



# Food Additives: What to Avoid

*C.D. Shelton*

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## **Food Additives: What to Avoid** C.D. Shelton

Food additives are substances added to processed foods to preserve flavor or enhance their taste and/or appearance. The Food and Drug Administration (FDA) currently lists 3,000 food additives that are approved for food use. Some are labeled generally recognized as safe (GRAS), while some food additives may still threaten our health. There is really very little government oversight for many food additives and ingredients in our food supply.

This eBook will highlight common food additives and possible side effects. The 10 worst food additives and where they are found, along with foods to avoid that are highly processed containing preservatives, chemicals, fillers, and artificial colors and flavors. There are even "Bizarre" facts you will discover about what goes into your favorite meals at local fast food restaurants from human hair, sand, and soil fertilizer to name a few.

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