

Emulsifiers are widely used food additives that are commonly used to prevent the separation of substances that typically don't mix (e.g., oil and water). They can also interact with other food ingredients to modify textures, viscosity, stickiness, and to extend shelf-life. The Food and Drug Administration (FDA) classifies food additives; food additives classified as emulsifiers can be found [HERE](#). The European Food Emulsifiers Manufacturers Association (EFEMA) also maintains a list of emulsifiers along with their uses and references to toxicity studies, found [HERE](#). For printable-friendly versions, see the list of common emulsifiers [HERE](#) and a more comprehensive list of emulsifiers [HERE](#).

Below is a working list of **Emulsifier-Free foods** identified by members of the Cavernoma community. This is not an exhaustive list, and only represents items submitted thus far. If you find an emulsifier-free product you would like added to the list, it can be submitted [HERE](#). In addition to the list below if you want to order emulsifier free food online try <https://www.emulsifierfree.com/>

In general, it is easiest to avoid emulsifiers by eating more whole, unprocessed foods. However, the use of emulsifiers is so pervasive, even common staple foods may have them hiding in their ingredient list. Some general considerations by category:

Bread products: Emulsifier bread seems relatively easy to find, except for bagels. Organic bread products are more likely to be free of emulsifiers. Emulsifiers commonly found in bread or baked goods include: lecithins; sodium, potassium, magnesium and calcium salts of fatty acids (palmitates and stearates); and mono and diacylglycerides of fatty acids (diacylglycerols).

Dairy and non-Dairy Alternatives: Emulsifier-free non-dairy milks and products like cream cheese can be difficult to find as they appear to be limited to a few select brands. Gums, particularly xanthum gum or guar gum, as well as soy lecithin are commonly found in these types of products. Shredded or processed cheeses typically contain emulsifiers such as phosphates, including sodium phosphate and potassium phosphate, as well as tartrates, or citrates. Fresh cheeses (e.g., fresh mozzarella), are more likely to be emulsifier free. Plain yogurt is generally clean, flavored yogurt is more questionable. Standard dairy milk is usually ok, however cream and buttermilk products are more likely to have additives.

Condiments and Sauces: Emulsifiers including polyoxyethylene sorbitan monolaurate (Polysorbate 20), monopalmitate (Polysorbate 40), monostearate (Polysorbate 60), or tristearate (Polysorbitan 65), and sodium, potassium, and magnesium salts of fatty acids (such as magnesium stearate) are commonly used in sauces and salad dressings. In most cases, substitutions are available. An inexpensive and simple alternative to store bought dressing is oil and balsamic!

Dips and Spreads: Some spreads, including peanut butter contain mono and diacylglycerides of fatty acids, or lecithin. Natural peanut butters are less likely to contain emulsifiers; however, this is not always the case. Most jams and jellies are generally ok, however every now and then you'll find a sneaky additive so it's best to check.

Desserts: Lecithin is a common emulsifier found in chocolate, although emulsifier-free options can often be found. Various gums, as well as lecithin, are common in ice-creams; however, some common brands have some options without this ingredient. Non-chocolate flavors are more likely to be emulsifier free. Look for brands labeled "natural" or "organic" but still check the ingredient list.

Snacks: With the exception of protein or meal-replacement bars, emulsifier-free snacks appear to be easy to find. This category alone would likely span multiple pages if all of the products were listed. So far, we have been unable to find any emulsifier-free protein bars that are also low in sugar. If you find one please submit!!

Prepared/frozen foods: Several options have been spotted at Trader Joe's if you are lucky enough to have one near-by!

Vitamins and Dietary supplements: Emulsifier-free protein powders of various kinds are readily available (however protein shake mixes are more of a challenge), unlike vitamins and mineral supplements. Most tablet form vitamins and minerals found in local supermarkets or pharmacies contain cellulose and magnesium stearate; several also contain various polysorbates. Some soft-gel capsules are emulsifier free if they can be found. Otherwise, powder or liquid forms are the best option but they typically need to be ordered online or purchased from specialty shops and are often expensive. We are on the lookout for some emulsifier free multivitamin options. If you find one, please let us know!

Natural Flavors: Some products list "natural flavors" as an ingredient. By law, companies do not have to list/specify what chemicals are used for flavoring and this category MAY contain emulsifiers. Ongoing attempts are being made to contact manufacturers to ask about "natural flavor" ingredients.

Final note about the list: Since our community is spread out across the U.S. attempts were made to provide links to the manufacturer of the products rather than links to specific stores. Many of the products are available at stores such as Target, but other items, such as those from Aldi's or Trader Joe's may be more regional. In cases where a manufacturer page could not be found, or stores themselves did not list nutritional information, alternative links are provided.

Emulsifier Free Food Products

Category	Type	Images	Link
Bread Products			
Bagels			
Alvarado St. Bakery Breads	All types		https://www.alvaradostreetbakery.com/products/Bagels
Whole Foods Bakery	All types (these are the ones available in the bakery, the Whole Foods 365 brand bagels are not clean)		https://www.wholefoodsmarket.com/product/bakery-bagel-sesame-seed-6ct-b08pwx1jhb
Dave's Killer Bagels	All types		https://www.daveskillerbread.com/epic-everything-bagels
Against the Grain Bagels	All types		http://againstthegraingourmet.com/ourproducts

Bread			
Alvarado St. Bakery Breads	All except sprouted wheat barley		https://www.alvaradostreetbakery.com/products/breads
Arnold Organic non GMO breads	All Organic types		https://arnoldbread.com/breads#tid-96
Base Culture	Original keto bread		https://baseculture.com/collections/keto-products/products/keto-bread?variant=22469477007478
Dave's Killer Bread	All bread, rolls, bagels, English muffins		https://www.daveskillerbread.com/products

Heidelberg bread/rolls	All types		https://heidelbergbread.com/bread-store/
Food for Life Ezekiel Breads	All Ezekiel types		https://www.foodforlife.com/products/breads
Food for Life Genesis sprouted whole grain and seed			https://www.foodforlife.com/products/breads
Food for Life 7-sprouted grains Cinnamon Raisin			https://www.foodforlife.com/products/breads
Simply nature (Aldi brand)	Oat so health; Organic white		<p>Ingredients not listed on Aldi website; https://www.fooducate.com/product/Simply-Nature-Oat-So-Healthy-Bread-Honey-Oat/5D2DFF4C-AC2A-2AA1-4861-BB6925D3D326</p>

Cereal			
Food For Life Ezekiel	All flavors		https://foodforlife.com/products/cereals
Seven Sundays	All flavors		https://www.sevensundays.com/collections/boxed-cereal
Cascadian Farms	Cereals (all)		https://www.cascadianfarm.com/products/cereal-granola/
Rolls			
Trader Joe's			https://www.fooducate.com/product/Trader-Joe-s-Aloha-Rolls-Sweet-Pull-Apart/5A52DCD4-9C47-6879-4D55-93EE6D48629C

Dave's Killer Bread	All types		https://www.daveskillerbread.com/burger-buns-done-right
Against the Grains Rolls	All types, including baguettes		http://againstthegraingourmet.com/ourproducts
English Muffins			
Food for Life Ezekiel English muffins	All Ezekiel types		https://www.foodforlife.com/products/breads
Trader Joe's English muffins	Classic (white), Whole wheat, Multigrain		https://www.fooducate.com/product/Trader-Joe-s-Classic-English-Muffins/EF77B618-89BD-11E0-86F7-1231380C180E

<p>Dave's Killer Bread</p>	<p>All types</p>		<p>https://www.daveskillerbread.com/killer-classic-muffins</p>
<p>Pocket Breads</p>			
<p>Against the Grains pita bread</p>			<p>http://againstthegraingourmet.com/ourproducts</p>
<p>Food for life Ezekiel whole grain pocket bread</p>			<p>https://www.foodforlife.com/products/breads</p>
<p>Food for life 7 grain pocket bread</p>			<p>https://www.foodforlife.com/products/breads</p>

365 by Whole Foods Market	Organic Pita Pockets, Whole Wheat		https://www.wholefoodsmarket.com/product/365-by-whole-foods-market-organic-pita-pockets-whole-wheat-4-pitas-9-oz-b07fwjg6fc
Middle East Bakery inc.	Small White Pita White, 10 each		https://www.wholefoodsmarket.com/product/middle-east-bakery-inc-flat-white-bread-white-b0789n18fy
Tortillas			
Food for Life Ezekiel tortillas	All Ezekiel types		https://www.foodforlife.com/products/breads
Food for Life Sprouted corn			https://www.foodforlife.com/products/breads
Good and Gather (Target brand) flour tortillas			https://www.target.com/p/organic-10-34-flour-tortillas-15oz-6ct-good-38-gather-8482/-/A-78656119#lnk=sametab

Stacy's Organic	All types		http://staceysorganic.com/our-tortillas/
Ula tortillas	Yellow and Blue		https://ulatortilla.com/
365 by Whole Foods Market	Organic Tortillas, Flour & Corn (these are a combination of corn and flour)		https://www.wholefoodsmarket.com/product/365-by-whole-foods-market-organic-tortillas-flour-corn-6-tortillas-105-oz-b07fw7fxx2
Pizza Dough and Pizza Crusts			
Against the Grains Pizza shell			http://againstthegraingourmet.com/gluten-free-breads#12inch
Dairy and non-Dairy Alternatives			

Coffee Creamers			
Malk	All flavors		https://malkorganics.com/
Simple Truth Organic Coffee Creamer	All flavors		https://www.marianos.com/p/simple-truth-organic-vanilla-coffee-creamer/0001111050068?fulfillment=SHIP
Cream Cheese			
Cream Cheese: Miyoko's (vegan)	All flavors		https://miyokos.com/collections/vegan-cream-cheese
Cream Cheese: Nancy's	All types		https://nancysyogurt.com/products/organic-natural-cream-cheese/

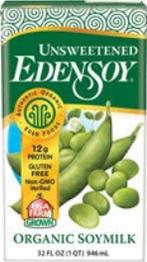
Cream Cheese: Sierra Nevada	All types		https://www.sierranevadacheese.com/sierra-cow-products/#Cultured
Ricotta Cheese			
Ricotta Cheese: Whole Foods 365	Whole and part skim varieties		https://products.wholefoodsmarket.com/product/365-by-whole-foods-market-whole-milk-ricotta-cheese-345462
Shredded Cheese			
Tillamook (found at Target)	All shredded cheese varieties		https://www.tillamook.com/products/cheese/all?cut=shredded
Block Cheese			
Tillamook	Farmer's collection and Maker's reserve		https://www.tillamook.com/products/cheese
Cheese Slices			

Tillamook			https://www.tillamook.com/products/cheese
Heavy Cream			
Organic Valley	Heavy Whipping Cream: Pasteurized		https://www.organicvalley.coop/products/cream/cream/heavy-whipping-cream-pasteurized-pint/
Whole foods 365 Everyday value Natural by Nature			https://products.wholefoodsmarket.com/product/natural-by-nature-organic-heavy-cream-1be423; https://products.wholefoodsmarket.com/product/365-by-whole-foods-market-organic-grade-a-heavy-cream-920ee2
Non-Dairy Milks			
Almond milk: Elmhurst	Unsweetened		https://elmhurst1925.com/collections/plant-milks

Almond milk: Malk	Unsweetened original, vanilla		https://malkorganics.com/
Almond milk: Simply Almond	Unsweetened original and vanilla. **note: contains “natural flavors.” The company stated their product was free of gums, but would not provide further info.		Simply Almond Milk
Almond milk: Three Trees	Original, vanilla, black sesame		https://www.threetrees.com/our-nutmilks
Cashew Milk: Malk	All		https://malkorganics.com/

<p>Cashew Milk: Elmhurst</p>	<p>Unsweetened and sweetened</p>		<p>https://elmhurst1925.com/collections/plant-milks</p>
<p>Maple Pecan Milk: Malk</p>	<p>All</p>		<p>https://malkorganics.com/</p>
<p>Oat Milk: Elmhurst</p>	<p>Unsweetened and sweetened</p>		<p>https://elmhurst1925.com/collections/plant-milks</p>

Oat milk: Malk	All		https://malkorganics.com/
Oat and Seed: Three trees			https://www.threetrees.com/our-nutmilks
Soy Milk: Westsoy	Organic unsweetened		http://www.westsoymilk.com/products/organic-unsweetened/organic-unsweetened-plain/

Soy Milk: Edensoy	Organic Unsweetened		https://store.edenfoods.com/unsweetened-edensoy-organic/
Other non-dairy milk options: Elmhurst, Three Trees	Pecan, Walnut, Pistachio		https://www.threetrees.com/our-nutmilks; https://elmhurst1925.com/collections/plant-milks
Modest Mylk	All (almond, cashew, vanilla nut, cocoa nut, macadamia nut etc.,)		https://modestmylk.com/
Sour Cream			
Nancy's			https://nancysyogurt.com/products/
Daisy Light	Light and Regular		https://www.daisybrand.com/sour-cream/

Straus			https://www.strausfamilycreamery.com/products/organic-sour-cream/
Yogurt			
Lavva	All flavors		https://lovvelavva.com/
Cocojune	Vanilla Chamomile and Pure Coconut		https://www.cocojune.co/
Nancy's	All types		https://nancysyogurt.com/products/
Sierra Nevada Grazers	All types		https://www.sierranivadacheese.com/sierra-products/#Yogi
Straus	All Greek and European style yogurts		https://www.strausfamilycreamery.com/product-categories/organic-yogurt/
Condiments/Sauces (Including Dressing and Marinades)			

BBQ Sauce			
Primal Kitchen	Classic, Golden, and Steak Sauce		https://www.primalkitchen.com/
Tessemae's			https://www.tessemaes.com/collections/all/products/organic-bbq-sauce
Simmer and Tomato Sauces			
Simply Organic	Simmer sauces: taco, enchilada, and fajita sauces		https://www.simplyorganic.com/sauces/southwest-simmer-sauces
Dressings/ Marinades			
Primal Kitchen Avocado oil Dressing	Balsamic, Greek, Honey Mustard, Italian, Lemon Turmeric		https://www.primalkitchen.com/collections/dressing-and-marinade

Tessemae's	All types		https://www.tessemaes.com/collections/dressings
Simply Nature	Simply nature oil and vinegar		https://www.fooducate.com/product/Simply-Nature-Dressing-Oil-Vinegar/5C4B7207-661A-CC34-4467-A3BB8B829131
Gotham Greens	Dressings (green goddess and caesar only)		https://www.gothamgreens.com/our-greens/
Mayonnaise			
Primal Kitchen Avocado oil Mayo	All flavors		https://www.primalkitchen.com/collections/mayo
Good and Gather Organic Mayonnaise			https://www.target.com/p/organic-mayo-15oz-good-38-gather-8482/-/A-54613521

Helman's Organic Mayonnaise			https://www.hellmanns.com/us/en/products/mayonnaise/organic-mayonnaise.html
Tessemae's			https://www.tessemaes.com/collections/condiments/products/mayonnaise
Dips and Spreads			
Hummus			
Ithaca Hummus			https://ithacahummus.com/product-category/hummus/
Trader Joe's Hummus Dip			https://www.fooducate.com/product/Trader-Joe-s-Hummus-Dip/D24F5080-5517-11E0-A55F-1231380C180E
Hope (Hummus and also Guacamole)	All flavors		https://hopefoods.com/hummus-type/hummus/
Other			

Trader Joe's Lemon curd			https://www.fooducate.com/product/Trader-Joe-s-Imported-English-Authentic-Lemon-Curd/EFC94C36-4885-11E0-A55F-1231380C180E
Gotham Greens	Dips (all)		https://www.gothamgreens.com/our-greens/
Peanut Butter (main brands)			
Smuckers	Natural and Organic types (chunky and Creamy)		https://www.smuckers.com/products/peanut-butter/organic?gclid=Cj0KCQjw1PSDBhDbARIsAPeTqrew-s-RuHCuD eETehGF_VG5BhFxpIdwOVJeTGVjs8k3lJxns-PgXBUaA qiUEALw_wcB&gclsrc=aw.ds
Peter Pan Natural	Creamy		https://peterpanpb.com/natural-peanut-butter/natural-just-peanuts-creamy-peanut-butter
Jiff natural	Creamy and Crunchy		https://www.jif.com/products/peanut-butter/natural-crunchy-peanut-butter

Skippy	Natural and No Sugar added varieties; creamy and chunky		https://www.peanutbutter.com/products/natural-peanut-butter-spread?gclid=Cj0KCQjw1PSDBhDbARIsAPeTqrc-Mh0vf9hSkAq7hv_QtA58Ni0u5aLrE4PmBtS1yQTr0qP-aqUogUaAtw_EALw_wcB&gclsrc=aw.ds
Desserts			
Cake Mixes			
Against the Grains Baking mixes	All types	 <p style="text-align: center;">Baking Mix</p>	http://againstthegraingourmet.com/ourproducts
Chocolate			
Montezuma	(Absolute black at Trader Joe's)		https://www.montezumas.co.uk/bars/absolute-black.html
Theo	All flavors		https://theochocolate.com/sea-salt-dark-chocolate/

Chocolate chips (Nestle)	Semi-Sweet and Dark Chocolate “simply delicious” varieties		https://www.walmart.com/ip/Nestle-Toll-House-Simply-Delicious-Semi-Sweet-Chocolate-Morsels-10-Oz/260726458
Chocolate chips (Good and Gather)	Semi-Sweet and Dark Chocolate Mini chips and Mega chunks - organic only		https://www.target.com/c/baking-chips-cocoa-staples-pantry-grocery/good-gather/-/N-5xt12Zyfzqk?Nao=0
Trader Joe’s	Raspberry and 72% cacao dark chocolate		https://www.fooducate.com/product/Trader-Joe-s-Dark-Chocolate-Baton-Raspberry/5670735F-D831-AC2A-4F91-845D9F700AA5
Trader Joe’s organic	Truffle chocolate bar (milk and dark); 73% cacao super dark (with and without almonds)		https://www.fooducate.com/product/Trader-Joe-s-Organic-Milk-Chocolate-Truffle-Bar/40562D4A-342C-11E0-A55F-1231380C180E https://www.fooducate.com/product/Trader-Joe-s-Truffle-Dark-Chocolate-Organic/EB8455BC-169E-11E0-BF92-FEFD45A4D471
Sprouts Farmers Market	All but caramel, organic varieties only		https://shop.sprouts.com/shop/categories/136?tags=sprouts-brand

<p>Theo Chocolate bars</p>			<p>https://theochocolate.com/shop-theo/</p>
<p>Askinosie Chocolate</p>	<p>All dark chocolate and milk chocolate bars</p>		<p>https://askinosie.com/shop-chocolate/chocolate-bars</p>
<p>Alter eco</p>	<p>All chocolate bars are emulsifier free</p>		<p>https://www.alterecofoods.com/collections/chocolate-bars</p>
<p>Cookies</p>			

Annie's Bunny Grahams	Honey, cinnamon. *Gluten free are NOT emulsifier free		https://www.annies.com/products/cookies/
Simply Nature (Aldi's)	Coconut cashew crisps		https://www.fooducate.com/product/Simply-Nature-Cookies-Coconut-Cashew-Crisps/5CC1B8EF-5CE6-B48B-4DBC-8675AA29F25D
Benton's Coconut Macaroons (Plain)	Plain only; chocolate contains emulsifiers		https://www.fooducate.com/product/Benton-s-Coconut-Macaroons/5C3CE866-A8E9-E78F-4EC3-926F1AEA9DF3
Emmy's coconut cookies	All classic and chocolate covered cookies		https://emmysorganics.com/collections/all-products

<p>Good to Go keto soft baked snack bars</p>	<p>All but chocolate mint (this one contains emulsifiers)</p>		<p>https://good2gosnacks.com/collections/soft-baked-bars-1</p>
<p>BAD food company</p>	<p>The Peanutter</p>		<p>https://badfoodco.com/product/peanutter/</p>
<p>Ice Cream and Frozen Treats</p>			
<p>Hagen Daas</p>	<p>*Vanilla; chocolate; coffee; cookies and cream;</p>		<p>https://www.haagendazs.us/products/ice-cream</p>
<p>McConnell's</p>	<p>*Cinnamon oatmeal raisin, vanilla bean, sweet , cream, dutchman's chocolate, Turkish coffee, pumpkin pie.</p>		<p>https://mcconnells.com/collections/fine-ice-creams</p>

Straus	NOT Raspberry chocolate, mint or vanilla choc. Chip, cookies and cream, or caramel toffee		https://www.strausfamilycreamery.com/product-categories/organic-ice-cream/
Three Twins	Madagascar vanilla; Vanilla bean; bittersweet chocolate; milk coffee; chocolate malt; sea salted caramel; cookies and cream.		https://products.wholefoodsmarket.com/brand/three-twins-ice-cream
Turkey Hill All Natural	NOT flavors with chocolate chips, or mocha swirl		https://www.turkeyhill.com/frozen/ice-cream/all-natural-recipes
Ice cream bars (Trader Joe's)			https://www.traderjoes.com/home/products/pdp/092373
Chloe's Original Fruit Pops	Dark Chocolate, cold pressed coffee, raspberry, pomegranate, blueberry, strawberry, mango, lime.		https://www.chloesfruit.com/original-fruit-pops?gclid=CjwKCAjwzMeFBhBwEiwAzwS8zOPUZ5psAgMoN6gO0oQ3gC7BoTus_TbqC3rvwBWfYAvG8bkoN8LFKR0CJOMQAvD_BwE

Snacks

Chips

<p>Pueblo Lindo (found at Aldi's)</p>	<p>Restaurant Style Tortilla Chips</p>		<p>https://www.fooducate.com/product/Pueblo-Lindo-Restaurant-Style-Tortilla-Triangles-Chips/56195620-87C6-C0D4-4F49-AA6C21737A8A</p>
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<p>Plant Snacks</p>	<p>Cassava Root Chips (all types) *Some varieties contain natural flavor</p>		<p>https://plantsnacks.com/collections/all</p>
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Crackers

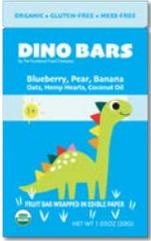
<p>Trader Joe's Crispbread Norwegian crackers</p>	<p>Seeds and Grains</p>		<p>https://www.fooducate.com/product/Trader-Joe-s-Crispbread-Norwegian-Crackers-Seeds-and-grains/57768178-E535-F322-4029-919A3DD0FBF7</p>
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<p>Triscuits</p>			<p>https://www.fooducate.com/product/Triscuit-Crackers-Original/817F2F7A-E10B-11DF-A102-FEFD45A4D471</p>
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Simply Nature (Aldi)	Brown Rice Crackers		Ingredients not available on Aldi website https://www.instacart.com/products/20028039-simply-nature-peppercorn-brown-rice-crackers-4-25-oz
Granola			
Keto and Co.	Chocolate sea salt and peanut butter crunch		https://ketoand.co/collections/shop/products/keto-granola?_pos=1&_sid=e4c83d26e&_ss=r&variant=31368504901701
Cascadian Farms	All Granola types		https://www.cascadianfarm.com/products/cereal-granola/
Other Snacks			

Simply Nature (Aldi)	White Cheddar Puffs * Contains disodium phosphate		https://www.fooducate.com/product/Simply-Nature-White-Cheddar-Puffs/58F2A0CC-AB55-AB7C-4522-B776CB770925
Savorites Parmesean Crisps (Aldi)	All flavors		Ingredients not available on Aldi website: https://www.fooducate.com/product/Savoritz-Parmesan-Crisps/5CA91CB4-9F32-B20E-4259-BE9938A37905
Trader Joe's Oven-baked Cheese Bites	All flavors		https://www.fooducate.com/product/Trader-Joe-s-Oven-Baked-Cheese-Bites/5DF1BD9D-7705-B014-4FD6-B53C6AB18417
Lesser Evil Popcorn	Popcorn (all types) Paleo puffs (all types) Power Curls (all types)		https://lesserevil.com/products/no-cheese-cheesiness-organic-popcorn
Protein Bars/Other			

Bars			
Hungry Buddha	All flavors		https://www.amazon.com/stores/Hungry+Buddha/page/2A723A9D-8582-4AFA-8CC4-68AD753D6FA7?ref_=ast_bl n
LARABAR	LARABAR original and LARABAR protein *note: some contain chocolate		https://www.larabar.com/our-products/larabar-protein
RXBAR	All products (original, layers, kids) *Note: some flavors contain chocolate; contains “natural flavors”, but the company verified these are emulsifier free.		https://www.rxbar.com/shop/protein-bars.html
Good and Gather	All flavors		At target

<p>Cascadian Farms</p>	<p>Fruit infused Chewy (all but vanilla chip) Protein (Peanut butter dark chocolate) NOT soft baked</p>		<p>https://www.cascadianfarm.com/products/granola-bars/</p>
<p>Dinobars</p>	<p>Fruit bars (all)</p>		<p>https://dinobars.com/</p>
<p>Prepared Foods</p>			
<p>Greek</p>			
<p>Five Cheese Greek Spiral (Trader Joe's)</p>			<p>https://www.fooducate.com/product/Trader-Joe-s-5-Cheese-Greek-Spiral/5599C1BE-8E72-FA3D-48CD-8CB7DB01A7C4</p>

Spanakopita (Trader Joe's)			https://www.fooducate.com/product/Trader-Joe-s-Greek-Spanakopita-Authentic-Spinach-And-Cheese-Pie/56194889-6842-3C7A-4296-80A7C73C1F3C
Asian			
Dumplings (Trader Joe's)	Tai Vegetable Gyoza		https://www.fooducate.com/product/Trader-Joe-s-Thai-Vegetable-Gyoza/B8BA7390-2E0A-11E0-A55F-1231380C180E
Pot Stickers (Trader Joe's)	Chicken Gyoza Potstickers		https://freezermealfrenzy.com/2020/11/trader-joes-chicken-gyoza-potstickers-review/
Pork Shu Mai (Trader Joe's)			https://shopsmart.guide/grocery/review-trader-joes-pork-shu-mai/
Indian			

Aloo Chaat Kati Pouches (Trader Joe's)			https://www.fooducate.com/product/Trader-Joe-s-Aloo-Chaat-Kati-Pouches/15CFB256-63B6-11E2-AD7C-1231381A4CEA
Vegetable Samosas (Trader Joe's)	Mini		https://www.fooducate.com/product/Trader-Joe-s-Samosas-Vegetable-Mini/5B3ADF71-9607-A22B-46F6-81CE05DD8BDE
Mexican			
Sweet Corn Tamales (Cedarlane Foods; at Trader Joe's)			https://www.cedarlanefoods.com/products/sweet-corn-tamale/
Organic Polenta (Trader Joe's)			https://www.fooducate.com/product/Trader-Joe-s-Organic-Polenta/FB636C48-3CF0-11E0-A55F-1231380C180E
Whole and Simple (Aldi)	Chicken and Beef burritos		https://www.fooducate.com/product/Whole-Simple-Chicken-Cilantro-Lime-Burrito/5D954D78-4494-6A58-4480-BEC48E583DF5

Reds Burritos	All		https://www.redsallnatural.com/our-foods/#burritos
Other			
Hashbrowns (Trader Joe's)			https://www.fooducate.com/product/Trader-Joe-s-Hashbrowns/6878F87C-5388-11E0-A55F-1231380C180E
Against the Grains Frozen pizzas	All types		http://againstthegraingourmet.com/ourproducts
Half-Baked pizzas	Lake Monster and Mt. Mansfield (possible others are emulsifier free, but have not checked)		https://m.facebook.com/frozenpizzavt/ (cannot find actual company web-address)
Veggies Made Great	Muffins (all) Veggie cakes (all) NOT the Frittatas (contain emulsifiers)		https://www.veggiesmadegreat.com/
Dr. Praeger's	Littles (not Chick'n types) Cakes (all) Puffs (all) Hash Browns (all) Bowls (all) Seafood (all) Veggie burgers (some; burgers with methyl cellulose are not emulsifier)		https://drpraegers.com/

	free		
Primal Kitchen (frozen)	Chicken pesto bowl Chicken Panang curry Chicken alfredo Beef and mushroom Chicken fried rice cauliflower		https://www.primalkitchen.com/collections/frozen
Reds Entrees	Chicken cilantro Lime (regular and riced cauliflower) Riced cauliflower chicken teriyaki		https://www.redsallnatural.com/our-foods/#entrees
Vitamins and Dietary Supplements			
Protein Powders			
It's Just!	Egg white protein powder		https://www.amazon.com/Its-Just-Protein-Non-GMO-Unflavored/dp/B07N8G3Q1H
NOW	Egg white protein powder		https://www.nowfoods.com/sports-nutrition/by-category/protein-powders/egg-white-protein

<p>Raw Organic Whey</p>	<p>Whey protein powder</p>		<p>https://www.raworganicwhey.com/</p>
<p>Nutricost</p>	<p>Pea protein Rice protein Murine collagen Whey protein isolate Grass fed why protein concentrate.</p> <p>**The following contain natural flavors: Whey protein concentrate Casein Protein powder Whey protein complex Grass-Fed when protein isolate</p>		<p>https://nutricost.com/collections/protein</p>
<p>Nutricost</p>	<p>Bone Brother powders: Chicken and Beef</p> <p>Beef bone protein + multi collagen – contains natural flavors</p>		<p>https://nutricost.com/collections/protein</p>

<p>Fantastic nutrition</p>	<p>Whey protein powder (unflavored only)</p>		<p>https://fantasticnutrition.us/products/whey-fantastic-whey-protein?gclid=Cj0KCQjwytOEBhD5ARIsANnRjVgXzAq1cZkrX6MpdSM-BCCmKmDY_Ov9YxzLylOfPTUysH4o0T7ITE0aAhNqEALw_wcB#nutrition-facts_1</p>
<p>Orgain</p>	<p>Collagen peptides (grass-fed, and KETO collagen protein powder)</p>		<p>https://orgain.com/products/grass-fed-pasture-raised-collagen-peptides</p>
<p>Vital proteins</p>	<p>Collagen peptides</p>		<p>https://www.vitalproteins.com/products/collagen-peptides#</p>
<p>Garden of Life</p>	<p>Raw organic FIT high protein (chocolate, *vanilla, *original) * contains vanilla flavors</p>		<p>https://www.gardenoflife.com/catalogsearch/result/?q=raw+organic+fit</p>

Garden of Life	Keto Fit		https://www.gardenoflife.com/keto-fit-weight-loss-shake-chocolate
KOS	Plant based protein powders - all flavors		https://kos.com/collections/vegan-plant-protein-powder
Vitamins			
Vitamin D3 (Nature Made)	Softgels only (1,000 and 2,000 IU)		https://www.naturemade.com/products/vitamin-d3-25-mcg-1000-iu-softgels
Vitamin D3 + Vitamin K2 (Nutricost)	Softgels (contains gelatin)		https://nutricost.com/products/nutricost-vitamin-k2-100mcg-vitamin-d3-5000iu-120-softgels?variant=287583237898&currency=USD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic

<p>Vitamin D3 +K2 (Sports Research)</p>			<p>https://sportsresearch.com/products/vitamin-d3-k2</p>
<p>Vitamin K2 (Sports Research)</p>			<p>https://sportsresearch.com/products/vitamin-k2-as-mk-7-mena-q7r-100meg?gclid=CjwKCAjwyIKJBhBPEiwAu7zll1Fq0ofkx-VCKg18Zwky63SDBQAbJkfGKPF0i2d5gyEBJCv52j4qABoCKr4QAvD_BwE</p>
<p>Multivitamin for Men (Nutricost)</p>			<p>https://nutricost.com/collections/vitamins/products/nutricost-multivitamin-for-men-120-capsules</p>
<p>Multivitamin for Women or Men (Ancient Nutrition)</p>	<p>Ancient Multi Women's or Men's once daily and Women's or Men's 40+. Loof for their products with a gelatin capsule. *Fermented varieties are NOT emulsifier free.</p>		<p>https://store.draxe.com/collections/vitamins-minerals/products/ancient-multi-womens</p>

<p>Multivitamins (Hybrid Nutraceuticals)</p>	<p>MiracleMulti Liquid-Cap Multivitamin CoQ10</p>		<p>https://hybridnutraceuticals.com/collections/frontpage/products/miraclemulti-liquid-caps-the-best-liquid-cap-multivitamin-and-mineral-supplement-for-heart-health-anti-aging-energy-focus-well-being-and-immune-support-high-potency-herbal-superfood-blend</p>
<p>Minerals</p>			
<p>Calcium/Mag: PURE encapsulations</p>	<p>Cal/mag plus cofactors powder</p>		<p>https://www.pureencapsulations.com/media/pdf_upload/Calcium_Mag%20wCofactors.pdf</p>
<p>Calcium/Mag: Coral Legend: Premier Research Labs</p>	<p>Cal/Mag</p>		<p>https://prlabs.com/coral-legend-8oz-powder.html</p>
<p>Calcium (with VitD and Vitamin K): Ancient Nutrients</p>	<p>Gelatin capsule</p>		<p>https://store.draxe.com/collections/vitamins-minerals/products/ancient-nutrients-calcium</p>

<p>Magnesium: PURE encapsulations</p>	<p>Powdered and liquid forms are emulsifier free (magnesium citrate)</p>		<p>https://www.pureencapsulations.com/media/pdf_upload/Magnesium.pdf</p>
<p>Zinc (Sports Research)</p>			<p>https://sportsresearch.com/products/zinc</p>
<p>Other Supplements</p>			
<p>Wild Harvest Turmeric</p>	<p>Standardized 95% curcuminoids with piperin</p>		<p>https://oregonwildharvest.com/products/turmeric-120ct-ca psules</p>

Keto K1000 Electrolytes powder	Raspberry lemon and unflavored		https://adapted-nutrition.com/products/keto-k1000
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Miscellaneous

Chewing Gum			
Simply gum	All flavors except sugar-free peppermint		https://www.simplygum.com/collections/gum

Below are meal kits and food delivery plans that our members have had success with finding emulsifier free options from, however, not every option is likely to be emulsifier free so it's always wise to check your selections before ordered.

Meal Kits/Prepared Food Delivery Plans

Green Chef			https://chef.greenchef.com/
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Daily Harvest			https://www.daily-harvest.com/
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