- Phytosterols
- Chromium picolinate (for diabetes related issues)

The report, *Smart Prevention: Health Care Cost Savings Utilizing Dietary Supplements* can be seen here:

<http://tinyurl.com/SmartPrevention>

## Sad news from Keebler

Their **Ready Crust Pie Crusts** now contain TBHQ so they can no longer be included in our list of acceptable products.

You can still enjoy graham crusts by using one of our accepted graham crackers like **EREWHON Organic Graham Crackers - Honey or Cinnamon**, to make your own graham pie crust.

PIC director Cindy Harrell suggests this option:

Combine

- 1 ½ cups finely ground graham crackers
- 1/3 cup sugar
- 6 tablespoons butter, melted
- ½ teaspoon ground cinnamon (optional)

Mix all ingredients and press into an 8- or 9-inch pie pan. Bake at 375 degrees for about 6 minutes. If the recipe calls for an uncooked pie crust, chill in refrigerator for about an hour.



## Heading in the wrong direction

While hospitals are opting for healthy food, and a growing number of health care professionals are embracing the benefits of various supplements to prevent or alleviate disease, one hospital is heading in the opposite direction.

The Children's Hospital of Philadelphia has decided to remove most supplements and will require parents of patients to sign a waiver before they will be allowed to give them to their children.

Critics point to the influence of the chairman of the hospital's Therapeutic Standards Committee, Paul Offit, as the reason for the decision. Offit is the inventor of the RotaTeq vaccine and has become a multi-millionaire as a result. He enthusiastically promotes the vaccine, which continues to enrich his bank account.

Offit is a staunch defender of vaccines and critic of parents who believe their child's autism is related to the toxins in the vaccines. He is the author of *Do You Believe in Magic: The Sense and Nonsense of Alternative Medicine*.



## 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^ (GF): Organic Milk Chocolate Tasting Squares, Organic Dark Chocolate Tasting Squares, Organic Chocolate Tasting Squares Variety Pack  
APPLEGATE FARMS Natural Honey Maple Turkey Luncheon Meat (SM,GF,CF)  
BARBARA'S BAKERY\*^ Snackimals Chocolate Chip Cookies (CF)  
CARLSON\*^ Vitamin B Complex (GF,CF): B 50 Gel, B Complete 50, B Complete 100; Vitamin C 500 MG Mild C, Vitamin B Complex with Vitamin C B Complete  
COCO POLO 39% Cocoa Milk, Stevia Sweetened (GF,CF,CS): Pure Milk, Mango, Hazelnuts  
COUNTRY CHOICE ORGANICS\*^ Instant Oatmeal (GF,CF): Original w/ Flax, Maple, Fit Kids Chocolate Chip and Cinnamon Toast Variety Pack  
EDEN\*^ Organic Dulse Whole Leaf (GF,CF)  
FRUIT ADVANTAGE Pomegranate Powder (CS,GF,CF)  
PACIFIC\* Organic Soup Starter (GF,CF): Vegetarian Pho, Chicken Pho, Beef Pho  
SKIPPY Honey Peanut Butter Spread (GF,CF): Chunky, Creamy; Peanut Butter Spread (GF,CF): Natural Chunk, Natural Creamy, Natural Creamy with Dark Chocolate; Reduced Fat Peanut Butter Spread (CS,MSG/HVP,GF,CF): Chunky, Creamy; Peanut Butter (GF,CF): Chunky, Creamy; Roasted Honey Nut Peanut Butter (GF,CF): Chunky, Creamy; 1/3 Less Sodium and Sugar Creamy (GF,CF)  
SKIPPY (Canada) Peanut Butter (CS,GF,CF) Crunchy, Light, Smooth  
THREE SISTERS Plain Multigrain Organic Hot Cereals  
TRU JOY SWEET\*^ Organic Starlight Mints (GF,CF)  
UTZ^ Wavy Potato Chips (GF,CF)  
WAY BETTER SNACKS\*^ Simply Beyond Black Bean Tortilla Chips (GF,CF)  
WHOLE FOODS MARKET Chocolate Bar Toffee and Sea Salt (CS, GF), Organic Milk Chocolate Bar (GF)  
ZEMAS MADHOUSE FOODS (GF,CF): Peruvian Sweet Potato Pancake and Waffle Mix, Black Bean Brownie Bites, Chocolate Chip Cookie Mix

## PIC Alert

All KEEBLER Ready Crusts that we list now have TBHQ in them so please remove them from your *Foodlist*. These include the Chocolate Pie Crust, Reduced Fat Graham Pie Crust and Graham Pie Crust.

All GLACEAU FRUIT WATER that we list now contains artificial color so you will need to remove them from your *Foodlist*.

ST. CLAIR'S Organic Tarts: Lemon and Lime contain Acerola Berry and need to be moved to the Stage Two section of your *Foodlist*. They are located in the Candy / Miscellaneous Candy section.

PUR GUM Wintergreen no longer contains oil of wintergreen so please move this to the Stage One section of Candy and Gum / Gum in your *Foodlist*.

### Stage Two

AMY'S KITCHEN\* Light in Sodium Shepherds Pot Pie (GF,CF, tomatoes)  
COCO POLO 39% Cocoa Milk, Stevia Sweetened (GF,CF,CS): Almonds, Elderberry, Tart Montmorency Cherries  
COUNTRY CHOICE ORGANICS\*^ Instant Oatmeal (GF,CF): Apple Cinnamon, Maple Spice and Raisins, Multi Grain Cranberry and Apple  
GOLAZO\* Sports Hydration (GF,CF, oranges): Jamaica (prunes, raisins, tangerines), Mango Limon, Limonada, Mandarina (apples, tangerines); Sports Energy (CS, GF,CF, oranges): Mango Limon, Jamaica, Mandarina (tangerines); Sugar Free Sports Energy (GF,CF, oranges): Mango Limon, Mandarina, Jamaica  
PACIFIC\* Organic Soup Starter (GF,CF): Tom Yum (paprika, chili peppers, red peppers), Tortilla (bell peppers, chili peppers, red peppers, tomatoes)  
RAINING WILLOWS (available in southern CA) Salsa (GF,CF, chili peppers, tomatoes): Habanero (wine vinegar), Quest for Fire (wine vinegar), Medium (wine vinegar), Pineapple Habanero  
SWEET NATURE\* Assorted Candy Canes (CS,GF,CF, apples, cherries, strawberries)  
TRUJOY SWEETS\* Organic Fruit Chews (GF,CF, apples, cherries, oranges, strawberries)  
VERMONT SMOKE AND CURE Bacon (GF,CF, cloves, red peppers)

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.

## Past Issues of *Pure Facts*

During the past year major articles which have appeared in *Pure Facts* include:

### December 2012 / January 2013

Health care revolution  
New information on autism  
Help yourself to good health

### February 2013

Causes of violent behavior  
GMO battles  
Hand sanitizers

### March 2013

Restoring our food supply  
Asperger's and the Feingold Diet  
Fast food and bad health

### April 2013

Our new introduction to Feingold  
ADHD drugs stop working  
City gardens offer solutions

### May 2013

How to fix school food!  
Many cured meats not acceptable  
ADHD statistics continue to rise

### June 2013

Suicide in the military  
Depression and malnourished brains  
Hungry in America

### July / August 2013

Recovering from Asperger's  
Cool treats for hot days  
Keeping water and food safe

### September 2013

"Yuck" for lunch!  
Migraine headache help  
Who decides what additives are safe?

### October 2013

Little children with big problems  
Selling soda to kids  
Blue dye!

### November 2013

FAUS petitions M&Ms  
Bringing soil back to life  
Trouble for Strattera

## Christmas in Who-ville

As Who-ville plans their celebrations  
With cousins, aunts and their relations  
Cindy Who decided she will  
Visit Grinch who lives on the hill.

Grinch was in his kitchen baking  
She could see what he was making  
What she saw made her want to cry  
Fake flavor, sugar, butter, dye.

Look at these things here on your shelf  
That's why you can't control yourself!  
This vanillin can make you mean  
It comes from petrol, not a bean!

Look! The icing has Red 40  
It's a dye that makes kids naughty.  
And then the Red Dye number 3  
Should not be in your recipe.

You'll pitch a fit, you'll bang your head  
And you might even wet the bed.  
Grinch listened but was not impressed  
He got mad, he got depressed.

Give up cookies, candy and treats?  
I like my goodies and my sweets!  
Don't be angry, Cindy replied  
We'll cook real food; I'll be your guide.

You'll have cookies and candy canes  
That won't cause rashes, headaches, pains.  
Natural colors and flavors of course  
Will not make you hyper or cross.

Said Grinch I didn't have a clue  
Thanks for telling me, Cindy Lou.  
If additives can make me mad  
And make me sick and feel so bad

Maybe I am just being dense  
But eating them does not make sense.  
Said Grinch, I do not understand  
Why haven't all these things been banned?

Cindy paused and heaved a big sigh  
I guess I need to tell you why.  
It's sad to say, but it is true  
The FDA's been naughty too!

Jane Hersey

## 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, *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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