



the
VEGAN RESET

**WEEK TWO: PRACTICAL
DAY TWELVE:
HOW TO READ LABELS**

how to read your nutritional label

To make sure the product you're purchasing is Vegan, there are a few things you should look for when reading the label. Luckily, it's a legal requirement for companies to state any allergens they may contain such as eggs, milk, whey and casein (all non-vegan). If the item you are purchasing doesn't contain these ingredients, it may very well be Vegan even if it's not specifically marked as such. We've included a list of ingredients found in products that are NOT vegan below =)

- Casein – This is a protein derived from milk.
- Lactose – This is a sugar derived from milk.
- Whey – This will be found not only in milk, but many other packaged products such as crackers and snacks.
- Collagen – This is derived from the skin, bones, and connective tissues of animals and is often used in cosmetics
- Elastin – This will be found in the neck ligaments and aorta of bovine, similar to collagen
- Keratin – Mainly derived from the skin, bones, and connective tissues of animals.

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- Gelatine/gelatin – This is obtained by boiling skin, tendons, ligaments, and/or bones of animals, and is most commonly used in jelly, candies, cakes, and in vitamins.
- Aspic – This is an alternative to gelatine, and is made from clarified meat, fish or vegetable stocks and gelatine.
- Lard/tallow – This is animal fat.
- Shellac – This substance is actually obtained from the bodies of the insect *Tachardia lacca*.
- Honey – This is food for bees, made by bees.
- Propolis – This is a substance used by bees when building their hives.
- Royal Jelly – This is actually comprised of secretions of the throat gland of the honeybee!
- Vitamin D3 – This is mainly found in fish-liver oil, and sometimes in creams, lotions and other cosmetics.
- Albumen/albumin – This will typically be found in egg.

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- Isinglass – This is something constituted from the dried swim bladders of fish, and is often used for the filtration of wine and beer.
- Cod liver oil – This will be found in many creams and lotions, vitamins and supplements.
- Pepsin – This is found in the stomachs of pigs, this is a clotting agent used in vitamins.

If you're looking for the healthiest options, here are a few things to look out for!

When looking at a label, the goal is to find a product where all the ingredients are actual food items. No fillers, chemicals or preservatives.

When purchasing nut butters such as peanut butter, almond butter, etc, try to avoid the ones that have added oil, sugar and/or salt.

Try to avoid products with excessive sugar. Names for sugar include:

Sugar

Evaporated Cane Juice

Brown Sugar

Beet Sugar

Corn Syrup

High Fructose Corn syrup

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If you come across a product that contains the ingredients listed below, please do your absolute best to buy organic.

Corn

Soy

Wheat

Cottonseed Oil

You'll also want to steer clear of any products containing the ingredients listed below.

Tri-glycerides - added fat

Di-glycerides - added fat

High Fructose Corn Syrup

Corn Syrup

Maltodextrin

Dextrose

Synthetic/Added vitamins

Artificial Colors

Artificial Flavors