

# The No No List



We are committed to food that is 100% clean in all our US bakery-cafes and grocery products. At Panera, clean describes food that does not contain artificial preservatives, sweeteners, and flavors along with colors from artificial sources. The list of ingredients that will never be in our pantry includes, but is not limited to:

**Acesulfame K**  
(Acesulfame Potassium)

**Alum**  
(Aluminum Ammonium Sulfate/Aluminium Potassium Sulfate)

**Ammonium Chloride**

**Artificial Colors**  
(Certified FD&C)

**Artificial Flavors**

**Aspartame**

**Astaxanthin**  
(Synthetic Only)

**Autolyzed Yeast Extract**

**Azo Dyes**

**Azodicarbonamide**

**Benzoic Acid**

**Benzyl Alcohol/Benzoyl Peroxide**  
(Synthetic Only)

**BHA**  
(Butylated Hydroxyanisole)

**BHT**  
(Butylated Hydroxytoluene)

**Bromated Flour**

**Brominated Vegetable Oil**

**Caffeine**  
(Added, not naturally occurring)

**Calcium Bromate**

**Calcium Peroxide**

**Calcium Sorbate**

**Canthaxanthin**

**Caprocarylobehenin**

**Caramel Color**  
(Classes II-IV)

**Carboxymethyl Cellulose**

**Carmine/Cochineal**

**DATEM**  
(Diacetyl Tartaric Acid)

**Diacetyl/Acetoin**  
(Added, not naturally occurring)

**Dipotassium Sulfate**

**Disodium Guanylate**  
(GMP)

**Disodium Inosinate**  
(IMP)

**EDTA**  
(Calcium Disodium EDTA/Disodium Dihydrogen EDTA)

**Esters of Fatty Acids**  
(Glycerol and Polyglycerol Esters)

**Ethoxyquin**

**Fat Substitutes**  
(Sucrose Polyester, Microparticulated Whey Protein Concentrate)

**FD&C Colors**

**Glycerides**  
(Mono, Di & Triglycerides, all forms)

**Glycerol Ester of Wood Rosin**

**High Fructose Corn Syrup (HFCS)**

**Hydrogenated Starch**

**Hydrolyzed Soy or Corn Protein**

**Lard**

**L-Cysteine**  
(Cystine)

**Maltodextrin**  
(Declarable)

**Monosodium Glutamate/  
Sodium Glutamate**  
(Added, not naturally occurring)

**Neotame**

**Nitrates/Nitrites**  
(Added, not naturally occurring)

**Parabens (all)**

**Partially Hydrogenated Oils/  
Artificial Trans Fat**

**Polydextrose**

**Polyethylene Glycol (PEG)**

**Polysorbates (all)**

**Potassium Benzoate**

**Potassium Bisulfate**

**Potassium Bromate**

**Potassium Lactate**

**Potassium Sorbate**

**Propionates**  
(Calcium, Potassium, Sodium)

**Propionic Acid**

**Propyl Gallate**

**Propylene Glycol**  
(Declarable)

**Propylene Glycol Alginate**

**Saccharin**  
(Calcium Saccharin)

**Salatrim**

**Silicates/Bentonite**  
[Calcium Aluminosilicate/Calcium Silicoaluminate/Sodium Calcium Silicoaluminate, Sodium Aluminosilicate/Sodium Silico Aluminate, Calcium silicate, Magnesium Silicate (Synthetic Only), Aluminum silicate/Sodium bentonite]

**Silicones/Siloxanes**  
(Methyl Silicon, Dimethylpolysiloxane)

**Artificial Smoke Flavor**

**Sodium Benzoate**

**Sodium Diacetate**

**Sodium Erythorbate**

**Sodium Lactate**

**Sodium Lauryl Sulfate**

**Sodium Metabisulfite**

**Sodium Phosphate/  
Disodium Phosphate/  
Trisodium Phosphate**

**Sorbates**  
(Calcium, Potassium, Sodium)

**Sorbic Acid**  
(Synthetic Only)

**Stannous Chloride**

**Sucralose**

**Sucroglycerides**

**Sulfites**  
(Added, not naturally occurring)

**Sulfur Dioxide**

**Tertiary Butylhydroquinone**  
(TBHQ)

**Theobromine**  
(Added, not naturally occurring)

**Titanium Dioxide**

**Triacetin/Glycerol Triacetate**

**Vanillin**  
(Synthetic Only)