The Feingold Program uses foods and other products that are free of the following:

- Synthetic (artificial) colors
- Synthetic (artificial) flavors
- Aspartame
- Preservatives BHA, BHT, TBHQ
- Aspirin and foods which contain aspirin-like compounds called salicylates (such as apples, grapes, oranges, tomatoes)

After a favorable response has been established, the salicylate-containing foods may be reintroduced one at a time and tested for tolerance.

The Program includes:

- On-line: Getting Started Foodlist
- Book: Foodlist & Shopping Guide
- Book: The Feingold Program
- Booklets:
  - Mail Order Guide
  - Supplements Guide
  - Fast Food Guide
- Newsletter: Pure Facts to update you 10 times a year on changes to products, and to inform you about relevant issues and new developments
- Members message board password
- Product alerts by email
- Help-Line (phone, email)

In a well-regarded British study, food dyes and one preservative triggered hyperactivity and inattention in children with no prior history of behavior or learning problems, as well as those diagnosed with ADHD. McCann D. et al. “Food additives and hyperactive behaviour in 3 year old and 8-9 year old children in the community: a randomised, double blinded, placebo-controlled trial.”

_The Lancet_ September 2007

A meta-analysis of 15 previous studies on the effects of artificial food colorings found that there is “accumulating evidence that neurobehavioral toxicity may characterize a variety of widely distributed chemicals.” Schab DW, et al. “Do artificial food colors promote hyperactivity in children with hyperactive syndromes? A meta-analysis of double-blind placebo-controlled trials.”


ADHD and Food Additives Revisited

Referencing the _Lancet_ study and the Schab meta-analysis of studies, the author writes: “...a trial of a preservative-free, food coloring-free diet is a reasonable intervention.”


Children and adults with symptoms of ADHD (hyperactivity or attention deficit disorder), ASD (autistic spectrum disorders), PDD (pervasive developmental disorders), or salicylate sensitivity are being helped by the Feingold Program – the dietary connection to better behavior, learning and health.

Feingold® Association of the United States
800.321.3287 • 631.369.9340
www.feingold.org
The Program was developed at the Kaiser Permanente Medical Center in San Francisco by the late Ben E Feingold, MD, Chief of Allergy. He found that certain foods and food additives can trigger a variety of problems in sensitive people. Since the 1960s, other researchers and hundreds of thousands of families have verified that for many children and adults, diet does make a difference.

The Feingold Program will teach you how to use this basic elimination diet, so you can identify dietary and environmental triggers for you or your child. We offer information on how to make changes in what you eat, tools to evaluate success, and ideas on incorporating dietary changes into your individual lifestyle. You should know within one to six weeks if this approach will help.

The non-profit Feingold Association of the United States, established in 1976, has found that the majority of people who use the Program see significant — often dramatic — results.

Well-done research supports the validity of this diet, and has begun to unravel the reasons. For relevant research, see www.diet-studies.com.

### Is the Feingold Program Right for You?

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### What Symptoms Might be Affected by Additives and/or Salicylates?

The frequency of one or more of these symptoms may indicate sensitivity to certain food additives or to naturally-occurring salicylates:

- Gets upset too easily
- Distractible, short attention span
- Impatient
- Doesn't seem to hear you
- Aggressive, disruptive
- Irritable
- Difficulty sitting through a meal
- Doesn't recognize danger
- Nightmares, sleep difficulties
- Bedwetting, daytime wetting
- Runs, does not walk
- Doesn't finish projects
- Compulsively repeats actions
- Talks too much or too loudly
- Fights, argues
- Overreacts to touch, sound, lights
- Accident-prone
- Frequent or chronic physical complaints, such as headaches, stomach aches, asthma, hives, ear infections, constipation and/or diarrhea
- Neuromuscular involvement: poor muscle coordination, poor eye-hand coordination, difficulty writing/drawing, dyslexia, speech difficulties, eye-muscle disorders, tics, seizures

### Frequently Asked Questions

**How do I know which foods are OK to use?**

Through membership in the Feingold Association, you will receive a shopping guide of acceptable brand name foods and other products.

**Can't I just read labels and find acceptable foods?**

No. Regulations governing the labeling of food are inconsistent; therefore, labels frequently contain information which is incomplete or misleading. They aren't required to tell you about hidden additives.

**Will I have to “cook from scratch?”**

Not unless you want to. The Program includes a wide selection of prepared foods which are available in your supermarket.

**Do I have to eliminate all sugar and snack food?**

No. Most members can use sugar, and there are many acceptable snack foods.

**What's wrong with food colors?**

Most food colors are derived from petroleum, and contain lead, mercury, arsenic and a variety of other harmful chemicals. Research shows that all the artificial colors cause DNA changes at low doses, and can damage nerve development dramatically when combined with other additives.

**Are milk and gluten a problem?**

Members should be aware that additional allergies, sensitivities, or deficiencies may exist. Milk allergies are common. Those with autistic-like symptoms may respond to a diet free of casein and gluten, in addition to the basic Feingold Program.

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"I really like me the way I am now."

Mark, age 10 after going on the Feingold Program