

Badditives

Compiled by Die, Food Dye! (www.DieFoodDye.com)

Acesulfame-K	<i>Some People are allergic to:</i>
Artificial colorings: blue 1, blue 2, green 3, orange b, red 2, red 3, red 33, red 40, yellow 5, yellow 6	Natural colorings: Annatto, Carmine/cochineal
Aspartame (Nutrasweet)	Benzoic acid
Brominated vegetable oil (BVO)	Caffeine
Butylated hydroxyanisole (BHA)	Casein
Butylated hydroxytoluene (BHT)	Guarana
Caramel coloring	Gum arabic (acacia)
Corn syrup	Gum tragacanth
Cyclamate (not legal in u.s.)	HVP (hydrolyzed vegetable protein)
Dextrose (corn sugar, glucose)	Lactose
Diacetyl	MSG (monosodium glutamate)
Fructose	Mycoprotein/Quorn
Heptyl paraben	Quinine
High-fructose corn syrup	Sucralose (Splenda)
Hydrogenated starch hydrolysate	
Invert sugar	
Lactitol	
Maltitol	
Mannitol	
Olestra (olean)	
Partially hydrogenated vegetable oil (trans fat)	
Polydextrose	
Potassium bromate	
Propylene glycol	
Propyl gallate	
Salatrim	
Salt	
Saccharin	
Sodium benzoate	
Sodium bisulfite	
Sodium caseinate corn syrup	
Sodium nitrate	
Sorbitol	
Sugar	
Sulfites	
Sulfur dioxide	
Tagatose	
Xylitol	