

Additive-Free Diet

First the bad news

An additive-free diet is not a convenient diet. Most commercially prepared foods contain several of the prohibited additives listed below. You may have to investigate alternative food sources, such as health food and specialty food stores. Bag lunches may replace the quick hamburger and fries. You may have to learn to prepare items you previously bought already made.

Now for the good news

Once you read through the lists of permitted foods and examine the ingredients of your favorite foods, you may be surprised to find that many of the foods that you commonly ingest are additive-free. There are additive-free substitutes for most other foods you eliminate.

DO NOT accept the word "natural" on labels as an indication that any food product is additive-free; this is used as a sales gimmick but is not an accurate description of a product. Always read the ingredient list.

Because so many food items of questionable nutritional value are eliminated, the additive-free diet can be much healthier than one based on convenience and "fast" foods. However, you can certainly eat an unhealthy additive-free diet if you do not include a variety of foods from all categories every day: cereals and grains, fruits, vegetables, milk, protein foods, fats, and condiments.

Read ingredient lists on food products and avoid the following additives:

Algin/Alginates	EDTA	Propylene glycol
Artificial colors/flavors	Emulsifiers	Pyrophosphate
Aspartame (NutraSweet)	FD&C colors	Saccharin
BHA/BHT	Gums: Arabic, Guar, Karaya, Locust	Sodium benzoate
Benzoic acid	bean (carob), Xanthum	Sorbitol
Bisulfites	Iodates	Sorbic acid
Bromates	Modified food starch	Stabilizers
Brominated oils	MSG (monosodium glutamate)	Stearates
Caffeine	Nitrites (sodium/potassium)	Stearyl lactate
Carrageenan	Phosphoric acid	Sulfites
Caramel color	Polysorbates	Sulfur dioxide
"Certified Color"	Propionates	Tartrazine
Dough conditioners		

The following food products are likely to contain one or more of the above additives. Check ingredient lists before purchasing any of these foods:

Bakery products

Baking mixes: cakes/cookies/etc.	Cereals, hot/flavored, hot/instant, ready-to-eat	Pancakes/waffles, frozen
Bleached flour		Pancakes/waffles, mixes
Breads, rolls, muffins	Degermed corn meal	Pie crust, mixes/frozen
Cakes	Doughnuts/pastries	Pop Tarts
Cookies, crackers	Granola bars	

Beverages

Alcoholic beverages
Breakfast drink mixes
Cocoa mix,
Coffee, instant/flavored
Coffee, decaffeinated

Cranberry juice
Diet drink mixes
Fruit drinks or punches
Formulas, canned
Grape juices

"High protein" drinks
Lemonade and limeade
Powdered drink mixes
Soda pop
Tea

Condiments and Spreads

BBQ sauces
Bouillon cubes
Chocolate syrup
Corn syrup
Dessert toppings
Gravies/sauces, canned
Horseradish
Hot sauce/taco sauce
Jam/jellies

Ketchup
Lard
Margarine
Mayonnaise
Mustard
Pancake syrups
Pickles/relish
Salad dressings
Salt (in round boxes)

Seasoned salts
Shortenings (i.e. Crisco)
Soups, canned/dried mixes
Soy sauce
Spaghetti sauces
Steak sauces
Sugar
Worcestershire sauce

Convenience Foods

Baked beans/pork and beans, canned
Breaded meat/fish/poultry, frozen
Chicken/turkey loaves (deli meats)
Chinese foods, canned/frozen
Cured meats: bacon, bologna, ham, hot dogs, lunchmeats, sausages, etc.

Fast Food restaurants:
(e.g. Burger King, Chick-Fil-A, Pizza Hut etc.)
Most other restaurants
Hamburger Helper type mixes
Instant rice/Minute rice
Meat/fish/poultry, canned
Mexican food, canned/frozen
Noodle/macaroni mixes

Pizza, frozen
Seasoned bread crumbs
(e.g. Shake'N'Bake)
Seasoned rice mixes
(e.g. Rice A Roni)
Turkey, self-basting
TV dinners, frozen
Spaghetti/ravioli, canned/frozen

Dairy Foods

Cheese, orange-colored
Cheeses, processed
(e.g. American, Velveeta)
Cream cheese
Cottage cheese

Milk substitutes
Condensed milk
Evaporated milk
Ice cream/frozen yogurt/sherbet

Non-dairy creamer
Sour cream
Whipped toppings
(e.g. Cool Whip)
Yogurt

Desserts Snacks, Etc.

Candy
Chocolate chips/chips, flavored
Corn chips/potato chips, flavored
Corn syrup/pancake syrup
"Diet" foods

Egg substitutes
Fruit, canned
Fruit, frozen/sweetened
Gum
Jello/gelatin desserts

Nuts, dry-roasted
Peanut butter
Pudding, canned/mixes
Sugar
Vegetables, frozen in sauces

Non-Food Items

Aspirin and aspirin-containing:
Vitamins, color-coated/flavored

Toothpaste/mouthwash
Anacin, Bufferin, Excedrin, etc.

What You Can Eat

After reading the list of prohibited foods, you probably think nothing is left. Of course, this is not true, as the following lists will show:

Permitted Bakery Products

Bagel Bakery bagels	Gerard's French bread	Red Oval Farms stoned wheat thins
Bavarian Bakery rye/sourdough	Great Harvest breads	Rice cakes (i.e. Chico San)
Boscoe Variety breads	Health Valley	Rice crackers
Boulder Bread Co. breads	cheese/graham/onion/ stoned wheat, crackers,	Rudi's breads/bagels
Carr's crackers	oatbran cookies	Ry Krisp crackers
El Molino	Hopi Bread Co. breads	Triscuits crackers
honey animal crackers	Jon's Natural bread	Wasa crispbread
honey bran cookies	Matzo crackers	
Finn Crisp crackers	Natures Warehouse cookies	

Permitted Beverages

Beer (Coors, Rolling Rock)	100% pure fruit juices:	Tomato juice, plain
Coffee, drip/perk	Cascadian Farms, JS Grants,	V-8 juice
Herbal teas	Hansen's, Knudsen's, Orchard,	Vodka
Homemade soda pop (mixed fruit juice with seltzer water)	Seneca, Welch's, etc.	Water, plain, bottled/tap
	Single malt scotch, imported	

Permitted Condiments/Sauces/Baking Ingredients

Bakers yeast	Ketchup: Enrico's, Hain Natural, Westbrae	Sea salt, Westbrae salt (in box)
Baking powder/baking soda	Mayonnaise: Hain, Hollywood, Westbrae	Spaghetti sauce: Delmonte, Enrico, Hain, Healthy Choice, Ragu, Westbrae, Prego
BBQ sauce (Bobbies, Annies)	Mustard: Dijon, Hain, Ploughman	Soups: Health Valley, Hain, Progresso (most)
Black/cayenne (red) pepper	Margarine: health food store brand, Willow	Soy sauce: San J Westbrae
Butter	Pizza sauce: Enrico's	Vegetable oils (most)
Chili powder, plain	Salad dressing: Newman's Own, Oil & Vinegar	Run Vinegar
Herbs and spices, plain		
Hot sauces: Enrico's salsa, Guiltless Gourmet salsa, Hain's salsa, Pace picante/taco, Pure & Simple salsa		

Permitted Dairy Foods

Cheeses: white (e.g. Feta, Mozzerella, Swiss, etc.)	Cream, half & half/whipping Milk (buttermilk, lowfat, skim, whole)	Yogurt: Dannon, Mountain High, Yoplait
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Permitted Meats

Beef, chicken, game meats, lamb, pork, turkey, veal (fresh, plain)	Bratwurst Eggs	Fish, canned in oil Fish, fresh (plain)
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Permitted Fruits and Vegetables

Beans, dried/canned (plain)	Fruit, fresh/frozen (plain)	Tomato sauce, canned (plain)
Fruit, dried "unsulfured" (Read Label)	Tomato paste/puree, canned (plain)	Vegetables, canned/frozen (plain)

Permitted Grain Products

Brown rice
 Cereals, hot: regular cream of wheat, rice, regular oatmeal, regular Roman meal, Wheatena
 Cereals, ready-to-eat: Arrowhead Mills (puffed corn/rice/millet/wheat) Health Valley, Fruit Lites, 100% Organic Blue Corn Flakes, Rice, Bran O's, Natures Path, Millet rice, Oatbran flakes

Cornstarch
 Corn tortillas (Candy's)
 Flour: whole wheat/rye, unbleached white
 Granolas (most)
 Flour tortillas (Rudi's Spelt)

Muffin mix (Arrowhead Mills, Hain)
 Noodles/pasta: plain, egg, macaroni, spaghetti, spinach, whole wheat
 Pancakemixes: ArrowheadMills, Hain
 Pizza: Tombstone (cheese)
 Popcorn, plain

Permitted Sweets and Snacks

Baking chocolate/unsweetened
 Candy and energy bars: Bearitos licorice/Adams, pure chocolate bars (Cadbury, Hershey, Nestle, Tobler), Panda licorice
 Carob powder
 Cocoa powder/plain (e.g. Hershey's)

Custards & puddings/homemade
 Fruit leather: Stretch Island
 Granola bars: Barbara's, Nature's Choice
 Honey
 Ice Cream: Haagen Dazs, Breyer's
 Maple syrup, pure
 Molasses, blackstrap
 Nuts/oil-roasted (canned/bagged)

Nuts/unshelled
 Nuts/plain, shelled/unroasted
 Pretzels: Barbara's whole wheat, Health Valley whole wheat, Rokeach Dutch
 Sorbet: Cascadian Farm, allfruit
 Peanut butter, natural: Natural, Toner

Permitted Non-Food Items

"Natural" vitamins

Non-aspirin headache remedies (e.g. Tylenol)

Toothpastes: Baking soda, Tom's