

Preservatives/Additives/Flavorings & Flavor Enhancers

Why are additives or preservatives added to our foods?

- To help with processing, packaging, and storage
- Food manufacturers want to have their packaged foods have a long shelf life

Do you know that the American household spend about 90% of their food budget on processed foods?

Marketing terms like “diet,” “light,” “free,” “natural,” and “healthy” on food packages have controversial additives that provide the body with **zero nutrition**.

When it comes to natural flavors know there are 48-100 chemicals.

When reading ingredient labels, you want to be cautious with:

- Extracts
- Flavors
- Colors
- Emulsifiers (*can be found in ice cream; makes oil and water mix; acts like a detergent in your gut and can cause leakage and gut damage*).

Here are 12 Additives that you should highly consider staying away from. This is NOT an exhaustive list but a good start.

1. Aspartame - (Can mess up your blood sugar and have caused diabetes in animals)

Where do we find it?

- “Diet” or “sugar free” foods
- Jello
- Desserts, sugar free gum
- Drink mixes
- Sweeteners you find on the “table” in place of regular sugar
- Cereals
- Breath mints; candy
- Puddings
- Kool-Aid
- Iced teas
- Chewable vitamins
- Toothpaste
- Cough syrup

Why should we avoid **Aspartame**?

- It is a neurotoxin and carcinogen
- It can harm your short-term memory
- Can cause brain tumors, lymphoma, diabetes, MS, Parkinson's, Alzheimer's, Fibromyalgia chronic fatigue, depression, anxiety attacks, dizziness, headaches, nausea, mental confusion, and seizures ... and even weight gain.

2. High Fructose Corn Syrup (HFCS)

Where do we find it?

- Processed Foods
- Breads, Candy
- Flavored yogurts
- Salad dressings
- Canned vegetables
- Cereals

Why should we avoid **High Fructose Corn Syrup (HFCS)**?

- It's highly refined and can be the number one source of calories
- Can increase your weight
- Can increase your LDL cholesterol
- Can contribute to obesity and diabetes

3. MSG

Where do we find it?

- Chinese Food
- Potato chips
- Snacks
- Cookies
- Seasonings
- Most of Campbell soups
- Frozen dinners
- Lunch meat

Here is a list of ingredients that may **have MSG or other toxic ingredients hidden in it**. It might be best to stay away from anything with these ingredients. I know it can be hard but that is why making your food from scratch is the safest way to eat.

- Autolyzed Proteins and Yeast
- Disodium Guanylate



Spiritual Life & Health Coach

Revive Joy ✦ Rejuvenate Destiny ✦ Restore Health

- Disodium Inosinate
- Hydrolyzed Proteins (Soy, Vegetable, Whey)
- Monopotassium Glutamate
- Natrium Glutamate
- Natural Flavors
- Natural Flavorings
- Natural Meat Flavor
- Non-milk Powder
- Nonfat Dry Milk
- Nutritional Yeast
- Parmesan Cheese
- Pea Protein
- Protein Isolate
- Protein Solids
- Rice Syrup
- Seasonings
- Seaweed
- Seaweed Extract
- Separated Protein
- Smoked Meat
- Sodium Caseinate
- Soy Concentrate
- Soy Lecithin
- Soy Products
- Soy Protein
- Soy Protein Concentrate
- Soy Protein Isolate
- Soy Sauce
- Spice
- Spices
- Stock
- Tamari
- Tangle Extract
- Textured Protein
- Tofu
- Ultra-Pasteurized
- Vetsin
- Vital Gluten
- Vitamin Enriched

- What Starch
- Wheat Gluten
- Wheat Products
- Whey
- Whey Protein
- Why Protein Concentrate
- Xanthan Gums
- Yeast Extract

Why should we avoid MSG?

- Can cause neurological issues in your brain
- It interferes with your brain pathway that says “I’m full”
- Can cause weight gain
- It’s an excito-toxin
- Can cause depression, disorientation, eye damage, fatigue, headaches and obesity

4. Vegetables Oils

Where do we find it?

- Margarine
- Chips
- Crackers
- Baked goods
- Fast food

Why should we avoid Hydrogenated Vegetables Oils?

- Can increase LDL cholesterol and decrease HDL
- Can increase the risk of heart attacks, heart disease or other health problems

5. Food Dyes

Where do we find it?

- Maraschino cherries
- Candy
- Bakery products
- Fruit Cocktail
- Cherry Pie Mix
- American Cheese
- Macaroni and cheese

Why should we avoid Food Dyes?

- Contribute to behavioral problems (ADD, ADHA)
- Can cause night terrors
- Can lead to a reduction in IQ
- Animal studies link it to cancer

6. Sodium Sulphite

Where do we find it?

- Dried fruit
- Wine

Why should we avoid Sodium Sulphite?

- 1 in 100 people are sensitive to it: according to FDA
- Can experience asthma, headaches, breathing problems and rashes

7. Sodium Nitrate - (Helps to turn meat bright red)

Where do we find it?

- Cold cuts
- Hot dogs
- Bacon
- Corned Beef
- Smoked Fish
- Any processed meats

Why should we avoid Sodium Nitrate?

- Highly carcinogenic once in your digestive system
- Once in digestive system it forms different nitrosamine compounds that gets in your bloodstream. Can create havoc on your internal organs such as liver and pancreas.
- Linked to many cancers

8. BHA and BHT - (Used to keep foods from changing color, flavor or going rancid)

Where do we find it?

- Preservatives in chips
- Gum
- Cereal
- Enriched rice
- Lard
- Shortening

- Candy
- Jello
- Frozen Sausages

Have been renamed to: (could have nitrates, preservatives, or flavorings)

- Rosemary Extract
- Celery Powder
- Vegetable Powder
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Why should we avoid it BHA and BHT?

- Effects the neurological system of your brain
- Can alter behavior
- Can cause cancer
- They are oxidants which can form cancer-causing reactive compounds in your body

Preservatives to avoid:

- Aluminum- Anything with “aluminum” in the name
- **Artificial Colors** - Any blue, red, green and yellow- (example: Red #40, #3 & Caramel coloring)
- Artificial Flavorings (Also be cautious of “Natural Flavors” as bad companies can hide stuff that way)
- Azodicarbonamide
- Benzoic Acid
- **BHA & BHT**
- **Bisphenol-A (BPA)**
- BVO (Brominated vegetable oil)
- Carrageenan
- Chlorine Dioxide
- Diacetyl- linked to severe scarring in the lungs
- Formaldehyde
- **Sodium Nitrites and Nitrates** - used in cured meats like bacon, sausages and hot dogs
- Phosphates -Anything with “Phosphate” in the name
- Polysorbate 60
- **Potassium Bromate**
- Propyl Gallate
- Propylene Glycol
- **rBGH and rBST**
- **Sodium Benzoate**
- Sulfites
- **TBHQ**

9. Potassium Bromate - (Used to increase volume in bread)

Where do we find it?

- Bread
- Rolls

Why should we avoid it Potassium Bromate?

- Known to cause cancer in animals
- Small amounts in bread can cause problems for humans

10. Propyl Paraben

Where do we find it?

- Muffins
- Tortillas
- Dyes

Why should we avoid it Propyl Paraben?

- It is a known endocrine-disrupting chemical that has caused decrease in sperm counts in rats
- Can alter gene expression in breast cancer cells which can accelerate cancer growth

11. Aluminum Additives

Where do we find it?

- Processed products containing aluminum

Why should we avoid it Aluminum Additives?

- May have neurological effects on behavior, motor and learning functions
- Has been associated with Alzheimer's disease
- Can cause other neurodegenerative conditions

12. Sulphur Dioxide

Where do we find it?

- Beers
- Soft Drinks
- Dried fruit
- Juices
- Cordials,

- Wine
- Vinegar
- Potato products

Why should we avoid it Sulphur Dioxide?

- They are toxic
- Can cause bronchial problems
- Can cause Asthma
- Can cause hypotension
- Can give you flushing tingling sensations
- Can give you anaphylactic shock
- Destroys Vitamins B1 and E
- Do not give to children.