

### **FOOD ADDITIVES:**

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Ingredient	Use	Status
Acesulfame-potassium (acesulfame-K)	Artificial sweetener	NO
Acetic acid	Acidity regulator	ОК
Adipic acid	Flavouring agent, leavening agent	ОК
Aerosol sprays	Propellant	OK if no CFC's
Algin	Thickener/stabilizer/emulsifier	ОК
Alginic acid	Thickener, gelling agent	ОК
Alpha tocopherol (Vitamin E)	Antioxidant, nutrient	ОК
Alpha tocopherol acetate	Antioxidant, nutrient	ОК
Ammonium bicarbonate (baking powder)	Leavening/raising agent	ОК
Ammonium chloride	Dough conditioner, acidifier	NO
Ammonium phosphate	Leavening agent, dough strengthener	ОК
Annatto	Natural colourant	ОК
Artificial colours	Colourants	NO
Artificial flavours	Flavour enhancers	NO
Ascorbates	Antioxidants, nutrients	ОК
Ascorbic acid	Antioxidant, nutrient, dough conditioner	ОК
Ascorbyl palmitate	Antioxidant	ОК
Aspartame	Artificial sweetener	NO
Autolyzed yeast	Flavour enhancer	ОК
Azodicarbonamide	Bleaching and maturing agent	NO
Baking powder	Leavening agent – must be aluminum-free	ОК
Barley malt	Sweetener	ОК
Benzisothiazolinone in cleaning products	Preservative	ОК
Benzoates in body care products	Preservative	ОК
Benzoates in food	Preservative	NO
Benzoates in liquid supplements	Preservative	ОК
Benzoyl peroxide	Bleaching agent in flour	NO
Beta-carotene	Antioxidant, nutrient, colourant	ОК
BHA (butylated hydroxyanisole)	Antioxidant	NO
BHT (butylated hydroxytoluene)	Antioxidant	NO
Biotin	Nutrient	ОК
Bleached flour	Artificially aged flour	NO
Bromated flour	Artificially aged and elasticized flour	NO



Bromated vegetable oil (BVO)	Flavour carrier/emulsifier	NO
BST (bovine somatotropin)	Growth hormone milk production enhancer	NO
Butane glycol	Humectant, flavour solvent	NO
Butylcellosolve	Cleaners	NO
Calcium bromate	Dough conditioner, maturing/bleaching agent	NO
Calcium carbonate	Anti-caking agent, nutrient, whitener	OK
Calcium caseinate	Binder, whipping agent, texturizes, nutrient	OK
Calcium, chloride	Firming agent, particularly in fruits	OK
Calcium, citrate	Preservative, flavouring, firming agent, sequestrant, buffer	OK
Calcium disodium EDTA	Antioxidant, sequestrant	NO
Calcium lactate	Nutrient, stabilizer/texturizes	OK
Calcium hydroxide	Binder, fortifier	OK
Calcium pantothenate	Nutrient	OK
Calcium peroxide	Dough conditioner, bleaching agent	NO
Calcium phosphate	Anti-caking, leavening agent, acidulant, nutrient	OK
Calcium propionate	Antimyotic agent	NO
Calcium saccharin	Artificial sweetener	NO
Calcium silicate	Anti-caking agent	OK
Calcium sorbate	Preservative	NO
Calcium stearoyl-2-lactylate	Dough conditioner, emulsifier	NO
Calcium sulfate	Firming agent, dough conditioner, nutrient	OK
Canola oil	Oil derived from the seed of the canola (rape) plant	OK
Canthaxanthine	Colourant	OK
Caprenin	Fat substitute	NO
Caramel colour	Colourant (natural)	OK
Carboxymethyl cellulose	Binder/Stabilizer	OK
Carmine (cochineal)	Colourant	OK
Carob bean gum	Thickener, stabilizer, texturizer	OK
Carotene	Colourant (natural) nutrient	OK
Carrageenan	Stabilizer, thickener	OK
Casein (milk protein)	Nutrient, emulsifier	OK
Caustic soda (sodium hydroxide)	Glazing agent for pretzels	OK
Cellulose	Stabilizer, thickener, fiber source	ОК
Certified colours	Colourant (artificial)	NO
Chlorinated phenols	Cleaners	NO
Chlorine in household products	Disinfectant, bleaching agent	OK
Citric acid	Acidulant, antioxidant	OK



Cochinect   Cochinect   Colorant   Cochinect   Cochi	Clustered water	Water with a hexagonal molecular shape	ОК
Cocca processed with alkalii Flavouring OK Coconut oil Emulsifier, fat OK Collagen Notifier (protein) OK Collagen Notifier (protein) OK Corn starch Thickener OK Corn starch Thickener OK Corn syrup Sweetener, thickener OK Cottonseed oil Pressed oil NO Cream of tartar Leavening agent, acidulant OK Cydonatas Sweetener (artificial) NO Destrose Sweetener, colourant OK Dicalcium phosphate Notifier, startificial, NO Dicalcium phosphate Notifier, startificial, NO Dicalcium phosphate Notifier, startifier, startifier, dough conditioner OK Dicalcium phosphate Emulsifier, stabilizer NO Dipolassium phosphate Pipolassium phosphate No Dipolassium phosphate Pipolassium phosphate Protein stabilizer, buffer, emulsifier OK Dipolassium phosphate Protein stabilizer, sequestrant NO Dipolassium phosphate Protein stabilize	Cocamide DEA	Surfactant, thickener	OK
Coconet oil Emulsifier, fot OK Collagen Nutrient (protein) OK Collagen Nutrient (protein) OK Com strich Thicknerr OK Com syrup Sweetener, flickenerr OK Com syrup Sweetener, flickenerr OK Com syrup Sweetener, flickenerr OK Cothonsoed oil Prossed oil NO Cream of torlar Leavening agent, acidulant OK Cydamates Sweetener (artificial) NO Destrose Sweetener, colourant OK Discolium phosphate Nutrient, teaturizer, dough conditioner OK Discolium phosphate Nutrient, desturizer, dough conditioner OK Discolium sulfosucriante Emulsifier, stabilizer NO Discolium sulfosucriante Emulsifier, stabilizer NO Discolium sulfosucriante Emulsifier, buffer OK Discolium dihydrogen EDTA Antioxidant, sequestrant NO Discolium dihydrogen EDTA Preservative, sequestrant NO Discolium dihydrogen pyrophosphate Sequestrant, leavening agent OK Discolium guanylate Flovour enhancer NO Discolium inosinate Flovour enhancer NO Discolium inosinate Flovour enhancer NO Discolium phosphate Protein stabilizer, buffer, emulsifier OK Dutch cocoa Flovouring OK EDTA Antioxidant, sequestrant NO Egg albumin Nutrient, visipping agent OK Egg albumin Nutrient, visipping agent OK Egg albumin Flovouring OK Egyal Bumin Flovouring OK Efrybriol Sweetener NO Efrybriol Sweetener NO Efrybrendianine tetracetic acid EDTA Preservative, pusicial pagent NO Efrybrendianine tetracetic acid EDTA Preservative, stabilizer, sequestering agent NO Efrybrendianine tetracetic acid EDTA Preservative, stabilizer, sequestering agent NO Efrybrendianine tetracetic acid EDTA Preservative, stabilizer, sequestering agent NO Efrybrendianine tetracetic acid EDTA Preservative, stabilizer, sequestering agent NO Efrybrendianine tetracetic acid EDTA Preservative, stabilizer, sequestering agent NO Efrybrendianine tetracetic acid EDTA Preservative, stabilizer, sequestering agent NO Efrybrendianine tetracetic acid EDTA Preservative, stabilizer, sequestering agent NO Efrybrendianine tetracetic acid EDTA Preservative, stabilizer NO Efrybrendianine tetracetic acid EDTA Preservative, stabilizer NO Efrybrendian	Cochineal	Colourant	OK
Collagen Nutrient [protein] OK Corn starch Thickener OK Corn struch Thickener OK Corn struch Thickener OK Corn struch Sweetener, thickener OK Corn struch Pressed oil Pressed oil NO Cottonseed oil Pressed oil NO Cottonseed Sweetener (ortificial) NO Destrose Sweetener (ortificial) NO Discretise Sweetener, colourant OK Dicalcium phosphote Nutrient, texturizer, dough conditioner OK Discretis oil of the structure of the structurer, dough conditioner NO Discretis oil of the structurer, dough conditioner NO Discretis oil	Cocoa processed with alkali	Flavouring	ОК
Corn syrup Sweetener, thickener OK Corn syrup Sweetener, thickener OK Cottonsead oil Pressed oil NO Creem of tortor Leovening agent, ocidulant OK Cyclamates Sweetener (artificial) NO Deatrose Sweetener (criticial) NO Diotrose No Diotrose No Diotrose No Diotrose No Diotrose Antifoaming agent NO Diotrosisum phosphate No Diotryl sodium sulfosuccinate Emulsifier, stabilizer NO Diotryl sodium sulfosuccinate Emulsifier, subfer OK Diotryl sodium sulfosuccinate Emulsifier, subfer OK Diotryl sodium dihydrogen EDTA Antioxidant, sequestrant NO Diotodium dihydrogen PDTA Preservative, sequestrant NO Diotodium dihydrogen prophosphate Flavour enhancer NO Diotodium dihydrogen prophosphate Flavour enhancer NO Diodium phosphate Protein stabilizer, buffer OK Disadium juanylate Flavour enhancer NO Disadium phosphate Protein stabilizer, buffer, omulsifier OK Dibadium phosphate Protein stabilizer, buffer, omulsifier OK Dibadium phosphate Protein stabilizer, buffer, omulsifier OK Protein stabilizer, buffer, omulsifier OK Dibadium phosphate Disadium phosphate	Coconut oil	Emulsifier, fat	ОК
Cort syrup Sweetener, flickener OK Cottonsoed oil Prassed oil Prassed oil NO Cream of tartar Leavening agent, acidulant OK Cyclamates Sweetener (artificial) Destrose Sweetener, colourant OK Directions Directions Directions Directions Antifoaming agent NO Directions Direction	Collagen	Nutrient (protein)	ОК
Cottonseed ail Pressed ail NO Cream of tartor Leavening agent, acidulant OK Cyclamates Sweetener (artificial) NO Destrose Sweetener, colourant OK Diacidium phosphate Nutrient, texturizer, dough conditioner OK Dimethipolysiloxane Antifoaming agent NO Diocyl sodium sulfosuccinate Emulsifier, stabilizer NO Diocyl sodium sulfosuccinate Emulsifier, buffer OK Disodium calcium EDTA Antioxidant, sequestrant NO Disodium dihydrogen EDTA Preservative, sequestrant NO Disodium dihydrogen EDTA Preservative, sequestrant NO Disodium guanylate Flavour enhancer NO Disodium phosphate Protein stabilizer, buffer, emulsifier Disodium phosphate Protein stabilizer, buffer, emulsifier OK Disodium guanylate Protein Stabilizer, buffer, emulsifier OK Disodium guanylate Protein Stabi	Corn starch	Thickener	ОК
Cream of tartar  Leavening agent, acidulant  OK  Cyclamates  Sweetenar (artificial)  NO  Dextrose  Sweetenar, colourant  OK  Dicalcium phasphate  Nutrient, texturizer, dough conditioner  OK  Dimethlpolysiloxane  Antifoaming agent  NO  Diodyl sodium sulfosuccinate  Emulsifier, stabilizer  NO  Dipolassium phosphate  Emulsifier, subfier  Disodium colcium EDTA  Antioxidant, sequestrant  NO  Disodium dihydrogen EDTA  Proservative, sequestrant  NO  Disodium injurylote  Flavour enhancer  NO  Disodium phosphate  Flavour enhancer  NO  Disodium phosphate  Protein stabilizer, buffer, emulsifier  OK  Disodium phosphate  Protein stabilizer  NO  OK  EDTA  Antioxidant, sequestrant  NO  OK  EDTA  Antioxidant, sequestrant  NO  OK  Esphritial  Protein stabilizer, sequestrant  NO  Disodium phosphate  Protein stabilizer  NO  OK  Ethylonolium in sequestrant  NO  Disodium phosphate  Protein stabilizer  NO  NO  Ethylonolium in sequestrant  NO  Disodium phosphate  Protein stabilizer  NO  NO  Disodium phosphate  Protein stabilizer  NO  OK  DISODIUM phosphate  NO  OK  DISODIUM phosphate  NO  NO	Corn syrup	Sweetener, thickener	ОК
Sweetener (ortificial)   NO	Cottonseed oil	Pressed oil	NO
Destrose   Sweetener, colourant   OK	Cream of tartar	Leavening agent, acidulant	ОК
Disalicum phosphate   Nutrient, texturizer, dough conditioner   OK	Cyclamates	Sweetener (artificial)	NO
Dimethipolysiloxane Antifoaming agent NO Dioctyl sodium sulfosuccinate Emulsifier, stabilizer NO Dipotassium phosphate Emulsifier, buffer OK Disodium calcium EDTA Antioxidant, sequestrant NO Disodium dihydrogen EDTA Preservative, sequestrant NO Disodium dihydrogen pyrophosphate Sequestrant, leavening agent OK Disodium dihydrogen pyrophosphate Flavour enhancer NO Disodium inosinate Flavour enhancer NO Disodium inosinate Flavour enhancer NO Disodium phosphate Protein stabilizer, buffer, emulsifier OK Dutch cocoa Flavouring OK EDTA Antioxidant, sequestrant NO Egg albumin Nutrient, whipping agent OK Equal Artificial sweetener NO Erythorbic acid Antioxidant OK Erythritol Sweetener OK Ethylvanillin Flavouring agent (artificial) NO Ethylvanillin Flavouring agent NO Ethylene oxide Preservative, furnigant NO Ethylvanine Froservative, stabilizer, sequestering agent NO Ethylvanine Colours Colournat NO Errous gluconate Nutrient, colourant OK Frotose Sweetener OK	Dextrose	Sweetener, colourant	ОК
Dioctyl sodium sulfosuccinate   Emulsifier, stabilizer   NO	Dicalcium phosphate	Nutrient, texturizer, dough conditioner	ОК
Dipotassium phosphate Emulsifier, buffer OK Disodium calcium EDTA Antioxidant, sequestrant NO Disodium dihydrogen EDTA Preservative, sequestrant NO Disodium dihydrogen pyrophosphate Sequestrant, leavening agent OK Disodium guanylate Flavour enhancer NO Disodium inosinate Flavour enhancer NO Disodium phosphate Protein stabilizer, buffer, emulsifier OK Dutch cocoa Flavouring OK EDTA Antioxidant, sequestrant NO Egg albumin Nutrient, whipping agent OK Equal Artificial sweetener NO Erythorbic acid Antioxidant OK Erythritol Sweetener OK Ethylanillin Flavouring agent (artificial) NO Ethylene oxide Preservative, fumigant NO Ethylenediamine tetraacetic acid EDTA Preservative, stabilizer, sequestering agent NO Ethycoquin Preservative, pesticide NO Forous gluconate Nutrient, colourant OK Fois gras Duck liver pate NO	Dimethlpolysiloxane	Antifoaming agent	NO
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Disodium dihydrogen EDTA Preservative, sequestrant OK Disodium dihydrogen pyrophosphate Sequestrant, leavening agent NO Disodium guanylate Flavour enhancer NO Disodium inosinate Flavour enhancer NO Disodium phosphate Protein stabilizer, buffer, emulsifier OK Dutch cocoa Flavouring OK EDTA Antioxidant, sequestrant NO Egg albumin Nutrient, whipping agent OK Equal Artificial sweetener NO Erythorbic acid Antioxidant OK Erythritol Sweetener OK Ethylvanillin Flavouring agent (artificial) NO Ethylene oxide Preservative, fumigant NO Ethyloroquin Preservative, pesticide NO Ethyocyquin Preservative, pesticide NO Fos colours Colourant (artificial) NO Ferrous gluconate Nutrient, colourant OK Frictose Sweetener OK	Dipotassium phosphate	Emulsifier, buffer	OK
Disadium dihydrogen pyrophosphate  Sequestrant, leavening agent  OK  Disadium guanylate  Flavour enhancer  NO  Disadium inosinate  Flavour enhancer  NO  Disadium phosphate  Protein stabilizer, buffer, emulsifier  OK  Dutch cocoa  Flavouring  OK  EDTA  Antioxidant, sequestrant  NO  Egg albumin  Nutrient, whipping agent  OK  Equal  Artificial sweetener  NO  Erythorbic acid  Antioxidant  Sweetener  OK  Ethylvanillin  Flavouring agent (artificial)  NO  Ethylene oxide  Preservative, fumigant  NO  Ethylenediamine tetraacetic acid EDTA  Preservative, pesticide  NO  FD & colours  Colourant (artificial)  NO  Ferrous gluconate  NO  NO  Fructose  Sweetener  OK  Sweetener  NO  OK  COK  COK  COK  COK  COK  COK	Disodium calcium EDTA	Antioxidant, sequestrant	NO
Disodium guanylate   Flavour enhancer   NO   Disodium inosinate   Flavour enhancer   NO   Disodium phosphate   Protein stabilizer, buffer, emulsifier   OK   Dutch cocoa   Flavouring   OK   EDTA   Antioxidant, sequestrant   NO   Egg albumin   Nutrient, whipping agent   OK   Equal   Artificial sweetener   NO   Erythorbic acid   Antioxidant   OK   Erythritol   Sweetener   OK   Ethylvanillin   Flavouring agent (artificial)   NO   Ethylene oxide   Preservative, fumigant   NO   Ethylenediamine tetraacetic acid EDTA   Preservative, stabilizer, sequestering agent   NO   Ethylocyquin   Preservative, pesticide   NO   FD & colours   Colourant (artificial)   NO   Ferrous gluconate   Nutrient, colourant   OK   Fois gras   Duck liver pate   NO   Fructose   Sweetener   OK	Disodium dihydrogen EDTA	Preservative, sequestrant	NO
Disadium inosinate Flavour enhancer NO Disadium phosphate Protein stabilizer, buffer, emulsifier OK Dutch cocoa Flavouring OK EDTA Antioxidant, sequestrant NO Egg albumin Nutrient, whipping agent OK Equal Artificial sweetener NO Erythorbic acid Antioxidant OK Erythorbic acid Antioxidant NO Erythorbic acid Antioxidant NO Erythorbic acid Antioxidant NO Erythorbic ocid Antioxidant NO Erythylanillin Flavouring agent (artificial) NO Ethylene oxide Preservative, fumigant NO Ethylene diamine tetracacetic acid EDTA Preservative, stabilizer, sequestering agent NO Ethylocyquin Preservative, pesticide NO FD & colours Colourant (artificial) NO Ferrous gluconate Nutrient, colourant OK Fois gras Duck liver pate NO Fructose Sweetener	Disodium dihydrogen pyrophosphate	Sequestrant, leavening agent	ОК
Disodium phosphate Protein stabilizer, buffer, emulsifier OK  Dutch cocoa Flavouring OK  EDTA Antioxidant, sequestrant NO  Egg albumin Nutrient, whipping agent OK  Equal Artificial sweetener NO  Erythorbic acid Antioxidant OK  Erythorbic acid Entrylhorbic OK  Ethylvanillin Flavouring agent (artificial) NO  Ethylene oxide Preservative, fumigant NO  Ethylenediamine tetraacetic acid EDTA Preservative, stabilizer, sequestering agent NO  Ethyloryquin Preservative, pesticide NO  FD & colours Colourant (artificial) NO  Ferrous gluconate Nutrient, colourant OK  Fois gras Duck liver pate NO  Fructose Sweetener OK	Disodium guanylate	Flavour enhancer	NO
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Egg albumin Nutrient, whipping agent OK  Equal Artificial sweetener NO  Erythorbic acid Antioxidant OK  Erythritol Sweetener OK  Ethylvanillin Flavouring agent (artificial) NO  Ethylene oxide Preservative, fumigant NO  Ethylenediamine tetraacetic acid EDTA Preservative, stabilizer, sequestering agent NO  Ethyocyquin Preservative, pesticide NO  FD & colours Colourant (artificial) NO  Ferrous gluconate Nutrient, colourant OK  Fois gras Duck liver pate NO  Fructose Sweetener	Dutch cocoa	Flavouring	ОК
Equal       Artificial sweetener       NO         Erythorbic acid       Antioxidant       OK         Erythritol       Sweetener       OK         Ethylvanillin       Flavouring agent (artificial)       NO         Ethylene oxide       Preservative, fumigant       NO         Ethylenediamine tetraacetic acid EDTA       Preservative, stabilizer, sequestering agent       NO         Ethyocyquin       Preservative, pesticide       NO         FD & colours       Colourant (artificial)       NO         Ferrous gluconate       Nutrient, colourant       OK         Fois gras       Duck liver pate       NO         Fructose       Sweetener       OK	EDTA	Antioxidant, sequestrant	NO
Erythorbic acid Antioxidant OK  Erythritol Sweetener OK  Ethylvanillin Flavouring agent (artificial) NO  Ethylene oxide Preservative, fumigant NO  Ethylenediamine tetraacetic acid EDTA Preservative, stabilizer, sequestering agent NO  Ethyocyquin Preservative, pesticide NO  FD & colours Colourant (artificial) NO  Ferrous gluconate Nutrient, colourant OK  Fois gras Duck liver pate NO  Fructose Sweetener OK	Egg albumin	Nutrient, whipping agent	ОК
Erythritol Sweetener OK  Ethylvanillin Flavouring agent (artificial) NO  Ethylene oxide Preservative, fumigant NO  Ethylenediamine tetraacetic acid EDTA Preservative, stabilizer, sequestering agent NO  Ethyocyquin Preservative, pesticide NO  FD & colours Colourant (artificial) NO  Ferrous gluconate Nutrient, colourant OK  Fois gras Duck liver pate NO  Fructose Sweetener OK	Equal	Artificial sweetener	NO
Ethylvanillin Flavouring agent (artificial) NO  Ethylene oxide Preservative, fumigant NO  Ethylenediamine tetraacetic acid EDTA Preservative, stabilizer, sequestering agent NO  Ethyocyquin Preservative, pesticide NO  FD & colours Colourant (artificial) NO  Ferrous gluconate Nutrient, colourant OK  Fois gras Duck liver pate NO  Fructose Sweetener OK	Erythorbic acid	Antioxidant	ОК
Ethylene oxide Preservative, fumigant NO  Ethylenediamine tetraacetic acid EDTA Preservative, stabilizer, sequestering agent NO  Ethyocyquin Preservative, pesticide NO  FD & colours Colourant (artificial) NO  Ferrous gluconate Nutrient, colourant OK  Fois gras Duck liver pate NO  Fructose Sweetener OK	Erythritol	Sweetener	ОК
Ethylenediamine tetraacetic acid EDTA Preservative, stabilizer, sequestering agent NO Ethyocyquin Preservative, pesticide NO FD & colours Colourant (artificial) NO Ferrous gluconate Nutrient, colourant OK Fois gras Duck liver pate NO Fructose Sweetener OK	Ethylvanillin	Flavouring agent (artificial)	NO
Ethyocyquin Preservative, pesticide NO  FD & colours Colourant (artificial) NO  Ferrous gluconate Nutrient, colourant OK  Fois gras Duck liver pate NO  Fructose Sweetener OK	Ethylene oxide	Preservative, fumigant	NO
FD & colours  Colourant (artificial)  NO  Ferrous gluconate  Nutrient, colourant  OK  Fois gras  Duck liver pate  NO  Fructose  Sweetener  OK	Ethylenediamine tetraacetic acid EDTA	Preservative, stabilizer, sequestering agent	NO
Ferrous gluconate Nutrient, colourant OK  Fois gras Duck liver pate NO  Fructose Sweetener OK	Ethyocyquin	Preservative, pesticide	NO
Fois gras Duck liver pate NO Fructose Sweetener OK	FD & colours	Colourant (artificial)	NO
Fructose Sweetener OK	Ferrous gluconate	Nutrient, colourant	OK
	Fois gras	Duck liver pate	NO
Fruit juice concentrates Sweetener OK	Fructose	Sweetener	OK
	Fruit juice concentrates	Sweetener	OK



Fumaric acid	Acidulant	ОК
Gelatin	Gelling agent	ОК
Glucone delta-lactone	Acidulant, leavener	OK
Glycerin	Humecant, flavour & colour solvent	ОК
Glycerol Ester of Wood Rosin	Binder	OK
GMP (disodium guanylate)	Flavour enhancer	NO
Guar gum	Thickener, filler, fiber	OK
gum acacia	Stabilizer	OK
Gum Arabic	Emulsifier, stabilizer	OK
Gum karaya	Emulsifier, texturizer	OK
Gum tragacanth	Stabilizer, thickener	OK
Hepta-esters of sucrose	Emulsifier	NO
Hexa-esters of sucrose	Emulsifier	NO
High fructose corn syrup	Sweetener, thickener	NO
Honey	Sweetener	OK
Hydrogen peroxide	Bleaching agent	OK
Hydrogenated oil (fat)	Treated oil to prolong shelf life, provide texture	NO
Hydrogenated starch hydrolysate	Sweetener, bulking agent	NO
Hydrolyzed plant protein	Flavour enhancer	OK
Hydrolyzed vegetable protein	Flavour enhancer	OK
IMP (disodium inosinate)	Flavour enhancer	NO
Inulin	Prebiotic	OK
Invert sugar	Sweetener	ОК
Irradiated foods	Sterilized by high energy radiation	NO
Isomalt	Sweetener	OK
Isolated soy protein	Nutrient, filler, binder	OK
Lactic acid	Acidulant, antioxidant	OK
Lactitol	Sweetener, bulking agent	OK
Lactose (milk sugar)	Humecant, crystalline control agent sweetener	OK
Lead soldered cans	Packaging (imported foods most likely)	NO
Lecithin	Emulsifier	OK
Levulose	Sweetener (also known as fructose)	OK
Liquor (alcoholic beverages)	i.e. vermouth, whisky, gin, rum	NO
Locust bean gum	Thickener, stabilizer	OK
Lo han	Sweetener	OK
Magnesium carbonate	Anticaking agent, alkalai	OK
Magnesium chloride	Firming agent, colour retention agent	ОК



Magnesium stearate	Lubricant, binder	ОК
Magnesium sulfate	Nutrient	ОК
Malic acid	Acidulant	ОК
Malt extract	Flavorant	ОК
Maltitol	Sweetener	OK
Malto-dextrin	Texturizer, flavour, dispersant	ОК
Maltose	Sweetener	OK
Mannitol	Sweetener, humecant, bulking agent	NO
Maple syrup	Sweetener	OK
Margarine	Butter substitute	OK – only if no artificial ingredients & if not hydrogenated
Methylcellulose	Fiber alternative	OK
Methyl silicone	Antifoaming agent/antisplattering agent	NO
Methylene chloride	Used in coffee decaffination and spice extraction	NO
Methylisothiazolinone	Preservative	OK - Household Cleaners
Methylisothiazolinone	Preservative	NO - Food
Methylparaben	Preservative	NO
Microcrystalline cellulose-supplements	Filler, binder, stabilizer, anticaking agent	ОК
Microparticularized whey protein	Fat stabilizer	NO
Modified food starch	Thickener, binder, stabilizer	OK
Mono-and diglycerides	Emulsifier	OK
Mono-and diglycerides, aceytylated esters	Emulsifier	NO
Mono and diglycerides, Diacetyl tartaric and fatty acids	Emulsifier	NO
Mono and diglycerides, lactylated esters	Emulsifier	NO
Monocalcium phosphate	Leavening Agent	ОК
Monosodium glutamate (MSG)	Flavour emulsifier	NO
Natamycin-cheese rinds	Mold inhibitor	ОК
Natamycin-cheese slices, crumbles, shreds	Mold inhibitor	NO
Nisin	Antimicrobial agent	ОК
Nitrates/nitrites	Antioxidant, flavour, colour retention agent	NO
Nonyl phenol ethoxylate	Cleaners	NO
Nutrasweet	Artificial sweetener	NO
Oil, solvent extracted	Chemical extraction of oil from base material	NO
Oleoresin paprika	Seasoning, colourant	ОК
Olestra	Fat substitute	NO
Oxystearin	Antioxidant, sequestrant	NO
Palm kernel oil	Emulsifier, fat	ОК
Palm oil	Emulsifier, fat	OK



Papain	Tenderizer	ОК
Partially hydrogenated oil	Treated oil to prolong shelf life, provide texture body	NO
Pectin	Gelling agent, stabilizer, thickener	ОК
Phenoxyethanol in cleaning products	Preservative	ОК
Phosphoric acid	Acidulant, flavouring agent, sequestrant	ОК
Polydextrose	Synthesized from dextrose (glucose)	NO
Polysorbate 60	Emulsifiers	NO
Polysorbate 65	Emulsifiers	NO
Polysorbate 80	Emulsifiers	NO
Potassium and tartrate	Leavener, acidulant (aka cream of tartar)	ОК
Potassium benzoate	Antimycotic agent	NO
Potassium benzoate in supplements	Antimycotic agent	ОК
Potassium bicarbonate	Leavening agent, alkali	ОК
Potassium bisulfite	Preservative, antioxidant, colour retention agent	NO
Potassium bromate	Dough conditioner, flour maturing agent	NO
Potassium chloride	Nutrient, salt substitute	ОК
Potassium citrate	Nutrient, buffer, pH control agent, sequestrant	ОК
Potassium gluconate	Nutrient, seuestrant	ОК
Potassium iodide	Nutrient	ОК
Potassium metabisulfite	Preservative, antioxidant colour retention agent	NO
Potassium sorbate	Preservative, antimycotic agent	OK in wines only
Potassium sorbate in body care	Preservative, antimycotic agent	ОК
Potassium sorbate in food	Preservative, antimycotic agent	NO
Potassium sorbate in supplements	Preservative, antimycotic agent	ОК
Propionates	Antimycotic agent	NO
Propyl gallate	Antioxidant	NO
Propylene glycol	Flavour solvent	NO
Propylene glycol	Humecant	OK if in transition
Propylene glycol alginate	Thickening agent, emulsifier	ОК
Propylparaben	Preservative	NO
Pyrophosphate	Acidulant, sequenstrant	ОК
Pyrophosphoric acid	Acidulant, sequestrant	ОК
Quinine (natural source)	Flavouring agent	OK
Rapeseed Oil	Oil derived from the seed of the rape plant	OK depending upon use/ origin
rBGH	Genetically modified growth hormones	NO - meats & milk
Ribbon cane syrup	Sweetener	ОК
Rice syrup	Sweetener	OK



Saccharin	Artificial sweetener	NO
Shellac, purified	Filler, moisture retardant, flavouring agent	OK
Silicon dioxide	Flow agent, anti-caking agent	ОК
Simplesse	Fat substitute	NO
Smoke flavouring (natural)	Flavour	ОК
Sodium acetate	pH control agent, flavouring agent	ОК
Sodium acid pyrophosphate	Leavening agent, buffer	ОК
Sodium alginate	Thickener, gelling agent	OK
Sodium aluminumphosphate	Leavening agent	NO
Sodium aluminum phosphate	Leavening agent	NO
Sodium aluminum sulfate	Leavening agent	NO
Sodium ascorbate	Antioxidant	OK
Sodium benzoate	Preservative, antimycotic agent	NO
Sodium benzoate in body care	Preservative, antimycotic agent	OK
Sodium benzoate in supplements	Preservative, antimycotic agent	OK
Sodium bicarbonate	Leavening agent, buffer (aka baking soda)	OK
Sodium bisulfite	Preservative, antioxidant, colour retention agent	NO
Sodium caseinate (milk protein)	Nutrient, emulsifier, whipping agent	OK
Sodium citrate	Buffer, sequestrant, emulsifier	OK
Sodium diacelate	Preservative, sequestrant	NO
Sodium erythorbate	Antioxidant	OK in Organic deli meat only
Sodium ferrocyanide	Anti-caking agent, nutrient	OK
Sodium glutamate	Flavour emulsifier	NO
Sodium hexametaphosphate	Sequestrant, emulsifier, texturizer	NO
Sodium hydroxide (caustic soda)	Alkalai, glazing agent	OK
Sodium lauryl sulfate	Sudsing agent body care	OK
Sodium metabisulfite	Preservative, antioxidant, colour retention agent	NO
Sodium nitrate	Artificial Antioxidant flavour, colour retention agent	OK in Organic deli meat only
Sodium nitrite	Antioxidant flavour, colour retention agent	OK in some deli meat only
Sodium orthophosphate	Protein stabilizer, buffer, emulsifier, antimicrobials	OK
Sodium phosphate	Protein stabilizer, buffer, emulsifier, leavening	ОК
Sodium propionate	Preservative	NO - Food
Sodium propionate	Preservative, antimycotic agent	OK - Household Cleaners
Sodium pyrophosphate	Leavening agent, sequestrant	ОК
Sodium silica aluminate	Anti-caking agent	NO
Sodium stearoyl-2-lactylate	Dough conditioner, emulsifier, whipping agent	NO



Sodium sulfite	Antioxidant, preservative	NO
Sodium thiosulfate	Antioxidant	NO
Sodium tripolyphosphate	Texturizer, sequestrant	OK
Solvent extracted oils	Oils extracted with chemical solvents	NO
Sorbic acid	Preservative, antimycotic agent	NO
Sorbic acid in body care products	Preservative, antimycotic agent	ОК
Sorbitol	Sweetener, moisture retainer	ОК
Sorbitan monostearate	Emulsifier, thickener	ОК
Sorghum	Sweetener	ОК
Soy protein isolates	Nutrient, filler, binder	ОК
Stannous chloride	Colour-retention agent, antioxidant	NO
Sucanat	Sweetener	ОК
Succinic acid	Flavour enhancer, neutralizing agent	NO
Sucralose	Artificial sweetener	NO
Sucroglycerides	Emulsifiers, texturizer, thickener	NO
Sucrose polyester	Fat substitute	NO
Sugar, white & brown	Sweetener	ОК
Sulfites (sulfur dioxide)	Preservative, antioxidant, colour retention agent	OK in wines or vinegars when naturally occuring
Sweet-n-low	Artificial sweetener	NO
Talc	Anti-caking agent, glazing agent	NO
Tartaric acid	Acidulant	ОК
TBHQ (tertiary bulyhydroquinone)	Antioxidant	NO
Tetrasodium EDTA	Preservative, sequestrant	NO
Tetrasodium pyrophosphate	Leavening agent, sequestrant	ОК
Texturized vegetable protein TVP	Soy protein meat substitute	ОК
Thiamin mononitrate	Nutrient (Vitamin B1)	ОК
Titanium dioxide	Colourant	ОК
Tocophrols	Antioxidant, nutrient (Vitamin E)	ОК
Tricalcium phosphate	Anti-caking agent, buffer, nutrient	ОК
Triclosan	Bacteriacide	ОК
Triethyl citrate	Surfactant	OK in dried egg white only
Trisodium phosphate	Emulsifier	ОК
Tumeric	Spice and colourant	OK
TVP	Soy protein meat substitute	OK
Vanillin	Artificial flavour enhancer	NO
Vegetable gums	Thickener, stabilizer, emulsifier	OK
Vital wheat gluten	Enhances dough strength and structure of breads	ОК



Whey	Nutrient, flavour, filler	ОК
Xantham gum	Thickener, stabilizer, emulsifier	OK
Xylitol	Sweetener	OK
Yellow prussiate of soda (sodium ferrocyanide)	Anti-caking agent, nutrient	OK