

## Food Additives to Avoid

Food Additive	Purpose	Possible Health Effects	Foods Contained In
<b>High Fructose Corn Syrup</b>	Sweetener	Associated with weight gain, diabetes, and inflammation	Soft drinks, other processed foods
<b>Hydrogenated Vegetable Oil (Trans Fat)</b>	Fat, oil, shortening	Associated with inflammation, heart disease and diabetes	Processed foods
<b>Artificial Sweeteners (Aspartame, Sucralose, Acesulfame Potassium, Saccharin)</b>	Sweetener	Risk of cancer and may cause headaches in some people	Soft drinks, other processed foods
<b>Artificial Colorings (Yellow 5, Red 40, etc.)</b>	Synthetic food dyes	Cause hyperactivity in some children, possible cancer risk, allergy-like reactions	Countless food products ranging from candy and soda to breakfast cereal and sausage
<b>MSG (Monosodium Glutamate)</b>	Flavor enhancer	Headache, nausea, weakness, burning sensation in the back of the neck and forearms, wheezing, changes in heart rate, and difficulty breathing.	Soup, salad dressing, chips, frozen entrees, restaurant foods
<b>BHA (Butylated Hydroxyanisole) BHT (Butylated Hydroxytoluene)</b>	Antioxidants	Risk of cancer	Cereals, chewing gum, potato chips, vegetable oils
<b>Potassium Bromate</b>	Flour improver	Risk of cancer	White flour, bread, and rolls
<b>Sodium Nitrate/Nitrite</b>	Preservative, coloring, flavoring	Risk of cancer	Bacon, ham, hot dogs, lunch meats, smoked fish, corned beef
<b>Propyl Gallate</b>	Antioxidant preservative	Risk of cancer, endocrine disruptor	Vegetable oil, meat products, potato sticks, chicken soup base, chewing gum
<b>Sodium Benzoate</b>	Preservative	Can cause hives, asthma, or other allergic reactions in sensitive individuals	Fruit juice, carbonated drinks, pickles

Sources:

<https://www.cspinet.org/eating-healthy/chemical-cuisine#hfcs>

[https://www.healthline.com/nutrition/common-food-additives#TOC\\_TITLE\\_HDR\\_10](https://www.healthline.com/nutrition/common-food-additives#TOC_TITLE_HDR_10)

[https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/assets/InteractiveNFL\\_TransFat\\_March2020.pdf](https://www.accessdata.fda.gov/scripts/interactivenutritionfactslabel/assets/InteractiveNFL_TransFat_March2020.pdf)

*A Consumer's Dictionary of Food Additives* by Ruth Winter, M.S.