

Why are food additives used?

Top Food additives:

1) Artificial Flavours

- Synthetic _____
- Not found in _____
- Mimic familiar _____

Used in: Soda, candy, Folgers Hazelnut Ground Coffee, Baker's White Chocolate Chunks For Baking, Hunt's Snack Pack Pudding, Aunt Jemima Syrup, Trident Gum, Cocoa Pebbles Cereal, Baskin Robbins, and just about any other processed food.

Health Effects:

Unknown. Companies are not required to identify the various synthetic mixtures (1,700 to date) used in foods, requiring only that they be listed under the umbrella of the "artificial flavors" listing. Some individuals are sensitive to artificial flavors, experiencing headaches, nausea, and drowsiness, among other symptoms.

2) Modified Starch

- Used as a _____

- Chemicals used for modification include:

propylene oxide - a _____ derivative

hydrochloric acid - a corrosive used to remove _____

succinic anhydride - used in paper production to strengthen paper

potassium hydroxide - used to make _____

sodium hydroxide - chemical base used to make _____,
paper, and drain cleaners

Used In: Gerber baby food, Sunny Delight, powdered drink mixes, Gatorade, Powerade, fruit juices, soda, bread, condiments, baby food and baby formula.

Health Effects:

Since commonly used in baby foods, safety concerns have arisen due to the use of various chemicals in the making of modified food starch. Especially since babies are still developing and have little resistance to such chemicals. More testing required.

3) Artificial Colors

- Used to add or _____ color in _____

- Made from Coal Tar, a known _____

- Banned in many European countries and Australia

Health Effects:

If cancer is not bad enough, these colors also may cause asthma, hyperactivity, hives, malignant tumors, learning difficulties, lower IQ's in children, and lead to heart, liver, thyroid, stomach and reproduction difficulties.

Used in; Breakfast cereals, yogurt, soft drinks, candy, Gatorade. Basically used in just about all processed foods.

- By age 12, avg. child consumes _____ of artificial food coloring
- Children are more _____ to additives because they are still developing
- Children tend to eat more _____ foods than adults

If a product is too **bright** and **colorful** and is not a **fruit** or **vegetable**, be _____!

4) Partially Hydrogenated Oils

(a.k.a. _____)

- Helps Products to _____ on store shelves

Health effects: Linked to Alzheimer's disease, colon cancer, coronary heart disease, diabetes, high blood pressure, obesity, liver dysfunction, and infertility in women.

Used in: Found in all types of processed foods.

5) BHA

- Petroleum-derived _____ and _____
- Banned in Japan and other countries (but not _____)

Health effects: Carcinogen and neurotoxin. May cause hives, hay fever,

wheezing, fatigue, asthma as well as affect kidneys, thyroid, liver, stomach and reproduction. A hormone disruptor.

Used in: A large variety of processed foods.

6) Potassium Benzoate

- A _____
- Petroleum and _____ derivative
- When mixed with _____ in soft drinks, Benzene can form (benzene is a known carcinogen)
- Used mainly in _____ and juices

7) TBHQ (tertiary butylhydroquinone)

- _____ which prevents fats and oils from going bad
- Petroleum derivative
- Banned in some countries (but not Canada)

Health effects: A carcinogen and neurotoxin. May cause liver, skin, gastrointestinal, reproductive, and cardiovascular damage. Can also cause birth defects, nausea, and delirium. 5 grams are considered fatal.

Used in: Butter, bread, pasta, margarine, condiments, ice cream, potato chips, pop corn, fast food (KFC and McDonald's) and sauces.

8) Potassium Bromate

- Dough Conditioner and _____ agent
- _____ recommended its removal from all foods in 1993

- Still used in US, but NOT in _____!!

Health effects: A carcinogen and mutagen. Lead to kidney, stomach, and thyroid tumors in animal tests.

Used in: Bread, white flour, fast food buns such as Burger King, Wendy's, and Arby's

9) Sodium Nitrate/(Ite)

- Flavouring, Coloring and preservative for _____meats
- Prevents growth of _____

Health effects: A carcinogen and neurotoxin. Sodium nitrates/nitrites can form cancer causing agents. Meats with nitrites may cause lung disease. Can also cause headaches, dizziness, vomiting, migraines, cardiovascular and respiratory problems.

Animal testing caused cancer in the liver and lungs.

Used in: Canned, cured, and processed meats. Bacon, potted meat, frankfurters, smoke cured tuna, salmon.

Aren't Food additives regulated?

- FDA (_____-)(U.S.A.)
- CFIA (_____)
- Often the interests of these agencies are motivated by _____ and _____ and NOT your _____!
- Numerous cases of an additive being approved and then being _____

because of concerns

- "Let's use it until it's proven unsafe" instead of "Let's not use it until it's been proven safe"

- Food industry can affect _____ (laws)- food industry is very powerful

- _____ damage from additives is unknown

How to avoid additives

- The best way to avoid artificial colors and chemicals is to eat _____, organic food, fresh foods from farmers markets like vegetables, fruit, meat and legumes and to prepare your own food at home.

- Check all the colours, flavours, spices and other ingredients you use when cooking to ensure they don't contain any _____ or additive you don't want.

- Avoid all _____ foods when you can. Virtually all of these foods have many additives. The same applies to processed ingredients, many of which contain artificial colors, stabilizers and preservatives.

- Look for foods made with natural _____ like fruit juice, beet root extract, paprika, saffron, beta carotene, caramel color and turmeric.

_____ drive the market! Don't wait for the government to tell you what is safe or unsafe!