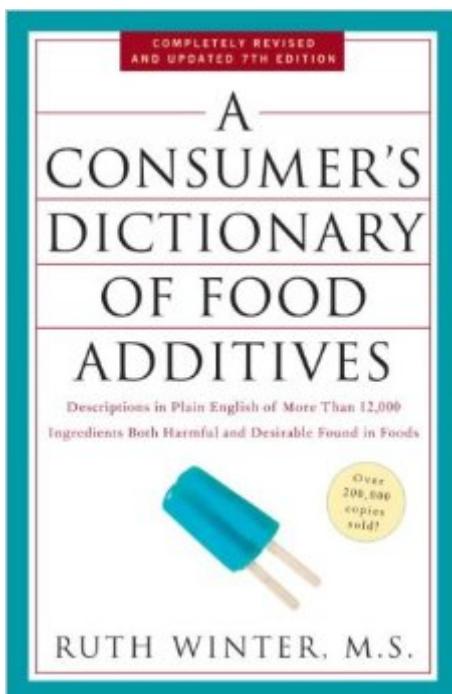


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# A Consumer's Dictionary Of Food Additives, 7th Edition: Descriptions In Plain English Of More Than 12,000 Ingredients Both Harmful And Desirable Found In Foods



## Synopsis

An Essential Household Reference |Revised and Updated With our culture's growing interest in organic foods and healthy eating, it is important to understand what food labels mean and to learn how to read between the lines. This completely revised and updated edition of A Consumer's Dictionary of Food Additives gives you the facts about the safety and side effects of more than 12,000 ingredients "such as preservatives, food-tainting pesticides, and animal drugs" that end up in food as a result of processing and curing. It tells you what's safe and what you should leave on the grocery-store shelves. In addition to updated entries that cover the latest medical and scientific research on substances such as food enhancers and preservatives, this must-have guide includes more than 650 new chemicals now commonly used in food. You'll also find information on modern food-production technologies such as bovine growth hormone and genetically engineered vegetables. Alphabetically organized, cross-referenced, and written in everyday language, this is a precise tool for understanding food labels and knowing which products are best to bring home to your family.

## Book Information

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## Customer Reviews

Any book about the dangers of toxic food additives is certainly important, and I would applaud the author for undertaking such a daunting task, especially in today's minefield of chemical additives which are ever changing and growing; but most of the information in this book can be found on the

FDA's GRAS list. (Generally Recognized as Safe list.) It fails to note many of the independent studies that have shown GRAS items to be anything BUT safe. And just to be clear, there is no FDA requirement for safety testing for an item to be including on the GRAS list to begin with. But there is some useful, if not whitewashed, information here. For instance, the author touches on a few of the benefits of pasture raised and grass fed products, and applauds the USDA for regulating this - which is good - but then fails to mention a loophole they put in place regarding the grass fed regulations. It allows producers to sell sub-standard grass fed meat at the same price as legitimate counterparts. Unless you are getting 100% grass fed and FINISHED beef, you aren't getting beef that is any better than beef marketed as just plain "natural" but you will pay a premium when "grassfed" is added to the label. Almost all cows are at some time allowed to eat grass so you can see how this can be misused. And many so-called grass fed cows, even if they forged on grasses their entire life, end up at a finishing facility where they are fattened up on corn and other grains the last 90 to 120 days before slaughter, yielding a much larger and valuable cow not much different than conventional beef. (Good bye healthy CLA's and Omega 3's, and hello e-coli!)

Though this is generally a great source of information, it stands on the FDA opinion of things, so if you trust the FDA - go for it, otherwise I would stay away from this book. The book is not clearly lying, but the information included is a very formal view on things, that view that food industry is pushing through fabricated studies, congress, FDA and our throats. Then - bam - it gets approved and this book will display it as something like "despite the controversial studies of Indonesian scientists in 1993, further dispute comity was formed, and in over 200 studies outweigh the possibility of potential hazards so the ingredient is now considered safe in doses not over 0.7g and is associated with any adverse effects" (this is not a citation, just mimicking the style) The other reviewer mentioned the canola oil example, which made into a broad discussion, I don't want to go into that one, but I will mention the one I know good - aspartame. You may believe it, or start fighting for it, but I tell you this - it is really bad for health. Check it out independently, if you don't trust my word on it. It has been pushed through the law by diet idea induced billion dollars industry, which was worth any penny spent for them, but we should not consume it and more importantly, if we go for it, we should be aware of poisoning the body. The book goes onto the formal 'history' of aspartame invention, making an illusion of completeness in the topic. After each statement that is casting doubt on its safety and health effects the book ends by 'a more comprehensive' study, performed at a later time, that shown all risks to be a mistake, if not a joke. It (of course) doesn't go dirty into how it was managed to be approved and who made which studies, when and what for.

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