

## Ingredients to Avoid

---

### Preservatives

- Sodium/Potassium benzoate (used as preservative especially in acidic foods, such as pickles; slows down fungal and bacterial activity) – link to cancers and ADHD
- Sulfites (found in many foods including dried fruit, wine) – elicits allergic responses, worsens asthma symptoms
- Nitrites (processed meats, deli meats, hot dogs, sausages) – produces a known carcinogenic compound, nitrosamine, in stomach acid and with cooking
- BHA (butylated hydroxyanisole) & BHT (butylated hydroxytoluene) – used to prevent rancidity of fats in food; may have carcinogenic/teratogenic effects

### Colourings

- Have been linked to tumours in animal studies, behavioural changes in children

### Flavour enhancers

- MSG (monosodium glutamate) – leads to neurotoxic effects
- HVP (hydrolyzed vegetable protein) – contains MSG

### Fats

- Trans fats (hydrogenated/partially hydrogenated oils) – unnatural form of fat with strong link to heart disease

### Artificial Sweeteners

- Sucralose (Splenda) – may be linked to neurologic/immunologic toxicity; long-term health studies not available; similar chemical structure to chlorinated pesticides
- Aspartame (NutraSweet, Equal, Sugar Twin) – produces formaldehyde metabolite; possible link to neurotoxicity, cancer, behaviour adverse effects
- Acesulfame-K (Sunett, Sweet One) – produces cancer in animals
- Saccharin (Sweet n Low) – has been linked to cancer, esp. bladder cancer
- Neotame – similar to aspartame, but possibly more toxic; carcinogenic effects
- {Cyclamates: banned in 1970s due to correlation with bladder cancer}
- Sorbitol, Mannitol (can have laxative effects), Erythritol, Xylitol – sugar alcohols; main effects are mild digestive disruptions

### Healthy Natural Sweeteners

- |                    |               |
|--------------------|---------------|
| • Stevia           | • Honey       |
| • Brown Rice Syrup | • Maple Syrup |
| • Agave Syrup      | • Date Sugar  |
| • Juice            | • Barley Malt |
| • Amasake          |               |