

## **TAKIS Danger rating: 3**

**Potential side effects:** Ulcers, gastritis

Takis are similar to Flamin' Hot Cheetos. These little rolled up corn snacks are usually covered in something spicy and they can eat away at the stomach lining. Takis are rumored to cause severe stomach pain, ulcers and they are also rumored to [cause cancer](#) over a long period of time. Allegedly, a toddler got throat cancer from eating too many Takis and pediatricians are claiming that because Takis increase the stomach acidity (and turn feces red or orange)

**Ingredients:**

Corn, Palm Oil, Seasoning (Maltodextrin, Salt, Citric Acid, Spices, Corn Starch, [Monosodium Glutamate](#), Artificial Flavors, Natural Flavors (with Milk and Egg Ingredients), Onion Powder, Artificial Colors (**FD&C Yellow 6 Lake, FD&C Red 40 Lake**), Garlic Powder, [Dextrose](#), Sesame Oil, Chicken Fat, Sodium Citrate) Contains 2% or Less of the Following Antioxidants (**TBHQ and/or BHA and BHT**) and Lime Traces. Contains milk, sesame and egg ingredients.

**Allergy Information:**

**Manufactured on equipment that processes products containing peanuts and other nuts.**

## **BHA, BHT, and TBHQ**

**Find it in:** Embalming Fluid and Potato Chips

**Food Products it's in:** Chewing gum, cereals, vegetable oil, some meats, fatty and oily foods like potato chips, butter, nuts, and snack foods

**What it is:** Butylated hydroxyanisole and hydroxytoluene, two synthetically created chemicals, keep oils from quickly becoming rancid. They are used in many products, including animal feed, cosmetics, rubber products, food packaging, and petroleum products.

**How it can make you sick:** These substances are classified by the Department of Health and Human Services as **"reasonably anticipated to be a human carcinogen."** Conflicting studies show the additives to either increase or decrease cancer rates in animals, but they have not been adequately reviewed and so are still "generally recognized as safe" by the FDA. Why take the risk with our children's health and well being!

**Artificial food additives, such as BHT increase levels of hyperactivity in children.**

<http://www.complex.com/pop-culture/2013/11/snacks-more-dangerous-than-flamin-hot-cheetos/lucas-mexican-candy>

<http://www.shopwell.com/takis-corn-snack-taco-flavored-crunchy-fajita/chips-pretzels/p/7432309632>

[http://www.dietsinreview.com/diet\\_column/11/6-common-food-preservatives-and-their-nasty-side-effects/](http://www.dietsinreview.com/diet_column/11/6-common-food-preservatives-and-their-nasty-side-effects/)

## **Sodium Nitrite and Nitrate**

**Find it in:** Fertilizer, Rocket Propellant and Lunch Meats

**Food Products it's in:** Processed meats like bacon, ham, [hot dogs](#), deli meats, pepperoni, salami, jerky, smoked fish, and corned beef

**What it is:** Sodium nitrite is a mineral salt powder that prevents botulism and meats from turning grey.

**How it can make you sick:** **Cooking these meats at high temperatures and ingesting them could lead to nitrosamines forming, which is a carcinogen.** They have been controversially linked to leukemia, colon, bladder, and pancreatic cancer. **Nitrates may [trigger migraines](#)** in certain people. Pregnant woman should especially avoid sodium nitrates as they can result in oxygen deprivation of fetuses.

Read more at [http://www.dietsinreview.com/diet\\_column/11/6-common-food-preservatives-and-their-nasty-side-effects/#70Ff5p16Eb8TGbOf.99](http://www.dietsinreview.com/diet_column/11/6-common-food-preservatives-and-their-nasty-side-effects/#70Ff5p16Eb8TGbOf.99)