Lesson 11: Handout

Food Ingredients List

Food item	Ingredients list	Where do the first two ingredients listed come from?
Bread	Ingredients: Organic White Whole Wheat Flour, Filtered Water, Organic Canola Oil, Organic Wheat Cluten, Organic Cane Sugar, Sea Salt, Yeast, Organic Apple Cider Vinegar, Organic Dough Conditioner (Organic Unbleached Wheat Flour, Natural Enzymes, Ascorbic Acid). Contains Wheat.	
Snack food Doritos	Ingredients: Corn, Vegetable Oil (Sunflower, Canola, and/or Corn Oil), Maltodextrin (Made From Corn), Salt, Cheddar Cheese (Milk, Cheese Gultures, Salt, Euzymes), Whey, Monosodium Glutamate, Buttermilk, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Corn Flour, Matural and Artificial Flavor, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Including Yellow 6, Yellow 5, and Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Red and Green Bell Pepper Powder, Disodium Inosinate, and Disodium Guanylate. CONTAINS MILK INGREDIENTS.	
Cookies	INGREDIENTS: SUGAR, VEGETABLE OIL (PARTIALLY HYDROGENATED PALM KERNEL AND/OR COTTONSEED OIL, SOVBEAN AND PALM OIL), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBORLAVIN (WITAMIN B2), FOLIC ACID), CORN SYNUE, CONTAINS TWO PERCENT OR LESS OF SORBITOL, COCOA, GLYCERIN, INVERT SUGAR, COCOA PROCESSED WITH ALKALL, CORNSTARCH, SALT, CARAMELIZED SUGAR, DEXTROSE, SOY LECTIFIN, NATURAL AND ARTIFICIAL FLAVORS, CARRAGEENAN, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE). Allergen Information: CONTAINS WHEAT, COCONUT, MILK, AND SOY INGREDIENTS.	
My food label	First two ingredients:	