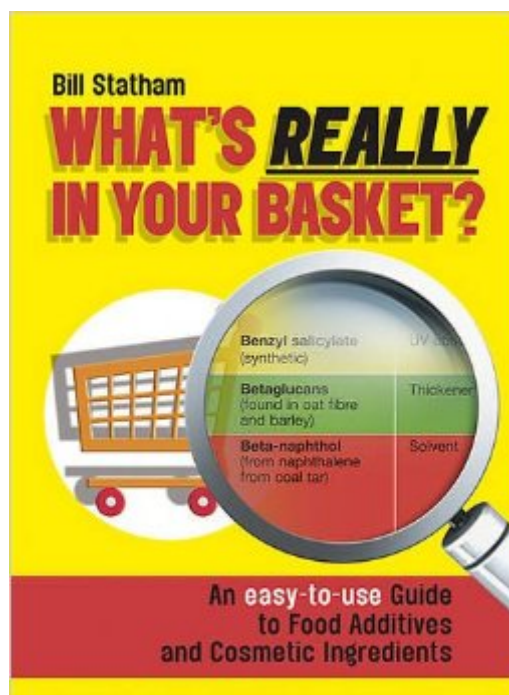


The book was found

# What's Really In Your Basket?: An Easy To Use Guide To Food Additives And Cosmetic Ingredients



## Synopsis

WHAT'S REALLY IN YOUR BASKET?: AN EASY TO USE GUIDE TO FOOD ADDITIVES AND COSMETIC INGREDIENTS

## Book Information

Paperback: 256 pages

Publisher: Summersdale Publishers (2007)

Language: English

ISBN-10: 1840246073

ISBN-13: 978-1840246070

Product Dimensions: 4.3 x 0.8 x 5.9 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #3,044,557 in Books (See Top 100 in Books) #82 in [Books > Health, Fitness & Dieting > Nutrition > Food Additives](#)

## Customer Reviews

I bought this book after having read Stefan Gates on E Numbers which I didn't like because it almost glorified E numbers. I much prefer the approach of this book but still I am not too sure about the information contained in it. First of all no one seems to be really sure about how safe the safe additives are and that is clear in this book. Just to give two examples Acetic Acid is considered safe but it can cause skin irritations, hives, skin rash, caused cancer in rats and mice orally and by injection and is harmful to aquatic organisms. Then concerning Ammonium Alginate, alginates can be beneficial for the health but also inhibit absorption of essential nutrients in animal tests so God knows what they can do to humans. And.... they never say that something is safe.... they always say that it is "regarded as safe in food use at low levels". So how safe are these additives exactly? I suppose no one knows but manufacturers have a choice of 10.000 of them! Maybe restrain use of these additives would be a better way of handling this problem? Because after all people are getting more and more ill and that costs not only lots of money but lots of suffering too! I for one try to stay clear of this stuff but it is hardly possible even if you stay away from any processed food and... don't forget that they don't need to mention everything that goes into food, there are situations when they can leave out information. Moreover the E numbers make it even more complicate to know which is which because who can remember most of them? And shopping with a booklet in the hand is for the most of us as a rule also not an option. So, this book is handy to give you an idea about what you

are eating and putting on your body, does it answer all the questions regarding safety....

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

What's Really in Your Basket?: An Easy to Use Guide to Food Additives and Cosmetic Ingredients  
The Label Reader's Pocket Dictionary of Food Additives: A Comprehensive Quick Reference Guide to More Than 250 of Today's Most Common Food Additives 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 Basket Weaving 101: The Ultimate Beginner's Guide For Getting Started Basket Weaving - Techniques, Secrets And Tips Cosmetic Formulation of Skin Care Products (Cosmetic Science and Technology Series Vol. 30) A Cup Of Coffee With 10 Of The Top Cosmetic Dentists In The United States: Valuable insights you should know before you have cosmetic dental work done "Basket Specialties" Gifts Of Distinction For That Special Someone: Themes And Products For The Perfect Basket Make Your Own Cosmetics: Recipes, Skin Care, Body Care, Hair Care, Perfumes, and Fragrancing, Herbs, Essential Oils, Cosmetic Ingredients... (Neal's Yard Remedies) Milady's Skin Care and Cosmetic Ingredients Dictionary Skin Care and Cosmetic Ingredients Dictionary A Consumer's Dictionary of Cosmetic Ingredients 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 RecipesCaribbean Food Recipes,Food Processor Recipes,) 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) What He REALLY Means When He Says... - The Ultimate Guide to Understanding Men, Knowing What They REALLY Think and How to Read Their Minds in Every Situation ADDITIVES UNCOVERED: What's in your food and how it affects you What's In Your Food?: The Truth about Additives from Aspartame to Xanthan Gum What Really Matters for Struggling Readers: Designing Research-Based Programs (3rd Edition) (What Really Matters Series)

[Dmca](#)