## **Artificial Flavoring**

## **High Fructose Corn Syrup**

## **Monosodium Glutamate (MSG)**

## **Sodium Benzoate**

## **Benzoic Acid**

## **Potassium Bromate**

## **Sodium Caseinate**

## **BHA (*Butylated Hydroxyanisole*)**

## **Canthaxanthin**

## **Nitrates/Nitrites**

## **Maltodextrin**

## **Olestra**

## **Soy Lecithin**

## **Coloring Additives**

Coloring additives are found in almost every kind of processed food and drink. Artificial food coloring is widely thought to contribute to increased hyperactivity in children. In the 1970’s Red #2 was banned when it was proven to cause cancer in lab rats, followed closely by Orange #1. While Yellow #1, #2, #3 and #4 have been made illegal, Yellow #5 is undergoing tests for links to anxiety, migraines, hyperactivity and cancer. Yellow #6 has caused adrenal tumors in animal testing, and occasional hypersensitivity reactions.

## **Acrylamide**

## **Ammonium Sulfate**

## **Azodicarbonamide (ADA)**

## **Benzene**

## **Butylated Hydroxyanisole (BHA)**

## **Calcium Sulfate**

## **Ethyl Carbamate (Urethane)**

## **Furan**

## **Melamine**

## **Polychlorinated Biphenyl (PCBs)**

## **Perfluorooctanoic Acid (PFOA)**

## **Perchlorate**

## **Propyl Gallate**

## **Silicon Dioxide**

## **Sodium Nitrite**

## **Sodium Stearoyl Lactylate (SSL)**

## **Tert-Butylhydroquinone (TBHQ)**

## **Tartrazine**

## **Triacetin (Glycerol Triacetate)**

1. **Sodium nitrate: Added to processed meats to stop bacterial growth. Linked to cancer in humans. (Worst Offender)**
2. **Sulfites: Used to keep prepared foods fresh. Can cause breathing difficulties in those sensitive to the ingredient.**
3. **Azodicarbonamide: Used in bagels and buns. Can cause asthma.**
4. **Potassium bromate: Added to breads to increase volume. Linked to cancer in humans.**
5. **Propyl gallate: Added to fat-containing products. Linked to cancer in humans**
6. **BHA/BHT: A fat preservative, used in foods to extend shelf life. Linked to cancerous tumor growth.**
7. **Propylene glycol: Better known as antifreeze. Thickens dairy products and salad dressing. Deemed ‘generally’ safe by FDA.**
8. **Butane: Put in chicken nuggets to keep them tasting fresh. A known carcinogen.**
9. **Monosodium glutamate (MSG): Flavor enhancer that can cause headaches. Linked in animal studies to nerve damage, heart problems and seizures.**
10. **Disodium inosinate: In snack foods. Contains MSG.**
11. **Disodium guanylate: Also used in snack foods, and contains MSG.**
12. **Enriched flour: Used in many snack foods. A refined starch that is made from toxic ingredients.**
13. **Recombinant Bovine Growth Hormone (rBGH): Geneticially-engineered version of natural growth hormone in cows. Boosts milk production in cows. Contains high levels of IGF-1, which is thought cause various types of cancer.**
14. **Refined vegetable oil: Includes soybean oil, corn oil, safflower oil, canola oil, and peanut oil. High in omega-6 fats, which are thought to cause heart disease and cancer.**
15. **Sodium benzoate: Used as a preservative in salad dressing and carbonated beverages. A known carcinogen and may cause damage our DNA.**
16. **Brominated vegetable oil: Keeps flavor oils in soft drinks suspended. Bromate is a poison and can cause organ damage and birth defects. Not required to be listed on food labels.**
17. **Propyl gallate: Found in meats, popcorn, soup mixes and frozen dinners. Shown to cause cancer in rats. Banned in some countries. Deemed safe by FDA.**
18. **Olestra: Fat-like substance that is unabsorbed by the body. Used in place of natural fats in some snack foods. Can cause digestive problems, and also not healthy for the heart.**
19. **Carrageenan: Stabilizer and thickening agent used in many prepared foods. Can cause ulcers and cancer.**
20. **Polysorbate 60: A thickener that is used in baked goods. Can cause cancer in laboratory animals.**
21. **Camauba wax: Used in chewing gums and to glaze certain foods. Can cause cancer and tumors.**
22. **Magnesium sulphate: Used in tofu, and can cause cancer in laboratory animals.**
23. **Chlorine dioxide: Used in bleaching flour. Can cause tumors and hyperactivity in children.**
24. **Paraben: Used to stop mold and yeast forming in foods. Can disrupt hormones in the body, and could be linked to breast cancer.**
25. **Sodium carboxymethyl cellulose: Used as a thickener in salad dressings. Could cause cancer in high quantities.**
26. **Aluminum: A preservative in some packaged foods that can cause cancer.**

# Artificial Sweeteners to Avoid

1. **Saccharin: Carcinogen found to cause bladder cancer in rats. (Worst Offender)**
2. **Aspartame: An excitotoxin and thought to be a carcinogen. Can cause dizziness, headaches, blurred vision and stomach problems.**
3. **High fructose corn syrup: Sweetener made from corn starch. Made from genetically-modified corn. Causes obesity, diabetes, heart problems, arthritis and insulin resistance.**
4. **Acesulfame potassium: Used with other artificial sweeteners in diet sodas and ice cream. Linked to lung and breast tumors in rats.**
5. **Sucralose: Splenda. Can cause swelling of liver and kidneys and a shrinkage of the thymus gland.**
6. **Agave nectar: Sweetener derived from a cactus. Contains high levels of fructose, which causes insulin resistance, liver disease and inflammation of body tissues.**
7. **Bleached starch: Can be used in many dairy products. Thought to be related to asthma and skin irritations.**
8. **Tert butylhydroquinone: Used to preserve fish products. Could cause stomach tumors at high doses.**
9. **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)**
10. **Blue #1: Used in bakery products, candy and soft drinks. Can damage chromosomes and lead to cancer.**
11. **Blue #2: Used in candy and pet food beverages. Can cause brain tumors**
12. **Citrus red #1: Sprayed on oranges to make them look ripe. Can damage chromosomes and lead to cancer.**
13. **Citrus red #2: Used to color oranges. Can cause cancer if you eat the peel.**
14. **Green #3: Used in candy and beverages. May cause bladder tumors.**
15. **Yellow #5: Used in desserts, candy and baked goods.Thought to cause kidney tumors, according to some studies.**
16. **Yellow #6: A carcinogen used in sausage, beverages and baked goods. Thought to cause kidney tumors, according to some studies.**
17. **Red #2: A food coloring that may cause both asthma and cancer.**
18. **Red #3: A carcinogen. that is added to cherry pie filling, ice cream and baked goods. May cause nerve damage and thyroid cancer.**
19. **Caramel coloring: In soft drinks, sauces, pastries and breads. When made with ammonia, it can cause cancer in mice. Food companies not required to disclose if this ingredient is made with ammonia.**
20. **Brown HT: Used in many packaged foods. Can cause hyperactivity in children, asthma and cancer.**
21. **Orange B: A food dye that is used in hot dog and sausage casings. High doses are bad for the liver and bile duct.**
22. **Bixin: Food coloring that can cause hyperactivity in children and asthma.**
23. **Norbixin: Food coloring that can cause hyperactivity in children and asthma.**
24. **Annatto: Food coloring that can cause hyperactivity in children and asthma.**