

10 WORST FOOD INGREDIENTS

Find out where it's lurking, why it's bad, and how you can avoid it:

1. Monosodium Glutamate (MSG)
2. Aspartame
3. High Fructose Corn Syrup (HFCS)
4. Agave Nectar
5. Artificial Food Coloring
6. BHA and BHT
7. Sodium Nitrite and Sodium Nitrate
8. Potassium Bromate
9. Recombinant Bovine Growth Hormone (rBGH)
10. Refined Vegetable Oil