



Direct Savings Account[®]
1.05% + ATMs across Canada

SAVE WITH NO FEES

HSBC Direct

Home Top News Entertainment Odd News Sports Business Science Health Analysis Media Features

You are here: Home / Health News / Alternatives to foods with additives

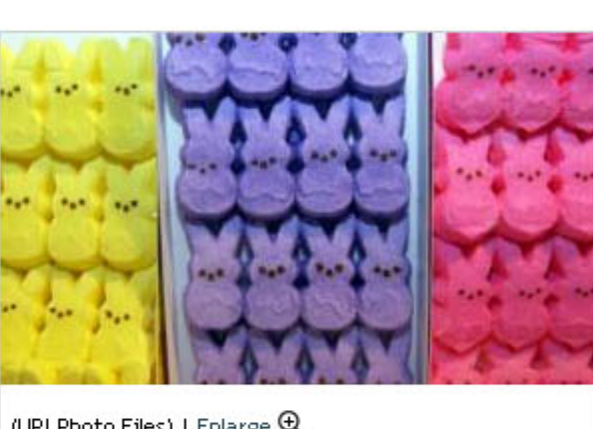
Health News

View archive | RSS Feed

Alternatives to foods with additives

Print Email Comments Share toolbar sponsorship Advertise
Published: Aug. 6, 2009 at 1:20 AM Order reprints

BELLINGHAM, Wash., Aug. 6 (UPI) -- Food additives used to enhance product shelf life or add color are worth watching out for -- especially if a child has allergies -- a U.S. food advocate says.



(UPI Photo Files) | Enlarge

"Studies are starting to show that some of these additives can be harmful -- even increasing cancer risk -- so as parents and consumers we really need to understand what is in the foods we choose," Gloria Tsang of HealthCastle.com says in a statement.

Her list of "worst additive offenders" followed by her additive-free replacement suggestions include:

-- Cured meats with sodium nitrite, a preservative linked to the formation of carcinogenic compounds. Alternative: Dinner leftovers.

-- "Diet" yogurt where natural sugars are replaced with artificial sweeteners. Alternative: Natural or organic yogurt with short ingredient lists.

-- Snacks prolonging shelf life with preservatives BHA and BHT. Alternative: Popcorn but not the microwave kind.

-- Soft drinks with artificial sweeteners and coal tar dyes. Alternative: Water, 100 percent juice, or milk.

-- Baked goods with artificial sweeteners or trans fats. Alternative: Baking bigger batches at home and freezing the extras to put in lunches.

Control Your Blood Sugar
High Blood Sugar can be controlled for about 80 cents/day. Here's how.
www.AlohaMedicinals.com

End Trigeminal Neuralgia
Latest Products that will Give you Back Your Life. Buy Now Online!
Biogetica.com/Herpes

Natural Alternatives
Safe, Quality Herbal Remedies. Heal your Body the Natural Way.
www.NativeRemedies.com

Related Searches

- "artificial sweeteners" search results
- "shelf life" search results
- "additive-free replacemen..." search results

Next Story: Three-generation homes reduce poverty risk or [see all Health News stories](#)

© 2009 United Press International, Inc. All Rights Reserved.

[Get Your "Six Sigma" Certification](#)

www.villanovau.com

[Better than Botox](#)

www.spbeautygifttrial.com

[Project Management Certification Online](#)

www.villanovau.com

Print Email Comments (0) Share toolbar sponsorship Advertise

News Photos - Slideshows

Photos of the Day Week in Photos News Entertainment Sports Features Archives

The First 100 days Photos of the Year

Laura Ling, Euna Lee Return Home	Ahmadinejad Begins Second Term	2010 Ford Taurus Production Launch	Laura Ling and Euna Lee Return
Obama Celebrates Birthday	2009: Enduring Freedom in	Ahmadinejad endorsed by Khamenei	Renewed Violence in Post-Election Iran
Beers at the White House	U.S.-China Strategic and Economic Dialogue	The Gates-gate Press Conferences	Robert Gates meets with Ehud Barak

Additional News Stories

Top News

- Panda mom, newborn 'adjusting very well'
- Record blue marlin caught off Maryland
- Factions clash at Fla. town hall meeting
- Accused cyber bully wants Internet back
- Great Train Robber released to die

Health News

- Soldiers with more DHEA perform better
- WHO: H1N1 flu vaccine on track
- Temptation more powerful than people think
- Exercisers: Check heat index
- Brain circuitry linked to obesity

Entertainment News

"True Blood" stars Paquin, Moyer engaged
NEW YORK, Aug. 6 (UPI) -- Anna Paquin and Stephen Moyer, stars of the U.S. cable giant HBO vampire series "True Blood," are engaged, representatives confirmed for People magazine.

- Kid Rock reaches out to robbery victim
- Audience loudly pans Deneuve reading
- Suit seeks to get \$1.5M from entertainer
- 'Brat pack' director John Hughes dies

Business News

- Crude oil prices up slightly
- Better than gold: A cab medallion
- DHL to pay \$9.4M for poor record keeping
- Chicago grain futures close lower
- Two AIG executives pay for SEC charges

Comments

Login to comment

There are no comments posted yet. Be the first one!

Post a new comment

Enter text right here!

Post as a Guest Login - Sign up OpenID

Name Email Website (optional)

Displayed next to your comments. Not displayed publicly. If you have a website, link to it here.

Subscribe to

Comments by [intense](#) [debate](#)



Health News Gallery

Hijama operations performed in Gaza

Tiger gets an underwater snack

Herbal medicine prepared in Beijing

Beach opens along the River Seine

Metric K-OS
\$5/MONTH FOR THREE MONTHS IN YOUR CAR.
THE BEATLES & AEROSMITH
REACTIVATE NOW!
SIRIUS SATELLITE RADIO

Sponsored Links

- DON'T Pay for White Teeth**
Learn the trick discovered by a mom to turn yellow teeth white w/under \$10
KatieTeeth.com
- Are you PM Certified?**
Villanova Project Management Certification 8 weeks-Enroll Now.
www.VillanovaU.com/PM
- DON'T Pay* For White Teeth**
Mom's Whitening Method Exposed. The Results May Shock You!
MomsNewTeeth.com

Most Popular

- Stories Photos Videos People digg
- Half of ER nurses assaulted on the job
 - Heavy drinkers face increased cancer risk
 - Study: DEET may be toxic to nervous system
 - WHO: 1,154 dead from H1N1 flu worldwide
 - Marriage price affects marriage decision

Videos

Obama praises release of American journalists
Thursday, August 6

Reaction: Will Sotomayor sit on the Supreme Court?
Thursday, August 6

Reaction: Clinton helps free American journalists
Wednesday, August 5

Reaction: Clinton negotiates with North Korea
Tuesday, August 4

Metric K-OS
\$5/MONTH FOR THREE MONTHS IN YOUR CAR.
THE BEATLES & AEROSMITH
REACTIVATE NOW!
SIRIUS SATELLITE RADIO

What's Happening Now?

- Some children can self-medicate in school (52 min)
- Report faults agents' actions in gay bar (53 min)
- Questions to ask before a child's surgery (60 min)
- N. Korea lauds cooperation with China
- MLB: Los Angeles Dodgers 5, Atlanta 4
- Amniotic fluid deficiency occurs in summer
- Last 'Tommy' laid to rest

"2 Tips To A Sexy Stomach: Obey"



How I Cut Down 5 lbs of Stomach Fat per Week By Obeying these 2 Easy Diet Tips

