

## FOOD INGREDIENT APPROVAL STATUS LIST

At Earth Fare, we prefer to offer foods in as natural a state as possible, with minimal processing of ingredients. There are many substances used in food production which, while technically natural, are unnecessary additives in our food. We will strive to offer products that meet our customer's needs without these whenever possible. The following is a list of questionable food ingredients and their status at Earth Fare. Items marked **"OK"** are acceptable. Items marked **"No"** are not acceptable. **"WC" are used "with caution," meaning these ingredients are under close scrutiny due to the level of processing involved in them and that we will look for and support alternatives to them in products in their respective categories whenever possible.** This list is subject to revision and change.

<u>Ingredient</u>	<u>Use</u>	<u>Notes</u>	<u>Status</u>
acesulfame-potassium (acesulfame-K)	artificial sweetener		NO
acetic acid	acidulant, flavoring agent		OK
aerosol sprays	propellant		NO
algin	thickener/stabilizer		OK
alginic acid	thickener, gelling agent		OK
alpha tocopherol	antioxidant, nutrient		OK
alpha tocopherol acetate	antioxidant, nutrient		OK
ammonium bicarbonate	leavening agent		OK
ammonium phosphate	leavening agent, dough strengthener		OK
annato	natural colorant		OK
Sodium aluminum phosphate	leavening agent		NO
artificial colors	artificial colorants		NO
artificial flavors	artificial flavor enhancers		NO
ascorbates	antioxidant, nutrients		OK
ascorbic acid	antioxidant, nutrient, dough conditioner	vitamin C	OK
ascorbyl palmitate	antioxidant		OK
aspartame	artificial sweetener		NO
azodicarbonamide	dough conditioner		NO
baking powder	leavener	aluminum free	OK
barley malt	sweetener		OK
benzoates in body care products	preservative		WC
benzoates in food	preservative		NO
benzoates in liquid supplements	preservative	homeopathics, aloe	WC
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 treated flour		NO
brominated vegetable oil (BVO)	flavor carrier		NO
BST (bovine somatotropin)	growth hormone milk production enhancer	hard to avoid completely	WC
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, nutrient		OK
calcium chloride	firming agent, particularly in fruits		WC
calcium citrate	firming agent, sequestrant, buffer, nutrient		OK
calcium disodium EDTA	antioxidant, sequestrant		NO
calcium lactate	nutrient, stabilizer/texturizer		OK
calcium pantothenate	nutrient		OK
calcium peroxide	dough conditioner, bleaching agent		NO
calcium phosphate	leavening agent, acidulant, nutrient, dough conditioner		WC
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		WC
canola oil			

<u>Ingredient</u>	<u>Use</u>	<u>Notes</u>	<u>Status</u>
canthaxanthine	colorant (artificial)	used to color farm raised salmon	WC
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
casien (milk protein)	nutrient, emulsifier		OK
caustic soda (sodium hydroxide)	glazing agent for pretzels		NO
cellulose	stabilizer, thickener, fiber source		OK
certified colors	colorant (artificial)		NO
chlorinated phenols	cleaners		NO
citric acid	acidulant, antioxidant		OK
cocamide DEA	surfactant, thickener		OK
cochineal	colorant		OK
cocoa processed with alkali	flavoring		OK
coconut oil	emulsifier, fat		OK
corn startch	thickener		OK
corn syrup	sweetener, thickener		OK
cottonseed oil		heavily contaminated with mycotoxins	NO
cream of tartar	leavener, acidulant		OK
cyclamates	sweetener (artificial)		NO
dextrose	sweetener, colorant		OK
dicalcium phosphate	nutrient, texturizer, dough conditioner		WC
diglycerides	emulsifier, fat		WC
dimethylpolysiloxane	antifoaming agent		NO
dioctyl sodium sulfosuccinate	emulsifier, stabilizer		NO
dipotassium phosphate	emulsifier, buffer	used as yeast food	OK
disodium calcium EDTA	antioxidant, sequestrant		NO
disodium dihydrogen EDTA	preservative, sequestrant		NO
disodium dihydrogen pyrophosphate	sequestrant		NO
disodium guanylate	flavor enhancer		NO
disodium inosinate	flavor enhancer		NO
disodium phosphate	protein stabilizer, buffer, emulsifier		WC
dutch cocoa (alkalized cocoa)	flavoring		OK
EDTA	antioxidant, sequestrant		NO
egg albumin	nutrient, whipping agent		OK
Equal	artificial sweetener		NO
erythorbic acid	antioxidant		OK
ethyl vanillin	flavoring agent (artificial)		NO
ethylene oxide	preservative, fumigant		NO
ethylenediamine tetraacetic acid EDTA			NO
FD & C colrs	colorant (artificial)		NO
ferrous gluconate	nutrient, colorant	olives	WC
fois gras	duck liver pate		NO
fructose	sweetener		WC
fruit juice concentrates	sweetener		OK
fumaric acid	acidulant		OK
gelatin	gelling agent		OK
<b>genetically modified foods</b>		hard to avoid completely	WC
glucono delta-lactone	acidulant, leavener	used in cheese	OK
glycerin	humecant, 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

<u>Ingredient</u>	<u>Use</u>	<u>Notes</u>	<u>Status</u>
gum tragacanth	stabilizer, thickener		OK
<b>high fructose corn syrup</b>	<b>sweetener, thickener</b>		<b>NO</b>
honey	sweetener		OK
hydrogen peroxide			OK
<b>hydrogenated oil (fat)</b>	<b>treated oil to prolong shelf life, provide texture, body</b>		<b>NO</b>
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		WC
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)	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	I.e., vermouth, whiskey, gin, rum		WC
locust bean gum	thickener, stabilizer		OK
lye			NO
		sour cream, ice cream,	
magnesium carbonate	anticaking agent, alkalai	butter	WC
magnesium chloride	firming agent, color retention agent		NO
magnesium stearate	lubricant, binder	in supplements only	OK
magnesium sulfate	nutrient		WC
malic acid	acidulant		OK
malt extract	flavorant		OK
maltitol	sweetener		NO
malto-dextrin	texturizer, flavor, dispersant		WC
maltose	sweetener		WC
mannitol	sweetener, humecant, bulking agent		WC
maple syrup	sweetener		OK
margarine	butter substitute		NO
methyl and propyl paraben		in body care only	OK
methyl silicone	antifoaming agent/antisplattering agent		NO
methylene chloride	used in coffee decaffeination and spice extraction		WC
microcrystalline cellulose	filler, binder, stabilizer, anticaking agent		NO
modified food starch	thickener, binder, stabilizer		WC
mono- and diglycerides	emulsifier		NO
monocalcium phosphate			WC
monosodium glutamate (MSG)	flavor enhancer		NO
natamycin	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	sodas	WC
polysorbate 60	emulsifiers		NO
polysorbate 65	emulsifiers		NO
polysorbate 80	emulsifiers		NO

<b><u>Ingredient</u></b>	<b><u>Use</u></b>	<b><u>Notes</u></b>	<b><u>Status</u></b>
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		WC
potassium gluconate	nutrient, sequestrant		OK
potassium iodide	nutrient	salt	OK
potassium metabisulfite	preservative, antioxidant, color retention agent		NO
potassium sorbate	preservative, antimycotic agent		NO
potassium sorbate in body care	preservative, antimycotic agent		WC
potassium sorbate in supplements	preservative, antimycotic agent		WC
propionates	antimycotic agent		NO
propyl gallate	antioxidant		NO
propylene glycol	humecant, flavor solvent		OK
propylene glycol alginate	thickening agent		NO
quinine	flavoring agent		NO
ribbon cane syrup	sweetener		OK
rice syrup	sweetener		OK
saccharin	artificial sweetener		NO
silicon dioxide			WC
Simplese	fat substitute		NO
smoke flavoring	flavor		WC
sodium caseinate (milk protein)	nutrient, emulsifier, whipping agent		OK
sodium acetate	pH control agent, flavoring agent		OK
sodium acid pyrophosphate	leavening agent, buffer		WC
sodium alginate	thickener, gelling agent		OK
sodium aluminum phosphate			NO
sodium aluminum sulfate	leavening agent		NO
sodium ascorbate	antioxidant	vitamin c	OK
sodium benzoate	preservative, antimycotic agent		NO
sodium benzoate in body care	preservative, antimycotic agent		WC
sodium benzoate in supplements	preservative, antimycotic agent		WC
sodium bicarbonate	leavening agent, buffer (aka baking soda)		OK
sodium bisulfite	preservative, antioxidant, color retention agent		NO
sodium citrate	buffer, sequestrant, emulsifier		WC
sodium diacetate	preservative, sequestrant		NO
sodium erythorbate	antioxidant	pickles & cold cuts	NO
sodium ferrocyanide	anti-caking agent, nutrient	wine processing	WC
sodium hexametaphosphate	sequestrant, emulsifier, texturizer	in body care only	NO
sodium hydroxide (caustic soda)	alkali, glazing agent		NO
sodium laurel sulfate			OK
sodium metabisulfite	preservative, antioxidant, color retention agent		NO
sodium nitrite	antioxidant, flavor, color retention agent		WC
sodium orthophosphate	protein stabilizer, buffer, emulsifier		WC
sodium phosphate	protein stabilizer, buffer, emulsifier	non foods only	NO
sodium propionate	preservative, antimycotic agent		NO
sodium pyrophosphate	leavening agent, sequestrant		NO
sodium stearoyl-2-lactylate	dough conditioner, emulsifier, whipping agent		NO
solvent extracted oils	oils extracted with chemical solvents	salad dressings?	WC
sorbic acid	preservative, antimycotic agent		NO
sorbic acid in body care products	preservative, antimycotic agent		OK
sorbitol	sweetener, moisture retainer	body care only	OK
sorghum	sweetener		OK
soy protein isolates	nutrient, filler, binder		OK
stannous chloride			NO
Sucanat	sweetener		OK

<b><u>Ingredient</u></b>	<b><u>Use</u></b>	<b><u>Notes</u></b>	<b><u>Status</u></b>
succinic acid	flavor enhancer, neutralizing agent	body care only	NO
sucralose	artificial sweetener		NO
sucrose polyester	fat substitute		NO
sugar, white & brown	sweetener		OK
sulfites (sulfur dioxide)	preservative, antioxidant, color retention agent		NO
Sweet-n-Low	artificial sweetener		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
xantham gum	thickener, stabilizer, emulsifier		OK
xylitol	sweetener		WC
yellow prussiate of soda (sodium ferrocyanide)			WC