

# FOOD ADDITIVES TO AVOID

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*“Processed and convenience foods... are designed to look healthy and flatter your busy life and lack of time to cook for yourself... Most likely they contain a long list of chemicals and they leave your body crying out for nutrients”*

Amelia Freer

## Flavour enhancers

Autolyzed yeast  
Bouillon  
Brewer's yeast  
Broth  
Calcium caseinate  
Carrageenan  
Condensed milk  
Flavouring  
Hydrolyzed vegetable protein  
Hydrolyzed plant protein  
Hydrolyzed protein  
Hydrolyzed oat flour  
Hydrolyzed soy protein  
L-cysteine  
Malt extract  
Malt flavouring  
Malted barley  
Malted milk  
Milk powder  
Monosodium glutamate  
Mushroom powders  
Natural flavouring  
Plant protein extract  
Sodium caseinate  
Soy protein concentrate  
Soy protein isolate  
Soy sauce  
Stock  
Textured protein  
Tomato powder  
Whey protein concentrate  
Whey protein isolate  
Whey protein extract  
Yeast extract

## Sweeteners

Acesulfame-K\*  
Aspartame\*  
Caramelised sugar syrup  
Dextrose  
Evaporated cane juice  
Fructose  
Glucose syrup  
Glucose-fructose syrup  
High fructose corn syrup  
Inverted sugar syrup  
Lactose  
Maltose  
Molasses  
Saccharin\*  
Sorbitol  
Sucralose\*  
Sucrose  
Sugar

\*Artificial sweeteners

## Fats

Canola oil  
Corn oil  
Hydrogenated vegetable oil  
Margarine  
Peanut oil  
Rapeseed oil  
Safflower oil  
Soybean oil  
Sunflower oil  
Trans fats  
Vegetable oil  
Vegetable fat

*“The use of excitotoxic additives is so widespread that there are only two ways to avoid them: by reading the list of ingredients on food labels and choosing additive-free products and by eating only freshly prepared foods.”*

Dr Russell L Blaylock MD