Chemical in Food

A chemical is a compound or substance that has been purified or prepared artificially (Google Dictionary). In the *Chemical Cuisine* article, chemicals are used to flavor and preserve foods; all processed foods and drinks contain chemicals. This article explains what kinds of food we should avoid and what is safe to have.

I read about sucralose from the section on chemicals to avoid and found that sucralose can be written as Splenda. Splenda is found in soft drinks, baked goods, ice cream, frozen dinners, and English muffins as well as in foods labeled as “no sugar added,” “sugar-free,” and “diet.” Potential bodily damage by the ingestion of Splenda is leukemia, shrinkage of the thymus gland, losing beneficial bacteria in the gastrointestinal tract, and inflammatory bowel disease (Center for Science in the Public Interest).To further observe the effects of sucralose in the body, I read an article “Study Finds Sucralose Produces Previously Unidentified Metabolites.” This article explains that sucralose may be broken down by the body into metabolites that are found in urine and feces. Sucralose was also found to be fat-soluble and that it remained in adipose tissues two weeks after sucralose administration stopped. Sucralose can also be passed on by nursing mothers (Shipman).

After being introduced to sucralose by the *Chemical Cuisine* article, I thought that I should read about the other chemicals listed to be avoided. I did not know that certain chemicals can stay in adipose tissues. I heard about adipose tissues holding toxic chemicals, but I had no idea what those chemicals could be. It is no wonder that we do not want too much fat in our bodies. I strongly recommend people to eat only fresh foods.

Resources

Center for Science in the Public Interest. (n.d.).  *Chemical Cuisine.* Retributed from https://cspinet.org/eating-healthy/chemical-cuisine#sucralose

Google Dictionary. (n.d.) *Chemical.* Retributed from https://www.google.com/search?q=Dictionary#dobs=chemical

 Matt Shipman. (Aug. 2018). *Study Finds Sucralose Produces Previously Unidentified Metabolites.* Retributed from https://news.ncsu.edu/2018/08/sucralose-metabolites/