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# Criteria for Vegan Food in Loving Hut version 3.0

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# 100% Vegan

It is essential that all our food items and ingredients in Loving Hut are purely vegan, that means

## **containing no animal ingredients and derivatives,**

including processes in manufacturing and/or development of the product, and where applicable, its ingredients, must not involve, or have involved, the use of animal products, by-products or derivatives. Though alcohols such as ethanol and methanol are prohibited as food ingredients, they may be used as a cleansing agent needed for machinery along with food grade hydrogen peroxide which can be used as a powerful disinfectant as a substitute for bleach or chemical disinfectants.

The development and/or manufacturing of the product, and where applicable its ingredients, must not involve, or have involved, testing of any sort on animals conducted at the initiative of the manufacturer or on its behalf, or by parties over whom the manufacturer has effective control.

Vegetable, mineral or plant/mineral-derived substances are acceptable, as well as microbiologically-fermented substances of plant origin, such as miso, tempeh, fungi, nutritional yeast, and acetic acid (e.g. apple cider vinegar) etc.

The following information is helpful in checking the products that you use and ensuring that they are really vegan. In many cases, you will have to further contact the manufacturer for qualification, as a number of products can be from either vegetable or animal sources. You may contact the manufacturer by email to check whether the ingredients are vegan, or from any animal source. If no response is received, please resend the email and inquire by a direct phone call. You may also search for more information on the internet.

### **This document has 2 sections.**

1. Section 1 is the QUICK VEGAN CHECKLIST. You should keep a printed copy available at all time in the office for your managers and procurement staff as reference. It is best to provide a copy to the chefs as well.
2. Section 2 is the VEGAN REFERENCE BOOKLET on ingredients and whether they “are, may be, or are not” VEGAN along with actions that you need to take. Section 2 lists the reference booklet in length and will be continuously updated.

**Please read through this document at least once to understand the entire range of ingredients you are expected to check.**

Supreme Master Ching Hai and all the staff at Loving Hut Headquarter implore you to be extremely vigilant on checking every product used in Loving Hut.

# Section 1 – Quick Vegan Checklist

Even when the supplier says their products are VEGAN, please check all the ingredients.

**Dairy** – sodium caseinate/casein, whey, butter – non vegan.

**Even some Soy cheeses** have rennet and sodium caseinate. Some non-animal rennet is derived from animal before chemical processing. Use only vegan cheese brands.

**Fats** – check for mono and di-glycerides (used extensively in baking/baked products), stearates, and glycerols. Lecithin should be clearly stated as ‘soy lecithin’. Cocoa butter is the cocoa bean ‘fat’ used in chocolate and it is vegan.

**Vitamin D3** - non vegan. **Vitamin B12, B5** – may not be Vegan - have to check.

## Please check:

- **Mock Meat**– egg albumin, L-cysteine, guanylic/glutamic acid, whey/casein-caseinate, pepsin.
- **Pasta** – egg or squalene (squid ink)
- **Mayonnaise** – egg or dairy, mono- or di-glycerides, trans fats.
- **Mock dairy** – non-animal rennet (still from animal originally), sodium caseinate, gelatin, amino acids, flavors. Acidophilus and other fermenting bacteria should also be checked.
- **Bread and Cakes** – dairy, amylase, eggs (often used as a coating for shine), glycerine, amino acids, margarines.
- **Drinks** – some non-dairy creamer (used in coffee, tea, and cereal beverages) may contain sodium caseinate, a milk protein derivative, whey, vitamin D3, B12 (in soy milk), mono- and di-glycerides. Horlicks (a malted milk drink), Milo, etc are not vegan.
- **Whip** – only certified vegan whips (e.g. Soyatoo) should be used. Commercial ones are usually made from animal fat.
- **Margarines/Hard oils** – most margarine contains some dairy (usually casein), commonly found in commercial pastry. Some contain added Omega 3 from fish oils. Docosahexaenoic acid (DHA) and eicosapentaenoic acid (ELA) are likely from animal source.
- **Honey and Sweeteners** – although honey can be natural and harmonious, we do not use it in Loving Hut products. Use agave, maple, brown rice syrups or similar low-calorie substitutes such as xylitol, and mannitol. Do not use aspartame, saccharin, sucralose, Acesulfame K (Equal, Nutrasweet etc).
- **Gelatin and Joint Formulas** – MSM, glucosamine and chondroitin sulfate are most likely cartilage-based and NOT vegan. Some Joint formulas are from certified vegan sources.

# Section 2 – Comprehensive List of Ingredients and References

## 2.1. Animal ingredients and derivatives that should be avoided:

Category	Examples
<b>Animal-Derived additives</b>	The following should be avoided totally: E120 - Cochineal (is an insect/beetle, from which the red dye is derived) E441 - Gelatin E542 - Edible Bone Phosphate E631 - Sodium 5'-Inosinate E901 - Beeswax E904 – Shellac E920 – L-cysteine hydrochloride, calcium mesoinositol , hexaphosphate, sperm oil/spermaceti
<b>Animal Milk</b>	cow milk, goat milk
<b>Animal Milk Derivatives</b>	casein (including sodium caseinate), lactate, lactic acid, lactose, whey
<b>Bee Products</b>	Honey, bee pollen, bee venom, beeswax, propolis, royal jelly
<b>Dairy Products &amp; By-Products</b>	butter, butterfat, cheese, whey, yogurt, milk solids
<b>Eggs</b>	egg white (albumin), egg yolk lecithin, egg shell
<b>Enzymes</b>	lactase (fungal), lipase (animal, fungal), papain (vegetable), pectinase (fruit), protease (animal, vegetable, bacterial, or fungal), rennet (animal), and trypsin (animal). Enzymes can be animal, vegetable, bacterial or fungal. Those used in cheese-making are often animal-derived; others used in breadmaking are often fungal.
<b>Cell-Derived Substances</b>	keratin, placenta, cartilage, elastin, collagen
<b>Marine Animal Products</b>	ambergris, capiz, caviar, chitin, coral, fish scales, fishmeal, isinglass, marine oils and extracts (e.g. fish oils, shark oil (squalene or squalane), seal oil, whale oil), natural sponge, pearl, roe, seal meat, shellfish, sperm oil, spermaceti wax, whale meat
<b>Slaughter By-Products</b>	animal fats (e.g. dripping, lard, suet, and tallow which is often used in French Fries), amino acids, aspic, bone, bone charcoal (used to make Fine/Bone China), bone-meal, bristles, collagen, down (feathers), dried blood, fatty acid derivatives, feathers, fur, gelatin(e), glycerin(e)/glycerol (of animal origin), hair, hides (leather, suede etc), hoof & horn meal, oleic acid, oleoic oil, oleostearin, pepsin (digestive enzyme), proteins (e.g. elastin, keratin, reticulin), rennet, skins, stearates, stearic acid, stearin(e)
<b>Miscellaneous</b>	allantoin, amniotic fluids, animal and fish glues, carmine/carminic acid, catgut, chamois, crushed snails or insects, fixatives (e.g. musk, civet, castoreum) hormones (e.g. oestrogen, progesterone, testosterone), ivory, lanolin(e), oil of mink, parchment, placenta, silk, shellac, snake venom, some vitamins (e.g. D3), urea, vellum, and any carriers, processing aids or release agents containing/comprising substances of animal origin (see notes below).

Notes: Animal products are sometimes used in instances that are not immediately obvious, for example:

- Carriers - gelatin may be used to carry beta-carotene and D2 (as in Fanta –see section 2.11)
- Processing aids - lactose is often used to fix flavor in crisps, sodium caseinate to give ‘stickiness’ to baking and frozen products. Amylase as a digestive enzyme in breads.
- Release agents - may be used to prevent confectionery and baked goods adhering to manufacturing equipment.

## 2.2 Vitamins

It is impossible to know whether vitamins are from vegan sources unless they are listed by the manufacturer.

- Vitamin C is always vegan, and Vitamin E is most likely vegan.
- Vitamin A – beta carotene is usually vegan (except possibly provitamin A), but see above note on “Carriers”. Retinol may not be vegan.
- Vitamin B’s, especially B12 and B5 need to be checked.
- Vitamin D must be checked as only D2 (ergocalciferol) can be from a vegan source. Others are most likely non vegan. If it just says Vitamin D, please check.
  - Cholecalciferol (D3) is produced industrially by the irradiation of 7-dehydrocholesterol extracted from lanolin found in sheep's wool. Since animal products are not desirable for vegans, the alternative is to use ergocalciferol (also known as vitamin D2) derived from the fungal sterol ergosterol.
  - D2 (ergocalciferol) is derived from yeast, while D3 (cholecalciferol) is derived from lanolin (from sheep wool) or fish. D2 and D3 are both used to fortify milk and other dairy products. Some Vitamin D3 supplements are made with fish oil.
- Vitamin K – vegan unless known otherwise.
- CoQ10 – must check.
- Glucosamine, Chondroitin Sulfate, MSM – most of the time they are animal derived, but there are some listed as vegan from vegetable sources.
- ECGs (from green tea) and Pycnogenol (also known as Grapeseed Extract) are vegan.

## 2.3 Minerals

Most minerals are processed chemically before packaging, therefore we may not be able to tell if they are 100% vegan as some may be derived from non-vegan products. Also, sea shells are a common source of calcium along with limestone to make calcium carbonate, which is used to make calcium citrate, a common calcium supplement. Anything with a lactate is possibly milk based. However, we should definitely avoid the following:.

- Calcium – (microcrystalline) hydroxyapatite – bone source
- Iron – ‘haeme’ type combinations – blood source.

## 2.4 Amino acids

Generally, amino acids are from animal proteins, unless stated (like in Braggs). Some are chemically synthesized. The following are likely to be derived from animals and have been found as additives in the “seemingly vegan” food:

- L-Cysteine (human hair or duck feathers!) – often used as flavor in mock meat. It can also be vegan. But do not assume it is vegan unless proven.
- Carnitine – found in muscle and liver.

## 2.5 Gelling agents

- **Non-vegan:** gelatin is obtained by boiling in water the ligaments, bones, skin, etc., of animals. Must be avoided.
- **Vegan:** Carrageenan, irish moss, Konnyaku, Konjac, inulin, pectin, guar gum, gum Arabic, agar, tragacanth, locust bean, Karaya gum, xanthan gum, cellulose fibre, methylcellulose, psyllium husks, gum acacia. Those gelling agents are permissible unless you find out otherwise.

## 2.6 Sweeteners

- **Permissible:** The following sweeteners are mostly natural based. A small amount is often recommended because of their ‘fibre’ effect in the intestines. Note that most of these are made from ‘vinegarised’ alcohol fermentation (acetic acid based ‘polyols’), and although not alcohol and without alcoholic effect, they sometimes smell and taste like alcohol, and still need to be broken down in the liver. Therefore some liver and kidney disease patients may not be able to consume these products.
  - Maltitol, Sorbitol, Xylitol,
  - Maltodextrins, corn syrups, isomalt,
  - Stevia, fructose, oligosaccharides,
  - Agave, maple syrup, golden syrup, Malt
- **Non-vegan:** Lactitol (from lactose, derived from milk)
- **Avoid:** some artificial sweeteners are unhealthy even though they are vegan, for example, aspartame, saccharin, cyclamate, acesulfame potassium, sucralose.

## 2.7 Flavor enhancers

**Disodium guanylate** (E627), also known as **sodium 5'-guanylate and disodium 5'-guanylate**, is the disodium salt of the flavor enhancer guanosine monophosphate (GMP). Disodium guanylate is a food additive and is commonly used in conjunction with glutamic acid (monosodium glutamate, MSG). Since it is often produced from fish, we should avoid it unless the product is specifically labeled Vegan/Vegetarian, which indicates the use of non-animal derived sources, such as seaweed or yeast. Please also avoid MSG and other glutamates for health reasons.

**AO** – ANIMAL ORIGIN

**LGM** – LIKELY TO BE FROM GENETICALLY MODIFIED ORGANISMS

**PAR** – POSSIBLE ALLERGIC REACTION

- E620 Glutamic acid (flavor enhancer) - PAR, possibly GM
- E621 Monosodium glutamate (MSG) (flavor enhancer) - PAR, LGM
- E622 Monopotassium glutamate (flavor enhancer) - PAR, possibly GM
- E623 Calcium diglutamate (flavor enhancer) - PAR, possibly GM
- E624 Monoammonium glutamate (flavor enhancer) - PAR, possibly GM
- E625 Magnesium diglutamate (flavor enhancer) - PAR, possibly GM
- E626 Guanylic acid (flavor enhancer)
- E627 Disodium guanylate, sodium guanylate (flavor enhancer) - Possibly of AO
- E628 Dipotassium guanylate (flavor enhancer)
- E629 Calcium guanylate (flavor enhancer)
- E630 Inosinic acid (flavor enhancer)
- E631 Disodium inosinate (flavor enhancer) - Possibly of AO
- E632 Dipotassium inosinate (flavor enhancer)
- E633 Calcium inosinate (flavor enhancer)
- E634 Calcium 5'-ribonucleotides (flavor enhancer)
- E635 Disodium 5'-ribonucleotides (flavor enhancer) - Possibly of AO
- E636 Maltol (flavor enhancer)
- E637 Ethyl maltol (flavor enhancer)
- E640 Glycine and its sodium salt (flavor enhancer) - Possibly of AO

## 2.8. Colorants

**Non Vegan:** cochineal, crimson-coloured dye derived from the female cochineal insects.

**Check:** beta carotene. Although beta carotene itself is vegan, gelatin is often used as its carrier. We need to check if gelatin is used as the carrier for beta carotene.

**Avoid:** The colors listed below are banned in some countries as they are considered to be linked to the attention deficit hyperactivity disorder (ADHD). Mostly these are derived from coal tar and are vegan, but due to potential health risk factors, they should be avoided if possible. Check the E list in section 2.9 for animal based colors.

- Sunset yellow (E110) - Coloring found in squashes (voluntary removal in UK)
- Carmoisine (E122) - Red coloring in jellies, banned in Formosa (Taiwan)
- Azorubine (E122)- Red food dye, prohibited in Canada, Japan, Norway, Sweden and the United States.
- Tartrazine (E102) - New coloring in lollies, fizzy drinks ((voluntary removal in UK)
- Ponceau 4R (E124) - Red coloring ((voluntary removal in UK)
- Quinoline yellow (E104) - Food coloring (voluntary removal in UK)
- Allura red AC (E129) - Orange/red food dye ((voluntary removal in UK)

## 2.9 Additives: Possibly Animal-Derived

E numbers are number codes for food additives and are usually found on food labels throughout the European Union. If any of the following additives is an ingredient in something you are buying, please check the source to ensure it is vegan. Anything with fats/fatty acids, stearates/steric acid, glycerides – could be either from vegetable oil/fat or animal based.

Categories	Description
<b>E101</b>	<b>Riboflavin, lactoflavin, vitamin B2</b>
<b>E101(a)</b>	<b>Riboflavin 5'-phosphate</b>
<b>E120</b>	<b>Definitely animal-origin. Cochineal, Carminic acid, Carmines Natural Red 4 – coloring.</b> A coloring that makes many foods red. Found in alcoholic drinks, fruit pie fillings, jams, many sweets and even cheeses. Cochineal is made from the female insect found on cacti called <i>Dactylopius Coccus</i> . She is boiled alive or left to "cook" alive through sun exposure. Cochineal is the result of crushing scales of the insect into a red powder.
<b>E153</b>	<b>Carbon Black, Vegetable Carbon.</b> If the description on product packaging says "Vegetable Carbons", then it is most likely free of animal derivatives (but it could still be derived from GM crops!) But if the additive is described as "Carbon Black", it 's more likely to be derived from various parts of animals.
<b>E160b</b>	<b>Annatto.</b> Orange/peach pigment naturally present in butter and cheese. Usually sourced from plants.
<b>E161(b)</b>	<b>Lutein.</b> Found in green leafy vegetables such as spinach and kale as well as egg yolks and animal fats. As a food additive, lutein is usually extracted from petals of marigold (a flower).
<b>E161(g)</b>	<b>Canthaxanthin</b> (Natural Orange Color Xanthophylls) - coloring. Be aware that although Canthaxanthin is usually derived from plant material, it can sometimes be made from fish and invertebrates with hard shells.
<b>E236</b>	<b>Formic Acid</b> , obtained as by-product of acetic acid or synthesized chemically.
<b>E237</b>	<b>Sodium Formate</b>
<b>E238</b>	<b>Calcium Formate</b>
<b>E252</b>	<b>Potassium Nitrate</b> (Saltpetre) – Preservative Saltpetre is usually assumed to be of natural origins but it can be artificially manufactured from animal waste. Check with the manufacturer.
<b>E270</b>	<b>Lactic acid</b> : usually sourced from fermentation of plant carbohydrates, but may sometimes be from milk lactate fermentation.
<b>E322</b>	<b>Lecithin</b> -Emulsifier and Stabilizer (most likely soy, but small percentage may still be egg). Some Lecithin contains egg yolks so not suitable for Vegans. Other main sources of Lecithin are from soya bean oil and is likely to be genetically modified (if sourced from countries such as the US). Lecithin can also be directly obtained from animal fat.



<b>E325</b>	<b>Sodium Lactate</b> – Antioxidant (may be from vegan source). Sodium Lactate is the salt of Lactic Acid. (see E270 above).
<b>E326</b>	<b>Potassium Lactate</b> (most likely vegan)
<b>E327</b>	<b>Calcium Lactate</b> (most likely vegan)
<b>E422</b>	<b>Glycerol</b> (glycerine) -(Humectant, Solvent, Sweet Glycerin) - Sweetener There is contention surrounding the origins of Glycerol. Through various industrial reselling practices, a majority of glycerine originates as a by-product of soap manufacturing. Many soaps are manufactured using animal fats. This indicates that even though glycerine occurs naturally in plants, what ends up in food and soap products mostly originates from animals.
<b>E430-E436</b>	These additives are <b>very unlikely to originate from animals</b> as they are normally derived from various types of fruit. It may still be worth checking with manufactures as to the exact origins of the ingredients which make up these Emulsifiers and stabilisers E430 (believed to be no longer permitted in food) - polyoxyethylene (8) stearate, polyoxyl (8) stearate E431 - polyoxyethylene (40) stearate, polyoxyl (40) stearate E432 - polyoxyethylene sorbitan monolaurate, polysorbate 20, tween 20 E433 - polyoxyethylene sorbitan mono-oleate, polysorbate 80, tween 80 E434 - polyoxyethylene sorbitan monopalmitate, polysorbate 40, tween 40 E435 - polyoxyethylene sorbitan monostearate, polysorbate 60, tween 60 E436 - polyoxyethylene sorbitan tristearate, polysorbate 65, tween 65
<b>E441</b>	<b>Gelatine</b> - Emulsifier / Gelling Agent You may not find this E number 441 on food ingredients listings anymore because instead of an additive, Gelatine has now been classed as food (made of animal skin and hoofs) in it's own right. Remember, all types of gelatine are animal based and can be found in dairy products like yogurts, plus many kinds of confectionery, jellies and other sweets.
<b>E442</b>	<b>Ammonium phosphatides</b> - Emulsifier Amonium phosphatides can sometimes be made using Glycerol (see 422 above). Therefore the finished additive may contain animal fat.
<b>E470(a)</b>	<b>Sodium, potassium and calcium salts of fatty acids</b> - Emulsifier / Anti-caking Agent As 470 is derived from fatty acids, these may originate from animal sources.
<b>E470(b)</b>	<b>Magnesium Stearate</b> - Emulsifier / Anti-caking Agent This is another magnesium salt from fatty acids and like 470a, may originate from animal sources.
<b>E471</b>	<b>Mono- and Diglycerides of fatty acids</b> (glyceryl monostearate, glyceryl distearate) - Emulsifier Because E471 is derived from Glycerine (Glycerol) (see E422 above), there may be a slim chance that E471 might contain animal fats.
<b>E472 A to F</b>	<b>Are emulsifiers related to the mono- and diglycerides of fatty acids family:</b> Because the E472 family is derived from Glycerine (Glycerol) (see E422 above), there may be a slim chance that any of these might contain animal fats. E472(a) - acetic acid esters of glycerides of fatty acids, acetoglycerides, glycerol esters E472(b) - lactic acid esters of glycerides of fatty acids, lactylated glycerides,

	<p>lactoglycerides  E472(c) - citric acid esters of glycerides of fatty acids  E472(d) - tartaric acid esters of glycerides of fatty acids  E472(e) - mono and diacetyltartaric acid esters of glycerides of fatty acids  E472(f) - mixed acetic and tartaric acid esters of mono- and di-glycerides of fatty acids</p>
<b>E473</b>	<p><b>Sucrose esters of fatty acids</b> – Emulsifier  E473 is a sucrose ester of E471, being fatty acids, which may be derived from animals.</p>
<b>E474</b>	<p><b>Sucroglyceride</b> - Emulsifier  E474 is a glyceride of sucrose ester of E471, being fatty acids, which may be derived from animals.</p>
<b>E475</b>	<p><b>Polyglycerol esters of fatty acids</b> - Emulsifier  Being an ester of fatty acids which may be derived from animals.</p>
<b>E476</b>	<p><b>Polyglycerol esters of dimerized fatty acids of soya bean oil</b> – Emulsifier. As this is produced from glycol esters the glycerol can be sourced from a by-product of animal fats in the manufacturing of soap.</p>
<b>E477</b>	<p><b>Propane-1, 2-diol esters of fatty acids, propylene glycol esters of fatty acids</b> - Emulsifier  The glycol esters of fatty acids can be sourced from a by-product of animal fats in the manufacturing of soap.</p>
<b>E478</b>	<p><b>Lactylated fatty acid esters of glycerol and propane-1,2-diol</b> - Emulsifier  See 477 above</p>
<b>E479(b)</b>	<p><b>Thermally oxidized soya bean oil interacted with mono- and diglycerides of fatty acids</b> - Emulsifier  See 471 above</p>
<b>E481</b>	<p><b>Sodium Stearoyl-2-lactylate</b> - Emulsifier  See 471 above and 270 (contains Lactic Acid and Stearic Acid)</p>
<b>E482</b>	<p><b>Calcium Stearoyl-2-lactylate</b> - Emulsifier  See 471 above and 270 (contains Lactic Acid and Stearic Acid)</p>
<b>E483</b>	<p><b>Stearyl Tartrate</b> - Emulsifier  See 471 above</p>
<b>E491</b>	<p><b>Sorbitan Monostearate</b> - Emulsifier and Stabilizer  From stearic acid and is used in dried yeast. Stearic acid is found in vegetable and animal fats, but commercial production is usually synthetic. See also 570</p>
<b>E492</b>	<p><b>Sorbitan Tristearate, span 65</b> - Emulsifier  See 491</p>
<b>E493</b>	<p><b>Sorbitan Monolaurate, span 20</b> - Emulsifier  See 491</p>
<b>E494</b>	<p><b>Sorbitan Mono-oleate, span 80</b> - Emulsifier  See 491</p>
<b>E495</b>	<p><b>Sorbitan Monopalmitate, span 40</b> - Emulsifier</p>

	See 491
<b>E542</b>	<b>Bone phosphate</b> - Anti-caking agent. Definitely of animal origin.
<b>E570</b>	<b>Stearic Acid</b> , fatty acids (including myristic, stearic, palmitic and oleic), butyl stearate. Stearic acid is found in vegetable and animal fats, but commercial production is usually synthetic. Often used in dried yeast.
<b>E572</b>	<b>Magnesium stearate, calcium stearate</b> - Emulsifier and Anti-caking agent See Stearic Acid 570
<b>E585</b>	<b>Ferrous lactate</b> - Coloring A lactate is a compound formed when a mineral is bound to lactic acid. This is why additives named as a lactate may have been derived from an animal source such as whey. (see 270)
<b>E620-E625</b>	<b>Flavor Enhancers : Possibly from Genetically modified organisms (GM).</b> <ul style="list-style-type: none"> <li>• E620 Glutamic acid (flavor enhancer) (PAR) (possibly GM)</li> <li>• E621 Monosodium glutamate (MSG) (flavor enhancer) (PAR) (LGM)</li> <li>• E622 Monopotassium glutamate (flavor enhancer) (PAR) (possibly GM)</li> <li>• E623 Calcium diglutamate (flavor enhancer) (PAR) (possibly GM)</li> <li>• E624 Monoammonium glutamate (flavor enhancer) (PAR) (possibly GM)</li> <li>• E625 Magnesium diglutamate (flavor enhancer) (PAR) (possibly GM)</li> </ul>
<b>E627</b>	<b>Disodium guanylate, sodium guanylate (flavor enhancer)</b> – Possibly of Animal Origin. Often produce from dried fish or sometimes seaweed. Not suitable for vegan unless it specifically states that its from seaweed.
<b>E631</b>	<b>Disodium inosinate</b> - Flavor enhancer. Definitely of animal origin. Almost always made from animals and fish
<b>E635</b>	<b>Disodium 5'-ribonucleotides</b> - Flavor enhancer. Definitely of animal origin. Often made from animals.
<b>E640</b>	<b>Glycine and its sodium salt</b> - Flavor enhancer Can sometimes be prepared from gelatin.
<b>E901</b>	<b>Beeswax - white and yellow</b> - Glazing Agent Not suitable for Vegans.
<b>E904</b>	<b>Shellac</b> - Glazing Agent Shellac is a resin secreted by an insect called the lac bug <i>Laccifer lacca</i> Kerr (Coccidae) . It is often unclear as to whether the insect is killed in the process of commercially obtaining shellac as the resin is left by the insect on various plants. Whether this resin is harvested as a residue or extracted by directly killing the insects needs further investigation.
<b>E910</b>	<b>L-cysteine</b> - Improving agent Produced commercially from animal and human hair (and feathers). When produced from animal hair, it is almost certain that all L-cysteine is taken from slaughtered animals. When human hair is used it is often sourced from women in third-world countries. L-cysteine is used as an additive in around 5% of bread and other bakery products. It is not used in wholemeal bread or other wholemeal bakery products.
<b>E920</b>	<b>L-cysteine hydrochloride</b> - Improving agent Produced from L-cystine (see 910 above)

<b>E921</b>	<b>L-cysteine hydrochloride monohydrate</b> - Improving agent Produced from L-cystine (see 910 above)
<b>E966</b>	<b>Lactitol</b> - Sweetener Derived from Lactose, commercially prepared by using whey, so unsuitable for vegans.
<b>E1105</b>	<b>Lysozyme (made from eggs)</b>
<b>E1518</b>	Glyceryl mono-, di- and tri-acetate (triacetin), calcium heptonate, calcium phytate, diacetin glyceryl, leucine monoacetin, oxystearin, any unspecified flavorings.
<b>OMEGA 3</b>	Omega 3s are also known as EFA (Essential fatty Acids) as a generic name for all Omega 3 oils. VEGAN sources are from seeds, nuts, algae (spirulina etc). soy and other beans. Animal sources are usually from fish (e.g. cod liver oil), shark, etc. You need to see which oils they are: <ul style="list-style-type: none"> <li>• ALA (Alpha Linolenic Acid) – most likely VEGAN.</li> <li>• DHA (DocosaHexaenoic acid), EPA (EicosaPentaenoic Acid) – mostly likely from animal source.</li> </ul> All must be checked for origin. We have found that many NATURAL and ORGANIC companies still include fish Omega 3's in their products.

## 2.10 Ingredients with health concerns

The following items are probably not suitable because of non-vegan or bad for health.

- **Acids** – fumaric acid, digestive acids
- **Anti-caking agents** – E554/5/6/9 – sodium/potassium/calcium aluminosilicate and other aluminum compounds such as double baking powder
- **Flour Treatment Agents** – anything with a “carbamide E927B” or “bromate” in it is unsuitable because of health risks. Also, many flour products like breads contain enzymes, which are often animal-derived (i.e. amylase, pepsin)

## 2.11 Soft drinks:

We should exercise the same caution with soft drinks as with other food ingredients that we use in Loving Hut.

Gelatine is often used as carrier for beta carotene, an orange color used in some soft drinks, but the bottling company is not legally obligated to list gelatine as an ingredient (since it is used as a carrier). Beta carotene has been used in Coca Cola brand drinks such as Fanta orange (and light), Lilt pineapple & grapefruit (and light), Alive Orange Cascade, Kia-ora Orange and Pineapple, in some parts of the world. If beta carotene is present as an ingredient, it is highly likely that the product contains gelatine and should be avoided. We should also be aware that the ingredients of certain drinks vary from country to country. For example, Fanta Orange sold in Spain contains beta carotene while the same brand sold in the United States does not. It is your responsibility to check the ingredients or contact your local company to ensure the products that you use are vegan.

We should also avoid any drink which contains “cochineal”, a red colorant derived from insects. For example, in the U.S., Coca-Cola still uses cochineal in Minute Maid Juices To Go Ruby Red Grapefruit Drink.

We should not sell any juice products that contain vitamin D3, which is derived from lanolin, the oil from sheep's wool. One should also keep in mind that animal by-products such as gelatine may be used for grape juice clarification. You should verify with the manufacture before you decide to carry grape juice products.

The following Coca-Cola brand products contain milk and should be avoided: Swerve, Choglit, the Fruitopia Smooth products, SLAPDRINKS, Tey teas, Minute Maid BeginIt, the Planet Java products, Minute Maid Fruit and Cream Swirl frozen bars, Barq's Frozen Root Beer & Vanilla Ice Cream Float, and the Bacardi Mixers premium ice cream.