



SARAH SHARES  
GUIDE ON

*No-No  
Ingredients*



Artificial Flavoring

Artificial Food Coloring

Aspartame (NutraSweet)

BHA and BHT

Caramel Color

Calcium peroxide

Calcium propionate

Cellulose

Carrageenan

Corn Syrup

Dextrose

DATEM

Eythritol

High-Fructose Corn Syrup

Hydrolyzed proteins

Methylparben

Monoglycerides

Malodextrin

Monosodium Glutamate (MSG)

Neotame

Natural flavors

Partially hydrogenated oils

Potassium benzoate

Propyl gallate

Propylparaben

Sodium Nitrite

Sodium nitrite

Sodium Benzoate

Sodium benzonate

Sodium nitrate

Sucrose

Soybean oil

Sodium phosphate

Soy protein isolate

Trans Fat

TBHQ

Vanillin

Xanthan Gum

Yeast Extract