



# Nature's Healthiest® Certification

NHC 1.01  
Original 0115  
Revision 0117

## Certification Criteria – Ingredients Not Permitted

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The following ingredients will not be permitted in any product certified as *Nature's Healthiest*®. These ingredients are included in this listing as they fit at least one of four criteria for inclusion: 1) are artificial or 2) are highly processed or 3) in clinical studies, have shown a potential to cause adverse affects to human health or 4) may cause harm to the environment. The *Ingredients Not Permitted* listing is frequently updated based on the most current nutrition and environmental research. A product that does not contain any of these ingredients will not be guaranteed certification as criteria in all areas of certification must be met.

### Ingredients Not Permitted

INGREDIENT	FUNCTION	REASON FOR EXCLUSION
Acesulfame potassium	artificial sweetener	artificial
Acetylated esters (of mono- and diglycerides)	emulsifier, for foaming fats and oils	artificial
Advantame	artificial sweetener	artificial
Ammonium chloride	yeast nutrient, dough strengthener, flavor enhancer, leavening agent	artificial
Ammonium sulfate	dough conditioner, surfactant, or dough strengthener	artificial
Artificial colors (certified colors)	artificial color	artificial
Artificial flavors	artificial flavor compounds	artificial
Aspartame	artificial sweetener	artificial
Azodicarbonamide	whitening agent in cereal flour and dough conditioner	artificial
Benzoates	preservative	artificial
Benzoyl peroxide	bleaching agent	artificial
BHA – butylated hydroxytoluene	flavor stabilizer	artificial
BHT – butylated hydroxyanisole	flavor stabilizer	artificial
Bleached flours	chemically whitened flours, highly processed	artificial, highly processed
BVO – brominated vegetable oil	highly processed flavor gum	artificial
Calcium bromate	bleaching agent	artificial



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Calcium disodium EDTA	flavor stabilizer/preservative	artificial
Calcium peroxide	bleaching agent, dough conditioner, flour treatment agent, oxidizing agent	artificial
Calcium stearoyl-2-lactylate	dough conditioner, emulsifier, foaming agent, stabilizer, suspending agent, whipping agent	artificial
Carrageenan	thickening, gelling, stabilizing and suspending agent	potential adverse affects
Cyclamates	artificial sweetener	artificial
DATEM – diacetyl tartaric and fatty acid esters of mono- and diglycerides	emulsifier, foaming agent, whipping agent	artificial
Diacetyl (2,3-Butanedione)	flavor enhancer	artificial
Dimethylpolysiloxane (methyl silicone)	defoaming agent	artificial
Disodium calcium EDTA	flavor stabilizer/preservative	artificial
Disodium dihydrogen EDTA	flavor stabilizer/preservative	artificial
DMP – disodium guanylate	flavor enhancer	artificial
DSS – dioctyl sodium sulfosuccinate	emulsifier, foaming agent	artificial
EDTA (ethylenediaminetetraacetic acid)	flavor stabilizer/preservative	artificial
Erythritol	sugar alcohol	highly processed
Ester gums	gum	highly processes
Ethoxyquin	antioxidant, preservative	artificial
Ethylene oxide	fumigant	artificial
Foie gras	food/food ingredient	sustainability
Glycerol ester of wood rosin	flavor gum	highly processed
Hexa-, hepta-, and octa-esters of sucrose	emulsifiers	highly processed
High fructose corn syrup	sweetener	highly processed
Hydrogenated fats and vegetable oils	man-made trans fats	artificial/potential health affects
IMP – disodium inosinate	flavor enhancer	artificial
Interesterified oils	ingredient in margarine and other processed foods	artificial/highly processed



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Lactylated esters (of mono- and diglycerides)	dough strengthener	highly processed
L-cysteine (as an additive used in commercial bread products)	dough conditioner	highly processed
Mannitol	sugar alcohol	highly processed
Methyl silicone	defoaming agent	artificial
Microparticularized whey protein derived fat substitute	food ingredient	highly processed
MSG – monosodium glutamate	flavor enhancer	artificial
Natamycin	mold inhibitor, preservative	concern over health affects
Neotame	artificial sweetener	artificial
Nitrates	preservative	artificial
Nitrites	preservative	artificial
Palm oil	food ingredient	sustainability
Parabens – methylparaben, propylparaben, heptylparaben	preservatives	artificial
Partially hydrogenated vegetable oils	man-made trans fats	artificial/potential health affects
Polydextrose	bulking agent, texturizer, stabilizer	artificial, highly processed
Polysorbate 60, 65, 80	emulsifier, foaming agent, stabilizer, suspending agent, whipping agent	artificial
Potassium bromate	bleaching agent, dough conditioner	artificial
Potassium metabisulfite	antibrowning agent, antimicrobial agent, preservative	artificial
Propionates (propionic acid, calcium propionate, sodium propionate)	antimold agent, flavoring agent, preservative	artificial
Propyl gallate	antioxidant, preservative	artificial
Propylene glycol	carrier solvent, humectant, moisture-retaining agent, solubilizer, solvent, surface-active agent, vehicle, wetting agent	highly processed/artificial
Saccharin	artificial sweetener	artificial

