

## 50 Toxic Food Ingredients and Artificial Additives to Avoid

*From MPH Programs List* - While FDA generally recognizes most additives on this list as 'safe,' there are growing concerns about the safety of many common food additives, if consumed in large quantities.

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

**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.

**Monosodium glutamate (MSG):** Flavor enhancer that can cause headaches. Linked in animal studies to nerve damage, heart problems and seizures.

**Disodium inosinate:** In snack foods. Contains MSG.

**Disodium guanylate:** Also used in snack foods, and contains MSG.

**Enriched flour:** Used in many snack foods. A refined starch that is made from toxic ingredients.

**Recombinant Bovine Growth Hormone (rBGH):** Genetically-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.

**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.

**Sodium benzoate:** Used as a preservative in salad dressing and carbonated beverages. A known carcinogen and may cause damage our DNA.

**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.

**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.

**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.

**Carrageenan:** Stabilizer and thickening agent used in many prepared foods. Can cause ulcers and cancer.

**Polysorbate 60:** A thickener that is used in baked goods. Can cause cancer in laboratory animals.

**Camauba wax:** Used in chewing gums and to glaze certain foods. Can cause cancer and tumors.

**Magnesium sulphate:** Used in tofu, and can cause cancer in laboratory animals.

**Chlorine dioxide:** Used in bleaching flour. Can cause tumors and hyperactivity in children.

**Paraben:** Used to stop mold and yeast forming in foods. Can disrupt hormones in the body, and could be linked to breast cancer.

**Sodium carboxymethyl cellulose:** Used as a thickener in salad dressings. Could cause cancer in high quantities.

**Aluminum:** A preservative in some packaged foods that can cause cancer.

### Artificial Sweeteners to Avoid

Artificial sweeteners are regulated by FDA, just as food additives are, but this does not apply to products 'generally recognized as safe.'

**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.

**Acesulfame potassium:** Used with other artificial sweeteners in diet sodas and ice cream. Linked to lung and breast tumors in rats.

**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.

**Bleached starch:** Can be used in many dairy products. Thought to be related to asthma and skin irritations.

**Tert butylhydroquinone:** Used to preserve fish products. Could cause stomach tumors at high doses.

## **Artificial Food Colorings to Avoid**

Food colorings are used to give foods a more attractive appearance, but some experts believe they cause serious health problems, including asthma and hyperactivity in children.

**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.

**Yellow #6:** A carcinogen used in sausage, beverages and baked goods. Thought to cause kidney tumors, according to some studies.

**Red #2:** A food coloring that may cause both asthma and cancer.

**Red #3:** A carcinogen. that is added to cherry pie filling, ice cream and baked goods. May cause nerve damage and thyroid cancer.

**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.

**Brown HT:** Used in many packaged foods. Can cause hyperactivity in children, asthma and cancer.

**Orange B:** A food dye that is used in hot dog and sausage casings. High doses are bad for the liver and bile duct.

**Bixin:** Food coloring that can cause hyperactivity in children and asthma.

**Norbixin:** Food coloring that can cause hyperactivity in children and asthma.

**Annatto:** Food coloring that can cause hyperactivity in children and asthma.

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