

# Pure Facts

Newsletter of the Feingold® Association of the United States



October, 2014

www.feingold.org

Vol. 38, No. 8

## Shifting Tastes

There have been positive changes in the food choices Americans are making.

Coca-Cola, a world-wide money-maker that once seemed unbeatable, is trying to stop their decline in sales. Consumers may be rejecting Coke due to fatty liver problems from the high fructose corn syrup, dental problems from the phosphoric acid, or concern about the caramel coloring which is no longer being made by simply browning sugar. But this little drink that began in a Georgia drugstore and went on to be a universal icon is struggling to get its groove back. Beverage industry insiders caution that the company's compromise beverage, Coke Life, sweetened with a blend of cane sugar and stevia and with fewer calories, will not be the ticket back to the top.

Another long-running success story, Jell-O, is also struggling to regain the loss of 19% in sales over the past four years. As a new generation learns to read ingredient lists, consumers expect that they will receive a benefit from the foods they buy and ingest, and they see that Jell-O has nothing to offer.

The iconic Campbell is seeing a decline in the sales of their soups.

McDonald's, the world's biggest restaurant chain, has experienced a drop in sales this year, including a whopping 17% decline in Japan, after it became known that the company was serving food from a supplier in China who had repackaged expired meat. Mickey D's has lost sales in other countries and their African stores saw a 14.5% drop.

Russia ordered the closing of more than 100 McDonald's restaurants as a result of sanitation violations.

As a growing number of consumers reject foods with synthetic dyes and flavorings, the food industry is rushing to try to keep customers.



## FDA Abdicates

There is a food additive free-for-all, thanks to your tax money

Consumer pressure on Big Food to improve their ingredients is increasingly important in the United States because the U.S. Food and Drug Administration (FDA) has given the industry free reign to use any chemical they choose in any food they like and in any quantity they wish.

Not only does the FDA no longer concern itself with the safety of new chemical additives, they don't even require food and chemical manufacturers to let them know what these things are. In response, the advocacy group Center for Food Safety has sued the FDA, charging that the agency has abdicated its responsibility to protect consumers.

Even when companies have asked the FDA to review their product, there is no assurance that the agency will take any action. The company that makes the meat substitute "Quorn" asked the FDA to review and approve the product in 1986. Fifteen years later, internal documents show that no action had been taken. Quorn is a fungus that is fermented in vats, which yields a meat-like substance. It has been sharply criticized by the Center for Science in the Public Interest because of the adverse reactions some consumers have experienced.

The deterioration of the FDA has gone on for decades, but at the same time they avoid taking responsibility for the safety of our food (not enough manpower, they claim), the agency has vigorously worked to restrict the use of natural foods and non-drug remedies.

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.

## Big Food vs. a small woman

A major player in bringing change to our food supply has been a petite woman from North Carolina whose husband dubbed her the "Food Babe." Vani Hari had been a sickly child, and her poor health continued until she turned her life around with a super-healthy food regimen. She first gained attention with an online petition she and her friend, Lisa Leake posted. They called on the multi-billion-dollar Kraft Foods to take the synthetic yellow dyes out of their mac & cheese mixes. The publicity these women generated forced the corporation to agree to some modest changes, but the power of consumer blogging would shake the complacency of an entire industry. Other food giants have seen the spotlight focused on their questionable ingredients, including Subway, Chick fil-A, and the country's two largest beer manufacturers. Now, Food Babe and her followers are calling Starbucks on the carpet for offering a pumpkin latte that has no pumpkin in it.



*Note: While Starbucks has made dramatic improvements in the food they serve, they will not provide information on the ingredients in their beverages.*

A petition sponsored by the Center for Science in the Public Interest and the Feingold Association last year was directed at M&M Mars. It called for the candy giant to remove the fake dyes from the M&Ms they sell in the United States, and replace them with natural colors, as they have done in Europe.

Since its inception in 1976 the Feingold Association has worked to educate the public about the risks of some of the synthetic food additives, with dyes gaining the most attention. Now, we are seeing that there is a rapid growth in consumer awareness. The American Chemical Society reported that in 2012 only about 10% of U.S. consumers checked package labels for the FD&C dyes, but the following year that number increased another 15% and now nearly one shopper in four reads ingredients to avoid buying food with those dyes.

As early as 2011 the global sales of natural colorings exceeded the sale of synthetic dyes. Not only are companies looking to nature for colorings, but they are taking a greater interest in using natural preservatives like rosemary to replace BHT, algae in place of Blue 1 and monk fruit rather than aspartame.

## MSG leads to weight gain

The widely-used flavor enhancer, monosodium glutamate (MSG) disrupts the metabolism, leading to obesity and metabolic disorders that include liver disease.

A diet that reduces calories can slow the progression of liver disease, but does not reduce obesity, according to new animal research published in the *Journal of Medicinal Food* ([Fujimoto 2014](#)).

"By 12 months, the MSG-fed mice had developed obesity with visceral fat deposition regardless of the dietary regimen," report the study authors.

An editorial published in the same edition of the journal notes that this research "may have far reaching implications, as childhood obesity is a major problem across the globe." While alert adults can avoid many MSG sources, this is not true for the children who have no option other than to eat the food served in their school cafeteria. **Most schools serve food that is laced with large amounts of MSG.**

Earlier research on the ability of MSG to add pounds, regardless of the amount of food consumed, was conducted by nutrition experts at the University of North Carolina ([He 2008](#); [He 2011](#)).

The good news about obesity is that in most states in the US the rate of increase is leveling off, but Mississippi and West Virginia continue to have the greatest percentage of obese adults, at more than one out of three. The decline in additive-laden supermarket food and fast food may be a factor in the leveling off of obesity numbers.

When MSG is combined with other additives the unwanted effects can be much greater.

A study published last year reported, "MSG in combination with **aspartame** elevated body weight and caused 2.3-fold increased insulin resistance..." ([Husarova 2013](#))

Similarly, mice that were fed **trans-fats** along with MSG and aspartame gained more abdominal weight and had higher cholesterol levels than animals fed the additives alone. ([Collison 2013](#))

### Defense against the effects of MSG

Some nutrients have been found to reduce the damage from MSG; these include **vitamin C** ([Hashem 2012](#)) and **vitamin E** ([Onyema 2006](#)). Another promising approach to reducing the damage from MSG is to supplement with **probiotics** ([Savcheniuk 2014](#)). When an infant is exposed to **antibiotics**, this disrupts the gut bacteria, causing changes in metabolism that lead to the risk of obesity in adulthood. ([Cox 2014](#)).

US farmers have long used antibiotics to increase the weight of animals.

## A letter to Big Food from a child

My name is Rosalia "Ali" Edwards and I just turned 7 years old.

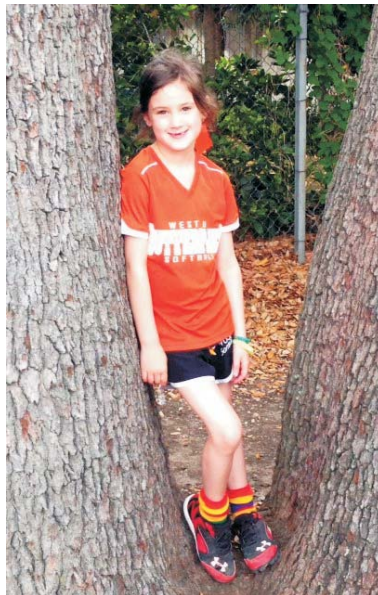
Life is a lot different now -- 4 years into the "program." My mom and dad put me on a "food program" when I was 3 years old. All I can remember from that time was that I used to be up and down. It was like I was on a constant roller coaster. I would be happy, then sad, then angry, then down. My parents couldn't keep up with me. I also had a hard time sitting for rug time in my preschool and I was always getting in trouble for that. I actually couldn't even sit through my favorite Dora television show or my favorite dinnertime meal.

Now fast forward 4 years. I have just finished Kindergarten at my neighborhood public school. I can sit through rug time, keep up with the writing activities and the center time activities. At school, we would have school parties and field day and other food events. Parents would sign up for what they wanted to do to help with the event. My parents always signed up for a food item instead of plates, decorations etc. That way there was always something I could eat at the party.

We also had group snack on Fridays. Parents would bring in a snack to share with the class. My parents would send me with my favorite snack that day so that I had something special to eat, too. During the school week, friends would celebrate their birthdays by sending a treat to school. My teacher knew that I would pass up the treat so she always put me in charge of passing out the plates and other things. I was her little helper. I liked that. Then when I got home, I only had to tell my mom that I passed up a treat. Then I had my choice of either a freezer treat or something from the Candy Can. I LOVE both options so it is always so hard to pick! Sometimes I work out a deal with my mom for half of this and half of that so that I could get something from both.

This is a conversation 7-year-old Ali Edwards had with her mom. The thoughts are Ali's, and Mom helped by putting them into words.

Her mom pointed out that one of the side benefits of the diet is that even very young children learn about delayed gratification.



She is usually pretty cool about the whole thing because she is proud of me for passing it up in the first place. It really isn't hard to pass it up. I don't want petroleum in my body and I don't want to feel that crazy way.

I don't understand why food companies can't just use the natural foods to make it safe for everyone. I love that some food companies are starting to care about the kids because every time a new safe food comes to our grocery store, my parents buy a ton of it. They say it tells the food companies that we like their food and we appreciate their effort! I just like that we get more goodies!

It is going to take our voices and our actions to help our government and our food companies hear what we want. Just like Dr. Martin Luther King, Jr. boycotted the Montgomery buses, we are boycotting the companies that use artificial chemicals in our foods as a way to stand up for our health.

Everyone should have access to real food -- and foods that won't cause us health and behavioral problems. I feel great today! My body just seems to work better when it gets real food. Imagine that!

*Ali Edwards*

### More bad choices

Here is a note sent to parents of students who attend a special school for children with ADHD and Aspergers syndrome. It is located in the Tidewater area of Virginia.

"There are some students who are not putting forth significant effort in their homework; rather they are rushing through the assignments simply to complete them."

"In addition to offering Chinese lunch on Wednesdays we will begin offering meals from Taco Bell on Tuesdays."

Deal 1: Chicken Burrito

Deal 2: Double Decker Taco

Deal 3: Gordita Supreme

Deal 4: Beefy 5 Layer Burrito

\$5 meals include Doritos

*Editor's comment: I wonder if the problems are especially bad on Taco Bell Tuesdays.*

## Devin's remarkable journey

Before Feingold my son was an "Olympic track star." He would run and I would try to catch him.

Listening was non-existent, and his tantrums would literally last for hours. Sometimes these tantrums would start up again when he woke up the following morning!

If we needed to go anywhere I would have to prepare myself for the meltdowns, running and not listening.

Devin started becoming aggressive during his tantrums & would bring the tantrums to me, and if I didn't pay attention, his fit would intensify.

Since we live in an urban area, I wanted to take him to a nearby park, but these outings started to become a chore because the tantrums would start when it was time to leave.

I used to have to hold him under my arm like a football just to control him and make sure he was safe and not in harm's way. He had absolutely no fear of strangers or the street and he has run into the street more than once and up to strangers more times than I'd like to remember.

Change did not come quickly. It took us 8 months to achieve "baseline" but the past three months have been absolutely amazing at school and home.

Devin's behavior at pre-school was about the same. He would crawl under desks, run out of the classroom and at times he ran out of the building and the security guard had to chase him down before he got to the street.

My phone rang weekly with calls from the principal/assistant principal, teacher, etc. If I didn't get a phone call, I would get notes concerning his behavior. Besides crawling under desks, he would knock down bookshelves, toss jackets out of cubbies, scream for no reason and generally disrupt the class.



Student of the Month!

In most classrooms a teacher would remove a child who was behaving badly, but here the teacher would have to remove the entire class because of Devin's behavior!

When something didn't go his way, his response was beyond tolerable, and when he was sent to the principal's office, he would have his fit of rage there.

We started the diet "unofficially" in October of 2012 when Devin was four years old. A good friend had mentioned the diet to me over the summer and suggested it again after I told her about our upcoming appointment with the neurologist.

When I met with the neurologist to discuss the option of medicine, Devin was playing with a puzzle while we spoke. He started to become frustrated with the puzzle and let his frustrations be known. He began cursing and kept saying the same phrase over and over again, saying, "I can't do this &%\$#@ puzzle." It was then that the doctor asked if I wanted to try Intuniv or Risperdal and he began writing a prescription. I told him I'd like to give the Feingold diet a try and he readily agreed.

For a few days I saw a dramatic improvement in Devin's behavior; in fact, on the first day he sat still for a haircut! But then things turned around and he had what I can only assume was a detox reaction. His behavior became even worse and it continued for more than a month! Later, when I removed gluten from his diet, he again went through what appeared to be a withdrawal, with extreme behavior problems.

Life with Devin has been a challenge but today it's like night and day!

Devin hasn't run from me in over a year and believe it or not, he listens! Now, when he has a tantrum, it lasts for minutes compared to hours.

Thankfully, his teacher was all for the diet change and continues to be as patient as ever! Ironically, even though he was having major reactions, we were able to reason with him a little. At home I started quiet time on his bed with a book or his Build A Bears. That definitely cut out a lot of his reaction time.

Improvement at school took the longest, but things are much better there as well. In fact, my guy was candidate for Student of the Month in May and he accomplished that goal in June!

He is sitting through lessons today, where he used to sit for just 5 minutes. I can honestly say I enjoy spending time with Devin. I don't dread days off from school or summer vacation anymore. His neurologist is pleased with our progress and his eye doctor, allergist and pediatrician have all commended me for Devin's wonderful behavior since starting the diet.

*Jennifer Chavez*

## SO many DELICIOUS products!

Dairy-free has never been easier with such an array of beverages, creamers and frozen desserts.

This issue's PIC report includes a long list of So Delicious dairy-free products.

The Oregon-based company has been providing dairy-free options for more than 25 years. All of them are non-GMO.

In addition to products that can replace milk, there is an iced coffee coconut drink (Cococcinos) in latte and mocha flavors, as well as coffee creamers.



For the holidays So Delicious has a Pumpkin Spice coconut milk beverage, and "Nog," an eggnog-flavored drink.

Ice cream treats come in full sizes and minis.

## Get to know guava

Mango, pineapple and guava are all healthy Stage One fruits, but of the three, guava is the nutrient superstar.

Guava has four times as much vitamin C as oranges and more potassium than bananas! It also contains protein, trace minerals and provides beta-carotene, lycopene, lutein, and even iron.

It is widely grown in warm climates where the fragile fruit is readily available. In cooler areas it can be found as a juice or jam. One of the benefits of guava is that it grows readily without the need for chemical pesticides.

Depending on the variety, guava can have a light green or a maroon skin, and the flesh can be pink or white. It can be eaten like an apple, or cut up and added to salads. The high fiber content makes it a filling snack and keeps the digestive system working well.

### Acceptable guava products include:

Mrs. Miller's Homemade Guava Jam (available from [Nuts.com](http://Nuts.com))

Braswell's All Natural Guava Jelly

Guava Preserves from Jill's Jams & Jellies



Individual serving coconut milk beverages are ideal to pack with a lunch for work or school. They are available in chocolate and vanilla.

The So Delicious cashew milk beverages provide another option. Although cashew nuts taste like they are high in fat, they are actually lower in fat than most nuts. They are a rich source of **magnesium**, something Feingold families have found to be especially beneficial.

## Organic Choco Chews

This is a natural new version of the old-time Tootsie Roll.



Based upon the iconic candy, TruJoy Sweets has created a Stage One gluten-free, vegan, kosher product made with organic ingredients. Because the candy pieces are individually wrapped, they can be added to a lunch box, kept by your child's teacher to have on hand for unexpected events, or given out to lucky Trick-or-Treaters.

TruJoy also makes Fruit Chews. These Stage Two candies are individually wrapped as well, and are similar to Starbursts, but without the unwanted additives. Both candies are organic.

## Dealing with a reaction

Moms share their experience on the Feingold Member's Facebook.

There are many possible reasons a sensitive person may experience a reaction, and there are favorite ways people have found to alleviate the symptoms or shorten the duration. It will probably require some detective work and a bit of trial and error to figure out the reason for the reaction, but all of the things our members have described are unlikely to have a down side. However, we encourage you to consult with a qualified health care provider to be sure there is not a medical condition that would contradict any of these suggestions.

We never encourage people to deliberately expose themselves or their child to a food, additive or other substance they know to be troublesome, but reactions sometimes happen and it's good to have a way of dealing with them.

Consult your *Feingold Handbook* and read the section on reactions to help you identify probable causes.



Your Diet Diary can help you identify the cause of a reaction. It will also enable you to create a list of foods that are well tolerated for times when you want to be extra careful.

### Magnesium and Sulfate

In the July/August issue of *Pure Facts* moms shared their recipes for helping children who were reacting to insect bites and to the chemicals in swimming pools.

A big favorite is Epsom salt, which has been shown to help Feingold kids all year long.

Epsom salt is a blend of magnesium and sulfate, both of which are lacking in our diets, especially those that rely on processed foods. They perform many vital functions including reducing blood pressure, flushing out toxins, improving skin conditions such as eczema and dry, itchy skin, reducing inflammation and improving nerve function.

Natural Calm is a Feingold acceptable powdered magnesium that can be mixed with beverages.

### Comments on GMO Corn

"Wow, been struggling lately with behavior issues and pulled more packaged food in the last two days, and have given daily salt baths...and took out **corn** again...whoa! HUGE difference. Can corn really make my son hyper, agitated and wild? I am guessing YES! Anyone else?"

"Majority of all corn (as well as soy) products are GMO. If you try adding corn back in again, be sure to go with organic, non-GMO products. GMO's are BAD for our children."

"I poured over the food/behavior journal and looked for individual items he ate before a reaction. It wasn't until I noticed that after he ate **corn** products he reacted, that the light bulb went on. We removed all corn products over a week ago and it is like we have a different child in the house. It took four days before the behavior changed, but when it did, it was like night and day."

### Comments on Natural Calm

"I think Natural Calm really works. We are on vacation (off diet) and once he gets some of that he is much better."

"We bought Natural Calm and my 2-year-old son really took to it! He asks for his 'fizzy lemonade' every day and protests if he doesn't get it. We have seen some really great improvements in him since supplementing him with magnesium and calcium. We couldn't be happier."

"If I can get him into an Epsom salt bath right after he begins having a reaction, it cuts it."

"I love Natural Calm. I've been using it for over a year. My 8-year-old also takes it and he agrees it works for him. I mix it with lemon lime soda for him."

#### Other recipes:

"I mix one teaspoon of lemon-flavored cod liver oil with ¼ cup of homemade lemonade and add ¼ cup of Gerolsteiner mineral water and ice. I've also had great success with adding live probiotics to his drinks, as well as giving him Epsom salt baths at least once each week."

"Magic soda! ¼ cup club soda with ¼ cup lemonade or other Stage One juice. We use Simply Lemonade and it works instantly!"

## 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

BRASWELL'S^ (GF,CF, trace amount of orange in pectin)  
Rhubarb Ginger Preserves, Key Lime Marmalade  
DREYER'S GRAND ICE CREAM Light Ice Cream  
(HVP/MSG): Chocolate (GF)  
EDY'S GRAND ICE CREAM Ice Cream: Chocolate (CS,GF)  
ENVIROKIDZ^\* Choco Chimps, Jungle Munch (CF)  
LANGERS Fresh Pressed All Pomegranate Juice (GF,CF)  
LOU'S GARRETT VALLEY NATURALS Hickory Smoked  
Salt Cured Bacon Slices (SM,GF,CF)  
MRS MILLER'S Guava Jam (GF,CF)  
NATURE'S PATH^\* Cereal (CF): Heritage Flakes, Heritage  
Crunch, Crispy Rice (GF), Sunrise Cinnamon (GF),  
Sunrise Honey (GF), Cinnamon Flax Plus Flakes, Smart  
Bran, Qia Original (GF), Gluten Free Chewy Granola Bar  
(GF,CF): Chunky Chocolate Chip, Dark Chocolate Chip  
SO DELICIOUS DAIRY FREE\* Coconut Milk Dairy Free  
Frozen Dessert (CF): Cookies & Cream, German  
Chocolate (GF), Pomegranate Chip (GF), Turtle Trails  
(GF), No Sugar Added Butter Pecan (GF), No Sugar  
Added Chocolate (GF), No Sugar Added Mint Chip (GF),  
No Sugar Added Vanilla Bean (GF), Cookie Dough  
(CS,GF); Non-Dairy Frozen Dessert (GF,CF): Mint Chip,  
Peanut Butter Zig Zag, Pomegranate Chip, Purely Vanilla,  
Turtle Trails, Cookie Dough, Cookie Avalanche, Chocolate  
Obsession; Unsweetened Vanilla Coconut Milk Yogurt  
(GF,CF); Barista Style Coconut Milk Creamer (GF,CF):  
French Vanilla, Original; Culinary Coconut Milk (GF,CF):  
Original, Lite; Coconut Milk Beverage (GF,CF): Sugar Free  
Vanilla Shelf Stable Quart, Sugar Free Original Shelf  
Stable Quart; Coconut Milk Beverage Holiday Flavors  
(GF,CF): Nog Refrigerated Quart, Pumpkin Spice;  
Cashew Milk Beverage (GF,CF): Unsweetened, Vanilla  
SO DELICIOUS DAIRY FREE MINIS\* Coconut Milk Dairy  
Free Frozen Desserts (GF,CF): No Sugar Added Fudge  
Bar, No Sugar Added Vanilla Bar, Vanilla Bar, Coconut  
Sandwich, Vanilla Sandwich, Fudge Bar; Non-Dairy  
Frozen Dessert (GF,CF): Creamy Fudge Bar, Vanilla  
Sandwich  
TILLAMOOK French Vanilla Low Fat Yogurt (GF)

## Product Alert

365 EVERYDAY VALUE Mayonnaise now contains cloves so please move this to the Stage Two section of your Foodlist. You will find this under CONDIMENTS / Mayonnaise. This product is a Whole Foods Market brand in the United States.

### Stage Two

ANNA'S CHOICE (GF,CF): Almond Blueberry Pancakes  
DREYER'S GRAND ICE CREAM Ice Cream: Coffee (GF),  
Mocha Almond Fudge (coffee, CS, GF), Pumpkin  
(GF, cloves), Rocky Road (CS, GF, almonds); Light  
Ice Cream (MSG/HVP): Pumpkin (CS, GF, cloves),  
Coffee (CS, GF)  
ELEVATE MY ENERGY BARS^ All Fruit Original (GF,CF,  
apples, cranberries, raisins)  
GINNY BAKES^\* Ginny Bar (GF, CF, almonds,  
cranberries, raisins): Happy Chocolate Bliss, Peace  
Love and Apple, Karma Love and Apricot, Love and Nuts  
NATURE'S PATH^\* Gluten Free Granola Bar (GF,CF):  
Trail Mix (almonds, cranberries); Chewy Granola Bar  
(GF): Trail Mix Sunny Hemp (CF, raisins), Yogurt Lotta  
Apricotta (almonds)  
ORGANIC SOY DELICIOUS\* Mocha Fudge Non-Dairy  
Frozen Dessert (GF,CF)  
SO DELICIOUS DAIRY FREE\* Coconut Milk Dairy Free  
Frozen Dessert (CF): Cherry Amaretto (GF), Coconut  
Brownie Almond, Coconut Almonds Chip (GF), Green  
Tea (GF), No Sugar Added Toasted Almond Chip (GF);  
Non-Dairy Frozen Dessert (GF,CF): Mocha Almond  
Fudge; Cultured Almond Milk Yogurt (GF,CF): Strawberry,  
Vanilla, Plain, Chocolate, Blueberry; Almond Milk  
Creamer (GF,CF): Original, French Vanilla; 5X Protein  
Almond Plus Beverage (GF,CF): Original Shelf Stable,  
Original Refrigerated, Unsweetened Shelf Stable,  
Vanilla Shelf Stable; Cococcino Coconut Milk Iced  
Coffee (GF,CF): Latte, Mocha; Almond Milk Non  
Dairy Frozen Desserts (GF,CF): Butter Pecan,  
Cherry Amaretto, Chocolate, Mint Chip, Vanilla, Cookies  
& Cream  
SO DELICIOUS DAIRY FREE MINIS\* Almond Milk Non  
Dairy Frozen Desserts (GF,CF): Mocha Almond Fudge  
Bars, Vanilla Bars, Vanilla Sandwich; Coconut Milk Dairy  
Free Frozen Desserts (GF,CF): Simply Strawberry Bars,  
Just Java Bar, Coconut Almonds Bar; Neapolitan  
Sandwich Non-Dairy Frozen Dessert (GF,CF)

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.

# Holiday Goodie Baskets!

Holiday Goodie Baskets will be ready soon.

You will be able to order a basket that is customized as a gift for Christmas, Fall or for Hanukkah. They can also be designed for a girl or a boy. Feingolders who have additional dietary preferences can have a basket filled with any of these options: Stage One, Stage Two, Corn Syrup Free, Gluten Free and Dairy Free.



## What you will receive in a Stage One basket:

Snow Flake Chocolate Pop  
 Chocolate Covered Graham Cracker  
 Candy Coated Chocolate Candy  
 Christmas Chocolate Balls  
 Soft Mints  
 Chocolate Covered Mints  
 Candy Canes  
 Gluten Free Animal Crackers  
 Stevia Milk Chocolate  
 Peanut Butter Kisses  
 Candy Coated Sesame Seeds  
 Brownie  
 Microwave Popcorn  
 Chocolate Crinkle Cookies  
 Caramel Suckers  
 Chocolate Chews  
 Peppermint Hard Candy  
 Gluten Free Cookies  
 Snowflake or Peppermint Sprinkles  
 Animal Crackers  
 Jelly Beans  
 Gum  
 Caramels  
 2 Coupons  
 Vanilla Nutrition Drink  
 2 Candy Bars  
 Pomegranate Hard Candy

## What you will receive in a Stage Two basket

Snow Flake Chocolate Pop  
 Chocolate Chip Cookie  
 Candy Coated Chocolate Candy  
 Christmas Chocolate Balls  
 Soft Mints  
 Chocolate Covered Mints  
 Candy Canes  
 Gluten Free Animal Crackers  
 Stevia Milk Chocolate  
 Peanut Butter Kisses  
 Candy Coated Sesame Seeds  
 Brownie  
 Microwave Popcorn  
 Chocolate Crinkle Cookies  
 Lollis  
 Chocolate Chews  
 Lemon/Lime Tarts  
 Gluten Free Cookies  
 Snowflake or Peppermint Sprinkles  
 Whenever Bars  
 Fruity Nuggets  
 Gum  
 Fruit Chews  
 2 Coupons  
 Vanilla Nutrition Drink  
 2 Candy Bars  
 Pomegranate Hard Candy

These are the donations received so far. More will be coming, so watch for future announcements.

## 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 *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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After donating millions of dollars to fight GMO labeling -- a consumer's right to know if their food contains genetically modified organisms -- food giant Cargill is now offering non-GMO soy! (But you can expect they will continue to try to defeat GMO labeling.)

