



To eat or not to eat?

Parents who think their children are not affected by food additives may need to look again warns food intolerance expert Sue Dengate, who will speak at 15 locations in Australia in August-September 2011.

“Additive free trials in schools have shown more children are affected than we previously thought”, says Sue Dengate of the Food Intolerance Network. “Effects of additives build up slowly, so parents don’t realize their children have been affected until they see an improvement when the child avoids additives”.

Parents also have to know how to read labels. One father was upset that he had been deliberately buying products with BHA 320 because ‘antioxidants are good for you’, not realizing the difference between natural and synthetic antioxidants.

“Looking for numbers is not enough”, says Sue. “Parents often assume that foods without numbers are safe, but the latest food industry trend is to hide additives as ingredients instead of declaring them on the label. For example, bread preservatives can be listed as cultured dextrose and MSG can be hidden in ingredients such as yeast extract.”

Sue is author of the best-selling Fed Up series about reducing food chemicals for calm, happy families and co-author of a double-blind 2002 study on bread preservatives.

Her talk will cover behaviours such as oppositional defiance, arguments, tantrums, difficulty falling asleep, frequent night waking, depression, unexplained tiredness, difficulty concentrating and also physical symptoms like headaches, stomach aches, itchy rashes, bedwetting, sneaky poos, sticky poos and asthma.

Everyone who attends will get a science-based understanding of the effects of food and additives on their children’s health, behaviour and learning and a free magnifying card with numbers and names of additives to avoid.

"If your child is oppositional, demanding, easily annoyed, defiant, argumentative, can't concentrate on reading or homework, is easily distracted, restless, makes silly noises or has difficulty settling down to sleep, think food," Sue says.

Details of the talks are at www.fedup.com.au/information/support/fedup-roadshow-talks.

Media photos and this media release www.fedup.com.au under About us
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