

🍴 **Minestrone**

Unless there's a clear vegan label next to it, minestrone may not even be vegetarian. Many food companies and restaurants use beef or chicken stock for the veggie-based soups; the same goes for the canned, bagged or bottled varieties in stores.

🍴 **Asian Condiments & Sauces**

Two words: fish sauce. It's a staple in many traditional Asian cuisines, and it is often used as liberally as vegans use nutritional yeast – sprinkled on everything! Fish sauce is easy to spot when you're scanning the ingredient label of a peanut or black bean sauce, but it can be trickier to detect in restaurants.

🍴 **American Condiments**

Worcestershire and barbeque sauce are the two main culprits here. Worcestershire usually contains anchovies, but there are vegan versions out there, such as Annie's brand. Some barbeque sauces also contain Worcestershire, in addition to other potential animal-derived ingredients like honey. A few vegan-friendly barbecue sauce brands include Annie's, Sweet Baby Ray's, and various brands at Trader Joe's (among countless others, just check the label).

🍴 **Marshmallows**

This one is for vegetarians too – marshmallows contain bones. The seemingly harmless confections are made with gelatin, which is made of crushed animal bones. Marshmallows also contain egg whites, making them decidedly not vegan-friendly, but there are several companies that now make animal-free versions. Dandies is a popular vegan option. The company offers both full size and minis, along with pumpkin and peppermint flavors during the holidays.

🍴 **Jelly Bellies & Other Candies**

Although the Buttered Popcorn variety of Jelly Bellies has sparked some heated arguments (you either love it or hate it), many vegans found comfort in the flavor, as it allowed them a taste without consuming dairy. Unfortunately, though Jelly Bellies do not contain gelatin, they are made with beeswax to give them their iconic shine. Other fruity and gummy candy can also contain hidden animal products. Be wary of red sweets, as they often contain crushed beetles, which is labeled as carmine or cochineal extract. Further, most gummy candies contain gelatin (crushed bones) so check the ingredients before you dive in to a bowl of gummy worms.

🍴 **Popcorn & Flavored Chips**

As classic as it is, if you're diet is dairy-free you may wish to skip the popcorn at most movie theaters. Yes, butter pumps abound, but that is for patrons to put extra butter on – the pre-made kernels popping away are typically coated with some powdered form of dairy. Vegan store-bought popcorn is easier to find, but again, make sure you check the label for "milk" or "whey." Another snacking staple, flavored chips, may also have animal products. For example, Lay's baked barbecue chips contain both dairy and chicken products. Oddly enough, the original fried version of Lay's barbecue chips are vegan. Other flavors of chips, like SunChips Garden Salsa, also contain animal product derivatives, so check the label before you start snacking.

🍝 Pasta

Handmade pasta always makes a meal special, but it's traditionally made with eggs. When you're at the store, do a quick scan of the ingredients to ensure your fresh pasta is egg and dairy-free. At a restaurant, menus typically advertise when a dish involves housemade pasta.

🍞 Bread

Bread should really just be flour, water, and salt. However, when we get into specialty breads or processed versions, things can get more complex. Always check the label if you're purchasing pre-sliced bread at a supermarket. Processed sandwich bread is notorious for using dairy and egg derivatives to preserve shelf life. A few breads that are not vegan (unless otherwise stated) include brioche and challah. Both include eggs. What's shocking is the hidden duck and chicken feathers in some bagels. Many large-scale bagel companies, such as Einstein Bro's and Dunkin' Donuts, use an enzyme called L. Cysteine. This is a "dough conditioner" sourced from duck and chicken feathers. The company just lists this ingredient as "enzymes." Some breads, like sourdough, are made with milk products such as evaporated milk.

🍷 Wine & Beer

Many wine and beer manufacturers are moving away from animal ingredients in their products, but unfortunately, some still exist. Winemakers often use animal-derived products as fining agents, which help clarify the wine. In the beer world, fish bladder, also called isinglass, is also frequently used in the clarifying process, although Guinness finally phased it out of its beverages in recent years. Beers can have ingredients like gelatin, lactose and red dye from the Cochineal insects, and the milk protein, casein. For vegan-friendly alcohol, check your favorite brand on Barnivore.com.

🌱 Mexican Beans, Rice, And Tortillas

Beyond being delicious and comforting, Mexican food is typically a safe option for finding vegan food. Beans, rice, fajita veggies, guac – done. Not to mention the plant-friendly Mexican-inspired chains like Taco Bell and Chipotle. However, if you're going for authenticity, you might run into lard, or animal fat. Some traditional Mexican cooks add lard to a variety of their dishes, including beans, rice, and tortillas. Many often use chicken stock while cooking rice as well. If you're buying a can of beans at the store or ordering some freshly made corn tortillas from a local taco stand, be sure to double check before you put away that infant-sized burrito or two-for-one tacos.

🍟 French Fries

Yes, even the humble, plain french fry can surprise you. Most fast-food concepts have phased this practice out, but if you're dining at a non-vegan restaurant, particularly an upscale one or a trendy gastropub, the fries may be cooked in beef or duck fat. Like with handmade pasta, most menus mention this. Read the fine print, and you should know if you're in the clear.

🥜 Peanuts

Nope, peanuts are not safe either. The animal product they contain is gelatin. Gelatin is used in some peanuts in order to make the salt stick to the peanuts.

🍴 Pasta Sauce

Tomatoes, garlic, olive oil, onion, herbs...and milk? Yes, there can be dairy even in a simple marinara. The vast majority is plant-based, but some restaurants will add a dash of milk or cream even in this most basic tomato sauce. The rule remains the same: always ask politely if you are unsure. Jarred sauces are a bit more likely to have hidden animal ingredients as well, though there are a plethora of sauces that are vegan-friendly, no matter where you shop. Many pesto sauces also contain cheese.

🍴 Dark Chocolate

Most dark chocolate is vegan, but this is not an absolute. Large commercial companies often add milk products to their dark mixes, such as Lindt, See's, and some Ghirardelli bars. Luckily, there are dozens if not hundreds of brands worldwide that are committed to manufacturing pure, plant-based dark chocolate that will make any sweet lover swoon.

🍴 Vegan Strawberry Yogurt

You probably thought your yogurt's redness came from the strawberries. Nope. It comes from insects. Cochineals are insects that are ground to make a red dye.

🍴 Vegan Vanilla Ice Cream

Your ice cream may have the words "vegan" on it, but is it really vegan? Part of the flavor and smell that you identify as vanilla in ice cream often comes from the sacs of beavers. Beavers secrete a substance called castoreum that smells like vanilla. Because of this smell, it is used as part of a vanilla substitute.

🍴 Vegan Jelly

Gelatin is obtained from the bones and skin of animals. Also, if the candy is red, it might contain red dye from the Cochineal insects.

🍴 Orange Juice enriched with Omega 3

The culprit here is the added omega-3s. The omega 3s come from fish oil and fish gelatin.

🍴 Salad Dressings

Some salad dressings contain eggs and dairy products. But, the salad dressings you have to watch out for are the ones with fish in them. The fish labeling may be concealed in the Worcestershire sauce labeling.

🍴 Pastries

Some pastries are made with suet. Suet is the fatty tissue on the kidneys and loins of animals like cows and sheep. Gross.