

THE NO NO LIST



At Panera Bread, “Clean” describes food that does not contain the artificial preservatives, sweeteners, flavors, and colors from artificial sources on this “No No List”. You won’t find any of these in our ingredient statements for our US bakery-cafe food menu and grocery products*.

Acesulfame K (Acesulfame Potassium)	Caramel Color (Classes II-IV)	L-Cysteine (Cystine)	Silicates/Clay minerals (all forms)
Advantame	Carboxymethyl Cellulose (CMC/Cellulose Gum)	Monosodium Glutamate/ Sodium Glutamate	Silicones/Siloxanes (Methyl Silicon, Dimethylpolysiloxane)
Alum (Aluminum Ammonium Sulfate/ Aluminium Potassium Sulfate)	Carmine/Cochineal	Neotame	Sodium Benzoate
Ammonium Chloride	DATEM (Diacetyl Tartaric Acid)	Nitrates/Nitrites	Sodium Diacetate
Artificial Colors (Certified FD&C)	Diacetyl/Acetoin	Parabens (all forms)	Sodium Erythorbate
Artificial Flavors	Disodium Guanylate (GMP)	Partially Hydrogenated Oils/ Artificial Trans Fat	Sodium Lactate
Aspartame	Disodium Inosinate (IMP)	Polydextrose	Sodium Lauryl Sulfate
Astaxanthin	EDTA (Calcium Disodium EDTA/ Disodium Dihydrogen EDTA)	Polyethylene Glycol (PEG)	Sorbates (Calcium, Potassium, Sodium)
Azo Dyes	Esters of Fatty Acids (Glycerol and Polyglycerol Esters)	Polysorbates (all forms)	Stannous Chloride
Azodicarbonamide	Ethoxyquin	Potassium Benzoate	Sucralose
Benzoic Acid	Fat Substitutes (Sucrose Polyester, Microparticulated Whey Protein Concentrate)	Potassium Bromate	Sucroglycerides
Benzyl Alcohol/Benzoyl Peroxide	Glycerides (Mono, Di & Triglycerides, all forms)	Potassium Lactate	Sulfites (Added, not naturally occurring)
BHA (Butylated Hydroxyanisole)	Glycerol Ester of Wood Rosin	Propionates (Calcium, Potassium, Sodium)	Tertiary Butylhydroquinone (TBHQ)
BHT (Butylated Hydroxytoluene)	High Fructose Corn Syrup (HFCS)	Propionic Acid	Theobromine
Bromated Flour	Hydrogenated Starch	Propyl Gallate	Titanium Dioxide
Brominated Vegetable Oil	Hydrolyzed Soy or Corn Protein	Propylene Glycol	Triacetin/Glycerol
Calcium Bromate	Lard	Propylene Glycol Alginate	Triacetate
Calcium Peroxide		Saccharin (Calcium Saccharin)	Ethylvanillin/Vanillin
Canthaxanthin		Salatrim	
Caprocaprylobehenin			

*Excludes single serve and on demand condiments (e.g., sweetener packets, salt and pepper packets, half & half, mayo, mustard, ketchup, hot sauce) that are not part of Panera’s menu items, and certain beverages.