



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>



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Common Emulsifiers	Where are they hidden?
Acacia (gum Arabic)	Cake decorations, candies, frozen desserts, food dressings and flavorings, jellies, soft drink syrups
Acetic acid esters (ACETEM)	Cakes, shortenings, toppings
Ammonium phosphatide	Used as a replacement for lecithin and mostly found in chocolate
Baker's yeast glycan	Cheese-flavored and sour cream-flavored snack dips, cheese spread, frozen dessert, salad dressings, sour cream
Brominated vegetable oil (BVO)	Mountain Dew
Carboxymethylcellulose, AKA cellulose	Beer, cake icing, candy, cheese, ice cream, jellies, pie filling, salad dressing,
Carrageenan	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
DATEM (Diacetyl tartaric acid esters)	Biscuits, Breads and bread products
Dextrin	Candy, powdered mixes
Guar Gum	Baked goods, baking mixes, breakfast cereals, cheeses, dairy products, gravies, jams and jellies, milk products, processed vegetables, sauces, soups and soup mixes, syrups
Lactic acid esters (LACTEM)	Cake gel, cake shortening, ice cream, imitation creams
Lecithin (soy and egg)	Naturally found in egg yolks and soybeans. Baked goods, chocolate, ice cream, margarine, mayonnaise
Magnesium stearate	Gum, herbs, spices, supplement tablets, capsules and powders
Mono and diglycerides	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
Phosphates	Baked goods, breakfast cereals, cheese, cured meat, dehydrated potatoes, fast food, powdered foods, ready to eat meals, soda,
Polyglycerol esters (PGE)	Bakery products, cakes, margarine, whipped toppings
Polysorbate 60, 65, 80 (P80)	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
Propylene glycol esters of fatty acids (PGMS)	Baked goods, cake mixes, cake shortening, candy, creamers, dressings, frosting, frozen meals, ice cream, nuts, pickles, snacks, whipped emulsions



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