

FOOD ADDITIVES

The definition of a drug is:

"Any substance other than food, water or oxygen, which, when taken into the body, alters the way it works"

Would you think that a drug would cause the following:

- Upset stomach?
- Headaches & dizziness?
- Behavioural problems?
- Eczema & itchy skin?
- Asthma?
- Irritability?
- Restlessness?
- Sleep disturbance in children?
- Confusion & memory?
- Runny nose?
- Hyperactivity?



Well, I would have thought drugs would have caused these. But did you know that we are putting substances into our body every day that cause these conditions?

These substances are called food additives and are used by manufacturers to enhance the colour, flavour, sweetness and extend shelf life of the everyday processed & packaged foods we consume!

Beware the numbers. Every food additive has its own number which categorises it. Here are some common ones to look out for (but they are all to be avoided):

- **102 (Tartrazine Yellow No. 5)** – this is a colouring which causes; headaches, itching, inattention, restlessness and a runny nose. It is found in lollies, soft drinks, jellies & cordials
- **110 (Sunset Yellow)** – this is a colouring which causes; upset stomach, headaches, behavioural problems and eczema. It is found in; cereals, bakery items, crumbed foods, ice cream & coloured drinks.
- **123 (Amaranth Red No. 2)** – This is a colouring which causes; headaches, itchy skin, hyperactivity in children and is linked to cancer in rats. It has been banned in the USA since 1976 and can be found in; lollies, jelly crystals & packet cake mixes
- **282 (Sunset Yellow)** – this is a preservative that causes; headaches, stomach upsets, irritability, restlessness, sleep disturbance in children, cancer in rats with long lasting brain damage. It is found in bread, hamburger buns, crumpets and muffins.
- **621 (M.S.G.)** – this is a flavour enhancer and causes; headaches, upset stomach, sleeplessness, asthma and eczema. It is found in snack foods, instant noodles, take away food, frozen foods and cigarettes. It is not permitted in foods for young children.
- **951 (Aspartame)** – this is an artificial sweetener which causes; headaches & dizziness, confusion & memory loss, upset stomach, hyperactivity and asthma. It is found in *Equal* & *NutraSweet* and other sugar-free and diet products. It can increase appetite and therefore can lead to weight gain.

WOW!! This is a pretty good reason to read labels and put any product back on the shelf that has numbers and therefore food additives. But an even better idea would be to eat foods that come in their own natural packaging; fruit, nuts, eggs, vegetables etc.