



Food Additives: A Shopper's Guide To What's Safe & What's Not

Christine Hoza Farlow D.C.

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FOOD ADDITIVES: A Shopper's Guide To What's Safe & What's Not reveals what food manufacturers don't want you to know about their products. It shows you how to find the truth behind deceptive food packaging. You will learn how to confidently read labels so that you will know how healthy a food really is and if it contains dangerous ingredients.

This book classifies over 1000 commonly used food additives according to safety, whether they may cause allergic reactions, and if they are Generally Recognized As Safe (GRAS) by the FDA. In just seconds, the average person can determine if the food they're buying contains dangerous substances. The book is clear, concise and easy to use.

What's NEW in the 2013 edition...

How the GRAS status is Determined and Why You Should Be Concerned

More Up-To-Date Information on Genetically Modified (GM) Foods

What the 4- and 5-Digit Codes on Produce Stickers Really Mean

Additives You Won't Find on the Label

Updated Information on Many Additives and New Additives Not in the 2007 Edition

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Jill White:

Reading can called thoughts hangout, why? Because when you are reading a book particularly book entitled Food Additives: A Shopper's Guide To What's Safe & What's Not your brain will drift away trough every dimension, wandering in every aspect that maybe unknown for but surely can be your mind friends. Imaging just about every word written in a publication then become one contact form conclusion and explanation that maybe you never get previous to. The Food Additives: A Shopper's Guide To What's Safe & What's Not giving you yet another experience more than blown away your mind but also giving you useful data for your better life in this particular era. So now let us present to you the relaxing pattern the following is your body and mind will likely be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary spending spare time activity?

Robert Russo:

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Carol Boissonneault:

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