

H E E L S vs T I E S

Appendix I

Food additive	Where is it found? / How is it use?	Harmful effects
Monosodium Glutamate (MSG)	Common food additive used to intensify and enhance the flavor of savory dishes	Associated with weight gain and metabolic syndrome
High-Fructose Corn Syrup	It is a sweetener made from corn. Found in soda, juices, candy and snack foods	Weight gain and diabetes. Increase inflammation
Artificial flavoring	Design to mimic food flavor	Bone marrow suppression when consume in high amounts
Artificial sweeteners	Added to many diet foods and beverages to enhance sweetness	Headache and aspartame have been associated with cancer
Sodium Nitrite	Use as preservative to reduce bacteria growth and add the pink color, salty flavor to the food. Found in process meat	Stomach, colorectal, bladder and breast cancer. Increase incidence of DM Type I
Artificial food coloring	Us to brighten up and improve the appearance of food	Increase the risk of thyroid tumor (Red 3). Might promote hyperactivity
Carrageenan - derive from Seaweed	Used as thickener, emulsifier, and preservative. Mostly found on almond milk, cottage cheese, ice cream coffee creamers, and dairy-free products	Increase levels of fasting blood sugar and glucose intolerance
Sodium Benzoate	Preservative often added to carbonated drinks and acidic foods (salad dressings, pickles and condiments)	If combined with Vit C it might form Benzene and increase the risk for cancer
Trans Fat	Found in processed foods like baked goods, margarine, microwave popcorn. Increase shelf life	Increase inflammation. Associated with development of cardiovascular disease