

Thirteen Food Additives:

Nitrites & Nitrates- found in bacon, salami, hot dogs, cured meats and sausages.

Potassium Bromate- store-bought baked goods.

High Fructose Corn Syrup- Found in most commercial food items

Phosphates-
In over 20,000 or more food product .

Aluminum Additives- Look for sodium aluminum phosphates or sodium aluminum sulphate.

Thirteen Food Additives:

Diacetyl

Artificial Colors- Found
in most commercial food items.

Flavor Additives-In
a large number of commercial food items.

Theobromine

Butylated Hydroxyanisole -(BHA)

Propylgallate

Butylated Hydroxytoluene- added to foods that
also have BHA.

Propylene Paraben