

Food Additives Harm Kids

Public Comment to the Sonoma Valley Unified School District by Lauren Ayers, 1-11-11

Hello Educators and Parents,

I continue to show up at Public Comment because, when it comes to public education in Sonoma Valley, "the buck stops here," no matter how few actual bucks you have to work with. I share how students can be healthier and more successful academically in the expectation that if it makes sense, and if it actually saves money, then you will welcome the info and put it into action.

Tonight I'll talk about food additives. *Our children are exposed to approximately 10,000 chemicals added to food.* Prior to the 1950's, the coloring of the nation's food supply was a simple process and government oversight was minimal. For example, pale red colors could be achieved from beets, green from chlorophyll, yellow and orange from various plants and spices. However, after WWII, the chemical industry grew rapidly. <http://www.chem-tox.com/pregnancy/artificial.htm>

Safety tests of the new chemicals were based on how much was needed to kill 50% of the animals. Also, what is now known as "behavioral toxicology" was not taken into account. Even today, neither the FDA nor the EPA require detailed testing of how chemicals affect neurological processes. <http://www.chem-tox.com/pregnancy/artificial.htm>

Several researchers, Dr. Ben Feingold being the best known, said that some children show dramatic improvements in attention deficit and hyperactivity behaviors after removing the artificial components from the diet. Unfortunately, research to test the diet-behavior connection didn't back up Dr. Feingold, but this research was later criticized because the research removed only one artificial item from the children's diet, while ADD/Hyperactive children are exposed to many synthetic compounds in their daily meals.

<http://www.chem-tox.com/pregnancy/artificial.htm>

More recently, Dr. Bennett Shaywitz at Yale University, Department of Pediatric Neurology, used a mixture of 5 dyes including blue, green, red, yellow and orange, because this is closer to what a child gets in the real world on a daily basis. They found that the more additives, the greater the hyperactivity, and the worse their academic results.

<http://onlinelibrary.wiley.com/doi/10.1002/dev.420150403/abstract>

The staff at Barnabas School in Worcestershire, England conducted a two-week trial banning 27 food additives and noticed a marked improvement in student behavior and concentration levels.

http://www.familymagazinegroup.com/foodnutrition/story_The+Change+in+Diet+That+Improves+Your+Child%27s+Behavior.html

Also, 30% of parents reported that their children behaved better during the trial and 18% noticed their children slept better. As a result, the school decided to ban all additives from school meals.

http://news.bbc.co.uk/2/hi/uk_news/england/2497133.stm

In New South Wales, Australia, Palmers Island Primary School provided additive-free breakfasts to students and sent home booklets with suggestions for lunch and dinner, with the result that pupils became less aggressive and more cooperative. Principal Andrew Bennett noticed improvements in three to four days, saying, "We found that normally difficult children created much less of a disturbance." Families also

became more harmonious and there was less fighting among siblings.

<http://www.fedupwithfoodadditives.info/factsheets/Factsuccess1.htm>

And another recent report from Australia found that children in daycare who eat highly processed foods are more likely to bully and injure others on the playground.

http://www.associatedcontent.com/article/207888/artificial_food_additives_linked_to.html?cat=5

In Montana, Kim Anderson, principal of Whitefish Middle School, noticed a "tremendous change" in student behavior after additive-filled candy and soda were removed from the cafeteria and vending machines. He found a 75% decline in misbehavior since the new food program began. Teachers also reported that students were more attentive after lunch, resulting in 10 to 15% additional teaching time.

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Cornell Medical Center researchers reported that 73 percent of children diagnosed with ADHD responded well to a diet eliminating artificial food colors and certain foods. The authors concluded, "In summary, this double-blind, placebo controlled food challenge study supports the role of dietary factors in ADHD."

http://www.cspinet.org/new/adhd_resch_bk02.pdf

In 2006, at the University of Liverpool, nerve cells in test animals exposed to combinations of additives, in the amount found in typical snacks, experienced stunted growth and disrupted signaling. The tested ingredients included monosodium glutamate (MSG), aspartame (Equal, NutraSweet), and artificial colorings.

<http://houstongreenscene.org/phpbbforum/viewtopic.php?f=27&t=19>

When 803 New York City public schools eliminated certain artificial colors, flavors, and preservatives from their breakfast and lunch programs in a four-year California State University study by Stephen J. Schoenthaler, the students' scores on the California Achievement Test increased from the 39th to the 55th percentile—a rise of almost 16 percent.

<file:///C:/Users/Lauren/Downloads/Stephen%20Schoenthaler%27s%20low%20food%20additive%20diet%20in%20803%20NYC%20schools.html>

Clearly, the 10,000 chemicals are not well tested. The Precautionary Principle should be the rule, namely that these chemicals are "guilty until proven innocent" rather than legal until proven toxic. Wouldn't it be better to get rid of these unnecessary chemicals now, than to get proof in five or ten years that they are harmful and wish you had?