
















Common Food Additives

	FOUND IN	SOURCE	NOTES	
artificial coloring (Red 3, Red 40, Yellow 5, Yellow 6, Blue 1, etc)	candies, drinks, condiments, pickles, yogurt, fresh citrus	petroleum	tricks brain to think food has nutrients; known carcinogens; can trigger allergies & hyperactivity	
artif. sweeteners (sucralose, aspartame, saccharin, acesulfame)	"sugar-free" products, gum, drinks	chemically produced	most reported negative side-effects of all food additives; promote weight gain & blood sugar issues	
high fructose corn syrup	baked goods, bread, drinks, candies, ice cream, syrup	corn	a cheap/ideal form of sugar for food production; promotes weight gain, blood sugar issues, & inflammation	
hydrogenated oils (aka trans fat)	baked goods, crackers, chips, margarine	chemically produced	promote inflammation, cardiovascular issues, weight gain, & blood sugar issues	
MSG (monosodium glutamate)	processed & restaurant food, canned soup, Asian food	fermented sugar	enhances umami flavor; can trigger nervous system symptoms (migraines, numbness)	
carrageenan	dairy & gluten free products, nut milks	red seaweed	thicken & blend food products; appears to promote inflammation, gut issues, & glucose intolerance	
processed oils (canola, corn, soy, vegetable, etc)	baked goods, dressings, processed & restaurant food	processed from grains & seeds	often rancid from heating & bleaching during production; promote inflammation & cardiovascular issues	
sodium benzoate	carbonated drinks, juices, condiments, dressings	chemically produced	can trigger hyperactivity; with citric/ascorbic acid it converts to carcinogenic benzene	
sodium nitrite	processed meat	chemically produced	antioxidant to prevent bacterial growth & retain pink color in meat; converts to carcinogenic nitrosamine	
sugar alcohols (xylitol, erythritol, sorbitol, anything that ends in -itol)	"sugar-free" products, gum, drinks	processed plant sugars	promote cravings & blood sugar issues; can cause digestive issues in large amounts	
citric acid	sweetened drinks, candy, jelly, ice cream, canned fruit	<i>Aspergillus niger</i> (black mold)	flavor & preserve food products; can be inflammatory for some people sensitive to mold	
food starch (cornstarch, maltodextrin, corn syrup solids, etc)	baked goods, processed food, dairy & gluten free products	corn, potato, tapioca, wheat	blend & thicken food products; GF unless indicated as wheat starch; can be allergenic for some people	
gums (guar, xanthan, gellan, tara, carob, etc)	dairy & gluten free products, nut milks	soy, corn, wheat; legumes	thicken, blend, & bind food products; feed gut microbes (for better or worse, depending on person)	
lecithin	chocolate, ice cream, baked goods, supplements	soy, sunflower, canola, egg	blends food products; aka as phosphatidylcholine supplement; minimally allergenic if from soy	
yeast extract	cheese products, salty foods, canned soup	yeast	enhances umami flavor; often used in place of MSG; often found in small amounts	
<div> <div>significant concern, reduce at all cost</div> <div>moderate concern, reduce when possible</div> <div>minimal concern, some may need to reduce</div> </div>				