

This is a list of **unsafe, unhealthy and/or potentially toxic ingredients** in food and products you should avoid. Adapted from Whole Foods Market's *Unacceptable Ingredients for Food* and Earth Fare's *Boot List*. Be sure to check the Environmental Working Group's website as well.

- 2,4,5-trihydroxybutyrophenone (THBP)
- acesulfame-potassium (acesulfame-K)
- acetoin (synthetic)
- acetone peroxides
- acetylated esters of mono and diglycerides
- activated charcoal
- advantame
- aluminum ammonium sulfate
- aluminum potassium sulfate
- aluminum starch octenylsuccinate
- aluminum sulfate
- ammonium alum
- ammonium chloride
- ammonium saccharin
- ammonium sulfate
- apricot kernel/extract
- artificial colors
- artificial fats
- artificial flavors
- artificial preservatives
- artificial sweeteners
- aspartame
- azo dyes
- azodicarbonamide
- bacillus subtilis DE111
- bacteriophage preparation
- bentonite
- benzoates in food
- benzoic acid
- benzophenone
- benzoyl peroxide
- benzyl alcohol
- beta-cyclodextrin
- BHA (butylated hydroxyanisole)
- BHT (butylated hydroxytoluene)

- bleached flour
- bromated flour
- brominated vegetable oil (BVO)
- BST (bovine somatotropin)
- burnt alum
- butane glycol
- butylparaben
- caffeine, extended release
- calcium benzoate
- calcium bromate
- calcium disodium EDTA
- calcium peroxide
- calcium propionate
- calcium saccharin
- calcium sorbate
- calcium stearoyl-2-lactylate
- canthaxanthin
- caprenin
- caprocaprylobehenin
- carmine (cochineal)
- certified colors
- charcoal powder
- Citrus Red No. 2
- cochineal
- cotton seed oil
- cyclamates
- datem
- Diacetyl tartaric and fatty acid esters (DATEM) of mono and diglycerides
- dimethyl Silicone
- dimethylpolysiloxane
- dioctyl sodium sulfosuccinate (DDS)
- disodium 5'-ribonucleotides
- disodium calcium EDTA
- disodium dihydrogen EDTA
- disodium EDTA
- disodium guanylate
- disodium inosinate
- dl-alpha-tocopheryl acetate
- dodecyl gallate
- EDTA

- Erythrosine
 - ethyl acrylate (synthetic)
 - ethyl vanillin
 - ethylene glycol
 - ethylene oxide
 - ethylenediamine tetraacetic acid EDTA
 - ethyocquin/ethoxyquin
 - eugenyl methyl ether (synthetic)
 - FD&C colors, ALL types
 - foie gras (due to inhumaneness; banned in California)
 - gardenia blue
 - glucose-fructose syrup
 - GMP (disodium guanylate)
 - gold leaf
 - heptylparaben
 - hexa-, hecta, and hepta-esters of sucrose
 - high fructose corn syrup (HFCS)
 - hjijiki
 - hydrogenated oil or fat (artificial trans fats)
 - hydrogenated starch hydrolysate
 - IMP (disodium inosinate)
 - Inosine monophosphate
 - insect flour
 - iron oxide
-
- irradiated foods
 - isoglucose
 - kava/kava kava
 - lactic acid esters of monoglycerides
 - lactylated esters of mono- and diglycerides
 - lead soldered cans
 - ma huang
 - margarine
 - methyl silicone
 - methylparaben
 - methylene chloride
 - microparticulated whey protein (derived fat substitute)
 - monoammonium glutamate
 - monopotassium glutamate
 - monosodium glutamate (MSG)

- myrcene (synthetic)
- natamycin-cheese slices, crumbles, shreds (may be ok in cheese-rind wax)
- neotame
- nitrates/nitrites
- octyl gallate
- Oil, solvent extracted
- olestra
- Orange B
- oxystearin
- partially hydrogenated oil
- plant sterols
- polydextrose
- polysorbate 60
- polysorbate 65
- polysorbate 80
- potassium alum
- potassium benzoate
- potassium bisulfite (may be ok in wine, mead, cider)
- potassium bromate
- potassium hydroxide
- potassium metabisulfite (may be ok in wine, mead, cider)
- potassium nitrate
- potassium nitrite
- potassium propionate
- potassium sorbate
- propane-1,2-Diol esters of fatty acids
- propionates
- propionic acid
- propyl gallate
- propylene glycol
- propylene oxide
- propylparaben
- pulegone (synthetic)
- pyridine (synthetic)
- Ractopamine
- rBGH
- saccharin
- saccharin sodium salt
- salatrim (short and long chain acyl triglyceride molecule)
- shark cartilage

- smoke flavor (synthetic)
- sodium acid sulfate
- sodium alum
- sodium aluminum phosphate
- sodium aluminum sulfate
- sodium benzoate
- sodium bisulfite (may be ok in wine, mead, cider)
- sodium cyclamate
- sodium diacetate
- sodium erythorbate
- sodium glutamate
- sodium hexametaphosphate
- sodium lauryl sulfate
- sodium metabisulfite-food additive (may be ok in wine, mead, cider)
- sodium nitrate
- sodium nitrite
- sodium propionate
- sodium saccharin
- sodium sorbate
- sodium silicoaluminate
- sodium stearoyl lactylate
- sodium stearoyl-2-lactylate
- sodium sulfite (may be ok in wine, mead, cider)
- sodium thiosulfate
- sodium tripolyphosphate
- solvent extracted oils
- sorbic acid
- stannous chloride
- succistearin
- sucralose
- sucroglycerides
- sucrose acetate isobutyrate
- sucrose ester
- sucrose polyester
- sulfites (may be ok in wine, mead, cider)
- sulfur dioxide (may be ok in wine, mead, cider)
- TBHQ (tertiary butylhydroquinone)
- tetrasodium EDTA
- thiodipropionic acid
- toluene

- tonka bean/extract
- transfats
- Transglutaminase
- Vanillin (synthetic)