



The Label Reader's Pocket Dictionary of Food Additives: A Comprehensive Quick Reference Guide to More Than 250 of Today's Most Common Food Additives

J. Michael Lapchick

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Do You Know What You're Eating? Odds are you're eating generous portions of maltodextrin, carrageenan, benzoic acid, and aspartame every day--not to mention scores of other additives that may not be good for you. The Label Reader's Pocket Dictionary of Food Additives is the most up-to-date quick reference guide to more than 250 of today's common food additives--found in just about everything we eat. It has the latest findings in an easy-to-read dictionary format with all the information you need to make intelligent food choices. Each additive is clearly rate with a symbol signifying that it is:

- safe
- questionable
- or a probable health hazard



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