



Oil and water don't mix — until an emulsifying agent is added.

Emulsifiers made from plant, animal and synthetic sources commonly are added to processed foods such as **mayonnaise, ice cream and baked goods** to create a smooth texture, prevent separation and extend shelf life. **Low-fat spreads, margarine, salad dressings and many other creamy sauces** are more examples of foods containing emulsifiers.

Emulsifiers are required by law to be included on a food's ingredient list.

Below is a chart listing common emulsifiers found on our shelves. This resource link to the FDA can also be used for looking up a questionable ingredient:

<https://www.accessdata.fda.gov/scripts/fdcc/index.cfm?set=FoodSubstances&sort=Sortterm&order=ASC&showAll=true&type=advanced&search=%C2%A4%C2%A4emulsifier%C2%A4>



**ANGIOMA ALLIANCE**  
because brains shouldn't bleed

Common Emulsifiers	Where are they hidden?
<b>Acacia (gum Arabic)</b>	Cake decorations, candies, frozen desserts, food dressings and flavorings, jellies, soft drink syrups
<b>Acetic acid esters (ACETEM)</b>	Cakes, shortenings, toppings
<b>Ammonium phosphatide</b>	Used as a replacement for lecithin and mostly found in chocolate
<b>Baker's yeast glycan</b>	Cheese-flavored and sour cream-flavored snack dips, cheese spread, frozen dessert, salad dressings, sour cream
<b>Brominated vegetable oil (BVO)</b>	Mountain Dew
<b>Carboxymethylcellulose, AKA cellulose</b>	Beer, cake icing, candy, cheese, ice cream, jellies, pie filling, salad dressing,
<b>Carrageenan</b>	Chocolate milk, deli meats, ice cream, infant formula, nut and soy milks, popsicles, prepared meals such as frozen burritos and pizza, protein shakes and powders, yogurt
<b>DATEM (Diacetyl tartaric acid esters)</b>	Biscuits, Breads and bread products
<b>Dextrin</b>	Candy, powdered mixes
<b>Guar Gum</b>	Baked goods, baking mixes, breakfast cereals, cheeses, dairy products, gravies, jams and jellies, milk products, processed vegetables, sauces, soups and soup mixes, syrups
<b>Lactic acid esters (LACTEM)</b>	Cake gel, cake shortening, ice cream, imitation creams
<b>Lecithin (soy and egg)</b>	Naturally found in egg yolks and soybeans. Baked goods, chocolate, ice cream, margarine, mayonnaise
<b>Magnesium stearate</b>	Gum, herbs, spices, supplement tablets, capsules and powders
<b>Mono and diglycerides</b>	Baked goods, breads, cakes and cake mixes, candy, coffee creamer substitute, frozen desserts, gum, ice cream, icing and icing mixes, low calorie spreads, margarine, mayonnaise, nut butters, peanut butter, processed meats, whipped toppings
<b>Phosphates</b>	Baked goods, breakfast cereals, cheese, cured meat, dehydrated potatoes, fast food, powdered foods, ready to eat meals, soda,
<b>Polyglycerol esters (PGE)</b>	Bakery products, cakes, margarine, whipped toppings
<b>Polysorbate 60, 65, 80 (P80)</b>	Baked goods, chewing gum, chocolate flavored syrups, cottage cheese, dill pickles, frozen desserts, gelatin desserts, ice cream, imitation cream, non-alcoholic mixes, powdered soft drinks, protective coating on fruits and vegetables, pudding and pudding mixes, shortening, vitamin and mineral supplements
<b>Propylene glycol esters of fatty acids (PGMS)</b>	Baked goods, cake mixes, cake shortening, candy, creamers, dressings, frosting, frozen meals, ice cream, nuts, pickles, snacks, whipped emulsions



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<b>Sodium stearoyl-lactylate (SSL)</b>	Baked goods, cheese and cheese substitutes, dough strengtheners, fillings, icings, imitation milk/cream, pancakes & waffle mixes, puddings, snack dips, sauces/gravies
<b>Sorbitan monostearate</b>	Baked goods, cacao products, cake fillings, cake icing, dessert mixes, frozen desserts, ice cream, milk and cream substitutes
<b>Sucrose Acetate Isobutyrate</b>	Citrus flavored beverages, energy, sport, and electrolyte drinks, malt beverage coolers, premixed cocktails, wine coolers
<b>Sucrose fatty acid ester</b>	Baked goods, baking mixes, beverages with added dairy ingredients, chewing gum, coating applied to fruit, frosting, frozen dairy desserts, whipped milk products
<b>Xanthum Gum</b>	Beverages, gluten free breads, ice creams, non-dairy alternative nut milks, salad dressings

## References:

<https://www.accessdata.fda.gov/scripts/fdcc/index.cfm?set=FoodSubstances&sort=Sortterm&order=ASC&showAll=true&type=advanced&search=%C2%A4%C2%A4emulsifier%C2%A4>

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