



In these studies, the researchers put the children on an additive-free diet similar to the Feingold Diet. As you can see above, they found that a high percentage of children improved. Later, each researcher gave the children an additive or group of additives in a double-blind test. The results varied, depending upon the type and amount of challenge material.

- ❖ **The amount of food dyes recommended** by the Nutrition Foundation for researchers to use in their studies *per person per day* **27 mg**
- ❖ **Average amount of food dyes actually consumed**, according to the National Academy of Sciences in 1977 *per person per day*..... **327 mg**

This 327 mg does not take into account today’s blue soda, colored applesauce, fluorescent cereals, striped toothpaste, and other such questionable inventions. One must assume today’s rate is higher, especially for children, to whom many of these “fun foods” are marketed. **No studies have been done proving that 300 mg or more of food coloring are neurologically safe for children.**

Who was the Nutrition Foundation? It was a trade industry organization, now called the International Life Sciences Institute (ILSI). In 1977, the Nutrition Foundation members included representatives from:

- Hoffmann-LaRoche, Inc. – *pharmaceuticals*
- Fritzsche-D & O, Inc. – *artificial flavors*
- Stange Company – *artificial colors & flavors*
- Florasynth, Inc. – *artificial flavors*
- Kohnstamm & Co. – *artificial colors & flavors*
- PFW, Inc. – *artificial flavors*
- Monell Chemical Senses Ctr – *artificial flavors*
- ICI Americas, Inc. – *dyes, pesticides, petrochemicals*
- Ajinomoto Company, Inc. – *MSG*
- Griffith Laboratories – *nitrites*
- The Coca-Cola Company
- CPC North America – *corn syrup*
- Amstar Corporation – *sugar*
- Revere Sugar Corporation – *sugar*