

"Ascorbic acid":

"Types of Ingredients": "***Preservatives***",

"What They Do": "Prevent food spoilage from bacteria, molds, fungi, or yeast (antimicrobials); slow or prevent changes in color, flavor, or texture and delay rancidity (antioxidants); maintain freshness",

"Examples of Uses": "Fruit sauces and jellies, beverages, baked goods, cured meats, oils and margarines, cereals, dressings, snack foods, fruits and vegetables"

,

"citric acid":

"Types of Ingredients": "***pH Control Agents and acidulants***",

"What They Do": "Control acidity and alkalinity, prevent spoilage",

"Examples of Uses": "Beverages, frozen desserts, chocolate, low acid canned foods, baking powder"

,

"sodium benzoate":

"Types of Ingredients": "***Preservatives***",

"What They Do": "Prevent food spoilage from bacteria, molds, fungi, or yeast (antimicrobials); slow or prevent changes in color, flavor, or texture and delay rancidity (antioxidants); maintain freshness",

"Examples of Uses": "Fruit sauces and jellies, beverages, baked goods, cured meats, oils and margarines, cereals, dressings, snack foods, fruits and vegetables"

,

"calcium propionate":

"Types of Ingredients": "***Preservatives***",

"What They Do": "Prevent food spoilage from bacteria, molds, fungi, or yeast (antimicrobials); slow or prevent changes in color, flavor, or texture and delay rancidity (antioxidants); maintain freshness",

"Examples of Uses": "Fruit sauces and jellies, beverages, baked goods, cured meats, oils and margarines, cereals, dressings, snack foods, fruits and vegetables"

,

"sodium erythorbate":

"Types of Ingredients": "***Preservatives***",

"What They Do": "Prevent food spoilage from bacteria, molds, fungi, or yeast (antimicrobials); slow or prevent changes in color, flavor, or texture and delay rancidity (antioxidants); maintain freshness",

"Examples of Uses": "Fruit sauces and jellies, beverages, baked goods, cured meats, oils and margarines, cereals, dressings, snack foods, fruits and vegetables"

,

"sodium nitrite":

"Types of Ingredients": "***Preservatives***",

"What They Do": "Prevent food spoilage from bacteria, molds, fungi, or yeast (antimicrobials); slow or prevent changes in color, flavor, or texture and delay rancidity (antioxidants); maintain freshness",

"Examples of Uses": "Fruit sauces and jellies, beverages, baked goods, cured meats, oils and margarines, cereals, dressings, snack foods, fruits and vegetables"

,
"calcium sorbate":

"Types of Ingredients": "***Preservatives***",

"What They Do": "Prevent food spoilage from bacteria, molds, fungi, or yeast (antimicrobials); slow or prevent changes in color, flavor, or texture and delay rancidity (antioxidants); maintain freshness",

"Examples of Uses": "Fruit sauces and jellies, beverages, baked goods, cured meats, oils and margarines, cereals, dressings, snack foods, fruits and vegetables"

,
"potassium sorbate":

"Types of Ingredients": "***Preservatives***",

"What They Do": "Prevent food spoilage from bacteria, molds, fungi, or yeast (antimicrobials); slow or prevent changes in color, flavor, or texture and delay rancidity (antioxidants); maintain freshness",

"Examples of Uses": "Fruit sauces and jellies, beverages, baked goods, cured meats, oils and margarines, cereals, dressings, snack foods, fruits and vegetables"

,
"BHA":

"Types of Ingredients": "***Preservatives***",

"What They Do": "Prevent food spoilage from bacteria, molds, fungi, or yeast (antimicrobials); slow or prevent changes in color, flavor, or texture and delay rancidity (antioxidants); maintain freshness",

"Examples of Uses": "Fruit sauces and jellies, beverages, baked goods, cured meats, oils and margarines, cereals, dressings, snack foods, fruits and vegetables"

,
"BHT":

"Types of Ingredients": "***Preservatives***",

"What They Do": "Prevent food spoilage from bacteria, molds, fungi, or yeast (antimicrobials); slow or prevent changes in color, flavor, or texture and delay rancidity (antioxidants); maintain freshness",

"Examples of Uses": "Fruit sauces and jellies, beverages, baked goods, cured meats, oils and margarines, cereals, dressings, snack foods, fruits and vegetables"

,
"EDTA":

"Types of Ingredients": "***Preservatives***",

"What They Do": "Prevent food spoilage from bacteria, molds, fungi, or yeast (antimicrobials); slow or prevent changes in color, flavor, or texture and delay rancidity (antioxidants); maintain freshness",

"Examples of Uses": "Fruit sauces and jellies, beverages, baked goods, cured meats, oils and margarines, cereals, dressings, snack foods, fruits and vegetables"

,

"tocopherols (Vitamin E)":

"Types of Ingredients": "***Preservatives***",

"What They Do": "Prevent food spoilage from bacteria, molds, fungi, or yeast (antimicrobials); slow or prevent changes in color, flavor, or texture and delay rancidity (antioxidants); maintain freshness",

"Examples of Uses": "Fruit sauces and jellies, beverages, baked goods, cured meats, oils and margarines, cereals, dressings, snack foods, fruits and vegetables"

,
"Sucrose (sugar)":

"Types of Ingredients": "***Sweeteners***",

"What They Do": "Add sweetness with or without the extra calories",

"Examples of Uses": "Beverages, baked goods, confections, table-top sugar, substitutes, many processed foods"

,
"glucose":

"Types of Ingredients": "***Sweeteners***",

"What They Do": "Add sweetness with or without the extra calories",

"Examples of Uses": "Beverages, baked goods, confections, table-top sugar, substitutes, many processed foods"

,
"fructose":

"Types of Ingredients": "***Sweeteners***",

"What They Do": "Add sweetness with or without the extra calories",

"Examples of Uses": "Beverages, baked goods, confections, table-top sugar, substitutes, many processed foods"

,
"sorbitol":

"Types of Ingredients": "***Humectants***",

"What They Do": "Retain moisture",

"Examples of Uses": "Shredded coconut, marshmallows, soft candies, confections"

,
"mannitol":

"Types of Ingredients": "***Sweeteners***",

"What They Do": "Add sweetness with or without the extra calories",

"Examples of Uses": "Beverages, baked goods, confections, table-top sugar, substitutes, many processed foods"

,
"corn syrup":

"Types of Ingredients": "***Sweeteners***",

"What They Do": "Add sweetness with or without the extra calories",

"Examples of Uses": "Beverages, baked goods, confections, table-top sugar, substitutes, many processed foods"

,
"high fructose corn syrup":

"Types of Ingredients": "***Sweeteners***",

"What They Do": "Add sweetness with or without the extra calories",

"Examples of Uses": "Beverages, baked goods, confections, table-top sugar, substitutes, many processed foods"

,
"saccharin":

"Types of Ingredients": "***Sweeteners***",

"What They Do": "Add sweetness with or without the extra calories",

"Examples of Uses": "Beverages, baked goods, confections, table-top sugar, substitutes, many processed foods"

,
"aspartame":

"Types of Ingredients": "***Sweeteners***",

"What They Do": "Add sweetness with or without the extra calories",

"Examples of Uses": "Beverages, baked goods, confections, table-top sugar, substitutes, many processed foods"

,
"sucralose":

"Types of Ingredients": "***Sweeteners***",

"What They Do": "Add sweetness with or without the extra calories",

"Examples of Uses": "Beverages, baked goods, confections, table-top sugar, substitutes, many processed foods"

,
"acesulfame potassium (acesulfame-K)":

"Types of Ingredients": "***Sweeteners***",

"What They Do": "Add sweetness with or without the extra calories",

"Examples of Uses": "Beverages, baked goods, confections, table-top sugar, substitutes, many processed foods"

,
"neotame":

"Types of Ingredients": "***Sweeteners***",

"What They Do": "Add sweetness with or without the extra calories",

"Examples of Uses": "Beverages, baked goods, confections, table-top sugar, substitutes, many processed foods"

,
"FD&C Blue Nos. 1 and 2":

"Types of Ingredients": "***Color Additives** (<https://www.fda.gov/food/food-ingredients-packaging/color-additives-information-consumers>)",

"What They Do": "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and \"fun\" foods",

"Examples of Uses": "Many processed foods, (candies, snack foods margarine, soft drinks, jams/jellies, gelatins, pudding and pie fillings)"

,
"FD&C Green No. 3":

"Types of Ingredients": "***Color Additives** (<https://www.fda.gov/food/food-ingredients-packaging/color-additives-information-consumers>)",

"What They Do": "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and \"fun\" foods",

"Examples of Uses": "Many processed foods, (candies, snack foods margarine, soft drinks, jams/jellies, gelatins, pudding and pie fillings)"

,
"FD&C Red Nos. 3 and 40":

"Types of Ingredients": "***Color Additives** (<https://www.fda.gov/food/food-ingredients-packaging/color-additives-information-consumers>)",

"What They Do": "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and \"fun\" foods",

"Examples of Uses": "Many processed foods, (candies, snack foods margarine, soft drinks, jams/jellies, gelatins, pudding and pie fillings)"

,
"FD&C Yellow Nos. 5 and 6":

"Types of Ingredients": "***Color Additives** (<https://www.fda.gov/food/food-ingredients-packaging/color-additives-information-consumers>)",

"What They Do": "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and \"fun\" foods",

"Examples of Uses": "Many processed foods, (candies, snack foods margarine, soft drinks, jams/jellies, gelatins, pudding and pie fillings)"

,
"Orange B":

"Types of Ingredients": "***Color Additives** (<https://www.fda.gov/food/food-ingredients-packaging/color-additives-information-consumers>)",

"What They Do": "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and \"fun\" foods",

"Examples of Uses": "Many processed foods, (candies, snack foods margarine, soft drinks, jams/jellies, gelatins, pudding and pie fillings)"

,
"Citrus Red No. 2":

"Types of Ingredients": "***Color Additives** (<https://www.fda.gov/food/food-ingredients-packaging/color-additives-information-consumers>)",

"What They Do": "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and \"fun\" foods",

"Examples of Uses": "Many processed foods, (candies, snack foods margarine, soft drinks, jams/jellies, gelatins, pudding and pie fillings)"

,
"annatto extract":

"Types of Ingredients": "***Color Additives** (<https://www.fda.gov/food/food-ingredients-packaging/color-additives-information-consumers>)",

"What They Do": "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and \"fun\" foods",

"Examples of Uses": "Many processed foods, (candies, snack foods margarine, soft drinks, jams/jellies, gelatins, pudding and pie fillings)"

,
"beta-carotene":

"Types of Ingredients": "***Color Additives** (<https://www.fda.gov/food/food-ingredients-packaging/color-additives-information-consumers>)",

"What They Do": "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and \"fun\" foods",

"Examples of Uses": "Many processed foods, (candies, snack foods margarine, soft drinks, jams/jellies, gelatins, pudding and pie fillings)"

,
"grape skin extract":

"Types of Ingredients": "***Color Additives** (<https://www.fda.gov/food/food-ingredients-packaging/color-additives-information-consumers>)",

"What They Do": "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and \"fun\" foods",

"Examples of Uses": "Many processed foods, (candies, snack foods margarine, soft drinks, jams/jellies, gelatins, pudding and pie fillings)"

,
"cochineal extract or carmine":

"Types of Ingredients": "***Color Additives** (<https://www.fda.gov/food/food-ingredients-packaging/color-additives-information-consumers>)",

"What They Do": "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and \"fun\" foods",

"Examples of Uses": "Many processed foods, (candies, snack foods margarine, soft drinks, jams/jellies, gelatins, pudding and pie fillings)"

,

"paprika oleoresin":

"Types of Ingredients": "***Color Additives** (<https://www.fda.gov/food/food-ingredients-packaging/color-additives-information-consumers>)",

"What They Do": "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and \"fun\" foods",

"Examples of Uses": "Many processed foods, (candies, snack foods margarine, soft drinks, jams/jellies, gelatins, pudding and pie fillings)"

,
"caramel color":

"Types of Ingredients": "***Color Additives** (<https://www.fda.gov/food/food-ingredients-packaging/color-additives-information-consumers>)",

"What They Do": "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and \"fun\" foods",

"Examples of Uses": "Many processed foods, (candies, snack foods margarine, soft drinks, jams/jellies, gelatins, pudding and pie fillings)"

,
"fruit and vegetable juices":

"Types of Ingredients": "***Color Additives** (<https://www.fda.gov/food/food-ingredients-packaging/color-additives-information-consumers>)",

"What They Do": "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and \"fun\" foods",

"Examples of Uses": "Many processed foods, (candies, snack foods margarine, soft drinks, jams/jellies, gelatins, pudding and pie fillings)"

,
"saffron":

"Types of Ingredients": "***Color Additives** (<https://www.fda.gov/food/food-ingredients-packaging/color-additives-information-consumers>)",

"What They Do": "Offset color loss due to exposure to light, air, temperature extremes, moisture and storage conditions; correct natural variations in color; enhance colors that occur naturally; provide color to colorless and \"fun\" foods",

"Examples of Uses": "Many processed foods, (candies, snack foods margarine, soft drinks, jams/jellies, gelatins, pudding and pie fillings)"

,
"Natural flavoring":

"Types of Ingredients": "***Flavors and Spices***",

"What They Do": "Add specific flavors (natural and artificial)",

"Examples of Uses": "Pudding and pie fillings, gelatin dessert mixes, cake mixes, salad dressings, candies, soft drinks, ice cream, BBQ sauce"

,
"artificial flavor":

"Types of Ingredients": "***Flavors and Spices***",

"What They Do": "Add specific flavors (natural and artificial)",

"Examples of Uses": "Pudding and pie fillings, gelatin dessert mixes, cake mixes, salad dressings, candies, soft drinks, ice cream, BBQ sauce"

,
"and spices":

"Types of Ingredients": "***Flavors and Spices***",

"What They Do": "Add specific flavors (natural and artificial)",

"Examples of Uses": "Pudding and pie fillings, gelatin dessert mixes, cake mixes, salad dressings, candies, soft drinks, ice cream, BBQ sauce"

,
"Monosodium glutamate":

"Types of Ingredients": "***Flavor Enhancers***",

"What They Do": "Enhance flavors already present in foods (without providing their own separate flavor)",

"Examples of Uses": "Many processed foods"

,
"hydrolyzed soy protein":

"Types of Ingredients": "***Flavor Enhancers***",

"What They Do": "Enhance flavors already present in foods (without providing their own separate flavor)",

"Examples of Uses": "Many processed foods"

,
"autolyzed yeast extract":

"Types of Ingredients": "***Flavor Enhancers***",

"What They Do": "Enhance flavors already present in foods (without providing their own separate flavor)",

"Examples of Uses": "Many processed foods"

,
"disodium guanylate or inosinate":

"Types of Ingredients": "***Flavor Enhancers***",

"What They Do": "Enhance flavors already present in foods (without providing their own separate flavor)",

"Examples of Uses": "Many processed foods"

,
"Cellulose gel":

"Types of Ingredients": "***Fat Replacers (and components of formulations used to replace fats)***",

"What They Do": "Provide expected texture and a creamy \"mouth-feel\" in reduced-fat foods",

"Examples of Uses": "Baked goods, dressings, frozen desserts, confections, cake and dessert mixes, dairy products"

,
"carrageenan":

"Types of Ingredients": "***Stabilizers and Thickeners, Binders, Texturizers***",
"What They Do": "Produce uniform texture, improve \"mouth-feel\"",
"Examples of Uses": "Frozen desserts, dairy products, cakes, pudding and gelatin mixes, dressings, jams and jellies, sauces"

,
"polydextrose":

"Types of Ingredients": "***Fat Replacers (and components of formulations used to replace fats)***",
"What They Do": "Provide expected texture and a creamy \"mouth-feel\" in reduced-fat foods",
"Examples of Uses": "Baked goods, dressings, frozen desserts, confections, cake and dessert mixes, dairy products"

,
"modified food starch":

"Types of Ingredients": "***Fat Replacers (and components of formulations used to replace fats)***",
"What They Do": "Provide expected texture and a creamy \"mouth-feel\" in reduced-fat foods",
"Examples of Uses": "Baked goods, dressings, frozen desserts, confections, cake and dessert mixes, dairy products"

,
"microparticulated egg white protein":

"Types of Ingredients": "***Fat Replacers (and components of formulations used to replace fats)***",
"What They Do": "Provide expected texture and a creamy \"mouth-feel\" in reduced-fat foods",
"Examples of Uses": "Baked goods, dressings, frozen desserts, confections, cake and dessert mixes, dairy products"

,
"guar gum":

"Types of Ingredients": "***Stabilizers and Thickeners, Binders, Texturizers***",
"What They Do": "Produce uniform texture, improve \"mouth-feel\"",
"Examples of Uses": "Frozen desserts, dairy products, cakes, pudding and gelatin mixes, dressings, jams and jellies, sauces"

,
"xanthan gum":

"Types of Ingredients": "***Stabilizers and Thickeners, Binders, Texturizers***",
"What They Do": "Produce uniform texture, improve \"mouth-feel\"",
"Examples of Uses": "Frozen desserts, dairy products, cakes, pudding and gelatin mixes, dressings, jams and jellies, sauces"

,
"whey protein concentrate":

"Types of Ingredients": "***Fat Replacers (and components of formulations used to replace fats)***",
"What They Do": "Provide expected texture and a creamy \"mouth-feel\" in reduced-fat foods",

"Examples of Uses": "Baked goods, dressings, frozen desserts, confections, cake and dessert mixes, dairy products"

,
"Thiamine hydrochloride":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"riboflavin (Vitamin B2)":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"niacin":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"niacinamide":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"folate or folic acid":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"beta carotene":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"potassium iodide":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"iron or ferrous sulfate":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"alpha tocopherols":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"ascorbic acid":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"Vitamin D":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"amino acids (L-tryptophan)":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"L-lysine":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"L-leucine":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"L-methionine)":

"Types of Ingredients": "***Nutrients***",

"What They Do": "Replace vitamins and minerals lost in processing (enrichment), add nutrients that may be lacking in the diet (fortification)",

"Examples of Uses": "Flour, breads, cereals, rice, macaroni, margarine, salt, milk, orange juice energy bars, instant breakfast drinks"

,
"Soy lecithin":

"Types of Ingredients": "***Emulsifiers***",

"What They Do": "Allow smooth mixing of ingredients, prevent separation. Keep emulsified products stable, reduce stickiness, control crystallization, keep ingredients dispersed, and to help products dissolve more easily",

"Examples of Uses": "Salad dressings, peanut butter, chocolate, margarine, frozen desserts"

,
"mono- and diglycerides":

"Types of Ingredients": "***Emulsifiers***",

"What They Do": "Allow smooth mixing of ingredients, prevent separation. Keep emulsified products stable, reduce stickiness, control crystallization, keep ingredients dispersed, and to help products dissolve more easily",

"Examples of Uses": "Salad dressings, peanut butter, chocolate, margarine, frozen desserts"

,
"egg yolks":

"Types of Ingredients": "***Emulsifiers***",

"What They Do": "Allow smooth mixing of ingredients, prevent separation. Keep emulsified products stable, reduce stickiness, control crystallization, keep ingredients dispersed, and to help products dissolve more easily",

"Examples of Uses": "Salad dressings, peanut butter, chocolate, margarine, frozen desserts"

,
"polysorbates":

"Types of Ingredients": "***Emulsifiers***",

"What They Do": "Allow smooth mixing of ingredients, prevent separation. Keep emulsified products stable, reduce stickiness, control crystallization, keep ingredients dispersed, and to help products dissolve more easily",

"Examples of Uses": "Salad dressings, peanut butter, chocolate, margarine, frozen desserts"

,
"sorbitan monostearate":

"Types of Ingredients": "***Emulsifiers***",

"What They Do": "Allow smooth mixing of ingredients, prevent separation. Keep emulsified products stable, reduce stickiness, control crystallization, keep ingredients dispersed, and to help products dissolve more easily",

"Examples of Uses": "Salad dressings, peanut butter, chocolate, margarine, frozen desserts"

,
"Gelatin":

"Types of Ingredients": "***Stabilizers and Thickeners, Binders, Texturizers***",

"What They Do": "Produce uniform texture, improve \"mouth-feel\"",

"Examples of Uses": "Frozen desserts, dairy products, cakes, pudding and gelatin mixes, dressings, jams and jellies, sauces"

,
"pectin":

"Types of Ingredients": "***Stabilizers and Thickeners, Binders, Texturizers***",

"What They Do": "Produce uniform texture, improve \"mouth-feel\"",

"Examples of Uses": "Frozen desserts, dairy products, cakes, pudding and gelatin mixes, dressings, jams and jellies, sauces"

,
"whey":

"Types of Ingredients": "***Stabilizers and Thickeners, Binders, Texturizers***",

"What They Do": "Produce uniform texture, improve \"mouth-feel\"",

"Examples of Uses": "Frozen desserts, dairy products, cakes, pudding and gelatin mixes, dressings, jams and jellies, sauces"

,
"Lactic acid":

"Types of Ingredients": "***pH Control Agents and acidulants***",

"What They Do": "Control acidity and alkalinity, prevent spoilage",

"Examples of Uses": "Beverages, frozen desserts, chocolate, low acid canned foods, baking powder"

,
"ammonium hydroxide":

"Types of Ingredients": "***pH Control Agents and acidulants***",

"What They Do": "Control acidity and alkalinity, prevent spoilage",

"Examples of Uses": "Beverages, frozen desserts, chocolate, low acid canned foods, baking powder"

,
"sodium carbonate":

"Types of Ingredients": "***pH Control Agents and acidulants**",

"What They Do": "Control acidity and alkalinity, prevent spoilage",

"Examples of Uses": "Beverages, frozen desserts, chocolate, low acid canned foods, baking powder"

,
"Baking soda":

"Types of Ingredients": "***Leavening Agents**",

"What They Do": "Promote rising of baked goods",

"Examples of Uses": "Breads and other baked goods"

,
"monocalcium phosphate":

"Types of Ingredients": "***Leavening Agents**",

"What They Do": "Promote rising of baked goods",

"Examples of Uses": "Breads and other baked goods"

,
"calcium carbonate":

"Types of Ingredients": "***Leavening Agents**",

"What They Do": "Promote rising of baked goods",

"Examples of Uses": "Breads and other baked goods"

,
"Calcium silicate":

"Types of Ingredients": "***Anti-caking agents**",

"What They Do": "Keep powdered foods free-flowing, prevent moisture absorption",

"Examples of Uses": "Salt, baking powder, confectioner's sugar"

,
"iron ammonium citrate":

"Types of Ingredients": "***Anti-caking agents**",

"What They Do": "Keep powdered foods free-flowing, prevent moisture absorption",

"Examples of Uses": "Salt, baking powder, confectioner's sugar"

,
"silicon dioxide":

"Types of Ingredients": "***Anti-caking agents**",

"What They Do": "Keep powdered foods free-flowing, prevent moisture absorption",

"Examples of Uses": "Salt, baking powder, confectioner's sugar"

,
"Glycerin":

"Types of Ingredients": "***Humectants***",
"What They Do": "Retain moisture",
"Examples of Uses": "Shredded coconut, marshmallows, soft candies, confections"

,
"Calcium sulfate":
"Types of Ingredients": "***Yeast Nutrients***",
"What They Do": "Promote growth of yeast",
"Examples of Uses": "Breads and other baked goods"

,
"ammonium phosphate":
"Types of Ingredients": "***Yeast Nutrients***",
"What They Do": "Promote growth of yeast",
"Examples of Uses": "Breads and other baked goods"

,
"Ammonium sulfate":
"Types of Ingredients": "***Dough Strengtheners and Conditioners***",
"What They Do": "Produce more stable dough",
"Examples of Uses": "Breads and other baked goods"

,
"azodicarbonamide":
"Types of Ingredients": "***Dough Strengtheners and Conditioners***",
"What They Do": "Produce more stable dough",
"Examples of Uses": "Breads and other baked goods"

,
"L-cysteine":
"Types of Ingredients": "***Dough Strengtheners and Conditioners***",
"What They Do": "Produce more stable dough",
"Examples of Uses": "Breads and other baked goods"

,
"Calcium chloride":
"Types of Ingredients": "***Firming Agents***",
"What They Do": "Maintain crispness and firmness",
"Examples of Uses": "Processed fruits and vegetables"

,
"calcium lactate":
"Types of Ingredients": "***Firming Agents***",
"What They Do": "Maintain crispness and firmness",
"Examples of Uses": "Processed fruits and vegetables"

,
"Enzymes":
"Types of Ingredients": "***Enzyme Preparations***",

"What They Do": "Modify proteins, polysaccharides and fats",
"Examples of Uses": "Cheese, dairy products, meat"

,
"lactase":

"Types of Ingredients": "***Enzyme Preparations***",
"What They Do": "Modify proteins, polysaccharides and fats",
"Examples of Uses": "Cheese, dairy products, meat"

,
"papain":

"Types of Ingredients": "***Enzyme Preparations***",
"What They Do": "Modify proteins, polysaccharides and fats",
"Examples of Uses": "Cheese, dairy products, meat"

,
"rennet":

"Types of Ingredients": "***Enzyme Preparations***",
"What They Do": "Modify proteins, polysaccharides and fats",
"Examples of Uses": "Cheese, dairy products, meat"

,
"chymosin":

"Types of Ingredients": "***Enzyme Preparations***",
"What They Do": "Modify proteins, polysaccharides and fats",
"Examples of Uses": "Cheese, dairy products, meat"

,
"Carbon dioxide":

"Types of Ingredients": "***Gases***",
"What They Do": "Serve as propellant, aerate, or create carbonation",
"Examples of Uses": "Oil cooking spray, whipped cream, carbonated beverages"

,
"nitrous oxide":

"Types of Ingredients": "***Gases***",
"What They Do": "Serve as propellant, aerate, or create carbonation",
"Examples of Uses": "Oil cooking spray, whipped cream, carbonated beverages"