



When 'healthy' isn't

Parents who think 'healthy' foods are better for children's health and behaviour may need to know more about food labels, warns leading additive campaigner and researcher Sue Dengate who is speaking at 11 locations between Brisbane and Melbourne in August.

"More than 80% of people want to avoid additives, but which ones cause problems and how are they hidden in foods today?" asked Dengate. "Parents really need to know what to look for."

There's a yellow tide of natural colour annatto 160b coming into our food, but it has been linked to a wide range of problems including headaches, tantrums and headbanging in young children. Adults can be affected too.

Up to 129 'natural' substitutes for MSG are also hidden in foods and can affect consumers of all ages.

The bread preservative 282 is increasingly disguised as 'cultured dextrose' or 'cultured' anything in breads and wraps even though it can cause irritability, fatigue or insomnia in children and adults.

"Reactions to additives build up slowly, so most parents don't realize they or their children are affected," says Dengate. "When the family avoids additives for a few weeks parents are amazed to see their children calmer, happier, sleeping better and doing better at school – and they themselves often feel better too".

Some people can even be affected by natural food chemicals in healthy foods like berries or tomato-based sauces.

Sue Dengate is author of the best-selling Fed Up series about reducing food chemicals for calm, happy families. Booking details for talks are under Quicklinks at www.fedup.com.au

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 anyone in the family is forgetful, easily distracted, oppositional, demanding, easily annoyed, defiant, argumentative, restless, depressed or anxious – perhaps with self harm or suicidal thoughts, suffers from insomnia or unexplained tiredness or from physical symptoms like headaches, stomach aches, itchy rashes, bedwetting, sneaky poos, sticky poos, joint pains, arthritis and asthma, think food," she says.

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