QUESTIONABLE ADDITIVES TO AVOID IN FOOD

BAD FATS

Vegetable Oil

Hydrogenated & Partially Hydrogenated Oil

Trans Fat

PROCESSED PROTEINS

Hydrolysed Vegetable Protein (HVP)

Textured Vegetable Protein (TVP)

Hydrolysed Soy Protein (HSP)

Soy Protein Isolate (SPI)

COLOURS

102, 107, 110, 120, 122–129, 132, 142, 150, 151, 155, 160b (annatto)

PRESERVATIVES

Sorbates 200–203

Benzoates 210–213

Sulphites 220–228

Nitrates, Nitrites 249–252

Proprionates 280–283

ANTIOXIDANTS

Gallates 310–312

TBHQ, BHA, BHT 319–321

FLAVOUR ENHANCERS

620-625, (621–MSG), 627, 631, 635

SWEETENERS

Aspartame 951

Sucralose 955

High Fructose Corn Syrup

HOW TO CALCULATE THE AMOUNT OF SUGAR IN FOOD

Take Total Sugars (listed under Carbohydrates per serving) and divide by 4. This equals approx number of teaspoons per serve.

QUESTIONABLE INGREDIENTS IN SKIN CARE

EMULSIFIERS & SOLVENTS

Diethanolamine (DEA) and Tiethanolamine (TEA)

PEGs (Polyethylene Glycol)

Isopropyl Alcohol

LATHERING AGENTS

Sodium Lauryl Sulphate (or Laureth)

All solid Soaps

MOISTURE CARRYING AGENTS

Propylene Glycol

PRESERVATIVES

Paraben Preservatives including Methyl, Ethyl, Butyl & Polyparaben

Parahydroxybenzoate

Imadazolidinyl Urea

Phenoxyethanol

ARTIFICIAL PERFUME & FRAGRANCES

Avoid all as they are often made up of over 200 ingredients, mostly chemical

PETROLATUM PRODUCTS

Mineral Oils

Petroleum Jelly

ARTIFICIAL COLOURS

D&C Reds, Yellows & Blues

Amines

ANIMAL PRODUCTS

Collagen Amino Acids

Elastin Amino Acids

Epiderm Oil R.