

Food & Additives that are Safe

- AGAR
- AMARANTH (G.F. but could have cross contamination)
- APPLE CIDER VINEGAR
- ARROWROOT
- ARABIC GUM
- ASPARTAME
- ASCORBIC ACID
- BEANS
- BHA
- BHT
- BETA CAROTENE
- BIOTIN
- BUCKWHEAT (G.F. but could have cross contamination)
- CORN OIL
- CORN FLOWER
- CORNMEAL
- CORN
- CORNSTARCH
- CHICKPEA FLOUR
- CAROB BEAN
- CAROB FLOUR
- CELLULOSE GUM
- CREAM OT TATAR
- CALCIUM
- CHLORIDE
- CALCIUM PHOSPHATE

- CARBOXMENTHYCELLULOSE
- CAROB BEAN GUM
- CARRAGRENAN
- CITRIC ACID
- CORN SWEETENER
- DEXTRIMALTOSE
- EGGS
- FISH (FRESH)
- FRUCTOSE
- FUNARIC ACID
- GARBONZA BEAN FLOUR
- GELATIN
- HERBS
- INVERT SUGAR
- LARD
- LENTILS
- LOCUST BEAN
- LACTIC ACID
- LACTOSE
- LECITHIN
- LOCUST BEAN GUM
- MILK (IF FLAVORED READ LABEL)
- MALIC ACID
- MILLET (G.F. but could have cross contamination)
- NUTS (IF FLAVORED READ LABEL)
- NIACIN
- NIACINAMIDE
- OLIVE OIL

- PEANUT OIL
- POTATO FLOUR
- POTATO STARCH
- POLENTA (READ LABEL)
- POWDERED SUGAR (Check Label to make sure it does not contain modified food starch)
- PSYLLIUM
- POLYGLYCEROL
- POLSORBATE
- RICE FLOUR
- SAFFLOWER OIL
- SPICES (IF THEY ARE PURE)
- SODA
- SODIUM ASCORBATE
- SODIUM BEZOATE
- SODIUM CITRATE
- SODIUM NITRATE
- SOY OIL (IF NOT SENSITIVE TO SOY)
- SUCROSE
- SULFOSUCCINATE
- SUNFLOWER OIL
- TAPIOCA
- TAPIOCA FLOUR
- TARTARIC ACID
- TEFF (Gluten Free, but could have cross contamination)
- VANILLIN (Read Label)
- XANTHAN GUM
- YOGURT (READ LABEL FIRST)

- WHITE WINE VINEGAR