



bistroMD

Ingredient Standards and Policy



BistroMD delivers a delicious and healthy meal program prepared with the highest standards in the industry. We follow combined ingredient standards set forth by Whole Foods and Center for Science in the Public Interest. We are proud to partner with vendors, like you, who work transparently with us to source and provide quality ingredients to our customers. Below is a list of most of the ingredients we do not allow, however we adjust this list from time to time as new products are introduced/developed in the U.S. and with evolving research.

A

- acesulfame-K (acesulfame potassium)
- acetylated esters of mono - and diglycerides
- ammonium chloride
- artificial colors *excludes shakes
- artificial flavors *excludes shakes
- aspartame
- azodicarbonamide

B

- benzoates in food
- benzoyl peroxide
- BHA (butylated hydroxyanisole)
- BHT (butylated hydroxytoluene)
- bleached flour
- bromated flour
- brominated vegetable oil (BVO)

C

- calcium bromate
- calcium disodium EDTA
- calcium peroxide
- calcium propionate
- calcium saccharin
- calcium sorbate
- calcium stearoyl-2-lactylate
- caprocaprylobehenin
- carmine
- certified colors
- cyclamates
- cysteine (l-cysteine), as an additive for bread products

D

- DATEM (Diacetyl tartaric and fatty acid esters of mono and diglycerides)
- dimethylpolysiloxane
- dioctyl sodium sulfosuccinate (DSS)
- disodium calcium EDTA
- disodium dihydrogen EDTA
- disodium guanylate
- disodium inosinate

- E**
 - EDTA
 - ethyl vanillin
 - ethylene oxide
 - ethoxyquin

- F**
 - FD & C colors *excludes shakes
 - foie gras

- G**
 - GMP (disodium guanylate)

- H**
 - hexa-, hepta- and octa-esters of sucrose
 - high fructose corn syrup
 - hydrogenated fats

- I**
 - IMP (disodium inosinate)
 - irradiated foods

- L**
 - lactylated esters of mono- and diglycerides
 - lead soldered cans

- M**
 - methyl silicon
 - methylparaben
 - microparticulated whey protein
 - derived fat substitute
 - monosodium glutamate (MSG)

- N**
 - nitrates/nitrites
 - nisin

- P**
 - partially hydrogenated oil
 - polydextrose
 - polysorbate 80
 - potassium benzoate
 - potassium bromate
 - potassium sorbate
 - propionates
 - propyl gallate
 - propylparaben

- S**
 - saccharin
 - sodium aluminum sulfate
 - sodium benzoate
 - sodium diacetate
 - sodium glutamate
 - sodium nitrate/nitrite
 - sodium propionate
 - sodium stearoyl-2-lactylate
 - solvent extracted oils, as standalone
 - single-ingredient oils (except grapeseed oil).
 - sorbic acid
 - sucroglycerides
 - sucralose *excludes shakes
 - sucrose polyester
 - sulfites (except in wines, meads and ciders)

- T**
 - TBHQ (tertiary butylhydroquinone)
 - tetrasodium EDTA

- V**
 - vanillin

