

Common Ingredients on Food Labels

Ingredients are listed in order of weight. You should carefully check ingredients for contents like partially hydrogenated and hydrogenated oils, as these signify the presence of trans fats. Also look for added sugars (see below) and whole grains—the label must say “whole,” not just “wheat flour.”

Ingredients:

<p>Aspartame: <i>artificial sweetener</i></p> <p>Sugar: <i>high-fructose corn syrup or corn syrup, agave nectar, barley malt syrup or dehydrated cane juice (Naturally occurring sugars are found naturally in foods such as fruit (fructose) and milk (lactose).)</i></p> <p>Salt: <i>used as food preservatives; sodium benzoate, disodium, monosodium glutamate (MSG), sodium nitrite</i></p> <p>Trans Fat: <i>mainly partially hydrogenated oil and hydrogenated oil</i></p> <p>Nitrites and Nitrates: <i>chemicals commonly used as coloring agents, preservatives and flavoring; sodium nitrite</i></p> <p>Potassium Bromate: <i>used to strengthen bread and cracker dough and help it rise during baking. Also labeled as: bromated flour</i></p> <p>Propyl Paraben: <i>used as a preservative in foods such as tortillas, muffins and food dyes</i></p> <p>Butylated Hydroxyanisole (BHA): <i>a preservative used widely in a variety of foods including chips and preserved meats. It is also added to fats and to foods that contain fats and is allowed as a preservative in flavoring.</i></p>	<p>Butylated Hydroxyanisole (BHA): <i>a preservative used widely in a variety of foods including chips and preserved meats. It is also added to fats and to foods that contain fats and is allowed as a preservative in flavoring.</i></p> <p>Butylated Hydroxytoluene (BHT): <i>added to food as a preservative</i></p> <p>Propyl Gallate: <i>a preservative in products that contain edible fats, such as sausage and lard.</i></p> <p>Artificial Colors: <i>caramel colors III and IV; FD&C Yellow 5 or Yellow 5</i></p> <p>Flavoring Additives: <i>Diacetyl, used as a butter flavoring in microwave popcorn, to flavor dairy products such as yogurt and cheese as well as in “brown flavorings” such as butterscotch and maple and in fruit flavorings such as strawberry and raspberry; 2,3-pentanedione and acetaldehyde</i></p> <p>Phosphates: <i>most common food additives. They can be used to leaven baked goods, reduce acid and improve moisture retention and tenderness in processed meats.</i></p> <p>Aluminum Additives: <i>Additives containing aluminum, such as sodium aluminum phosphate and sodium aluminum sulfate, are used as stabilizers in many processed foods.</i></p>
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Helpful websites: *suggested solely for the information*

EWG’s Food Scoring: http://www.ewg.org/foodscores?_ga=1.201863765.515440260.1453931031

FDA: <http://www.fda.gov/Food/IngredientsPackagingLabeling/default.htm>

PCC Natural Markets: http://www.pccnaturalmarkets.com/products/qs_ingredients.html

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