

IS IT VEGAN? A GUIDE TO READING LABELS & INGREDIENTS



VEGAN LABELING

Start by scanning the product label and packaging. Due to the rise of veganism in recent years more and more products are being labeled as vegan. Look for products that say “Suitable for Vegans” or have the “Certified Vegan” logo. Where to start?

The next thing to do is to look out for foods mark vegetarian. If the product is labelled as being vegetarian, then this is half way there. Now all you have to do is check the ingredients list to see if it contains any other animal derived products. Both dairy and eggs are allergens and legally food companies must make allergens very clear on the packaging, which will mean that dairy, eggs and all of their by-products will often be highlighted in bold or capital letters on the label, or they could appear in a separate list. If the product is vegetarian and does not seem to contain any animal derivatives, then it is more than likely vegan.

Something else to keep in mind, is that if a product states that it ‘may contain’ an animal ingredient, but does not list it on the label, then it is probably safe for you to eat, as this is something businesses have to do in order to protect themselves from litigation should someone have an allergic reaction to an ingredient that may have accidentally ended up in the product during the manufacturing process. Don’t let it put you off such products – it doesn’t mean that animal products have been flying all over the factory where they’re produced and you aren’t supporting a product containing animal products by buying them. That’s the important thing.

There are some E numbers (a European system for that come from animal sources. Sometimes with E numbers the only way to definitively know if something is 100% vegan, is to ask the manufacturer.

ALLERGEN INFORMATION

Find the allergy information of a product by looking near the very bottom of it’s ingredient list. If the product contains milk ingredients, eggs, or shellfish it will plainly say, “Contains milk, eggs, shellfish”. This doesn’t work so well for products containing meat, but it will quickly tell you whether or not it’s worth reading the whole ingredients list or not.

READ THE INGREDIENTS

There are many by-products derived from animals which can cause some confusion at first, for example; whey powder, casein, and modified milk ingredients are all dairy products. Don’t let that scare you! You’ll be amazed at how quickly you learn what ingredients to avoid, it’s nothing to sweat over, you’ll learn it all in time!

IS IT VEGAN? READING NUTRITION FACT LABELS



1 & 2. Check serving size. The label is based on 1 serving. Keep in mind that packages often contain more than 1 serving. This example shows that the package contains 8 servings, but the information provided is per serving.

3. Calories are noted per serving not per package.

4. 20-35% of daily calories need to come from healthy fat, or 44-77 gr/day.

5. Saturated fat raises cholesterol levels. It's a dirty running source. Eat less than 7% daily to be healthy.

6. Dirty running carb. Limit to 20 calories per day, or 2 grams.

7. To be healthy, eat no more than 300 mg per day or 5% of DV.

8. Eat less than 500 mg, or 1/4 tsp of salt for health. 5% of DV is considered low, and 20% high.

9. See how many grams of carbs are in each serving. Now ask yourself if that's a clean or dirty running carb. Appx. 40% of our nutrition needs to come from clean running carbs.

10. Its said we need about 25 grams of fiber daily. About 50% of our diet.

11. Added sugar, as opposed to naturally occurring sugar in the food.

12. Men need 56 gr/2 oz, women 46 gr/1.6 oz per day. Get it from sources you can absorb.

13. The %DV must be listed for Vitamin D, calcium & potassium.

1 → **2** → **3** → **4** → **5** → **6** → **7** → **8** → **9** → **10** → **11** → **12** → **13**

Nutrition Facts	
8 servings per container ← 2	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5% ← 5
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0% ← 7
Sodium 160mg	7%
Total Carbohydrate 37g	13% ← 9
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20% ← 11
Protein 3g	
Vitamin D 2mug	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice

Bottom box:
The percentages of Daily Value (DV) are based on a recommended 2,000 calorie per day diet.

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▶ VEGAN LABELING & INGREDIENT LISTS

Start by scanning the product's label and packaging. Look for products that have the "Certified Vegan" logo. If the product is simply labeled "vegan" or "contains no animal ingredients" do not take that as a guarantee, read the full ingredient list and find out for yourself. Make good use of vegan/cruelty-free product lists that are easily found online, it's a lot easier to do research at home than trying to understand some of the unregulated terms used in packaging. PETA has a good resource for finding vegan personal care products.

▶ ANIMAL TESTING

Look for items labeled with the Coalition for Consumer Information on Cosmetics (CCIC) leaping bunny logo or PETA's cruelty free bunny logo.

Some products may be labeled as "Cruelty Free" or "Not tested on animals" but these terms are not regulated. Your best bet is to utilize the shopping guides provided by the CCIC and PETA for products that are guaranteed to use no animal testing. Some cosmetics may be "cruelty free" (not tested on animals). but may contain animal derived ingredients.



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Ingredient	What It Is	Where You Find It
Albumin	The protein component of egg whites	Processed foods
Anchovies	Small, silver-colored fish	Worcestershire sauce, Caesar salad dressing
Animal shortening	Butter, suet, lard	Packaged cookies and crackers, refried beans, flour tortillas, ready-made piecrusts
Carmine (carmine cochineal or carminic acid)	Red coloring made from a ground-up insect	Bottled juices, colored pasta, some candies, frozen pops
Casein (caseinate)	A milk protein	Dairy products and some soy cheeses.
Gelatin	Protein from bones, cartilage, tendons, and skin of animals	Marshmallows, yogurt, frosted cereals, gelatin-containing desserts
Glucose (dextrose)	Animal tissues and fluids (some glucose can come from fruits)	Baked goods, soft drinks, candies, frosting
Glycerides (mono-, di-, and triglycerides)	Glycerol from animal fats or plants	Processed foods
Isinglass	Gelatin from the air bladder of sturgeon and other freshwater fish	Alcoholic beverages, some jellied desserts
Lactic acid	An acid formed by bacteria acting on the milk sugar lactose	Cheese, yogurt, pickles, olives, sauerkraut, candy, frozen desserts, fruit preserves
Lactose (saccharum lactin, D-lactose)	Milk sugar	As a culture medium for souring milk and in processed foods
Lactylic stearate	Salt of stearic acid (see stearic acid)	As a conditioner in bread dough
Lard	Fat from the abdomens of pigs	Baked goods, refried beans
Lecithin	Phospholipids from animal tissues, plants, and egg yolks	Breakfast cereal, candy, chocolate, baked goods, margarine, vegetable oil sprays
Lutein	Deep yellow coloring from marigolds or egg yolks	Commercial food coloring
Oleic acid (oleinic acid)	Animal tallow	Synthetic butter, cheese, vegetable fats and oils, candy, ice cream, beverages, condiments
Pepsin	Enzyme from pigs' stomachs	Cheese
Stearic acid (octadecanoic acid)	Tallow, other animal fats and oils	Vanilla flavoring, baked goods, beverages, candy
Suet	Hard white fat around kidneys and loins of animals	Margarine, mincemeat, pastries
Tallow	Solid fat of sheep and cattle separated from the membranous tissues	Margarine

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Ingredient	What It Is	Where You Find It
Vitamin A (A1, retinol)	Vitamin obtained from vegetables, egg yolks, or fish liver oil	Vitamin supplements, fortification of foods
Vitamin B12	Vitamin produced by microorganisms and found in all animal products; synthetic form (cyanocobalamin or cobalamin on labels) is vegan	Supplements, fortified foods
Vitamin D3	Vitamin D3 (cholecalciferol) comes from fish liver oils or lanolin	Supplements, fortified foods
Whey	Watery liquid that separates from the solids in cheese-making	Crackers, breads, cakes, processed foods

ANIMAL INGREDIENTS

It's important to look at the food label and check for animal ingredients. This is list of animal ingredients that can be added to food that you may not think to look out for...

- Casein – milk protein.
- Lactose – milk sugar.
- Whey – milk by-product.
- Collagen – from the skin, bones and connective tissues of animals such as cows, chickens, pigs and fish.
- Elastin – found in the neck ligaments and aorta of bovine, similar to collagen.
- Keratin – from the skin, bones and connective tissues of animals such as cows, chickens, pigs and fish.
- Gelatine/gelatin – obtained by boiling skin, tendons, ligaments and/or bones and is usually from cows or pigs.
- Aspic – industry alternative to gelatine; made from clarified meat, fish or vegetable stocks and gelatine.
- Lard/tallow – animal fat.
- Shellac – obtained from the bodies of the female scale insect tachardia lacca.
- Honey – food for bees, made by bees.
- Propolis – used by bees in the construction of their hives.
- Royal Jelly – secretion of the throat gland of the honeybee.
- Vitamin D3 – from fish-liver oil or sheep's wool.
- Albumen/albumin – from egg.
- Isinglass – a substance obtained from the dried swim bladders of fish, and is used mainly for the clarification (fining) of wine and beer.
- Cod liver oil – in lubricating creams and lotions, vitamins and supplements.
- Pepsin – from the stomachs of pigs, a clotting agent used in vitamins.