

# MechSE WELLness

## N05 Artificial Ingredients

**Intent: Help individuals avoid artificial colors, flavors, sweeteners, and preservatives in food and beverage.**

Numerous artificial ingredients are typically added to highly processed foods to improve taste and shelf life. However, since these additives do not add nutritional value and tend to appear in foods with low nutritional quality, a healthy individual would choose to consume these rarely. Additionally, artificial dyes that are approved for use in the U.S. may be carcinogenic, cause hypersensitivity reactions and behavioral problems, or be inadequately tested.

**Impact: Reducing or restricting artificial ingredients can help individuals avoid potentially harmful ingredients and low nutritional value foods.**

### What are the requirements to earn this credit?

1. Illini Union / Starbucks to phase out over the next three years the use, sale and provision of foods and beverages containing artificial ingredients listed in the table below. Additionally, all foods and beverages sold or provided within the project boundary are clearly labeled on packaging, nearby menus or signage to indicate whether they contain artificial ingredients listed in the table below.

Colorings: Blue 1 (E133), Blue 2 (E132), Green 3, Orange B, Citrus Red 2, Red 3 (E127), Red 40 (E129), Yellow 5 (E102), Yellow 6 (E110), carmine, cochineal extract, caramel coloring.

Sweeteners: Acesulfame-potassium (acesulfame-k), aspartame, saccharin, sucralose, cyclamate.

Preservatives: Sodium nitrate, sodium nitrite, potassium bromate, potassium iodate, propyl gallate, BHA (butylated hydroxyanisole), BHT (butylated hydroxytoluene), BVO (brominated vegetable oil).

### How is MechSE accomplishing these requirements?

When seeking partnerships with prospective coffee shops for the LUMEB, Illini Union and Starbucks management were informed that we were pursuing WELL Certification. Each was provided a copy of all applicable credits. We discussed this credit and noted that Starbucks has already begun or is close to retiring the artificial ingredients noted above. And, any vending machines to be included at LUMEB will avoid the artificial ingredients above or have a plan in place before they are allowed in the facility.



UNIVERSITY OF  
**ILLINOIS**  
URBANA-CHAMPAIGN