

Ingredients To Avoid In Processed Food (European Version)

Acesulfame Potassium – E950	Dimethylpolysiloxane – E900	Red 40 – E129
Aspartame (NutraSweet) – E951	Enriched Flour	Sodium Benzoate – E211
Autolyzed Yeast Extract	Erythritol – E968	Sodium Nitrate – E251
Azodicarbonamide – E927	Fructose or Fructose Syrup	Sodium Nitrite – E250
Bleached Flour	Gellan Gum – E418	Sodium Phosphate – E339
BHA – E320	Guar Gum – E412	Soybean Oil
BHT – E321	High Fructose Corn Syrup	Soy Protein Isolate
Blue 1 – E133	Hydrolyzed Proteins	Sucralose (Splenda) – E955
Calcium Peroxide – E930	Locust Bean Gum – E410	Stevia Extract
Calcium Propionate – E282	Methylparaben – E218	(rebaudioside A or reb A)
Canola Oil	Monoglycerides and	Synthetic Vitamins
Caramel Color – E150c, E150d	Diglycerides – E471	TBHQ – E319
Carrageenan – E407	Monosodium Glutamate – E621	Titanium Dioxide – E171
Cellulose – E460	Natural Flavors	Vanillin
Citric Acid – E330	Neotame – E961	Yeast Extract
Corn Syrup	Partially Hydrogenated Oils	Yellow 5 – E102
Corn Oil	Potassium Benzoate – E212	Yellow 6 – E110
Cottonseed Oil	Propyl Gallate – E310	
DATEM – E472e	Propylparaben – E216	
Dextrose	Red 3 – E127	

FOOD BABE

Vani Hari