

A woman with long brown hair, wearing a yellow long-sleeved shirt, is looking down at a food label in a grocery store. The background shows shelves stocked with various products, including some with red and blue packaging. A semi-transparent beige box is overlaid on the image, containing the title and text.

Sneaky Ingredients

SOME LABELED INGREDIENTS
SOUND HARMLESS BUT ARE IN
FACT DANGEROUS TO OUR
HEALTH. DON'T BE FOOLED BY
THESE INGREDIENTS FOUND
ON FOOD LABELS.

SNEAKY INGREDIENTS TO AVOID



SUGAR

- AGAVE NECTAR
- BROWN RICE SYRUP
- ORGANIC CANE SUGAR
- ETHYL MALTOL
- DEXTROSE
- FRUCTOSE
- FRUIT JUICE CONCENTRATE
- BARLEY MALT (SYRUP)
- CANE JUICE (EVAPORATED CANE JUICE)
- BEET SUGAR
- CAROB SYRUP



OILS

- CANOLA OIL
- VEGETABLE OIL
- SOYBEAN OIL
- PALM OIL
- COTTONSEED OIL
- GRAPESEED OIL
- CORN OIL
- SUNFLOWER OIL (MODERATION)
- SAFFLOWER OIL (MODERATION)
- SESAME OIL (MODERATION)
- PEANUT OIL (MODERATION)



ADDED FLAVORS

- NATURAL FLAVORS
- MONOSODIUM GLUTAMATE
- HIGH-FRUCTOSE CORN SYRUP
- ASPARTAME
- SUCRALOSE
- SACCHARIN
- ACESULFAME POTASSIUM
- ARTIFICIAL FLAVOR
- YEAST EXTRACT



ADDED COLORS

- ALL ADDED COLORS (ESPECIALLY RED 40, YELLOW 5, YELLOW 6 WITH ARE THE MOST COMMONLY FOUND)



EMULSIFIERS

- CARBOXYMETHYL CELLULOSE (CMC)
- POLYSORBATE 80 (P80)
- CARRAGEENAN
- POLYGLYCEROLS
- XANTHAN GUM
- SOY LECITHIN



PRESERVATIVES

- SODIUM NITRITE
- SODIUM BENZOATE
- POTASSIUM BROMATE
- BHA
- BHT
- PROPYL GALLATE
- SULPHITES