



We Make Health Fun

Holistic Nutrition Girl

Food Additives

These are some of the problems linked to the consumption of food additives.

- Allergies
- Asthma
- Eczema
- Hives and other skin rashes
- Irritability
- Mood Swings
- Tantrums
- ADD
- Sleep disturbances
- Migraines/Headaches
- Dizziness
- Heart palpitations
- Anxiety
- Cancer
- Tumors

The following list of artificial preservatives, flavourings, and colourings should be avoided as much as possible:

- Sodium benzoate
- Sulfites
- Nitrates
- Blue Dye #1 and #2
- Red Dye #3 and #40
- Green Dye #3 or Fast Green
- Yellow Dye #5 (tartrazine) or #6
- BHA (Butylated Hydroxyanisole) or BHT (Butylated Hydroxytoluene)
- Artificial Sweeteners (Aspartame, Nutrasweet, Splenda)
- MSG (Monosodium Glutamate, autolyzed yeast, hydrolyzed protein)
- Phosphoric acid, used in drinks to make them fizzy

- **Eat whole foods as close to the way nature made them**
- **Local, fresh, organic whenever possible**
- **If you do eat processed foods, read the ingredient list – amounts are listed most to least (i.e. if sugar is first ingredient, then it has LOTS of sugar)**
- **Avoid/limit the above list as much as possible**
- **If there are 3 or more additives or words you can't pronounce, then these products are better on the shelf than in your body.**