

The Feingold Program

The Feingold Program addresses additive and salicylate sensitivity. The Feingold Association of the United States (FAUS) provides its members with comprehensive information on brand name foods and nonfood products that are free of the indicated additives.

Stage One:

Stage One is the initial period during which the items listed below are eliminated from the diet.

- **Artificial (synthetic) colors**

Food dye may be listed as “food coloring,” “U.S. certified color,” “certified color,” or “color added.” It may also be listed by its FDA number (*i.e.*, “FD&C Yellow #5”), by its “E” number in Europe (*i.e.*, E-102), or by its name (*i.e.*, “Tartrazine”). Sometimes the words “artificial color” or “color added” actually refer to a natural coloring such as carmine or titanium dioxide. You will not know this, however, without a Feingold Association’s *Foodlist & Shopping Guide*, which is available in the U.S. and Canada. In other countries, you need to learn your E-numbers. *See page 6 for more information on colorings in the U.S.*

- **Artificial (synthetic) flavors**

Artificial vanilla (vanillin) is a synthetic flavoring generally identified by name. Most of the thousands of artificial flavors are listed only as “flavoring,” “artificial flavoring” or “natural & artificial flavoring.”

- **Three preservatives**

BHA (Butylated Hydroxyanisole)
BHT (Butylated Hydroxytoluene)
TBHQ (Tertiary Butylhydroquinone)

In the U.S., the Feingold Program materials simplify the process of finding suitable foods and other products.

- **Aspartame**

Aspartame and similar sweeteners - Equal, Nutrasweet, Spoonful, Equal-Measure, Benevia, Misura, NatraTaste, E951, Neotame, Alitame – are now excluded from the Feingold Program.

Sucralose (Splenda) and other synthetic sweeteners are not officially excluded, but products containing them are not added to the *Foodlist & Shopping Guide*. Products containing alcohol sugars (names end in “-ol”) are allowed, but marked with a “(CS)” since they are related to corn syrup. Stevia and agave are sweeteners made from plants, and they are allowed. *See page 36 for more information.*

- **Salicylates**

These are chemical compounds found in some foods, medicines, and personal care products. *See page 8 for more information.*

Stage Two:

After observing a favorable response to Stage One, salicylates may be reintroduced and tested for tolerance one at a time. While some people find they need to remain on Stage One, others are able to tolerate some salicylate-containing items occasionally, and still others can eat them freely. The artificial colors, flavors, preservatives, and sweeteners listed above are not reintroduced.

Some chemical additives are not routinely eliminated, but products containing them are marked in the *Foodlist & Shopping Guide*, so that they can be avoided at the start of the diet or later if necessary. They are: Calcium Propionate (CP), Corn Syrup (CS), Sulfite (SF), Sodium Benzoate (SB), Monosodium Glutamate (MSG/HVP), Nitrites/Nitrates (N), and Natural Smoke Flavor (SM).