

THE SCARIEST THINGS IN YOUR FOOD

1. Acesulfame Potassium (Acesulfame-K)

WHAT IT IS: A calorie-free artificial sweetener 200 times sweeter than sugar. It is often used with other artificial sweeteners to mask a bitter aftertaste.

FOUND IN: More than 5,000 food products worldwide, including diet soft drinks and no-sugar-added ice cream.

WHAT YOU NEED TO KNOW: Although the FDA has approved it for use in most foods, many health and industry insiders claim that the decision was based on flawed tests. Animal studies have linked the chemical to lung and breast tumors and thyroid problems.

2. Aspartame

WHAT IT IS: A near-zero-calorie artificial sweetener made by combining two amino acids with methanol. Most commonly used in diet soda, aspartame is 180 times sweeter than sugar.

FOUND IN: More than 6,000 grocery items including diet sodas, yogurts, and the table-top sweeteners NutraSweet and Equal.

WHAT YOU NEED TO KNOW: Over the past 30 years, the FDA has received thousands of consumer complaints due mostly to neurological symptoms such as headaches, dizziness, memory loss, and, in rare cases, epileptic seizures. Many studies have shown aspartame to be completely harmless, while others indicate that the additive might be responsible for a range of cancers.

3. Titanium Dioxide

WHAT IT IS: A component of the metallic element titanium commonly used in paints and sunscreens. The food industry adds it to hundreds of products to make overly processed items appear whiter.

FOUND IN: Processed salad dressing, coffee creamers, and icing.

WHAT YOU NEED TO KNOW: Titanium is a mined substance that's sometimes contaminated with toxic lead. Plus, most white dressings (like creamy ranch) aren't great for you anyway.

4. Glyphosphate

WHAT IT IS: The active ingredient in the popular weed killer Roundup. It's used on corn and soy crops genetically engineered to withstand a heavy dousing of the chemical.

FOUND IN: Most nonorganic packaged foods containing corn- and soy-derived ingredients. Because it's a systemic herbicide, it's taken up by the plant—meaning you eat it.

WHAT YOU NEED TO KNOW: Glyphosphate exposure is linked to obesity, learning disabilities, and infertility.

5. Butylated HydroxyAnisole (BHA)

WHAT IT IS: A petroleum-derived antioxidant used to preserve fats and oils.

FOUND IN: Beer, crackers, cereals, butter, and foods with added fats.

WHAT YOU NEED TO KNOW: Studies have shown BHA to cause cancer in the forestomachs of rats, mice, and hamsters. The Department of Health and Human Services classifies the preservative as "reasonably anticipated to be a human carcinogen."

6. Interesterified Fat

WHAT IT IS: A semi-soft fat created by chemically blending fully hydrogenated and non-hydrogenated oils. It was developed in response to the public demand for an alternative to trans fats.

FOUND IN: Pastries, pies, margarine, frozen dinners, and canned soups.

WHAT YOU NEED TO KNOW: Testing on these fats has not been extensive, but the early evidence doesn't look promising. A study by Malaysian researchers showed a 4-week diet of 12 percent interesterified fats increased the ratio of LDL to HDL cholesterol. Furthermore, this study showed an increase in blood glucose levels and a decrease in insulin response.

7. Red #3 (Erythrosine) and Red #40 (Allura Red)

WHAT THEY ARE: Food dyes that are orange-red and cherry red, respectively. Red #40 is the most widely used food dye in America.

FOUND IN: Fruit cocktail, candy, chocolate cake, cereal, beverages, pastries, maraschino cherries, and fruit snacks.

WHAT YOU NEED TO KNOW: The FDA has proposed a ban on Red #3 in the past, but so far the agency has been unsuccessful in implementing it. After the dye was inextricably linked to thyroid tumors in rat studies, the FDA managed to have the liquid form of the dye removed from external drugs and cosmetics.

8. Yellow #5 (Tartrazine) and Yellow #6 (Sunset Yellow)

WHAT THEY ARE: The second and third most common food colorings, respectively.

FOUND IN: Cereal, pudding, bread mix, beverages, chips, cookies, and condiments.

WHAT YOU NEED TO KNOW: Several studies have linked both dyes to learning and concentration disorders in children, and there are piles of animal studies demonstrating potential risks such as kidney and intestinal tumors. One study found that mice fed high doses of sunset yellow had trouble swimming straight and righting themselves in water. The FDA does not view these as serious risks to humans.

9. Castoreum

WHAT IT IS: Beaver anal gland juice. Really. Beavers combine it with their urine to mark their territory.

FOUND IN: Vanilla or raspberry flavoring in processed foods, labeled only as "natural flavoring."

WHAT YOU NEED TO KNOW: It's beaver anal gland juice.

10. Peanuts: carcinogenic and pesticide contaminated

Over half of the "nuts" consumed in the United States each year are peanuts! Unfortunately, though, nearly all of the peanuts consumed in the U.S. are now among the most carcinogenic and pesticide-contaminated of any snack we commonly eat.

The peanut (*arachis hypogea*) is actually not a nut at all. It is a bean -- and a peculiar one at that. It is part of the legume family, and while most of the beans found in this family grow in pods on sprawling, climbing vines, the peanut plant is a lonely bush that matures its pods underneath the ground in a root system.

It is primarily due to the peanuts' direct contact with the soil that they have become harmful, and even dangerous, to your health.

While actual nuts like almonds and walnuts have strong, hard shells that protect them, the legume known as a peanut has soft and porous skin. When the environment surrounding the peanut becomes warm, humid and wet -- as it does in most regions of the U.S. where peanuts are commonly grown -- a fungal growth occurs.

The fungus itself is not dangerous, but the poison it releases, known as "aflatoxin," is. This cancer-causing agent attacks the liver and is one of the more deadly food-borne toxins in existence.

Largely because of the regions they're commonly grown in and the fact that they're relatively easy for pests to attack and penetrate, peanuts are also one of the crops most heavily sprayed with pesticides. So the standard peanut packs a double-whammy risk to your health.