CHEMICALLY DELICIOUS

ARE YOUR FAVORITE FOODS SAFE FROM HARMFUL ADDITIVES?

Overall, we'd like to believe any and all foods found in our grocery store have been proven "safe" in some way, shape, or form. We assume the FDA is ensuring the safety of all ingredients in processed food. We also assume that if food additives are found to be dangerous to human health, they will be removed from the shelves, banned in schools, and never reach our food supply. Unfortunately, this is not necessarily the case.

Before our health is even a consideration to the companies at large, their bottom line and "food" production is much more important. I use the word, "food" lightly as many items on the shelves resemble nothing of the, "nutritious substance that people or animals eat or drink or that plants absorb in order to maintain life and growth", which is the definition provided by Oxford Dictionary.

"The reality is that many of the food additives that the FDA deems safe, have not been studied long-term and no one has studied the combinations and cumulative effects of all the food additives we are eating. In fact, the FDA is sometimes not even aware that a new additive has been introduced into our food. That's because new food additives are often approved by the manufacturer themselves, and not by the FDA.

While there are some food additives that the FDA has approved before they hit the shelves, this has proven to be a burdensome process. The FDA claims that so as not to waste government resources, they will just let the manufacturer decide whether an ingredient is safe to eat or not. The food industry has yet to justify the questionable additives they are adding to our food. They also haven't helped us understand why they have voluntarily taken out certain controversial food additives for people in other countries but not us here in the United States.

These food-like substances are made from chemicals that are cheap, provide zero nutritional value and improve the bottom line of food manufacturers. That's why it's important to learn more about what you are eating and where it comes from. To get started, let's take a look at some of your favorite foods. Check the ingredient list on your food to see if it contains any of the additives listed in the "Food Additive Hit List"."

~Vani Hari, FoodBabe.com