



# Common Food Additives

	FOUND IN	SOURCE	NOTES	
<b>artificial coloring</b> (Red 3, Red 40, Yellow 5, Yellow 6, Blue 1, etc)	candies, drinks, condiments, pickles, yogurt, fresh citrus	petroleum	tricks brain to think food has nutrients; known carcinogens; can trigger allergies & hyperactivity	
<b>artif. sweeteners</b> (sucralose, aspartame, saccharin, acesulfame)	"sugar-free" products, gum, drinks	chemically produced	most reported negative side-effects of all food additives; promote weight gain & blood sugar issues	
<b>high fructose corn syrup</b>	baked goods, bread, drinks, candies, ice cream, syrup	corn	a cheap/ideal form of sugar for food production; promotes weight gain, blood sugar issues, & inflammation	
<b>hydrogenated oils</b> (aka trans fat)	baked goods, crackers, chips, margarine	chemically produced	promote inflammation, cardiovascular issues, weight gain, blood sugar issues	
<b>MSG</b> (monosodium glutamate)	processed & restaurant food, canned soup, Asian food	fermented sugar	enhances umami flavor; can trigger nervous system symptoms (migraines, numbness)	
<b>carageenan</b>	dairy & gluten free products, nut milks	red seaweed	thicken & blend food products; appears to promote inflammation, gut issues, & glucose intolerance	
<b>processed oils</b> (canola, corn, soy, vegetable, etc)	baked goods, dressings, processed & restaurant food	processed from grains & seeds	often rancid from heating & bleaching during production; promote inflammation & cardiovascular issues	
<b>sodium benzoate</b>	carbonated drinks, juices, condiments, dressings	chemically produced	can trigger hyperactivity; with citric/ascorbic acid it converts to carcinogenic benzene	
<b>sodium nitrite</b>	processed meat	chemically produced	antioxidant to prevent bacterial growth & retain pink color in meat; converts to carcinogenic nitrosamine	
<b>sugar alcohols</b> (xylitol, erythritol, sorbitol, anything that ends in -itol)	"sugar-free" products, gum, drinks	processed plant sugars	promote cravings & blood sugar issues; can cause digestive issues in large amounts	
<b>citric acid</b>	sweetened drinks, candy, jelly, ice cream, canned fruit	<i>Aspergillus niger</i> (black mold)	flavor & preserve food products; can be inflammatory for some people sensitive to mold	
<b>food starch</b> (cornstarch, maltodextrin, corn syrup solids, etc)	baked goods, processed food, dairy & gluten free products	corn, potato, tapioca, wheat	blend & thicken food products; GF unless indicated as wheat starch; can be allergenic for some people	
<b>gums</b> (guar, xanthan, gellan, tara, carob, etc)	dairy & gluten free products, nut milks	soy, corn, wheat; legumes	thicken, blend, & bind food products; feed gut microbes (for better or worse, depending on person)	
<b>lecithin</b>	chocolate, ice cream, baked goods, supplements	soy, sunflower, canola, egg	blends food products; aka as phosphatidylcholine supplement; minimally allergenic if from soy	
<b>yeast extract</b>	cheese products, salty foods, canned soup	yeast	enhances umami flavor; often used in place of MSG; often found in small amounts	

significant concern,  
reduce at all cost



moderate concern,  
reduce when possible



minimal concern,  
some may need to  
reduce

