

50 JAWDROPPINGLY TOXIC FOOD INGREDIENTS & ARTIFICIAL ADDITIVES TO AVOID

Food Additives to Avoid

1. **Sodium nitrate:** Added to processed meats to stop bacterial growth. Linked to cancer in humans. (Worst Offender)
2. **Sulfites:** Used to keep prepared foods fresh. Can cause breathing difficulties in those sensitive to the ingredient.
3. **Azodicarbonamide:** Used in bagels and buns. Can cause asthma.
4. **Potassium bromate:** Added to breads to increase volume. Linked to cancer in humans.
5. **Propyl gallate:** Added to fat-containing products. Linked to cancer in humans
6. **BHA/BHT:** A fat preservative, used in foods to extend shelf life. Linked to cancerous tumor growth.
7. **Propylene glycol:** Better known as antifreeze. Thickens dairy products and salad dressing. Deemed 'generally' safe by FDA.
8. **Butane:** Put in chicken nuggets to keep them tasting fresh. A known carcinogen.
9. **Monosodium glutamate (MSG):** Flavor enhancer that can cause headaches. Linked in animal studies to nerve damage, heart problems and seizures.
10. **Disodium inosinate:** In snack foods. Contains MSG.
11. **Disodium guanylate:** Also used in snack foods, and contains MSG.
12. **Enriched flour:** Used in many snack foods. A refined starch that is made from toxic ingredients.
13. **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.
14. **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.
15. **Sodium benzoate:** Used as a preservative in salad dressing and carbonated beverages. A known carcinogen and may cause damage our DNA.
16. **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.
17. **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.
18. **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.
19. **Carrageenan:** Stabilizer and thickening agent used in many prepared foods. Can cause ulcers and cancer.
20. **Polysorbate 60:** A thickener that is used in baked goods. Can cause cancer in laboratory animals.
21. **Camauba wax:** Used in chewing gums and to glaze certain foods. Can cause cancer and tumors.
22. **Magnesium sulphate:** Used in tofu, and can cause cancer in laboratory animals.
23. **Chlorine dioxide:** Used in bleaching flour. Can cause tumors and hyperactivity in children.
24. **Paraben:** Used to stop mold and yeast forming in foods. Can disrupt hormones in the body, and could be linked to breast cancer.
25. **Sodium carboxymethyl cellulose:** Used as a thickener in salad dressings. Could cause cancer in high quantities.
26. **Aluminum:** A preservative in some packaged foods that can cause cancer.

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Artificial Sweeteners to Avoid

1. **Saccharin:** Carcinogen found to cause bladder cancer in rats. (Worst Offender)
2. **Aspartame:** An excitotoxin and thought to be a carcinogen. Can cause dizziness, headaches, blurred vision and stomach problems.
3. **High fructose corn syrup:** Sweetener made from corn starch. Made from genetically-modified corn. Causes obesity, diabetes, heart problems, arthritis and insulin resistance.
4. **Acesulfame potassium:** Used with other artificial sweeteners in diet sodas and ice cream. Linked to lung and breast tumors in rats.
5. **Sucralose:** Splenda. Can cause swelling of liver and kidneys and a shrinkage of the thymus gland.
6. **Agave nectar:** Sweetener derived from a cactus. Contains high levels of fructose, which causes insulin resistance, liver disease and inflammation of body tissues.
7. **Bleached starch:** Can be used in many dairy products. Thought to be related to asthma and skin irritations.
8. **Tert butylhydroquinone:** Used to preserve fish products. Could cause stomach tumors at high doses.

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Artificial Food Colorings to Avoid

1. **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)
2. **Blue #1:** Used in bakery products, candy and soft drinks. Can damage chromosomes and lead to cancer.
3. **Blue #2:** Used in candy and pet food beverages. Can cause brain tumors
4. **Citrus red #1:** Sprayed on oranges to make them look ripe. Can damage chromosomes and lead to cancer.
5. **Citrus red #2:** Used to color oranges. Can cause cancer if you eat the peel.
6. **Green #3:** Used in candy and beverages. May cause bladder tumors.
7. **Yellow #5:** Used in desserts, candy and baked goods. Thought to cause kidney tumors, according to some studies.
8. **Yellow #6:** A carcinogen used in sausage, beverages and baked goods. Thought to cause kidney tumors, according to some studies.
9. **Red #2:** A food coloring that may cause both asthma and cancer.
10. **Red #3:** A carcinogen. that is added to cherry pie filling, ice cream and baked goods. May cause nerve damage and thyroid cancer.
11. **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.
12. **Brown HT:** Used in many packaged foods. Can cause hyperactivity in children, asthma and cancer.
13. **Orange B:** A food dye that is used in hot dog and sausage casings. High doses are bad for the liver and bile duct.
14. **Bixin:** Food coloring that can cause hyperactivity in children and asthma.
15. **Norbixin:** Food coloring that can cause hyperactivity in children and asthma.
16. **Annatto:** Food coloring that can cause hyperactivity in children and asthma.

References:

- <http://soulicious.net/2012/07/03/top-10-food-additives-to-avoid/>
- <http://celinemarrec.com/detox/not-so-sweet/>