

List of Toxic Food Additives



**Empowering You
Through Healthy
Choices**

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List of Chemicals, Additives, Contaminants, Hormones, and Processing by-products that are known, probable, possible, suspected, debated, GRAS (generally recognized as safe, or considered “safe in small amounts” in regulatory language, but have evidence or concern related to

Cancer, Endocrine Disruption, or Tumour promotion.

PRESERVATIVES & ADDITIVES

- Sodium nitrite
- Sodium nitrate
- Potassium nitrite
- Potassium nitrate
- Nitrosamines
- BHA (Butylated hydroxyanisole)
- BHT (Butylated hydroxytoluene)
- TBHQ (Tert-butylhydroquinone)
- Propyl gallate
- Sodium benzoate
- Potassium benzoate
- Calcium propionate
- Ammonium sulfate
- Ammonium chloride

ARTIFICIAL SWEETENERS & SUGARS

- Aspartame
- Saccharin
- Sucralose
- Acesulfame potassium (Ace-K)
- Neotame
- Cyclamate
- High-fructose corn syrup
- Glucose syrup
- Corn syrup solids

FOOD DYES & COLORANTS

- Red 40 (Allura Red AC)
 - Yellow 5 (Tartrazine)
 - Yellow 6 (Sunset Yellow)
 - Blue 1 (Brilliant Blue FCF)
 - Blue 2 (Indigotine)
 - Green 3 (Fast Green FCF)
 - Caramel color (Class III, Class IV)
 - Titanium dioxide (E171)
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DOUGH CONDITIONERS & FLOUR AGENTS

- Potassium bromate
 - Azodicarbonamide
 - Chlorine dioxide
 - Benzoyl peroxide
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PROCESSING BY-PRODUCTS

- Acrylamide
 - Polycyclic aromatic hydrocarbons (PAHs)
 - Heterocyclic amines (HCAs)
 - Furan
 - 5-Hydroxymethylfurfural (HMF)
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ALCOHOL-RELATED

- Ethanol
 - Acetaldehyde
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HORMONES & BIOLOGICALLY ACTIVE COMPOUNDS

- Recombinant bovine somatotropin (rBST)
 - Recombinant bovine growth hormone (rBGH)
 - Estradiol
 - Estrone
 - Progesterone
 - Testosterone
 - Zeranol
 - Trenbolone acetate
 - Melengestrol acetate
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PESTICIDES & HERBICIDES (RESIDUES)

- Glyphosate
 - AMPA (glyphosate metabolite)
 - Atrazine
 - Chlorpyrifos
 - Malathion
 - Diazinon
 - Carbaryl
 - Carbofuran
 - Paraquat
 - 2,4-D
 - Dicamba
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MYCOTOXINS (MOLD TOXINS)

- Aflatoxin B1
 - Aflatoxin B2
 - Aflatoxin G1
 - Aflatoxin G2
 - Ochratoxin A
 - Fumonisin B1
 - Zearalenone
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HEAVY METALS & ELEMENTS

- Arsenic
 - Inorganic arsenic
 - Cadmium
 - Lead
 - Mercury
 - Methylmercury
 - Nickel
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PACKAGING & PLASTICS (MIGRANTS)

- Bisphenol A (BPA)
 - Bisphenol S (BPS)
 - Bisphenol F (BPF)
 - Phthalates (DEHP, DBP, BBP, DINP, DIDP)
 - Styrene
 - Vinyl chloride
 - Polyethylene terephthalate (PET byproducts)
 - Mineral oil aromatic hydrocarbons (MOAH)
 - Mineral oil saturated hydrocarbons (MOSH)
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OTHER CONTAMINANTS

- Benzene
 - Ethylene oxide
 - Propylene oxide
 - Perchlorate
 - Polychlorinated biphenyls (PCBs)
 - Dioxins
 - Furans
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ALPHABETICAL LIST (A-Z)

- 2,4-D
- Acetaldehyde
- Acesulfame potassium (Ace-K)
- Acrylamide
- Aflatoxin B1
- Aflatoxin B2
- Aflatoxin G1
- Aflatoxin G2
- Alcohol (ethanol)
- AMPA (aminomethylphosphonic acid)
- Ammonium chloride
- Ammonium sulfate
- Arsenic
- Artificial caramel color (Class III)
- Artificial caramel color (Class IV)
- Aspartame
- Atrazine
- Azodicarbonamide
- Benzene
- Benzoyl peroxide
- Bisphenol A (BPA)
- Bisphenol F (BPF)
- Bisphenol S (BPS)
- Blue 1 (Brilliant Blue FCF)
- Blue 2 (Indigotine)
- BHA (Butylated hydroxyanisole)
- BHT (Butylated hydroxytoluene)
- Cadmium
- Calcium propionate
- Carbaryl
- Carbofuran
- Chlorine dioxide
- Chlorpyrifos
- Corn syrup solids
- Cyclamate
- Diazinon
- Dicamba
- Dioxins
- Di-n-butyl phthalate (DBP)
- Di(2-ethylhexyl) phthalate (DEHP)
- Estradiol
- Estrone
- Ethanol
- Ethylene oxide
- Fumonisin B1
- Furan
- Furans
- Glucose syrup
- Glyphosate
- Green 3 (Fast Green FCF)
- Heterocyclic Amines (HCAs)
- High-fructose corn syrup
- 5-Hydroxymethylfurfural (HMF)
- Inorganic arsenic
- Lead
- Malathion
- Melengestrol acetate
- Mercury
- Methylmercury
- Mineral oil aromatic hydrocarbons (MOAH)
- Mineral oil saturated hydrocarbons (MOSH)
- Neotame
- Nickel
- Nitrosamines
- Potassium benzoate
- Potassium bromate
- Potassium nitrate
- Potassium nitrite
- Ochratoxin A
- Paraquat
- Perchlorate
- Phthalates
- Polycyclic aromatic hydrocarbons (PAHs)
- Polychlorinated biphenyls (PCBs)
- Polyethylene terephthalate (PET by-products)
- Progesterone
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