

THE BOOT LIST: Food Ingredient Status at Earth Fare

Ingredient	Use	Status
acesulfame-potassium (acesulfame-K)	artificial sweetener	NO
acetic acid	acidity regulator	OK
aerosol sprays	propellant	OK if no CFCs
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
annato	natural colorant	OK
artificial colors	colorants	NO
artificial flavors	flavor enhancers	NO
ascorbates	antioxidant, nutrients	OK
ascorbic acid	antioxidant, nutrient, dough conditioner	OK
ascorbyl palmitate	antioxidant	OK
aspartame	artificial sweetener	NO
azodicarbonamide	bleaching and maturing agent	NO
baking powder	leavener	OK
barley malt	sweetener	OK
benzoates in body care products	preservative	OK
benzoates in food	preservative	NO
benzoates in liquid supplements	preservative	OK
benzoyl peroxide	bleaching agent for flour	NO
beta-carotene	antioxidant, nutrient, colorant	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
brominated vegetable oil (BVO)	flavor carrier/emulsifier	NO
BST (bovine somatotropin)	growth hormone milk production enhancer	NO-milk & meats
butane glycol	humectant, flavor solvent	NO
butyl cellosolve	cleaners	NO
calcium bromate	dough conditioner, maturing/bleaching agent	NO
calcium carbonate	anti-caking agent, nutrient, whitener	OK
calcium caseinate	binder, whipping agent, texturizer, nutrient	OK
calcium chloride	firming agent, particularly in fruits	OK
calcium citrate	preservative, flavoring, firming agent, sequestrant, buffer, r	OK
calcium disodium EDTA	antioxidant, sequestrant	NO
calcium lactate	nutrient, stabilizer/texturizer	OK
calcium pantothenate	nutrient	OK

Ingredient	Use	Status
calcium peroxide	dough conditioner, bleaching agent	NO
calcium phosphate	anti-caking, leavening agent, acidulant, nutrient, dough conditioner	OK
calcium propionate	antimicrobial agent	NO
calcium saccharin	artificial sweetener	NO
calcium stearoyl-2-lactylate	dough conditioner, emulsifier	NO
calcium sulfate	firming agent, dough conditioner, nutrient	OK
canola oil		OK
canthaxanthine	colorant	OK
caprenin	fat substitute	NO
caramel color	colorant (natural)	OK
carmine (cochineal)	colorant	OK
carob bean gum	thickener, stabilizer, texturizer	OK
carotene	colorant(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 colors	colorant (artificial)	NO
chlorinated phenols	cleaners	NO
chlorine in household products	disinfectant, bleaching agent	OK
citric acid	acidulant, antioxidant	OK
clustered water		OK
cocamide DEA	surfactant, thickener	OK
cochineal	colorant	OK
cocoa processed with alkali	flavoring	OK
coconut oil	emulsifier, fat	OK
corn starch	thickener	OK
corn syrup	sweetener, thickener	OK
cottonseed oil		NO
cream of tartar	leavener, acidulant	OK
cyclamates	sweetener (artificial)	NO
dextrose	sweetener, colorant	OK
dicalcium phosphate	nutrient, texturizer, dough conditioner	OK
dimethylpolysiloxane	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 guanylate	flavor enhancer	NO
disodium inosinate	flavor enhancer	NO
disodium phosphate	protein stabilizer, buffer, emulsifier	OK
dutch cocoa (alkalized cocoa)	flavoring	OK
EDTA	antioxidant, sequestrant	NO
egg albumin	nutrient, whipping agent	OK
Equal	artificial sweetener	NO
erythorbic acid	antioxidant	OK

Ingredient	Use	Status
ethyl vanillin	flavoring agent (artificial)	NO
ethylene oxide	preservative, fumigant	NO
ethylenediamine tetraacetic acid EDTA		NO
ethyocycin	preservative & pesticide	NO
FD & C colors	colorant (artificial)	NO
ferrous gluconate	nutrient, colorant	OK
fois gras	duck liver pate	NO
fructose	sweetener	OK
fruit juice concentrates	sweetener	OK
fumaric acid	acidulant	OK
gelatin	gelling agent	OK
glucono delta-lactone	acidulant, leavener	OK
glycerin	humectant, flavor & color solvent	OK
GMP (disodium guanylate)	flavor 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		OK
hydrogenated oil (fat)	treated oil to prolong shelf life, provide texture, bod	NO
hydrogenated starch hydrolysate	sweetener, bulking agent	NO
hydrolyzed plant protein	flavor enhancer	OK
hydrolyzed vegetable protein	flavor enhancer	OK
IMP (disodium inosinate)	flavor enhancer	NO
invert sugar	sweetener	OK
irradiated foods	sterilized by high energy radiation	NO
isolated soy protein	nutrient, filler, binder	OK
lactic acid	acidulant, antioxidant	OK
lactitol	sweetener, bulking agent	OK
lactose (milk sugar)	humectant, crystalline control agent, sweetener	OK
lead soldered cans	packaging (imported foods most likely)	NO
lecithin	emulsifier	OK
levulose	sweetener (also known as fructose)	OK
locust bean gum	thickener, stabilizer	OK
magnesium carbonate	anticaking agent, alkalai	OK
magnesium chloride	firming agent, color retention agent	OK
magnesium stearate	lubricant, binder	OK
magnesium sulfate	nutrient	OK
malic acid	acidulant	OK
malt extract	flavorant	OK
maltitol	sweetener	NO
malto-dextrin	texturizer, flavor, dispersant	OK

Ingredient	Use	Status
maltose	sweetener	OK
mannitol	sweetener, humecant, bulking agent	NO
maple syrup	sweetener	OK
margarine	butter substitute	NO
methyl and propyl paraben		NO in foods
methyl silicone	antifoaming agent/antisplattering agent	NO
methylene chloride	used in coffee decaffeination and spice extraction	NO
microcrystalline cellulose-supplements	filler, binder, stabilizer, anticaking agent	OK-supplements
microparticulated whey protein	fat substitute	NO
modified food starch	thickener, binder, stabilizer	OK
mono- and diglycerides	emulsifier	OK
mono- and diglycerides, acetylated esters of	emulsifier	NO
mono and diglycerides, Diacetyl tartaric and fatty acid esters	emulsifier	NO
mono and diglycerides, lactylated esters of	emulsifier	NO
monocalcium phosphate		OK
monosodium glutamate (MSG)	flavor enhancer	NO
natamycin-cheese rinds	mold inhibitor	OK
natamycin-cheese slices, crumbles, shreds	mold inhibitor	NO
nitrites/nitrites	antioxidant, flavor, color 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, colorant	OK
Olestra	fat substitute	NO
oxystearin		NO
palm kernel oil	emulsifier, fat	OK
palm oil	emulsifier, fat	OK
papain	tenderizer	OK
partially hydrogenated oil	treated oil to prolong shelf life, provide texture, body	NO
pectin	gelling agent, stabilizer, thickener	OK
phosphoric acid	acidulant, flavoring agent, sequestrant	OK
polydextrose		NO
polysorbate 60	emulsifiers	NO
polysorbate 65	emulsifiers	NO
polysorbate 80	emulsifiers	NO
potassium acid tartrate	leavener, acidulant (aka cream of tartar)	OK
potassium benzoate	antimycotic agent	NO
potassium benzoate in supplements	antimycotic agent	OK
potassium bicarbonate	leavener, alkali	OK
potassium bisulfite	preservative, antioxidant, color 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, sequestrant	OK
potassium iodide	nutrient	OK
potassium metabisulfite	preservative, antioxidant, color retention agent	NO
potassium sorbate	preservative, antimycotic agent	OK in wines only

Ingredient	Use	Status
potassium sorbate in body care	preservative, antimycotic agent	OK
potassium sorbate in supplements	preservative, antimycotic agent	OK
propionates	antimycotic agent	NO
propyl gallate	antioxidant	NO
propylene glycol	humecant, flavor solvent	NO
propylene glycol alginate	thickeneing agent, emulsifier	OK
quinine (natural source)	flavoring agent	OK-naturally derived
rBGH	genetically modified growth hormone	NO-meats & milk
ribbon cane syrup	sweetener	OK
rice syrup	sweetener	OK
saccharin	artificial sweetener	NO
silicon dioxide		OK
Simplese	fat substitute	NO
smoke flavoring (natural)	flavor	OK
sodium acetate	pH control agent, flavoring agent	OK
sodium acid pyrophosphate	leavening agent, buffer	OK
sodium alginate	thickener, gelling agent	OK
Sodium aluminum phosphate	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, color 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	NO
sodium ferrocyanide	anti-caking agent, nutrient	OK
soduium glutamate		NO
sodium hexametaphosphate	sequestrant, emulsifier, texturizer	NO
sodium hydroxide (caustic soda)	alkali, glazing agent	OK
sodium laurel sulfate	sudsing agent body care	OK
sodium metabisulfite	preservative, antioxidant, color retention agent	NO
sodium nitrite	antioxidant, flavor, color retention agent	NO
sodium orthophosphate	protein stabilizer, buffer, emulsifier, antimicrobials	OK
sodium phosphate	protein stabilizer, buffer, emulsifier, leavening	OK
sodium propionate	preservative, antimycotic agent	NO
sodium pyrophosphate	leavening agent, sequestrant	OK
sodium silcoaluminate	anti-caking agent	NO
sodium stearyl-2-lactylate	dough conditioner, emulsifier, whipping agent	NO
sodium sulfite		NO
sodium thiosulfate	antioxidant	NO
solvent extracted oils	oils extracted with chemical solvents	NO
sorbic acid	preservative, antimycotic agent	NO

Ingredient	Use	Status
sorbic acid in body care products	preservative, antimycotic agent	OK
sorbitol	sweetener, moisture retainer	OK
sorghum	sweetener	OK
soy protein isolates	nutrient, filler, binder	OK
stannous chloride		NO
Sucanat	sweetener	OK
succinic acid	flavor enhancer, neutralizing agent	NO
sucralose	artificial sweetener	NO
sucrose polyester	fat substitute	NO
sugar, white & brown	sweetener	OK
sulfites (sulfur dioxide)	preservative, antioxidant, color retention agent	OK in wines
Sweet-n-Low	artificial sweetener	NO
talc		NO
tartaric acid	acidulant	OK
TBHQ (tetary bulhydroquinone)	antioxidant	NO
tetrasodium EDTA	preservative, sequestrant	NO
texturized vegetable protein	soy protein meat substitute	OK
thiamin mononitrate	nutrient (vitamin B1)	OK
titanium dioxide	colorant	OK
tocopherols	antioxidant, nutrient (vitamin E)	OK
tricalcium phosphate	anti-caking agent, buffer, nutrient	OK
triclosan	bacteriacide	OK
tumeric	spice and colorant	OK
TVP	soy protein meat substitute	OK
vanillin	artificial flavor enhancer	NO
vegetable gums	thickener, stabilizer, emulsifier	OK
vital wheat gluten	enhances dough strength and structure of breads	OK
whey	nutrient, flavor, filler	OK
xanthan gum	thickener, stabilizer, emulsifier	OK
xylitol	sweetener	OK
yellow prussiate of soda (sodium ferrocyanide)		OK