

Lesson 3

SNEAK PEEK: INGREDIENT DEEP DIVE

Gluten. Natural flavors. Soy protein isolate. Pea flour. Nutritional yeast.
gum. Sucralose. Carrageenan. Soy. Stevia. Ascorbic acid. Tapioca starch.
extracts. Inulin. Pea protein. Yeast. Acacia gum. Tapioca flour. Inulin.
Gluten. Soy protein isolate. Pea flour. Nutritional yeast. Acacia gum. Sucralose. Carrageenan. Stevia. Ascorbic acid. Tapioca starch. Yeast extracts. Tapioca flour. Inulin.



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the NUTRITIOUS LIFE *studio* 

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Natural Flavors

What Is It?

Natural flavors are extracted from plant seeds, leaves, and stems.

Sometimes, these natural flavors are produced in laboratories and made from a collection of gases.

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Natural Flavors

Purpose & Where It's Found

Used by food manufacturers
to add flavor to foods.

Yogurt, smoothies,
beverages, dressings,
condiments ... you name it!

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Natural Flavors

Good or Bad?

Natural flavors always raise the question: What exactly are the natural flavors that are used?

Manufacturers are not required to specify what the natural flavors are, so they don't necessarily mean good OR bad and it's more important to look at the product as a whole.

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Soy Protein Isolate

What Is It?

Protein that's removed from defatted soy flakes (think super concentrated soy).

It's bland in flavor so doesn't add much flavor when used in products.

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Soy Protein Isolate

Purpose & Where It's Found

Soy protein isolates are added to processed foods to boost the protein content.

Found in many protein shakes, energy bars, frozen veggie burgers, and cereals. It's also available as a plain powder sold in canisters.

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Soy Protein Isolate

Good or Bad?

Soy protein isolate is a very processed and concentrated form of soy. The creation of it strips out many nutrients originally found in soybeans.

Has been linked to many side effects such as thyroid issues, nutrient imbalances, and intolerances.