



## The Dirty Baker's Dozen Ingredients to Avoid

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| <ol style="list-style-type: none"> <li>1. Artificial colors</li> <li>2. Artificial flavors</li> <li>3. MSG (disodium inosinate, disodium guanylate, or hydrolyzed vegetable protein)</li> <li>4. MSG</li> <li>5. Artificial sweeteners (e.g. aspartame, saccharin, sucralose, acesulfame potassium)</li> <li>6. High fructose corn syrup, corn syrup, &amp; agave nectar</li> <li>7. Hydrogenated/partially-hydrogenated vegetable oils &amp; interesterified fat</li> </ol> | <ol style="list-style-type: none"> <li>8. Sodium nitrate &amp; sodium nitrite</li> <li>9. BHA &amp; BHT</li> <li>10. Sodium benzoate &amp; potassium benzoate</li> <li>11. rBGH</li> <li>12. Sodium phosphate</li> <li>13. Glyphosate (not listed as an ingredient, but common in conventionally-grown ingredients, especially wheat, corn, soy, and oats)</li> </ol> |
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