

Unhealthy Ingredients

in typical processed holiday foods

CAMBELLS MUSHROOM SOUP

water, mushrooms, cream (milk), **vegetable oil** (**corn, cottonseed, canola and/or soybean**), **modified food starch**, contains less than 2 % of: **bleached enriched flour** (wheat flour, niacin, ferrous sulfate, **thiamine mononitrate**, riboflavin, folic acid), salt, **monosodium glutamate**, **soy protein concentrate**, **yeast extract**, **spice extract**, **dehydrated garlic**, **oleoresin paprika**.

FRIED ONIONS

palm oil, wheat flour, onions, **soy flour**, salt, dextrose, **tbhq** (**tbhq, tertiary butylhydroquinone**) and citric acid in **propylene glycol** to protect flavor.

STOVE TOP DRESSING

enriched wheat flour (wheat flour, niacin, iron, **thiamin mononitrate** (vitamin B1), riboflavin (vitamin B2), folic acid, **high fructose corn syrup**, onions*, salt, contains less than 2% of **partially hydrolyzed soybean and/or cottonseed oil**, **hydrolyzed soy protein**, yeast, cooked chicken and chicken broth, **maltodextrin**, **monosodium glutamate**, parsley*, celery*, spice, **sugar**, **corn syrup**, **caramel color**, turmeric, **disodium guanylate**, **disodium inosinate**, with **bha** (Butylated hydroxyanisole), **bht** (butylated hydroxytoluene), citric acid and **propyl gallate** as **preservatives**

*dried

LIBBY'S PUMPKIN PIE MIX

pumpkin, **sugar**, **syrup**, water, salt, **natural flavors**, spices.

OCEAN SPRAY JELLIED CRANBERRY SAUCE

cranberries, **high fructose corn syrup**, water, **corn syrup**.

HUNGRY JACK BOXED MASHED POTATOES

potato flakes (**sodium bisulfite**, **bha** and citric acid added to protect color and flavor), contains 2% or less of: **monoglycerides**, **partially hydrogenated cottonseed oil**, **natural flavor**, **sodium acid pyrophosphate**, butteroil.

COOL WHIP

water, **corn syrup** and **high fructose corn syrup**, **hydrogenated coconut and palm kernel oil**, **sodium caseinate**, vanilla extract, xanthan and guar gums, **polysorbate 60** and betacarotene.

SARA LEE PRESLICED PUMPKIN PIE

pumpkin, **enriched bleached flour** (wheat flour, malted barley flour, niacin, iron, thiamin, **mononitrate**, riboflavin, folic acid), **corn syrup**, milk, **high fructose corn syrup**, eggs, **vegetable oil** (**palm, soybean and/or cottonseed oils**), **sugar**. Contains 2% or less of: skim milk, salt, spices (includes cinnamon), carrageenan, **modified corn starch**, **dextrin**, red beet juice (color), baking powder (**sodium acid pyrophosphate**, baking soda, **corn starch**, **monocalcium phosphate**), **mono and diglycerides**, **artificial flavor**, **soy lecithin**, **soy flour**.

SARA LEE APPLE PIE

apples, **enriched flour** (wheat flour, niacin, iron, **thiamin mononitrate**, riboflavin, folic acid), water, **vegetable oil** (**palm, soybean and/or cottonseed oils**), **high fructose corn syrup**, **corn syrup**. contains 2% or less of each of the following: **modified corn starch**, salt, cinnamon, malic acid, **soy flour**. contains wheat and soy.

