



# Glossary of Ingredients

UPDATED AUGUST 10, 2021

## A

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### **Acai Puree Concentrate**

Crushed acai berries that have had some of their water removed.

### **Acesulfame Potassium**

A zero-calorie sweetener with about 200 times the sweetness of sugar. Also known as acesulfame-K, Ace-K®, Sunette, and Sweet One®. “K” is the chemical symbol for potassium.

### **Acetic Acid**

A carboxylic acid that can be produced synthetically or via fermentation and which is found in vinegar.

### **Acetylated Monoglycerides**

Composed of one glycerol molecule and one fatty acid. Used as an emulsifier to prevent ingredients from separating.

### **Alkali**

Substances that neutralize acid.

### **Almond Oil**

Oil that is derived from almonds.

### **Almonds**

Small, oval nuts that grow inside the fruit on the almond tree. Almonds can be eaten in many different ways, such as roasted and salted, and can even be ground into flour or churned into almond butter.

### **Ammonium Bicarbonate**

Used in baked products to make them rise.

### **Annatto (Color and Extract)**

A natural flavor and yellow-to-orange color derived from the seeds of the achiote tree.

### **Apple Juice**

A liquid naturally present in apples. Obtained by squeezing and crushing the fruit.

### **Apple Juice Concentrate**

Apple juice that has had part of its water removed.

### **Apple Puree**

Crushed, ground apples that contains apple pulp and is thicker than juice.

### **Artificial Color**

A color additive that is added to a food or beverage to enhance the color. It can be used in various forms such as liquids, powders, and gels.

### **Artificial Flavor**

A substance that imparts flavor to food and drinks and is made from components obtained by chemical synthesis.

### **Artificial Flavour**

A food additive that adds or enhances the flavor of food and drinks and is made from components obtained by chemical synthesis.

### **Ascorbic Acid**

Also known as vitamin C, ascorbic acid is an organic compound and an essential nutrient in the human diet.

### **Ascorbyl Palmitate**

An organic compound with a variety of uses in foods.

### **Aspartame**

A low-calorie sweetener that is about 200 times sweeter than sugar. Because it is so sweet, only very small amounts are used.

## B

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### **Baking Soda**

A fine powder that has a slightly salty taste. Often used to help baked goods rise. Also known as sodium bicarbonate.

### **Barley Malt**

Germinated and dried barley, used to add flavor to foods and beverages. Also known as malted barley.

### **Basil**

Herb in the mint family.

### **Beef**

Meat from cattle.

### **Beeswax**

A natural ingredient obtained from the honeycomb of bees. Used as a component of glaze on some confectionery products.

### **Beta Carotene**

A precursor to vitamin A production in the body, beta carotene is important for normal growth and development. It is also used to color foods.

### **BHT**

A food additive that acts as an antioxidant to preserve food and increase its shelf life. Also known as Butylated Hydroxytoluene.



**Bicarbonate**

A fine powder that is made from combining two carbon molecules. It is often used in baking to help baked goods rise.

**Biotin**

A B vitamin that aids in cell growth and the breakdown of fats and protein. Also known as vitamin B7.

**Black Cherry Juice**

A liquid naturally present in black cherries. Obtained by squeezing and crushing the fruit.

**Black Pepper**

Ground peppercorns from the black pepper plant.

**Bleached Enriched Wheat Flour**

A flour prepared by grinding wheat, removing its water content, treating it with a FDA approved flour bleaching agent and fortifying it with vitamins and minerals such as niacin, ferrous sulfate, thiamin mononitrate, riboflavin and folic acid.

**Blood Orange Juice Concentrate**

Blood orange juice that has had part of its water removed.

**Blue 1**

An artificial color approved by the U.S. Food and Drug Administration (U.S. FDA) for use in foods, drugs and cosmetics. Also known as Brilliant Blue FCF.

**Blue 1 Lake**

An artificial blue color approved by the U.S. Food and Drug Administration (U.S. FDA) for use in foods, drugs and cosmetics.

**Blue 2**

An artificial color approved by the U.S. Food and Drug Administration (U.S. FDA) for use in foods, drugs and cosmetics. Also known as Indigo Carmine or Indigotine.

**Blue 2 Lake**

An artificial indigo color approved by the U.S. Food and Drug Administration (U.S. FDA) for use in foods, drugs and cosmetics.

**Blueberries**

Soft, small and round berries grown all around the world. In the United States, they are often picked during the spring and summer months, but can be eaten year round in a variety of forms, such as dried or frozen. Blueberries have a sweet and mildly tart flavor.

**Blueberry Juice Concentrate**

Blueberry juice that has had part of its water removed.

**Blueberry Puree**

Crushed, ground blueberries that contains blueberry pulp and is thicker than juice.

**Blueberry Puree Concentrate**

Crushed blueberries which have had some of their water removed.

**Brazil Nuts**

A large three-sided nut with an edible kernel, several of which grow inside a large woody capsule. Brazil nuts grow in tropical regions.

**Brown Cane Sugar**

Sugar that is partially refined. Brown sugar can also be made by adding molasses to refined sugar.

**Brown Rice Flour**

A flour prepared by grinding brown rice. Brown rice flour is often used as a gluten-free alternative in cooking and baking.

**Brown Rice Syrup**

A sweetener made from cooked brown rice. Also known as rice syrup.

**Brown Sugar**

Sugar that is partially refined. Brown sugar can also be made by adding molasses to refined sugar.

**Butter**

A solid or semi-solid dairy product created by churning cream. Often used as a spread or in cooking and baking.

**Buttermilk**

A slightly sour dairy liquid obtained after butter has been churned. Used in baking and cooking.

**Buttermilk Powder**

A slightly sour dairy liquid obtained after butter has been churned. Buttermilk powder is the dried and flaked form of the liquid. Used in baking and cooking.

## C

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**Cabernet Sauvignon Wine**

Red wine made from Cabernet Sauvignon grapes.

**Cacao Nibs**

Small, dried pieces of cacao beans (cocoa beans) obtained after the cacao beans have been cured, cleaned, dried and the shells removed. Serve as starting material for all chocolate and cocoa products.

**Calcium Carbonate**

A compound added to foods to provide calcium, which helps maintain bones and muscles, as well as for other functional uses.

**Calcium Caseinate**

A protein produced from casein in milk. Casein is the primary naturally occurring protein in cow's milk.

**Calcium Chloride**

A compound added to foods to provide calcium, which helps maintain bones and muscles, as well as for other functional uses.



**Calcium Lactate**

A calcium compound found in baking powder that helps improve the texture of baked goods. It can also be used to adjust the acidity or improve the firmness of a food.

**Calcium Pantothenate**

A form of Vitamin B5. Vitamin B5 is an essential nutrient for the breakdown of carbohydrates, proteins, and fats.

**Calcium Stearate**

A form of calcium mixed with a fatty acid. Used as an emulsifier to prevent ingredients from separating.

**Cane Sugar**

A common form of sugar derived from sugarcane, a type of plant that typically grows in the tropical and subtropical regions of the world.

**Canola Oil**

Oil that is obtained from the seed of canola plants. Canola is also called rapeseed or field mustard.

**Caramel**

A beige to dark-brown confectionery product often containing milk and sugars.

**Caramel Color**

A food color obtained through the caramelization of carbohydrates like sugar and molasses.

**Caramel Colour**

A food color obtained through the caramelization of carbohydrates like sugar and molasses.

**Caramelized Sugar Syrup**

Sugar syrup which has been heated to create caramel flavor and color.

**Carmine Color**

A natural color additive extracted from the insect *Coccus cacti* that gives food a deep, dark red color. Also known as Cochineal Extract.

**Carnauba Wax**

A substance obtained from the leaves and buds of the Brazilian fan palm tree. Used as a component of a glaze on confectionery products.

**Carrageenan**

A gum obtained from red and purple seaweeds, often used to thicken food and keep ingredients from separating.

**Casein**

The primary protein in cow's milk. Also known as caseinate, calcium caseinate, or sodium caseinate.

**Caseinate**

A protein produced from casein in milk. Casein is the primary protein in cow's milk.

**Cashews**

Small, kidney-shaped nuts obtained from the cashew tree. Cashews can be eaten in many different ways, such as roasted, salted or plain, and they can also be ground into cashew butter.

**Celery Juice Powder**

A powder formed by drying celery juice.

**Celery Seed**

Seed of the celery plant which is used as a spice.

**Cellulose Gel**

A gel made from plants and used to thicken foods, improve their texture, and keep ingredients from separating.

**Cellulose Gum**

A gum made from cellulose and used to thicken foods, improve their texture, and keep ingredients from separating.

**Chardonnay Wine**

White wine made from Chardonnay grapes.

**Cherries**

Small, round, often dark-red fruit native to Europe, Asia and Africa. In the United States, they are mostly picked during the summer months, but can be eaten year-round in a variety of forms such as dried or frozen. Cherries have a sweet, mildly tart flavor.

**Cherry Juice**

A liquid naturally present in cherries. Obtained by squeezing and crushing the fruit.

**Cherry Juice Concentrate**

Cherry juice that has had part of its water removed.

**Cherry Puree Concentrate**

Crushed cherries which have had some of their water removed.

**Chickpeas**

An edible legume.

**Chicory Root Extract**

An extract of the root of the chicory plant. It contains mostly inulin, a soluble fiber.

**Chicory Root Fiber**

An extract of the root of the chicory plant. It contains mostly inulin, a soluble fiber.

**Chili Pepper**

Multiple varieties of peppers with varying levels of heat intensity.

**Chili Powder**

A hot spice obtained by drying and grinding chili peppers.

**Chipotle**

Smoke-dried jalapeno peppers.



**Chocolate**

Liquid or paste that is produced when cacao (cocoa) nibs are finely ground. As defined by the U.S. Food and Drug Administration (U.S. FDA), it must contain between 50%-60% (by weight) cocoa butter (cacao fat), and may also be called unsweetened chocolate, baking chocolate, bitter chocolate, or chocolate liquor. It does not contain alcohol.

**Chocolate Liquor**

Liquid or paste that is produced when cacao (cocoa) nibs are finely ground. As defined by the U.S. Food and Drug Administration (U.S. FDA), it must contain between 50%-60% (by weight) cocoa butter (cacao fat), and may also be called unsweetened chocolate, baking chocolate, bitter chocolate, or chocolate liquor. It does not contain alcohol.

**Chocolate Processed With Alkali**

Chocolate (chocolate liquor) that has been treated with alkalizing agents to reduce the bitter flavor, resulting in a milder tasting chocolate.

**Cinnamon**

A spice obtained from the bark of the Cinnamomum tree that is used to enhance the flavor of food.

**Citric Acid**

An organic acid that occurs naturally in citrus fruits but is also produced via fermentation. It is added to foods for a variety of functions.

**Cochineal Extract**

A color additive extracted from the insect Coccus cacti that gives food a deep, dark red color. Also known as Carmine.

**Cocoa**

Also known as cocoa powder. A powder made by removing most of the cocoa butter from chocolate liquor and is commonly used in baking.

**Cocoa Butter**

The naturally occurring fat obtained from cacao (cocoa) beans either before or after roasting. Cocoa butter is a unique vegetable fat extracted from cacao (cocoa) beans or chocolate liquor. Its unique fatty acid composition, including palmitic, stearic, oleic and linolenic acids, provides the pleasant mouth-feel and flavor release of chocolate products.

**Cocoa Butter Equivalent**

Commonly known in the industry as CBE, these common vegetable fats have physical and chemical properties similar to those of cocoa butter and interact with cocoa in the same way as cocoa butter so they can be used for the partial or complete replacement of cocoa butter in making chocolate candy. CBEs have the same nutrition profile as cocoa butter. Common CBEs include palm, shea, sunflower and safflower vegetable oils. There is no impact to the flavor or quality of chocolate candy when made with a CBE.

**Cocoa Powder**

A powder made by removing most of the cocoa butter from chocolate liquor and is commonly used in baking.

**Cocoa Processed With Alkali**

Cocoa powder that has been treated with alkalizing agents to reduce the bitter flavor, resulting in a milder tasting cocoa when compared to cocoa powder. Also known as Dutched Cocoa.

**Coconut**

A large, oval, brown fruit from the coconut palm tree. The white edible coconut flesh is found on the inside of the shell and is often found in tropical regions around the world.

**Coconut Oil**

Oil that is obtained from the seed, or fruit, of the coconut palm tree.

**Coffee**

A beverage prepared from the roasted beans of the evergreen *Coffea* shrub found mainly in South America, Asia and Africa. The flavor is dependent on the type of bean and how it is roasted.

**Colour**

A substance that is added to a food or beverage to enhance the colour.

**Confectioner's Glaze**

A clear coating that is applied to foods to improve their appearance and protect them.

**Corn Flour**

A flour prepared by grinding corn and removing its water content.

**Corn Meal**

An ingredient made by grinding corn and removing its water content. Its texture is coarser than that of corn flour.

**Corn Oil**

Oil that is obtained from corn.

**Corn Syrup**

A sweetener made from corn starch. Also known as glucose syrup.

**Corn Syrup Solids**

A sweetener obtained by removing the water from corn syrup.

**Cornstarch**

Starch derived from corn, used as a thickener.

**Cottonseed Oil**

Oil that is obtained from the seeds of cotton plants.

**Cranberries**

Small, round red berries grown all around the world. In the United States, they are often picked during the fall months, but can be eaten year round in a variety of forms, such as



dried or frozen. Cranberries have a sweet and mildly tart flavor.

#### **Cranberry Juice Concentrate**

Cranberry juice that has had part of its water removed.

#### **Cream**

A liquid ingredient high in milk fat separated from milk.

#### **Cream Of Tartar**

A substance that acts as an acidifier and buffering agent. Also known as tartaric acid and potassium bitartrate and is often added in baking to activate baking soda.

#### **Crisp Brown Rice**

Brown rice that has been heated to create a crisp, airy texture. Adds a crunchy texture to foods.

#### **Crisp Rice**

Rice that has been heated to create a crisp, airy texture. Adds a crunchy texture to foods.

#### **Crushed Red Pepper**

Dried and crushed red chili peppers, including seeds.

#### **Crystallized Ginger**

Ginger that has been cooked and coated with sugar.

#### **Culture**

Specific bacteria used to make yogurt. Also known as starter culture in the yogurt making process.

#### **Cultured Dextrose**

A food additive prepared through the fermentation of milk or sugar.

## **D**

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#### **D,L-Alpha Tocopherol Acetate**

A common form of vitamin E that is added to foods. Also known as vitamin E acetate.

#### **Dairy Butter**

A solid or semi-solid dairy product created by churning cream. Often used as a spread or in cooking and baking. Also called butter.

#### **Dark Chocolate**

Chocolate products that contain higher amounts of chocolate liquor or cocoa solids (not cocoa butter) than milk chocolate. The amount of chocolate ingredients required to call a product “dark chocolate” varies among countries. Dark chocolate typically contains less sugar and has a more bitter taste than milk chocolate.

#### **Defatted Peanuts**

Peanuts that have had some or all of their fat removed.

#### **Deionized Apple Juice Concentrate**

Apple juice that has gone through deionization and has had most of its water, flavor, and color removed. Used as a sweetener.

#### **Dextrin**

A powder obtained from starch (often corn starch) used to thicken foods.

#### **Dextrose**

A simple sugar obtained most often from corn, but can be obtained from other sources as well, such as wheat, sorghum, and tapioca. Also known as glucose.

#### **Diglycerides**

Composed of two glycerol molecules and a fatty acid. Used as an emulsifier to prevent ingredients from separating.

#### **Disodium Phosphate**

Used to adjust the pH to stabilize proteins in foods.

#### **Distilled Monoglycerides**

Monoglycerides which have been further processed to remove impurities. Used as an emulsifier to prevent ingredients from separating.

#### **Dried Blueberries**

Blueberries which have had most of their water removed.

#### **Dried Cranberries**

Cranberries which have had most of their water removed.

#### **Dried Fruit**

Fruit that has had most of its water removed.

#### **Dutched Cocoa**

Cocoa powder that has been treated with alkalizing agents to reduce the bitter flavor, resulting in a milder tasting cocoa when compared to cocoa powder. Also can be labeled as Cocoa Processed With Alkali.

## **E**

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#### **Egg Whites**

The egg white is the clear liquid within an egg, also known as albumin. It contains about 50% of the egg’s protein and has very minimal fat content.

#### **Eggs**

Chicken eggs are the most common type of eggs that humans eat. The egg is composed of the egg white and the egg yolk. Eggs contain protein, vitamins, minerals, fat, and cholesterol.

#### **Elderberry Extract**

A natural flavor obtained from the berry of the elder bush.

#### **Elderberry Juice Concentrate**

Elderberry juice which has had some of its water removed.



**Emulsifier**

A type of food additive that helps prevent the separation of ingredients, particularly mixtures of oil or fats and water.

**Enriched Wheat Flour**

A flour prepared by grinding wheat, removing its water content and fortifying it with vitamins and minerals such as niacin, ferrous sulfate, thiamin mononitrate, riboflavin and folic acid.

**Erythritol**

A reduced-calorie sugar alcohol that is about 70% as sweet as sugar. Often used in sugar-free foods to replace sugar.

**Ethyl Vanillin**

An artificial flavor that provides strong vanilla flavor.

**Evaporated Cane Juice**

The concentrated juice from sugarcane in crystallized form.

**Evaporated Milk**

Milk that has had about 60% of its water evaporated (removed).

**Extractive of Rosemary**

A natural flavor obtained from the herb rosemary.

## F

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**Ferrous Sulfate**

A compound added to foods to provide iron, which is needed by the body to produce red blood cells

**Fig**

A soft and sweet fruit native to the Middle East and Asia. The fruit is often dark brown on the outside and red on the inside with a lot of seeds, and it can be eaten either fresh or dried.

**Flavonoids**

A group of compounds found in plants and plant-based foods such as blueberries, black tea and cocoa products such as cocoa and chocolate products.

**Flavor**

An ingredient added to a food or beverage to impart flavor.

**Flavour**

An ingredient added to a food or beverage to impart flavor.

**Flour**

A powder prepared by grinding various types of grains and removing their water content. Used to prepare different types of baked goods.

**Folic Acid**

A B vitamin needed for cell growth and reproduction. Also known as Vitamin B9.

**Fondant**

A thick mixture of sugar, water, and sometimes flavors and colors. Used to make candy and icing.

**Food Starch- Modified**

The product resulting from the treatment of starch to modify the physical characteristics of the native starch. This produces more desirable or useful characteristics such as improved solubility, acid stability, and texture.

**Fractionated Vegetable Oil**

Oil that has been separated into different fat components, such as separation of a fat into solid and liquid components.

**Fructose**

A simple sugar that occurs naturally in fruit and honey. Used to sweeten foods and beverages.

**Fruit Juice**

A liquid naturally present in fruits and vegetables. Obtained by squeezing and crushing the fruit.

**Fruit Juice Concentrate**

Fruit juice that has had most of its water removed.

**Fruit Powder**

A powder formed from the drying and grinding of fruit.

**Fruit Puree**

Crushed, ground fruit that contains fruit pulp and is thicker than juice.

**Fruit Puree Concentrate**

Fruit puree that has had some of its water removed.

**Fumaric Acid**

A food additive that is used to regulate acid content of food. Often used to replace cream of tartar or citric acid.

## G

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**Garlic Chili Sauce**

Sauce made from a variety of ingredients often including garlic, chili peppers, vinegar, sugar, and/or salt.

**Garlic Powder**

A powder formed from the drying and grinding of garlic.

**Gelatin**

A protein of animal origin used to thicken and stabilize foods.

**Gellan Gum**

A polysaccharide often used as a gelling agent in foods.

**Ginger**

A spice from the stem of the plant Zingiber with a slightly hot taste.





**Ginger Powder**

A powder formed from the drying and grinding of ginger root.

**Ginger Puree**

Crushed, ground ginger root that contains ginger pulp.

**Glucose**

A simple sugar obtained most often from corn, but can be obtained from other sources as well, such as wheat, sorghum, and tapioca. Also known as dextrose.

**Gluten**

A natural protein found in wheat, barley, rye and sometimes oats, which helps give elasticity to dough and provide a chewy texture.

**Glycerin**

A food additive made from various vegetable oils. Also known as glycerol.

**Glycerine**

A food additive made from various vegetable oils. Also known as glycerol.

**Glycerol**

A food additive made from various vegetable oils. Also known as glycerin (glycerine).

**Glyceryl Monostearate**

A specific monoglyceride, which is composed of one glycerol molecule and one fatty acid.

**Goji Berry Juice Concentrate**

Goji berry juice that has had part of its water removed.

**Graham Crackers**

Slightly sweetened crackers that include whole wheat flour.

**Graham Flour**

A type of wheat flour.

**Granola**

A cereal, usually made by combining rolled oats, a sweetener like honey, and sometimes dried fruit, nuts and chocolate.

**Granulated Garlic**

A powder formed from the drying and grinding of garlic.

**Grape Juice Concentrate**

Grape juice that has had part of its water removed.

**Greek Yogurt Flavored Coating**

A confectionery coating that contains Greek yogurt flavor.

**Greek Yogurt Powder**

A powder made by removing the water from Greek yogurt (milk).

**Green Bell Pepper**

Unripe fruit of a group of Capsicum plants. Since bell peppers do not produce capsaicin, they are mild and sweet.

**Green Tea**

A tea made from the leaves of the Camellia sinensis plant, with a pale to very light green color and bitter flavor.

**Green Tea Powder**

A tea made from the leaves of the Camellia sinensis plant, with a pale to very light green color and bitter flavor, from which the water has been removed.

**Guar Gum**

A gum obtained from the seeds of a pea plant grown in India. Used as a thickener in food. Also known as Jaguar Gum.

**Gum Acacia**

A gum obtained from the Acacia Tree. Used as a thickener in food. Also known as gum arabic.

**Gum Arabic**

A gum obtained from the Acacia Tree. Used as a thickener in food. Also known as gum acacia.

**Gum Base**

The non-nutritive, non-digestible portion of chewing gum that consists of insoluble ingredients that remain after chewing.

**Gum Tragacanth**

A gum obtained from various Middle Eastern legumes. Used to thicken foods.

## H

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**Hazelnuts**

Small, brown nuts found in various countries around the world. Hazelnuts can be eaten in many different ways, such as roasted, salted or plain.

**Heavy Cream**

A liquid ingredient high in milk fat separated from milk.

**High Fructose Corn Syrup**

A liquid sweetener with a sweetness level similar to table sugar. HFCS is produced from corn through the enzymatic conversion of glucose into fructose. Also called glucose/fructose in Canada or abbreviated as HFCS. The most commonly used form of HFCS is nearly identical to the composition of table sugar.

**High Maltose Corn Syrup**

A type of corn syrup in which a large percentage of the carbohydrates present are maltose and which contains little to no fructose.

**High Oleic Sunflower Oil**

Sunflower oil that has an increased amount of monounsaturated fatty acids, particularly oleic fatty acid.



## Honey

A sweet, sticky fluid made by honey bees that has a comparable sweetness to table sugar.

## Hydrogenated Coconut Oil

Coconut oil which has been modified with hydrogen to make a more solid fat.

## Hydrogenated Starch Hydrolysate

A mixture of sugar alcohols used as a reduced-calorie sweetener and as a humectant to keep foods moist.

## Hydrogenated Vegetable Oil

Oils that are less susceptible to rancidity because they have had their double bonds replaced with hydrogen, similar to saturated fatty acids. The process also results in a more solid fat at room temperature.

## Hydrolyzed Corn Protein

The protein obtained from the breakdown of corn into its component amino acids.

## Hydrolyzed Milk Protein

The protein obtained from the breakdown of milk into its component amino acids.

## Hydrolyzed Soy Protein

Soy protein that has been broken down into its component amino acids.

## Hydrolyzed Whey Syrup

A sweetener obtained from the breakdown of milk sugar (lactose) into its basic components: glucose and galactose.

# I

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## Inulin

A type of dietary fiber found in many plants, and often extracted from the root of the chicory plant.

## Invert Sugar

A mixture of glucose and fructose that is more soluble and doesn't crystallize as quickly as sucrose.

## Invert Syrup

A sweetener produced by dissolving sugar in water followed by hydrolyzation.

## Invertase

An enzyme that breaks down sucrose into its basic components: glucose and fructose.

## Iodized Salt

Sodium chloride with added potassium iodine.

## Isomalt

A reduced-calorie sugar alcohol often used to replace sugar in foods.

# J

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## Jalapeño

A type of chili pepper with a spicy flavor.

# K

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## K-Carmine

A color additive extracted from the insect *Coccus cacti* that gives food a deep, dark red color. Also known as Cochineal Extract.

## K-Gelatin

A protein of animal origin used to thicken and stabilize foods. Gelatin labeled as "K-gelatin" is certified Kosher.

# L

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## Lactase

An enzyme that breaks down lactose, a milk sugar, into its basic components: glucose and galactose.

## Lactic Acid

An organic acid.

## Lactitol

A reduced-calorie sugar alcohol derived from lactose often used to replace sugar in foods.

## Lactose

The sugar present in milk, also known as milk sugar.

## Lavender Essence

An essential oil of the lavender flower, pressed out of the flowers when they are seed bearing. Used to add a slight floral flavor.

## Lecithin

A substance found in the oil component of certain plants and eggs that acts as an emulsifier, to prevent ingredients from separating. Sources of lecithin include soy (soya), rice, sunflower, and eggs.

## Lemon

A small, often yellow citrus fruit, with a tart, sour flavor.

## Lemon Extract

A natural flavor obtained from lemons.

## Lemon Juice

A liquid naturally present in lemons. Obtained by squeezing and crushing the fruit.

## Lemon Juice Concentrate

Lemon juice that has had part of its water removed.





**Lemon Oil**

Oil obtained from the lemon peel. Used as a flavor.

**Lemon Pepper**

Seasoning made from black pepper and lemon zest.

**Lemon Puree**

Crushed, ground lemons that contains lemon pulp and is thicker than juice.

**Licorice Extract**

A natural flavor obtained from the root of the licorice plant.

**Lime Juice**

A liquid naturally present in limes. Obtained by squeezing and crushing the fruit.

**Lime Juice Concentrate**

Lime juice that has had part of its water removed.

**Lime Juice Powder**

A powder formed from the drying of lime juice.

**Lime Oil**

Oil obtained from the lime peel. Used as a flavor.

**Limonene**

A flavor obtained from lemon peels and other citrus fruits.

**Locust Bean Gum**

A gum obtained from the carob tree. Often used as a thickening or gelling agent.

**Low Sodium Gluten Free Soy Sauce**

Soy sauce that is made from rice instead of wheat and has had some of the sodium removed after fermentation.

## M

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**Macadamia Nuts**

Small, round nuts native to Australia and also grown in Hawaii. Macadamia nuts can be eaten in many different ways, such as roasted, salted or plain.

**Magnesium Oxide**

A compound compound added to foods to provide magnesium, which is needed by the body to function. It can also be used to prevent caking of ingredients.

**Magnesium Stearate**

A form of magnesium which acts as a lubricant when making tablets and capsules.

**Malic Acid**

An ingredient naturally occurring in apples that has a smooth, tart taste. Used to enhance the flavor of food.

**Malt**

Germinated and dried cereal grains such as barley.

**Malt Extract**

A sweet, syrupy flavor obtained from malted barley. Also known as malt flavoring and malt powder.

**Malt Syrup**

Syrup made from cooked barley.

**Malted Barley**

Germinated and dried barley sometimes used to add flavor to foods and beverages. Also known as barley malt.

**Malted Barley Flour**

A flour prepared by grinding barley and removing the water.

**Malted Milk**

A powder to flavor beverages, usually milk, that often contains malted barley, wheat flour, and milk powder.

**Maltitol**

A reduced-calorie sugar alcohol. Used to replace sugar in foods and provide sweetness.

**Maltodextrin**

A carbohydrate obtained by breaking down starch, typically corn starch.

**Maltose**

A sweetener composed of two glucose molecules.

**Mandarin Orange Juice Concentrate**

Mandarin orange juice that has had part of its water removed.

**Mango Juice Concentrate**

Mango juice that has had part of its water removed.

**Mango Puree Concentrate**

Crushed mango fruit which has had some of the water removed.

**Mangos**

Tropical yellow juicy fruit surrounding a large tough pit.

**Mangosteen Puree Concentrate**

Crushed fruit of the mangosteen tree, a tropical evergreen tree, which has had some of its water removed.

**Mannitol**

A reduced-calorie sugar alcohol used to replace sugar and provide sweetness.

**Marshmallow**

A soft, white, sweet food often made of sugar and eggs or gelatin.

**Marshmallow Creme**

A sweet, marshmallow-like spread.

**Medium Chain Triglycerides**

A component of some fats and oils, such as palm kernel oil and coconut oil, characterized by the type of the fatty acids. All dietary fats are made from different types of fatty acids.



**Milk**

A white, fluid beverage produced from dairy cattle. A source of nutrients, including protein, and calcium.

**Milk Chocolate**

A food prepared by mixing chocolate liquor or cocoa powder with milk ingredients and sometimes a sweetener, such as sugar.

**Milk Fat**

The fat that occurs naturally in milk. Also referred to as butter fat.

**Milk Ingredients**

The different components of milk fat and milk solids that have not been altered in processing, including: butter, buttermilk, butter oil, milk fat, cream, milk, partly skimmed milk, and skim milk.

**Milk Powder**

The powdered form of milk which provides food with flavor and enhances nutritional value. Milk powder can also help prevent ingredients from separating. Also known as milk solids, nonfat dry milk, or whole milk powder.

**Milk Protein Concentrate**

A dry milk product that contains about 40-90% protein.

**Milk Protein Isolate**

A dry milk product that contains at least 90% protein. Often used to increase the protein content of food.

**Mineral Oil**

An oil approved by the U.S. Food and Drug Administration (U.S. FDA) to help provide a protective coating for candy.

**Mint Oil**

Oil that is obtained from the leaves of mint plants.

**Mirin**

Wine made from rice starch.

**Mixed Tocopherols**

A family of compounds that act as antioxidants and can be added to foods to help preserve freshness.

**Modified Cellulose**

A complex carbohydrate that keeps ingredients from sticking together.

**Modified Cornstarch**

Starch derived from corn that has been modified with a permitted starch-modifying agent.

**Modified Milk Ingredients**

The different components of milk fat and milk solids that have been altered in processing, including: calcium-reduced skim milk, casein, caseinates, cultured milk products, milk serum proteins, ultrafiltered milk, whey, whey butter, and whey cream.

**Modified Palm Kernel Oil**

Oil that is derived from palm kernels that have been hydrogenated.

**Modified Palm Oil**

Oil that is derived from palm plants that have been hydrogenated.

**Modified Potato Starch**

Starch derived from potatoes that has been modified with a permitted starch-modifying agent.

**Modified Tapioca Starch**

Starch derived from tapioca that has been modified with a permitted starch-modifying agent.

**Modified Vegetable Oils**

A term used on foods sold in Canada which contain a vegetable oil which has been modified by complete or partial removal of a fatty acid.

**Molasses**

A sweetener obtained from the process of converting sugarcane or sugar beets into sugar that is strongly flavored and dark in color.

**Monk Fruit Extract**

A no calorie sweetener extracted from monk fruit, a plant native to southern China and northern Thailand. Monk fruit extract is 300 times sweeter than sugar. Also called *luo han guo*.

**Mono- And Diglycerides**

A fat-based compound used as an emulsifier to prevent ingredients from separating.

**Monocalcium Phosphate**

A compound found in baking powder. It serves as a leavening agent to help baked goods rise.

**Monoglycerides**

Composed of one glycerol molecule and one fatty acid. Used as an emulsifier to prevent ingredients from separating.

**Monosodium Glutamate**

A food additive that occurs naturally from the breakdown of proteins. Used to enhance the flavor of foods.

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## N

**Natural Acai Flavor**

A flavor obtained from acai berries.



### **Natural and Artificial Flavors**

A combination of natural and artificial flavors. Natural flavors are those 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 of these. Artificial flavor is made from components obtained by chemical synthesis.

### **Natural Blackberry Flavor**

A flavor obtained from blackberries.

### **Natural Colors**

Many consumers consider natural colors to be colors that are obtained from plants or other natural sources. However, U.S. Food and Drug Administration (U.S. FDA) does not define natural colors and considers any color added to a food to be artificial color, regardless of the source of the color.

### **Natural Flavors**

Flavors 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 of these.

### **Natural Mixed Berry and Citrus Flavors**

Flavors derived from a variety of berries and citrus fruits without use of chemicals.

### **Natural Vanilla Flavor**

Flavor that has been obtained from vanilla beans.

### **Neotame**

A no-calorie sweetener that is 7,000 to 13,000 times sweeter than sugar. Because it is so sweet, only very small amounts are used.

### **Niacin**

A form of Vitamin B3 that helps convert carbohydrates in the body into energy.

### **Niacinamide**

A form of Vitamin B3 that helps convert carbohydrates in the body into energy.

### **Nonfat Milk**

Milk from which the fat has been removed. Also known as skim milk.

### **Nonfat Milk Solids**

Milk from which the fat and water has been removed.

### **Nonfat Milk Powder**

A powder formed from the drying of skim (nonfat) milk.

### **Nougat**

There are two types of nougat: soft and traditional. Soft nougat is a type of candy that may contain cocoa, milk powder, powdered sugar, fat and egg whites. Traditional nougat is a type of candy usually made from sugar or honey, roasted nuts, egg whites, and sometimes candied fruit. Traditional nougat can either be chewy or hard.

### **Nutmeg**

A seed from the nutmeg tree used to enhance flavor of food.

### **Nutmeg Oil**

Oil obtained from nutmeg used as a flavor.



### **Oats**

A type of cereal grain often eaten as oatmeal and rolled oats.

### **Oil of Peppermint**

Oil obtained from the leaves of the peppermint plant. Used as a flavor. Also called peppermint oil.

### **Oligosaccharides**

Components of the fiber in many plants. Composed of short chains of sugar molecules.

### **Olive Oil**

An oil produced by pressing whole olives.

### **Onion**

A white, yellow and sometimes even red, bulb-shaped vegetable with a strong smell and taste.

### **Onion Powder**

A powder formed from the drying and grinding of onion.

### **Orange Juice Concentrate**

Orange juice that has had part of its water removed.

### **Orange Juice Powder**

A powder formed from the drying of orange juice.

### **Orange Peel**

Rind of oranges used in baking or cooking to add orange flavor.

### **Orange Pulp**

Solid portion of the fruit remaining after juicing the orange.

### **Orange Puree**

Crushed, ground oranges that contain orange pulp and is thicker than juice.

### **Organic**

Products that have been produced under the guidelines set by the Organic Foods Production Act and regulated by the U.S. Department of Agriculture (USDA) or similar regulatory authorities in other countries. Production of organic foods use farming practices that avoid most synthetic materials.

### **Organic Honey**

A sweet, sticky fluid made by honey bees that has a comparable sweetness to table sugar. Certified USDA Organic.



### **Organic Invert Cane Syrup**

A liquid sweetener in which sugar has been partially or totally broken down into glucose and fructose.

### **Organic Pretzels**

A baked bread product, originating from Europe, which may have a knot-like shape. They are often flavored with salt, but can also be glazed with sugar or other flavors. Certified USDA Organic.

## **P**

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### **Palm Kernel Oil**

Oil that is obtained from the kernel of the palm fruit. It is a different oil than palm oil, which is obtained from the pulp of the oil palm fruit.

### **Palm Oil**

Oil that is obtained from the pulp of the palm fruit. It is different from palm kernel oil, which is obtained from the kernel of the palm fruit.

### **Paprika**

Dried chili peppers ground into a powder.

### **Partially Defatted Peanuts**

Peanuts which have had some of their oil removed.

### **Partially Hydrogenated Oil (Coconut, Cottonseed, Palm, Palm Kernel, Soybean, Sunflower)**

Oils that have had some of their double bonds replaced with hydrogen to obtain a more solid fat that is not as susceptible to spoiling.

### **Passion Fruit Juice Concentrate**

Passion fruit juice that has had part of its water removed.

### **Pea Protein**

A type of vegetarian protein derived from peas.

### **Peach Concentrate**

Crushed peaches which have had some of their water removed.

### **Peach Juice Concentrate**

Peach juice that has had part of its water removed.

### **Peanut Butter**

A spreadable food made by grinding roasted peanuts.

### **Peanut Oil**

Oil that is obtained from peanuts.

### **Peanuts**

Small legumes that can be eaten in many different ways, such as roasted, salted or plain. Peanuts can also be ground into peanut butter.

### **Pear Juice Concentrate**

Pear juice that has had part of its water removed.

### **Pear Juice From Concentrate**

Pear juice made by combining pear juice concentrate and water.

### **Pecans**

Small, brown nuts native to South and Central North America. Pecans can be eaten in many different ways, such as roasted, salted or plain.

### **Pectin**

A source of soluble fiber often used as a thickener and stabilizer for jams, jellies and other foods.

### **Peppermint Oil**

Oil obtained from the peppermint plant. Used as a flavor.

### **Phenylalanine**

An essential amino acid found in various proteins. People with a rare hereditary disease called phenylketonuria are unable to break down phenylalanine and are generally advised not to consume products that contain it.

### **Pineapple**

The fruit of a tropical Bromeliaceae plant.

### **Pineapple Juice Concentrate**

Pineapple juice that has had part of its water removed.

### **Pineapple Juice Powder**

A powder formed from the drying of pineapple juice.

### **Plum Juice Concentrate**

Plum juice that has had part of its water removed.

### **Polydextrose**

A reduced-calorie carbohydrate often used as a bulking agent and humectant to help products remain moist.

### **Polyglycerol Esters Of Fatty Acids**

Mixtures consisting of the esters of fatty acids with a polyglycerol mixture.

### **Polyglycerol Polyricinoleate (PGPR)**

An emulsifier used to keep ingredients from separating. Derived from castor bean oil and often used to improve processing characteristics of chocolate.

### **Polyols**

Also known as sugar alcohols. This group of ingredients includes erythritol, hydrogenated starch hydrolysate, lactitol, mannitol, maltitol, sorbitol, and xylitol. Used widely in the food industry to replace sugar in reduced-sugar and sugar-free foods. They are only partially metabolized, thus they provide less calories than sugar.

### **Polysorbate 20**

An ingredient composed of saturated fatty acids and sugar alcohols. Used as an emulsifier, wetting agent and dispersing agent to improve the texture of food.



**Polysorbate 60**

An ingredient composed of saturated fatty acids and sugar alcohols. Used as an emulsifier, wetting agent and dispersing agent to improve the texture of food.

**Polysorbate 80**

An ingredient composed of saturated fatty acids and sugar alcohols. Used as an emulsifier, wetting agent and dispersing agent to improve the texture of food.

**Pomegranate Juice**

A liquid naturally present in pomegranates. Obtained by squeezing and crushing the fruit.

**Pomegranate Juice Concentrate**

Pomegranate juice that has had part of its water removed.

**Popcorn**

Corn kernels that burst open when they are heated.

**Pork**

Meat from pigs.

**Potassium Carbonate**

A potassium compound used as an alkali and stabilizer.

**Potassium Chloride**

A potassium compound often used to enhance the flavor of food, replace sodium in low-sodium foods, or thicken foods.

**Potassium Lactate**

A potassium compound derived from milk sugar often used as an antioxidant, emulsifier, humectant (to help keep foods moist), or acidity regulator.

**Potassium Metabisulfite**

A potassium compound often used as an antioxidant to protect food.

**Potassium Sorbate**

A potassium compound often used as preservative to keep food fresh longer.

**Potato Flour**

A flour prepared by grinding potatoes and removing the water and fiber content.

**Potato Starch**

Starch derived from potatoes often used as a thickener.

**Pretzels**

A baked bread product, originating from Europe, which may have a knot-like shape. They are often flavored with salt, but can also be glazed with sugar or other flavors.

**Propyl Gallate**

A food additive often used as an antioxidant to protect food.

**Propylene Glycol**

A food additive often used as an emulsifying agent to keep ingredients from separating.

**Prune Juice Concentrate**

Prune juice that has had part of its water removed.

**Pumpkin Seeds**

The edible seed of a pumpkin, often shelled and roasted.

**Purple Carrot Juice**

Juice from carrots which are dark purple in color. Purple carrot juice is often used to color food products.

**Purple Sweet Potato Extract**

An extract from sweet potatoes which are purple; often used to color food products.

**Pyridoxine**

A form of Vitamin B6 that is required for the metabolism of protein and carbohydrates.

**Pyridoxine Hydrochloride**

A form of Vitamin B6 that is required for the metabolism of protein and carbohydrates.

## Q

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## R

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**Raisins**

Grapes that have been dried.

**Rapeseed Oil**

Oil from the seeds of rapeseed (*Brassica napus*) plants. It is one of the major sources of vegetable oil in the world. Canola oil comes from a subgroup of rapeseed.

**Raspberries**

Soft, red berries grown all around the world. In the United States, they are often picked during the summer months, but can be eaten year round in a variety of forms, such as dried or frozen. Raspberries have a sweet flavor and provide fiber and different vitamins and minerals.

**Raspberry Juice Concentrate**

Raspberry juice that has had part of its water removed.

**Raspberry Powder**

A powder formed from the drying of raspberries.

**Raspberry Puree**

Crushed, ground raspberries that contains raspberry pulp and is thicker than juice.

**Raspberry Puree Concentrate**

Crushed raspberries which have had some of their water removed.



**Red 3**

An artificial color approved by the U.S. Food and Drug Administration (U.S. FDA) for use in foods, drugs and cosmetics. It gives food a pink shade color. Also known as Erythrosine.

**Red 40**

An artificial color approved by the U.S. Food and Drug Administration (U.S. FDA) for use in foods, drugs and cosmetics. It gives food a red color. Also known as Allura Red.

**Red 40 Lake**

An artificial red color approved by the U.S. Food and Drug Administration (U.S. FDA) for use in foods, drugs and cosmetics.

**Red Grape Juice Concentrate**

Red grape juice which has had part of its water removed.

**Red Wine Vinegar**

Vinegar made from fermented red wine.

**Reduced Iron**

A type of the essential mineral, iron, involved in oxygen transfer by red blood cells. Used to fortify cereal and grain products.

**Reduced Minerals Whey**

Whey that has had a portion of its mineral content removed.

**Reduced Protein Whey**

Whey that has had part of its protein content removed. Also called dairy product solids, modified whey, or deproteinized whey. In Canada, it is labelled as modified milk ingredient.

**Refined Oil**

Edible oils that have had any impurities and foreign material removed.

**Refined Palm Kernel Oil**

Palm kernel oil that has been further processed to remove any impurities and foreign material to result in a white to yellowish oil with a neutral taste.

**Resinous Glaze**

A glaze that is applied to foods to protect them. Can also be called confectioners glaze.

**Riboflavin**

Vitamin B2. Riboflavin is necessary for the metabolism of fat, protein and carbohydrates.

**Rice**

A cereal grain grown around the world. There are different kinds of rice, including white, brown, black, red, and purple, each with specific nutrient qualities. Rice is often enriched with vitamins and minerals to replace nutrients removed during processing.

**Rice Bran Extract**

The oil extracted from the husk of the rice.

**Rice Flour**

A flour prepared by grinding rice and removing its water content.

**Rice Lecithin**

A substance found in the oil component of rice that acts as an emulsifier, to prevent ingredients from separating. Other common sources of lecithin include soy (soya), sunflower, and eggs.

**Rice Maltodextrin**

A food additive obtained from rice and used to thicken foods.

**Rice Protein**

A type of vegetarian protein derived from rice often used to increase protein content in foods.

**Rice Starch**

Starch derived from rice. Often used as a thickener.

**Rice Syrup**

A sweetener made from cooked rice. Also known as brown rice syrup and rice malt.

**Rice Syrup Solids**

Rice syrup that has had most of its water removed to provide a sweeter taste.

**Rice Wine**

Wine made from rice starch.

**Rose Hips**

Fruit of a rose with a mildly tart flavor.

## S

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**Saccharin**

A no-calorie sweetener that is 500 times sweeter than sugar. Because it is so sweet, only very small amounts are used.

**Safflower Oil**

Oil that is obtained from the seeds of the safflower plant.

**Salt**

A natural flavor enhancer and preservative. Also known as table salt or sodium chloride.

**Sea Salt**

Salt obtained from the evaporation of seawater.

**Semi-Sweet Chocolate**

A blend of chocolate liquor with cocoa butter, sugar, flavor such as vanilla or other ingredients, and sometimes an emulsifier, such as lecithin. In the U.S., semi-sweet chocolate is required to contain a minimum of 35% chocolate liquor. Also known as bittersweet chocolate.





**Sesame**

Edible oil seed of a flowering plant that originated in India.

**Sesame Seed Oil**

Oil that is obtained by pressing sesame seeds.

**Shea Oil**

Oil that is obtained from shea-nuts which are seeds from the shea tree.

**Silicon Dioxide**

A food additive used to prevent lumps from forming in an ingredient.

**Skim Milk**

Milk from which the fat has been removed. Also known as nonfat milk.

**Skim Milk Powder**

A powder formed from the drying of skim (nonfat) milk.

**Sodium Acid Pyrophosphate**

A compound found in some baking powders. Used to help baked goods rise, and to maintain the color of certain foods, such as dried fruit. Can also be used to regulate the acidity of a food.

**Sodium Acid Sulfate**

A food additive that helps maintain color of certain foods, adjust the acidity, or act as a preservative to increase a product's shelf life. Also known as sodium bisulfate.

**Sodium Alginate**

A gum obtained from various types of seaweed that acts as a stabilizer in food and helps improve its texture.

**Sodium Aluminum Phosphate**

A compound found in some baking powders to help baked goods rise.

**Sodium Ascorbate**

A form of Vitamin C. Helps maintain tissues in the body.

**Sodium Benzoate**

A food additive that helps preserve food and increase a product's shelf life.

**Sodium Bicarbonate**

A fine powder that has a slight salty and alkaline taste. Often used in baking to help baked goods rise. More commonly known as baking soda.

**Sodium Carbonate**

A food additive that helps balance the level of acidity in food and also improve texture.

**Sodium Carboxymethylcellulose**

A food additive that has a variety of uses, including as an emulsifier and as a gelling, thickening or glazing agent.

**Sodium Caseinate**

A more soluble form of casein, the primary naturally occurring protein in cow's milk.

**Sodium Chloride**

The chemical name for salt.

**Sodium Citrate**

A form of citric acid.

**Sodium Hydroxide**

A food additive used to adjust the acidity of a food. Sodium hydroxide can be used in the processing of cocoa to make cocoa processed with alkali.

**Sodium Lactate**

A food additive that acts as a preservative to increase a product's shelf life and to help control the acid level in food.

**Sodium Metabisulfite**

A food additive used as a preservative to help food stay fresh longer.

**Sodium Phosphate**

A food additive that helps baked goods rise and also helps control the acidity level of processed foods.

**Sorbic Acid**

A food additive that acts as a preservative to prevent the growth of bacteria and mold.

**Sorbitan Monostearate**

An ingredient made of saturated fatty acids and sugar alcohols that acts as an emulsifier to keep ingredients from separating.

**Sorbitan Tristearate**

An ingredient made of saturated fatty acids and sugar alcohols that acts as an emulsifier to keep ingredients from separating.

**Sorbitol**

A reduced-calorie sugar alcohol usually derived from corn. Sorbitol has about half the sweetness of sugar and is used to replace sugar, or as a humectant in foods to help preserve the moisture.

**Soy Crisps**

Puffed soy protein.

**Soy Flour**

Flour made from defatted soybeans. Adds texture and flavor to foods.

**Soy Lecithin**

A substance found in the oil component of soybeans that acts as an emulsifier, to prevent ingredients from separating.

**Soy Nuts**

Boiled, drained and roasted soybeans.

**Soy Pieces**

Pieces of soybeans.

**Soy Protein**

A high quality protein obtained from soybeans.



**Soy Protein Isolate**

A concentrated form of soy protein that contains at least 90% protein.

**Soybean Oil**

Oil that is obtained from soybeans.

**Soybeans**

An edible legume and a source of vegetable oil.

**Spearmint Oil**

Oil obtained from the spearmint plant. Used as a flavoring agent.

**Spices**

Dried seed, fruit, root, bark or vegetables used primarily for flavor. Common spices include cinnamon, mustard, cloves, ginger, curry, etc.

**Starch**

The most common type of carbohydrate derived from various foods such as wheat, corn, rice, and potatoes.

**Steviol Glycosides**

The compounds found in the stevia plant leaf which are responsible for its sweetness.

**Strawberries**

Widely grown juicy soft red fruit.

**Strawberry Juice Concentrate**

Strawberry juice that has had part of its water removed.

**Strawberry Puree Concentrate**

Crushed strawberries which have had some of their water removed.

**Sucralose**

A no-calorie artificial sweetener about 300 to 1,000 times as sweet as sugar and is also sold under the brand name Splenda®. Because it is so sweet, only very small amounts are used.

**Sucrose**

Table sugar. Composed of equal parts glucose and fructose and typically obtained commercially from sugar beets and sugar cane.

**Sugar**

The term sugar can be used to either refer specifically to sucrose or it can be used generally to refer to all simple sugars (lactose, glucose, fructose, galactose, sucrose, etc.).

**Sugar Alcohol**

Used widely in the food industry to replace sugar in reduced-sugar and sugar-free foods. Also known as polyols, they include erythritol, hydrogenated starch hydrolysate, lactitol, mannitol, maltitol, sorbitol, and xylitol. They are only partially metabolized, thus they provide less calories than sugar.

**Sulfites**

A group of food additives, which include: sulfur dioxide, sodium sulfite, potassium bisulfite, sodium bisulfite, potassium metabisulfite and sodium metabisulfite. They serve as preservatives and antioxidants to increase a product's shelf life. Also known as sulfiting agents.

**Sulfur Dioxide**

A specific type of sulfites. Sulfites serve as preservatives and antioxidants to increase a product's shelf life. Also known as sulfiting agents.

**Sulphites**

A group of food additives, which include: sulfur dioxide, sodium sulfite, potassium bisulfite, sodium bisulfite, potassium metabisulfite and sodium metabisulfite. They serve as preservatives and antioxidants to increase a product's shelf life. Also known as sulfiting agents.

**Sunflower Kernels**

Sunflower seeds with the shells removed.

**Sunflower Lecithin**

A substance found in the oil component of sunflower seeds that acts as an emulsifier, to prevent ingredients from separating.

**Sunflower Oil**

Oil that is obtained from sunflower seeds.

**Sunflower Seed Butter**

A paste produced from sunflower seeds. Used to enhance the flavor of food. Also known as sunflower butter or sunbutter.

**Sweet Cherry Juice Concentrate**

Sweet cherry juice that has had part of its water removed.

**Sweet Chocolate**

A chocolate prepared by mixing chocolate liquor with a sweetener, such as sugar. The U.S. Food and Drug Administration (U.S. FDA) requires sweet chocolate to contain between 15-35% chocolate liquor

**Sweetened Condensed Milk**

A combination of sugar and milk from which water has been removed.

**Sweetened Condensed Skim Milk**

A combination of sugar and skim milk from which water has been removed, resulting in a very thick, sweet product.

**Sweetened Crisp Brown Rice**

Brown rice which has been puffed and sweetened with sugar.

**Sweetened Dried Blueberries**

Blueberries that have had most of their water removed and a sweetener such as sugar has been added.

**Sweetened Dried Cherries**

Cherries that have had most of their water removed and a sweetener such as sugar has been added.



**Sweetened Dried Cranberries**

Cranberries that have had most of their water removed and a sweetener such as sugar has been added.

**Sweetened Dried Figs**

Figs that have had most of their water removed and a sweetener such as sugar has been added.

**Sweetened Dried Mangos**

Mango pieces that have had most of their water removed and a sweetener such as sugar has been added.

**Sweetened Dried Pineapples**

Pineapple pieces that have had most of their water removed and a sweetener such as sugar has been added.

**Sweetened Dried Strawberries**

Strawberries that have had most of their water removed and a sweetener such as sugar has been added.

## T

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**Tapioca Dextrin**

A powder derived from tapioca starch from the cassava root often used to thicken foods.

**Tapioca Flour**

Flour obtained from grinding the root of the cassava plant and removing its water content.

**Tapioca Malt**

Germinated and dried tapioca sometimes used to add flavor to foods and beverages.

**Tapioca Maltodextrin**

Starch derived from tapioca, the starch in the cassava root. It is often used as a stabilizer and to add bulk to food.

**Tapioca Syrup**

A sweetener made from the starch in the root of cassava plants, which are shrubs grown in tropical and subtropical regions.

**Tartaric Acid**

An organic acid that is the source for cream of tartar and is sometimes combined with baking soda to act as a leavening agent in recipes.

**Tartrazine**

An artificial yellow color approved by the U.S. Food and Drug Administration (U.S. FDA) for use in foods, drugs and cosmetics. Also known as FD&C Yellow 5 (Yellow 5).

**TBHQ**

A food additive used as an antioxidant and stabilizer in food products. Also known as tert-Butylhydroquinone.

**Tetrasodium Pyrophosphate**

A compound found in some baking powders. Used to help baked goods rise, and to maintain the color of certain foods, such as dried fruit. Can also be used to regulate the acidity of a food.

**Thiamin Mononitrate**

A form of thiamine (vitamin B1), involved in metabolizing carbohydrates

**Titanium Dioxide**

A color used in foods, drugs and cosmetics. Approved by the U.S. Food and Drug Administration (U.S. FDA).

**Toasted Coconut**

Coconut that is toasted.

**Toasted Sesame Oil**

Oil that is obtained by pressing toasted sesame seeds.

**Toasted Soya Pieces**

Toasted pieces of soybeans.

**Tocopherols**

A family of compounds that act as antioxidants and can be added to foods to help preserve freshness.

**Tomato Paste**

Tomato puree that has had most of its water removed

**Torula Yeast**

A specific type of yeast sometimes used to add a savory flavor to foods.

**Tricalcium Phosphate**

A food additive used to improve the texture of salt. May also be used to increase the calcium content.

**Triglycerides**

Composed of one glycerol molecule and three fatty acids.

**Trisodium Citrate**

An organic salt. Also known as Sodium Citrate.

**Turkey Breast**

Meat from the front of the turkey, between the wings.

**Turmeric**

A spice derived from a tropical plant (*Curcuma longa*) grown in India.

## U

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**Unsweetened Chocolate**

Liquid or paste that is produced when cacao (cocoa) nibs are finely ground. As defined by the U.S. Food and Drug Administration (U.S. FDA), it must contain between 50%-60% (by weight) cocoa butter (cacao fat), and may also be called chocolate, baking chocolate, bitter chocolate, or chocolate liquor. It does not contain alcohol.



# V

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## **Vanilla**

An ingredient made from vanilla beans. Used to add and enhance flavor.

## **Vanilla Beans**

The seed pod of the vanilla orchid.

## **Vanilla Extract**

A natural flavor obtained from vanilla beans.

## **Vanillin**

An ingredient obtained from plant-derived materials. Provides a vanilla flavor to foods.

## **Vegetable Fat**

Vegetable oils that are solid at room temperature.

## **Vegetable Oil**

Oils that are derived from plants such as soybean, sunflower and safflower.

## **Vinegar**

A sour flavored liquid obtained through the fermentation of alcoholic liquids such as wine or cider. Made primarily of water and acetic acid. No alcohol remains in vinegar.

## **Vinegar Powder**

A powder formed from the drying of vinegar.

## **Vitamin A**

A fat-soluble vitamin important for growth and development, maintenance of the immune system and good vision.

## **Vitamin A Palmitate**

A stable form of Vitamin A, a fat-soluble vitamin important for growth and development, maintenance of the immune system and good vision.

## **Vitamin B1**

A B vitamin involved in metabolizing carbohydrates. Also known as thiamine/thiamin.

## **Vitamin B2**

A B vitamin necessary for the metabolism of fat, protein and carbohydrates. Also known as riboflavin.

## **Vitamin B6**

A B vitamin required for the metabolism of protein and carbohydrates. Also known as pyridoxine hydrochloride.

## **Vitamin D**

A fat-soluble vitamin that can be ingested through food or made by the body when exposed to sunlight. It helps with the absorption of vitamins and minerals in the body and is often found in fortified dairy products. Also known as the "Sunshine Vitamin."

## **Vitamin D3**

A fat-soluble vitamin needed for normal growth and development, especially of bones and teeth.

## **Vitamin E**

A fat-soluble vitamin that serves as an antioxidant in the body. Also known as alpha-tocopherol.

## **Vitamin E Acetate**

A form of vitamin E, a fat-soluble vitamin that serves as an antioxidant in the body.

# W

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## **Waxy Rice Starch**

Starch obtained from rice that provides a creamy texture and improves the freezing quality of food.

## **Wheat Flour**

Flour made from types of wheat.

## **Wheat Starch**

Starch obtained from wheat. Serves as a thickening agent in food.

## **Wheat Syrup**

Food syrup obtained by separating the water from wheat starch and converting it into glucose.

## **Whey**

The product remaining after milk has been curdled and strained.

## **Whey Permeate**

An ingredient obtained through the removal of some protein from whey.

## **Whey Powder**

The product remaining after milk has been curdled and strained, which has been dried into a powder.

## **Whey Protein Concentrate**

Whey that has had much of its non-protein material removed. Typically contains at least 34-80% protein.

## **Whey Protein Isolate**

Whey that has had much of its non-protein material removed. Typically contains at least 90% protein.

## **Whey Proteins**

The proteins present in whey.

## **White Chocolate**

The food prepared by mixing cocoa butter with a milk ingredient and a sweetener. It may not contain any coloring material.

## **White Vinegar**

Vinegar made from fermented corn.

## **Whole Graham Flour**

A type of whole wheat flour.



**Whole Grain Barley Flakes**

Barley which still contains all three parts of the grain kernel (bran, germ and endosperm) in the same proportion as the original grain.

**Whole Grain Brown Rice**

Rice which still contains the bran and germ - which are removed to make white rice.

**Whole Grain Corn Flour**

Flour which has been made from corn and still contains all three parts of the grain kernel (bran, germ and endosperm) in the same proportion as the original grain.

**Whole Grain Oat Flour**

Flour which has been made from oats and still contains all three parts of the grain kernel (bran, germ and endosperm) in the same proportion as the original grain.

**Whole Grain Rice Flour**

Flour which has been made from rice and still contains all three parts of the grain kernel (bran, germ and endosperm) in the same proportion as the original grain.

**Whole Grain Rolled Oats**

A whole grain cereal made by steaming and rolling oat kernels into flakes.

**Whole Grain Yellow Corn Flour**

Flour which has been made from yellow corn and still contains all three parts of the grain kernel (bran, germ and endosperm) in the same proportion as the original grain.

**Whole Milk Powder**

Whole milk which has been dried to remove essentially all of the water, leaving a powder.

**Whole Vanilla Beans**

The seed pod of the vanilla orchid; the natural source of vanilla flavor.

**Whole Wheat Flour**

Flour which has been made from wheat and still contains all three parts of the grain kernel (bran, germ and endosperm) in the same proportion as the original grain.

**Whole Wheat Graham Flour**

Flour which has been made from wheat and still contains all three parts of the grain kernel (bran, germ and endosperm) in the same proportion as the original grain.

**Whole White Wheat Flour**

Flour which has been made from wheat and still contains all three parts of the grain kernel (bran, germ and endosperm) in the same proportion as the original grain. It has been processed to look like a white flour even though it is still a whole wheat flour.

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**X****Xanthan Gum**

A gum produced through the fermentation of corn sugar. Used as a thickener and emulsifier in food products.

**Xylitol**

A sugar alcohol derived from fruits, vegetables, and hardwoods. Used as a reduced calorie sweetener to replace sugars.

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**Y****Yeast**

An ingredient used in the baking industry to help baked goods rise.

**Yeast Extract**

A savory flavoring produced from yeast.

**Yellow 5**

An artificial yellow color approved by the U.S. Food and Drug Administration (U.S. FDA) for use in foods, drugs and cosmetics. Also known as Tartrazine.

**Yellow 5 Lake**

An artificial yellow color approved by the U.S. Food and Drug Administration (U.S. FDA) for use in foods, drugs and cosmetics. Also known as Tartrazine.

**Yellow 6**

An artificial color approved by the U.S. Food and Drug Administration (U.S. FDA) for use in foods, drugs and cosmetics. It gives food an orange color. Also known as Sunset Yellow.

**Yellow 6 Lake**

An artificial orange color approved by the U.S. Food and Drug Administration (U.S. FDA) for use in foods, drugs and cosmetics. Also known as Sunset Yellow.

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**Z****Zinc Gluconate**

A compound added to foods to provide zinc, which is needed to maintain the immune system.

**Zinc Sulfate**

A compound added to foods to provide zinc, which is needed to maintain the immune system.

