




Lesson 11: Handout

Food Ingredients List

Food item	Ingredients list	Where do the first two ingredients listed come from?
Bread 		
Snack food 		
Cookies 	<p>INGREDIENTS: SUGAR, VEGETABLE OIL (PARTIALLY HYDROGENATED PALM KERNEL AND/OR COTTONSEED OIL, SOYBEAN AND PALM OIL), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CORN SYRUP, COCONUT, SWEETENED CONDENSED MILK (CONDENSED MILK, SUGAR), CONTAINS TWO PERCENT OR LESS OF SORBITOL, COCOA, GLYCERIN, INVERT SUGAR, COCOA PROCESSED WITH ALKALI, CORNSTARCH, SALT, CARAMELIZED SUGAR, DEXTROSE, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, CARRAGEENAN, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE).</p> <p>Allergen Information: CONTAINS WHEAT, COCONUT, MILK, AND SOY INGREDIENTS.</p>	
My food label	First two ingredients:	