

## INGREDIENTS:

PASTA 71% - wheat flour, water, colour (b-carotene).

CHEESE SAUCE POWDER 29% - vegetable shortening powder (palm oil, glucose syrup solids, milk protein, mineral salt (340), emulsifier (471), anti-caking agent (554), cheese powder (milk solids, cheese (milk, salt, starter culture, enzymes), salt, maltodextrin (wheat), mineral salt (339), food acids (270, 330, 331), colour (annatto), yeast extract (barley), hydrolysed vegetable protein (wheat), milk solids non-fat, thickener (1442), buttermilk powder, salt, mineral salt (341). Provides 10% cheese.

**ALLERGEN INFORMATION:** contains wheat, milk and barley. Manufactured on equipment that processes products containing egg.

## POSSIBLE REACTIONS:

**Mineral Salt 340 Potassium phosphate** – prohibited in foods for infants.

**Anti caking agent 554 sodium aluminosilicate** – large amounts can cause vomiting and diarrhoea, prohibited in foods for infants.

**Mineral salt 339 sodium phosphate** – prohibited in foods for infants, eczema, dermatitis, itching, hives.

**Lactic Acid 270** – eczema, dermatitis, itching, hives.

**Citric Acid 330** – gastrointestinal ailments, eczema, dermatitis, itching, hives, can provoke symptoms in those who react to MSG.

**Sodium Citrate 331** - can provoke symptoms in those who react to MSG.

**Annatto 160b** - head banging, headache, hypotension, may cause irritability, prohibited in foods for infants, restlessness, sleep disturbance, nettle rash, hives, behavioural problems, hyperactivity, allergic and hyper-sensitive reactions.

**Yeast Extract** – treat as you would MSG 621 - head banging, headache, hypotension, may cause irritability, prohibited in foods for infants, restlessness, sleep disturbance, nettle rash, hives, behavioural problems, hyperactivity, allergic and hyper-sensitive reactions.

**Hydrolysed Vegetable Protein** – treat as you would MSG 621 - head banging, headache, hypotension, may cause irritability, prohibited in foods for infants, restlessness, sleep disturbance, nettle rash, hives, behavioural problems, hyperactivity, allergic and hyper-sensitive reactions.

**Thickener 1442 Hydroxypropyl Distarch Phosphate** – concerns about safety have arisen because babies' resistance to chemicals is in question, may affect the proper digestion of food. People on a gluten free diet may wish to avoid. Prohibited in foods for infants.

**Mineral Salt 341 Calcium phosphate** – prohibited in foods for infants, eczema, dermatitis, itching, hives.

## INGREDIENTS:

- ¼ cup pure butter
- ¼ cup plain flour
- ½ tsp salt
- 1 pinch cayenne pepper
- 1/8 tsp dry mustard powder
- 2 cups milk
- 1 cup grated cheese (grate fresh from a block to avoid additives)

## METHOD:

1. Melt butter in saucepan over a low to medium heat. Add flour, salt, pepper and mustard powder and stir until combined.
2. Gradually add milk and cook stirring constantly until the mixture is thickened and smooth.
3. Stir in cheese and heat until cheese melts and sauce is smooth.

## VARIATION:

You can use sharper tasting cheeses if you like a bit more flavour. Replacing ¼ cup of the cheese with parmesan cheese will give a richer flavour.

## TIP:

This sauce is perfect to add to some cooked macaroni pasta for your own take on Macaroni and Cheese. The cayenne pepper will give it a brighter colour but if you want to make it really yellow you can always add a couple of drops of yellow natural food colouring.

There are many artificial sweeteners on the market and you will find that the nasty ones such as Aspartame, Saccharin or Sucralose are commonly found in diet/low fat products, chewing gum, protein bars and health shakes. If they are stripping the food of all its natural compositions to make it 'lite' or 'low fat' or 'diet' then they need to add back in some flavour or sweetness. These are not good for you – choose natural sugars such as honey or rapadura sugar that have beneficial health properties and that the body knows how to use.

These are the many forms of artificial sweeteners on the market and in our foods:

**950 Acesulphame potassium** – prohibited in foods for infants, reported to have produced tumours, leukaemia and chronic respiratory disease in animal studies.

**951 ASPARTAME** – adverse reactions can be acute or manifest over time. Asthma, breathing difficulties, caused cancer and leukaemia in animal studies, depression, dizziness, gradual weight gain, headache, insomnia, memory loss, mood changes, multiple sclerosis, seizures, aggressive behaviour, hyperactivity, learning difficulties, behavioural problems, seizures, suspected link to brain tumours, eczema, dermatitis, suspected link to brain tumours plus many more as there are over 90 effects documented. It is prohibited in foods for infants.

**952 Calcium cyclamate or sodium cyclamate** – skin conditions, believed to increase the potency of other carcinogens, prohibited in foods for infants, severe itching, nettle rash, hives, headaches, migraines, eczema.

**953 Isomalt** – can cause flatulence and diarrhoea when consumed in large amounts, prohibited in foods for infants.

**954 Saccharin or calcium / sodium / potassium saccharin** – allergic reactions, has caused bladder cancer in animals, headache, insomnia, nausea, photosensitivity, prohibited in foods for infants, suspected developmental toxicity, suspected mutagen, suspected reproductive toxicity, nettle rash, hives, gastrointestinal ailments, eczema.

**955 Sucralose** – caused shrunken thymus glands and enlarged liver and kidneys in animals, may cause headaches and migraine, may cause skin rashes, prohibited in foods for infants, weak mutagen.

**956 Alitame** – concerns were raised about deficiencies in original studies of carcinogenicity although there is no definitive evidence that Alitame is carcinogenic, prohibited in foods for infants.

**957 Thaumatin** – prohibited in foods for infants.

**959 Neohesperidine DC** - although it is very hard to find information on this additive in regards to its use in food, it does have a Material Safety Data Sheet stating that it is considered a hazardous substance and very toxic to aquatic organisms; 'may cause long-term adverse effects in the aquatic environment'.

**960 Steviol Glycosides** – prohibited in foods for infants.

**961 Neotame** – contains dimethylbutyl which is a poorly studied chemical suspected of being neurotoxic, prohibited in foods for infants, see also Aspartame (951).

**962 or Aspartame-acesulphame salt** – Prohibited in foods for infants. See Aspartame (951) and Acesulphame (950).

**965 Maltitol** – causes gastric distress when consumed in large amounts, prohibited in foods for infants.

**966 Lactitol** – large amounts may cause cramping, flatulence and diarrhoea, prohibited in foods for infants.

**967 Xylitol** – Can cause life-threatening hypoglycaemia and liver damage in dogs. Excess can cause diarrhoea and flatulence, prohibited in foods for infants.

**968 Erythritol** – prohibited in foods for infants.

MSG is something that confuses a lot of people because there is so much packaging that claims to have 'no added MSG'. Unfortunately, our labelling laws are a tad 'loose' in Australia so such claims are allowed on packaging even if there is MSG in a product. HOW? Firstly, 'no added' means that the company had not added MSG in it's simple state, to the product. Other ingredients may contain MSG but because it has not been added in it's simple state they get away with it.

Secondly, there are other additives that have the same possible effects as MSG and come from the same family but because they are not 621 MSG, they are allowed to make such claims on their labels.

**What can we do?** Become aware of the different forms MSG can take and avoid because the possible effects to you and your family are not worth it. Listed below are additives from the MSG family and other names it can be known as:

**621 Monosodium L-glutamate or MSG** – bronchospasm in asthmatics, dizziness, headache, heart arrhythmia, heart palpitations, irritability, migraine, nausea, neck pain, pins and needles in upper limbs, prohibited in foods for infants, restlessness, tingling and numbness, nettle rash, hives, allergic and hyper-sensitive reactions, behavioural problems, depression, learning difficulties.

**627 Disodium 5'-guanylate** - allergic reactions, behavioural problems, headache, heart palpitations, itchy skin rashes, prohibited in foods for infants, should be avoided by asthmatics and people with gout or kidney disease, swelling of the lip and tongue.

**631 Disodium 5'-inosinate** – allergic reactions, behavioural problems, headache, heart palpitations, itchy skin rashes, prohibited in foods for infants, should be avoided by asthmatics and people with gout or kidney disease, swelling of the lip and tongue.

**Other Names MSG Goes By:** Yeast Extract, Hydrolysed Vegetable Protein (HVP), Hydrolysed Plant Protein, Plant Protein Extract, Hydrolysed Protein, Calcium Casseinate, Sodium Casseinate, Hydrolysed anything, Potassium Glutamate, Autolysed Yeast, Yeast extract, Textured Protein.

**MSG is Frequently Found in These Additives:** Malt Extract, Bouillon, Stock, Natural Flavouring, Natural Beef or Chicken Flavour, Malt Flavour, Flavouring, Spices, Seasoning.

**SCARY FACT: Vegemite's main ingredient is Yeast Extract!!!**