

Example Ingredients Lists

How many ingredients do you think are in a hamburger, including the bun and condiments?
How many ingredients are in a chicken nugget? What are the ingredients in these food items?

Hamburger bun: enriched wheat flour [flour, barley malt, ferrous sulfate (iron), B vitamins (niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid)], water, sweetener (high fructose corn syrup, sugar), yeast, soybean oil, contains 2% or less of wheat gluten, salt, calcium sulfate, dough conditioners (may contain sodium stearoyl lactylate, tricalcium phosphate, ethoxylated mono and diglycerides, datem, dicalcium phosphate, mono and diglycerides, calcium dioxide, and/or sorbic acid), vinegar, soy flour, yeast nutrients (may contain ammonium chloride, ammonium phosphate, diammonium phosphate, ammonium sulfate, monocalcium phosphate and/or calcium carbonate), cornstarch, wheat starch, enzymes, calcium propionate (to retain freshness), soy lecithin. If topped, also contains sesame seeds, or corn meal.

Beef patty: beef. If processed patties, may also include water, vegetable protein product (soy protein concentrate, zinc oxide, niacinamide ferrous sulfate, copper gluconate, vitamin A palmitate calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, vitamin B12)

Lettuce: lettuce (may contain up to 51 different pesticide or herbicide residues)

Tomato: tomato (may be treated with up to 100 different chemicals before, during and after harvest, some of which remain as residue)

Catsup: tomato concentrate from tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring

Pickle chip: cucumbers, high fructose corn syrup, water, vinegar, salt, spices, onion, calcium chloride, sodium benzoate (to preserve flavor), polysorbate 80, turmeric

Mustard: vinegar, water, mustard seed, salt, turmeric, paprika and garlic powder

Processed chicken nuggets: chicken, water, salt, flavor(s) natural, breaded with, wheat flour, water, wheat starch, wheat flour whole white, salt, corn flour yellow, corn starch, onion(s) dried, garlic dried, yeast dried, sugar brown, paprika extractives, spice(s), breading set in vegetable oil