

NON-VEGAN INGREDIENTS TO LOOK OUT FOR:

(some) food additives that start with the letter E followed by 3 numbers: these can be in a variety of non-vegan products and can sometimes be found as bee-products in bread, silk in shampoo, and pearls in deodorant. Examples include: E120, E322, E422, E471, E542, E631, E901 and E904

gelatin: this common thickening agent comes from the skin, bones and connective tissues of cows and pigs (often found in marshmallows, yogurt, frosted cereals, & desserts)

albumin: the protein component of egg whites (used mostly in processed foods)

whey or whey powder: whey is the watery part of milk that remains after the formation of curds (this is often used in non-vegan protein powders and in some breads and sweets)

casein: the main protein present in milk and (in coagulated form) in cheese (you'll sometimes see this in the ingredient list for vegetarian cheeses). It can also be listed as *calcium caseinate*, or *sodium caseinate*

lactose: the sugar present in cow's milk (millions of people cannot digest this)

lactic acid: this can be sourced from plants or animals and can sometimes be a tricky one to decipher. The vast majority of lactic acid worldwide (and even more so in the U.S.) is made from vegetable products (not animal products) because vegetable products (like cornstarch and beet sugar - which are often used to make lactic acid) are much cheaper than animal-derived products, and they're less prone to spoiling during the fermentation process

omega-3 fatty acids: many products that are enriched with omega-3s are not vegan, since most omega-3s come from fish. Omega-3s derived from algae are vegan alternatives

cochineal (kah-chin-eel) & carmine: ground cochineal scale insects are used to make carmine, a natural dye used to give a red color to many food products. Today, carmine is primarily used as a colorant in food and in lipstick (E120 or Natural Red 4). It's also found in bottled juices, colored pasta, some candies, and frozen popsicles

bone char: used as a decolorizing filter in the sugar industry (make sure you're buying organic sugar or sugar that is labeled vegan)

butter fat: the fatty part of milk

lard: fat from the abdomen of a pig that is rendered and clarified for use in cooking (watch out for this in refried beans and tortillas)

suet: the hard white fat on the kidneys and loins of cattle, sheep, and other animals, used to make foods including puddings, pastry, and mincemeat

cysteine, L-Form (aka L-cysteine): a softening agent that is used in many types of bread. It is most common in pizza dough and bagels. The major commercial sources of L-cysteine today are Chinese and Indian bird feathers and human hair. Hog's hair can also be used.

isinglass: this gelatin-like substance is prepared from the internal membranes of fish bladders. It's often used in the making of beer or wine as a clarifying agent. One way you can check to see if your beer/wine is vegan is to download the Barnivore app or visit their website

anchovies: small, silver-colored fish (often used in Bloody Mary's and caesar salads). Even vegetarians will want to watch out for this commonly used ingredient

shellac: This is a substance secreted by the female lac insect. It's sometimes used to make a food glaze for sweets (like confectioners glaze or certain candies that have a super glossy sheen) or a wax coating for fresh produce - like apples. Even organic produce can be coated in shellac, so it's best to ask an employee at your grocery store if you're unsure

royal jelly: secretion from the throat glands of the honeybee workers that is fed to the larvae in a colony and to all queen larvae. It's widely marketed as a dietary supplement

vitamin D3: most vitamin D3 is derived from fish oil or the lanolin found in sheep's wool, and is often used to fortify foods like cereals and is sometimes used in products like shower gel

rennet/rennin: (which comes from the stomach lining of calves and other baby animals), is unacceptable to all vegetarians (not just vegans)

pepsin: found in hogs' stomachs. Used as a clotting agent. Can be found in some cheeses and vitamins

lecithins (less-ih-thins): (used as emulsifiers and stabilizers) (can be animal or plant derived)
Some Lecithin contains egg yolks. Other sources of Lecithin are soy. Lecithin can also be directly obtained from animal fat. Check with manufacturer to make sure

natural flavorings: some of these ingredients are animal-based. One example is castor (or castoreum), a food flavoring that comes from the secretions of beavers' anal scent glands. There is a plant-based version of castor oil

FOODS THAT SOMETIMES CONTAIN ANIMAL INGREDIENTS:

bread products: some bakery products, such as bagels and breads, contain L-cysteine. This amino acid is used as a softening agent and often comes from poultry feathers

beer and wine: some manufacturers use egg white albumen, gelatin or casein in the beer brewing or winemaking process. Others sometimes use isinglass, a substance collected from fish bladders, to clarify their final product

sweets and candy: many varieties of jelly, marshmallows, gummy bears and chewing gum contain gelatin. Others are coated in shellac or contain a red dye called carmine, which is made from cochineal insects

french fries: some varieties are fried in animal fat. And just a little FYI, the fries at McDonalds in the U.S. are NOT vegan. They contain natural beef flavoring which is derived from milk. If you want to know more about fast food and the options that vegans actually DO have, then check out Episode 15 titled Vegan Fast Food Options

deep-fried foods: the batter used to make deep-fried foods like onion rings or vegetable tempura sometimes contains eggs or buttermilk

pesto: many varieties of restaurant and store-bought pesto contain Parmesan cheese

pasta: some types of pasta, especially fresh pasta, contain eggs

chips: some chips are flavored with powdered cheese or contain other dairy ingredients such as casein, whey or animal-derived enzymes

mayonnaise: most contain egg

refined sugar: most brands sold in the UK are bone-char free, but manufacturers in the U.S. usually lighten the color of the sugar with bone char (often referred to as natural carbon), which is made from the bones of cattle

roasted peanuts: gelatin is sometimes used when manufacturing roasted peanuts in order to help salt and spices stick to the peanuts better (FY: Planters Dry Roasted Salted Peanuts contain gelatin)

some dark chocolate: dark chocolate is usually vegan. However, some varieties contain animal-derived products such as whey, milk fat, milk solids, clarified butter or nonfat milk powder

some produce: some fresh fruits and veggies are coated with wax. The wax can be petroleum- or palm-based, but may also be made using beeswax or shellac

worcestershire sauce: many varieties contain anchovies

OTHER NON-VEGAN INGREDIENTS TO LOOK OUT FOR:

PERSONAL CARE PRODUCTS AND COSMETICS: beeswax, lanolin, pearls, tallow, & musk
(although most musk isn't sourced from animal's assholes anymore, so that's good)

APPAREL AND TEXTILES: leather, fur, silk, wool, feathers, cashmere, angora, animal-derived glue

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