



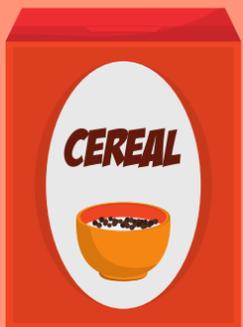
# TOP 5 ADDITIVES TO AVOID

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## OLESTRA (OLEAN)

This is a food additive that has been packaged into some chips and microwave popcorn. Olestra is not digested in the body therefore it has no calories or fat but instead can cause explosive diarrhea. Fat substitutes can actually cause more weight gain as it interferes with how much you eat causing you not to feel full and thus you eat more. Found in products like Frito-Lay's WOW potato and tortilla chips (Lay's, Ruffles and Doritos), Nabisco's Fat-Free Ritz and Fat-Free Wheat Thins crackers, and P&G's Fat-Free Pringles.



## HIGH FRUCTOSE CORN SYRUP

Is a cheap industrial way to replace table sugar in products. It has been found to increase obesity as it easily converts to fat in the body, it can lead to insulin resistance which is type 2 diabetes. HFCS causes inflammation in the body which aids in other serious health concerns like heart disease and cancer. HFCS can be found in most processed foods like commercial bread, candy, boxed cookies, flavoured yogurts, salad dressings, canned vegetables, tinned fruit and some cereals.



## ARTIFICIAL SWEETENERS

Such as Aspartame, Sucralose (Splenda), Xylitol, Saccharin, Acesulfame K. These artificial man-made sweeteners have been around since the 1950s and have been advertised to the public as safe, calorie free and sugar free. Sucrose (Splenda) was supposed to be an insecticide and not consumed, it was an accident on how it was discovered. Aspartame can stay in the brain, liver and kidneys for years as the body cannot process it. Side effects from these can include but not limit: Hives, asthma, eye sight problems, cancers, autism, nausea, mood problems, impaired liver and kidney function. The ingredients can be found in so many man made products today so check your labels.



## MONOSODIUM GLUTAMATE (MSG)

Was invented as a food additive and flavour enhancer mainly in Asian dishes. Today grocery store shelves are filled with MSG products and can also go under the name "natural flavour". Some products that contain MSG includes crackers (especially cheese flavour), chips, canned soups, packet mixes, bouillon cubes, salad dressings, gravy mixes, cold cut meats including soy kinds. Here are some common side effects from MSG:

Skin rash • Numbness • Intense thirst • Lethargy or sleepiness • Ringing ears • Tingling in the mouth • Headaches / Nausea • Dizziness • Rapid or irregular heartbeat • Flushing or excessive sweating



## TRANS FAT

Is a man-made product that uses cheap industrial vegetable oil that has been turned into a chemically enhanced solid fat. It has been used since the 1950s to keep products on the shelf longer. Trans fats raise the bad cholesterol in your body and lower your good healthy cholesterol that protects your brain, heart, blood and skin from disease. Trans fats are found in fried foods, packaged pudding, commercial pies, cakes and cookies, instant noodles, margarine, non-dairy creamers, ice cream, breakfast biscuits, meat sticks, frozen dinners, crackers and unfortunately much more. Man made fat has been known to cause heart disease, cancers and strokes.