

Quick Guide: Chemicals to Avoid in Processed Foods

Reading food labels can feel overwhelming, but these common additives are worth watching for. Use this list as a quick reference when shopping.

WHY AVOID?

ARTIFICIAL SWEETENERS

ASPARTAME
SUCRALOSE
SACCHARIN

CAN DISRUPT DIGESTION, INCREASE CRAVINGS, AND CONFUSE YOUR BODY'S NATURAL HUNGER CUES

WHY AVOID?

ARTIFICIAL COLORS & DYES

RED 40
YELLOW 5 & 6
BLUE 1

LINKED TO HYPERACTIVITY IN CHILDREN AND SENSITIVITY REACTIONS. SOME ARE BANNED IN EUROPE.

WHY AVOID?

PRESERVATIVES

BHA (BUTYLATED HYDROXYANISOLE)
BHT (BUTYLATED HYDROXYTOLUENE)
SODIUM NITRITE/NITRATE

USED TO EXTEND SHELF LIFE BUT MAY HAVE LONG-TERM HEALTH RISKS UNDER STUDY.

WHY AVOID?

FLAVOR ENHANCERS

MSG (MONOSODIUM GLUTAMATE)
DISODIUM INOSINATE
DISODIUM GUANYLATE

MAY CAUSE HEADACHES OR SENSITIVITY REACTIONS IN SOME PEOPLE.

WHY AVOID?

HIDDEN SUGARS

HIGH-FRUCTOSE CORN SYRUP
DEXTROSE
MALTOSE

SPIKES BLOOD SUGAR, INCREASES INSULIN RESISTANCE, AND ADDS "EMPTY CALORIES."

SMART SHOPPING TIP:

IF YOU CAN'T PRONOUNCE IT OR WOULDN'T USE IT IN YOUR OWN KITCHEN, THINK TWICE BEFORE BUYING IT.
CHOOSE WHOLE, NATURAL FOODS WHENEVER POSSIBLE — YOUR BODY WILL THANK YOU WITH BETTER
DIGESTION, FEWER SENSITIVITIES, AND STEADY ENERGY