Abstract

Ten years ago, Dr. Feingold proposed that hyperactivity and learning disabilities in children are commonly caused by the ingestion of food additives and claimed that elimination of foods with additives from the diet resulted in major improvements in three-quarters of hyperactive children. In the last five years, controlled double-blind studies have been conducted by many investigators to test this hypothesis. The results, which are mainly negative, are summarized. The authors conclude that 2% (contrasted with Feingold's claims of 75%) of hyperactive children respond adversely to dye additives. Even the 2% are questionable. There is no need for high-priority research or for changes in public policy regarding the use and labeling of foods containing additives. Hyperkinesis has multiple etiologies, which require other types of biological and psychological research.

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Comment:

Conflict of interest: Lipton was doing this research for the Nutrition Foundation, a food additive industry organization.

"Morris Lipton, the chair of the Nutrition Foundation's investigation of the Feingold diet, charged that, far from being hazardous, food additives were a fundamental element of western society."

See Nutrition Foundation members in the 1970s

An Alternative History of Hyperactivity: Food Additives and the Feingold Diet
by Matthew Smith (Page 98)

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