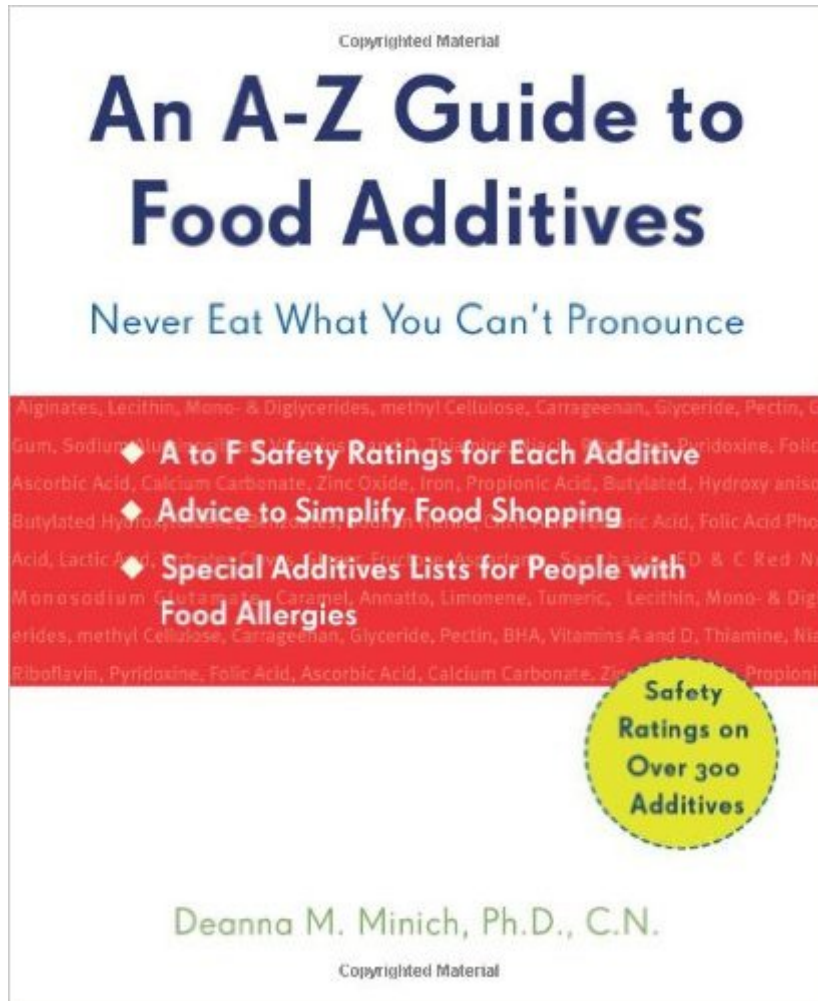


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# An A-Z Guide To Food Additives: Never Eat What You Can't Pronounce



## Synopsis

Cochineal extract, diacetyl, tertiary butylhydroquinone, BHA, HFCS, MSG--it's not just knowing how to pronounce what's in your food, it's knowing what it does and how it can affect you that matters most. But with so many processed foods on the supermarket shelves and additives showing up in the most unlikely foods, that's certainly a tall order. An A-Z Guide to Food Additives will help consumers avoid undesirable food additives and show them which additives do no harm and may even be nutritious. Designed to fit in a purse or pocket, this little book will serve as an "additive translator" when navigating through the landmine field of additives or ingredients that may cause allergic reactions like headaches, fatigue, and breathing difficulties or those that cause bloating or make one hyperactive. Included are safety ratings to 300 ingredients and reference charts of such additives as those that may potentially cause cancer or allergic reactions or that should be limited for sodium-sensitive individuals. There is also essential nutrition advice, hints on what to look for when reading those unreadable ingredient labels, and even tips on buying fresh produce in order to avoid pesticides.\* The average American consumes about 150 pounds of food additives per year.\* Safety ratings on over 300 ingredients -- all based on the latest scientific evidence.\* Formatted for easy reference and small enough to carry along to the supermarket.

## Book Information

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## Customer Reviews

Hats off to Minich for creating such a useful, easy to carry tool for the consumer who wants to know exactly what Big Food is shoveling into his/her groceries. I like that Minich takes such a balanced viewpoint, "grading" ingredients from "A+" (may be nutritious) to "F" (avoid). My favorite bit is where

she describes the top 12 additives to avoid, and then presents an actual sourdough bread label that has most all of them in it. The food companies will clearly feed us anything we'll buy, without so much as a twinge of conscience. Minich's book is a much needed protective measure.

You've probably suspected that all those unpronounceable ingredients on food labels weren't good for you, but now you can know exactly what they do, and how bad (or good) they are. Deanna Minich is a respected nutritionist, and her approach is both scientific and conservative. She explains what each substance does for the product - coloring, preservative, flavor enhancer, emulsifier, etc. - and then what it does to or for you. She has a useful section on allergies and sensitivities, and what to look out for, as well as a ranking system that tells you what additives are good for you, neutral or should be definitely avoided. I am definitely of the school that says if you can't pronounce it, don't eat it. It was therefore a surprise to discover that some of the ingredients I had been shunning weren't bad after all. There weren't many in that category, however, so I felt quite vindicated overall. This little guide is small enough to slip into a pocket or purse so you can take it with you shopping until you learn what to avoid. I think this small volume could pay big dividends for your health.

This book is nice and small so you can take it to the store with you to look up ingredients. I was surprised at how small this book actually is. But I was more surprised at what the FDA says is ok for human consumption. This book doesn't go into super detail about what additives will do to you, but has a good system to quickly tell you what ones are good for you, bad for you, and ones that won't hurt you. This book was a good purchase.

This book is for you if you've ever been curious about what's in your food. Ever look at the ingredient list on a bag of potato chips or frozen turkey and wonder what the heck is in it? Well this is a small, compact guide that fits in your back pocket that will tell you everything you need to know about what you're eating.

Even though this book contains good information of many of the additives in foods, it doesn't cover others. I found that even those that the author gave an A to were not something I would necessarily want in my food, as she doesn't detail important information about them of which I'm aware.

An amazing little book! Everyone should own this. The A-Z Guide to Food Additives is a great resource to become aware of what is in your food. I was teaching a High School chemistry class last

year and developed an assignment using this book to teach kids about additives in their foods. Students had learned about the different elements, atoms and molecules and were learning to determine molecular formulas and calculate mass units. It occurred to me to give the assignment some personal relevance and to ask kids to look at the labels on different packaged foods, record the names, determine the molecular formulas and use the A-Z Guide to Food Additives to determine what this additive was doing in their food. Students really seemed to enjoy the chemistry lesson when it was put in a contextual content, they could see the relevance for learning chemistry and develop a greater awareness of what was in their foods. One student commented "If it true that you are what you eat, I don't want to be a carboxyl-methyl-poly-alkylated-human being. Some of these things in foods aren't good for you!" Once again Deanna has added to my life's journey and provided me with a tool to teach others to be aware of their own bodies and the world around them.

still haven't learned to check the size and number of pages of books before purchase :- ( This is a book that can fit into my jeans back pocket. Still, the information is what I was looking for. Just thought there would be more of it.

First of all, I am a mother of four who is dedicated to feeding my children healthy and not harmful foods. It is very difficult for a person to go to the grocery store and discern what the ingredients of a specific food product are. There are so many ingredients with such strange names, it is hard to tell what you are actually eating. This book is very small, but she lists many of the additives that are commonly found in products and gives them a rating based on how harmful or helpful they are. She also explains why she gives them this rating. Myself and my children all have multiple food allergies and some of us deal with Celiacs as well. Gluten and Corn etc. are hidden in strange names and this book helps to point out what additives to avoid if you have allergies to certain foods. I wish she would have mentioned more about natural sugar substitutes though. She brings a lot out about artificial sweeteners and their dangers. She does bring out that table sugar, organic cane sugar, etc is still sugar and to be eaten with caution in small amounts. She didn't mention honey, brown rice syrup, agave nectar, pure maple syrup and I would have liked her to talk more about those ingredients. But in all it's a wonderful resource that can be put in your purse and taken along to the grocery store as a quick reference.

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