

⚠️ *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
- ✗ **Sulfites (sulfur 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 fermenting carbohydrates, often in kombucha.
- ✓ **Natural flavors**
Flavoring agent common in a wide variety of products.
- ✓ **Niacin (Vitamin B3)**
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.