

TOP 12 FOOD INGREDIENTS TO AVOID:

1. Artificial Colorings: BLUE 2; GREEN 3; ORANGE B; RED 3; YELLOW 5 & 6
2. Aspartame and Acesulfame-Potassium
3. BHA- Butylated Hydroxyanisole
4. BVO- Brominated Vegetable Oil
5. Caramel Coloring
6. Mycoprotein (Quorn)
7. Olestra/Olean
8. Partially Hydrogenated or Inter-esterified Veg. Oil (Trans Fat)
9. Potassium Bromate
10. Rbgh or rBST- Bovine Growth Hormone
11. Sodium Nitrate & Sodium Nitrite
12. TBHQ- Tert-butylhydroquinone



TOP 12 TOXINS TO AVOID

in personal care products

1. Aluminum: Aluminum Chloride, Chlorohydrate and Zirconium
2. Coal Tar (FD&C Blue 1, Green 3)
3. Formaldehyde: Diazolidinyl urea, Imidazolidinyl urea, and DMDM hydantoin
4. Fragrance
5. Parabens: Methyl-, Propyl-, Butyl-, Isopropyl-, and Ethyl-
6. Petrochemicals: Petrolatum, Paraffin or Mineral Oil
7. Polyethylene Glycol (PPG/PEG)
8. Phthalates: Dibutyl (DBP), Diethyl (DEH), Diethylhexyl (DEHP)
9. Sodium Lauryl Sulfate, Sodium Laureth Sulfate (SLS)
10. Toluene
11. Triclosan and Triclocarban
12. Triethanolamine (TEA), Diethanolamine (DEA)



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