

## Protective Diet Class #020

### Food Additives and Code Names

*Do you find yourself back in the kitchen after dinner? Are you full, but still searching for something more? We have been conditioned to think it is normal to eat a full meal and then want something sweet. As Americans we call it dessert. What is really drawing you back in the kitchen? This class will help you identify additives that cause chronic food cravings. Among whole food plant-based diets, Protective Diet is unique in eliminating food additives, replacing chemical dependency with whole food satisfaction and sustainability.*

#### Announcements

- Join our support group, [Protective Diet Living](#) (PDL). This Community is more than eager to assist you!
- Join the [Protective Diet Classroom](#) (PD-Ed) for live class, Pre-Class Chat and Saturday Live Coaching Hour.

#### Vocabulary

Natural Flavor	Organic Spices	Vitamins	Vegetable Protein	Yeast Nutrient	Ultra-Pasteurized
Flavoring	Texturized	Gelatin	Soy Protein	Yeast Food	Barley Malt
Flavor	Seasonings	Bouillon	Extracted	Yeast Extract	Pectin
Citric Acid	MSG	Hydrolyzed	Casein	Maltodextrin	Enzyme
Fermented	Soy Sauce Extract	Soy Sauce	Fortified	Malt Extract	Enzyme Modified
Spices	TVP	Protein			

#### Action Steps to Additive-Free Eating

- **Eat to Satisfy True Hunger**
  - May take 2-4 weeks of [detox and taste bud reprogramming](#) to feel full and satisfied after a meal.
  - Eliminate food additives completely; chemically formulated to prevent you from feeling full and satisfied.
  - Natural Flavor, a widely used additive code name, indicates an undisclosed amount of naturally occurring flavor that is chemically coupled with an undisclosed amount of lab-created, concentrated flavor.
    - This combination, which may be 1% natural and 99% chemical, creates supernaturally delicious foods, which cause cravings and spike appetite.
    - Makes it so when you taste foods created by nature, they are not that exciting.
    - Food manufacturers pay billions of dollars for chemists to develop and test these tastes.
    - Lab rats cannot stop eating foods laced with them and never reach a satisfied state.
- **Know What To Look For on Food Labels**
  - Only the ingredients should be listed, not words that describe processing methods.
  - Companies may claim a food additive code word represents proprietary ingredients.
  - Examples of additive-free foods:
 

- Beans (beans, salt, water)	- Applesauce (apples, water)	- Pasta (durum whole wheat flour)
- Tomato Paste (tomatoes)	- Soymilk (organic soybeans, water)	- Tamari (soybeans, alcohol, salt)
- **Shop Smart**
  - Use what you have. Next time you shop, find an alternative product that is additive-free.
  - Continue to check labels on trusted clean items because companies change ingredients often.
  - Be willing to shop at multiple stores & online, if necessary.

→ When you source a clean ingredient, stock up *for the month*.

### • Make it Easy to Make Your Own

- There are 100+ [PD Condiment Recipes](#), all additive-free and formulated to fit in your refrigerator door.
- A high-speed blender ([BlendTec](#) or Vitamix) can blend a creamy dip or dressing in 1 minute.
- [Squeeze bottles](#) add a familiar feel to homemade condiments.
- A [wide mouth jar funnel](#) makes getting creamy condiments into [jars](#) a mess-free, fast task.
- Create your own simple condiment label with [dissolvable labels](#).
- Get addicted to the effort of taking the time to care for yourself, instead of being addicted to convenient, chemical-laden condiments and beverages.

### Student Q & A

Q: Does Calcium Sulfate cause food cravings?

Q: What about Calcium Chloride?

Q: Where do we find clean mint extract?

Q: What is Ascorbic Acid?

Q: How do I store bulk Nutritional Yeast? What is its shelf life?

Q: What about Sodium Bicarbonate?

### Encouragement

- I want you to eat dinner, take inventory of your body, feel great, and register full and satisfied.
- I want whole food flavors to excite you and natural foods to cause a flavor explosion in your mouth.
- This is not a deal breaker. If you cannot do 100% additive-free you will still get results, but you may struggle with food cravings. If you are still craving food, I would point the finger at food additives, if you have eliminated all the sugars and all the fats out of your diet.

*“This is the key! Eat to satisfy true hunger instead of eating to satisfy chemical dependencies invented by companies that want to keep you chronically craving their product.”*

### Recommended Recipes

- ☐ Try [Buttermilk Ranch Dressing](#), [French Onion Dip](#) & 100+ [Condiments](#) created to make whole foods flavorful and satisfying.

### Recommended Classes for More Information

- ☐ [#082 Mastering Label Reading](#)
- ☐ [#086 Sugar In Health Food Camouflage](#)
- ☐ [#108 Whole Food Detox and Taste bud Reprogram](#)
- ☐ [#073 Super Tasters and Taste bud Evolution](#)
- ☐ [#006 Taste bud Reprogramming and Eliminating Food Cravings](#)