



The Dump It List: Food Ingredient Status at Organic Garage

FOOD ADDITIVES:

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



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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	Antimicrobial 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	OK
Certified colours	Colourant (artificial)	NO
Chlorinated phenols	Cleaners	NO
Chlorine in household products	Disinfectant, bleaching agent	OK
Citric acid	Acidulant, antioxidant	OK



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Clustered water	Water with a hexagonal molecular shape	OK
Cocamide DEA	Surfactant, thickener	OK
Cochineal	Colourant	OK
Cocoa processed with alkali	Flavouring	OK
Coconut oil	Emulsifier, fat	OK
Collagen	Nutrient (protein)	OK
Corn starch	Thickener	OK
Corn syrup	Sweetener, thickener	OK
Cottonseed oil	Pressed oil	NO
Cream of tartar	Leavening agent, acidulant	OK
Cyclamates	Sweetener (artificial)	NO
Dextrose	Sweetener, colourant	OK
Dicalcium phosphate	Nutrient, texturizer, dough conditioner	OK
Dimethylpolysiloxane	Antifoaming agent	NO
Diocetyl 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 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
Ethycyquin	Preservative, pesticide	NO
FD & colours	Colourant (artificial)	NO
Ferrous gluconate	Nutrient, colourant	OK
Fois gras	Duck liver pate	NO
Fructose	Sweetener	OK
Fruit juice concentrates	Sweetener	OK



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Fumaric acid	Acidulant	OK
Gelatin	Gelling agent	OK
Glucone delta-lactone	Acidulant, leavener	OK
Glycerin	Humecant, flavour & colour solvent	OK
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	OK
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	OK



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Magnesium stearate	Lubricant, binder	OK
Magnesium sulfate	Nutrient	OK
Malic acid	Acidulant	OK
Malt extract	Flavorant	OK
Maltitol	Sweetener	OK
Malto-dextrin	Texturizer, flavour, dispersant	OK
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 decaffeination and spice extraction	NO
Methylisothiazolinone	Preservative	OK - Household Cleaners
Methylisothiazolinone	Preservative	NO - Food
Methylparaben	Preservative	NO
Microcrystalline cellulose-supplements	Filler, binder, stabilizer, anticaking agent	OK
Microparticularized whey protein	Fat stabilizer	NO
Modified food starch	Thickener, binder, stabilizer	OK
Mono-and diglycerides	Emulsifier	OK
Mono-and diglycerides, acetylated esters	Emulsifier	NO
Mono and diglycerides, Diacetyl tartaric and fatty acids	Emulsifier	NO
Mono and diglycerides, lactylated esters	Emulsifier	NO
Monocalcium phosphate	Leavening Agent	OK
Monosodium glutamate (MSG)	Flavour emulsifier	NO
Natamycin-cheese rinds	Mold inhibitor	OK
Natamycin-cheese slices, crumbles, shreds	Mold inhibitor	NO
Nisin	Antimicrobial agent	OK
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	OK
Olestra	Fat substitute	NO
Oxystearin	Antioxidant, sequestrant	NO
Palm kernel oil	Emulsifier, fat	OK
Palm oil	Emulsifier, fat	OK



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Papain	Tenderizer	OK
Partially hydrogenated oil	Treated oil to prolong shelf life, provide texture body	NO
Pectin	Gelling agent, stabilizer, thickener	OK
Phenoxyethanol in cleaning products	Preservative	OK
Phosphoric acid	Acidulant, flavouring agent, sequestrant	OK
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)	OK
Potassium benzoate	Antimycotic agent	NO
Potassium benzoate in supplements	Antimycotic agent	OK
Potassium bicarbonate	Leavening agent, alkali	OK
Potassium bisulfite	Preservative, antioxidant, colour retention agent	NO
Potassium bromate	Dough conditioner, flour maturing agent	NO
Potassium chloride	Nutrient, salt substitute	OK
Potassium citrate	Nutrient, buffer, pH control agent, sequestrant	OK
Potassium gluconate	Nutrient, seuestrant	OK
Potassium iodide	Nutrient	OK
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	OK
Potassium sorbate in food	Preservative, antimycotic agent	NO
Potassium sorbate in supplements	Preservative, antimycotic agent	OK
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	OK
Propylparaben	Preservative	NO
Pyrophosphate	Acidulant, sequenstrant	OK
Pyrophosphoric acid	Acidulant, sequestrant	OK
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	OK
Rice syrup	Sweetener	OK



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Saccharin	Artificial sweetener	NO
Shellac, purified	Filler, moisture retardant, flavouring agent	OK
Silicon dioxide	Flow agent, anti-caking agent	OK
Simplese	Fat substitute	NO
Smoke flavouring (natural)	Flavour	OK
Sodium acetate	pH control agent, flavouring agent	OK
Sodium acid pyrophosphate	Leavening agent, buffer	OK
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 diacetate	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	OK
Sodium propionate	Preservative	NO - Food
Sodium propionate	Preservative, antimycotic agent	OK - Household Cleaners
Sodium pyrophosphate	Leavening agent, sequestrant	OK
Sodium silica aluminate	Anti-caking agent	NO
Sodium stearoyl-2-lactylate	Dough conditioner, emulsifier, whipping agent	NO



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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	OK
Sorbitol	Sweetener, moisture retainer	OK
Sorbitan monostearate	Emulsifier, thickener	OK
Sorghum	Sweetener	OK
Soy protein isolates	Nutrient, filler, binder	OK
Stannous chloride	Colour-retention agent, antioxidant	NO
Sucanat	Sweetener	OK
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	OK
Sulfites (sulfur dioxide)	Preservative, antioxidant, colour retention agent	OK in wines or vinegars when naturally occurring
Sweet-n-low	Artificial sweetener	NO
Talc	Anti-caking agent, glazing agent	NO
Tartaric acid	Acidulant	OK
TBHQ (tertiary butylhydroquinone)	Antioxidant	NO
Tetrasodium EDTA	Preservative, sequestrant	NO
Tetrasodium pyrophosphate	Leavening agent, sequestrant	OK
Texturized vegetable protein TVP	Soy protein meat substitute	OK
Thiamin mononitrate	Nutrient (Vitamin B1)	OK
Titanium dioxide	Colourant	OK
Tocophrols	Antioxidant, nutrient (Vitamin E)	OK
Tricalcium phosphate	Anti-caking agent, buffer, nutrient	OK
Triclosan	Bactericide	OK
Triethyl citrate	Surfactant	OK in dried egg white only
Trisodium phosphate	Emulsifier	OK
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	OK



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