

Media Release August 2010

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## Fed up with food labels?

From July 2010 artificially coloured foods in Europe must carry a warning about effects on activity and attention in children, but in Australia it is left up to parents to protect their children.

“For parents struggling to understand food labels, a new magnifying wallet card can help,” says author Sue Dengate.

“As well as listing harmful food additives by name and number, it will help to identify hidden additives in products that seem to be ‘all natural’.”

**(SEE NEXT PAGE FOR DETAILS TO INSERT HERE!!!!)**

Everyone who attends will get a free label reader and a science-based understanding of the effects of food and additives on their children’s health, behaviour and learning.

Sue Dengate 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.

Parents are often surprised to find that certain fruit and vegetables - such as berries, citrus and tomatoes - can cause a range of problems in some children.

"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.

Other conditions that can be associated with food include asthma, bedwetting, sneaky poos, constipation, headaches and migraines, stomach aches and itchy rashes.

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To contact talk organizer, see <http://www.fedupwithfoodadditives.info/support/talks.htm>

Media photos and this media release [www.fedup.com.au/biodata.htm](http://www.fedup.com.au/biodata.htm)

Contact Sue Dengate 0408 801 490 [confoodnet3@ozemail.com.au](mailto:confoodnet3@ozemail.com.au)

## **Toowoomba**

Sue Dengate is speaking in Toowoomba on Tuesday 3 August at 7.00pm at Mt Lofty Assembly Hall, cnr North and Stuart Streets, as part of her Fed Up Roadshow of 20 talks in six states. For more information contact Tammy 0403 770 688.

## **Brisbane**

Sue Dengate is speaking in Brisbane on Wednesday 4 August at 7.00pm at Mansfield Tavern, cnr Wecker Rd and Luprena St, Mansfield, as part of her Fed Up Roadshow of 20 talks in six states. For more information contact Anne 07 3216 8742.

## **Bingara**

Sue Dengate is speaking in Bingara on Thursday 5 August 7.00pm at the Roxy Theatre, 74 Maitland St, as part of her Fed Up Roadshow of 20 talks in six states. For more information contact Tanya 0428 241 333.

## **Inverell**

Sue Dengate is speaking in Inverell on Monday 9 August at 5.30pm at Kindamindi Preschool, 30-34 Campbell St, as part of her Fed Up Roadshow of 20 talks in six states. For more information contact Jan at 6722 4038.

## **Gunnedah**

Sue Dengate is speaking in Gunnedah on Tuesday 10 August at 7.00pm at Gunnedah Services and Bowling Club, 313 Conadilly St, as part of her Fed Up Roadshow of 20 talks in six states. For more information contact Kerrie 0434 673 490

## **Newcastle**

Sue Dengate is speaking in Newcastle on 11 August at 7.00pm at the Club Macquarie (Auditorium), 458 Lake Rd, as part of her Fed Up Roadshow of 20 talks in six states. For more information contact Lenora on 02 4954 4717.

## **Sydney**

Sue Dengate is speaking in Castle Hill on Thursday 12 August at 7.00pm at the Castle Hill Community Centre, cnr Castle and Pennant Streets, as part of her Fed Up Roadshow of 20 talks in six states. For more details call 02 9761 4510.

## **Canberra**

Sue Dengate is speaking in Canberra on Monday 16 August at 7.00pm at Fadden Primary School Hall, Hanlon Crescent, Fadden as part of her Fed Up Roadshow of 20 talks in six states. For more information contact Sheryl 0408 633 621.

## **Yass**

Sue Dengate is speaking in Yass on 17 August at 7.00pm at the Yass Soldiers Club, Meehan St, as part of her Fed Up Roadshow of 20 talks in six states. For more information phone Skye 0419 014 694.

## **Wagga Wagga**

Sue Dengate is speaking in Wagga Wagga on Wednesday 18 August at 7.30 at the Wagga Wagga Commercial Club, 77 Gurwood Street, as part of her Fed Up Roadshow of 20 talks in six states. For more details contact the school Office on 02 6925 1870.

## **Albury/Wodonga**

Sue Dengate is speaking in Albury/Wodonga on Thursday 19 August at 7.00-9.00pm at the Commercial Club, Dean St, Albury as part of her Fed Up Roadshow of 20 talks in six states. For more information contact Coinda Family Support Group Inc at 02 6056 4844.

## **Launceston**

Sue Dengate is speaking in Launceston on Wednesday 25 August at 7.00pm at Playgroup Tasmania, 35 Holbrook St, as part of her Fed Up Roadshow of 20 talks in six states. For more information ring 03 6331 6599.

## **Hobart**

Sue Dengate is speaking in Hobart on Thursday 26 August at 7.00pm at Kingston High School, Channel Hwy, Kingston as part of her Fed Up Roadshow of 20 talks in six states. For more information contact the school office 03 6229 4388.

## **Burnie**

Sue Dengate is speaking in Burnie on Monday 30 August at 7.00pm at Parklands High School, Atkins Drive, Burnie as part of her Fed Up Roadshow of 20 talks in six states. For more information contact Debra 03 6435 7291.

## **Melbourne**

Sue Dengate is speaking in Melbourne on Thursday 2 September at 7.00pm at Beaconsfield Neighbourhood Centre, 8 O'Neil Rd, Beaconsfield, as part of her Fed Up Roadshow of 20 talks in six states. Contact 03 8768 4400 for more information.

## **Millicent**

Sue Dengate is speaking in Millicent on Monday 6 September at 7.00pm at Millicent Civic & Arts Centre, Ridge Terrace, as part of her Fed Up Roadshow of 20 talks in six states. For more information contact Mardi at 0427 334 450.

## **Adelaide**

Sue Dengate is speaking in Adelaide on Tuesday 7 September at 7.00pm at Concordia College Chapel, 45 Cheltenham Street Highgate as part of her Fed Up Roadshow of 20 talks in six states. For more information contact Bronwyn 08 8299 9208.

## **Whyalla**

Sue Dengate is speaking in Whyalla on Wednesday 8 September at 7.00pm at Bunyarra Centre 157 Nicolson Ave, Whyalla Norrie as part of her Fed Up Roadshow of 20 talks in six states. Tickets will be for sale through school and kindergarten's, from Cath Wood 0419 854 714, Deb Bradley 0448 546 842 or from the front desk of the Eyre and Western Regional Office, Whyalla.TBA

## **Port Lincoln**

Sue Dengate is speaking in Port Lincoln on Thursday 9 September at 7.00pm at Ravendale Community Sports Centre, 40 Stamford Tce, as part of her Fed Up Roadshow of 20 talks in six states. For more information contact Liz 0417 868 623.

## **Mildura**

Sue Dengate is speaking in Mildura on Tuesday 14 September at 7.00-9.00pm at Settlers Function Centre, 110-114 Eighth Street, as part of her Fed Up Roadshow of 20 talks in six states. For more information contact Monica at 0400 899 706.