



Top 10 Food Additives To Avoid

(Part 2 of 3)

Food additives find their way into our foods to help ease processing, packaging and storage. But how do we know what food additives is in that box of macaroni and cheese and why does it have such a long shelf life?

A typical American household spends about 90 percent of their food budget on processed foods, and are in doing so exposed to a plethora of artificial food additives, many of which can cause dire consequences to your health.

Some food additives are worse than others. Here's a list of the top food additives to avoid:

4. Trans fat

Trans fat is used to enhance and extend the shelf life of food products and is among the most dangerous substances that you can consume. Numerous studies show that trans fat increases LDL cholesterol levels while decreasing HDL ("good") cholesterol, increases the risk of heart attacks, heart disease and strokes, and contributes to increased inflammation, diabetes and other health problems.

Found in: margarine, chips and crackers, baked goods, fast foods

5. Common Food Dyes

Studies show that artificial colorings which are found in soda, fruit juices and salad dressings, may contribute to behavioral problems in children and lead to a significant reduction in IQ. Animal studies have linked other food colorings to cancer. Watch out for these ones:

Blue #1 and Blue #2 (E-133)

Banned in Norway, Finland and France. May cause chromosomal damage

Found in: candy, cereal, soft drinks, sports drinks and pet foods

Red dye # 3 (also Red #40 – a more current dye) (E124)

Banned in 1990 after 8 years of debate from use in many foods and cosmetics. This dye continues to be on the market until supplies run out! Has been proven to cause thyroid cancer and chromosomal damage in laboratory animals, may also interfere with brain-nerve transmission

Found in: fruit cocktail, maraschino cherries, cherry pie mix, ice cream, candy, bakery products and more!

Yellow #6 (E110) and Yellow Tartrazine (E102)

Banned in Norway and Sweden. Increases the number of kidney and adrenal gland tumors in laboratory animals, may cause chromosomal damage.

Found in: American cheese, macaroni and cheese, candy and carbonated beverages, lemonade and more!

Sources: www.drmercola.info, www.altmedangel.com and www.bestofmotherearth.com



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