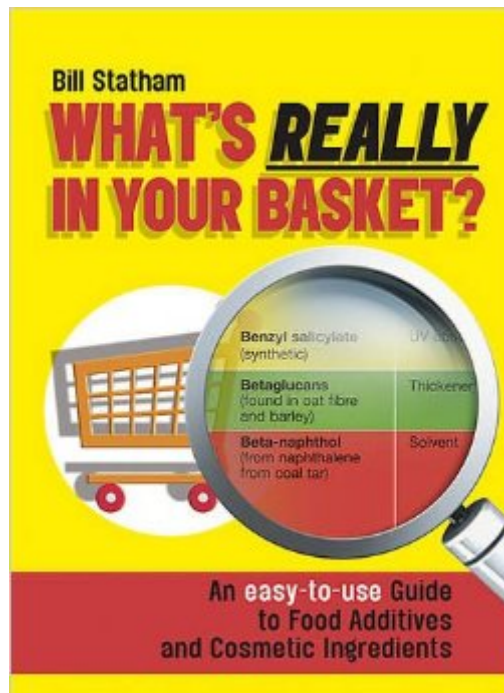


The book was found

What's Really In Your Basket?: An Easy To Use Guide To Food Additives And Cosmetic Ingredients



Synopsis

WHAT'S REALLY IN YOUR BASKET?: AN EASY TO USE GUIDE TO FOOD ADDITIVES AND COSMETIC INGREDIENTS

Book Information

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #3,044,557 in Books (See Top 100 in Books) #82 in [Books > Health, Fitness & Dieting > Nutrition > Food Additives](#)

Customer Reviews

I bought this book after having read Stefan Gates on E Numbers which I didn't like because it almost glorified E numbers. I much prefer the approach of this book but still I am not too sure about the information contained in it. First of all no one seems to be really sure about how safe the safe additives are and that is clear in this book. Just to give two examples Acetic Acid is considered safe but it can cause skin irritations, hives, skin rash, caused cancer in rats and mice orally and by injection and is harmful to aquatic organisms. Then concerning Ammonium Alginate, alginates can be beneficial for the health but also inhibit absorption of essential nutrients in animal tests so God knows what they can do to humans. And.... they never say that something is safe.... they always say that it is "regarded as safe in food use at low levels". So how safe are these additives exactly? I suppose no one knows but manufacturers have a choice of 10.000 of them! Maybe restrain use of these additives would be a better way of handling this problem? Because after all people are getting more and more ill and that costs not only lots of money but lots of suffering too! I for one try to stay clear of this stuff but it is hardly possible even if you stay away from any processed food and... don't forget that they don't need to mention everything that goes into food, there are situations when they can leave out information. Moreover the E numbers make it even more complicate to know which is which because who can remember most of them? And shopping with a booklet in the hand is for the most of us as a rule also not an option. So, this book is handy to give you an idea about what you

are eating and putting on your body, does it answer all the questions regarding safety....

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