

# 10 Harmful Food Additives to Avoid

*Attention Shoppers!  
Read the label, and then steer clear of these additives.*

## **Monosodium Glutamate (MSG)**

Commonly found in Chinese food, MSG is used as a flavor enhancer in soups, salad dressings, chips and frozen foods. MSG overexcites cells, causing them to die, and research has shown a correlation between the overconsumption of foods containing MSG and medical conditions such as depression, disorientation, eye damage, fatigue, headaches, and obesity.

## **Artificial Sweeteners (Aspartame/Saccharine/Mannitol)**

Although these artificial sweeteners will allow you to indulge in a tasty drink without the extra calories, they are also packed with chemicals that can be extremely harmful to your body in the long run. Almost all of these sweeteners contain the chemical Aspartame, a neurotoxin and carcinogen. Studies have linked the consumption of Aspartame to brain tumors, diabetes, lymphoma, multiple sclerosis, Parkinson's, Alzheimer's, fibromyalgia, chronic fatigue, and emotional disorders like depression and anxiety. It has also been known to cause dizziness, headaches, nausea, mental confusion, seizures, and affect short-term memory and intelligence.

## **BHA and BHT**

Although these additives may prevent your food from changing color, losing flavor, or becoming rancid, they may potentially increase your chances of getting cancer. Found in gum, jello, cereal, and even certain rices.

## **Trans Fat**

Trans fat, which is found in most fast food and processed food products, is considered one of the most dangerous substances to consume. Used to extend the shelf life of many food products, the consumption of trans fat has been linked to serious medical conditions such as diabetes and high blood pressure, and can even cause heart attacks, strokes and heart disease.

## **Sodium Nitrate/Nitrite**

Sodium nitrate is used to preserve meats and enhance flavor in processed food products such as bacon, hamburgers, corn beef, and hot dogs. This ingredient is a carcinogen and is extremely destructive to the internal organs, particularly the pancreas and the liver.

## **Artificial Food Coloring**

That pink-and-red-flowered cupcake you just ate may have looked pretty, but the artificial coloring used to make it can have a very negative effect on your health. Artificial color enhancers can be found in many of the food products we consume, including macaroni, ice cream, cereal, chips, candy, sodas, lemonade, jams and more! Food dye has been known to contribute to thyroid cancer, kidney and adrenal tumors, and causes serious chromosome deterioration.

## **Sodium Sulfite**

Sodium sulfite is frequently used during wine production and can be found in dried fruit. It can cause extremely dangerous reactions in people sensitive to it, and has been linked to asthma, rashes, headaches, and breathing problems.

## **Sulfur Dioxide**

This toxic additive, commonly found in beer, dried fruits such as apricots, chips and soft drinks, has been said to cause diseases such as conjunctivitis, bronchitis, emphysema, bronchial asthma, and cardiovascular disease.

## **High-Fructose Corn Syrup**

Found in almost all processed foods, this ingredient has become the number one source of calories in America. But beware! High-fructose corn syrup, which provides zero nutritional benefit, is found in the healthy foods we eat as well. Be sure to check the labels of your yogurts, cereals, and granola bars for this harmful additive.

## **Potassium Bromate**

Used to increase the volume of bread products, this additive has been proven to cause cancer in animals. Even small amounts can negatively impact the health of humans.