

## 12 Food Additives to Avoid

Including something new in a food isn't always a good idea, especially when it comes to your health. Here are 12 additives to subtract from your diet:

(Please understand these are not my assessments, but those by [MSN Health and Fitness](#). My comments and recommendations are in my comment below.)



### 1. Sodium Nitrate (also called Sodium Nitrite)

This is a preservative, coloring, and flavoring commonly added to bacon, ham, hot dogs, luncheon meats, smoked fish, and corned beef. Studies have linked eating it to various types of cancer.

### 2. BHA and BHT

Butylated hydroxyanisole and butylated hydroxytoluene are used to preserve common household foods. They are found in cereals, chewing gum, potato chips, and vegetable oils. They are oxidants, which form potentially cancer-causing reactive compounds in your body.

### 3. Propyl Gallate

Another preservative, often used in conjunction with BHA and BHT. It is sometimes found in meat products, chicken soup base, and chewing gum. Animal studies have suggested that it could be linked to cancer.

### 4. Monosodium Glutamate (MSG)

MSG is an amino acid used as a flavor enhancer in soups, salad dressings, chips, frozen entrees, and restaurant food. It can cause headaches and nausea, and animal studies link it to damaged nerve cells in the brains of infant mice.

### 5. Trans Fats

Trans fats are proven to cause heart disease. Restaurant food, especially

fast food chains, often serve foods laden with trans fats.

## **6. Aspartame**

Aspartame, also known by the brand names Nutrasweet and Equal, is a sweetener found in so-called diet foods such as low-calorie desserts, gelatins, drink mixes, and soft drinks. It may cause cancer or neurological problems, such as dizziness or hallucinations.

## **7. Acesulfame-K**

This is a relatively new artificial sweetener found in baked goods, chewing gum, and gelatin desserts. There is a general concern that testing on this product has been scant, and some studies show the additive may cause cancer in rats.

## **8. Food Colorings: Blue 1, 2; Red 3; Green 3; Yellow 6**

Five food colorings still on the market are linked with cancer in animal testing. Blue 1 and 2, found in beverages, candy, baked goods and pet food, have been linked to cancer in mice. Red 3, used to dye cherries, fruit cocktail, candy, and baked goods, has been shown to cause thyroid tumors in rats. Green 3, added to candy and beverages, has been linked to bladder cancer. The widely used yellow 6, added to beverages, sausage, gelatin, baked goods, and candy, has been linked to tumors of the adrenal gland and kidney.

## **9. Olestra**

Olestra, a synthetic fat found in some potato chip brands, can cause severe diarrhea, abdominal cramps, and gas. Olestra also inhibits healthy vitamin absorption from fat-soluble carotenoids that are found in fruits and vegetables.

## **10. Potassium Bromate**

Potassium bromate is used as an additive to increase volume in some white flour, breads, and rolls. It is known to cause cancer in animals, and even small amounts in bread can create a risk for humans.

## **11. White Sugar**

Watch out for foods with added sugars, such as baked goods, cereals, crackers, sauces and many other processed foods. It is unsafe for your health, and promotes bad nutrition.

## 12. Sodium Chloride

A dash of sodium chloride, more commonly known as salt, can bring flavor to your meal. But too much salt can be dangerous for your health, leading to high blood pressure, heart attack, stroke, and kidney failure.

Sources:

[MSN Health and Fitness](#)

### **Were You Aware... 80% of Your Immune System is Located in Your Digestive System?**

So, to effectively promote your immune system health, you need to look no further than your intestinal tract. Probiotics (Greek "for life") can be a great way to start promoting your digestive health and overall health as well.