





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.

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

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

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

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

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

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

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

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

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

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

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

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

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

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.

A powder formed by drying celery juice.

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

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

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

White wine made from Chardonnay grapes.

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.

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

Cherry juice that has had part of its water removed.

Crushed cherries which have had some of their water removed.

An edible legume.

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

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

Multiple varieties of peppers with varying levels of heat intensity.

A hot spice obtained by drying and grinding chili peppers.

Smoke-dried jalapeno peppers.

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.



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

Cranberry juice that has had part of its water removed.

A liquid ingredient high in milk fat separated from milk.

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.

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

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

Dried and crushed red chili peppers, including seeds.

Ginger that has been cooked and coated with sugar.

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

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

## D

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**-A**                      **A**

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

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

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.

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

## A

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

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

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.

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

Used to adjust the pH to stabilize proteins in foods.

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

Blueberries which have had most of their water removed.

Cranberries which have had most of their water removed.

Fruit that has had most of its water removed.

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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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.

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.

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

Elderberry juice which has had some of its water removed.

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

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.

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

An artificial flavor that provides strong vanilla flavor.

The concentrated juice from sugarcane in crystallized form.

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

A natural flavor obtained from the herb rosemary.

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

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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

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

**g**  
Crushed, ground ginger root that contains ginger pulp.

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.

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

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

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

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

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

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

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

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

Sodium chloride with added potassium iodine.

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

A type of chili pepper with a spicy flavor.

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

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

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

**A**  
An organic acid.

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

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

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

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.

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

A natural flavor obtained from lemons.

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

Lemon juice that has had part of its water removed.



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

Syrup made from cooked barley.

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

A flour prepared by grinding barley and removing the water.

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

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

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

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

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

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.

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.

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

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

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

Oil that is obtained from the leaves of mint plants.

Wine made from rice starch.

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

A complex carbohydrate that keeps ingredients from sticking together.

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

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.

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

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

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

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

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.

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

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 luohan guo.

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

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

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

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

## N

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A flavor obtained from acai berries.

## OrA0 19

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

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

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

An oil produced by pressing whole olives.

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

A powder formed from the drying and grinding of onion.

Orange juice that has had part of its water removed.

A powder formed from the drying of orange juice.

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

Solid portion of the fruit remaining after juicing the orange.

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

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.

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

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

**P**  
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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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.

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.

Dried chili peppers ground into a powder.

Peanuts which have had some of their oil removed.

**P**  
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 that has had part of its water removed.

A type of vegetarian protein derived from peas.

Crushed peaches which have had some of their water removed.

Peach juice that has had part of its water removed.

A spreadable food made by grinding roasted peanuts.

Oil that is obtained from 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 that has had part of its water removed.

Pear juice made by combining pear juice concentrate and water.

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

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

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

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.

The fruit of a tropical Bromeliaceae plant.

Pineapple juice that has had part of its water removed.

A powder formed from the drying of pineapple juice.

Plum juice that has had part of its water removed.

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

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

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

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.

## 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.

## 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.

## 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.

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

Pomegranate juice that has had part of its water removed.

Corn kernels that burst open when they are heated.

Meat from pigs.

A potassium compound used as an alkali and stabilizer.

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

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

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

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

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

Starch derived from potatoes often used as a thickener.

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.

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

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

Prune juice that has had part of its water removed.

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

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

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

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

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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Grapes that have been dried.

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.

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 that has had part of its water removed.

A powder formed from the drying of raspberries.

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

Crushed raspberries which have had some of their water removed.

**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 Erythro-sine.

**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.

**40**

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 which has had part of its water removed.

**9**

Vinegar made from fermented red wine.

Address of the Essential Ingredient: 411 W. Edinburg, TX 78401 (Site: 59 T11 (D) T10 6 29 TW (a) Vine Wine Vinegar) Tj/T11\_1 Tf8 T22.1.2 nellf

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

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.

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

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

Starch derived from rice. Often used as a thickener.

A sweetener made from cooked rice. Also known as brown

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

Wine made from rice starch.

Fruit of a rose with a mildly tart flavor.

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

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

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

Salt obtained from the evaporation of seawater.

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.

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

Oil that is obtained by pressing sesame seeds.

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

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

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

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

**A**

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.

**A**

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.

**A g**

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

**A**

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

**A**

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

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

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.

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

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

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

The chemical name for salt.

A form of citric acid.

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.

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

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

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

**A**

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

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

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

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.

Purified soy protein.

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

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

Boiled, drained and roasted soybeans.

Pieces of soybeans.

A high quality protein obtained from soybeans.

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

Oil that is obtained from soybeans.

An edible legume and a source of vegetable oil.

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

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

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

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

Widely grown juicy soft red fruit.

Strawberry juice that has had part of its water removed.

Crushed strawberries which have had some of their water removed.

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.

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

**S**  
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.).

**S A**  
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.

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.

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

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 seeds with the shells removed.

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

Oil that is obtained from sunflower seeds.

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

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

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

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

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

Brown rice which has been pulsed and sweetened with sugar.

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

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





# V

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

The seed pod of the vanilla orchid.

A natural flavor obtained from vanilla beans.

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

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

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

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.

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.

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.

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

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

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

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.

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.

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.

## X

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

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

## Y

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

A savory flavoring produced from yeast.

### 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.

### 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.

### 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.

### 6

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.

## Z

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

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