Read every label carefully. Look at the ingredients and the allergy warning to see if the food contains anything off-limits.

### NO OFF-LIMITS FOR THE PROGRAM

- **Carrageenan**
  - Thickening, gelling, and stabilizing agent common in plant-based cheeses, yogurts, milk and meat alternatives.

- **Corn starch**
  - Grain-based thickening agent

- **Sulffites (sulfer dioxide, sodium bisulfite, potassium metabisulfite)**
  - Preservative common in dried fruit or canned coconut milk

### YES ACCEPTABLE FOR THE PROGRAM

- **Acacia or agave inulin**
  - Soluble fiber, prebiotic source, common in milks or creamers.

- **Acetic acid**
  - Preservative or flavor enhancer in vinegar or pickled foods.

- **Alpha tocopherol (Vitamin E)**
  - Antioxidant, nutrient.

- **Ascorbic acid (Vitamin C)**
  - Antioxidant, nutrient, color stabilizer.

- **Beta-carotene**
  - Coloring agent, carotenoid (nutrient).

- **Calcium carbonate**
  - Used as an inexpensive calcium supplement in plant-based milks.

- **Calcium chloride**
  - Firming agent, salty flavoring in canned tomatoes or pickles.

- **Citric acid, sodium citrate**
  - Preservative or flavoring common in canned tomatoes.

- **Extracts**
  - Botanical or floral extracts (like vanilla) used as flavoring.

- **Ferrous gluconate**
  - A common color-preserving agent found in canned olives.

- **Gums (acacia, gellan, guar, locust bean, xanthan)**
  - Thickening and stabilizing agent common in milks or creamers.

- **Inulin (FOS) and oligosaccharides like IMO, GOS, XOS**
  - Soluble fiber, prebiotic source, common in beverages.

- **Lactic acid**
  - Produced by fermentating carbohydrates, often in kombucha.

- **Natural flavors**
  - Flavoring agent common in a wide variety of products.

- **Niacin (Vitamin 83)**
  - Nutrient.

- **Pectin (sodium pectinate)**
  - Gelling agent common in jams or jellies.

- **Potassium chloride**
  - Salt substitute.

- **Potato starch**
  - Thickening agent.

- **Riboflavin (Vitamin B2)**
  - Nutrient.

- **Salt (sodium chloride)**
  - Flavoring, preservative.

- **Sodium nitrite, sodium nitrate**
  - Preservative, coloring, or flavoring agent.

- **Sunflower lecithin**
  - An emulsifier found in plant-based milks, as an alternative to soy.

- **Zinc gluconate**
  - Popular form for the delivery of zinc as a dietary supplement.