



When 'natural' means trouble

Parents who think 'all natural' foods are good for children's behaviour may need to know more about food labels, warns a leading additive campaigner and researcher.

"Some parents assume they no longer have to worry about additives because artificial colours and MSG have been removed from major supermarket brands", says Sue Dengate of the Food Intolerance Network. "This is wrong because some 'natural' additives and ingredients can cause big problems too."

Parents need to know which additives to avoid. Natural colour annatto 160b has been linked to a wide range of problems including tantrums and headbanging in young children and there are 'natural' substitutes for MSG including hydrolysed vegetable protein or yeast extract that can affect consumers. As well, some children are affected by concentrated natural flavourings such as tomato, mushroom or cheese powder.

"Effects of additives are not obvious," says Sue. "Reactions build up slowly, so most parents don't realize their children are affected. It is only when the family avoids additives for a few weeks that parents are amazed to see that their children are calmer, happier, sleeping better and doing better at school".

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, anxiety, 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.

See details of all talks and buy tickets online at www.fedup.com.au

To contact talk organizers see <http://fedup.com.au/information/support/fedup-roadshow-talks>
Media photos and this media release <http://fedup.com.au/media-resources>
About Sue Dengate <http://fedup.com.au/about-us-2>
Contact Sue Dengate 0408 801 490 confoodnet3@ozemail.com.au
Food additives of concern <http://fedup.com.au/images/stories/nastyadditive%20page.pdf>
Fedup Roadshow 2012 talks itinerary NEXT PAGE:

Fedup Roadshow 2012 itinerary:

Urunga NSW Thursday 10 May
Kingaroy QLD Saturday 12 May
Rockhampton QLD Monday 14 May
Hervey Bay QLD Tuesday 15 May
Maroochydore QLD Wednesday 16 May
Brisbane (Beenleigh) QLD Thursday 17 May
Macksville NSW Monday 21 May
Orange NSW Wednesday 23 May
Sydney (Eastwood) NSW Thursday 24 May
Wollongong NSW Monday 28 May
Canberra ACT Tuesday 29 May
Albury NSW Wednesday 30 May
Melbourne (Vermont South) VIC 6 June
Melbourne (Essendon) VIC Thursday 7 June
Victor Harbour SA Tuesday 12 June
Adelaide SA Wednesday 13 June
Perth (Willetton) WA Monday 18 June
Perth (Claremont) WA Tuesday 19 June
Bunbury WA Wednesday 20 June