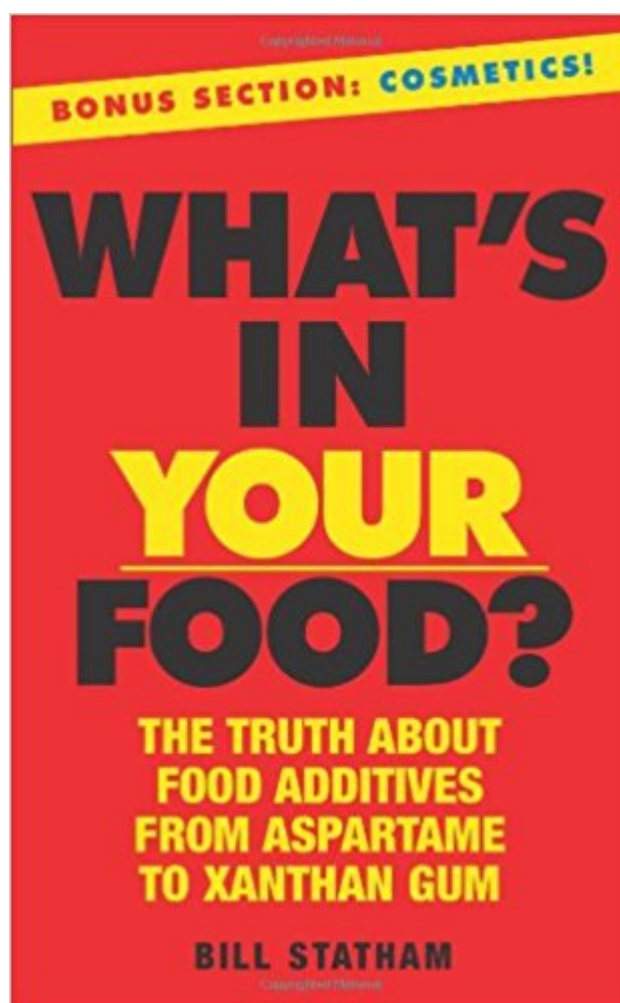


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# What's In Your Food?: The Truth About Additives From Aspartame To Xanthan Gum



## 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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[Fitness & Dieting > Nutrition > Genetically Engineered Food](#) #53 in [Books > Health, Fitness &](#)

[Dieting > Nutrition > Food Additives](#) #1472 in [Books > Health, Fitness & Dieting > Reference](#)

## 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.

This book has been a help to find out if natural yet unprounceable 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.

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 a 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.

This is an excellent book for understanding what all those ingredients are that you can't grow in your own backyard. My original copy has been used a lot and I bought a second copy.

Books like this that expose what's really in food we eat everyday are essential reading. We NEED to know this!

very interesting information

This is a very bad copy; you can't read because of the dark printed pages...I didn't get any benefit from this book ...Don't buy this copy!

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

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