Stanislaus County
Office of
Education

Child/Family Services

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Resource & Referral Handout

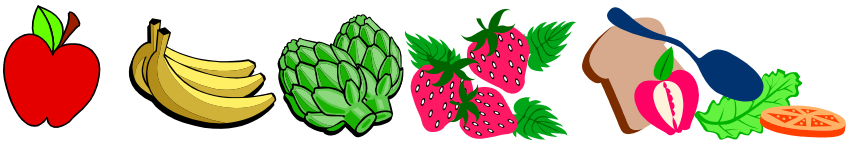
Making a Choice on Food Additives

Here is a guideline for you to use when purchasing foods*. This list includes additives that you will see most commonly in foods on the supermarket shelves.

Beneficial Additives:
Vitamin A & D
Iodine
Iron, thiamin, riboflavin, niacin
Ascorbic acid (Vitamin C)
Beta-carotene (Vitamin A)

Safe Additives
Calcium proprionate
Calcium steroyl lactate
EDTA
Fumaric acid
Glycerin
Lactic acid
Gums - locust bean arabic, furcellan, guar, acacia

Limit Use Of:
Sodium nitrite and nitrate
MSG
Caffeine
Propyl gallate
Sodium bisulfide
Sulfur dioxide
Sucrose, corn syrup, dextrose, salt

Avoid Use Of:
Artificial flavors and colors
Brominated vegetable oils
BHT
Saccharine

***List modified from "Chemical Cuisine", Center for Science in the Public Interest, 1755 S Street, N.W., Washington, D.C., 20009.**
The Good-Food Action Plan