



Food Additives: A Shopper's Guide To What's Safe & What's Not

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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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Na Urquhart:

Playing with family within a park, coming to see the water world or hanging out with friends is thing that usually you have done when you have spare time, and then why you don't try thing that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Food Additives: A Shopper's Guide To What's Safe & What's Not, you can enjoy both. It is great combination right, you still need to miss it? What kind of hangout type is it? Oh come on its mind hangout men. What? Still don't obtain it, oh come on its called reading friends.

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