

Unacceptable: may be harmful to health and/or is a relatively unnecessary additive creating a lower quality food

acesulfame-K; *artificial sweetener*
acesulfame-potassium; *artificial sweetener*
acetylated esters of mono- and diglycerides; *emulsifier*
aerosol sprays; *propellant (if contains CFCs)*
ammonium chloride; *dough conditioner*
artificial colors; *colorant (artificial)*
artificial flavors; *flavor (artificial)*
aspartame; *artificial sweetener*
azodicarbonamide; *dough conditioner*
benzoates in food; *preservative*
benzoyl peroxide; *bleaching agent for flour*
BHA (butylated hydroxyanisole); *antioxidant*
BHT (butylated hydroxytoluene); *antioxidant*
bleached flour; *artificially aged flour*
bromated flour; *artificially aged and treated flour*
brominated vegetable oil (BVO); *flavor carrier*
butane glycol; *humectant, flavor solvent*
butylene glycol; *humectant, flavor solvent*
calcium bromate; *dough conditioner, maturing/bleaching agent*
calcium disodium EDTA; *antioxidant, sequestrant*
calcium peroxide; *dough conditioner, bleaching agent*
calcium propionate; *antimycotic agent (except La Mexicana tortillas)**
calcium saccharin; *artificial sweetener*
calcium sorbate; *preservative*
calcium stearoyl-2-lactylate; *dough conditioner, emulsifier*
caprenin; *fat substitute*
caprocaprylobehenin; *fat substitute*
certified colors; *colorant (artificial)*
cyclamates; *sweetener, (artificial)*
cysteine (l-cysteine); *additive for bread*
DATEM (Diacetyl tartaric and fatty acid esters of mono- and diglycerides); *emulsifier and dough conditioner*
dimethylpolysiloxane; *antifoaming agent*
dioctyl sodium sulfosuccinate (DSS); *emulsifier, stabilizer*
disodium calcium EDTA; *antioxidant, sequestrant*
disodium dihydrogen EDTA; *antioxidant, sequestrant*
disodium guanylate; *flavor enhancer*
disodium inosinate; *flavor enhancer*
EDTA; *antioxidant, sequestrant*
Equal; *artificial sweetener*
ethoxyquin; *pesticide*
ethyl vanillin; *flavoring agent (artificial)*
FD&C colors; *colorant (artificial)*
fois gras; *duck liver*
GMP (disodium guanylate); *flavor enhancer*
hepta-esters of sucrose; *emulsifier*
hexa-esters of sucrose; *emulsifier*
high fructose corn syrup; *sweetener*
hydrogenated oil (fat); *treated oil to prolong shelf-life, provide texture & body*
IMP (disodium inosinate); *flavor enhancer*
irradiated foods; *sterilized by high energy radiation*
lactylated esters of mono- and diglycerides; *emulsifier*
lead soldered cans; *packaging (imported foods most likely)*
methyl silicon; *antifoaming/antisplattering agent*
methylparaben; *preservative*

microparticulated whey protein; *fat substitute*
monosodium glutamate (MSG); *flavor enhancer*
natamycin; *mold inhibitor (except waxed coverings & blue cheeses)**
nitrates/nitrites; *antioxidant, flavor, color retention agent*
Nutrasweet; *artificial sweetener*
Olestra; *fat substitute*
parabens (methyl, propyl, butyl, etc.); *preservative*
partially hydrogenated oil; *treated oil to prolong shelf-life, provide texture & body*
polydextrose; *bulking agent*
potassium benzoate; *antimycotic agent*
potassium bisulfite; *preservative, antioxidant, color retention agent*
potassium bromate; *dough conditioner, flour maturing agent*
potassium metabisulfite; *preservative, antioxidant, color retention agent*
potassium sorbate; *preservative, antimycotic agent (except in Stonewall Jerky)**
propionates; *antimycotic agent (except La Mexicana tortillas)**
propyl gallate; *antioxidant*
propylene glycol; *humectant, flavor solvent*
propylparaben; *preservative*
quinine; *flavoring agent (except in tonic water)*
saccharin; *artificial sweetener*
Simplex; *fat substitute*
sodium (di)metabisulfite; *preservative, antioxidant, color retention agent*
sodium aluminum phosphate; *leavening agent*
sodium aluminum sulfate; *leavening agent*
sodium benzoate; *preservative, antimycotic agent (except in pickled herring and achiole)**
sodium bisulfite; *preservative, antioxidant, color retention agent*
sodium diacetate; *preservative, mold inhibitor*
sodium glutamate; *flavor enhancer*
sodium hydroxide; *alkali (except in pretzel processing)*
sodium nitrate/nitrite; *antioxidant, flavor, color retention agent*
sodium propionate; *preservative, antimycotic agent*
sodium stearoyl-2-lactylate; *dough conditioner, emulsifier, whipping agent*
sodium sulfite; *preservative, antioxidant, color retention agent*
solvent extracted oils; *stand alone ingredient oil*
sorbic acid; *preservative, antimycotic agent*
sucralose; *artificial sweetener*
sucroglycerides; *emulsifier*
sucrose polyester; *fat substitute*
sulfites (sulphur dioxide); *preservative, antioxidant, color retention agent (except in wine)*
Sweet-n-Low; *artificial sweetener*
TBHQ (tertiary butylhydroquinone); *antioxidant*
tetrasodium EDTA; *antioxidant, sequestrant*
trans fats, artificial; *a component of hydrogenated fats*
triclosan; *synthetic antibacterial*
vanillin; *artificial flavor*
***still researching alternative products**

Acceptable: generally considered safe (excluding allergies/sensitivities that individuals may have)

acetic acid; *acidulant, flavoring agent*
agave; *sweetener*
alginate; *thickener, stabilizer*
alpha tocopherol; *antioxidant, nutrient*
alpha tocopherol acetate; *antioxidant, nutrient*
ammonium bicarbonate; *leavening agent*
ammonium phosphate; *leavening agent, dough strengthener*
annatto; *colorant (natural)*
ascorbates; *antioxidant, nutrient*
ascorbic acid; *leavening agent, dough strengthener*
ascorbyl palmitate; *antioxidant*
barley malt; *sweetener*
beta-carotene; *antioxidant, nutrient, colorant*
biotin; *nutrient*
calcium carbonate; *anti-caking agent, nutrient*
calcium caseinate; *binder, whipping agent, nutrient*
calcium chloride; *firming agent*
calcium citrate; *firming agent, sequestrant, buffer, nutrient*
calcium lactate; *nutrient, stabilizer/texturizer*
calcium pantothenate; *nutrient*
calcium phosphate; *leavening agent, acidulant, nutrient, dough conditioner*
calcium sulfate; *firming agent, dough conditioner, nutrient*
caramel color; *colorant (natural)*
carmine (cochineal); *colorant (from insects)*
carob bean gum; *thickener, stabilizer, texturizer*
carotene; *colorant (natural), nutrient*
carrageenan; *stabilizer, thickener*
casein (milk protein); *nutrient, emulsifier*
cellulose; *stabilizer, thickener, fiber source*
chlorine in household products; *disinfectant, bleaching agent*
citric acid; *acidulant, antioxidant*
cochineal (carmine); *colorant (from insects)*
coconut oil; *emulsifier, fat*
cream of tartar; *leavener, acidulant*
dextrose; *sweetener, colorant*
dicalcium phosphate; *nutrient, texturizer, dough conditioner*
diglycerides; *emulsifier*
dipotassium phosphate; *emulsifier, buffer*
disodium phosphate protein; *stabilizer, buffer, emulsifier*
egg albumin; *nutrient, whipping agent*
erythorbic acid; *antioxidant*
ferrous gluconate; *nutrient, colorant*
fractionated palm kernel oil; *emulsifier and fat*
fructose; *sweetener*
fruit juice concentrates; *sweetener*
gelatin; *gelling agent (if no artificial flavor or color)*
glucono delta-lactone; *acidulant, leavener*
glycerin; *humectant, flavor & color solvent*
gum acacia; *stabilizer*
gum arabic; *emulsifier, stabilizer*
gum karaya; *emulsifier, texturizer*
gum tragacanth; *stabilizer, thickener*
honey; *sweetener*
hydrolyzed plant protein; *flavor enhancer*

Acceptable con't.

hydrolyzed vegetable protein; *flavor enhancer*
invert sugar; *sweetener*
lactic acid; *acidulant, antioxidant*
lactose (milk sugar); *humectant, crystalline control agent, sweetener*
levulose; *sweetener (also known as fructose)*
locust bean gum; *thickener, stabilizer*
magnesium carbonate; *anticaking agent, alkali*
magnesium chloride; *firming agent, color retention agent*
magnesium stearate; *lubricant, binder*
malic acid; *acidulant, antioxidant*
malt extract; *flavorant*
malto-dextrin; *texturizer, flavor, dispersant*
maltose; *sweetener*
mannitol; *sweetener, humectant, bulking agent*
maple syrup; *sweetener*
microcrystalline cellulose; *filler, binder, stabilizer, anticaking agent*
modified food starch; *thickener, binder, stabilizer*
mono and diglycerides; *emulsifier*
oleoresin paprika; *seasoning, colorant*
palm fruit oil; *emulsifier, fat*
palm kernel oil; *emulsifier, fat*
papain; *tenderizer*
pectin; *gelling agent, stabilizer, thickener*
phosphoric acid; *acidulant*
polysorbate 60, 65, or 80; *emulsifier*
potassium acid tartrate;
leavener, acidulant (also known as cream of tartar)
potassium bicarbonate; *leavener, alkali*
potassium chloride; *nutrient, salt substitute*
potassium gluconate; *nutrient, sequestrant*
potassium iodide; *nutrient*
ribbon cane syrup; *sweetener*
rice syrup; *sweetener*
silicon dioxide; *anti-caking agent*
smoke flavoring (natural); *flavor*
sodium acid pyrophosphate; *leavening agent, buffer*
sodium ascorbate; *antioxidant*
sodium bicarbonate;
leavening agent, buffer (also known as baking soda)
sodium caseinate (milk protein);
nutrient, emulsifier, whipping agent
sodium citrate; *buffer, sequestrant, emulsifier*
sodium erythorbate; *antioxidant*
sodium phosphate; *protein stabilizer, buffer, emulsifier*
sodium pyrophosphate; *leavening agent, sequestrant*
sorbitol; *sweetener*
sorghum; *sweetener*
Sucanat; *sweetener*
sucrose; *sweetener*
sugar, white & brown; *sweetener*
tartaric acid; *acidulant*
titanium dioxide; *colorant*
tocopherols; *antioxidant, nutrient (vitamin E), preservative*

Acceptable con't.

Truvia; *sweetener*
turmeric; *spice and colorant*
vegetable gums; *thickener, stabilizer, emulsifier*
vital wheat gluten;
enhances dough strength & structure of breads
whey; *nutrient, flavor, filler*
xanthan gum; *thickener, stabilizer, emulsifier*
xylitol; *sweetener*

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ACCEPTABLE & UNACCEPTABLE ingredients list

