

6'6"
6'4"
6'2"
6'0"
5'10"

FOOD MATTERS®

TOP 12

FOOD

ADDITIVES

TO AVOID



Food additives have been used for centuries to enhance the appearance and flavor of food and prolong shelf life. But do these food additives really “add” any value to your food?

Food additives find their way into our foods to help ease processing, packaging, and storage. But how do we know what food additives is in that box of macaroni and cheese and why does it have such a long shelf life?

A typical American household spends about 90 percent of their food budget on processed foods and in doing so are exposed to a plethora of artificial food additives, many of which can cause dire consequences to your health.

Some food additives are worse than others. Here’s a list of the top food additives to avoid.... Whilst you’re doing your 28 Day Health Challenge, and for good!

ASPARTAME AKA: 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, iced 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, 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 AKA: 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 **AKA: 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.

TRANS FATS **AKA: PARTIALLY HYDROGENATED VEGETABLE OILS**



USED IN:

Margarine, chips and crackers, baked goods, fast foods

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.

FOOD DYES BLUE #1 & BLUE #2 RED #3 & RED #40 YELLOW #6 & YELLOW TARTRAZINE

AKA: 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.

SODIUM SULPHITE AKA: E221



USED IN:

Wine and dried fruit

REASONS TO AVOID:

According to the FDA, approximately one in 100 people are sensitive to sulphites in food. Individuals who are sulphite sensitive may experience asthma, headaches, breathing problems and rashes.

SODIUM NITRATE/SODIUM NITRITE AKA: E250



USED IN:

Hotdogs, bacon, ham, luncheon meat, cured meats, corned beef, smoked fish or any other type of processed meat.

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.

BHA AND BHT AKA: E320



USED IN:

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

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.

POTASSIUM BROMATE **AKA: E924**



USED IN:

Used to increase volume in bread and bread-rolls

REASONS TO AVOID:

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

PROPYL PARABEN **AKA: Check product labels for propyl paraben**



USED IN:

Used as a preservative in foods such as muffins, tortillas and dyes

REASONS TO AVOID:

An endocrine-disrupting chemical that has been shown to decrease sperm counts in rats. May also alter gene expression within breast cancer cells, leading to accelerated cancer growth.

ALUMINUM ADDITIVES **AKA: Additives containing 'aluminum' such as sodium aluminum phosphate or sodium aluminum sulfate**



USED IN:

Main exposure is through processed products containing aluminum

REASONS TO AVOID:

May have neurological effects upon behavioral, motor and learning functions. Has been associated with Alzheimer's disease and other neurodegenerative conditions.

SULPHUR DIOXIDE **AKA: E320**



USED IN:

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

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.