



HEALTH TIP #12 – FOOD ADDITIVES

“The foods currently lining U.S. supermarket shelves contain hundreds of additives designed to enhance color, texture, flavor, and shelf life... While these substances have been deemed safe by the FDA, some still question their short and long term health effects.” Jodi Rigotta/www.qualityhealth.com

- **Artificial Colors** are chemical compounds made from coal-tar derivatives to enhance color. They are harmful because they are linked to allergic reactions, fatigue, asthma, skin rashes, hyperactivity and headaches.
- **Artificial Flavorings** are cheap chemical mixtures that mimic natural flavors. They are harmful because they are linked to allergic reactions, dermatitis, eczema, hyperactivity and asthma and they can affect enzymes, RNA and thyroid.
- **Artificial Sweeteners (Acesulfame-K, As-partame, Equal®, NutraSweet®, Sac-charin, Sweet'n Low®, Sucralose, Splenda® and Sorbitol)** are highly-processed, chemically-derived, zero-calorie sweeteners found in diet foods and diet products to reduce calories per serving. They are harmful because they can negatively impact metabolism and some have been linked to cancer, headaches, dizziness and hallucinations.
- **Benzoate Preservatives (BHT, BHA, TBHQ)** are compounds that preserve fats and prevent them from becoming rancid. They are harmful because they may result in hyperactivity, angiodema, asthma, rhinitis, dermatitis, tumors and urticaria and they can affect estrogen balance and levels.
- **Brominated Vegetable Oil (BVO)** is a chemical that boosts flavor in many citric-based fruit and soft drinks. It is harmful because it can increase triglycerides and cholesterol and can damage liver, testicles, thyroid, heart and kidneys.
- **High Fructose Corn (HFCS)** is a cheap alternative to cane and beet sugar. It sustains freshness in in baked goods and blends easily in beverages to maintain sweetness. It is harmful because it may predispose the body to turn fructose into fat and it increases risk for type-2 diabetes, coronary heart disease, stroke and cancer and it is not easily metabolized by the liver.
- **MSG ((Monosodium Glutamate)** is a flavor enhancer in restaurant food, salad dressing, chips, frozen entrees, soups and more. It is harmful because it may stimulate appetite and cause headaches, nausea, weakness, wheezing, edema, change in heart rate, burning sensations and difficulty in breathing.
- **Olestra** is an indigestible fat substitute used primarily in foods that are fried and baked. It is harmful because it inhibits absorption of some nutrients and is linked to gastrointestinal disease, diarrhea, gas, cramps, bleeding and incontinence.
- **Shortening, Hydrogenated and Partially Hydrogenated Oils (Palm, Soybean and others)** are industrially created fats used in more than 40,000 food products in the U.S. They are cheaper than most other oils. They are harmful because they contain high levels of trans fats, which raise bad cholesterol and lower good cholesterol, contributing to risk of heart disease.
- **Sodium Nitrite and Nitrate** preserves, colors and flavors cured meats and fish and prevents botulism. It is harmful because it can combine with chemicals in stomach to form nitrosamine — a carcinogen.
- **Potassium Bromate** is an additive used to increase volume in some white flour, breads, and rolls. It is harmful because it is known to cause cancer in animals and is considered possibly carcinogenic to humans. It has been banned in many countries but it still permitted in the U.S. and Japan and is used in some fast food chains.

Suggestion: *Read food labels and choose healthier options.*

Consider making this 'healthy change for a healthier you'!

To Your Health,
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The food you eat can either be
the safest and most powerful
form of medicine or the slowest
form of poison.

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