

Artificial Colors	<ul style="list-style-type: none"> • Chemical compounds made from coal-tar derivatives to enhance color. 	<ul style="list-style-type: none"> • Linked to allergic reactions, fatigue, asthma, skin rashes, hyperactivity and headaches.
Artificial Flavorings	<ul style="list-style-type: none"> • Cheap chemical mixtures that mimic natural flavors. 	<ul style="list-style-type: none"> • Linked to allergic reactions, dermatitis, eczema, hyperactivity and asthma • Can affect enzymes, RNA and thyroid.
Artificial Sweeteners (Acesulfame-K, Aspartame, Equal®, NutraSweet®, Saccharin, Sweet'n Low®, Sucralose, Splenda ® & Sorbitol)	<ul style="list-style-type: none"> • Highly-processed, chemically-derived, zero-calorie sweeteners found in diet foods and diet products to reduce calories per serving. 	<ul style="list-style-type: none"> • Can negatively impact metabolism • Some have been linked to cancer, dizziness hallucinations and headaches.
Benzoate Preservatives (BHT, BHA, TBHQ)	<ul style="list-style-type: none"> • Compounds that preserve fats and prevent them from becoming rancid. 	<ul style="list-style-type: none"> • May result in hyperactivity, angiodema, asthma, rhinitis, dermatitis, tumors and urticaria • Can affect estrogen balance and levels.
Brominated Vegetable Oil (BVO)	<ul style="list-style-type: none"> • Chemical that boosts flavor in many citric-based fruit and soft drinks. 	<ul style="list-style-type: none"> • Increases triglycerides and cholesterol • Can damage liver, testicles, thyroid, heart and kidneys.
High Fructose Corn Syrup (HFCS)	<ul style="list-style-type: none"> • Cheap alternative to cane and beet sugar • Sustains freshness in baked goods • Blends easily in beverages to maintain sweetness. 	<ul style="list-style-type: none"> • May predispose the body to turn fructose into fat • Increases risk for Type-2 diabetes, coronary heart disease, stroke and cancer • Isn't easily metabolized by the liver.
MSG (Monosodium Glutamate)	<ul style="list-style-type: none"> • Flavor enhancer in restaurant food, salad dressing, chips, frozen entrees, soups and other foods. 	<ul style="list-style-type: none"> • May stimulate appetite and cause headaches, nausea, weakness, wheezing, edema, change in heart rate, burning sensations

		and difficulty in breathing.
Olestra	<ul style="list-style-type: none"> An indigestible fat substitute used primarily in foods that are fried and baked. 	<ul style="list-style-type: none"> Inhibits absorption of some nutrients Linked to gastrointestinal disease, diarrhea, gas, cramps, bleeding and incontinence.
Shortening, Hydrogenated and Partially Hydrogenated Oils (Palm, Soybean and others)	<ul style="list-style-type: none"> Industrially created fats used in more than 40,000 food products in the U.S. Cheaper than most other oils. 	<ul style="list-style-type: none"> Contain high levels of trans fats, which raise bad cholesterol and lower good cholesterol, contributing to risk of heart disease.

Ingredients: Coloring agents (blue 1, blue 2, yellow 5, and yellow 6)

Found In: Cake, candy, [macaroni and cheese](#), medicines, sport drinks, soda, pet food, and cheese

Why the U.S. Allows It: We eat with our eyes. “Recent studies have shown that when food manufacturers left foods in their natural, often beige-like color instead of coloring them with these chemical agents, individuals thought they tasted bland and ate less, even when the [recipe](#) wasn't altered,” Calton says. This may explain why the use of artificial dyes—the most popular being red 40, yellow 5, and yellow 6—have increased five-fold since 1955.

Health Hazards: Back in the day, food coloring came from natural sources, such as saffron and turmeric. “Today most artificial colors are made from coal tar, which is also used to seal-coat products to preserve and protect the shine of industrial floors,” Carlton says. “It also appears in head lice shampoos to kill off the small bugs.”

Ingredient: [Olestra \(aka Olean\)](#)

Found In: Fat-free potato chips

Why the U.S. Allows It: Procter & Gamble Co. took a quarter century and spent a half a billion dollars to create “light” chips that are supposedly better for you, Calton says. They may need another half a billion bucks to figure out how to deal with the embarrassing bathroom side effects (including oily anal leakage) that comes with consuming these products.

Health Hazards: “This fat substitute appears to cause a dramatic depletion of fat-soluble vitamins and carotenoids, robbing us of the vital micro-nutrients,” Calton says, adding that many countries, including the U.K. and Canada, have banned it.

Ingredient: [Brominated vegetable oil \(aka BVO\)](#)

Found In: Sports drinks and citrus-flavored sodas

Why the U.S. Allows It: BVO acts as an emulsifier, preventing the flavoring from separating and floating to the surface of beverages, Calton says.

Health Hazards: “Because it competes with iodine for receptor sites in the body, elevated levels of the stuff may lead to thyroid issues, such as hypothyroidism, autoimmune disease, and cancer,” Calton says. That's not all. BVO's main ingredient, bromine, is a poisonous chemical

that is considered both corrosive and toxic. It's been linked to major organ system damage, birth defects, growth problems, schizophrenia, and hearing loss, which explains why it's been nixed in more than 100 countries.

Ingredient: Potassium bromate (aka brominated flour)

Found In: Rolls, wraps, flatbread, bread crumbs, and bagel chips

Why the U.S. Allows It: This flour-bulking agent helps strengthen **dough**, reducing the amount of time needed for baking, which results in lowered costs, Calton explains.

Health Hazards: Made with the same toxic chemical found in BVO (bromine), this additive has been associated with kidney and nervous system disorders as well as gastrointestinal discomfort. "While the FDA has not banned the use of bromated flour, they do urge bakers to voluntarily leave it out," Calton says.

Ingredient: Azodicarbonamide

Found In: Breads, frozen dinners, boxed pasta mixes, and packaged **baked goods**

Why the U.S. Allows It: While most countries wait a week for flour to naturally whiten, the American food processors prefer to use this chemical to bleach the flour ASAP.

Health Hazards: It's not enough to just ban this product in Singapore. You can get up to 15 years in prison and be penalized nearly half a million dollars in fines for using this chemical that's been linked to asthma and is primarily used in foamed plastics, like yoga mats and sneaker soles.

Ingredients: BHA and BHT

Found In: Cereal, nut mixes, gum, butter, meat, dehydrated potatoes, and beer

Why the U.S. Allows It: "Made from petroleum [yummy!], these waxy solids act as preservatives to prevent food from becoming rancid and developing objectionable odors," Calton says. A better solution may be natural rosemary and sage. In a 2006 study, some organic herbs and spices proved to be efficient at preventing oxidative decay in meat, which ultimately could improve the shelf-life of these products.

Health Hazards: California is the only state that recognizes the U.S. National Institute of Health's report that BHA is may be a human carcinogen, a cancer-causing agent.

Ingredients: Synthetic hormones (rBGH and rBST)

Found In: Milk and dairy products

Why the U.S. Allows It: Gotta keep moo-ving things along. Dairy farmers inject cows with genetically-engineered cow growth hormones to boost milk production by about 10 percent, according to Calton.

Ingredient: Arsenic

Found In: Poultry

Why the U.S. Allows It: Big brother FDA permits arsenic in chicken feed to promote growth, improve efficiency in feeding the birds, and boost pigmentation. "The arsenic affects the blood vessels in chickens and turkeys, causing them to appear pinker and, therefore, fresher," Calton says.

Health Hazards: The European Union has outlawed the use of arsenic since 1999, Calton says, and the Environmental Protection Agency classifies inorganic arsenic as a "human carcinogen." Take matters into your own hands by sticking to organic birds only.