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Eat Safe: The Truth About Additives From Aspartame To Xanthan Gum



Synopsis

Updated and revised, this edition of the international bestseller is an easy-to-read, pocket-size guide to the additives that color, preserve, and flavor everything you—and your kids and your pets!—eat. It's comprehensive: including the common name of the additive (e.g. Aluminum ammonium sulfate); its function (stabilizer, buffer); potential effects (safe at low levels | large doses can cause burning of mouth, throat, stomach, and intestinal tract.); where it can be found (in baking powder, milling, and cereal production); and—scariest of all—where else this chemical additive can be found (purifying drinking water, fireproofing, glue). With more consumers turning to organic groceries and food prep, there is nothing else out there that addresses additives specifically and exclusively. With food and toy recalls every other week, this is the perfect volume for those wishing to become smarter and safer shoppers. Includes a glossary, bibliography, online resources, and appendices, as well as sections on cosmetics and genetic modification.

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Customer Reviews

This handy little book is small enough to fit in your purse or pocket. If you read food labels before buying products then you might find this quite useful. Recently I have been feeling more tired than

normal. At first I thought it was just the heat but then I realized it might be the aspartame in the drinks I've been consuming for weeks. I would have never made that connection without this handy little book. This is not really a book you read all at once. It is more like a dictionary of food additives. Everything is organized from A-Z and each entry is color coded and has a frowning face, a happy face and a blank looking face. This helps you to quickly see if an additive is dangerous, good for you or suspect. Two frowning faces mean something is hazardous while two happy faces mean something is very beneficial. Although I was surprised that "agar" had a happy face while there is a note that it is mildly toxic if ingested. Each entry has a space for the name, function, code (a face), potential effects, possible food use and "other uses." Like for example "aspartame" is an artificial sweetener that may cause fatigue, irritability, headaches, MS-like symptoms, depression, anxiety, vision problems, dizziness and more. It can be found in anything sugar-free and is also used in medications for children. After reading all this you may consider just consuming a little sugar now and then. Some of the more surprising bits of information was that phenylalanine is used in hair conditioner. It has a safe happy face next to it but there is a warning that it shouldn't be taken if you have phenylketonuria. Did you know that some lipstick contains caffeine? You may also want to avoid canola/rapeseed oil after reading this book. I've only been using this book for a week and already have found it to be very helpful. This has definitely made me a more conscious consumer. I wish I'd had a copy of this book years ago!~The Rebecca Review

This book may be a bit out of date but it is right on the money. It gives you all the major additives that are being put in to our food and shows you at a glance what is good and what is bad. I sent several to my friends. Love the book. I am ready for an updated version of this book.

This is a great way to start learning about what you are consuming/wearing on your skin. It is easy to understand, and well organized. I have had it for many years and bought several for friends this Christmas! I'm finding that this book is a great way to help friends & family understand the importance of what they are putting in their bodies (and their children's!). Definitely a must have!

This is a great and easy to use guide. It is a small book so it is easy to bring along to the grocery store and look up ingredients you see in foods. I always went with the premise that if I didn't know what the name of an ingredient was then it must be bad, this book is helping me to actually decipher what is safe and unsafe (the scary names are not always so bad:-)

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