

















Current vs. New Food Label Nutrition Facts **Nutrition Facts** servings per erving size 2/3 cup (55g) Calories 230 Total Fat 8g Saturated Trans Fat Total Fat 8 10% at 1g 59 Trans Fat otal Ca 7% Total Carboh 14% ides 10g Added Sugar 20%

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Microbiome

The genes of the ecosystem of microorganisms that inhabit your body primarily in your intestines.

Emulsifying agents may contribute to obesity and inflammation by negatively affecting the mucous layer that lines your intestines.

-Nature, 2015



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🚯 What's in Your Candy?

Titanium Dioxide

Use: To whiten and brighten

Foods: candies, chewing gum, white sauces, icing, coffee creamer

Problem: Titanium Dioxide nanoparticles are associated with intestinal inflammation and cancer

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Sugar Alcohols

- Sorbitol
- Erythritol
- Mannitol
- Isomalt
- Xylitol
- Hydrogenated Starch hydrolysates
- Maltitol
- glycerol
- Maltitol Syrup
- Lactitol

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Names of sweeteners that appear in labels: Brown rice syrup Invert sugar Brown sugar Lactose Confectioner's sugar Maltose Cane sugar • Malt syrup Corn sweetener • Maple syrup Corn syrup Molasses Dextrin Raw sugar Dextrose • Sucanat Evaporated cane juice • Sucrose Fructose • Sugar Fruit juice concentrates • Turbinado sugar Glucose Note that 4-5 grams of sugar equals a teaspoon High fructose corn syrup Tricia (Silverman Honey

"An increase in ultraprocessed foods

consumption appears to be associated

with an overall higher mortality risk..."

- 2019 JAMA



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What are we coloring and flavoring our food with?

Flavors

Use: To improve the taste of food

Concern: Flavor mixtures that appear as "natural flavor" on the food label may contain preservatives, chemicals and solvents that are artificial, in addition to the actual flavor. Concerning for those with allergies or sensitivities. The same is true for artificial flavors.

Food it May be Found in: Commonly found in a variety of processed foods

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Red #40

- CSPI lists as a food dye to avoid:
 - Red 40 can cause allergy-like reactions.
 - High doses caused adverse reproductive effects in rats
 - One of the chemicals used in the processing of Red #40, p-Cresidine, caused bladder, nasal and liver cancer in mice.

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Yellows #5 and #6

Yellow #5: can cause allergy/asthma-like hypersensitivity, hyperactivity in some children. May contain cancer-causing chemicals or chemicals that become cancercausing in the body.

Yellow #6: animal tests found adrenal gland and kidney tumors. Contaminants of this dye are carcinogens or convert to them in the body, may cause allergic reactions. Workers in Yellow #5 and #6 plants have gotten cancer through occupational exposure.

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Blues #1 and #2

Blue #1: May cause allergic reactions, may be carcinogenic, may affect neurons. Has produced malignant tumors by injection and ingestion in rats

Blue #2: May cause brain cancer in male rats. Has produced malignant tumors by injection in rats. May cause hypersensitivity.

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Propyl Paraben

Use: Preservative

Concern: May impair fertility and speed up growth of breast cancer cells

Food it May be Found in: tortillas, muffins, food coloring

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Use: Improves volume and uniformity

Example: DATEM: Makes a stronger gluten network in bread

Problem: myocardial fibrosis, endometrial hyperplasia, renal and adrenal lesions in rats

Longer "real name": Diacetyl tartaric acid ester of mono- and diglycerides

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Whole Grains Whole grain: Three components of a grain kernel (bran, germ, and endosperm) are included in the final product 1. Bran: Outer layer, B vitamins, and antioxidants, fiberrich 2. Germ: Oily area, often milled away to add storage life. Rich in Vitamin E. Has B Vitamins, minerals, and protein. 3. Endosperm: Starchy area, what's left when bran and germ milled away. Not as nutrient-rich. It is the essence of refined white flour

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	Whole Grains
	Whole Grains: Amaranth, Barley, Brown Rice, Buckwheat, Corn Grits, Einkorn Wheat, Farro, Polenta (Corn) Grits, Millet, Popcorn, Quinoa, Sorghum, Oat, Rye, Spelt, Teff, Triticale (wheat/rye hybrid), Whole Wheat, Wild Rice
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Lecithin: Why is it in so many foods?

- Uses:
 - Emulsifier: holds water and fat together
 - Texturization
 - Reduces clumping of powders
- Foods: margarine, confections, baked goods, dairy, energy bars, almond milk
- Hexane used in the processing to extract components, such as soy lecithin used in processed foods

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What's in Your Salad Dressings and Energy Bars?

Emulsifiers

Use: To stabilize products and make more consistent Foods: cakes, creamers, salad dressings, ice cream, etc. Examples:

- Polysorbate 8o
 - May facilitate pathogens across intestinal walls, and increase intestinal permeability
 - Made from sorbitol

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(N) What's in your oil?

- Hexane: Used in extraction of oils and proteins from seeds and soybeans, also an ingredient in gasoline, jet fuel, known as a hazardous air pollutant by the EPA
- "No studies were located regarding cancer effects after oral exposure to n-hexane in humans or animals." -US Dept of Health and Human Services
- We are the lab rats
- Inhalation effects:
 - Humans: nervous system malfunction, numbness in extremities, muscle weakness, blurred vision and fatigue
 - Rats: neurotoxicity, lesions in respiratory tract

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What's in Your Beef?

Nitrites, Nitrates, and Celery Powder
Use: Preservative, Coloring, Flavoring
Concern: Cancer
Food it May be Found in: Processed
meats such as bacon, salami, sausages, hot
dogs, cured sandwich meats

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Gellan Gum

a secretion from a bacteria

- discovered in the laboratory
- substitute for agar in the petri dish
- food additive- stabilizer and thickener
- produced from S. elodea bacteria through fermentation "purified" by recovery with isopropyl alcohol. Residual isopropyl alcohol in the gellan gum must not exceed 0.075 percent. - USDA
- In dog and cat food the residual allowed is .4%

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What's in our soda?

Use: Emulsifiers, add texture, leaven baked goods, and improve moisture **Concern:** May affect heart health by damaging blood vessels Food they May be Found in: Beverages, baked goods, processed foods Tricia (Silverman

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What's in Your Potato Chips and **French Fries?**

Acrylamide

Use: Has no use! Forms when certain foods are cooked to a high temperature

Concern: human carcinogen

Foods of concern are:

French fries, potato chips, roasted coffee beans. Cookies, crackers, and bread also pose a risk. Tricia Silverman

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Some ingredients that may come from GMO products

 Amino acids, aspartame, ascorbic acid, sodium ascorbate, vitamin C, citric acid, sodium citrate, ethanol, flavorings ("natural" and "artificial"), highfructose corn syrup, hydrolyzed vegetable protein, lactic acid, maltodextrins, molasses, monosodium glutamate, sucrose, textured vegetable protein (TVP), xanthan gum, vitamins, yeast products

 - Source: Non-GMO project Website

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USDA Organic

- "100 percent organic" product contains 100 percent organic ingredients
- "Organic" product that contains minimum of 95 percent organic ingredients. Up to 5 percent ingredients from nonorganic agricultural products that are not commercially available as organic and/or nonagricultural products that are on the National List.
- "Made with Organic ______" can be used to label a product that contains at least 70 percent organically produced ingredients
 - Source: USDA

Organic vs. Conventional

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Vitamin C, iron, magnesium and antioxidant phytochemicals higher in organic foods. -Alternative Medicine Review 2010

Environmental Working Group		
Dirty Dozen	Clean Fifteen	
Strawberries	 Avocadoes Sweet Corn	
• Spinach	 Pineapples 	
• Kale	Onions	
 Nectarines 	 Papayas 	
 Apples 	 Sweet Peas Frozen 	
• Grapes	• Eggplant	
Peaches	 Asparagus 	
Cherries	Cauliflower	
Pears	 Cantaloupe Melon 	
Tomatoes	Broccoli	
	Mushrooms	
Celery	 Cabbages 	
Potatoes	 Honeydew Melon 	
 Hot Peppers 	. Visuri	









