

Additives

an absolutely fabulous guide

Read it if you dare - be afraid very afraid!



Most of the food we buy contains additives – they are often known as E numbers – and the majority of these additives are made artificially (that means with chemicals in plain English) and their safety is questionable. A great many of them were developed back in the early 1970's when the strict guidelines that are in place now, were less stringent.

The only use they have is to give foods a longer shelf life or to replace flavours and colouring lost during their processing; they have no nutritional value at all, and are certainly not a part of a healthy diet.



They are in such a vast range of foods nowadays that a lot of people are ingesting far more than is probably healthy – the effects on the human body have not been fully studied. Look around you, how many adults and children do you know who are allergic to certain types of foods? Perhaps you are? Have you ever wondered why? Maybe this article will help you understand a little.

E numbers are classified like this:

- E100-199 colourings
- E200-299 preservatives
- E300-399 acidity regulators, anti-oxidants
- E400-499 thickeners, stabilisers
- E500-599 pH regulators, anti caking agents
- E600-699 flavour enhancers (glutamates)
- E900-799 miscellaneous stuff
- E1000-1999 other weird stuff and chemicals

Notice that there are a couple of hundred numbers not allocated, the manufacturers are presumably not finished with us yet!

Here's a few of the additives you will find in your food

Titanium dioxide (which makes sweets or stuff like icing sugar look whiter) is also used in make up and in white house paint.



Aspartame (a sugar substitute and nearly 200 times sweeter) has been proved to cause cancer in rats. In humans it can cause headaches, panic attacks, mood swings, dizziness and hyperactivity in children. It's used in so called "sugar free" products; some drinks have 30 – 50 percent concentration.

absolutely fabulous
creating fantastic females

Additives

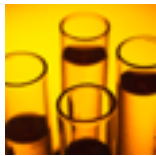
an absolutely fabulous guide

Just because the label says “sugar free” doesn’t mean that it hasn’t been sweetened with a man made chemical. Any word ending in “-ose”, sucrose, fructose, dextrose etc - are all synthesised sweeteners that your body doesn’t know how to handle, it can’t use them, and your kidneys and liver don’t know what to do with them so they store it for a “rainy day”, or in plain English - FAT!



Cochineal extract (often called carmine or carminic acid) is used to make food look pink, red or purple. Strawberry yoghurt often contains it and so do many fruit fillings and “healthy” snack bars – it often goes under the name E120, it is made from the dead bodies of small bugs and is known to cause allergic reactions.

Tartrazine, a yellow food colouring used in soft drinks, chewing gum, sweets, jellies, butterscotch, dessert mixes etc. can cause hyperactivity, headaches, asthma or rashes in some children. Some European and Scandinavian countries have sensibly banned its use, but it is still widely used in the U.K. and the U.S.A.!



A lot of these additives are artificially made in laboratories, they are mass produced, cheaper and the multi-national companies that make them, also make the pharmaceutical drugs that you take when you get sick from them or get allergic reactions to them. Now that’s the business to be in, isn’t it? Sell you chemicals that make you ill, and then sell you chemicals to make you better!

Let’s take a look at what’s in a couple of things you or your kids would probably enjoy.



For example, to make a strawberry milkshake at home you would need: milk or cream, ice, fresh strawberries, perhaps a little sugar or honey to sweeten and maybe a touch of vanilla

If you bought one ready made from a supermarket or fast food joint, this is what it would probably contain:

Milk fat and non-fat milk, sugar, sweet whey, fructose corn syrup, guar gum, mono- and diglycerides, cellulose gum, sodium phosphate, carrageen, citric acid, E129 and “**artificial strawberry flavour**”

So, what’s in that innocent ingredient “**artificial strawberry flavour**”?

Additives

an absolutely fabulous guide

Ready? Here we go...



Amyl acetate, amyl butyrate, amyl valerate, anethol, anisyl formate, benzyl acetate, benzyl isobutyrate, butyric acid, cinnamyl isobutyrate, cinnamyl valerate, cognac essential oil, diacetyl, dipropyl ketone, ethyl butyrate, ethyl cinnamate, ethyl heptanoate, ethyl heptylate, ethyl lactate, ethyl methylphenylglycidate, ethyl nitrate, ethyl propionate, ethyl valerate, heliotropin, hydroxyphenyl-2-butanone, α -ionone, isobutyl anthranilate, isobutyl butyrate, lemon essential oil, maltol, 4-methylacetophenone, methyl anthranilate, methyl benzoate, methyl cinnamate, methyl heptine carbonate, methyl naphthyl ketone, methyl salicylate, mint essential oil, neroli essential oil, nerolin, neryl isobutyrate, orris butter, phenethyl alcohol, rose, rum ether, γ -undercalactone, vanillin and solvent!!!

That's **47 (count them - 47!)** unpronounceable chemicals to get "artificial strawberry flavour" that you could get by mashing up a couple of strawberries! We're not chemists, and we've never heard of most of those "ingredients". (Solvent's some type of glue isn't it?) Which recipe would you rather put into *your* body?

Do you eat Bread?



The rough recipe for good basic bread is 100 parts flour, 60 parts water, 3 parts fresh yeast, 2 parts salt, a few hours of patience and a bit of kneading involved - but you'll get some great bread.

In this country we buy around 10 million loaves of bread every day, so take a look at the ingredients in a loaf of bread made for, and sold by, the large retailers: flour, water, yeast and salt, so far so good.

Also in your bread is:



Vinegar Soya flour, E72(e) Emulsifier (what's that?), Sugar, Vegetable fat, E300 flour treatment agent (again, what's that?). Using high speed mixing machines, and by adding ascorbic acid to accelerate the process, they can make a start to finished baked bread product in less than 30 minutes! Then it's sprayed with a mould inhibiting chemical to stop it going off quickly. This is commonly known as the "Chorleywood process" from the area the factories were when it was first used.

On the packaging, the words "**Full of Goodness**" - full of goodness knows what!!! Alternatively, you could buy a bread making machine, buy the ingredients you want to put in your bread, and you can make a loaf in a few hours (or overnight if it has a delay timer) without too much hassle, *and* you will know what is in it

Remember this mantra: If you don't know what's in it, don't eat it!

You know - You really are what you eat!

absolutely fabulous
creating fantastic females