

FIHRI

Food Ingredient & Health
Research Institute



Where Western Diet
-> Western Disease

SUMMER 2025 NEWSLETTER

FIHRI MISSION

The mission of the non-profit Food Ingredient and Health Research Institute (FIHRI) is to eliminate harmful contaminants in food through research and consumer education.



FIHRI BOARD OF DIRECTORS

- Yolanda Whyte, MD (GA)
- Janice Camp, PhD (WA)
- Amanda Hitt, JD (DC)
- Leah Woodke, PhD (ND)
- Skip Kingston, PhD (PA)
- Zara Berg, PhD (MT)
- Ted Levine, Actor (UT)
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- Roseanne Schnoll, PhD (NY)
- Matt Pamuku (CA)
- Jacqui Macy (CA)
- Renee Dufault, DHEd (HI)

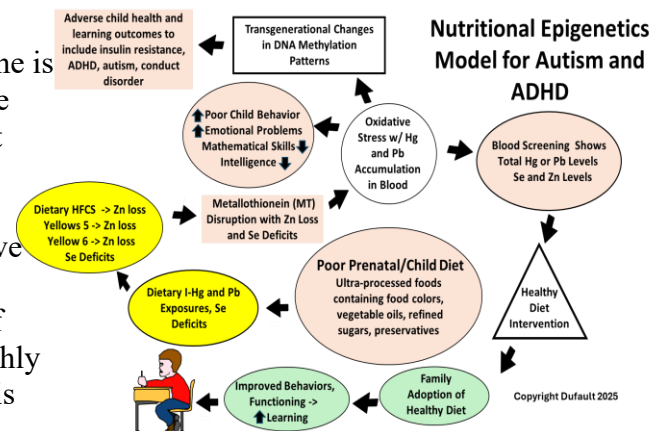


A Personal note from the Founding Executive Director's Desk!

There is sad news to report this year as our dear friend and President of FIHRI, Dr. Steven Gilbert, has experienced a major decline in health. He has struggled for many years with Parkinson's Disease and is no longer able to lead our Board of Directors. Words cannot express the depth of sorrow of losing Steve as a mentor, friend, collaborator, and leader of FIHRI. He has been with FIHRI since the beginning of our incorporation in 2010 and with me as a collaborator, mentor and friend since 2006 at the FDA. In his stead, his dear wife, Janice Camp, has agreed to sit in for Steve and continue his legacy as a staunch supporter of FIHRI and the precautionary principle. Thank you, Janice, for your commitment to sit on FIHRI's Board and provide the public health and industrial hygiene perspective that we continue to need. Now retired from teaching at the UW School of Public Health, Janice has worked for decades in occupational health nursing and industrial hygiene. The picture above shows Janice, Steve and me during our precious visit in 2024.

Nutritional Epigenetics and Adverse Birth Outcomes

The nutritional epigenetics discipline is gaining steam as more people in the world understand how prenatal diet impacts gene behavior. With each passing year there are more articles published about the role of excessive prenatal ultra processed food consumption in the development of neurodevelopmental disorders. Highly recommend reading the paper at this link: [Horner et al. \(2025\)!!](#)



New Publications in 2023, 2024, and 2025 and Conference Presentations

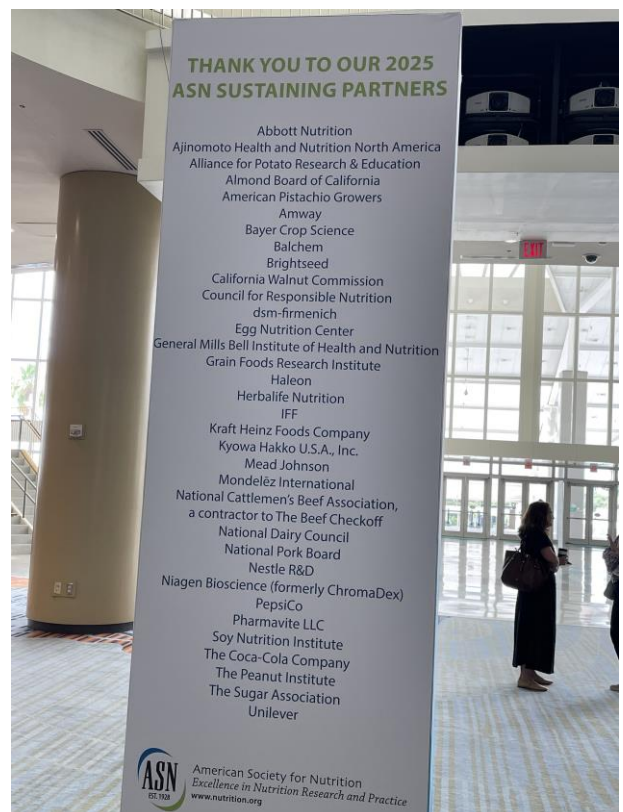
During the fall of 2023, Renee traveled to the United Kingdom to present at the 5th Edition of the Euro-Global Conference on Pediatrics and Neonatology. The presentation was about the 2023 publication titled, [Higher rates of autism and attention deficit/disorder in American children: Are food quality issues impacting epigenetic inheritance?](#) Renee presented virtually for the same conference in 2024 on the 2024 publication titled, [Nutritional epigenetics education improves diet and attitude of parents of children with autism and attention deficit/hyperactivity disorder.](#)



During the Spring of 2024, Renee traveled to Cuenca, Ecuador to deliver a presentation at the [Universidad del Azuay](#). The presentation was titled; *The role dietary heavy metals play in the epigenetic inheritance of autism and ADHD*. In the city of Cuenca, twenty percent (20%) of elementary school children are diagnosed with ADHD. There are no air quality regulations and lead (Pb) in particulate matter is measured by the university environmental department. Lead residues are routinely found on vegetables grown within and in the surrounding areas of the city. The grocery stores sell many food products containing petroleum-based food colors with the allowable 10 ppm lead.

In early June 2025, Renee was asked to travel to

Orlando to give a presentation titled, *Applied nutritional epigenetics: Exploring the role of diet in exacerbating or mitigating lead toxicity*. She has been serving as co-chair of ASN's Nutrient-Gene-Interactions RIS over the last two years. Attending the conference was beneficial for two reasons. 1. We now have the literature review and topic for the 2026 article. 2. We now understand the depth of the corruption and influence of the food industry on American dietary guidelines which are established in collaboration with the American Society of Nutrition (ASN). In the picture to the right, the ASN Sustaining Partners are listed and include, among them, the following ultra-processed food manufacturers: Bayer Crop Science, Abbott Nutrition, Amway, General Mills, Herbalife Nutrition, Kraft Heinz Foods Company, Mead Johnson, Nestle R&D, PepsiCo, The Coca-Cola Company, Unilever and Pharma Vite LLC. Renee will be writing about her experience at the ASN conference and her scathing findings in terms of child health and development in a blog post on her personal website.



2025 WORLD PEDIATRICS CONFERENCE
SINGAPORE | OCTOBER 10-11, 2025

Honorable Keynote Speaker & OCM

Dr. Renee J Dufault
Department of Research, Food Ingredient and Health Research Institute, Naalehu, HI, USA

Talk on
"The Role Dietary Heavy Metals Play in the Epigenetic Inheritance of Autism and Attention Deficit/Hyperactivity Disorder (ADHD)"

WEBSITE: [HTTPS://PEDIATRICS.EPISIRUS.ORG/](https://pediatrics.episirus.org/)

In October 2025, Renee will be traveling to Singapore to present the keynote address at the World Pediatrics Conference sponsored by several different pediatric societies and healthcare organizations across the world. It seems the pediatricians are on board with our mission and truly do understand that the world's children are in crisis. Speaking of savvy pediatricians, our newest director on the FIHRI Board of Directors is Dr. Yolanda Whyte, MD. Welcome to the

fold Yolanda!! Thank you so much for your advocacy work and joining the FIHRI team! You get it!! Yolanda and I connected on LinkedIn. It turns out she sat on EPA's Children's Health Protection Advisory Committee and has received the EPA Children's Environmental Health Hero Award. Like all of us, Yolanda is also committed to improving childbirth and health outcomes!!

Donations

The good news is we continue to have a generous funder. For six years, we have received funding support from Jillian Hishaw, Esq., an attorney and book author. Without her support, we would not be able to change the narrative. We are helping people all over the world understand the role unhealthy and poor diet play in changing DNA methylation patterns across generations. We are successfully pushing the narrative of nutritional epigenetics. The evidence-based science indicates a prenatal diet high in ultra-processed foods with exposures to harmful contaminants is definitively linked to the development of autism and ADHD in children. Thank you, Jillian Hishaw, Esq., Founder & Director of F.A.R.M.S., for your continued support!

FIHRI
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F.A.R.M.S.
Family Agriculture Research Management Services

Our six year FIHRI partnership and financial support of Dr. Renee Dufault work has led to her research on epigenetics, food additives as it related to autism being presented and supported through partnership with universities and international orgs in El Salvador, United Kingdom and the U.S. ! To learn more visit <https://foodingredientsafety.org>

FIHRI Services :

- ✓ Epigenetic Research
- ✓ Education on Autism & Food Disorders
- ✓ Training and Education Programs

Experience the Future of Farming

For More Information www.30000acres.org

Newest Publication (June 2025)!

[Biomarkers for tracking metabolic changes pre-post nutritional epigenetics diet/intervention to prevent autism and attention deficit/hyperactivity disorders in children](#)

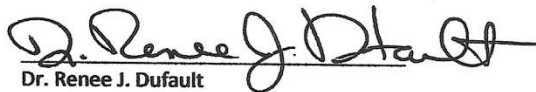
To support FIHRI's education and research efforts, please donate today by selecting DONATE button.
<https://foodingredientsafety.org/>



FOOD INGREDIENT AND HEALTH RESEARCH INSTITUTE
ANNUAL FINANCIAL STATEMENT – TWO YEARS
October 1, 2023 – September 30, 2024

| | | |
|---|----------------|-----------------|
| ASSETS | <u>2023</u> | <u>2024</u> |
| | None | None |
| LIABILITIES | None | None |
| TOTAL ASSETS AND LIABILITIES | \$0.00 | \$0.00 |
| REVENUES | | |
| Donations | \$6,468.84 | \$6,999.65 |
| (\$6,000 from F.A.R.M.S. in 2024) | | |
| Grants | \$0.00 | \$0.00 |
| EXPENSES | | |
| Office supplies (Office Max, US Post Office) | \$1,109.41 | \$743.15 |
| Website/Technology (Network Solutions, Go Daddy) | \$742.59 | \$447.29 |
| Research Related (Nature, Springer article fees,) | | |
| Abstract submission fee) | \$200.33 | \$451.86 |
| Marketing (Research Features, FB ads, Submit for | | |
| Wikipedia page) | \$3,038.16 | \$1,745.34 |
| Fiscal Sponsorship Payments (VFFF)/HCF grant | | |
| residuals) | \$1,000.00 | \$0.00 |
| Association Membership Fees (ASN, APHA, Academia) | \$409.00 | \$0.00 |
| Travel for Dr. D (one conference, one meeting) | \$2,501.66 | \$2,886.97 |
| NET REVENUES END OF YEAR | \$13.47 | \$711.57 |

All checking account statements and receipts are available for auditing purposes. This financial statement was prepared by the Executive Director who attests and certifies its accuracy.



Dr. Renee J. Dufault
Executive Director

Food Ingredient and Health Research Institute

10/27/24
Date

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