



Anti - FOOD

#nutritionclub23

- **Anti - Food**

All the food for digestion of which our body needs more nutritional elements than such food contains.

It removes nutrients from our organism!



Preservatives

- Antimicrobial
- Antibrowning
- Antioxidant

Nutritional supplements

- Vitamins
- Minerals

Flavoring agents

- Sweeteners
- Flavor enhancers
- Other flavors

Colorings

- Carotenoids
- Green dyes
- Blue dyes etc.

Texturing agents

- Stabilizers
- Emulsifiers

Miscellaneous

- Enzymes
- Catalysers
- Solvents
- Propellants



Chemical composition of an apple

Антиокислители и регуляторы кислотности

E300 - аскорбиновая кислота
E330 - лимонная кислота
E334 - винная кислота
E363 - янтарная кислота
E375 - ниацин

Красители

E101 - рибофлавин
E140 - хлорофилл
E160a - каротин
E163 - антоциан
E181 - таннин

Консерванты

E260 - уксусная кислота
E270 - молочная кислота
E280 - пропионовая кислота
E296 - яблочная кислота



Эмульгаторы и загустители

E440 - пектин

Усилители вкуса и запаха

E620 - глутаминовая кислота

Прочее

E921 - цистин

Ароматизаторы

ацетальдегид
гексанал
бутан-1-ол
бутил-ацетат
пропил-ацетат
этил-бутаноат
гексил-пропаноат
гексил-гексаноат



Classification of food additives

E100 – E182	Coloring agents
E200 – E299	Preservatives
E300 – E399	Antioxidants
E400 – E499	Stabilizers
E500 – E599	Emulsifiers
E600 – E699	Flavour enhancers
E700 – E899	Don't exist (codes are reserved)
E900 – E999	Glazing agents and miscellaneous





Tartrazine E102

Тартразин

- ✓ The cheapest synthetic colouring agent
- ✓ Used to colour drinks, sweets, jams, cereals, snack foods, canned fish, packaged soups and a dye for wool and silk..
- ✓ Is known to inhibit zinc metabolism and interfere with digestive enzymes.

Causes allergies and immune system disorders



Sodium nitrite E250

Нитрит натрия

- ✓ Used for curing (preserving) meat and fish products
- ✓ May provoke hyperactivity, behavioural probs, asthma, headaches, dizziness, and other adverse reactions, can combine with chemicals in stomach to form nitrosamine, which **causes cancer**





Monosodium L-glutamate E621

Глутамат натрія



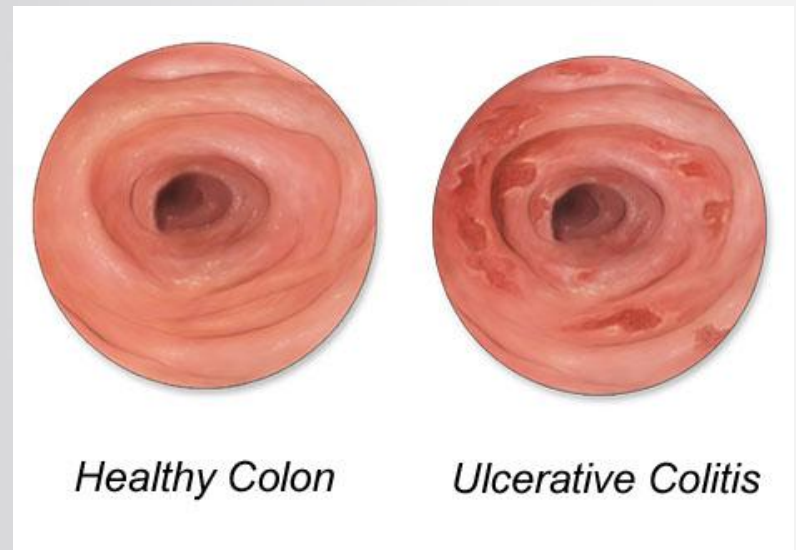
- ✓ Added to any savoury processed protein food. Typical products are canned vegetables, canned tuna, dressings, many frozen foods.
- ✓ It could kill nerve cells and cause heart palpitations, headaches, dizziness, muscle tightening, nausea, weakness of the upper arms, neck pain, migraine, hyperactivity, asthma, urticaria, insomnia



An experiment on rats

In 20 days pre-ulcerative condition

20 days of rat's life = 6 month of human life



Flavour enhancers: total 18

- Disodium 5'-guanylate **E627**

Гуанилат натрия

- Disodium 5'-inosinate **E631**

Инозинат натрия

- Monopotassium L-glutamate **E622**

Глутамат калия

- Maltol **E636**

Мальтол





Aspartame E951

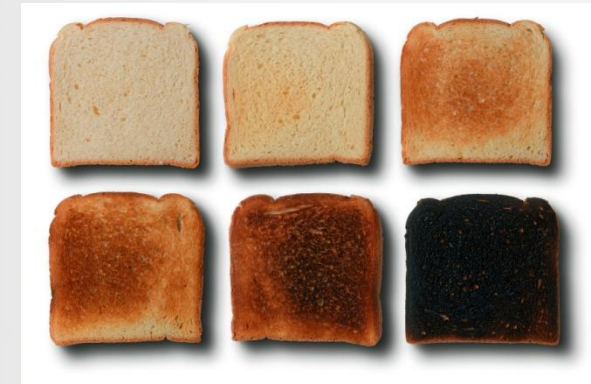


- Artificial sweetener is 200 times more sweet than a sugar
- Used in cakes, soft drinks, ice cream, candies, sweets etc.
- May cause headaches, dizziness, hallucinations, asthmatic and allergic reactions
- It's broken into formaldehyde at the 35 degrees and it may even cause **cancer**



Acrylamide

- It is formed from amino-acid asparagine with the presence of certain sugars during high-temperature cooking methods, such as frying, baking, or broiling (about 120 degrees)
- It promotes the formation of tumors (in lab animals)



Is there anything in the cooking process that can be changed to lower dietary acrylamide exposure?

- ✓ Follow established dietary guidelines and eat a healthy, balanced diet that is low in fat and rich in high-fiber grains, fruits, and vegetables.
- ✓ When frying meat or potato don't let it become 'brown', 'gold' is enough
- ✓ Avoid cooking foods in oil
- ✓ Do not buy chips or dry bread
- ✓ Do not overcook toast



Benzopyrene

the substance of the first class of danger

- Comes with the air, the food, while smoking
- Formed during smoking and grilling meat
- It's present in canned food

It accumulates in the body!

**Leads to mutations
in DNA and, consequently,
the risk of cancer,
fetal mutations**



Preservation

- ❑ Salt kills vitamins, disrupts the cell pump and causes fluid retention and intoxication
- ❑ Canned food may contain plumbum



Transfats “ugly fats”

- Ready-made products: margarine, mayonnaise, refined oils, bakery, confectionery
- Formed during frying vegetable oils



- **Cardiovascular diseases**
- **Oncology**
- **Early aging**



“Smoked” meat & fish

Liquid smoke gives smoked flavor:
66% phenol and 14% of carbonyl compounds, and 20% are all other smoking components

- Phenol is toxic
- Carbonyl compounds gives a tasty colour to the product but at the same time destroy amino acids



**NO
nutritional
value**



“Fake” meat, fish, milk

May contain hormones and pesticides,
nitrate (fertilizer)



- **Hormonal disbalance**
- **Infertility**
- **Inflammation**
- **Tumor**
- **Early menopause in women and men**



Packaging

- The plastic (inner layer of boxes), soft plastic, the film contain bisphenol, which causes the growth of tumors



- The safest packaging are glass and paper



Anti - Food

- White flavour
- Refined cereals
- Heat-treated foods
- Refined fats
- Bakery products
- Sweets

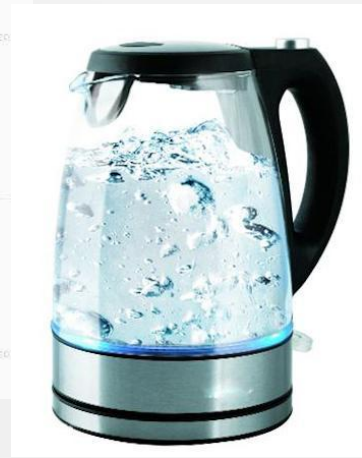
All the food for digestion of which our body needs more nutritional elements than such food contains.

Using it gradually deprives the body of important nutrients



AntiWATER

- Crude water contains nitrates, chlorine, heavy metals, aluminum (which are carcinogens)
- Carbon dioxide (CO₂) - is associated with the body minerals, makes them not used.
- Boiled water does not contain mineral salts, cause demineralization of organism
- Sweet colored water contains colorants and sweeteners



- Средняя диета состоит на 2/3 из продуктов, которые
- Содержат вредные компоненты
- Мало питательных веществ

- Из множества таких продуктов складывается плохая диета



The principle of substitution:

- Присутствие высокопитательных и низкокалорийных продуктов
- Автоматически уменьшается потребление антипитательных, калорийных, очищенных продуктов



HEALTHY NUTRITION



More **VITAMIN A** than a mango



More **VITAMIN C** than a banana



More **PROTEIN** than a chicken thigh



More **FIBER** than 1/2 cup broccoli



More **CALCIUM** than 6 ounces yogurt



More **IRON** than 1/2 cup beans

Formula 1 Nutritional Shake Mix
+ nonfat milk = 180 calories
No cholesterol
Almost no fat (1/2 teaspoon)

Add fruit for even more vitamins, minerals and fiber with no additional fat or cholesterol.

Protein bars

- Low GI
- Easily digestible protein
- Portable – whenever you are, whatever you are doing





The table of **HARMFUL** food additives

HIGHLY DANGEROUS

E123 E510 E513 E527

DANGEROUS

E102 E110 E120 E124 E127 E129 E155 E180
E201 E220 E222 E223 E224 E228 E233 E242
E400 E401 E402 E403 E404 E405 E501 E502
E503 E620 E636 E637

CARCINOGENIC

E131 E142 E153 E210 E212 E213 E214 E215
E216 E219 E230 E240 E249 E280 E281 E282
E283 E310 E954

GASTRIC DISTURBANCE

E338 E339 E340 E341 E343 E450 E461 E462
E463 E465 E466

DERMATOSES

E151 E160 E231 E232 E239 E311 E312 E320
E907 E951 E1105

INTESTINAL UPSET

E154 E626 E627 E628 E629 E630 E631 E632
E633 E634 E635

BLOOD PRESSURE

E154 E250 E252

DANGEROUS FOR CHILDREN

E270

SMOKING

E103 E105 E111 E121 E123 E125 E126 E130
E152 E211 E952

SUSPICIOUS

E104 E122 E141 E171 E173 E241 E477

