

Learn about Food Additives

Shopping was easy when most food came from farms. Now, factory-made foods have made chemical additives a significant part of our diet.

In general, it's best to avoid the following ingredients:

- Sodium nitrite
- Saccharin, Aspartame, Acesulfame-K
- Caffeine
- Olestra
- Food Dyes



And don't forget to cut back on sugar and salt, which cause more harm than all the other additives combined.

Safe

The additive appears safe.

ACETIC ACID
ADIPIIC ACID
AIR
ALGINATE
ALPHA TOCOPHEROL (Vit E)
AMMONIUM COMPOUNDS
AMYLASE
ASCORBIC ACID (Vit C)
ASCORBYL PALMITATE
BETA-CAROTENE
CALCIUM PROPIONATE
CALCIUM STEAROYL LACTYLATE
CARBON DIOXIDE (CARBONATED WATER)
CARBOXYMETHYL CELLULOSE (CMC, CELLULOSE GUM), SODIUM CARBOXYMETHYL CELLULOSE, CELLULOSE, AND RELATED COMPOUNDS
CASTOREUM
CITRIC ACID
CYSTEINE
DATEM
DEXTRIN
DIACYLGLYCEROL
EDTA
ERYTHORBIC ACID
ERYTHRITOL
FERROUS GLUCONATE
FOOD-STARCH, MODIFIED
FUMARIC ACID
GELATIN
GINSENG
GLUCONIC ACID, GLUCONO

DELTA-LACTONE, MAGNESIUM GLUCONATE, SODIUM GLUCONATE, ZINC GLUCONATE
GLYCERIN (GLYCEROL)
GUANOSINE MONOPHOSPHATE (GMP, DISODIUM GUANYLATE)
HELIUM
HIGH-MALTOSE CORN SYRUP
INOSINE MONOPHOSPHATE (IMP, DISODIUM INOSINATE)
INULIN
ISOLATED SOY PROTEIN, TEXTURED VEGETABLE PROTEIN
LACTIC ACID
LECITHIN
MAGNESIUM COMPOUNDS
MALIC ACID
MALTODEXTRIN
MALTOTAME
MONO- AND DIGLYCERIDES
NATAMYCIN (PIMARCIN)
NEOTAME
NIACIN (Vit B3)
NISIN
NITROUS OXIDE
OAT FIBER, WHEAT FIBER
OLIGOFRUCTOSE
PANTOTHENIC ACID (AND SODIUM PANTOTHENATE)
PAPAIN
PECTIN (AND SODIUM PECTINATE)
PHOSPHORIC ACID
PHYTOSTEROLS AND PHYTOSTANOLS
POLYGLYCEROL
POLYRICINOLEATE(PGPR)
POLYSORBATE 60

POTASSIUM CHLORIDE
POTASSIUM SORBATE
PYRIDOXINE (Vit B6)
RIBOFLAVIN (Vit B2)
SILICON DIOXIDE, SILICA, CALCIUM SILICATE
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
STEVIA LEAF EXTRACT (REBIANA)
SUCROSE ACETATE ISOBUTYRATE
TARTARIC ACID, POTASSIUM ACID TARTRATE, SODIUM POTASSIUM TARTRATE, SODIUM TARTRATE
TAURINE
THAUMATIN
THIAMIN MONONITRATE (Vit B1)
TORULA YEAST
TRIACETIN (GLYCEROL TRIACETATE)
VANILLIN, ETHYL VANILLIN
VEGETABLE OIL STEROLS
VITAMIN B2 (RIBOFLAVIN)
VITAMIN B6 (PYRIDOXINE)
VITAMIN D (D3)
VITAMIN E (ALPHA TOCOPHEROL)
YELLOW PRUSSIAN OF SODA

Cut Back

Not toxic, but large amounts may be unsafe or promote bad nutrition.

CORN SYRUP
DEXTROSE (CORN SUGAR, GLUCOSE)
FRUCTOSE
HIGH-FRUCTOSE CORN SYRUP
HYDROGENATED STARCH HYDROLYSATE (HSH)
INVERT SUGAR
ISOMALT
LACTITOL
MALTITOL
MANNITOL
POLYDEXTROSE
SALATRIM
SALT
SORBITOL
SUCROSE
SUGAR
TAGATOSE
XYLITOL

Caution

May pose a risk and needs to be better tested.

BRAZZEIN (NOT YET USED IN U.S.)
BROMINATED VEGETABLE OIL (BVO)
BUTYLATED HYDROXYTOLUENE (BHT)
DIACETYL
HEPTYL PARABEN
MONATIN (NOT YET USED IN U.S.)
MONK FRUIT EXTRACT
SUCRALOSE
TRANSGLUTAMINASE (“MEAT GLUE”)

Certain People Should Avoid

May trigger an acute, allergic reaction, intolerance, or other problems.

ANNATTO
BENZOIC ACID
CAFFEINE
CARMINE/COCHINEAL
CARRAGEENAN
CASEIN
GUARANA
GUMS: ARABIC, GUMMUCIL, GUAR, KARAYA, LOCUST BEAN, TRAGACANTH, XANTHAN
HVP (HYDROLYZED VEGETABLE PROTEIN)
LACTOSE
MSG (MONOSODIUM GLUTAMATE)
MYCOPROTEIN/QUORN
QUININE
SODIUM BENZOATE
SODIUM BISULFITE
SODIUM CASEINATE
SULFITES
SULFUR DIOXIDE



Avoid

Unsafe in amounts consumed or is very poorly tested and not worth any risk.

ACESULFAME-POTASSIUM (ACE-K)
ALOE VERA
ARTIFICIAL COLORINGS: BLUE 1, BLUE 2, CARAMEL COLORING, CITRUS RED 2, GREEN 3, ORANGE B, RED 3, RED 40, YELLOW 5, YELLOW 6
ASPARTAME (NUTRASWEET)
AZODICARBONAMIDE
BUTYLATED HYDROXYANISOLE (BHA)
CARAMEL COLORING
CYCLAMATE (NOT LEGAL IN U.S.)
GINKGO BILOBA
OLESTRA (OLEAN)
PARTIALLY HYDROGENATED VEGETABLE OIL (TRANS FAT)
POTASSIUM BROMATE
PROPYL GALLATE
SACCHARIN
SODIUM NITRATE
SODIUM NITRITE
TBHQ (TERT-BUTYLHYDROQUINONE)