

# CLEAN *is The New* HEALTHY

## UNACCEPTABLE ADDITIVES

### FAQS

#### Q: HOW DID GYG COME UP WITH ITS DEFINITION OF CLEAN?

**A:** There is no universal definition of 'clean' food, so we at GYG developed our own based on research into consumer concerns, clean eating, food additives, and fast food..

At GYG, Clean means that you'll find none of the following in our food:

- added preservatives
- added colors
- artificial flavors
- unacceptable additives.

As part of our commitment to a Clean menu, GYG provides transparency around what is in our food and we continue to develop new products using only Clean ingredients, while focusing on the use of whole, real, natural foods.

#### Q: HOW DOES YOUR CLEAN COMPARE TO CLEAN EATING?

**A:** Generally speaking, 'clean eating' is an approach to eating that focuses on whole, real, natural foods, reducing processed foods, and avoiding additives such as preservatives, colors, and artificial flavors. Some people may also choose to remove certain foods, such as gluten or animal products, or choose only locally sourced or organic foods.

At GYG, we've always focused on using whole, real, natural foods, and to us Clean means food with:

- no added preservatives
- no added colors
- no artificial flavors
- no unacceptable additives.

#### Q: ARE THE BEVERAGES YOU OFFER ALSO CLEAN?

**A:** The beverage menu is not a part of our Clean food initiative. Our Clean journey focuses on the food that we develop and make in our kitchens.

For customers looking for beverages that meet our definition of Clean, we offer options such as:

- Water
- Apple juice
- Orange juice
- Coffee, tea, hot chocolate with regular milk





## **Q: IS GYG'S MENU HEALTHY?**

**A:** What is considered 'healthy' will be different for each individual, but something most of us can agree on is that choosing real, whole, fresh foods and avoiding unnecessary additives is better for your health. At GYG, Clean is the new healthy.

The GYG menu has always been built around the use of whole, real, and fresh ingredients. The launch of Clean means that the menu is also free from added preservatives, added colors, artificial flavors, and unacceptable additives. Our menu is also customizable, so you can tailor your meal to your preferences or health goals.

## **Q: WHAT DOES 'UNACCEPTABLE ADDITIVES' MEAN AND WHAT ARE THEY?**

**A:** In the USA, only additives recognized as safe can be used in food. However, we know that many people still have concerns over their use. We conducted research to identify the additives that were of most concern and have called these "unacceptable additives." These include additives that need warning statements in the USA or overseas, those that have been removed from foods due to consumer concerns, and additives where there are broad safety concerns and better alternatives available.

Unacceptable additives are additives that GYG believes do not need to be in food, as there are safer or more acceptable alternatives available. A full list can be found at the end of this document.

## **Q: DO YOU HAVE ADDITIVES IN YOUR FOOD?**

**A:** GYG does not use additives that we consider to be unacceptable. At GYG, you won't find too many additives in our food, but when they are necessary, we use them to ensure the food quality our consumers love and enjoy.

Our Clean journey is ongoing, and we continue to work with our suppliers and the broader industry to find acceptable alternatives to food additives while continuing to ensure the quality, safety, and taste of our food.





# CLEAN *is The New*

# HEALTHY

## UNACCEPTABLE ADDITIVES

### ARTIFICIAL COLOURS

“Southampton Six” colours [Colour (102 & 104 & 110 & 122 & 124 & 129)]

### COLOURS

Caramel Colour III & IV  
[Colour (150c & 150d)]

Carmine/ Cochineal / Carminic acid  
[Colour(120)]

Titanium dioxide [Colour(171)]

### FLAVOUR ENHANCERS

Added MSG [Flavour enhancer (621)]

Flavour enhancers (620, 622, 623,  
624, 625, 627, 631, 635)

### INGREDIENTS

High Fructose Corn Syrup

Partially hydrogenated oils

Genetically Modified Organisms (GMOs)

### PRESERVATIVES

Propionates  
[Preservative (280 – 283)]

Added Artificial Nitrites and Nitrates  
e.g. Preservative (249 – 252)

Sulphite preservatives  
[Preservative (220-228)]

Sodium Benzoate [Preservative (211)]

### ANTIOXIDANTS

Butylated hydroxyanisole – BHA  
[Antioxidant (320)]

Propyl Gallate [Antioxidant (310)]

tert-Butylhydroquinone - TBHQ  
[Antioxidant (319)]

Butylated hydroxytoluene – BHT  
[Antioxidant (321)]

### SWEETENERS

Artificial sweeteners







# EXPLANATION OF THE FOOD ADDITIVE INGREDIENTS

## INGREDIENT

## WHY IT IS USED (GENERAL)

Acetic Acid	Acetic Acid is the main ingredient in vinegar. Natural acetic acid is used in our Ketchup to give it that lovely tang and keep the pH low to maintain quality.
Acetylated distarch adipate	Made from corn starch it helps maintain the texture of our sauces and salsas. It is used similarly to how you might use corn flour to thicken up a sauce you're cooking at home. It is found in a variety of foods in the supermarket including sauces and gravies.
Ascorbic acid	More commonly known as Vitamin C. It helps to maintain a constant acid level in food. This is important for taste, as well as to influence how other ingredients in the food function and ensure the ingredient quality that we know and enjoy
Calcium chloride	Keeps our pickles firm and crisp. Commonly found in pickled and bottled fruit and veg
Calcium hydroxide	A.K.A. lime, which is a traditional ingredient when making tortillas from corn. It helps bring out the flavour of the corn
Citric Acid	Found naturally in oranges and other citrus fruit. It helps to maintain a constant acid level in a food. This is important for taste, as well as to influence how other ingredients in the food function and ensure the ingredient quality that we know and enjoy.
Distarch phosphate	Made from corn starch it helps maintain the texture of our sauces and salsas. It is used similarly to how you might use corn flour to thicken up a sauce you're cooking at home.
Fumaric acid	Can occur naturally in some mushrooms and is commonly used in bread, fruit drinks and wine. It helps maintain a constant acid level in food. This is important for taste, as well as to influence how other ingredients in the food function and ensure the ingredient quality that we know and enjoy. In our tortillas this helps create the light fluffy texture





INGREDIENT

WHY IT IS USED (GENERAL)

Guar gum	This is a type of natural carbohydrate from guar beans that is used to maintain the texture of our sauces and salsas.
Poly dimethyl Siloxane	This is used to stop the oil spitting and burning our restaurant crew. Restaurant frying oils commonly use this for safety reasons in fact, it is not recommended to use oil without an antifoaming agent for deep frying. It isn't always declared in the ingredient list as it is not always required by law as it does not have a function (e.g. it doesn't preserve or help the quality) in the fried food.
Sodium Acid Pyrophosphate	This helps the tortilla dough rise and be the right consistency. Similar to how you'd use baking powder in baking at home in fact, it is often found in baking powders. In our tortilla's this helps create the light fluffy texture.
Sodium bicarbonate	A.k.a. baking soda or bi-carb soda or bicarbonate soda is used in our tortillas, the same way you'd use it in baking in your kitchen; to help the tortilla dough rise and be the right consistency. In our tortilla's this helps create the light fluffy texture.
Tartaric acid	Found naturally in fruits like bananas and grapes. It is also common in baking ingredients like baking powder and cream of tar tar and used in foods such as bakery products, juices and wine. It helps to maintain a constant acid level in food. This is important for taste, as well as to influence how other ingredients in the food function and ensure the ingredient quality that we know and enjoy.
Xanthan gum	This is a carbohydrate that is used to maintain the texture of our sauces and salsas. You can buy it in the supermarket and is very common ingredient in gluten free bakery products.

