

Reading ingredients can be a real challenge but we're here to help!

VEGAN INGREDIENTS

accent	caustic soda	MSG
acesulfame K	cellulose gum	natural sugar
acesulfame potassium	charcoal	nonnutritive sweetener
acetic acid	chile saltpeter	norbixin
acid calcium phosphate	chondrus extract	Nutrasweet
acrylate-acrylamide resin	citric acid	nutritional yeast
acrylic acid	CMC	oleoresin
activated charcoal	cocoa butter	papain
agar/agar-agar	colophony	paprika
algin/alginat	corn gluten	paraffin
alginic acid	cream of tartar	plaster of Paris
alum	cyanocobalamin	polyacrylomite
aluminum ammonium	DevanSweet	polydextrose
annatto extract	diatomaceous earth	polyethylene
annatto seed	dicalcium phosphate	potash alum
apple acid	dihydrate	potassium
arabic	distilled vinegar	acid tartrate
ascorbic acid	Equal	bitartrate
aspartame	erythorbic acid	hydrogen tartrate
autolyzed yeast extract	essential oil	salt
baking powder	ethanol	sorbate
baking soda	ethyl alcohol	sulfate
beet sugar	ethyl vanillin	precipitated calcium
bentonite	fumaric acid	phosphate
benzoyl peroxide	gluten	1,2-propanediol
BHA	grain alcohol	propanoic/propionic acid
BHT	grain vinegar	propylene glycol
bicarbonate of soda	guar flour	resin
bioflavonoids	guar gum	rice syrup
brewer's yeast	guaran	Rochelle salts
bromelain/bromelin	gypsum	rosin
butanoic acid	hesperidin	rutin
butylated	hexadienoic acid	saccharin
hydroxyanisole	hydrogen peroxide	soda ash/lye
hydroxytoluene	Irish moss	sodium
butyric/n-butyric acid	isoascorbic acid	acid carbonate
calcium	Japanese isinglass	ascorbate
biphosphate	kieselguhr	benzoate
carbonate	light oil	benzoesulfimide
phosphate	lime	bicarbonate
propionate	locust bean gum	carbonate
salt	maleic/malic acid	carboxymethylcellulose
sulfate	malt extract	hydrogen carbonate
sulfate anhydrous	malt sugar	hydroxide
calcium phosphate	maltodextrin	isoascorbate
dibasic	maltol	nitrate
monobasic	maltose	potassium tartrate
tribasic	mannitol	tartrate
candelilla wax	methyl paraben	sorbic acid
caramel color	methyl-p-hydroxy-	sorbistat/sorbitan
carboxymethyl-cellulose	benzoate	spirit vinegar
carnauba wax	mineral oil	St. John's bread
carob bean gum	molasses	Sucanat
caroid	monocalcium phosphate	succinic acid
carrageenan	monosodium glutamate	Sunette

ingredient vegan guide
LEARNING TO READ INGREDIENTS

tartaric acid
textured soy flour
textured soy protein
textured vegetable protein
tricalcium phosphate
turbinado sugar
tumeric/turmeric
TVP
unmodified starch
vanilla/vanillin
vanilla extract
vinegar
vital wheat gluten
vitamin B-12
vitamin C
vitamin P complex
washed raw sugar
wheat gluten
wheat isolate
white vinegar
white oil
xanthan gum
yeast autolyzates
zein
zest

NON-VEGAN

carmine/carminic acid
cis-9-octadecenoic acid
cochineal
dripping
gelatin
Hi-Vegi-Lip
hydrogenated tallow
isinglass
keratin
lard/lard oil
lipase
myristic acid
n-hexadecanoic acid
n-tetradecanoic acid
oleic acid
palmitic acid
pancreatin

pancreatic extract
pepsin
pork fat/pork oil
suet
tallow/tallow flakes
trypsin

MAYBE NON-VEGAN

activated carbon
adipic acid
anticaking agent
alpha tocopherol
amylase
antimicrobial agent
antispoiltant
artificial coloring
butyl lactate
calciferol
calcium pantothenate
calcium stearate
capric acid
chelating agent
clarifier/clarifying agent
colorose
d-pantothenamide
diglyceride
disodium inosinate
dough strengthener
ethyl lactate
fat/fatty acid
fining agent
firming agent
folacin/folic acid
free-flow agent
glyceride/glycerol
glycerin/glycerine
hexanedioic acid
high fructose corn syrup
inversol
invert sugar/sugar syrup
isomerized syrup
lactic acid/lactoflavin
leavener/leavening agent
lecithin

levulose-bearing syrup
magnesium stearate
maple sugar/syrup
modified food starch
monoglyceride
monooleate
monostearate
n-decanoic acid
n-octadecanoic acid
natural coloring/flavor
niacin/niacinamide
nicotinamide
nicotinic acid
nutritive sweetener
Olean
Olestra
pantothenic acid
phenylalanine
preservative
pyridoxal/pyridoxamine
pyridoxine
pyridoxine hydrochloride
pyridoxol hydrochloride
reducing agent
refined sugar
rennet/rennin
retinol
riboflavin
riboflavin-5-phosphate
sequestering agent
sodium
pantothenate
polyoxyethylene (20)
sorbitan
polysorbate
60
80
processing aid
protein
pteroyl glutamic acid
sodium steoroyl lactylate
sorbitol
stabilizer
stearic acid

sucrose
sucrose polyester
sugar/sugar syrup
surface-active agent
surfactant
thickener
texturizer
thiamin/thiamine
thiamine
hydrochloride
mononitrate
mononitrite
tocopherol
vitamin
A
A acetate
A palmitate
A propionate
B-1
B-2
B-3
B-5
B-6
B-6 hydrochloride
D-2
E
wine
yeast food

PAN promotes a peaceful existence through veganism, social justice, and respect for the Earth's inhabitants and resources. For more information, or to make a donation to our efforts, visit us at any of the following:



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P.O. Box 1463,
Baltimore, MD 21203

vrg@vrg.org
410.366.8343
www.vrg.org