

# Ingredients To Avoid In Processed Food

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

**FOOD BABE**

*Vani Hari*