

# Give the Boot to Products with these Ingredients:

Ingredient	AKA	what is it?	Health Concerns	Commonly Found
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## No High Fructose Corn Syrup

high fructose corn syrup	HFCS, glucose-fructose syrup (Europe/Canada), isoglucose (Europe/Canada)	sweetner, thickener	Obesity & Diabetes	EVERYTHING
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## No Artificial Fats ...

caprenin	caprocaprylobehenin	fat substitute	Weight Gain, Decreased Nutrient Absorption, GI Distress	candy bars
hepta- & hexa-esters of sucrose	sucrose oligoesters, SOE, sucrose fatty acid esters	emulsifier, fat substitute	Weight Gain, Decreased Nutrient Absorption, GI Distress	baked goods, cereals, ice cream, sauces
microparticulated whey protein		fat substitute	Weight Gain, Decreased Nutrient Absorption, GI Distress	
Olestra	Olean	fat substitute	Weight Gain, Decreased Nutrient Absorption, GI Distress	potato chips, high fat snack foods
Simplese		fat substitute	Weight Gain, Decreased Nutrient Absorption, GI Distress	lite & low-fat foods
sucrose polyester	Olestra, Olean	artificial fat, fat substitute	Weight Gain, Decreased Nutrient Absorption, GI Distress	chips, snack foods

## ...or Artificial Trans Fats

hydrogenated oil	trans fats	processed w/ hydrogen to prolong shelf life, provide texture	Heart Disease, Stroke, Diabetes, High Cholesterol	cooking oil, salad dressing, peanut butter
margarine	oleomargarine	butter substitute made w/ hydrogenated oils	Heart Disease, Stroke, Diabetes, High Cholesterol	butter substitutes
oxystearin		hydrogenated fatty acids to prevent crystallization	Heart Disease, Stroke, Diabetes, High Cholesterol	vegetable oils, salad dressing
partially hydrogenated oil	trans fats	processed w/ hydrogen to prolong shelf life, provide texture	Heart Disease, Stroke, Diabetes, High Cholesterol	cooking oil, salad dressing, peanut butter

## No Artificial Colors

artificial colors	FD&C colors	artificial food dyes	ADD & ADHD	cereal, candy, snack foods, soda
FD&C colors	certified colors	artificial food dyes	ADD & ADHD	cereal, candy, snack foods, soda

## No Artificial Flavors

artificial flavors	seasoning, preservative, aroma compound	chemically produced altered or enhanced flavor or smell	ADD & ADHD	EVERYTHING
disodium guanylate	GMP, sodium 5-guanylate, disodium 5-guanylate	flavor enhancer (almost always used in conjunction w/ MSG or disodium inosinate)	ADD & ADHD	potato chips, canned foods, sauces, snack foods, cured meat, instant noodles, salad dressing

disodium inosinate	IMP, Disodium 5-inosinate, sodium 5-inosinate	flavor enhancer (almost always used in conjunction w/ MSG or disodium inosinate)	ADD & ADHD	potato chips, canned foods, sauces, snack foods, cured meat, instant noodles, salad dressing
monosodium glutamate	MSG, sodium glutamate	flavor enhancer	ADD & ADHD	bouillon cubes, processed meats, seasoning mixtures
sodium glutamate	monosodium glutamate, MSG, Ajinomoto, Vetsin, Ac'cent, Tasting Powder	artificial flavor enhancer	ADD & ADHD	stocks, condiments, snack foods
vanillin	ethylvanillin	synthetic vanilla flavoring agent	ADD & ADHD	ice cream, chocolate

## No Artificial Sweeteners

acesulfame-potassium	acesulfame K, Ace K, Sunnett, Sweet One	artificial sweetener	ADD & ADHD	shakes
aspartame	Nutrasweet	artificial sweetener	ADD & ADHD	soda, diet foods
calcium saccharin	saccharin calcium, sodium saccharin, potassium saccharin	artificial sweetener	ADD & ADHD	jams, dessert toppings
cyclamates		artificial sweetener	ADD & ADHD	soda, diet foods
Equal	aspartame	artificial sweetener	ADD & ADHD	"the blue packet"
saccharin	Sweet-n-Low, benzoic sulfilimine	artificial sweetener	ADD & ADHD	soda, candy
sucralose	Nevella	artificial sweetener	ADD & ADHD	candy, breakfast bars, soda
Sweet-n-Low	saccharin, Sweet Twin, Necta Sweet	artificial sweetener	ADD & ADHD	"the pink packet", diet foods

## No Artificial Preservatives

acetylated- esters of mono & diglycerides		emulsifier	ADD & ADHD	
benzoates	sodium benzoate, potassium benzoate	anti-fungal preservative	ADD & ADHD	salad dressing, soda, pickles, jellies, fruit juice (acidic foods)

butylated hydroxyanisole	BHA	antioxidant, preservative	ADD & ADHD	chewing gum
butylated hycroxytoulene	BHT	antioxidant, preservative	ADD & ADHD	canned soups, cereal, crackers
brominated vegetable oil	BVO	flavor carrier/emulsifier	ADD & ADHD	citrus flavored soda
butane glycol		humectant, flavor solvent	ADD & ADHD	sausage casing, animal feed
calcium disodium EDTA	EDTA, disodium calcium EDTA	preservative, stabilizer	ADD & ADHD	soft drinks
calcium propionate	calcium propanoate	preservative	ADD & ADHD	bread, processed meats, dairy
diacetyl tartaric and fatty acid esters of mono and diglycerides	DATEM	emulsifier	ADD & ADHD	
dimethylpolysiloxane	polydimethylsiloxane, PDMS, dimethicone, methyl silicone	antifoaming agent, anticaking agent	ADD & ADHD	McDonald's chicken nuggets, silly putty
disodium calcium EDTA	EDTA, Ethylenediaminetetraacetic acid, Calcium Disodium Edathamil, Calcium Disodium EDTA, Calcium Disodium Edetate, Calcium Disodium Versenate, Calcium Edetate, Calcium EDTA, Chelation Therapy, Disodium Edathamil, Disodium Edetate, Disodium EDTA, Disodium ethylenediamine tetraacetic acid, Disodium Tetraacetate, Ethylenediamine tetraacetic acid, Iron EDTA, Sodium Edetate, Trisodium ethylenediamine tetraacetic acid, disodium dihydrogen EDTA	preservative	ADD & ADHD	lard, canned beans, processed meats, processed fruits & vegetables

EDTA	Ethylenediaminetetraacetic acid, Calcium Disodium Edathamil, Calcium Disodium EDTA, Calcium Disodium Edetate, Calcium Disodium Versenate, Calcium Edetate, Calcium EDTA, Chelation Therapy, Disodium Edathamil, Disodium Edetate, Disodium EDTA, Disodium ethylenediamine tetraacetic acid, Disodium Tetraacetate, Ethylenediamine tetraacetic acid, Iron EDTA, Sodium Edetate, Trisodium ethylenediamine tetraacetic acid, disodium dihydrogen EDTA	preservative	ADD & ADHD	lard, canned beans, processed meats, processed fruits & vegetables
ethylene oxide	oxirane	preservative, fumigant	ADD & ADHD	dried fruit
ethyocyquin	Stop-Scald	preservative, color retention agent, pesticide	ADD & ADHD	pet food, spices
hexa-, hepta-, & octa-esters of sucrose		emulsifier for food coloring	ADD & ADHD	
irradiated foods		ionizing radiation to kill bacteria & prevent decay	ADD & ADHD	single-source spices, fresh meat, produce, eggs, bulk grains
methyl paraben		preservative	ADD & ADHD	
natamycin <b>OK CHEESE RINDS ONLY</b>		mold inhibitor	ADD & ADHD	dairy, sausage
nitrates	nitrites, sodium nitrite	antioxidant, flavor, color retention	ADD & ADHD	processed meats
polydextrose	Litesse, Sta-Lite, Trimcal	fiber additive, humectant, thickener,	ADD & ADHD	cereal, baked goods, dairy

		stabilizer		
polysorbate 60		emulsifier, preservative	ADD & ADHD	ice cream, frozen desserts
polysorbate 65		emulsifier, preservative	ADD & ADHD	ice cream, frozen desserts
polysorbate 80		emulsifier, preservative	ADD & ADHD	ice cream, frozen desserts
potassium benzoate		antifungal agent	ADD & ADHD	fruit juice, soda, pickles
potassium bisulfite	potassium hydrogen sulfite, potassium metabisulfite	preservative, antioxidant, color retention	ADD & ADHD	wine, beer, dried fruits
potassium metabisulfite <b>OK IN WINE ONLY</b>	potassium bisulfite, potassium hydrogen sulfite	preservative, antioxidant, color retention	ADD & ADHD	wine, beer, dried fruits
potassium sorbate		preservative, antifungal agent	ADD & ADHD	cheese, wine, yogurt, dried meats, apple cider, soft drinks, fruit drinks
propionates	calcium, sodium or potassium propionate	preservative, antifungal agent	ADD & ADHD	baked goods
propyl gallate	propyl 3,4,5-trihydroxybenzoate	preservative	ADD & ADHD	vegetable oils, mayonnaise, processed meats
propylene glycol		humectant, flavor solvent	ADD & ADHD	condiments, snack foods
propyl paraben		preservative	ADD & ADHD	
sodium benzoate	benzoate of soda	preservative, antifungal agent	ADD & ADHD	fruit juices
sodium bisulfite	sodium hydrogen sulfite, LeafGreen	preservative, antioxidant, color retention	ADD & ADHD	wine, candy, dried fruit, salad bars

sodium erythorbate		preservative	ADD & ADHD	processed meats, soda
sodium metabisulfite <b>OK IN SHIPPING PADS ONLY</b>	sodium pyrosulfite	preservative, antioxidant, color retention	ADD & ADHD	wine, shipping materials
sodium nitrite	nitrates	preservative, color retention agent	ADD & ADHD	preserved fish & meats
sodium propionate	propionates	preservative, antifungal agent	ADD & ADHD	baked goods
sodium silicoaluminate	silic acid, aluminium sodium salt, aluminosilicic acid, sodium salt, sodium aluminum sillicate, aluminum sodium silicate, sodium silico	anti-caking agent	ADD & ADHD	table salt, dried milk substitutes, flour
sodium sulfite	sodium sulphite	preservative	ADD & ADHD	dried fruit, processed meat
sodium thiosulfate	hypo	antibrowning preservative	ADD & ADHD	potato products
sorbic acid	calcium sorbate, 2,4-hexadienoic acid	preservative, antifungal agent	ADD & ADHD	bread, cheese, cured meats, wine
sucroglycerides		emulsifer	ADD & ADHD	dairy drinks, ice cream, pudding
stannous chloride	tin chloride	preservative, color retention	ADD & ADHD	canned beans, canned asparagus
succinic acid	butanedioic acid, spirit of amber	flavor enhancer, preservative	ADD & ADHD	baked goods, fermented drinks
tertiary butylhydroquinone	TBHQ	preservative	ADD & ADHD	vegetable oils, frozen fish
tetrasodium	EDTA	preservative	ADD & ADHD	beer

No Bleached or Bromated Flour

ammonium chloride	armagnac, sal armoniac, salt armoniack	dough conditioner	Damages nutrients in food	flour products, bread, cereal
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azodicarbonamide	azobisformamide	flour beaching agent	Damages nutrients in food	flour products, bread
benzoyl peroxide		flour bleaching agent	Damages nutrients in food	baked goods
bleached flour		artificially whitened & aged flour	Damages nutrients in food	flour products, baked goods
bromated flour		artificially elasticized & aged flour	carcinogen	flour products, baked goods
calcium bromate		dough conditioner, bleaching agent	carcinogen	flour products, bread
calcium peroxide		dough conditioner, bleaching agent	Damages nutrients in food	flour products, bread
calcium stearoyl-2-lactylate	sodium stearoyl lactylate, sodium stearoyl fumarate, sodium stearoyl-2-lactylate, calcium stearoyl-2-lactylate	dough conditioner, emulsifier	Damages nutrients in food	baked goods, egg whites, powdered beverage mixes
cysteine	l-cysteine	dough softner	Damages nutrients in food	flour products, bread
lactylated esters of mono- and diglycerides			Damages nutrients in food	
potassium bromate		dough conditioner, flour maturing agent	carcinogen	bread, malt barley
sodium aluminum phosphate	SALP	leavening agent	Damages nutrients in food	flour products, bread
sodium aluminum sulfate		flour bleaching agent	Damages nutrients in food	baked goods
sodium stearoyl-2-lactylate	SSL	dough conditioner, emulsifier, fat & sugar replacer	Damages nutrients in food	baked goods

## No Antibiotics or Synthetic Growth Hormones in Fresh Meat or Dairy

bovine somatotropin	BST, bST	growth hormone, milk production increaser	Obesity, Hormone Imbalance, Early onset of puberty	milk
rBGH	rBST	genetically modified growth hormone	Obesity, Hormone Imbalance, Early onset of puberty	milk

## Ingredients or Processes not Meeting our Definition of 'Real' Food



cottonseed oil				
fois gras	fatty duck liver	ducks confined to small individual cages and force fed to create enlarged liver		
lead soldered cans		packaging where lead gets into food	lead poisoning	imported canned foods
methylene chloride	dichloromethane, DCM	solvent	Carcinogen	coffee & tea decaffination, spice extraction
propylene oxide				plastics, food sanitation
solvent extracted oils		chemical extraction of oil from base material		cooking oils