

FOODS CONTAINING THESE ADDITIVES HAVE NOT BEEN RECOMMENDED

by Jayne Benkendorf, Author of *The Food Bible*

ALGINIC ACID (propylene glycol alginate) -- A stabilizer. It is being investigated as a probably cause of reproductive problems and birth defects.

ALUMINUM COMPOUNDS -- Leavening agents used in packaging and baked products. They have been linked to nerve disorders and Alzheimer's Disease.

ARTIFICIAL COLORS -- Affect the central nervous system and can cause allergic reactions. A link between hyperactive behavior in children and artificial colors has been proven. They stress the immune system and have caused cancer and brain tumors in laboratory animals.

ARTIFICIAL FLAVORS -- Affect the central nervous system and stress the immune system. A link between hyperactive behavior in children and artificial flavors has been proven.

ASPARTAME (Nutrasweet, Equal) -- A sugar substitute. It has been found to cause nervous system disorders and mental retardation in individuals who cannot tolerate phenylalanine. Those at highest risk are unborn fetuses and children under six.

BHA (butylated hydroxy anisole), BHT (butylated hydroxytoluene) -- Preservatives and antioxidants. They can affect the nervous system and can cause behavioral problems in children, a weakened immune system, allergic reactions, infertility and elevated cholesterol levels. They have been shown to weaken the resistance to cancer-causing substances.

BEZOIC ACID, SODIUM BENZOATE -- Preservatives which can affect the central nervous system, cause allergic reactions, asthma attacks, stomach irritations and hyperactivity in children.

BROMATE, CALCIUM AND POTASSIUM -- Dough conditioners which have been known to cause nervous system disorders and kidney problems.

CALCIUM PROPIONATE, PROPIONIC ACID, SODIUM PROPIONATE -- Requires further study for safety. All forms have been known to cause allergic reactions.

COTTONSEED OIL -- A cooking oil that has been exposed to many chemical pesticides because cotton is not a food crop.

DISODIUM GUANYLATE -- A flavor enhancer that can increase uric acid concentrations and should be avoided by those with gout.

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EDTA (ethylenediamine tetra-acetic acid) -- A sequestrant. It can cause allergic reactions, asthma, skin rashes, and large amounts can cause excretion of valuable minerals.

GLUTAMIC ACID, MSG (monosodium glutamate) -- A flavor enhancer which can affect the central nervous system, stress the immune system, cause allergic reactions, skin rash, headaches and rapid heart beat. It has been banned from baby food in the United States.

IRRADIATION -- The process of preserving food with radiation. This is a preservative that affects the immune system's production of white cells. It has caused tumors, cataracts, and kidney damage in test animals. It destroys vitamins and minerals and is feared to be cancer-causing.

NITRATES AND NITRITES -- Preservatives. Nitrites combine with stomach juices to form nitrosamines, powerful cancer-causing agents. Deaths have occurred from sodium nitrite residue in foods.

POLYSORBATES, SORBITOL DERIVATIVES -- Emulsifiers. Their safety is questionable, and the FDA requests further studies.

POTASSIUM SORBATE -- A preservative. It can affect the central nervous system and cause skin irritations.

PROPYLENE GLYCOL -- A humectant. It has been found to cause nervous system disorders.

SACCHARIN -- A sugar substitute. It has been proven to cause cancer in laboratory animals.

SILICON DIOXIDE, SILICA -- An anticaking agent. For safety, its use is restricted.

SMOKED FOODS & SMOKE FLAVORING -- Flavor enhancers. These have proven to be carcinogenic (cancer-causing).

SULFITES -- Preservatives & antioxidants, including: Potassium bisulfite, Potassium metabisulfite, Sodium bisulfite, Sodium sulfite, Sodium metabisulfite, Sulfur dioxide.

These affect the nervous system, can cause severe allergic reactions, asthma attacks, abdominal pains, diarrhea, faintness and severe headaches, and has caused death in some instances.

TBHQ (tertiary butylhydroquinone) -- An antioxidant. It is used alone or in combination with BHA and/or BHT. Its use is limited for safety. It can cause nausea, vomiting, delirium and contact with skin can cause allergic reactions.

TROPICAL FATS (coconut, palm, palm kernel) -- Highly saturated fats. These are precursors of hardening of the arteries, stroke and heart disease.

The Diet That Calms: The Feingold Diet

After observing many children with ADHD and others with food allergies, pediatrician and allergist Ben Feingold concluded that impulsive behavior in some hyperactive children was triggered by certain foods.

The culprits, he decided, were artificial colors and flavors, a few specific preservatives and salt compounds called salicylates, which exist naturally in some fruits and vegetables. No one knows exactly why these could be harmful, but they may interfere with nerve messages in the brain.

What To Avoid:

√ Most prepared foods, such as canned soups and vegetables, processed cheeses, instant mashed potatoes, gravy mixes and some colored yogurts.

√ Apples, oranges, peaches, tomatoes and other fruits or vegetables containing natural salicylates.

√ Packaged cakes, cookies, breakfast cereals and other treats that contain dyes or those preservatives known to be harmful.

√ Dye-colored toothpastes, vitamins and even some children's medicines.

What To Eat:

√ Chicken, meat or fish that has not been processed or preserved.

√ Milk, cheeses, yogurts and dairy products without dyes or preservatives.

√ Fruits such as melons, pineapples and bananas that are free of salicylates.

√ A few brands of cookies, ice creams and cake mixes free of off-limit ingredients.

If you want more information about the Feingold diet, call 800-321-3287.

Editorial Note: What calms children, may also calm adults, and may calm over-active brain firing.