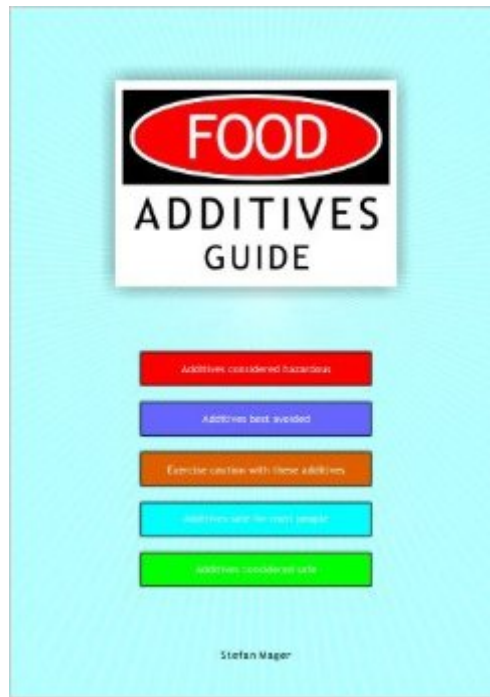


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# Food Additive Guide



## Synopsis

Food additives are substances added to food to enhance taste and appearance, improve shelflife and assist in the manufacturing processes. Factory-made foods dominate the supermarket shelves and as a result chemical additives have become a part of the modern diet. The more processed a food, the more additives can be found. University studies conclusively indicate that many food additives are far from safe. Regular consumption of highly processed food may be associated with increases in diseases such as cancer, diabetes, obesity, depression and asthma. Many health professionals believe the reduction in fresh food intake and the increase in processed food consumption may be part of the reason for our increase in diseases. It makes sense to be well informed of food additive safety and to avoid the additives which are most notorious. It is not easy to avoid food additives altogether and the best way is to buy fresh, organic, locally produced food. This Guide provides the information for a better understanding of what is in the food you eat. Use the Guide to check labels when shopping and reject products that contain contentious additives.

## Book Information

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