

# Pure Facts

Newsletter of the Feingold® Association of the United States



October, 2011

www.feingold.org

Vol. 35, No. 8

## Who decides what is healthy?

Customers are leaving supermarkets to shop at stores where they don't need instructions on how to find real food.

Major companies have long tried to convince shoppers that they can guide them to healthier choices, using self-serving methods for making their most profitable products appear to be nutritious. But adding a bit of whole wheat or a few vitamins to a box of fluorescent, sugar-laden cereal will not make it healthy. As Feingold families know, any food can be made with wholesome ingredients; the problem is that companies earn less money when they use food, rather than synthetic chemicals.

Now, in the fight for consumer dollars, supermarkets are offering their shoppers guidance on how to avoid the junk food pitfalls and find the healthier choices. A new approach is called the NuVal system which rates foods from a low of 1 to a high of 100 depending upon what the creators of the system have deemed to be healthy or unhealthy.



*It can seem confusing!*

A growing number of supermarkets are using the NuVal system (and paying for it), and some health advocates are praising it. The problem is that there are many different opinions on just what makes a food "healthy."

The NuVal system considers some of the enemies to be: fat (even healthy fats), sugar and salt. Tragically, foods that use fake sweeteners like aspartame and acesulfame-K are given high scores and little attention is paid to synthetic colors, flavors, and preservatives.

*Continued on page 6*

## The junk food industry gears up for its own "study."

Our online Feingold eNews for September provides details on a study design that claims to test out if food dyes lead to hyperactivity. (This is despite the fact that there have been many such studies and they have shown the link.)

While they claim to be unbiased, the researchers are on the payroll of chemical and drug companies, and one of them is on the board of directors of a company that manufactures synthetic dyes! Another is currently being paid by Coca-Cola to teach dietitians that the food dye/hyperactivity connection is just an urban myth! (See the Jul/Aug *Pure Facts*.) ♦

## What's the big deal about school food?

*Editorial Comments*

After all, most families that follow the Feingold Diet send lunch into school with their child.

Pure Facts provides information on school food because it is such an effective gateway to change for our entire food supply. Even if your child never faces a tray of factory food or if you homeschool, what happens in those cafeterias has a significant impact on your family.

- Changing school food can happen quickly, at least in areas where the citizens are vocal enough to force change, or where school personnel are enlightened enough to take action.
- In the space of a year (or less), a generation of children can learn about food -- how it should be produced and how good it can taste.

*Continued on page 2*

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.

## School food, from page 1

- Millions of school-age children, learning about real food, translates to millions of parents who begin to question their shopping habits.
- As more consumers shun the additive-laden food found in supermarkets and opt for the good stuff, manufacturers respond with better quality foods and stores offer a growing number of options, including some organic produce.
- It's not only obesity and diabetes that are due in part to a diet of foodless food, but countless other health problems as well. All of these issues are directly connected to the health of our nation and its economy.
- If institutional food can be reformed in our schools, then the same can be done in hospitals, nursing homes and prisons. Good food in hospitals helps patients recover more quickly and good food in nursing homes enables the elderly to remain more alert and well. Good food in prisons can reduce disruptive behaviors, and added nutritional guidance has been found to keep the majority of offenders from returning to jail.



School food reformers understand that good food leads to good health, and eventually they will see that good food means better behavior, less ADHD, and a reduction in the enormous cost of providing special services to children who do not have a disorder, but who simply don't do well on a steady diet of corn syrup, petroleum-based dyes, fake flavors, fake meats, cheap oils, huge amounts of MSG and MSG clones, and way too much sodium. ♦

## Tennessee school goes from beige to green

No more nuggets, fries and other beige foods for the students at the Knoxville Episcopal School!

Frozen processed food has been replaced with real food, all of which is grown or produced in the region. Earlier this year, the school began preparations for their Farm to Table Program, stressing food practices that are both green and sustainable. Not only did the students and staff plant a garden, they built a chicken coop to get their own eggs. The new program is popular with the children, the amount of plate waste has dropped, and what little there is left over goes into the compost heap or is fed to the chickens. ♦



## Chefs prepare nutritious food at this South Bronx charter school

Imagine a school where healthy, delicious food is served, food that is so good the teachers elect to eat there with the children. Then, imagine that this food costs less than the pre-packaged meals served at nearby schools.

The Family Life Academy is a small charter school in the Greater New York City area located in the nation's poorest congressional district where 90% of the students qualify for free breakfast and lunch. It's been more than a year since Chef Bennet Fins and his staff began serving freshly prepared foods for breakfast and lunch. For many of the children, this is the major or only source of food they get during the day.

There are no boxes of Cocoa Puffs or cartons of strawberry milk here. Breakfast cereal is granola prepared by the staff each day, and it is accompanied by fresh fruit and yogurt. Lunch choices include the wonderful dishes that reflect the chef's training at the French Culinary Institute, including roasted chicken, marinated steak, lightly cooked vegetables of all types, whole grains, plus soups and salads. Fresh fruits are served for dessert. There are no nuggets or fries, no prepackaged microwave meals, and no chocolate milk, in fact, water is the beverage of choice. Some of the herbs and vegetables are grown in school gardens, tended by the students.

### The healthier food actually costs less!

There are only 386 children in the school, which runs from kindergarten through the 7th grade, but this is a large enough number to give Chef Fins the buying power to keep costs down. Previously, the school spent \$2.82 for each meal of packaged, processed lunches. But that figure dropped to only \$2.60 after the change to real food.

An unexpected bonus is the health benefits the staff has seen for themselves. Two of the adults lost 80 pounds each eating the school food, and one teacher lost 100 pounds! ♦

## *Another Feingold Success!*

Twenty-four years ago, *Pure Facts* published the story of Stewart Crawford, one of the countless children we have helped.

Today, he continues to use the Program for himself and his family, with an outcome far better than any of us would have dreamed.

Originally, his family began using the Feingold Diet, not for Stewart, but for his younger brother, who exhibited the usual symptoms of activity and attention problems. Stewart was a calm boy who loved school and excelled in both academics and sports. However, this began to change in eighth grade after he suffered a viral infection that left him vulnerable to occasional seizures. The white Tegretol tablet kept the seizures in check, but after the manufacturer began adding red dye to the medicine, Stewart gradually changed. He seemed to lose interest in school, talked loudly, walked into things, and began to slur his words. It looked like this honor student and science fair winner would not be able to gain acceptance to any of the area's private high schools.

Food additives didn't cause him to become hyperactive; instead, they slowed down his behavior and disrupted his mental process.

The psychologist the Crawfords consulted said Stewart was "permanently learning disabled" and would never make it through high school or be able to care for himself. She told his parents to find a vocational program for him and recommended he be put on Ritalin. Once the shock wore off, Stewart's mom's response to the devastating news was that the doctor was wrong and she would prove it. Had they followed this doctor's advice, the results would have been tragic.



As his parents agonized over the inexplicable change in their oldest son, Stewart suggested that maybe the red dye in his Tegretol could be affecting him, just as synthetic dyes caused problems for his brother. Margie Crawford, Stewart's mom, doubted that this could be the reason, but like the many "warrior moms" in the Feingold Association, she searched long and hard for an uncolored version. Finally, she was able to obtain it, and Stewart began taking the white pills. In a matter of days, his teachers and parents saw the troubling symptoms drop away. His academic career was back on track and the bright, articulate young man returned.

Margie Crawford fought many battles to help her family. One adversary was their pediatrician, who was also a neighbor and friend. He adamantly refused to believe that food additives were linked to behavior or learning problems. But just as he dismissed Margie's beliefs, she ignored his. What the doctor/neighbor didn't know was that his wife was secretly consulting with Margie to learn how to help their daughter by changing the family's diet! Eventually, this doctor saw that Margie was right and acknowledged it.

A major dietary challenge came when Stewart left home for college. If he ate the cafeteria food, he received failing grades, but when he ate "Feingold food" he excelled, with a 3.8 GPA. Having watched his mom cook "safe" food for the family, he developed an interest in cooking. This served him well in college, where he could cook for himself, and it led to his work as a chef. At the same time he was engaged in catering, he held another full-time job as a paralegal, while he attended law school at night! Stewart enjoys the creative challenge that cooking brings and later established a catering company, in addition to his full-time career as a lawyer.

Today, at age 38, this "permanently learning disabled" man owns his own law firm, with a national practice area that spans forty states! But the sensitivity to additives is still there; if he gets the wrong food, he experiences mental confusion and has sometimes been forced to substitute another lawyer to take his place in court until the reaction wears off.

Cooking has been a wonderful creative outlet and a way to enjoy natural food.

Stewart is well aware of the unethical (and often illegal) activities on the part of industry and government officials, as well as some professionals, that keep the toxic chemicals in our food and environment. In his law practice, he has successfully challenged corporations and even governmental agencies for their greed-based decisions. His work has received national recognition in the legal community, and he is frequently a consultant and lecturer at national legal conferences ♦

## L.A. brings in better food

The nation's second largest school system, which produces 650,000 meals a day, is making significant changes in its food.

According to the Los Angeles County Department of Public Health, the improved food will be free of trans fats, synthetic dyes and MSG. (Removing MSG may prove to be tricky since there are so many ways food manufacturers disguise this harmful additive, but it's an encouraging step.)

Parent activists in California and around the country have been working for many years to bring about change in the quality of food being given to children. They represent the minority of people who really understand just how bad school lunches can be. For example, here are the ingredients in one school lunch pizza:



**Cheese:** low moisture part skim mozzarella cheese (pasteurized milk, cultures, salt, enzymes), mozzarella cheese substitute (water, corn oil, nonfat dry milk, modified food starch, potassium chloride, sodium citrate, sodium aluminum phosphate, sodium tripolyphosphate, magnesium oxide, ferric orthophosphate, vitamin A palmitate, niacinamide, zinc oxide, cyanocobalamin, pyridoxine hydrochloride [vitamin B5]. Low fat provolone cheese (pasteurized part skim milk, cultures, salt, enzymes, smoke flavoring). Cheddar cheese (pasteurized milk, cultures, salt, enzymes, annatto vegetable color). **Sauce:** margarine (liquid and partially hydrogenated soybean oil, water, salt, mono and diglycerides, vegetable lecithin, natural flavors, beta carotene [vitamin A coloring], vitamin A palmitate added), sugar, salt, modified food starch, contains 2 percent or less of dehydrated garlic, guar gum, xanthan gum, propylene glycol alginate, natural flavor and soy lecithin. **French bread:** enriched unbleached wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, whole wheat flour), water, vital wheat gluten, isolated soy protein, contains 2 percent or less of sugar, salt, soybean oil, yeast, DATEM, dextrose, soybean oil, ascorbic acid, L-cystine, azodicarbonamide, enzymes, sodium stearoyl lactylate, calcium sulfate, calcium peroxide.

Multi Cheese Garlic French Bread Pizza by Schwans #78624, Fairfax County, VA - Sept 2010

Students complain that the pizza is so greasy it takes a stack of paper napkins to soak it up. But a pizza made with real food isn't dripping with grease; it appears that the oil-based fake cheese ("mozzarella cheese substitute") may be the culprit. This is unfortunate because schools can easily obtain real cheese at low cost from the federal commodity food program. Also, note that the first ingredient in the sauce is not tomato, but margarine -- lots more oil. Tomato sauce is also readily available.

In contrast to the greasy pizza served in the nation's second wealthiest county (Fairfax, VA), real food will be provided for the children in Los Angeles, 80% of whom qualify for free or reduced-price breakfast and lunch. The county has discontinued using packaged peanut butter and jelly sandwiches and will be cooking "bone-in" chicken, instead of nuggets. (Schools have the option of taking the real chicken they receive, and trading it back to the food processors in return for frozen food-like substances. It's a huge benefit for the processors, who get real food in exchange for "nuggets" -- which can be made by grinding up the entire bird -- skin, bones, innards and all!)

"We want restaurant-quality food" was David Binkle's message to the major distributors. Binkle is the deputy director of food services for the county.

"Studies show that providing nutritious, well-balanced meals are the key to students' academic success. Students who don't have proper nutrition have shorter attention spans and lower test scores in school."

*L.A. County Dept. of Public Health*



There is a growing awareness that poor quality food is directly linked to health problems like obesity and diabetes, and the above quote shows an emerging recognition that bad food also affects school performance. What is still not well understood is that the factory food still being served in most schools has a direct link to bad behavior.

Good food initiatives are either in place or are forming in other California schools, and there are "pockets of good food" in other states. ♦

## Face Painting for Feingolders

Dyes absorbed through the skin can cause problems, but natural options are available.

Even if you are using natural colorings, it's a good idea to first put a thin coat of Gloves in a Bottle on the skin. This will not only reduce absorption into the skin, but will make it easier to wash the colors off. (Gloves in a Bottle is available at beauty supply stores; it creates a barrier between the skin and any chemical it comes in contact with.)



### Natural grease paint

For each color, combine one teaspoon of cornstarch with ½ teaspoon of shortening or cold cream in a small bowl. Blend them together, and then add ½ teaspoon of water and mix well.

Add small amounts of natural colorings until you get the desired shade. For brown, you can use cocoa.

Apply to the skin with a small paint brush.

### Natural makeup

Another option is to use the various colors available in natural makeup, including lipstick, blusher, eye liner and the many bright colors available as eye shadow. ♦

## Honeybee Gardens offers natural beauty

Finally, natural cosmetics that are readily available and affordable!

Until now, truly natural lipsticks and other cosmetics were both hard to find and expensive. Imported cosmetics sometimes contain hidden dyes (See *Pure Facts* for Sept.).

Honeybee Gardens has an impressive line of Feingold-acceptable products, including lipsticks, eye make-up, foundation, and lip gloss. Most are under \$10, with even lower prices when they are ordered from online companies like Vitacost.com (see the article above).



Feingolders are delighted to finally be able to use nail polish without toxic additives and even a nail polish remover with no smelly acetone!

Herbalist Melissa Hertzler first created natural personal care products for her family in 1995, and this line of makeup is a newer innovation. It will be a boon to girls of any age who want to be beautiful without having to pay the price of brain fog, headaches, or any of the other potential reactions to harsh chemicals. ♦

## How to locate those hard-to-find products

The number of natural products is continually increasing, making life easier for Feingold families.

But how can you enjoy them when you live many miles from natural food stores, and the cost of shipping is so high? Or even if you live near the cool stores, but your packed schedule just doesn't allow much time for shopping?

Take a look at a web site called "Vitacost.com." Established in 1994, the site has grown to become an online store for much more than just vitamins. Today, their inventory includes more than 35,000 items.



They sell more than 4,000 foods, with many organic and gluten-free products. You can search by dietary preferences and allergy needs, such as gluten-free, soy-free, egg-free, wheat-free, yeast-free, vegetarian, vegan, and organic. They also carry cleaning supplies, personal care products and household items.

While most of the foods are free of synthetic additives, some do contain them, so check your *Foodlist* book and refer to their online ingredient labels.

Most of the items are sold below retail price, and when you spend \$49, the **shipping is free** within the 48 contiguous states. Orders are shipped out promptly and arrive quickly. ♦

## Who decides? from page 1

Here are some of the most troublesome scores according to the NuVal system.

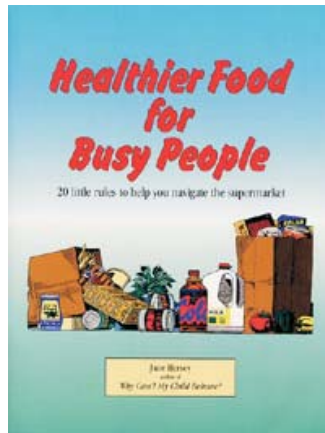
- Frozen chocolate ice pops with skim milk and sweetened with Splenda received a 100.
- Yogurt with synthetic additives is rated as 88 while real yogurt with blueberries and some sugar gets less than 30.
- Breyers Light Yogurt Black Cherry Jubilee with two different fake sweeteners (aspartame and acesulfame potassium) rates a near perfect score of 99 but an organic plain yogurt with no sugars is lower, at 81.
- Stouffer's frozen dinners score higher than Amy's natural versions.

## It shouldn't be so hard to find food in a food store.

Between 2004 and 2009, the sale of natural and organic food increased by 72%. Although supermarkets have added many natural products, shoppers are gravitating to stores like Whole Foods and Trader Joes so the grocery chains are trying to retain customers with programs like NuVal.

But shoppers should not need a road map to guide them through the pitfalls in their local supermarket. With more than 35 years of experience, the Feingold Association has learned a great deal about food processing. Dr. Feingold developed his program to help people with serious problems, but we have found it can be a simple guide for anyone. By focusing on removing the worst of the additives, shoppers will automatically improve the quality of their food, and as they understand the tricks of the food processing trade, they can make better choices in the supermarket.

FAUS offers a light-hearted little book that is designed for you to give to your friends who want to shop healthier (and to your relatives who don't understand why you bother). It will quickly show them how to find the best food, and often at the best prices. *Healthier Food for Busy People - 20 little rules to help you navigate the supermarket* is \$7.00.



You can order the book by going to [www.fgshop.org/healthierfood.aspx](http://www.fgshop.org/healthierfood.aspx)

This is a sample of some of the rules listed in the book.

### Rule 4

**Read the list of ingredients but be suspicious if you find yourself dozing off before you reach the bottom.**

### Rule 9

**Don't swallow anything that's the same color blue as your toilet bowl cleaner.**

### Rule 12

**If it glows in the dark, don't eat it.**

The 38-page book includes practical advice on what to look for and what to avoid in a supermarket, solutions for the issues that come up, details about why food companies use petrochemicals, and the unwanted effects they have on all of us.

Today's consumer receives nutrition advice from many sources, and it is often conflicting.

At one time, children learned about food from their mothers and grandmothers, but that began changing when processed food appeared on the market. Manufacturers saw a valuable marketing opportunity and gradually began to assume the role of nutrition teacher. This technique was initiated a hundred years ago by soap maker Proctor and Gamble. They used cottonseed oil in manufacturing Ivory soap, and in the search to find an additional use for the oil, they created a creamy white substance and called it "Crisco."

Their marketing innovations targeted women, convincing them to replace the traditional fats they had used in favor of this man-made creation. P&G provided recipes that used Crisco and held focus groups to refine their marketing efforts. It was the first time a grocery product was made to appear fashionable. Now, women began to learn about food and nutrition from the industries whose motives were very different from those of their mothers.

Do we really need a system like NuVal to tell us that fruits and vegetables are a good choice or that cheese doodles and cheese are not the same thing?

This technique would continue to be developed and refined, and later American homemakers would be taught to shun butter in favor of another man-made creation -- margarine. So for decades, industries sold and families consumed the trans fats now known to be so harmful. ♦

## PIC Report

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

^ = available in Canada

\* = available in health food stores and some supermarkets

SM = natural smoke flavoring

GF = gluten-free CF = casein-free CS = corn sweeteners

## Stage One

ALLISON'S GOURMET ([www.AllisonsGourmet.com](http://www.AllisonsGourmet.com))

(GF,CF) Fudge: Butterscotch Pecan, ½ Original - ½ Walnut; Brownie: Classic Walnut, ½ Original - ½ Pecan, Toasted Coconut, Brazil Nut, Original; Peanut Butter Cookie

CADIA Organic Popcorn (GF,CF): Extra Virgin Olive Oil, Kettle Corn; Organic Crackers (CF): Entertainment Stone Ground, Bite Sized Stone Ground, Flatbread Eight Grain

FRUIT FAST\* (GF,CF) Wonderful Pomegranate Fruit Supreme Gel Caps, Liquid Pomegranate Fruit Supplement

HONEYBEE GARDENS\*^ ([www.honeybeegardens.com](http://www.honeybeegardens.com))

(GF,CF) Truly Natural Lipstick (all colors), Joba Colors Lip Liner (all colors), Luscious Lip Gloss (all colors), Powder Colors Eye Shadows (all colors), Joba Colors Eye Liner (all colors), Truly Natural Mascara (all colors), Pressed Mineral Powder Foundation (all colors)

ENJOY LIFE FOODS\*^ Semi-Sweet Chocolate Mini Chips (GF,CF), Semi-Sweet Mega Chunks (GF,CF); Crunchy Cookies: (GF,CF) Chocolate Chip, Double Chocolate, Sugar Crisps; Vanilla Honey Grahams (GF,CF)

KIRKMAN GROUP^ ([www.kirkmangroup.com](http://www.kirkmangroup.com)) Calcium Powder with Vitamin D3 unflavored (GF,CF)

NATIVE FOREST\*^ Organic Mushroom Pieces and Stems (GF,CF)

SEVENTH GENERATION\*^ Free & Clear: Natural Hand Wash Just Clean (SB)

SJAAK'S ORGANIC CHOCOLATES ([www.sjaaks.com](http://www.sjaaks.com))

(CF) Bars: Milk Chocolate With Peanut Butter, (GF), 70% Extra Dark Chocolate (Vegan) (GF), Dark Chocolate (Vegan) (GF), Milk Chocolate with Creamy Caramel, Dark Chocolate with Creamy Caramel (Vegan), Milk Chocolate (GF)

SOUND EARTH ([www.soundearth.com](http://www.soundearth.com)) Body Guard Bug Repellant

*Stage One, cont.*

SQUIRREL'S NEST CREMES (302.378.1033)

Halloween Cremes (CS,GF,CF) Chocolate, Lemon, Vanilla

WOLFGANG CANDY (available retail in MD, PA, WV)

([www.wolfgangcandy.com](http://www.wolfgangcandy.com)) (CF) Milk Chocolate Bar: Peanut Butter, Caramel; Chocolate Covered Oyster Crackers Skip Jacks (14-ounce and 7-ounce), Golden Caramelts (CS,CF), Peanut Butter Bears (21-ounce, 8-ounce gift box) (CF), Pretzel-ettes, Milk Chocolate Cashew Clusters, Milk Chocolate Peanut Clusters (CF), School box w/ Chocolate Covered Animal Crackers (CS)

## Stage Two

ALLISON'S GOURMET ([www.AllisonsGourmet.com](http://www.AllisonsGourmet.com))

Vanilla Chai Fudge (GF,CF, cloves), Fudge: Chocolate Orange; Brownie: Mexican Chocolate (coffee)

DD'S DESERT DELIGHTS (Available retail in AZ)

([www.ddsdesertdelights.com](http://www.ddsdesertdelights.com)) Old English Toffee (GF,CF, almonds)

ECO SKINCARE\*^ Eco Body SPF +30 (cucumber,

grapeseed, rose hips, green tea), Eco Face SPF + 30 (cucumbers, rose hips, green tea), Eco Baby SPF + 30 (cucumber, grapeseed, rose hips, green tea)

ENJOY LIFE FOODS\*^ Granola: Cinnamon Raisin Crunch (GF,CF, apples, cranberries)

FLAMOUS ^ Falafel Chips: Original (GF,CF, tomatoes, bell peppers, chili peppers)

FRUIT FAST\* Mixed Berry Liquid Fruit Supplement

(GF,CF, blackberries, blueberries, strawberries), Liquid Cherry Flex Fruit Supplement (GF,CF)

GRANDMA GWEN'S DELIGHT^ (available in Canada only) Old English Toffee (GF,CF, almonds)

HONEST KIDS\* Appley Ever After, Berry Good Lemonade (oranges), Tropical Tango Punch (oranges, white grape juice)

SJAAK'S ORGANIC CHOCOLATES (GF,CF)

Dark Chocolate with Cream Espresso (Vegan) (coffee), Dark Chocolate with Raspberry (Vegan), Milk Chocolate with Almond Butter, Milk Chocolate with Almonds, Dark Chocolate with Almonds (Vegan); Eli's Earth Bars: (GF, CF, almond) Dream Big, Celebrate, Treasure

ST. CLAIRE'S\*^ ([www.stclaires.com](http://www.stclaires.com), 303.357.5682)

Organic Tarts: Peach (Acerola Berry Powder)

WOLFGANG CANDY Milk Chocolate Bar: Almond (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 Baskets

This year, we have a choice between baskets with all Stage One treats or a combination of Stage One and Stage Two.

These yummys are ideal for your children and for holiday gifts to teachers, relatives and the other special people in your life. They can be ordered beginning on November 1, and we can enclose a card with your message. ♦



### Stage One Halloween Candy!

The Squirrel's Nest offers Halloween Creams. They have a texture similar to candy corn but with natural ingredients.

[www.squirrels-nest.com](http://www.squirrels-nest.com) ♦



### Food dye petition

A web site called ForceChange.com has created a petition directed at the Food and Drug Administration Commissioner Margaret Hamburg, calling for the banning of petroleum-based food dyes in this country. The petition notes the many studies linking dyes with serious health consequences, including brain tumors.

Especially troublesome is the fact that brightly colored foods, beverages and other products are usually designed to appeal to children, whose bodies are less able to tolerate the toxic assault. You can find the petition at

[www.forcechange.com/?s=food+dye](http://www.forcechange.com/?s=food+dye)

off the mark.com by Mark Parisi



Reprinted with permission from offthemark.com

### Workplace Giving Campaigns

Ask the representative at your place of work if you can designate some or all of your contribution to the Feingold Association. Request a copy of their "designated donation" form, and contact FAUS if you need assistance or information. ♦



Email address change? Please let us know by clicking on:

[faus\\_pf@yahoo.com](mailto:faus_pf@yahoo.com)

## 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 and a 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* and *Fast Food Guide*, and a subscription to *Pure Facts*. The cost in the US is \$69 plus s+h. A *Pure Facts* subscription plus Member's Message Board access is \$38/year when ordered separately.

For more information or details on membership outside the US, contact FAUS at [www.feingold.org](http://www.feingold.org) or phone (800) 321-3287.

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)

©2011 by the Feingold Association of the United States, Inc.

### Permission to Reprint

You are welcome to circulate articles that appear in *Pure Facts*. This can be in the form of photocopies to share with others or the reprinting of articles in another newsletter or in Internet newsletters or on a web site.

When you reprint, please use the following acknowledgment:

Reprinted from *Pure Facts*, the newsletter of the Feingold Association of the United States, [www.feingold.org](http://www.feingold.org).