

Demystifying Food Labels

What they do say... What they don't say... and What to believe

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Contents

Demystifying Food Labels	1
What goes into food choices?.....	2
Simple approach to healthy diet: “Eat Real Food”	2
Whole food – what does it look like?.....	2
Fruits and Vegetables.....	2
What produce should you consider buying organic?	3
Eggs, Dairy and Meats.....	4
Everything else.....	4
Front of Package	4
Back of the package – it is the only way to know what is in your food.	5
Nutrition Facts label.....	5
Ingredients list: It is not as simple as it seems.....	6
Food ingredient list examples:.....	10
RESOURCES:	15
About the contributors:	16



What goes into food choices?

What goes into one's food choices is highly variable and depends on one's individual health needs and concerns, health conditions, food sensitivities, desire to avoid food additives, environmental concerns, and personal preference. These preferences can include, but are not limited to:

1. Sugar content
2. Fat content
3. Whole grain content
4. Avoidance of gluten
5. Avoidance of lactose
6. Food allergies
7. Vegetarian (no meat products including red meat, poultry, fish, seafood, gelatin etc.)
8. Vegan (no animal products including eggs, dairy, honey, etc.)
9. Avoidance of pesticides (organically raised or locally raised without pesticides)
10. Avoidance of genetically modified ingredients (GM/GMO ingredients)
11. Avoidance of artificial sweeteners
12. Avoidance of MSG/free glutamates
13. Humane farming practices

Simple approach to healthy diet: “Eat Real Food”

Buying whole foods and preparing from scratch are the simplest ways to move towards a healthier diet. This becomes complicated when facing choices between conventionally grown vs. organic foods, GMO vs. non-GMO, food allergies or considering food sensitivities such as lactose intolerance, gluten sensitivity, or avoidance of MSG/free glutamates for which labelling is not obvious. This is further complicated by hectic lifestyles. Having some well-chosen convenience foods is important.

“Here’s a rule of thumb to get you started: when at the grocery store, ask yourself if your great grandmother would have recognized what you’re putting in your cart as food.”

Source: Food Renegade <http://www.foodrenegade.com/the-basics/real-food/>

Whole food – what does it look like?

Sounds like a silly question, but even for fruits, vegetables and grains there are conventionally grown, genetically modified (GM), and organic varieties to choose from and for dairy and meats conventionally raised, organic, various humanely grown certifications to evaluate.

Fruits and Vegetables

Organically grown: “Organically grown food is food grown and processed using no synthetic fertilizers or pesticides.” (US EPA)

Conventionally grown: Conventionally grown farming uses chemical fertilizers, synthetic insecticides and herbicides to manage weeds. Many conventionally grown crops are also genetically modified.

Genetically modified: “GMOs, or “genetically modified organisms,” are plants or animals created through the gene splicing techniques of biotechnology (also called genetic engineering, or GE). This experimental technology merges DNA from different species, creating unstable

combinations of plant, animal, bacterial and viral genes that cannot occur in nature or in traditional crossbreeding”. Source Non-GMO Project.



Source: <http://greenflbroker.com/2012/09/20/do-you-know-what-you-are-eating/>
***** PLU (or Price Look Up) labels are optional so some may not be labeled at all**

What produce should you consider buying organic?

Source: *Environmental Working Group Shopper's Guide to Pesticides in Produce 2013*

The Dirty Dozen (Always Buy Organic)

1. Apples
 2. Celery
 3. Cherry tomatoes
 4. Cucumbers
 5. Grapes
 6. Hot peppers
 7. Nectarines (imported)
 8. Peaches
 9. Potatoes
 10. Spinach
 11. Strawberries
 12. Sweet bell peppers
- +PLUS
- Collards and kale
 - Summer squash and zucchini

The Clean Fifteen (OK to Buy Conventional)

1. Asparagus
2. Avocado
3. Cabbage
4. Cantaloupe
5. Corn – but ensure it is not GMO
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mangos
10. Mushrooms
11. Onions
12. Papayas – but ensure they are not GMO
13. Pineapples
14. Sweet peas (frozen)
15. Sweet potatoes



Eggs, Dairy and Meats

Organic – Organic regulations prohibit the use of hormones and antibiotics and do provide some provisions for humane treatment.

Grass-Fed vs. Grain-Fed – The healthiest products come from organic, free range animals fed their natural diet (i.e. grass for cows, seeds and insects for poultry etc.) and not grains. Grain/corn-fed animals are less healthy, and produce meat, milk and eggs with less-healthy nutrient profiles that often fuel inflammation in the body.

Egg labeling

Source <http://www.foodanimalconcerns.org/humane1.htm>

Free range and cage free labels can be misleading: “Cage Free” is not regulated and “Free Range” is only regulated by the FDA for chickens raised for meat, not laying hens.

Egg labels certified by humane organizations:

American Humane Certified (American Humane Association): The hens are raised free from cages although access to the outdoors is not mandatory. Debeaking is permitted. Farms are inspected once per year by certifiers.

Animal Welfare Approved (Animal Welfare Institute): Hens are not raised in cages and daily outdoor access is mandatory. Forced-molting and beak-trimming/debeaking are prohibited. The birds cannot be fed animal by-products and antibiotic use is not allowed unless the animals are sick. Farms are inspected once per year by certifiers.

Certified Humane (Humane Farm Animal Care): Cages are prohibited although outdoor access isn't required. There are strict ventilation standards for the houses. Forced-molting and debeaking are prohibited but beak-trimming of young birds is allowed. The birds cannot be fed animal by-products and antibiotic use is prohibited unless the animals are sick. Farms are inspected once per year by certifiers.

Everything else...

Labels should be simple. A consumer should be able to pick up a product and quickly know whether this product is a healthy choice. However, it often takes detective work to really understand what is in your food. Even if you “eat real food” and cook from scratch... how do you know what is clean, minimally adulterated food? We even need to be detectives in the produce, meat and dairy aisles.

Front of Package

This is where you will find many claims that can be misleading.

- **Natural**
“Natural” is not defined by the FDA or USDA.
- **Made with whole grains**
This claim can be misleading. Unless product contains ONLY whole grains, the amount of actual whole grain in the produce may be miniscule.
- **Made with real fruit**
This claim can be misleading as well and may only represent a small quantity of “real fruit” and the remainder is sugar, colorings and flavorings.

– **Trans-Fat Free**

A product can claim “trans-fat free” as long as it has less than 0.5g of trans-fat per serving. This means that “trans-fat free” may contain up to 0.5g of trans-fat. You can see that it could be very easy to exceed the American Heart Association’s recommendation of less than 2g per day. Ideally you should avoid trans-fats completely.

Organic and non-GMO labeling

100% Organic – This assures the consumer that the product is made from all organic products.



Organic – This label means that the product contains at least 95% organic ingredients and up to 5% ingredients that are not organic.



Made with organic ingredients – This product contains some organic ingredients and these will be identified on the ingredients list.

This does not meet standard to display the USDA Organic label.

Non-GMO Project verified – Voluntary labeling and assures product meets the projects verification standard <http://www.nongmoproject.org/learn-more/understanding-our-seal/>



Back of the package – it is the only way to know what is in your food.

Nutrition Facts label

Read the basic label to look at serving size, calories, total fat, sugar, protein, fiber, vitamins and minerals. It is also important to remember that the nutrient percentages are based on a 2,000 calorie a day diet for an adult male. Your actual needs may be very different depending on your gender, age, activity level, pregnancy/nursing and any health conditions you may have.

Serving size: The first place to start when you look at the Nutrition Facts is the serving size. The label on the container is based on a serving.

Amount per serving: This line tells you the number of calories per serving and the number of calories from fat.

Calories: This is the amount of calories in one serving. A calorie is a measure of the fuel you get from the food you eat.

Percent daily values: The percent daily values are based on a 2,000 calorie diet, which has 30% or less calories from fat a day. Knowing the individual value allows you to look at the information in the left column and decide whether or not these numbers fit into your daily allowance for that nutrient.

Nutrition Facts			
Serving Size 1 cup (228 g)			
Servings per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
% Daily Value			
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Potassium	700mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4 %
Vitamin C			2 %
Calcium			20%
Iron			4 %
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
		Calories	2,000 2,500
Total Fat	Less Than	65mg	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Servings per container: This lets you know how many servings are in the package. This number is very important and must be taken into account whenever you buy something that contains more than one serving. To find out how much you eat, multiply the amount in one serving and the number of servings you eat.

Vitamins & Minerals: The food manufacturers are required to list the amount of vitamin A, vitamin C, calcium and iron that are in this product.

Source: <http://www.chkd.org/healthlibrary/facts/Content.aspx?pageid=0416>

Ingredients list: It is not as simple as it seems

Ingredients are listed from descending order by predominance in weight. So if sugar is listed first, then it is the most plentiful ingredient. What becomes difficult is when “sugar” is not the first ingredient, but there are actually several forms of sugar listed so the total sugar actually can be quite high.

- **Whole grains** (or lack thereof)
If a package says “made with whole grains” but the first ingredient is wheat flour and the 5th ingredient is “whole wheat flour” then there are not many whole grains in the food. Look for the whole grain ingredient to be the first ingredient and be aware of refined grains, starches and flours lower down in the ingredient list. Choose products that are 100% whole grain, or better still, 100% whole sprouted grain.

Examples of whole grains: whole wheat, brown rice, whole oats, whole grain millet



– **Sugar**

Some sources of sugar are obvious, others not as much. Don't assume savory or salty foods do not contain sugar. Breads, ketchup, salad dressings, yogurt, most fat free processed foods and many other foods contain added sugars and refined carbohydrates.

Examples of sugars: sugar, sucrose, dextrose, fructose, corn syrup, high fructose corn syrup, invert syrup, glucose, glucose syrup, glucose-fructose, brown rice syrup, agave, dextrin, maltodextrin, honey, maple syrup, molasses, sorghum syrup, dates and date paste, cane sugar, cane crystals, cane juice, dehydrated cane juice, palm sugar, coconut sugar or nectar. Although used as thickeners, corn, potato and tapioca starch all act like highly refined sugars in the body.

– **Fats**

Avoid hydrogenated or partially hydrogenated fats as these are trans-fats. Omega-6 fats commonly used in snack foods such as safflower and/or corn oils are fragile when heated or exposed to air or light and become inflammatory. This is why foods like chips, which are heated during processing, are not healthy even if they are organic. All of these processed oils increase the risk of heart disease, obesity, inflammation and a myriad of other lifestyle related degenerative and inflammatory diseases.

Examples of oils high in omega 6: corn oil, sunflower oil, safflower oil, canola oil, cottonseed oil, soy oil, spreadable non-hydrogenated margarine such as Becel, I Can't Believe It's Not Butter or Earth Balance.

Examples of trans fats to strictly avoid: hydrogenated oils, partially hydrogenated oils, shortening, Crisco, margarine.

Fats for cooking: Coconut oil, clarified butter. Olive or avocado oil for low temperature cooking.

Healthy Fats: Good sources of these fats include olive oil, avocado, raw nuts and seeds (i.e. almonds, pecans, walnuts, sesame, hemp, chia, flax), oatmeal, and the omega-3 fatty acids found in salmon, herring, trout, and sardines.

– **Gluten**

People with celiac disease, which represents an autoimmune reaction to gluten, and people with intolerance to gluten should not eat foods containing gluten.

Examples: Wheat, rye, barley, graham, triticale, kamut, semolina, spelt, wheat germ, wheat bran, farina, durum. Oats are more controversial as they do not contain the subtype of gluten called gliadin that is believed to be the protein most gluten-sensitive people react to. However oats are often contaminated during growing, harvesting or processing so look for certified gluten free oats. Other foods that can contain gluten include but are not limited to broths (in natural flavoring), soups, frozen meals, condiments, some candies, imitation fish and lunch meats, malt (made from barley), alcohol, vinegar, modified food starch, soy sauce. It can even be found in some cosmetics.



– **Natural flavoring, coloring and additives**

“According to our research department, the exact definition of natural flavorings and flavors from Title 21, Section 101, part 22 of the Code of Federal Regulations is as follows:

“The term natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.”

In other words, natural flavors can be pretty much anything approved for use in food. It's basically impossible to tell what is in natural flavors unless the company has specified it on the label.”

Source: <http://www.vrg.org/nutshell/flaingredients.htm#natural/>

Examples of what can be in natural flavoring – Source: <http://foodidentitytheft.com/>

This is a huge source of frustration for people who are vegan because some of the natural ingredients are animal products. It is equally frustrating for those who are trying to avoid MSG because there are many MSG containing ingredients that are included in the global “natural flavoring” label.

MSG – more than 40 MSG containing ingredients

Castoreum - used in a variety of foods and beverages including vanilla and raspberry flavorings. It is really an extraction of the dried glands and secretions from a beaver’s rear end.

Cochineal and Carmine: These crimson, orange and red food colorings made from the bodies of a scaly female insect are used to color applesauce, ice cream, yogurt, candies, baked goods, meats, smoothies and spices. These can cause allergic reactions.

Confectioner’s glaze: While this actually sounds like an appetizing ingredient, the name is where anything close to appealing ends. Also called shellac and resinous glaze, this ingredient is basically bug juice, obtained by scraping the secretions, called “lac,” of a very small red bug off tree bark.

Tongue-tampering ingredients: Also labeled as “natural flavors” these are masking ingredients that mess with our taste buds. Wild Flavors, a mega flavor-development company out of Cincinnati, Ohio, has created “Resolver” which they describe as overcoming “undesirable taste components” by blocking the taste on the tongue. It does this by “attaching itself to the receptor” and not allowing the “taste sensation” to be perceived. Taste-bud-deception concoctions such as these are used in foods and beverages, as well as supplements.

– **Artificial sweeteners**

We are addicted to our artificially sweetened sweets and beverages, thinking they are a healthier choice, but that could not be further from the truth. These artificial sugars may trick the taste buds, but they do not trick the brain. In fact these sweeteners *increase* sugar and carbohydrate cravings and the tendency to gain weight. Furthermore, these sweeteners are not safe. They are known neurotoxins, triggering serious reactions ranging from migraine headaches, skin eruptions, fibromyalgia-like symptoms, MS-like symptoms and even cancer.



Artificial sweeteners to avoid: aspartame/NutraSweet/Equal, Sugar Twin/saccharin, sucralose/Splenda. Sugar alcohols like xylitol, erythritol and sorbitol are common triggers of IBS-like symptoms.

– **MSG/Free Glutamates**

This is NOT labeled clearly on our foods. The “G” in MSG is the problem – monosodium glutamate is one of many forms of free manufactured glutamates added to our foods. Yes, glutamic acid is an amino acid and is contained in many foods. When we eat real food and we digest this food, the glutamic acid is not a problem. When it is unbound and added to foods it can cause problems. This is a highly controversial issue because the food industry adds free glutamates to food to enhance flavor which enables them to use cheap, low quality ingredients. It is also a huge business so there are considerable lobbying efforts (huge dollars) to continue to allow MSG in foods. MSG is a recognized migraine trigger, recently implicated in fibromyalgia flares, can cause a host of symptoms in sensitive people such as headache, heart palpitations, body aches, nausea, diarrhea, etc. There is data in the research literature linking MSG with obesity, binge eating and poor sugar metabolism.

<http://www.msgtruth.org/diabetes.htm>

Examples of MSG/Free Glutamates: MSG, monosodium glutamate, any ingredient that is “protein”*, any ingredient that is “hydrolyzed” or “autolyzed”, citric acid (it is not derived from fruit, actually it is derived from cheap corn sugar), maltodextrin, corn starch (most “starches” actually), rice and corn syrup, xanthan gum, carrageenan, “broth”, malted barley and barley malt. For a more complete list <http://www.truthinlabeling.org/hiddensources.html>

**Hemp protein and peanut powder generally use a mechanical (rather than heat or chemical process) to extract protein. This will not create free glutamates so check with the manufacturer about the process for these ingredients.*

– **Nitrates/Nitrites**

Nitrates and nitrites are common preservative additives added to processed meats such as luncheon meats, bacon, ham, hotdogs, cured meats and sausages. When these chemicals are exposed to the high heat of cooking, they become very carcinogenic and increase the risk of cancer as well as pregnancy complications.

– **Sources of GMO**

Over 90% of corn, soy, canola, sugar beets, papayas and cotton grown in the US are genetically modified. Most American beef and dairy will contain the genetically engineered growth hormone r-BGH unless labeled “certified organic” or “r-BGH-free.” Soy is a common addition to food (soy lecithin for example). Canola is commonly used in processed and restaurant foods. Many of the additives in foods are corn derived (modified corn starch, corn syrup, modified food starch, citric acid and most of the other sugars such as dextrose, invert sugar, maltodextrin, etc.) so there is a very high likelihood that any processed foods contain GMO ingredients unless the product is 100% organic.

– **Artificial colors**

These add no nutritional value and may cause harm. Research is controversial. Several food dyes have been banned in the US and other countries but 7 are still approved for use. The European Union requires labeling for 6 dyes as they are linked with hyperactivity.

Food ingredient list examples:

A salad dressing:

- Potential GMO ingredients: *Soybean oil, maltodextrin, sugar, buttermilk*
- Sugars: *Maltodextrin, sugar*
- Common source of MSG/Free glutamate: *maltodextrin, buttermilk powder, whey, xanthan gum, yeast extract*

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
INGREDIENTS: WATER, SOYBEAN OIL, DISTILLED VINEGAR, MALTODEXTRIN (CORN), BUTTERMILK POWDER, WHEY (MILK), SUGAR. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: GARLIC PUREE, SALT, GARLIC*, PHOSPHORIC ACID, ONION*, XANTHAN GUM, RED BELL PEPPERS*, YEAST EXTRACT, SPICES, PROPYLENE GLYCOL ALGINATE, POLYSORBATE 60, SORBIC ACID AND SODIUM BENZOATE AND CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY). *DEHYDRATED

A mushroom soup – company calls “healthy” and says “no added MSG”:

- Common source of GMO: *corn, canola, soybean, cottonseed oil, soy protein concentrate, milk*
- Sugars: *Sugar*
- Common source of MSG/Free glutamate: *Modified food starch, soy protein concentrate, flavoring*
- Ingredients that work with MSG and are only used IF there is MSG in the food to enhance the effect: *Disodium guanylate, disodium inosinate.*
- Industrial waste product: *Soy protein concentrate*

INGREDIENTS

WATER, MUSHROOMS, MODIFIED FOOD STARCH, WHEAT FLOUR, CONTAINS LESS THAN 2% OF: VEGETABLE OIL (CORN, COTTONSEED, CANOLA, AND/OR SOYBEAN), SUGAR, SOY PROTEIN CONCENTRATE, CREAM (MILK), SALT, POTASSIUM CHLORIDE, FLAVORING, LOWER SODIUM NATURAL SEA SALT, CALCIUM CARBONATE, DISODIUM GUANYLATE, DISODIUM INOSINATE, DEHYDRATED MUSHROOMS.

Multigrain bread

- Common source of GMO: *sugar, canola and/or soy oil, soy flour, milk*
- Sugars: *malted barley flour, sugar, raisin juice concentrate*
- Common source of MSG/Free glutamate: *malted barley flour, raisin juice concentrate, xanthan gum, enzymes, nonfat dry milk.*
- Whole grains: *First ingredient is whole grain blend, third ingredient is refined flour*

INGREDIENTS: GRAIN AND SEE BLEND (BROWN FLAX SEED, SUNFLOWER SEED, STEEL CUT WHEAT, STEEL CUT OATS, ROLLED OATS, STEEL CUT BUCKWHEAT, MILLET SEED, POPPY SEED, PUMPKIN SEED, RYE FLAKES, TRITICALE FLAKES, CORN MEAL, GROUND BROWN FLAX, AMARANTH), WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATED, RIBOFLAVIN AND FOLIC ACID), SUGAR, VITAL WHEAT GLUTEN, YEAST. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SEA SALT, VEGETABLE OIL (CANOLA AND/OR SOY), RAISIN JUICE CONCENTRATE, CULTURED WHEAT FLOUR, DISTILLED VINEGAR, XANTHAN GUM, DOUGH CONDITIONER (ASCORBIC ACID), CALCIUM SULFATE (SOURCE OF CALCIUM), ENZYMES, NONFAT DRY MILK, SOY FLOUR. CONTAINS: WHEAT, MILK, SOY.

A lower sugar breakfast cereal

- Common source of GMO: *modified corn starch, sugar*
- Sugars: *sugar, modified corn starch*
- Common source of MSG/Free glutamate: *modified corn starch*
- Whole grains: *First ingredient is whole grain, second ingredient is highly refined starch*

Ingredients: Whole Grain Oats (includes the oat bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

Popular cheese

- Common source of MSG/Free glutamate: *enzymes*
Cultured Milk, Salt, Enzymes, Annatto (color).

ALLERGEN INFORMATION:

This product contains milk.

Popular light yogurt

- Common source of GMO: *modified corn starch, gelatin, milk*
- Sugars: *sugar, corn starch*
- Common source of MSG/Free glutamate: *Modified corn starch, gelatin, citric acid, natural flavor*
- Artificial sweeteners: *Aspartame*

Ingredients: Cultured Pasteurized Grade A Nonfat Milk, Apricots, Modified Corn Starch, Sugar, Mangos, Kosher Gelatin, Citric Acid, Natural Flavor, Tricalcium Phosphate, Aspartame*, Potassium Sorbate Added to Maintain Freshness, Acesulfame Potassium, Colored with Annatto Extract, Vitamin A Acetate, Vitamin D₃.
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***PHENYLKETONURICS: CONTAINS PHENYLALANINE**
WITH ACTIVE YOGURT CULTURES INCLUDING L. ACIDOPHILUS

Popular non-dairy milk

- Common source of MSG/Free glutamate: *Pea protein, rice protein, carrageenan, natural flavor*
- Gums: locust bean gum

Ingredients: ALMOND MILK (WATER, ALMONDS), PEA PROTEIN, RICE PROTEIN, CALCIUM PHOSPHATE, MAGNESIUM PHOSPHATE, CARRAGEENAN, NATURAL FLAVOR, LOCUST BEAN GUM, KOSHER SEA SALT, VITAMIN A PALMITATE, VITAMIN D-2, L-SELENOMETHIONINE (SELENIUM), ZINC OXIDE, FOLIC ACID, VITAMIN B-12.

Popular veggie burger

- Common source of GMO: *soy protein concentrate, corn oil, hydrolyzed corn protein, soy protein, milk, methylcellulose*
- Sugars: *none*
- Common source of MSG/Free glutamate: *soy protein concentrate, part skim milk, enzymes, hydrolyzed corn protein, soy protein, yeast extract, natural flavor*
- Ingredients that work with MSG and are only used IF there is MSG in the food to enhance the effect: *Disodium guanylate, disodium inosinate.*
- Industrial waste product: *Soy protein concentrate, methylcellulose*

Ingredients: WATER, SOY PROTEIN CONCENTRATE, REDUCED FAT CHEDDAR CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO (COLOR), VITAMIN A PALMITATE), WHEAT GLUTEN, CORN OIL, CONTAINS LESS THAN 2% OF METHYLCELLULOSE, HYDROLYZED CORN PROTEIN, WHEAT GLUTEN AND SOY PROTEIN, SALT, CARAMEL COLOR, CHEESE POWDER (CHEDDAR CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), CREAM, SALT, SODIUM PHOSPHATE, LACTIC ACID), DRIED ONIONS, YEAST EXTRACT, NATURAL FLAVOR (NON-MEAT), SESAME OIL, DISODIUM GUANYLATE, DISODIUM INOSINATE, BROWNE IN CORN OIL.

Popular sports bar

- Common source of GMO: *soy protein isolate (note that this is not organic), citric acid (is often made with GM corn)*
- Sugars: *Barley malt extract, brown rice syrup, evaporated cane juice, organic cane syrup, organic date paste, rice starch*
- Common source of MSG/Free glutamate: *soy protein isolate, barley malt extract, citric acid, natural flavors, lemon juice concentrate. Brown rice syrup is suspect.*

Ingredients: Organic Brown Rice Syrup, Organic Rolled Oats, ClifPro® (Soy Rice Crisps [Soy Protein Isolate, Rice Flour, Rice Starch, Barley Malt Extract], Organic Roasted Soybeans, Organic Soy Flour), Dried Apricots (Apricots, Evaporated Cane Juice, Rice Flour, Citric Acid, Ascorbic Acid), ClifCrunch® (Organic Oat Fiber, Inulin [Chicory Extract], Organic Milled Flaxseed, Organic Oat Bran, Organic Psyllium), Organic Cane Syrup, Dried Apricots, Organic Date Paste, Organic Sunflower Oil, Natural Flavors, Lemon Juice Concentrate, Citric Acid, Sea Salt, Colored with Annatto.

“Clean” bread ingredient label (Silver Hills bakery)

- Common source of GMO: *none, organic*
- Sugars: *organic cane sugar, but 4th ingredient so not a lot of added sugar*
- Common source of MSG/Free glutamate: *none*
- Whole grains: *after water, whole grains are highest ingredient*

Our non-GMO vegan ingredients:

water, organic whole sorghum, organic whole ground chia seeds, organic cane sugar, organic whole psyllium husks, yeast, organic rice flour, organic vinegar, sea salt.

“Clean” organic goat cheese

- Common source of GMO: *none, organic*
- Sugars: *none*
- Common source of MSG/Free glutamate: *none*

Ingredients:

Cultured pasteurized organic goat milk, salt, organic garlic powder, organic marjoram, organic oregano, vegetable rennet.

“Clean” veggie burger (Amy’s – contains gluten)

- Common source of GMO: *none*
- Sugars: *none*
- Common source of MSG/Free glutamate: *none*
- Whole grains: *all whole grains used*

Ingredients : (Vegan) Organic mushrooms, organic onions, organic bulgar wheat, organic celery, organic carrots, organic oats, filtered water, organic walnuts, wheat gluten, organic potatoes, sea salt, expeller pressed high oleic safflower and/or sunflower oil, organic garlic. **Contains wheat & walnuts.**

“Clean” veggie burger (Organic Sunshine – gluten free)

- Common source of GMO: *none, organic*
- Sugars: *none*
- Common source of MSG/Free glutamate: *none*
- Whole grains: *all whole grains used*

Ingredients

Organic cooked brown rice, organic ground raw sunflower seeds, organic carrots, organic spices, sea salt.



“Clean” veggie burger (Hillary’s – gluten free)

- Common source of GMO: *none, organic*
- Sugars: *none*
- Common source of MSG/Free glutamate: *none*
- Whole grains: *all whole grains used*

Ingredients

Water [☐], Millet - Organic [☐], Quinoa - Organic [☐],
Expeller-Pressed Coconut Oil - Organic [☐],
Spinach - Organic [☐], Onion - Organic [☐],
Garlic - Organic [☐], Psyllium Husk Powder - Organic [☐],
Arrowroot - Organic [☐], Sweet Potato - Organic [☐],
Real Salt [☐], Apple Cider Vinegar - Organic [☐]

RESOURCES:

Food and farming certification programs:

American Humane Certified <http://www.americanhumane.org/animals/programs/farm-animal-welfare.html>
Animal Welfare Approved <http://www.animalwelfareapproved.org/>
Certified Humane <http://www.certifiedhumane.org/>
Environmental Working Group Shopper's Guide to Pesticides
<http://www.ewg.org/foodnews/summary.php>
Non-GMO Project <http://www.nongmoproject.org/>
USDA Organic Program
http://www.usda.gov/wps/portal/usda/usdahome?navid=ORGANIC_CERTIFICATIO

Documentaries

Fat, Sick and Nearly Dead <http://www.fatsickandnearlydead.com/>
Food Inc <http://www.takepart.com/foodinc>
Fork over Knives <http://www.forksoverknives.com/>
Genetic Roulette <http://www.youtube.com/watch?v=KgC-SdvyFWI>
Vedicated <http://www.getvegucated.com/>

Nutrition

Nutritionista <http://www.thenutritionista.ca/blog/>
Endometriosis <http://www.centerforendometriosiscare.com/nutrition-for-endometriosis/>
IC Diet List <http://www.ichelp.org/document.doc?id=7>
Gluten Free Diet <http://celiac.org/live-gluten-free/gluten-free-diet/>
Iron rich foods http://www.bcguidelines.ca/pdf/iron_deficiency_appendix_a.pdf
Kidney stone prevention <http://kidney.niddk.nih.gov/Kudiseases/pubs/kidneystonediet/index.aspx>

Condition specific sites

Celiac and Gluten Sensitivity - Celiac Disease Foundation <http://celiac.org/>
Diabetes – American Diabetes Association <http://www.diabetes.org/>
Endometriosis – Endometriosis Research Center <http://www.endocenter.org/>
<https://www.facebook.com/EndoResCenter>
Interstitial Cystitis/Painful Bladder Syndrome – ICA <http://www.ichelp.org/page.aspx?pid=571>

Recipe/Food blogs

Bodhi-life http://www.bodhi-life.com/p/bodhi-life_2.html
Food Renegade <http://www.foodrenegade.com/the-basics/real-food/>
Nutritionista <http://www.thenutritionista.ca/blog/>
Oh She Glows <http://ohsheglows.com/recipe/>
The Real Food Recipeless Cookbook http://www.truthinlabeling.org/CookBook_Final.pdf

MSG/Free Glutamates

Food renegade opinion piece on MSG <http://www.foodrenegade.com/msg-dangerous-science/>
Hidden sources of MSG <http://www.truthinlabeling.org/hiddensources.html>
Truth in Labeling campaign <http://www.truthinlabeling.org/>
MSG and Diabetes <http://www.msgtruth.org/diabetes.htm>
Presentation by Jack Samuels of “Truth in Labeling”
<http://www.youtube.com/watch?v=DqKTiV3ITAw>

About the contributors:

Susan Pierce-Richards, CDR, USPHS is a Nurse Practitioner and Clinical Informaticist. Susan is an active duty Public Health Service Commissioned Corps officer. Her current professional focus is Electronic Health Records and Clinical Decision Support development. She has a special clinical interest in chronic pelvic pain conditions such as endometriosis, interstitial cystitis and pelvic floor dysfunction. She has overcome significant personal medical challenges that have required significant diet and exercise modifications. She lives what she teaches – she embraces a healthy diet, is a recreational endurance athlete completing numerous half and full marathons, an ultra-marathon as well as 2 sprint triathlons and has added Yoga as her newest passion.

Erin Luyendyk is a Registered Holistic Nutritionist, Nutrition Educator, Raw Chef and founder of Nutritionista, inspiring women around the globe to nourish themselves sexy. Erin is well versed in all areas of clinical holistic nutrition, however she holds a special expertise in nutrition for women; particularly using integrative nutrition to help manage endometriosis, polycystic ovarian syndrome and premenstrual syndrome. She also holds a special passion for weight loss, metabolic syndrome and cosmetic nutritional skincare therapies. Her nutrition philosophy is centered on the core value that a whole food, anti-inflammatory diet is a key component of the comprehensive management of many of the chronic health conditions we suffer from today. Erin is in high demand internationally and is passionate about coaching her private and corporate clients to achieve their best possible radiant health and glowing beauty from the inside out. <http://www.thenutritionista.ca/>

Angie Whitney (artwork) is the founder of Urban Idealist and a Seattle-based multimedia artist with an international following. Her works are primarily nature themed using oil and watercolor painting and textiles, exhibited and sold in galleries and markets across the Pacific Northwest and Asia. <https://www.facebook.com/urbanidealist>

