**FOOD ADDITIVES**

**THE TERRIBLE SEVEN**

1. Sucrose acetate isobutyrate or sodium erythorbate
2. High-fructose corn syrup
3. PARTIALLY HYDROGENATED OIL
4. Acesulfame potassium
5. Artificial trans fats
6. Monosodium glutamate
7. BHA or BHT

**OTHERS TO WATCH**

- **THERE ARE 33 PURPOSES THAT ADDITIVES SERVE**
- **WAYS FOOD ADDITIVES ARE USED TO TRICK CONSUMERS**

**LITTLE-KNOWN ALLERGENS**

- Carageenan
- Egg whites
- Grain
- Wheat

**FOOD ADDITIVES—**

- Enables food to look normal
- Prevents rancidity
- Extends shelf life
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