



## Food Additive Avoidance

Food Additive Indicators	
E 320 Butylated hydroxyanisole (BHA)	E 538 Calcium ferrocyanide
E 100 Curcumin	E 957 Thaumatin
E 296 Malic Acid	E 309 Synthetic delta-tocopherol (Tocopherol)
E 1518 Glycerine triacetate (Triacetin)	E 311 Octyl gallate (Gallate)
E 965 Maltite, Maltite syrup	E 312 Dodecyl gallate (Gallate)

### About Food Additives

The best choices will always lead to optimised wellness and natural, unprocessed, home cooked food will always be best. Therefore, the proper understanding of how food additives affect wellness is crucial in reaching your wellness goals.

Here are some of the important food additive avoidances that we recommend. You must know that beyond reading labels on products you must understand and be able to choose the best resources or an optimal wellness. Here are some of the food additive avoidances we recommend

1. High Fructose Corn Syrup (HFCS) It has been implicated in affecting poor cardiovascular response, poor blood sugar management and body fat gain. Unfortunately, it is found in many popular foods, energy drinks and energy bars.
2. Aspartame: An unsafe however very popular food additive, considered to be an "excitotoxin, regular use of this substance may distort a brains cellular function and affect neurotransmitters. At the minimal this substance may lead to poor focus, cloudy cognitive function and brain fog that will adversely affect a peak wellness state.
3. Hydrolysed Protein: This is a high allergenic protein resource that may cause drastic rises in blood sugar. It may increase your desire to eat more or possibly binge, it may contribute to a higher caloric intake by increasing or spiking bloods sugar and your hunger response immediately after the intake of any product containing hydrolysed protein.

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4. Monosodium Glutamate: This is a hydrolysed protein, it is in many energy bars and protein supplements, such as whey protein isolates or textured proteins and pre-prepared foods. This is utilised to fool the tongue into thinking these bars and shakes have a better taste profile than they may have.
5. Artificial Colours: They may cause false involuntary physical responses and hyperactivity. These artificial colourings are found in many sports, energy and protein drinks and everyday foods. As well as nutrition and energy bars and many consumable sports and fitness supplements.

In conclusion the best way to achieve optimised wellness is to avoid these unhealthy ingredients, as well as all of the additive indicators that appear in your personalised plan and listed above.

This is just the tip of the iceberg and designed to bring to your attention, the issue of processed foods. Please note: Always read your food labels and as a helpful baseline try to follow the USA FDA GRAS list. This stands for Generally Recognised as Safe: This is a USA /FDA designation that a chemical and or a substance added to a food is recognised as safe.

This information has been provided so you may understand and be able to navigate food additives, so you may achieve optimised wellness in the best health.

The above list provides you with an overview of the food additives avoidance indicators for the client named in this report. It is recommended that the food additives listed are avoided for the foreseeable future (minimum 90- day period).