

Pure Facts

Newsletter of the Feingold® Association of the United States



January 2015

www.feingold.org

Vol. 39, No. 1

FAUS announces newly-revised materials for 2015

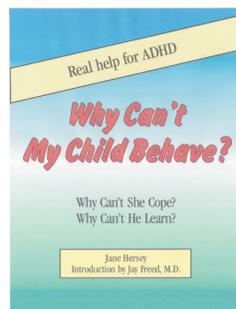


The 2015 Feingold *Foodlist* book -- both the paper and electronic formats -- now lists brand name foods that are available in every region of the country. For many years, there were different books for the various regions of the United States, but now they are combined in one large book. This means that the same *Foodlist* can be used when you are shopping in your area as well as when you travel to other parts of the US. Products that are available in limited areas will be noted in the book. *The Mail Order Guide* has been incorporated into the *Foodlist*, and the PDF version has a hyper link to the websites for the companies.

The *Feingold Handbook* has also been revised and updated. Visit www.fgshop.org/members.aspx to learn how to obtain these materials.

Why Can't My Child Behave?

The fifth edition of this 390-page book is now available. Like the Feingold membership materials, it has been revised and updated. Order it from www.fgshop.org/book.aspx.



Polluted air linked to increased risk of ADHD in children

The newest research showing the link between air pollution and behavior/learning problems comes from Columbia University's Mailman School of Public Health.

Prenatal exposure to polycyclic aromatic hydrocarbons, or PAH, a component of air pollution, raises the odds of behavior problems associated with ADHD at age 9. Children whose mothers were exposed to higher levels of PAHs when they were pregnant were five times more likely than other children to be diagnosed with ADHD compared to those whose mothers had low levels of PAH.



In the United States, the cost to society for dealing with ADHD is estimated to be between \$36 and \$52 billion each year.

The study was composed of 233 non-smoking women living in New York City. Levels of PAHs were measured in the mothers and infants at the time of birth and at ages 3 or 5. The children were then followed as they grew, and when they were 9 years old, they were tested for ADHD. The research was published in November in the journal *PLoS One*.

Earlier research from the Mailman School has shown that PAHs play a role in children's behavior problems, cognitive deficits, developmental delays, attention problems, anxiety, depression and reduced IQ. ■

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.

Ian's Story

My son was miserable. His tics were so bad he would be exhausted by the end of the day.

Ian is 10 years old. As a baby he had eczema and was a bit late in his development -- sitting up, walking, talking, sleeping through the night -- but he was such a happy baby we didn't think anything of it.

When he got into school, it was a similar story. Every school year we were told the same thing -- he was behind, couldn't focus, and fidgeted a lot, but by the end of the year, he would catch up to everyone.

Feingold mom Eita Harshman describes the journey to find help for her son. None of the many professionals her family consulted considered that the things Ian was eating could be related to his many troubling issues.

We are seeing a growing number of children who are experiencing tics.

When Ian was in third grade we started noticing some facial tics which gradually turned into arm twitches, neck movements, jaw drops, and leg twitches. After receiving a full evaluation, he was diagnosed with ADHD, Tourette syndrome and anxiety.

Well, two neurologists, two psychiatrists and several medications later, we couldn't stop the tics, and he still wasn't focusing at school. I am not a mom who likes to medicate a little child, but his tics were so bad he would cry to me at night that his legs hurt and tell me things like he hated himself, and he wished he was dead, and he wished he was normal. It just broke my heart.



On Feingold, both Ian's mood and behavior improved. Now his little sister finds that he's fun to be with.

So since the meds weren't working, I just kept on searching leg cramps and found a ton of articles on deficiencies and food-related issues. I came across the Feingold Diet last year, and did some searching. I figured it was legitimate and decided to give it a chance. On the Feingold Diet, Ian's mood changed; he was not as hyper, he was a bit more focused and his behavior was more mature.

Today Ian has NO TICS! Not one!

We decided to remove gluten and then had food allergy testing done, which found he is allergic to soy and all legumes. I now think it was the soy and legumes that caused his eczema because I had him on soy formula, thinking he might be allergic to milk!

School has been another success story for Ian. His grades went from B's and C's to A's and B's. He is reading full chapter books by himself without assistance, and this one was huge. He is more social now and is often out playing soccer with the rest of the kids. He is almost a black belt in Taekwondo, which means that his confidence is way up.

Ian is a completely different child and this is clear not only to me but to everyone who knows him. They say he is mature and calm and focused. Most of all, my son is so happy it's breathtaking! It makes me want to go and kick all those doctors right in the hiney and tell them to look for another career.

It means the world to me to have my son no longer suffer. Also, I no longer need to take time away from my daughter, and devote all day and night to my son. Things are pretty balanced around here now.

We all follow the Feingold Program here in our house.

Seven-year-old Mia is very aware of how food affects her brother; plus, she likes the fact that the natural food tastes so much better. If Ian is eating something she thinks might be bad, she will say something to him. It totally annoys Ian but I know it's because she cares.

Today, aside from a pretty strict diet and a bag of food that goes everywhere with us, our life is pretty normal.

Eita Harshman

Keep your kids healthy this winter

Feingold moms share information on how to keep their young children from getting sick.

A mom wrote in to the members' Facebook page about her 4-year-old who has had several illnesses since she started pre-school. She asked, "How do I get her immune system up and stronger?" Here are some of the suggestions she received from other Feingold members.

"What about a probiotic supplement?"

Probiotics were found to be effective in reducing the number of upper respiratory tract infections in children.

[Hao, *Cochrane Database System Review* Sept 2011]

If you use homeopathic remedies, this is a good time to be sure you are well-stocked. They are free of dyes, etc. and are well tolerated by Feingold members.

Vitamin D3

"My son was sick all the time his first year of preschool. I had his vitamin D levels checked and found he was low. Now I give him Carlson's vitamin D drops every day. He has not been sick at all this school year."

"Vitamin D3 and C are very good."

"They just catch everything in preschool. It gets better."

"Was she in daycare before or is this her first daycare/preschool exposure? It is typical for children to have a nasty 6 months or so as the immune system adjusts. It happened to my kids and they went back to never being sick."

"My holistic doctor says vitamin D3 and zinc are the most important things you can do for immunity."

An essential mineral, **zinc** offers many benefits including boosting the body's immune system.

"When initiated within 24 hours of symptom onset, oral zinc is associated with a shorter duration of the common cold in healthy people." [*Das JAMA* April 2014]



Research published in the September 2014 issue of *J Trace Elem Med Biol* described some of the important roles zinc plays in health. Zinc deficiency has been found to result in growth retardation, cell-mediated immune dysfunction and cognitive impairment. It has been used successfully to treat diarrhea in children, the common cold and macular degeneration. It is an antioxidant and anti-inflammatory agent that has been found to enhance the health of the elderly.

Caution: Several years ago, over-the-counter zinc products were developed that were designed to be applied to nasal tissue. But it was discovered that this resulted in the diminishing or loss of smell. [Jafek, *Am J Rhinol* 2004]

"Hand washing is H-U-G-E."

"Just keep a healthy diet and good hygiene and it should pass eventually."

"Preschool has undoubtedly exposed her to viruses that she hadn't been exposed to before. In effect, those exposures will also help her body develop immunity to them."

Note: Have your children wash their hands with soap and water, not with hand sanitizers unless you use a brand that is free of **triclosan**. This anti-bacterial chemical, which has long been used in toothpaste as well as soaps and hand sanitizers, has been found to disrupt hormones and does not offer any benefits over soap and water.

A little grapefruit seed extract and water in a spray bottle is a good way to get rid of germs on toys and other surfaces.

Powerful antioxidant helps fight colds

In a new study, **Pycnogenol**, an extract of the French maritime pine tree bark, has been found to reduce both the length and the severity of the common cold. The Italian study was published in December in *Panminerva Medica*. Lead researcher Dr. Gianni Belcaro reports, "The significant effect of Pycnogenol to treat nasal congestion and runny nose can be attributed to the extract's natural anti-inflammatory, anti-edema and antioxidant qualities and for its ability to improve blood circulation."

Nourishing Broth

This brand new book carries an ancient message to keep you healthy.

At one time, broth -- made from bones, meat or fish scraps, and vegetables -- was an important part of the diets of people from many cultures. Broth formed the basis for soups and sauces. Valuable nutrients were coaxed out of the ingredients with long, slow cooking. It was a convenience food of sorts, readily available and satisfying; and it could also be condensed, carried on trips, and reconstituted as needed.

Monosodium Glutamate

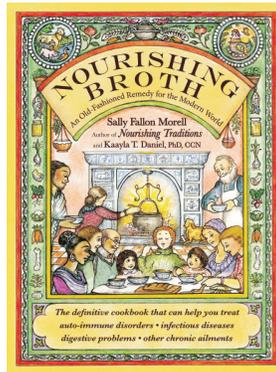
But the discovery of monosodium glutamate (MSG) changed this. Chefs were now able to make "homemade" soups with soup bases which provided the flavor that once came from real food. Home cooks were led to believe that bouillon cubes were a suitable option, and most canned soups took this shortcut. Corn syrup and salt rounded out the terrible trio, and today it's hard to find a prepared soup or gravy that does not take this unfortunate shortcut. (Generally the MSG is disguised under other names that indicate the presence of "free glutamates." A favorite term is "yeast extract" or simply "yeast.")

Many Feingold members avoid this neurotoxin, which has many similarities to the fake sweetener aspartame.

The many benefits of real broth

Nourishing Broth explains why the components of bone broth have a long history of maintaining and restoring healthy bodies. This includes:

- ♦ gelatin-rich collagen that keeps our skin soft and supple
- ♦ cartilage and glucosamine to cushion our joints
- ♦ minerals essential for all life processes
- ♦ regenerative bone marrow to nourish our brains as well as other organs
- ♦ amino acids that restore and rebuild tissue as well as help detoxify the body



This ambitious book covers the history, the science and the recipes that show how this ancient food is more important than ever in today's world.



The authors of *Nourishing Broth* are Sally Fallon Morell and Dr. Kaayla T. Daniel.

Sally is the founder of the nonprofit Weston A. Price Foundation, which champions a return to the foods that nourished our ancestors, including bone broths, fermented foods and meat, eggs, and dairy products from grass-fed animals. She is the author of the highly-acclaimed cookbook *Nourishing Traditions*.

Kaayla is a certified clinical nutritionist and is known for debunking many of the nutritional myths that are so prevalent today -- particularly the belief that unfermented soy is a healthy food. She is the author of *The Whole Soy Story: The Dark Side of America's Favorite Health Food*.

How about getting a flu shot?

Another doctor has earned the wrath of much of the medical establishment by advocating for the removal of mercury from vaccines.



Flu vaccines that are in multi-dose vials have the preservative Thimerosal, which is about 50% mercury. Single dose shots do not need this preservative, and Dr. Mark Geier believes the shots should be made without it. He has served as an expert witness in many vaccine injury hearings and describes the issues in a youtube film that can be viewed at: <http://tinyurl.com/Dr-Geier>.

Dr. Geier's impressive credentials include his MD, a PhD in genetics and more than 20 years in clinical practice. He was a researcher at the NIH as well as a professor at Johns Hopkins and the Uniformed Services University. He has addressed numerous medical and governmental bodies and has authored nearly 100 peer-reviewed scientific/medical publications on vaccines.

Pacific Foods offers bone broth and bone stock



These Stage Two* products are now accepted:

- Organic Chicken Bone Broth
- Organic Bone Broth, Chicken w/Lemongrass
- Organic Bone Broth, Chicken w/Ginger
- Organic Chicken Bone Stock
- Organic Turkey Bone Stock
- Bone Broth, Turkey - Rosemary, Sage, Thyme

* All contain cider vinegar.

2015 Fast Food Guide

Some of our members report reactions from the cooking oil used at their local **Wendy's**, despite the company's claim that it is free of TBHQ. Visit your area Wendy's when they are not busy and ask them to let you read the ingredients on their containers of cooking oil.

Five Guys' fries continue to be acceptable, as well as their burgers and condiments. The editor apologizes for omitting this chain from the paper version of our *Fast Food Guide*!

High Fructose Corn Syrup renames itself

As consumers and a growing number of food companies reject this controversial sweetener, the corn industry continues to deny there is an issue with high fructose corn syrup (HFCS), and some companies are finding new ways to hide the sweetener.

In response to the growing rejection by consumers, major companies are removing it from some of their products. These include: most of the Subway breads, Pepsi's Real Sugar version, Wild Oats brands (sold at Walmart), Sara Lee, Kraft, Yoplait and Kroger. The Panera restaurant chain is working to remove HFCS and other ingredients consumers dislike.

The US Dept. of Agriculture estimates the average American today eats nearly 65 lbs of HFCS and 65 lbs of sugar a year!

What's the difference between HFCS and sugar?

What we generally call "sugar" (sucrose) is composed of equal parts glucose and fructose. They are bound together and must be broken down into their two parts before the body can use them. HFCS is typically composed of **45% glucose and 55% fructose**, but unlike sucrose, HFCS does not need to be broken apart and can be quickly absorbed into the bloodstream. This rapid absorption of



Initially called glucose, it was changed to corn syrup because consumers thought it was made from glue.

glucose causes a spike in the body's production of insulin and accumulates in the liver as excess fat. A new epidemic, called "Non-Alcoholic Fatty Liver Disease," is putting children at risk for the development of heart disease, diabetes and early death. [See the January 2014 issue of *Pure Facts* for details.] In addition to being linked to fatty liver disease, some researchers believe fructose damages the gut lining.

HFCS was first used in the 1980s as a cheaper replacement for sugar.

How much fructose is actually in HFCS?

Activists are learning that 55% is not the highest amount of fructose in this sweetener. Food companies have the option of using versions that are 65%, 90% and even 95% fructose! Those with the highest concentrations of fructose are likely to simply show "fructose" in the ingredient label.

Several years ago, it was discovered that HFCS can contain mercury.

Jumping on the No-HFCS bandwagon is General Mills, proclaiming that Chex Vanilla cereal contains "no high fructose corn syrup." But the ingredient label lists "**Fructose**" which generally means it contains HFCS-90 -- a whopping 90% fructose! A representative of the Corn Refiners Association has said that not only has HFCS-90 been used for decades, but the FDA has known about it all along, despite the fact that the agency has never approved it for use in food.

Continued on page 6

The ways companies are hiding HFCS

Just as monosodium glutamate (MSG) is hidden under many names, food manufacturers are using similar deceptive practices to disguise the presence of HFCS. Here are the current known or suspected names for HFCS.

- Glucose-Fructose (in Canada)
- Isoglucose (in Europe)
- Fructose
- Crystalline Fructose
- Corn Syrup
- Maize Syrup
- Glucose Syrup
- Glucose/Fructose Syrup
- Dahlia Syrup
- Fruit Fructose
- Fructose Syrup



Sugar's bad rep

Contributing to the problem is the fact that "sugar" has a bad image among healthy food enthusiasts. The Feingold Association acknowledges that most of us eat too much sugar, but we know that **sucrose** -- the junky white stuff that most of us refer to as "sugar" -- is better tolerated by our members than corn syrup, HFCS, and the various fake sweeteners. We also know that in the early days of the Program, gaining a child's cooperation is important, so including sugary foods can be a big help.

"Candy" is not "Sugar"

Perhaps the most unfortunate error made by parents, professionals, and journalists is to use the words "candy" and "sugar" interchangeably. There's a huge difference between "sugar" and a bag of HFCS sweetened, artificially dyed, flavored, preserved candy. And it's unlikely that the child who eats this chemical stew and has a meltdown afterward is reacting to "sugar."

Cane sugar is preferred over beet sugar, which is now made from GMO (genetically modified) beets.

Some Feingold families are avoiding corn -- not easy to do -- or are able to use corn as long as it is organic.

There's a big difference between Corn Syrup and HFCS

Corn syrup was first manufactured in the 1880s, and by 1902, it was sold to consumers as Karo Syrup. It is 100% **glucose**.

HFCS is created by processing corn syrup to yield a greater fructose content. It is used commercially and is not available to the consumer. In most home-cooked food the amount of corn syrup that is called for is small, while HFCS is used in large amounts in commercial foods.

At one time Karo Syrup had added HFCS, but the company removed it and now their label advertises "0g High Fructose Corn Syrup." While this is good news, the product is undoubtedly made from GMO corn.

Most HFCS is made from GMO corn!

Other options

Simple syrup is a good replacement for recipes that call for corn syrup; see the recipe in the *Feingold Handbook*.

Other choices include: rice syrup, evaporated cane juice, various grain-based sweeteners, including those made from wheat, barley malt and oats. A new option is syrup made from tapioca starch. Happily, tapioca is well tolerated, mild in taste and not genetically modified.

Fruit contains fructose

Our bodies handle the fructose in fruits very differently than commercially manufactured fructose. In fruits, fructose is accompanied by fiber and many nutrients, and so it is absorbed more gradually.

Overeating

HFCS does not give our bodies a signal that we've had enough to eat. It doesn't stimulate the production of **leptin**, a hormone that helps to let our body know that our hunger is satisfied.



Is HFCS addictive?

A Canadian scientist believes his research with animals shows that HFCS has an addictive component, which might help to explain why some people consume such large amounts of HFCS sweetened foods. Dr. Francesco Leri of the University of Guelph in Ontario presented his findings to the Canadian Association for Neuroscience in 2013. He described the behavior of rats, working for a HFCS reward, as similar to that of addicts. The sweeter the syrup, the harder the animals worked to get it. ■

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

BARBARA'S (CF): Toasted Oatmeal Flakes, Multigrain Squarefuls, Snackimals Vanilla, Snackimals Chocolate Crisp, Multigrain Puffins, Snackimals Cinnamon, Honest O's Multigrain

BRASSWELL'S^ (GF, CF, trace amount of orange in the pectin) Rhubarb Ginger Preserves, Key Lime Marmalade

CLEURE Oil Free Liquid Matte Foundation: Cream Beige, Honey Bronze, Linen, Natural Beige, Porcelain, Vanilla Cream; Aluminum Free Roll On, Dry Sensitive Skin Cleanser, Eye Repair Gel, Fresh PH Balance Toner, Ultra Gentle Exfoliating Scrub, Revitalize Sensitive Skin Facial Mask, Face and Body Wash, Brow Blender Perfection: Blonde, Soft Taupe, Dark Taupe; Eyeliner Powder Liner Pencil: Chocolate, Coal, Fog; Silky Cream-to-Powder Blush SPF 15: Spring Crush, Sultry Coral

EARTH BALANCE* Vegan Cheddar Flavor Puffs (CS,GF,CF), Vegan Buttery Popcorn (GF,CF), Vegan Cheddar Popcorn (CS, GF, CF)

KETTLE BRAND*^ Potato Chips (GF): Sea Salt & Vinegar (CS, CF), Sea Salt (CF), Unsalted (CF), Sour Cream & Onion; Sea Salt Krinkle Cut Potato Chip (GF,CF); 40% Less Fat Potato Chips (GF,CF): Sea Salt, Sea Salt & Vinegar (CS); Real Sliced Potatoes (GF,CF): Sea Salt & Vinegar (CS), Sea Salt; Sea Salt Organic Chips (GF,CF), Toasted Corn Tortilla Chips (GF,CF), Sea Salt Popcorn (GF,CF)

NUTS.COM (www.nuts.com)(GF,CF):
Brazil Nuts: Organic, Raw, Pieces;
Cashews: Dry Roasted, Raw, Pieces;
DuChilly Hazelnuts: Dry Roasted, Raw;
Hazelnuts: Raw, No Shell, Organic;
Peanuts: Dry Roasted, Blanched, Raw, Organic;
Valencia Organic Peanut Butter Stock: Dry Roasted;
Pecans: Raw, Organic, Georgia Raw;
Pistachios: Dry Roasted, Raw; Sacha Inchi Dry Roasted

WE LOVE JAM* Tangy Mango Lime Jam (GF,CF), Caramel Sauce (GF)

Stage Two

BARBARA'S (CF): Morning Oat Crunch Mini Blueberry Blast, High Fiber Flax & Granola

BRASSWELL'S^ (GF,CF, trace amount of orange in the pectin) Sweet Potato Butter (cloves), Pumpkin Butter (cloves); Dressing (GF,CF): Raspberry Vinaigrette (raisins, red wine vinegar), Red Pepper Jelly Vinaigrette (apple cider vinegar), Onion and Peppercorn Dressing (red peppers), Vidalia Onion Summer Tomato (apple cider vinegar, paprika)

ENJOY LIFE FOODS*^ Decadent Bars (GF,CF, raisin syrup): Chocolate Sunbutter, Smores, Cinnamon Bun (apples, oranges)

KETTLE BRAND*^ Backyard Barbeque Potato Chips (SM, GF,CF, cayenne pepper, chili peppers, paprika, tomatoes); Classic Barbeque Krinkle Cut Potato Chips (SM,CF,GF, cayenne pepper, chili pepper, paprika, tomatoes); Organic Salt & Fresh Ground Pepper Chips (GF,CF, jalapeno)

LIVSMART 360 Manna Shakes (GF,CF, acai berries, acerola cherry, apples, berries, black current, cherries, green coffee extract, green tea, tomatoes): Chocolate, Vanilla (<http://feingoldassociation.livesmart360.com/en>)

NATURE'S BAKERY^ 100% Natural Fig Bars (CF, apples, trace salicylate in pectin – oranges): Strawberry, Mango, Lemon, Apple Cinnamon, Blueberry, Peach Apricot, Raspberry, Vanilla Raspberry

NATURE'S FLAVORS Organic Spring Water Flavor Sweetened with Stevia (GF,CF): Grape NF4657, Apple NF4649, Blueberry NF4650, Raspberry NF4655, Peach NF4656, Apricot NF4680, Cherry NF4679, Strawberry NF4704, Mandarin Orange NF5882, Orange NF6701

NUTRIGOLD (GF,CF): Red Yeast Rice +CoQ10 GOLD
NUTS.COM (GF,CF): All Dry Roasted and Raw in Shell or no Shell Organic Almonds, All Dry Roasted and Raw in Shell or no Shell Almonds, Raw no Shell Organic Mixed Nuts (almonds), Raw no Shell Mixed Nuts (almonds)

NUTS.COM Organic Gummy Bears (GF,CF, aronia berries, apples, blueberries, grapes, raspberries, peaches, strawberries)

PANERISO^ Gluten Free Fish Fry Batter (GF, CF, cayenne peppers)

QUINN POPCORN (GF): Cheddar and Chipotle (bell peppers, jalapeno, paprika)

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 2013 / January 2014

Who teaches us nutrition?
Junk food and kids
Good food saves money

February 2014

Girl Scout cookies challenged
20 years of ADHD drugs
GMOs

March 2014

Anti-psychotics down side
Help for schizophrenia
Autism, Tylenol, vaccines

April 2014

The world's seed supply
Permaculture
Sodas in schools

May 2014

Fluoride and babies
Tourette Syndrome
Fluoride lowers IQ

June 2014

Antidepressant drugs and autism
Acetaminophen and ADHD
How much dye is in food?

July/August 2014

When it's a disorder to be a baby
CDC vaccine cover-up
Summertime reactions

September 2014

American school lunch reform
Triclosan in toothpaste, sanitizers
Soy, seizures, tics

October 2014

Shifting tastes in food
FDA abdicates
Dealing with a reaction

November/December 2014

The FDA rewrites history
Holiday meals
Restless leg syndrome medicine

Bee colony collapse & HFCS

The loss of honey bee colonies in recent years continues to puzzle scientists. Suspected causes include agricultural fungicides, pesticides, electromagnetic radiation from cell phone towers, and insect parasites. Another potential culprit is high fructose corn syrup.

Most high fructose corn syrup is sold to food processors and is not available to the public, with the exception of bee keepers, many of whom now feed it to their bees in place of sucrose. But when HFCS is heated, it forms a chemical believed to be toxic to honey bees, causing damage to the gut. The chemical is called "hydroxymethylfurfural" or HMF, and the higher the temperature of the HFCS, the more of this substance is created. The amount of HMF increases over time, so as the weather becomes hotter and more high fructose corn syrup is fed to bee colonies, more HMF is created.



This could play a part in the collapse of bee colonies, according to research published in the *Journal of Agricultural and Food Chemistry*, titled "Formation of Hydroxymethylfurfural in Domestic High-Fructose Corn Syrup and Its Toxicity to the HoneyBee"[LeBlanc,2009].

The researchers note that **HMF has been shown to harm humans** as well as bees. The creation of HFCS involves the use of high temperatures, and when the sweetener is used in foods that are further cooked, it is hard to know what amount of HMF might be created.

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, *Mail Order Guide*, *Fast Food Guide*, and a subscription to *Pure Facts*.

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

The articles in this newsletter are offered as information for *Pure Facts* readers, and are not intended to provide medical advice. Please seek the guidance of a qualified health care professional concerning medical issues.

www.feingold.org

©2015 by the Feingold Association of the United States, Inc.



Grateful thanks to the many companies that donated their products to our holiday basket fund raiser. And thanks to our members for supporting this project.