

# THE NO NO LIST



At Panera Bread, “Clean” describes food that does not contain the artificial preservatives, sweeteners, flavors, and colors from artificial sources on this “No No List”. You won’t find any of these in our ingredient statements for our US bakery-cafe food menu and grocery products.

Acesulfame K (Acesulfame Potassium)

Advantame

Alum (Aluminum Ammonium Sulfate/  
Aluminium Potassium Sulfate)

Ammonium Chloride

Artificial Colors (Certified FD&C)

Artificial Flavors

Aspartame

Astaxanthin

Azo Dyes

Azodicarbonamide

Benzoic Acid

Benzyl Alcohol/Benzoyl Peroxide

BHA (Butylated Hydroxyanisole)

BHT (Butylated Hydroxytoluene)

Bromated Flour

Brominated Vegetable Oil

Calcium Bromate

Calcium Peroxide

Canthaxanthin

Caprocaprylobehenin

Caramel Color (Classes II-IV)

Carboxymethyl Cellulose (CMC/  
Cellulose Gum)

Carmine/Cochineal

DATEM (Diacetyl Tartaric Acid)

Diacetyl/Acetoin

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)

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)

Monosodium Glutamate/ Sodium  
Glutamate

Neotame

Nitrates/Nitrites

Parabens (all forms)

Partially Hydrogenated Oils/ Artificial  
Trans Fat

Polydextrose

Polyethylene Glycol (PEG)

Polysorbates (all forms)

Potassium Benzoate

Potassium Bromate

Potassium Lactate

Propionates (Calcium, Potassium,  
Sodium)

Propionic Acid

Propyl Gallate

Propylene Glycol

Propylene Glycol Alginate

Saccharin (Calcium Saccharin)

Salatrim

Silicates/Clay minerals (all forms)

Silicones/Siloxanes (Methyl Silicon,  
Dimethylpolysiloxane)

Sodium Benzoate

Sodium Diacetate

Sodium Erythorbate

Sodium Lactate

Sodium Lauryl Sulfate

Sorbates (Calcium, Potassium, Sodium)

Stannous Chloride

Sucralose

Sucroglycerides

Sulfites (Added, not naturally occurring)

Tertiary Butylhydroquinone (TBHQ)

Theobromine

Titanium Dioxide

Triacetin/Glycerol Triacetate

Ethylvanillin/Vanillin

Last Updated:  
1/1/24