

| # | Reference | Title | Researcher | Year | Summary of Project Details | Link | Attac |
|---|--|---|--|------|--|---|-------|
| 1 | Basu, A., & Suresh, K. G. (November 01, 2016). Multispectroscopic and calorimetric studies on the binding of the food colorant tartrazine with human hemoglobin. Journal of Hazardous Materials, 318, 468-476. | Multispectroscopic and calorimetric studies on the binding of the food colorant tartrazine with human hemoglobin | Anirban Basu | 2016 | Yellow Dye #5 (aka tartazine) changes the shape of hemoglobin in the blood when it bind to it. It also quenched the intrinsic fluorescence of hemoglobin . | http://www.sciencedirect.com/science/article/pii/S0304389416306446 | No |
| 2 | Saxena B, Sharma S. Food Color Induced Hepatotoxicity in Swiss Albino Rats, Rattus norvegicus. Toxicology International. 2015;22(1):152-157. doi:10.4103/0971-6580.172286. | Food Color Induced Hepatotoxicity in Swiss Albino Rats, Rattus norvegicus. | Beenam Saxena and Shiv Sharma | 2015 | Food color induced liver toxicity | http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4721164/?report=printable | Yes |
| 3 | Simmons AL, Schlezinger JJ, Corkey BE. What Are We Putting in Our Food That Is Making Us Fat? Food Additives, Contaminants, and Other Putative Contributors to Obesity. Current obesity reports. 2014;3(2):273-285. doi:10.1007/s13679-014-0094-y. | What Are We Putting in Our Food That Is Making Us Fat? Food Additives, Contaminants, and Other Putative Contributors to Obesity | Amber L. Simmons, PhD1, Jennifer J. Schlezinger, PhD2, and Barbara E. Corkey, PhD1 | 2014 | Summarizes the concept behind food additives and obesity hypothesis and offers information on how research should be conducted | http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4101898/pdf/nihms-569787.pdf | Yes |
| 4 | CAMPOS VC, & TAPPY L. (2016). Physiological handling of dietary fructose-containing sugars: implications for health. International Journal of Obesity (2005). 40, 6-11. | Physiological handling of dietary fructose-containing sugars: implications for health | V C Campos and L Tappy | 2016 | Examines whether high fructose corn syrup containing foods promote obesity more than other energy-dense foods. It does suggest that these foods increase production of glucose by the liver, increase fat levels in the liver and increase base blood sugar levels. These changes are considered markers that may indicate metabloc syndrome | http://www.nature.com/ijournal/v40/n1s/full/ijo20168a.html | No |
| 5 | Olivier B, Serge AH, Catherine A, et al. Review of the nutritional benefits and risks related to intense sweeteners. Archives of Public Health. 2015;73:41. doi:10.1186/s13690-015-0092-x. | Review of the nutritional benefits and risks related to intense sweeteners. | Olivier B1, Serge AH2, Catherine A3, Jacques B4, Murielle B5, Marie-Chantal CL6, Sybil C7, Jean-Philippe G8, Sabine H9, Esther K9, Perrine N9, Fabienne R10, Gérard S11, Irène M9. | 2015 | A review of studies exploring the risks and benefits of intense sweeteners. No conclusive results. | http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4590273/ | Yes |
| 6 | Tryon MS, Stanhope KL, Epel ES, et al. Excessive Sugar Consumption May Be a Difficult Habit to Break: A View From the Brain and Body. The Journal of Clinical Endocrinology and Metabolism. 2015;100(6):2239-2247. doi:10.1210/jc.2014-4353. | Excessive Sugar Consumption May Be a Difficult Habit to Break: A View From the Brain and Body. | Matthew S. Tryon, Kimber L. Stanhope, Elissa S. Epel, Ashley E. Mason, Rashida Brown, Valentina Medici, Peter J. Havel, and Kevin D. Laugerocorreponding author | 2015 | Rodent studies suggest that sugar consumption may activate a glucocorticoid-metabolic-brain-negative feedback pathway, which may turn off the stress response and thereby reinforce habitual sugar overconsumption | http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4454811/ | Yes |

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| 7 | <p>Ciardi C, M Jenny, A Tschoner, F Ueberall, J Patsch, M Pedrini, C Ebenbichler, and D Fuchs. 2012. "Food additives such as sodium sulphite, sodium benzoate and curcumin inhibit leptin release in lipopolysaccharide-treated murine adipocytes in vitro". The British Journal of Nutrition. 107 (6): 826-33.</p> | <p>Food additives such as sodium sulphite, sodium benzoate and curcumin inhibit leptin release in lipopolysaccharide-treated murine adipocytes in vitro.</p> | <p>Ciardi C1, Jenny M, Tschoner A, Ueberall F, Patsch J, Pedrini M, Ebenbichler C, Fuchs D.</p> | <p>2012</p> | <p>Certain food additives could decrease the amount of circulating leptin to which the CNS is exposed and contribute to an obesity</p> | <p>http://journals.cambridge.org/download.php?file=%2FBJN%2FBJN107_06%2F50007114511003680a.pdf&code=2e7728d9643cb6b</p> | <p>Yes</p> |
| 8 | <p>Singh RK, Wheildon N, Ishikawa S. Food Additive P-80 Impacts Mouse Gut Microbiota Promoting Intestinal Inflammation, Obesity and Liver Dysfunction. SOJ microbiology & infectious diseases. 2016;4(1):10.15226/sojmid/4/1/00148.</p> | <p>Food Additive P-80 Impacts Mouse Gut Microbiota Promoting Intestinal Inflammation, Obesity and Liver Dysfunction.</p> | <p>Singh RK1, Wheildon N2, Ishikawa S3.</p> | <p>2016</p> | <p>Polysorbate-80 linked to obesity, liver problems, and intestinal inflammation</p> | <p>http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4944853/</p> | <p>Yes</p> |
| 9 | <p>Chassaing B, Koren O, Goodrich J, et al. Dietary emulsifiers impact the mouse gut microbiota promoting colitis and metabolic syndrome. Nature. 2015;519(7541):92-96. doi:10.1038/nature14232.</p> | <p>Dietary emulsifiers impact the mouse gut microbiota promoting colitis and metabolic syndrome.</p> | <p>Benoit Chassaing, Omry Koren, Julia Goodrich, Angela Poole, Shanthi Srinivasan, Ruth E. Ley, and Andrew T. Gewirtz1</p> | <p>2015</p> | <p>Suggests that the broad use of emulsifying agents might be contributing to an increased societal incidence of obesity/metabolic syndrome and other chronic inflammatory diseases.</p> | <p>http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4910713/</p> | <p>Yes</p> |
| 10 | <p>Reardon, Sara. 2015. "Food preservatives linked to obesity and gut disease". Nature.</p> | <p>Food preservatives linked to obesity and gut disease</p> | <p>Sara Reardon</p> | <p>2015</p> | <p>Food preservatives disturb gut flora and promote</p> | <p>http://www.nature.com/news/food-preservatives-linked-to-obesity-and-gut-disease-1.16984?WT.mc_id=TWTFutureNews</p> | <p>Yes</p> |
| 12 | <p>Widely Used Food Additive Promotes Colitis, Obesity and Metabolic Syndrome, Research Shows</p> | <p>Widely Used Food Additive Promotes Colitis, Obesity and Metabolic Syndrome, Research Shows</p> | <p>Georgia State University</p> | <p>2015</p> | <p>Food additives promote a that low-grade inflammation which alters microbiota can and leads to obesity</p> | <p>http://www.newswise.com/articles/widely-used-food-additive-promotes-colitis-obesity-and-metabolic-syndrome-research-shows</p> | <p>No</p> |
| 12 | <p>Chassaing B, O Koren, JK Goodrich, AC Poole, S Srinivasan, RE Ley, and AT Gewirtz. 2015. "Dietary emulsifiers impact the mouse gut microbiota promoting colitis and metabolic syndrome". Nature. 519 (7541): 92-6.</p> | <p>Dietary emulsifiers impact the mouse gut microbiota promoting colitis and metabolic syndrome</p> | <p>Chassaing B, O Koren, JK Goodrich, AC Poole, S Srinivasan, RE Ley, and AT Gewirtz.</p> | <p>2015</p> | <p>The broad use of emulsifying agents might be contributing to an increased societal incidence of obesity/metabolic syndrome and other chronic inflammatory diseases.</p> | <p>http://www.nature.com/nature/journal/v519/n7541/full/nature14232.html</p> | <p>No</p> |

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| 13 | Lampuré, Aurélie, Castetbon, Katia, Deglaire, Amélie, Schlich, Pascal, Péneau, Sandrine, Hercberg, Serge, and Méjean, Caroline. 2016. Associations between liking for fat, sweet or salt and obesity risk in French adults: a prospective cohort study. BioMed Central Ltd. BioMed Central Ltd. http://www.ijbnpa.org/content/13/1/74 . | Associations between liking for fat, sweet or salt and obesity risk in French adults: a prospective cohort study | Aurélie Lampuré , Katia Castetbon, Amélie Deglaire, Pascal Schlich, Sandrine Péneau, Serge Hercberg, and Caroline Méjean | 2016 | French study that demonstrates addiction to fat, sweet or salt leads to obesity. | http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4932768/ | Yes |
| 14 | Zhang Y., Liu F.-Q., Wang J.-K., Guan G.-C., et al. 2016. "Elevation of fasting ghrelin in healthy human subjects consuming a high-salt diet: A novel mechanism of obesity?" Nutrients. 8 (6). | Elevation of Fasting Ghrelin in Healthy Human Subjects Consuming a High-Salt Diet: A Novel Mechanism of Obesity? | Zhang Y., Liu F.-Q., Wang J.-K., Guan G.-C., et al. | 2016 | Chinese study that suggests high salt diets lead to elevated fasting ghrelin levels that promote obesity | http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4924164/ | yes |
| 15 | Bray, G. A. 2013. "Energy and Fructose From Beverages Sweetened With Sugar or High-Fructose Corn Syrup Pose a Health Risk for Some People". Advances in Nutrition: An International Review Journal. 4 (2): 220-225. | Energy and fructose from beverages sweetened with sugar or high-fructose corn syrup pose a health risk for some people. | Bray GA | 2013 | Fructose intake enhances lipogenesis and the production of uric acid. By worsening blood lipids it contributes to obesity. | http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3649102/ | Yes |
| 16 | Bray, G. A. 2013. "Energy and Fructose From Beverages Sweetened With Sugar or High-Fructose Corn Syrup Pose a Health Risk for Some People". Advances in Nutrition: An International Review Journal. 4 (2): 220-225. | Sugar, uric acid, and the etiology of diabetes and obesity. | Richard J. Johnson, Takahiko Nakagawa, L. Gabriela Sanchez-Lozada, Mohamed Shafiu, Shikha Sundaram, Myphuong Le, Takuji Ishimoto, Yuri Y. Sautin, and Miguel A. Lanasa | 2013 | Fructose-mediated generation of uric acid may have a causal role in diabetes and obesity | http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3781481/ | Yes |
| 17 | Ma J, MC Karlsen, M Chung, PF Jacques, E Saltzman, CE Smith, CS Fox, and NM McKeown. 2016. "Potential link between excess added sugar intake and ectopic fat: a systematic review of randomized controlled trials". Nutrition Reviews. 74 (1): 18-32. | Potential link between excess added sugar intake and ectopic fat: a systematic review of randomized controlled trials. | Jiantao Ma, Micaela C. Karlsen, Mei Chung, Paul F. Jacques, Edward Saltzman, Caren E. Smith, Caroline S. Fox, Nicola M. McKeown | 2015 | Sugar increases the amount of ectopic fat deposited in muscle and liver. | http://nutritionreviews.org/content/74/1/18.long | Yes |
| 18 | Te Morenga L, S Mallard, and J Mann. 2013. "Dietary sugars and body weight: systematic review and meta-analyses of randomised controlled trials and cohort studies". BMJ (Clinical Research Ed.). 346. | Dietary sugars and body weight: systematic review and meta-analyses of randomised controlled trials and cohort studies. | Te Morenga L, Mallard S, Mann J. | 2012 | Outlines how dietary sugar contributes to obesity | http://www.ncbi.nlm.nih.gov/pubmed/health/PMH0951979/ | No |
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