

Toxins Info Sheet

List of Toxins to Avoid:

Please note - this list is not comprehensive. I have focused on 3 major toxins and have mentioned a few others at the end of the list, but I encourage you to do your own research too. If you see something you are not familiar with on a food item in your pantry, look it up online and find out what it is.

MSG - Monosodium Glutamate and all its different forms:

Monosodium glutamate (E 621)

Monopotassium glutamate (E 622)

Calcium glutamate (E 623)

Monoammonium glutamate (E 624)

Magnesium glutamate (E 625)

Anything “hydrolyzed”

Any “hydrolyzed protein”

Calcium caseinate, Sodium caseinate

Yeast extract, Torula yeast

Yeast food, Yeast nutrient

Autolyzed yeast

Textured protein

Soy protein

Soy protein concentrate

Soy protein isolate

Soy sauce extract

Anything “enzyme modified”

Vetsin

Ajinomoto

Toxins Info Sheet

Artificial sweeteners (if something has a number, it means it had been synthesised in a lab - don't eat it!):

Aspartame (E951)

Acesulfame Potassium (E950)

Cyclamate (E952)

Erythritol (E968)

Maltitol (E965)

Mannitol (E421)

Saccharin (E954)

Sorbitol (E420)

Sucralose (E955)

High Fructose Corn Syrup (HFCS) and all its different forms:

Corn Syrup

Maize Syrup

Glucose Syrup

Fruit fructose

Agave Nectar (acts the same as HFCS in your body)

Tapioca Syrup

Other toxins:

Carrageenan (commonly found in nut milks - beware!)

All artificial colours - such as Tartrazine (E102)

All artificial preservatives - such as sodium nitrite (250) and sodium nitrate (251)