

## 13 Banned Food Ingredients Still Allowed In The U.S.A. :

### **Ingredients: Coloring agents (blue 1, blue 2, yellow 5, and yellow 6)**

**Found In:** Cakes, candy, macaroni and cheese, medicines, sport drinks, soda, pet food, and cheese

**Health Hazards:** “Today most artificial colors are made from coal tar, which is also used to seal-coat products to preserve and protect the shine of industrial floors,” Carlton says. “It also appears in head lice shampoos to kill off the small bugs.”

### **Ingredient: Olestra (a.k.a. Olean)**

**Found In:** Fat-free potato chips

**Health Hazards:** “This fat substitute appears to cause a dramatic depletion of fat-soluble vitamins and carotenoids, robbing us of the vital micro-nutrients... plus embarrassing bathroom side effects (including oily anal leakage!)” Many countries, including the U.K. and Canada, have banned it.

### **Ingredient: Brominated vegetable oil (a.k.a. BVO)**

**Found In:** Sports drinks and citrus-flavored sodas

**Health Hazards:** BVO’s main ingredient, bromine, is a poisonous chemical that is considered both corrosive and toxic. It’s been linked to major organ system damage, birth defects, growth problems, schizophrenia, and hearing loss, which explains why it’s been banned in more than 100 countries.

### **Ingredient: Potassium bromate (a.k.a. brominated flour)**

**Found In:** Rolls, wraps, flatbread, bread crumbs, and bagel chips

**Health Hazards:** Made with the same toxic chemical found in BVO (bromine), this additive has been associated with kidney and nervous system disorders as well as gastrointestinal discomfort. “While the FDA has not banned the use of bromated flour, they do urge bakers to voluntarily leave it out,” Calton says.

**Ingredient: Azodicarbonamide**

**Found In:** Breads, frozen dinners, boxed pasta mixes, and packaged baked goods

**Health Hazards:** In Singapore you can get up to 15 years in prison and be penalized nearly half a million dollars in fines for using this chemical that's been linked to asthma and is primarily used in foamed plastics, like yoga mats and sneaker soles.

**Ingredients: BHA and BHT**

**Found In:** Cereal, nut mixes, gum, butter, meat, dehydrated potatoes, and beer

**Health Hazards:** Made from petroleum. California is the only state that recognizes the U.S. National Institute of Health's report that BHA may be a human carcinogen, a cancer-causing agent.

**Ingredients: Synthetic hormones (rBGH and rBST)**

**Found In:** Milk and dairy products

**Health Hazards:** "The milk is supercharged with IGF-1 (insulin growth factor -1), which has been linked to breast, colon, and prostate cancers."

**Ingredient: Arsenic**

**Found In:** Poultry

**Health Hazards:** The European Union has outlawed the use of arsenic since 1999, Calton says, and the Environmental Protection Agency classifies inorganic arsenic as a "human carcinogen." Take matters into your own hands by sticking to organic birds only.