

Common Food Additives

Each label on foods tell a story. Look at the ingredients and the allergy warning to see if the food contains anything off-limits. Chose additive free foods where possible.

Additives to Avoid

- CARRAGEENAN: Thickening, gelling, and stabilizing agent in almond milk or deli meat
- CORN STARCH: Grain-based thickening agent
- MONOSODIUM GLUTAMATE (MSG): Flavor enhancer common in canned tuna or broth
- SOY LECITHIN: Soy-based emulsifier found in almond milk, tea bags
- SULPHITES (sulphur dioxide, sodium bisulfite, potassium metabisulfite): Preservative common in dried fruit or canned coconut milk

Additives to be used in limited amounts

- ACETIC ACID - Preservative or flavor enhance in vinegar or pickled foods
- ALPHA TOCOPHEROL (Vitamin E) -Antioxidant, nutrient
- ASCORBIC ACID (Vitamin D) - Antioxidant, nutrient, color stabilizer
- BETA-CAROTENE - Coloring agent, carotenoid (nutrient)
- CALCIUM CARBONATE - Used as an inexpensive calcium supplement in almond milk
- CALCIUM CHLORIDE - Firming agent, salty flavoring in canned tomatoes or pickles
- CITRIC ACID, SODIUM CITRATE - Preservative or flavoring common in canned tomatoes
- FERROUS GLUCONATE - A common color-preserving agent found in canned olives
- GELLAN GUM - Thickening and stabilizing agent common in canned coconut milk
- INULIN - Fiber and fat substitute
- LACTIC ACID - Produced by fermentation of carbohydrates, found in kombucha
- LOCUST BEAN GUM - Thickening and stabilizing agent common in almond milk
- NIACIN (Vitamin B3) - Nutrient
- PECTIN (Sodium Pectinate) - Gelling agent common in jams or jellies



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- POTASSIUM CHLORIDE - Salt substitute
- POTATO STARCH - Thickening agent
- RIBOFLAVIN (VITAMIN B2) - Nutrient
- SALT (SODIUM CHLORIDE) - Flavoring, preservative
- SODIUM NITRITE, SODIUM NITRATE - Preservative, coloring, or flavoring agent
- SUNFLOWER LECITHIN - An emulsifier found in almond milk, as an alternative to soy
- XANTHAN GUM - Thickening and stabilizing agent common in almond milk
- ZINC GLUCONATE - Popular form for the delivery of zinc as dietary supplement

