

SCHOOL FOOD TRIALS TO REMOVE FOOD ADDITIVES

From 1979-1983 1 million children in NY City in 803 schools were fed meals without artificial colors, flavors and preservatives and reduced refined sugar. This resulted in a **16-41% increase in national test scores**. (1. p. 44) (2, p. 25)

Whitefish Central School in Montana began only offering low-additive drinks, meals and snacks. There was a **75% drop in behavioral problems** AND students were more attentive after lunch. (2, p. 25)

Central Alternative High School in Wisconsin started an additive-free school lunch program and the principal found that instead of previous high dropout rates, drug use, suicides and expulsions, there were **“zero” problems to report in the next annual report** to the state. (2, p. 25)

In Cheshire, England the Dingle School fed additive-free food at school **AND** at home. 57% of parents reported overall improvement in their children’s behavior and 56% reported improved sleep patterns and cooperation. (2, p. 25)

The Barnabas School in Worcestershire, England banned 27 food additives. **After only two weeks** there was a marked improvement in student behavior and concentration. 30% of parents reported their children were better behaved. (2, p. 26)

Palmers Island Primary School in New South Wales, Australia provided additive-free breakfasts to students and sent home booklets with suggestions for meals at home. Pupils became less aggressive and more cooperative. The **changes started after 3-4 days!** Families also became more harmonious and there was less fighting among siblings. (2, p. 26)

A 2007 Lancet study showed synthetic food dyes increased hyperactive behaviors (inattention, impulsivity, and overactivity) in children. They predicted that banning these additives could decrease the number of children with ADHD-type behavior by 30%. (2, p. 26)

The European Union requires warning labels on most foods containing food colorings stating that these foods “may have an adverse effect on activity and attention in children”. (2. P. 26)

Sources

- 1) **“ADD: Is it Over-Diagnosed?”**, article by Jane Sheppard, Well Being Journal, May/June 2012, pp. 40-45.
- 2) **“Food Additives, Attention and Behavior”**, article by Jane Hersey, Well Being Journal, September/October 2011, pp. 24-26.