



**SAFETY SUMMARY OF FOOD ADDITIVES**

<b>SAFE</b>	<b>CUT BACK</b>	<b>CAUTION</b>	<b>AVOID</b>
These appear to be safe, though a few people may be allergic to any additive.	Not toxic, but large amounts may be unsafe or promote bad nutrition.	These additives may pose a risk and need to be better tested. Try to avoid.	The additive is unsafe in the amounts consumed or is very poorly tested.
-ALGINATE -ALPHA TOCOPHEROL (Vitamin E) -ASCORBIC ACID (Vitamin C) -BETA-CAROTENE -CALCIUM PROPIONATE -CALCIUM STEAROYL LACTYLATE -CARRAGEENAN -CITRIC ACID -DIACYLGLYCEROL -EDTA -ERYTHORBIC ACID -FERROUS GLUCONATE -FUMARIC ACID -GELATIN -GLYCERIN (Glycerol) -GUMS: Arabic, Furcelleran, Ghatti, Guar, Karaya, Locust Bean, Xanthan -HIGH MALTOSE CORN SYRUP -INULIN -LACTIC ACID -LECITHIN -MONO- and DIGLYCERIDES	-CAFFEINE -CORN SYRUP -DEXTROSE (CORN SUGAR, GLUCOSE) -FRUCTOSE -HIGH-FRUCTOSE CORN SYRUP -HYDROGENATED STARCH HYDROLYSATE -INVERT SUGAR -LACTITOL -MALTITOL -MANNITOL -POLYDEXTROSE -SALATRIM -SALT -SORBITOL -SUGAR -TAGATOSE -XYLITOL	-ARTIFICIAL COLORINGS: CITRUS RED 2, RED 40 -BROMINATED VEGETABLE OIL (BVO) -BUTYLATED HYDROXYTOLUENE (BHT) -DIACETYL -HEPTYL PARABEN -QUININE -STEVIA	-ACESULFAME POTASSIUM -ARTIFICIAL COLORINGS: BLUE 1, BLUE 2, GREEN 3, RED 3, YELLOW 6 -ASPARTAME (NutraSweet) -BUTYLATED HYDROXYANISOLE (BHA) -CYCLAMATE (not legal in U.S.) -HYDROGENATED VEGETABLE OIL -OLESTRA (Olean) -PARTIALLY HYDROGENATED VEGETABLE OIL -POTASSIUM BROMATE -PROPYL GALLATE -SACCHARIN -SODIUM NITRATE -SODIUM NITRITE



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-MALTODEXTRIN -NEOTAME -OAT FIBER, WHEAT FIBER -OLIGOFRUCTOSE -PHOSPHATE SALTS -PHOSPHORIC ACID -PHYTOSTEROLS and PHYTOSTANOLS -POLYSORBATE 60, 65, 80 -POTASSIUM SORBATE -PROPYLENE GLYCOL ALGINATE -SODIUM ASCORBATE -SODIUM CARBOXY-METHYLCELLULOSE (CMC) -SODIUM CITRATE -SODIUM PROPIONATE -SODIUM STEAROYL LACTYLATE -SORBIC ACID -SORBITAN MONOSTEARATE -STARCH and MODIFIED STARCH -SUCRALOSE -THIAMIN MONONITRATE -TRIACETIN (GLYCEROL TRIACETATE)			



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-VANILLIN, ETHYL VANILLIN -VEGETABLE OIL STEROL ESTERS			

**Certain people should also avoid these additives. They may cause allergic reactions or other problems.**

- ARTIFICIAL COLORING:  
YELLOW 5
- ARTIFICIAL AND NATURAL FLAVORING
- BENZOIC ACID
- CAFFEINE
- CARMINE
- COCHINEAL
- CASEIN
- GUM TRAGACANTH
- HVP (HYDROLYZED VEGETABLE PROTEIN)
- LACTOSE
- MSG (MONOSODIUM GLUTAMATE)
- MYCOPROTEIN
- QUININE
- SODIUM BENZOATE
- SODIUM BISULFITE
- SODIUM CASEINATE
- SULFITES
- SULFUR DIOXIDE

**Source**

Center for Science in the Public Interest (USA), Food Additives:  
<http://cspinet.org/reports/chemcuisine.htm#Additives%20rated>