

FOOD ADDITIVES GUIDE



"Life Coaching For Your Individual Greatness"

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ABOUT ONE 80 TURN, LLC

One 80 TurnSM is a holistic life wellness service provider located in Nashville, TN. Our whole body approach utilizes results oriented tools and concepts, from various cultures and philosophies, to provide high school and college athletes with reliable information on various topics that have the potential to help them improve their athletic performance, as well as assist them in forming good habits that will benefit them throughout their lifetime.

The concept for the services of One 80 TurnSM was conceived by the owner after several years of personal interaction with teens through life coaching and athletic instruction. The goal is for our business to be recognized as the number one source of life enhancing information and instruction for high school and college athletes.

Our mission is to provide a supportive, non-judgmental environment to assist our partners in reaching their highest potential as athletes and achieving whole body wellness by utilizing resources, programs and tools that promote good health physically, emotionally, mentally and spiritually. Personal gains, such as improved self esteem and self motivation, combined with measurable benefits, will create tremendous life long advantages. Our holistic approach to wellness will establish our reputation as the best in the industry.

DOCUMENT INFORMATION

2.1 Description

The information in this document, on food additives, is taken from various internet and newsletter sources and is provided in this compiled format for easy reading.

2.2 Objectives

Provide general information about, and on the use of, food additives in the American food supply.

2.3 Suggested Users

Any person desiring to increase their knowledge about food additives as they make choices for their individual health/nutrition/exercise needs/requirements.

DOCUMENT CONTENT






3.1 What Are Food Additives?

Food additives have been used for centuries. The preservation of food is an age-old necessity and salt and saltpetre were used to preserve meat and vinegar to pickle vegetables. Cooks regularly used baking powder as a raising agent, thickeners for sauces and gravies, and colors such as cochineal to transform good-quality raw materials into foods that were safe, wholesome and enjoyable to eat.

There are over 14,000 man-made chemicals added to our American food supply today and while most food additives are safe, some have not been adequately tested, and a few could be dangerous. The Center For Science In The Public Interest compiled a partial list called *Chemical Cuisine*. A summarized version of their 2008 list is reproduced here. A more detailed list, which contains a list of the foods the additive is most often found in, can be viewed on the internet at:

<http://www.cspinet.org/reports/chemcuisine.htm>.









3.2. Summarized Table Of Food Additives

SAFE 	CUT BACK  Not toxic, but large amounts may be unsafe or unhealthy	CAUTION  May pose a risk and needs to be better tested.	CERTAIN PEOPLE SHOULD AVOID 	EVERYONE SHOULD AVOID  Unsafe or very poorly tested and not worth any risk.
Alginate	Corn syrup	Artificial colorings (Citrus Red 2, Red 40)	Artificial colorings (Yellow 5)	Acesulfame potassium
Alpha tocopherol (Vitamin E)	Dextrose (corn sugar, glucose)	Brominated vegetable oil (BVO)	Artificial and natural flavoring	Artificial colorings (Blue 1, Blue 2, Green 3, Red 3, Yellow 6)
Ascorbic acid (Vitamin C)	Fructose	Butylated hydroxytoluene (BHT)	Caffeine	Aspartame (NutraSweet)
Beta-carotene	High-fructose corn syrup (HFCS)	Quinine	Carmine	Butylated hydroxyanisole (BHA)
Calcium propionate	Invert sugar		Casein	Olestra (Olean)
Calcium stearoyl lactylate	Maltitol		Cochineal	Partially hydrogenated oil
Carrageenan	Mannitol		Gums (tragacanth)	Potassium bromate
Citric acid	Polydextrose		Hydrolyzed vegetable protein (HVP)	Propyl gallate
Diocetyl sodium sulfosuccinate	Salt (sodium chloride)		Lactose	Saccharin
EDTA	Sorbitol		MSG (monosodium glutamate)	Sodium nitrate, sodium nitrite
Erythorbic acid	Sugar (sucrose)		Mycoprotein (Quorn)	Stevia

Ethyl vanillin	Xylitol		Quinine	
Ferrous gluconate			Sodium benzoate	
Fumaric acid			Sodium caseinate	
Gelatin			Sulfites (sodium bisulfite, sulfur dioxide)	
Glycerin (glycerol)				
Gums (Arabic, furcelleran, ghatti, guar, karaya, locust bean, xanthan)				
Inulin				
Lactic acid				
Lecithin				
Maltodextrin				
Modified starch				
Mono- and diglycerides				
Neotame				
Oate fiber				
Oligofructose				
Phosphates				
Phosphoric acid				
Phytosterols				
Polysorbate 60, 65, 80				
Potassium sorbate				
Propylene glycol alginate				
Sodium ascorbate				
Sodium carboxymethyl-cellulose				
Sodium citrate				
Sodium propionate				
Sodium stearyl fumarate				
Sodium stearyl lactylate				
Sorvic acid				
Sorbitan monostearate				
Starch				
Sucralose (Splenda)				
Thiamin mononitrate				
Vanillin				
Wheat fiber				

ARTIFICIAL COLORINGS

Artificial colorings are used almost exclusively in products with little nutritional value (candy, soda, etc.), so you will not be missing much if you avoid foods that contain them. The presence of colorings usually signals the absence of fruit or other natural ingredients. Colorings contribute to hyperactivity in some children.

 Blue 1	<i>Baked goods, beverages, candy.</i> Inadequate tests suggested a small cancer risk.
 Blue 2	<i>Beverages, candy, pet food.</i> The largest study suggested that it caused brain tumors in male mice. Unfortunately, the Food and Drug Administration (FDA) concluded that there is “reasonable certainty of no harm.”
 Citrus Red 2	<i>Skin of some Florida oranges.</i> Studies indicated that it may slightly increase the risk of cancer, but the coloring doesn’t seep through the orange skin into the pulp. Because so little is used, you have only a miniscule increased risk if you eat the peel.
 Green 3	<i>Beverages, candy.</i> A 1981 industry-sponsored study showed hints of bladder cancer in laboratory animals, but after the FDA reanalyzed the data, it concluded that the dye was safe. Fortunately, Green 3 is rarely used.
 Red 3	<i>Baked goods, candy, cherries in fruit cocktail.</i> The FDA’s recommendation that Red 3 be banned—based on evidence that it caused thyroid tumors in rates—was overruled by pressure from the Reagan Administration.
 Red 40	<i>Candy, gelatin, dessert, pastries, pet food, sausage, soda.</i> An FDA review committee acknowledged that the <u>most widely used food dye</u> caused problems in key mouse studies, but said that evidence of harm was not “consistent” or “substantial.”
 Yellow 5	<i>Baked goods, candy, gelatin, dessert, pet food.</i> The <u>second most widely used coloring</u> can cause mild allergic reactions, mostly in the small number of people who suffer allergic reactions to aspirin.
 Yellow 6	<i>Baked goods, beverages, candy, gelatin.</i> Industry-sponsored animal tests indicated that the <u>third most widely used dye</u> cause tumors of the adrenal gland and kidney. What’s more, small amounts of several carcinogens can contaminate Yellow 6. Even so, the FDA concluded that the coloring doesn’t endanger humans. Yellow 6 may also cause allergic reactions.

3.3 Sources

1. Nutrition Action Health Letter May 2008
2. <http://www.sweetpoison.com/food-additives-to-avoid.html>
3. <http://www.eufic.org/article/en/food-safety-quality/food-additives/artid/food-additives/>