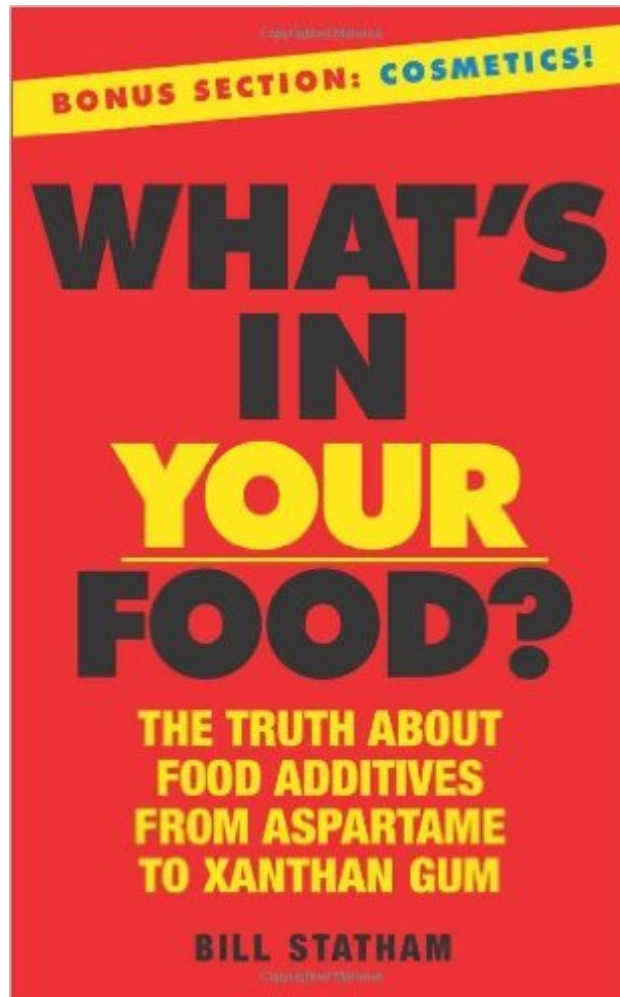


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# What's In Your Food?: The Truth About Additives From Aspartame To Xanthan Gum



## Synopsis

With almost daily reports in the media about the questionable safety of chemicals and additives in food and cosmetics, buying organic is moving from cult status to the mainstream. The proof? Wal-Mart is going green, introducing organic foods chainwide. Label reading is way up-but how do you make sense of the information, particularly when ingredients have unpronounceable names and effects that can't be easily researched by ordinary people? *What's in Your Food?* includes all of the additives used in foods and cosmetics distributed in America. It's formatted alphabetically by ingredient with easy-to-read tables that tell at a glance the health risks posed by each one. A column with smiley faces that are happy, sad, or neutral gives an instant reading of the author's conclusions. Our edition includes a glossary, appendix, and other helpful info thoroughly researched and easy to understand. A bonus section on additives found in health and beauty items rounds out the comprehensive approach. Although rich in the details needed to make wise buying decisions, the book is purposely compact to fit easily into pocket or purse, so it's always handy for a trip to the market.

## Book Information

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## Customer Reviews

I found this book to be a handy, quick reference to the hundreds of additives commonly found today. The one drawback to the book was in the printing of the tables - they were printed in shades of gray - dark for avoid, gray for caution, and white for safe. It was difficult to read the entries for the items to avoid because the background shading for these entries was almost too dark.

The shaded tables in this book are entirely too dark to read. I would not recommend purchasing this book in its present form.

This book has been a help to find out if natural yet unpronounceable ingredients are okay to consume. But today was looking in it for potassium sorbate and potassium metabisulfate both of which were missing in the book.

I bought 3 copies of this book. I keep one in my kitchen, car and purse. It's compact size makes it easy to keep close at hand and I refer to it constantly. Ever since I connected the dots between what I eat and how I feel, I care ALOT about what I put into my mouth. I want to know why these chemicals are in my food And I Want To Know Where They Came From!!! hope the author will expand and update this book soon.

Some of the additives that he listed as safe and natural, in my opinion, are not. My doctor has told me to stay away from them. Maybe I'm just "special" in the sense that I can't tolerate or digest them. This doesn't seem to be a "cure-all" for everyone. In my case, it's just better to make it myself! :) I hope "shopping the perimeter" (fresh produce and meat -- no boxes, cans, or jars in the isles) will improve your health like it has mine.--Edit: I changed my review from a one-star to a three-star because it's a start to get on track about knowing what goes into your body. Happy eating!

graph form with the bad items darkened, making them difficult to read. Would prefer more information regarding the origin of these ingredients to determine if they are vegetarian or not.

We had checked this book out of the library and were using it regularly for a few weeks. It has simple and clear charts and categories and what I believe is an exhaustive list of both cosmetics and food. Though it doesn't go into detail about the products or the reasons for their conclusions in depth (we'll just trust them) they do have a one sentence description of the products benefit of dangers. Read it and be healthier.

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Than 250 of Today's Most Common Food Additives Food for Life - Friendly Food: The Essential Guide to Avoiding Allergies, Additives and Problem Chemicals Food Allergy: Adverse Reaction to Foods and Food Additives 100 Exotic Food Recipes (Puerto Rican Food Recipes, Picnic Food Recipes Caribbean Food Recipes, Food Processor Recipes,) ADDITIVES UNCOVERED: What's in your food and how it affects you What's Really in Your Basket?: An Easy to Use Guide to Food Additives and Cosmetic Ingredients The Bubble Gum Card War: The Great Bowman & Topps Sets from 1948 to 1955 The Bubble Gum Card War: The Great Bowman and Topps Sets from 1948 to 1955 Cure Gum Disease Naturally: Heal and Prevent Periodontal Disease and Gingivitis with Whole Foods The FODMAP Navigator: Low-FODMAP Diet charts with ratings of more than 500 foods, food additives and prebiotics A Consumer's Dictionary of Food Additives, 7th Edition: Descriptions in Plain English of More Than 12,000 Ingredients Both Harmful and Desirable Found in Foods Food Additives: A Shopper's Guide To What's Safe & What's Not The Feingold Cookbook for Hyperactive Children, and Others with Problems Associated with Food Additives and Salicylates An A-Z Guide to Food Additives: Never Eat What You Can't Pronounce Dangerous Food Additives Protecting The Kings Table: Daniels guide for being up to ten times healthier, by avoiding harmful food additives, GMO foods and toxic personal care products. (2) (Volume 1) ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food)

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