

Food Additives to Pay Attention to

Food additives like artificial colors, sweeteners, preservatives, and emulsifiers are commonly found in processed foods. Some individuals limit them due to potential effects on metabolism, digestion, and overall health. Understanding ingredient labels helps in making informed dietary choices. Opting for whole, minimally processed foods can reduce exposure to these additives.

Artificial Colors	<ul style="list-style-type: none"> Red 40 Red 3 - Erythrosine Yellow 5 Yellow 6 Blue 1 Blue 2 Green 3 Caramel Color
High-Fructose Corn Syrup & Processed Sweeteners	<ul style="list-style-type: none"> High-Fructose Corn Syrup (HFCS) Maltodextrin Dextrose
Monosodium Glutamate (MSG) & Flavor Enhancers	<ul style="list-style-type: none"> Monosodium Glutamate (MSG) Disodium Inosinate Disodium Guanylate
Preservatives	<ul style="list-style-type: none"> Sodium Nitrates/Nitrites BHA (Butylated Hydroxyanisole) BHT (Butylated Hydroxytoluene) Sodium Benzoate Potassium Sorbate Propyl Gallate Sulfur Dioxide Calcium Propionate
Artificial Sweeteners	<ul style="list-style-type: none"> Aspartame Sucralose Saccharin Acesulfame potassium (Ace-K) Neotame
Emulsifiers & Thickeners	<ul style="list-style-type: none"> Carrageenan Polysorbates Carboxymethylcellulose (CMC) Xanthan Gum Guar Gum