

Cinnamon apple filled Krispy Kreme doughnut (July 2006)

Ingredient	Issue
DOUGHNUT	
Bleached wheat flour	Bleaching, usually done with chlorine, destroys vitamins so they must be added back artificially.
Niacin	B vitamin
Reduced iron	Generally recognised as safe
Thiamine mononitrate	B vitamin
Riboflavin	B vitamin
Folic acid	Vitamin
Glucose	May contain undeclared sulphites (Preservatives 220-228) which affect 20-30% of asthmatic children (WHO)
Vegetable oil (soybean, canola and/or palm)	May contain undeclared synthetic antioxidants (310-312, 319-321), most likely BHA 320 or TBHQ 319, which affect children's health, behaviour and learning
Water	
Sugar	
Gluten	
Egg yolks	
Yeast	
Non-fat milk solids	
Salt	
Emulsifier 471	Acetic and fatty acid esters of glycerol
Emulsifier 322	Lecithin, probably from soybean
Preservative 282	Calcium propionate – affects children's health, behaviour and learning
Preservative 321	BHT (butylated hydroxy toluene) – actually a synthetic antioxidant which affects children's health, behaviour and learning
Gum base	
Natural and artificial flavours	Their chemical identity is a commercial secret. Many affect children. Some are used as vehicles for artificial colours and even preservatives, avoiding declaring them on the label.
Enzymes	
Sodium caseinate	Chemically precipitated milk powder

Corn maltodextrin	Produced by chemical or enzyme breakdown of corn starch
Corn syrup	Produced by chemical or enzyme breakdown of corn starch
GLAZE	
Sugar	
Water	
Mineral salt 170	Calcium carbonate
Mineral salt 339	Sodium phosphate
Thickener 406	Agar from seaweed
Thickener 410	Locust bean gum from carob tree
Emulsifier 491	Sorbitan monostearate
Cornstarch	
Salt	
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APPLE FILLING	
Water	
High fructose corn syrup	Produced by chemical or enzyme breakdown of corn starch
Dried apples	May contain undeclared sulphites (Preservatives 220-228) which affect 20-30% of asthmatic children
Modified corn starch	Produced by chemical or enzyme breakdown of corn starch
Food acid 330	Citric acid from molasses fermentation
Food acid 331	Sodium citrate ditto
Cinnamon	
Nutmeg	
Salt	
Lemon oil	
Preservative 202	Potassium sorbate, which affects children's health, behaviour and learning
Preservative 220	Sulphur dioxide, a sulphite which affects 20-30% of asthmatic children (WHO)
Preservative 211	Sodium benzoate, which affects children's health, behaviour and learning and sometimes asthma

CINNAMON SUGAR	
Glucose	May contain undeclared sulphites (Preservatives 220-228) which affect 20-30% of asthmatic children (WHO)
Corn starch	
Cinnamon	
Vegetable oil (canola and/or soybean)	May contain undeclared synthetic antioxidants (310-312, 319-321), most likely BHA 320 or TBHQ 319, which affect children's health, behaviour and learning
Preservative 282	Calcium propionate – affects children's health, behaviour and learning
Salt	

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 Corn maltodextrin
 Corn starch
 Corn syrup
 Dried apples
 Egg yolks
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 Food acid 330
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 Natural and artificial flavours

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Non-fat milk solids
Nutmeg
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Preservative 211
Preservative 220
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Preservative 321
Reduced iron
Riboflavin
Salt
Sodium caseinate
Sugar
Thiamine mononitrate
Thickener 406
Thickener 410
Vegetable oil (soybean, canola and/or palm)
Water
Yeast

So, 42 unique ingredients including 5 declared preservatives.