

The Feingold Association is pleased to send you this information from the American Academy of Pediatrics. It describes a new study in the August issue of their journal.

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American Academy  
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## American Academy of Pediatrics Says Some Common Food Additives May Pose Health Risks to Children.

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7/23/2018 New report calls for stronger federal food safety requirements and outlines ways families can limit exposure to chemicals used to process, package and preserve everyday foods that aren't adequately proven safe.

Itasca, IL — With growing evidence that some chemicals found in food colorings, preservatives, and packaging materials may harm children's health, a new American Academy of Pediatrics (AAP) policy statement calls for urgently needed reforms to the U.S. food additive regulatory process. According to the statement in the August 2018 *Pediatrics*, "Food Additives and Child Health" (published online July 23), some currently allowed chemicals may best be avoided— especially for children.

Concerning the additives addressed on the Feingold Diet the AAP wrote:

Artificial food colors, common in children's food products, may be associated with worsened attention-deficit/hyperactivity disorder (ADHD) symptoms. Studies cited in the report found a significant number of children who cut out synthetic food colorings from their diets showed decreased ADHD symptoms.

### Note from the Feingold Association.

Along with food colorings and preservatives, the article lists these chemicals of concern: Bisphenols, Phthalates, Perfluoroalkyl chemicals (PFCs), Perchlorate, Nitrates/Nitrites.

The full press release is found at: <https://www.aap.org/en-us/about-the-aap/aap-press-room/pages/AAP-Says-Some-Common-Food-Additives-May-Pose-Health-Risks-to-Children.aspx>