

INGREDIENT	WHY IT'S USED	WHY IT'S BAD
Artificial Colors	<ul style="list-style-type: none"> Chemical compounds made from coal-tar derivatives to enhance color 	<ul style="list-style-type: none"> Linked to allergic reactions, fatigue, asthma, skin rashes, hyperactivity and headaches
Artificial Flavorings	<ul style="list-style-type: none"> Cheap chemical mixtures that mimic natural flavors 	<ul style="list-style-type: none"> Linked to allergic reactions, dermatitis, eczema, hyperactivity and asthma Can affect enzymes, RNA and thyroid
Artificial Sweeteners (Acesulfame-K, As-partame, Equal®, NutraSweet®, Sac-charin, Sweet'n Low®, Sucralose, Splenda® & Sorbitol)	<ul style="list-style-type: none"> Highly-processed, chemically-derived, zero-calorie sweeteners found in diet foods and diet products to reduce calories per serving 	<ul style="list-style-type: none"> Can negatively impact metabolism Some have been linked to cancer, headaches, dizziness and hallucinations
Benzoate Preservatives (BHT, BHA, TBHQ)	<ul style="list-style-type: none"> Compounds that preserve fats and prevent them from becoming rancid 	<ul style="list-style-type: none"> May result in hyperactivity, angiodema, asthma, rhinitis, dermatitis, tumors and urticaria Can affect estrogen balance and levels
Brominated Vegetable Oil (BVO)	<ul style="list-style-type: none"> Chemical that boosts flavor in many citric-based fruit and soft drinks 	<ul style="list-style-type: none"> Increases triglycerides and cholesterol Can damage liver, testicles, thyroid, heart and kidneys
High Fructose Corn (HFCS)	<ul style="list-style-type: none"> Cheap alternative to cane and beet sugar Sustains freshness in baked goods Blends easily in beverages to maintain sweetness 	<ul style="list-style-type: none"> May predispose the body to turn fructose into fat Increases risk for type-2 diabetes, coronary heart disease, stroke and cancer Isn't easily metabolized by the liver
MSG (Monosodium Glutamate)	<ul style="list-style-type: none"> Flavor enhancer in restaurant food, salad dressing, chips, frozen entrees, soups and more 	<ul style="list-style-type: none"> May stimulate appetite and cause headaches, nausea, weakness, wheezing, edema, change in heart rate, burning sensations and difficulty in breathing

Olestra

- An indigestible fat substitute used primarily in foods that are fried and baked

- Inhibits absorption of some nutrients
- Linked to gastrointestinal disease, diarrhea, gas, cramps, bleeding and incontinence

Shortening, Hydrogenated and Partially Hydrogenated Oils

(Palm, Soybean and others)

- Industrially created fats used in more than 40,000 food products in the U.S.
- Cheaper than most other oils

- Contain high levels of trans fats, which raise bad cholesterol and lower good cholesterol, contributing to risk of [heart disease](#)

Sodium Nitrite and Nitrate

- Preserves, colors and flavors cured meats and fish
- Prevents botulism

- Can combine with chemicals in stomach to form nitrosamine — a carcinogen