<table>
<thead>
<tr>
<th>Ingredients to Avoid in Processed Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acesulfame Potassium</td>
</tr>
<tr>
<td>Artificial Flavors</td>
</tr>
<tr>
<td>Aspartame (Nutrasweet)</td>
</tr>
<tr>
<td>Autolyzed Yeast Extract</td>
</tr>
<tr>
<td>Azodicarbonamide</td>
</tr>
<tr>
<td>BHA</td>
</tr>
<tr>
<td>BHT</td>
</tr>
<tr>
<td>Bleached Flour</td>
</tr>
<tr>
<td>Blue 1</td>
</tr>
<tr>
<td>Calcium Peroxide</td>
</tr>
<tr>
<td>Calcium Propionate</td>
</tr>
<tr>
<td>Canola Oil</td>
</tr>
<tr>
<td>Caramel Color</td>
</tr>
<tr>
<td>Carrageenan</td>
</tr>
<tr>
<td>Cellulose</td>
</tr>
<tr>
<td>Citric Acid</td>
</tr>
<tr>
<td>Corn Oil</td>
</tr>
<tr>
<td>Corn Syrup</td>
</tr>
<tr>
<td>Cottonseed Oil</td>
</tr>
<tr>
<td>DATEM</td>
</tr>
<tr>
<td>Dextrose</td>
</tr>
<tr>
<td>Dimethylpolysiloxane</td>
</tr>
<tr>
<td>Enriched Flour</td>
</tr>
<tr>
<td>Erythritol</td>
</tr>
<tr>
<td>Fructose or Fructose Syrup</td>
</tr>
<tr>
<td>Gellan Gum</td>
</tr>
<tr>
<td>Guar Gum</td>
</tr>
<tr>
<td>High Fructose Corn Syrup</td>
</tr>
<tr>
<td>Hydrolyzed Proteins</td>
</tr>
<tr>
<td>Locust Bean Gum</td>
</tr>
<tr>
<td>Maltodextrin</td>
</tr>
<tr>
<td>Methylparaben</td>
</tr>
<tr>
<td>Monoglycerides and Diglycerides</td>
</tr>
<tr>
<td>Monosodium Glutamate</td>
</tr>
<tr>
<td>Natural Flavors</td>
</tr>
<tr>
<td>Neotame</td>
</tr>
<tr>
<td>Potassium Benzoate</td>
</tr>
<tr>
<td>Partially Hydrogenated Oils</td>
</tr>
<tr>
<td>Propyl Gallate</td>
</tr>
<tr>
<td>Propylparaben</td>
</tr>
<tr>
<td>Red 3</td>
</tr>
<tr>
<td>Red 40</td>
</tr>
<tr>
<td>Sodium Benzoate</td>
</tr>
<tr>
<td>Sodium Nitrate</td>
</tr>
<tr>
<td>Sodium Nitrite</td>
</tr>
<tr>
<td>Sodium Phosphate</td>
</tr>
<tr>
<td>Soybean Oil</td>
</tr>
<tr>
<td>Soy Protein Isolate</td>
</tr>
<tr>
<td>Sucralose (Splenda)</td>
</tr>
<tr>
<td>Stevia Extract (rebaudioside A or reb A)</td>
</tr>
<tr>
<td>Synthetic Vitamins</td>
</tr>
<tr>
<td>TBHQ</td>
</tr>
<tr>
<td>Titanium Dioxide</td>
</tr>
<tr>
<td>Vanillin</td>
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<tr>
<td>Yeast Extract</td>
</tr>
<tr>
<td>Yellow 5</td>
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<tr>
<td>Yellow 6</td>
</tr>
</tbody>
</table>

**FOOD BABE**

_Vani Hari_