

Julie Jones Fitness

Ingredients to Avoid:

Acesulfame Potassium

Aspartame (nutrasweet)

Autolyzed yeast extract

Azodicarbonamide

BHA & BHT

Bleached flour

Blue1 & Blue 2

Calcium Peroxide

Calcium Propionate

Canola Oil

Caramel Color

Carrageenan

Cellulose

Citric Acid

Corn Syrup

Cottonseed Oil

Dextrose

Enriched flour

Erythritol

Fructose or Fructose Syrup

Gellan Gum

Guar Gum

High Fructose Corn Syrup

Hydrolyzed Proteins

Locust Bean Gum

Maltodextrin

Methylparaben

Monoglycerides & Diglycerides

Monosodium Glutamate

Natural Flavors

Neotame

Potassium Benzoate

Partially Hydrogenated Oils

Propyl Gallate

Propylparaben

Red 3 & Red 40

Sodium Benzoate

Sodium Nitrate

Sodium Nitrite

Sodium Phosphate

Soybean Oil

Soy Protein Isolate

Sucralose (splenda)

Titanium Dioxide

Yellow 5 & Yellow 6

***Bold Items are the top ones to avoid**

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