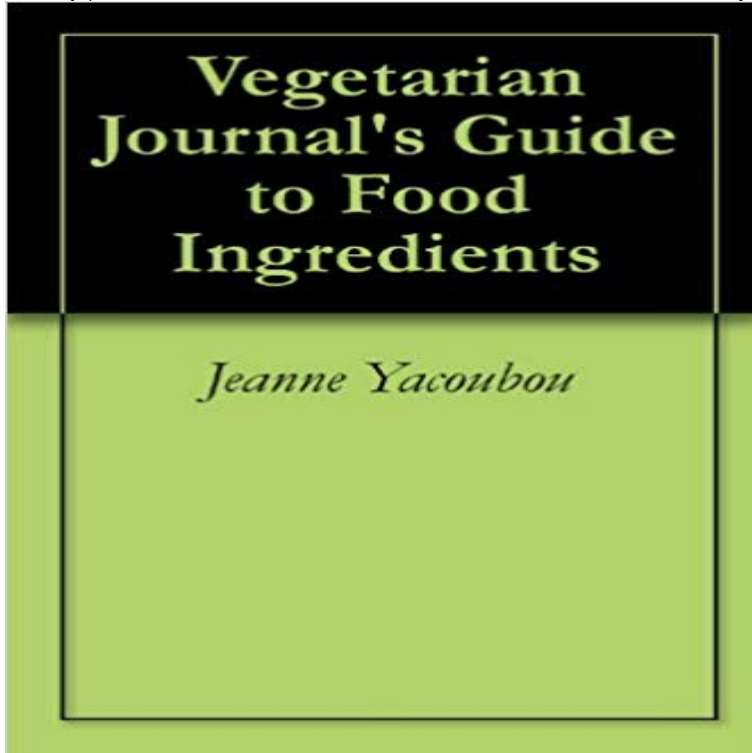


Vegetarian Journals Guide to Food Ingredients



The Guide to Food Ingredients is indispensable in deciphering ingredient labels. It lists the uses, sources, and definitions of over 200 common food ingredients. This easy-to-read list of ingredients commonly found in many foods and beverages indicates whether they are vegetarian, vegan, typically vegetarian, typically vegan, may be non-vegetarian, or non-vegetarian. The emphasis is on commercial sources of ingredients most commonly used today. Each entry lists commercial sources, alternative names (if any), foods or beverages containing the ingredient, and in some cases manufacturers information about current supply sourcing.

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