

# NASTY INGREDIENTS & ADDITIVES

Not all food additives are bad. It's up to you know what you're ingesting and generally, it's probably best to avoid ingredients you don't understand. When in doubt, always choose the less processed option. If you can't find an additive-free alternative, do your research by using Google or asking a reputable expert.

ONE

**ADDED SUGARS GENERALLY** The FDA has approved five artificial sweeteners: saccharin, acesulfame, aspartame, neotame, and sucralose. While research is incomplete as to long-term health risks, artificial sweeteners aren't a silver bullet. They're strongly associated with metabolic syndrome, diabetics, and obesity - the very problems they're supposed to solve. **HIGH FRUCTOSE CORN SYRUP IN PARTICULAR** is made up of carbonyl molecules that can cause tissue damage that may lead to obesity, diabetes, and also heart disease.

TWO

**ENRICHED FLOUR:** Like most highly processed foods, enriched flour is devoid of nutrients and more often than not it is also bleached. Since the wheat germ and bran are removed, the body treats it as a refined starch.

THREE

**FOOD DYES (Blue 1, Blue 2, Green 3, Red 3, Red 40, Yellow 5, Yellow 6):** Many colorants approved for use in food are derived from coal tar and could potentially cause cancer. Dyes are often used together with artificial flavourings to simulate—and replace—real fruit, egg, or vegetable ingredients.

FOUR

**BHT (Butylated Hydroxytoluene):** this common additive is used to slow rancidity of oils and prevent oxidation in a wide variety of foods and cosmetics. It may cause liver damage, and is harmful to aquatic organisms.

FIVE

**SALT (AND OTHER SOURCES OF SODIUM):** Because excess sodium can boost blood pressure, contributing to kidney disease, heart attacks, and strokes.

SIX

**HYDROGENATED AND PARTIALLY HYDROGENATED OIL:** The artificial trans fat in this oil is the single most harmful kind of fat, contributing to heart disease. It had been widely used in shortening, margarine, restaurant fryers, and many packaged foods.

SEVEN

**CAFFEINE:** A moderately addictive stimulant drug that is being added to more and more foods and beverages. Fine in small doses, but large doses might cause insomnia, anxiety, and reduced fertility.

EIGHT

**MYCOPROTEIN;** A processed fungus in Quorn-brand imitation meat that can cause severe vomiting, diarrhoea, and even anaphylactic reactions if you have a sensitivity to it.

NINE

**TEXTURED SOY PROTEIN CONCENTRATE, CARRAGEENAN, MALTODEXTRIN, DISODIUM INOSINATE, DISODIUM GUANYLATE, MODIFIED CORNSTARCH:** All of these are basically different names to hide ingredients that either contain Monosodium Glutamate (MSG) or form MSG during processing. Many people have a sensitivity to MSG; if you experience skin rashes, nausea, migraine headaches, heart irregularities, and even seizures then it would obviously be best to avoid.