



# **Das Haar in der Suppe: Das bunteste Schwarzbuch zur Ernährung (German Edition)**

*Thomas Schmacker*

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Xanthan, Glucuronolacton, Dinatriumguanylat - Regelmäßig stolpern wir auf den Zutatenlisten der Lebensmittelverpackungen über Begriffe, die Kampfnamen außerirdischer Riesenroboter sein könnten. Sind die Bezeichnungen dann doch einmal verständlich, führen sie uns in die Irre: Wer seinem Baby Nicotinsäure verabreicht, gerät schnell in Verdacht, nicht alle Tassen im Schrank zu haben. Tatsächlich ist Nicotinsäure ein Vitamin. Knabbert ein Raucher dagegen säckeweise Karotten, erhöht er sein Krebsrisiko drastisch. Schuld daran: Beta-Carotin. Abenteuerhungrig, mit bissigem Humor und eiskaltem Blick kämpft sich Thomas Schmacker mit scharfer Machete durch den Dschungel der Lebensmittelzusatzstoffe. Seine Mission: Uns alle zu retten - vor Kopfschmerzen, Durchfall und Ganzkörperkrebs. Dabei entdeckt er Überraschendes, Ekliges und Kriminelles, aber auch Lustiges und Skurriles.

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