HIDDEN HAZARDS:

Unmasking Harmful Additives in Everyday Foods

An investigation into harmful food additives' impact on public health. Raising awareness and empowering consumer choices, focusing on additives in UK food products.



THE USUAL SUSPECTS:

Harmful Additives

Artificial Sweeteners

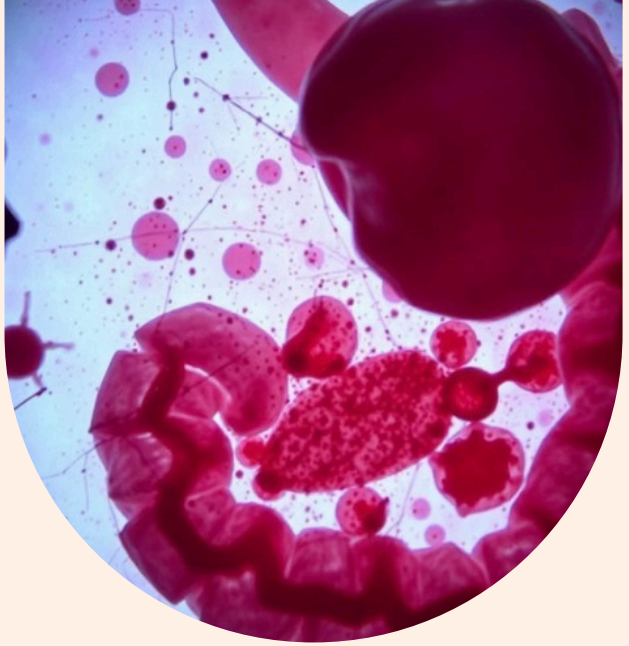
Aspartame (E951), Sucralose (E955). Found in diet drinks, processed foods. Gut health disruption is a potential concern.

Artificial Colours

Tartrazine (E102), Sunset Yellow FCF (E110). Found in sweets, fizzy drinks. Hyperactivity in children is a potential concern.

Preservatives

Sodium Benzoate (E211), Sulphur Dioxide (E220). Found in pickled foods, processed meats. Allergic reactions are a potential concern.



HEALTH IMPACTS: THE EVIDENCE MOUNTS

1. ### Gut Health
   Disrupting gut microbiome.

2. ### Allergies and Sensitivities
   Increased allergic reactions.

3. ### Neurological Effects
   Links to neurological conditions.

4. ### Long-Term Risks
   Potential carcinogenic effects.

NAVIGATING THE SUPERMARKET AISLE

Read Labels

Identify harmful additives.

Choose Whole Foods

Prioritise fresh, unprocessed foods.

Cook from Scratch

Control ingredients and avoid additives.

EMPOWERING CHANGE

- Stricter Regulations
- Support Campaigns
- Demand Clear Labelling
- Share Your Knowledge

Let's create a healthier food environment for future generations!



