

# The most popular chemical additives in the food industry

- ⊕ benzoates \*
- ⊕ nitrites
- ⊕ sulphites
- ⊕ sorbates

\* These additives kill/prevent molds and yeast from growing on food.

## Other common food additives and their potential dangers:



**Aspartame:** Sweetener in snacks, sweets, alcohol, desserts, diet foods. Reports show possibility of **headaches, blindness, and seizures** with long-term high doses of aspartame.

**Benzoic acid:** Preservative in many foods, including drinks, low sugar products, cereals, meat products. Can temporarily **inhibit the function of digestive enzymes**. May **deplete glycine levels**.



**Monosodium glutamate (MSG):** Flavor enhancer known to cause **seizures, chest pains, headache, nausea, burning sensations, and tightness of face**.

**Sulfur dioxide:** Preservative that causes bronchial problems, hypotension (low blood pressure), flushing tingling sensations or anaphylactic shock.



**Nitrites/Nitrates:** one of the **most dangerous** additives. Used in most processed meats.



• Nitrites are used to **stabilize the color** of the product.

• High levels of nitrites and/or nitrite poisoning in food can cause **cardiovascular collapse**.

## Chemical-Additive Intake:



• Americans eat roughly **6 to 9 lbs** per year.

• The U.S. consumes over **1 billion lbs** per year.