

It's Not Just Cookies: The Hidden Ingredients in Your Food



It's Not Just Cookies: Stories and Recipes from the Tiff's Treats Kitchen by Tiffany Chen

★★★★☆ 4.8 out of 5

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When it comes to hidden ingredients in food, cookies are just the tip of the iceberg. From sneaky sweeteners to artificial flavors, manufacturers are using a myriad of ingredients to make their products more appealing. But what are these ingredients, and how do they affect our health?

In this article, we'll take a closer look at some of the most common hidden ingredients in food and explore their potential risks.

Sneaky Sweeteners

Sugar is a major source of empty calories, and it can contribute to weight gain, tooth decay, and other health problems. But sugar isn't always easy to spot. Manufacturers often use sneaky sweeteners to make their products taste sweet without adding a lot of sugar.

Some of the most common sneaky sweeteners include:

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is a sweetener made from corn syrup that has been processed to increase its fructose content. HFCS is sweeter than sugar, and it's often used in

processed foods and beverages. *



is an artificial sweetener that is about 200 times sweeter than sugar.

Aspartame is often used in diet foods and beverages. *



is an artificial sweetener that is about 600 times sweeter than sugar. Sucralose is often used in baked goods, candy, and other processed foods.

While sneaky sweeteners may not contain as many calories as sugar, they can still contribute to weight gain and other health problems. HFCS, for example, has been linked to obesity, insulin resistance, and type 2

diabetes. Aspartame has been linked to headaches, dizziness, and other side effects.

Artificial Flavors

Artificial flavors are chemicals that are used to give food a particular flavor. Artificial flavors are often used in processed foods and beverages, and they can be made from a variety of ingredients, including chemicals, plant extracts, and animal products.

Some of the most common artificial flavors include:

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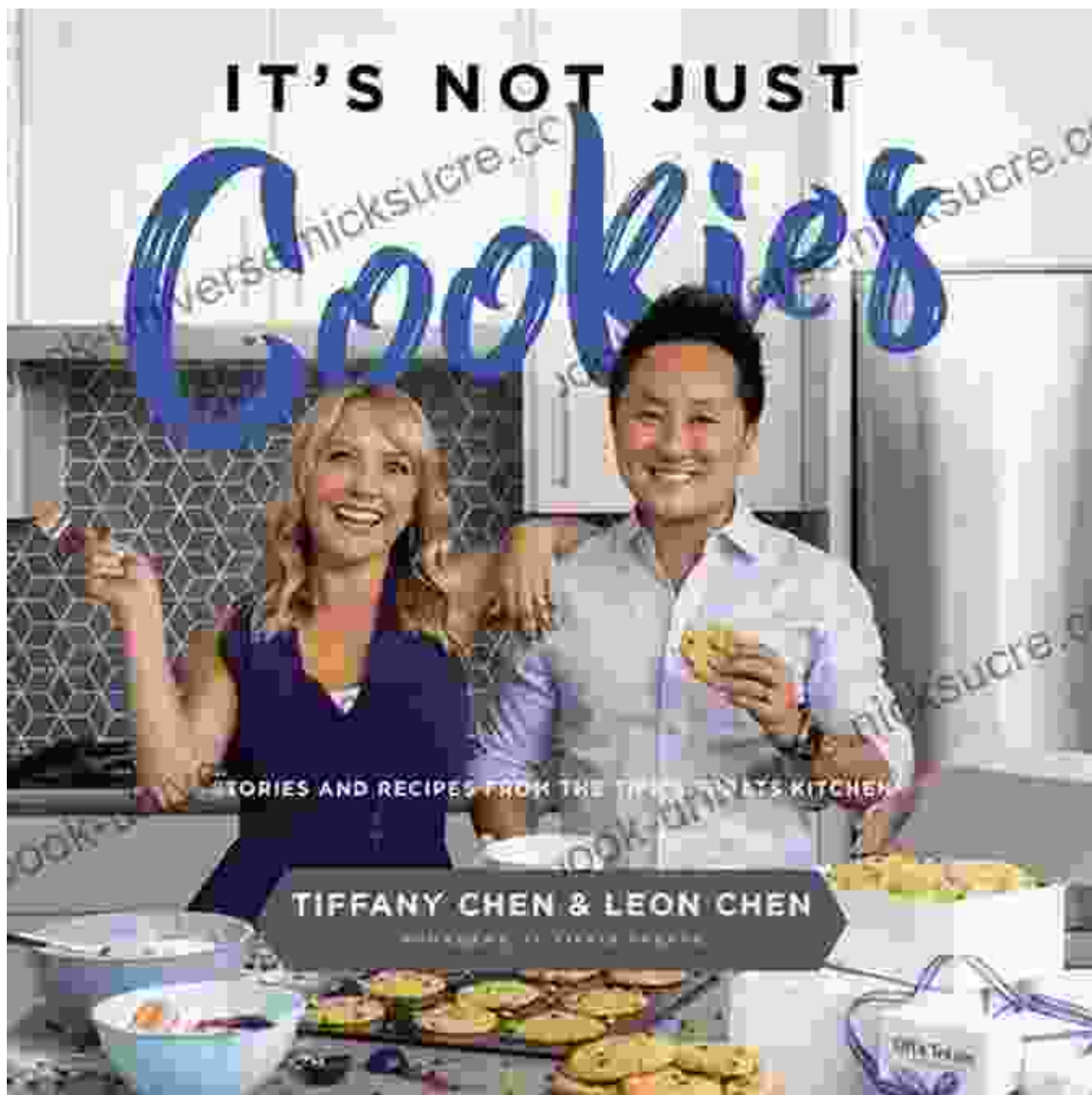
is an artificial flavor that is used to give food a vanilla flavor. Vanillin is made

from a variety of ingredients, including wood pulp, coal tar, and petroleum. *



is an artificial flavor that is used to give food a caramel or cotton candy flavor. Ethyl maltol is made from a variety of ingredients, including

chemicals and plant extracts. *



is an artificial flavor that is used to give food a buttery flavor. Diacetyl is made from a variety of ingredients, including chemicals and animal products.

Artificial flavors can be harmful to our health. Some artificial flavors have been linked to cancer, birth defects, and other health problems.

Preservatives

Preservatives are chemicals that are used to prevent food from spoiling. Preservatives can be found in a variety of foods, including processed meats, cheeses, and baked goods.

Some of the most common preservatives include:

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is a preservative that is used to prevent food from spoiling. Sodium benzoate is found in a variety of foods, including processed meats,

cheeses, and baked goods. *



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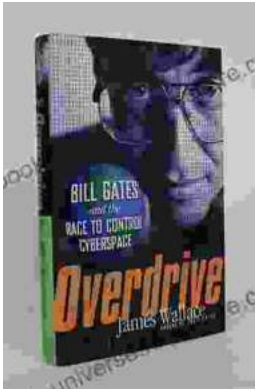
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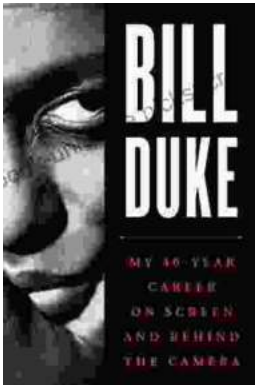
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