

Aspartame

E951

Used in:

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.

Reasons to avoid:

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

Used in:

Most processed foods, breads, candy, flavored yogurts, salad dressings, canned vegetables, cereals.

Reasons to avoid:

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

Used in:

Chinese food, potato chips, many snacks, chips, cookies, seasonings, most Campbell Soup products, frozen dinners, lunch meats.

Reasons to avoid:

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.

Food Dyes

Blue #1 & Blue #2 Red #3 & Red #40 Yellow #6 & Yellow Tartrazine

E133 E124 E110 E102

Used in:

Fruit cocktail, maraschino cherries, cherry pie mix, ice cream, candy, bakery products, American cheese, macaroni and cheese.

Reasons to avoid:

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.

TIP: Fold along the dotted line first



TOP 10 FOOD ADDITIVES TO AVOID

Reasons to avoid: Potassium bromate is known to cause cancer in animals. Even small amounts in bread can create problems for humans.

Used in: Used to increase volume in bread and breadrolls.

Potassium Bromate

E924

Reasons to avoid: 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.

Used in: Used as a preservative in potato chips, gum, cereal, frozen sausages, enriched rice, lard, shortening, candy, jello.

BHA & BHT

E320

Reasons to avoid: 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.

Used in: Used as a preservative in beers, soft drinks, dried fruit, juices, cordials, wine, vinegar, and potato products.

Sulphur Dioxide

E220

Reasons to avoid: 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.

Used in: Margarine, chips and crackers, baked goods, fast foods.

Partially hydrogenated vegetable oils.

Trans Fat

Reasons to avoid: 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.

Used in: hotdogs, bacon, ham, luncheon meat, cured meats, corned beef, smoked fish or any other type of processed meat.

Sodium Nitrate

E250 - Sodium Nitrate/Sodium Nitrite

Reasons to avoid: 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.

Used in: Wine and dried fruit.

E211

Sodium Sulphite