

# What is that?

We eat a lot of things everyday, but what are they?

## Ascorbic Acid

Prevents food from spoiling and keeps it fresh. Often sprinkled over cut up fruit and meat.

## Glycerin

Added to keep food moist and to give it a sweeter taste. Can be found in chocolate milk, sports drinks and some candy.

## Saccharin

Added sometimes without extra calories. Used in drinks, candy and toothpaste.

## Cochineal Extract

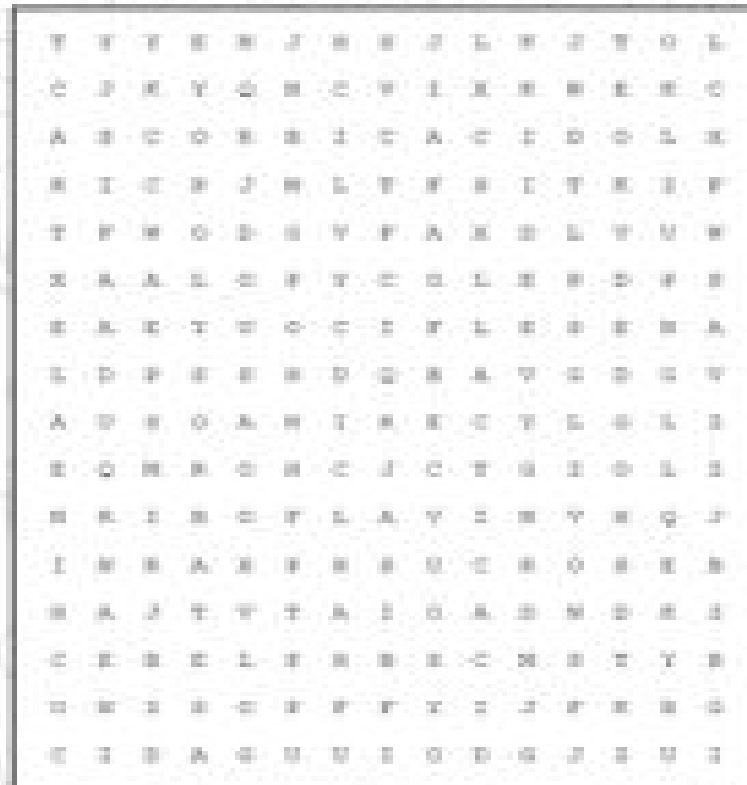
Adds red coloring to foods and bottled juices. Often found in red candy, Marie fruit bagel.

## Carbon Dioxide

Good in cooking sprays to make it spray.

## Polysorbates

Used to prevent food from separating such as in ice cream and gum.



## Gelatin

Found in Jello and marshmallows, it thickens food and holds it together.

## Lactic Acid

Creates acidity and keeps food from spoiling. You'll find it in pickles and yogurt.

## Sucrose

Sucrose makes food sweet. Honey and maple syrup have sucrose in them.

## Riboflavin

Replaces Vitamin B2 lost during food processing. Found in breads and cereal.