

## **Avoid these 6 Food Additives in Processed Foods:**

1. Acesulfame K: Artificial sweetener found in baked goods, chewing gum, gelatin desserts, diet soda.
2. Artificial colorings: found in beverages, candy, etc.
3. Aspartame: Artificial sweetener found in frozen desserts, diet soda, Equal and NutraSweet.
4. BHA (Butylated Hydroxyanisole): Antioxidant found in cereals, chewing gum, vegetable oil, potato chips.
5. MSG (monosodium glutamate): Flavor enhancer found in many processed foods and fast food restaurants.
6. Trans fats (partially hydrogenated vegetable oil): Found in stick margarine, crackers, fried restaurant foods, baked goods, icing, microwave popcorn.