

## Food Ingredients and Artificial Additives to Avoid



### **Food Ingredients to Avoid**

**Sodium nitrate:** Added to processed meats to stop bacterial growth. Linked to cancer in humans.

**Sulfites:** Used to keep prepared foods fresh. Can cause breathing difficulties in those sensitive to the ingredient.

**Azodicarbonamide:** Used in bagels and buns. Can cause asthma.

**Potassium bromate:** Added to breads to increase volume. Linked to cancer in humans.

**Propyl gallate:** Added to fat-containing products. Linked to cancer in humans

**BHA/BHT:** A fat preservative, used in foods to extend shelf life. Linked to cancerous tumor growth.

**Propylene glycol:** Better known as antifreeze. Thickens dairy products and salad dressing. Deemed 'generally' safe by FDA.

**Butane:** Put in chicken nuggets to keep them tasting fresh. A known carcinogen.

### **Artificial Sweeteners to Avoid**

**Saccharin:** Carcinogen found to cause bladder cancer in rats. (Worst Offender)

**Aspartame:** An excitotoxin and thought to be a carcinogen. Can cause dizziness, headaches, blurred vision and stomach problems.

**High fructose corn syrup:** Sweetener made from corn starch. Made from genetically-modified corn. Causes obesity, diabetes, heart problems, arthritis and insulin resistance.

**Sucralose:** Splenda. Can cause swelling of liver and kidneys and a shrinkage of the thymus gland.

**Agave nectar:** Sweetener derived from a cactus. Contains high levels of fructose, which causes insulin resistance, liver disease and inflammation of body tissues.

### **Artificial Food Colorings to Avoid**

**Red #40:** Found in many foods to alter color. All modern food dyes are derived from petroleum. A carcinogen that is linked to cancer in some studies. Also can cause hyperactivity in children. Banned in some European countries. (Worst Offender)

**Blue #1:** Used in bakery products, candy and soft drinks. Can damage chromosomes and lead to cancer.

**Blue #2:** Used in candy and pet food beverages. Can cause brain tumors

**Citrus red #1:** Sprayed on oranges to make them look ripe. Can damage chromosomes and lead to cancer.

**Citrus red #2:** Used to color oranges. Can cause cancer if you eat the peel.

**Green #3:** Used in candy and beverages. May cause bladder tumors.

**Yellow #5:** Used in desserts, candy and baked goods. Thought to cause kidney tumors, according to some studies.