



Active Nutrition

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Food Additives – Which to Avoid

Have you ever looked at the ingredient list on packaged foods and been unable to identify ingredients and worse still not understood exactly why they are in the food? If so you are not alone! It is easy to ignore the fact that additives have been included in the manufacture of products to help manufacturers and retailers sell, sometimes dubious products, to the unsuspecting. The product looks good, tastes good, is this enough? NO!



Ever wondered why or more importantly how the “sell by” date is years out? Our ancestors used salts, sugars, vinegars and herbs to preserve foods which, in the main, were consumed within the same year. Nowadays we are bombarded with hundreds of additives, some of which have been found to be toxic years later. Too late the damage has been done!

THE DANGER LIST		
Additive	Where used	Potential problems
E102 - tartrazine	Sweets, biscuits, mushy peas	Hyperactivity, asthma, rashes
E124 - ponceau 4R	Sweets, biscuits, drinks	Allergy, intolerance
E110 - sunset yellow	Sweets, ice cream, drinks	Gastric upset, allergy
E122 - camoisine	Biscuits, jelly, sweets, ready meals	Allergy, intolerance
E104 - quinoline yellow	Sweets, smoked haddock, pickles	Hyperactivity, asthma, rashes.
E129 - allura red	Soft drinks, cocktail sausages	Some evidence of hypersensitivity
E211 - sodium benzoate	Soft drinks, baked goods, lollies	Hyperactivity; asthma

When I see things like bleaching agents, firming agents, emulsifiers, stabilizers, anticaking agents, colour fixatives, flavour enhancers, etc. listed I start to wonder exactly how these are affecting the release of nutrients once eaten and, worse still, how they are affecting my health. We have all seen the pictures of how McDonald’s burgers have not broken down after years of sitting in someone’s pocket. That should be enough to put

people off eating McDonald’s fast foods, but no they still remain in business!

Some food additives are perfectly safe, but others are definitely not. Anything that ends with “nitrite” should be avoided. Nitrites not only have carcinogenic (cancer giving) properties but have also been linked with asthma, headaches, kidney inflammation, and skin issues. They are not allowed to be included in infant foods – is this not a message we should all be sitting up and taking note of? Sometimes nitrite foods are just listed as a number on packages, so the numbers to avoid are 249, 250, 251 and 252.



Other things to look for are food colours (especially 102, 110, 123, 127, 133 and 151); BPA in tinned foods; MSG; potassium bromate. The list of additives could go on and on and I don’t have the space to list them

all. I would suggest you make your diet as much as possible whole foods (foods that have not been processed), read the ingredient list on package labels carefully and avoid foods that you do not recognise all ingredients listed.



Would you like further information?

Book an appointment for a **BIA** or a full nutrition consultation.

Book an appointment or just drop me a line from my web site www.activenutrition.co.nz

OR phone me: 021 047 6155

Diana



Recipe of the Month



Lamb, Spinach & Olive Pasta (serves 4)

360g wholemeal penne pasta
1 onion, diced
1 cup mushrooms, sliced
80ml red wine
1/3 cup pitted olives, sliced
4 tsp grated parmesan cheese

Rice Bran Oil spray
2 cloves garlic, crushed
440g lean lamb mince
400g tinned tomatoes, chopped
3 cups raw spinach, chopped

Cook pasta per directions on packet. Drain
Spray a non-stick frying pan with oil and set on a medium heat. Add onion, garlic and mushrooms.
Cook a few minutes until onions softened. Add mince and cook a further 5 minutes until browned.
Drain off any fat
Add wine and cook until reduced then add tomatoes and olives and simmer 5 minutes. Add
spinach and cook a further 2 minutes
Divide into 4 bowls, top with cheese and serve immediately

