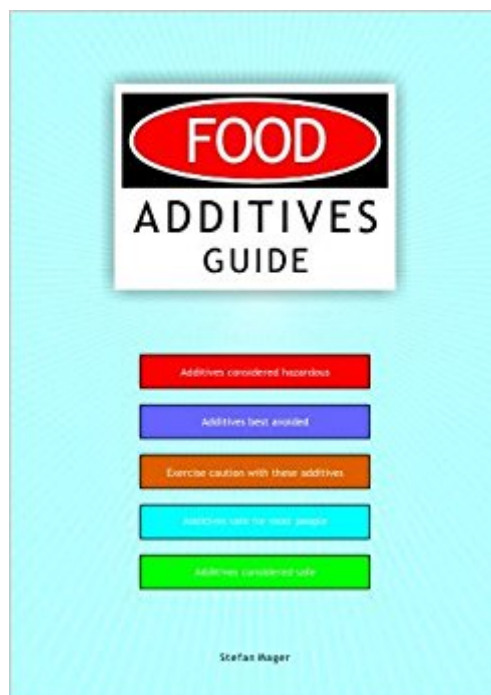


The book was found

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

Board book: 8 pages

Language: English

ISBN-10: 0987458930

ISBN-13: 978-0987458933

Product Dimensions: 10.8 x 7.7 x 0.2 inches

Shipping Weight: 1.7 pounds

Average Customer Review: 1.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #3,139,148 in Books (See Top 100 in Books) #84 inÂ Books > Health, Fitness & Dieting > Nutrition > Food Additives

Customer Reviews

NOT a book ! Look at pics... a laminated folding poster is all it is !

[Download to continue reading...](#)

Food Additive Guide 100 Exotic Food Recipes (Puerto Rican Food Recipes,Picnic Food RecipesCaribbean Food Recipes,Food Processor Recipes,) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet,

801010, 801010 diet,) Additive Manufacturing: 3D Printing for Prototyping and Manufacturing 3D Printing and Additive Manufacturing: Principles and Applications (with Companion Media Pack) - Fourth Edition of Rapid Prototyping Understanding Additive Manufacturing: Rapid Prototyping, Rapid Tooling, Rapid Manufacturing The 3D Printing Bible: Everything You Need To Know About 3D Printing (3D Printing, 3D Modelling, Additive Manufacturing, 3D Printers Book 1) Additive Schooling in Subtractive Times: Bilingual Education and Dominican Immigrant Youth in the Heights Additive Combinatorics (Cambridge Studies in Advanced Mathematics) ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food) Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) North East Thailand's Best Earn Thai Food and Famous Restaurants (Thailand's Food Guide as voted by 1,000 Thai food experts Book 4) Preserving Food Box Set: 33 Easy to Follow Steps For Canning, Freezing and Dehydrating Your Favorite Fruits and Vegetables plus The Ultimate Guide to Food ... food without freezing or canning) Hawaii Food Guide: Unique Foods From Hawaii You've got to try (Locals and Vacation Tourists, Paradise, Asian Food, Polynesian Food, Hawaii Diet) Real Food, Fake Food, and Everything in Between: The Only Consumer's Guide to Modern Food The Adobo Road Cookbook: A Filipino Food Journey-From Food Blog, to Food Truck, and Beyond [Filipino Cookbook, 99 Recipes] Filipino Cooking: for beginners - Basic Filipino Recipes - Philippines Food 101 (Filipino Cooking - Filipino Food - Filipino Meals - Filipino Recipes- Pinoy food) The Adobo Road Cookbook: A Filipino Food Journey—from Food Blog, to Food Truck, and Beyond THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)