

## Top 10 Food Additives to Avoid

Additive	Known as	Used in	Reasons to avoid
Aspartame	E951	So-called "diet" or "sugar free" products (including diet coke, coke zero), jello, desserts, sugar free gum, drink mixes, table top sweeteners, cereal, breath-mints, puddings, kool-aid, ice tea, chewable vitamins, toothpaste, cough syrup	Aspartame is not your friend. Aspartame is a neurotoxin and carcinogen. Known to erode intelligence and affect short-term memory, the components of this toxic sweetener may lead to a wide variety of ailments including brain tumor, diseases like lymphoma, diabetes, multiple sclerosis, Parkinson's, Alzheimer's, fibromyalgia, chronic fatigue, depression and anxiety attacks, dizziness, headaches, nausea, mental confusion and seizures.
High Fructose Corn Syrup	HFCS	most processed foods, breads, candy, flavored yogurts, salad dressings, canned vegetables, cereals	High fructose corn syrup (HFCS) is a highly-refined artificial sweetener which has become the number one source of calories in America. HFCS packs on the pounds faster than any other ingredient, increases your LDL ("bad") cholesterol levels, and contributes to the development of obesity and diabetes.
Monosodium Glutamate	MSG / E621	Chinese food, potato chips, many snacks, chips, cookies, seasonings, most Campbell Soup products, frozen dinners, lunch meats	MSG is used as a flavor enhancer but also effects the neurological pathways of the brain and disengages the "I'm full" function which results, for many, in weight gain. MSG is an excito-toxin, and regular consumption may result in depression, disorientation, eye damage, fatigue, headaches, and obesity.
Trans Fat	Partially hydrogenated vegetable oils	margarine, chips and crackers, baked goods, fast foods	Trans fat increases LDL cholesterol levels while decreasing HDL ("good") cholesterol, increases the risk of heart attacks, heart disease and strokes, and contributes to increased inflammation, diabetes and other health problems.
Food Dyes Blue #1 & Blue #2 Red #3 & Red #40 Yellow #6 & Yellow Tartrazine	E133 E124 E110 E102	fruit cocktail, maraschino cherries, cherry pie mix, ice cream, candy, bakery products, American cheese, macaroni and cheese	Artificial colorings, may contribute to behavioral problems like ADD and ADHD in children and lead to a significant reduction in IQ. Animal studies have linked other food colorings to cancer.
Sodium Sulphite	E221	wine and dried fruit	According to the FDA, approximately one in 100 people are sensitive to sulphites in food. Individuals who are sulfite sensitive may experience asthma, headaches, breathing problems and rashes.
Sodium Nitrate/Sodium Nitrite	E250	hotdogs, bacon, ham, luncheon meat, cured meats, corned beef, smoked fish or any other type of processed meat	Sodium Nitrate is the chemical that turns meats bright red but it's highly carcinogenic once it enters the human digestive system. There, it forms a variety of nitrosamine compounds that enter the bloodstream and wreak havoc with a number of internal organs: the liver and pancreas in particular. This toxic chemical is linked to many cancers.
BHA and BHT	E320	used as a preservative in potato chips, gum, cereal, frozen sausages, enriched rice, lard, shortening, candy, jello	This common preservative keeps foods from changing color, changing flavor or becoming rancid. Effects the neurological system of the brain, alters behavior and has potential to cause cancer. BHA and BHT are oxidants which form cancer-causing reactive compounds in your body.
Sulphur Dioxide	E220	used as a preservative in beers, soft drinks, dried fruit, juices, cordials, wine, vinegar, and potato products	Sulphur additives are toxic. Adverse reactions include: bronchial problems, asthma, hypotension, flushing tingling sensations or anaphylactic shock. It destroys vitamins B1 and E in the body. Not recommended for consumption by children.
Potassium Bromate	E924	used to increase volume in bread and bread-rolls	Potassium bromate is known to cause cancer in animals. Even small amounts in bread can create problems for humans.