

Name (Additive / Color / Number)	Side Effects	Banned in Other Countries	Commonly Found In
High-Fructose Corn Syrup	Obesity, diabetes, metabolic syndrome	None (just less use)	Sodas, candies, baked goods
Sodium Nitrite (E250)	Carcinogenic, cancer risk	Norway, Germany	Processed meats
Red 40 (Allura Red AC, E129)	Hyperactivity, allergies	France, Norway	Candy, snacks, beverages
Yellow 5 (Tartrazine, E102)	Hyperactivity, allergies	Norway, Austria	Cereals, drinks
Aspartame	Headaches, dizziness, seizures	None	Diet sodas, sugar-free products
Potassium Bromate	Carcinogenic, thyroid issues	EU, UK, Canada	Bread, baked goods
BHA (Butylated Hydroxyanisole)	Hormone disruption, cancer risk	EU, Japan	Chips, preserved foods
Titanium Dioxide (E171)	Inflammation, organ damage	EU	Processed foods, candies
Propyl Gallate	Allergies, liver issues	None	Meats, snacks
Parabens (Methyl, Ethyl, Propyl)	Hormone disruption, infertility	EU	Cosmetics, personal care items
Sodium Benzoate (E211)	Hyperactivity, allergies	None	Soft drinks, salad dressings
Monosodium Glutamate (MSG)	Headaches, nausea	None	Processed foods, seasonings
Trans Fats	Heart disease, inflammation	Partially banned in US, Canada	Packaged snacks, fried foods
Artificial Sweeteners	Cancer risk, digestive issues	Varies	Low-calorie snacks, drinks
Blue 1 (Brilliant Blue FCF, E133)	Allergies, hyperactivity	France	Beverages, candy
Caramel Coloring (E150)	Carcinogenic potential	None	Soft drinks, sauces
Polysorbate 80	Allergies, inflammation	None	Ice cream, processed foods
Artificial Flavorings	Allergies, unknown long-term effects	None	Snacks, sweets
Propylene Glycol	Allergic reactions, organ toxicity	None	Processed foods, frostings
Carrageenan	Inflammation, digestive issues	None	Dairy products, deli meats
Sodium Phosphates	Kidney damage, bone issues	None	Processed meats, sodas
Sulfur Dioxide (E220)	Allergic reactions, respiratory issues	None	Dried fruits, wine
Acesulfame Potassium	Cancer risk, headaches	None	Sugar-free drinks, gum
Butylated Hydroxytoluene (BHT)	Cancer risk, liver damage	Japan, EU	Cereals, snack foods
Polydextrose	Digestive issues, bloating	None	Low-calorie foods, fiber supplements
Corn Syrup	Obesity, diabetes	None	Soft drinks, baked goods
Sodium Lauryl Sulfate	Skin irritation, allergies	None	Cosmetics, toothpaste
Calcium Propionate (E282)	Migraines, behavioral issues	None	Bread, baked goods
Artificial Food Colors (General)	Hyperactivity, behavioral issues	Varies	Snacks, candies
Ethoxyquin	Liver damage, cancer risk	EU	Pet foods, spices
Azodicarbonamide	Respiratory issues, asthma	EU, Australia	Bread, bakery products