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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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Tom Seaman:

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William Marsh:

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