

The Safety of Food Additives

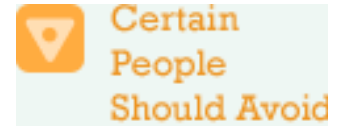
Ever read the ingredient list of your favorite cereal? Or bread? Or frozen meal? Or protein bar? Check it out! There are TONS of additives out there—some of them are safe and some aren't. Use this guide to identify additives that you should be avoiding so that you can be a better educated consumer.



Safe



Cut Back



Certain People Should Avoid

- | | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • ALPHA TOCOPHEROL (Vitamin E) • AMYLASE • ASCORBIC ACID (Vitamin C) • ASCORBYL PALMITATE • BETA-CAROTENE • CALCIUM PROPIONATE • CALCIUM STEAROYL LACTYLATE • CARBON DIOXIDE (CARBONATED WATER) • CELLULOSE • CARRAGEENAN • CITRIC ACID • CYSTEINE • DEXTRIN • DIACYLGLYCEROL • EDTA • ERYTHORBIC ACID • FERROUS GLUCONATE • FOOD-STARCH, MODIFIED • FUMARIC ACID • GELATIN • GLYCERIN (Glycerol) • GUMS: Furcelleran, Ghatti, Guar, Karaya, Locust Bean, Xanthan • HIGH MALTOSE CORN SYRUP • INULIN • ISOLATED SOY PROTEIN, TEXTURED VEGETABLE PROTEIN • ISOMALT • LACTIC ACID • LECITHINMAGNESIUM COMPOUNDS • MALIC ACID • MALTODEXTRIN • MONO- and DIGLYCERIDES • NIACIN (VITAMIN B3) • OAT FIBER, WHEAT FIBER • OLIGOFRUCTOSE | <ul style="list-style-type: none"> • PANTOTHENIC ACID (AND SODIUM PANTOTHENATE) • PAPAINE • PECTIN (AND SODIUM PECTINATE) • PHOSPHORIC ACID • PHYTOSTEROLS and PHYTOSTANOLS • POLYGLYCEROL • POLYRICINOLEATE (PGPR) • POLYSORBATE 60 • POTASSIUM CHLORIDE • PYRIDOXINE (VITAMIN B6) • RIBOFLAVIN (VITAMIN B2) • SODIUM CARBOXY-METHYLCELLULOSE (CMC) • SODIUM ERYTHORBATE, ERYTHORBIC ACID, SODIUM ISOASCORBATE • SODIUM PECTINATE • SODIUM STEAROYL LACTYLATE • SORBIC ACID • SORBITAN MONOSTEARATE • STARCH and MODIFIED STARCH • STEARIC ACID • SUCRALOSE • TARTARIC ACID, POTASSIUM ACID TARTRATE, SODIUM POTASSIUM TARTRATE, SODIUM TARTRATE • TAURINE • THIAMIN MONONITRATE • TRIACETIN (GLYCEROL TRIACETATE) • VANILLIN, ETHYL VANILLIN • VEGETABLE OIL STEROLS • VITAMIN B2 (RIBOFLAVIN) • VITAMIN B6 (PYRIDOXINE) • VITAMIN E (ALPHA TOCOPHEROL) • VITAMIN D (D3) | <ul style="list-style-type: none"> • CORN SYRUP • DEXTROSE (CORN SUGAR, GLUCOSE) • FRUCTOSE • HIGH-FRUCTOSE CORN SYRUP • HYDROGENATED STARCH HYDROLYSATE • INVERT SUGAR • LACTITOL • MALTITOL • MANNITOL • POLYDEXTROSE • SALATRIM • SALT • SORBITOL • SUGAR • TAGATOSE • XYLITOL | <ul style="list-style-type: none"> • NATURAL FLAVORING: Annatto • BENZOIC ACID • CAFFEINE • CARMINE/COCHINEAL • CASEIN • GUARANA • GUM ARABIC (ACACIA) • GUM TRAGACANTH • HVP (HYDROLYZED VEGETABLE PROTEIN) • LACTOSE • MSG (MONOSODIUM GLUTAMATE) • MYCOPROTEIN/QUORN • QUININE • SODIUM BENZOATE • SODIUM BISULFITE • SODIUM CASEINATE • SULFITES • SULFUR DIOXIDE |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



Caution



Avoid

- ARTIFICIAL COLORINGS: BLUE 1, Citrus Red 2, RED 40
- BROMINATED VEGETABLE OIL (BVO)
- BUTYLATED HYDROXYTOLUENE (BHT)
- DIACETYL
- HEPTYL PARABEN
- STEVIA, REBIANA
- ACESULFAME-K
- ARTIFICIAL COLORINGS: BLUE 2, GREEN 3, ORANGE B, RED 3, YELLOW 5, YELLOW 6
- ASPARTAME (NutraSweet)
- BUTYLATED HYDROXYANISOLE (BHA)
- CARAMEL COLORING
- CYCLAMATE (not legal in U.S.)
- OLESTRA (Olean)
- PARTIALLY HYDROGENATED VEGETABLE OIL (TRANS FAT)
- POTASSIUM BROMATE
- PROPYL GALLATE
- SACCHARIN
- SODIUM NITRATE
- SODIUM NITRITE

Modified from the Center for Science in the Public Interest, for more information: <http://www.cspinet.org/reports/chemcuisine.htm>