

Eat RIGHT Now

The Dirty Dozen ~ Non-food Items to Avoid

Non-Food Item	Purpose	Possible Health Affects	Foods Contained In
Hydrogenated oil (trans-fats)	Man-made synthetic fat providing longer shelf-life and higher heating point	Linked to cancer, MS, CVD, diabetes, diverticulitis, and other degenerative conditions	Most boxed and processed foods
MSG (monosodium glutamate)	Flavor enhancer	Linked to respiratory, gastrointestinal, cardio vascular, circulatory, muscular, visual and urological conditions	Soups, some crackers, bread, canned tuna fish, salad dressings, processed meats, ice cream, frozen yogurt and most frozen entrees
Aspartame	Zero calorie sweetener	Headaches/migraines, dizziness, seizures, nausea, numbness, muscle spasms, weight gain, rashes, depression, fatigue, irritability, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain	<i>Nutrasweet</i> and <i>Equal</i> which are found in carbonated soft drinks, powdered soft drinks, chewing gum, confections, gelatins, dessert mixes, puddings and fillings, frozen desserts, yogurt, tabletop sweeteners, most foods labeled “lite” or “sugar free”, and some pharmaceuticals such as vitamins and sugar-free cough drops.
HVP (hydrolyzed vegetable protein)	Flavor enhancer (equal to MSG)	Same as MSG	Poultry, pork and vegetable products, sauces, gravies, stews, processed meats and hot dogs
BHA (butylated hydroxyanisole) BHT (butylated hydroxytoluene)	Fat preserver that ensures oils don't become rancid or oxidize and protects food odor, color, and flavor.	Increase risk of cancer, known to accumulate in body tissue, cause liver enlargement, retard the rate of DNA synthesis and cell development.	Butter, meats, cereals, chewing gum, baked goods, snack foods, dehydrated potatoes, and beer
Acesulfame Potassium (acesulfame K)	Zero calorie sweetener	Lung tumors, breast tumors, rare types of tumors of other organs (such as the thymus gland), several forms of leukemia and chronic respiratory disease	Chewing gum, dry mixes for beverages, instant coffee and tea, gelatin desserts, candy, puddings, nondairy creamers, and alcoholic beverages

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Potassium Bromate	Food additive used to increase volume in white flour, breads, and rolls	Cancer	Breads and flour and their by-products
Sodium Nitrate/Nitrite	Preservative for color, inhibit botulism	Cancers of the colon, breast, prostate and pancreas	Processed meats such as salami, hot dogs, pepperoni, bologna, ham, bacon and SPAM
Propyl Gallate	Food additive that ensures oils don't become rancid, oxidize, change color, thickness or texture. Also ensures active ingredients don't break down	Stomach irritation, skin irritation, and allergic reactions that constrict breathing. Also can cause extra skin sensitivity. People who have asthma, an allergy to aspirin, or liver or kidney problems, should avoid propyl gallate as much as possible	Vegetable oil, mayonnaise, meat, soup, dried milk, spices, candy, snack foods, vitamins, chewing gum, pet food, perfume, soaps, lotions and moisturizers, lipstick and other make-up, hair care products, bath products, sunscreen, and toothpaste
Sodium Benzoate	Preservative preventing spoilage and color flavor and nutrient changes	Damages DNA, the genetic material, a known carcinogen, plays a role in a variety of diseases due to it's DNA damaging capabilities	Preserves, salad dressings (vinegar), carbonated drinks (carbonic acid), jams (citric acid), fruit juices (citric acid), pickles (vinegar), and Chinese food sauces (soy, mustard, and duck),.alcohol-based mouthwash, It is found naturally in cranberries, prunes, greengage plums, cinnamon, ripe cloves, and apples.
Artificial Colors	A petroleum by-product that alters colors of food to make it more visually appealing.	Cancer, ADD, ADHD, hyperactivity, rashes, asthma, tumors,	Countless food products ranging from candy and soda to breakfast cereal and sausage