

# 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 colours
- artificial flavours
- 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, whilst 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, colours and artificial flavours. 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 colours
- no artificial flavours
- 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 and the launch of Clean means that the menu is also free from added preservatives, added colours, artificial flavours and unacceptable additives. Our menu is also customisable, so you can tailor your meal to your preferences or health goals.

Some key nutrition features of GYG's menu are:

- **Our standard burritos, bowls, nachos and salads all contain over 2 of your 5-a-day vegetable serves**
- **Our standard and mini burritos, bowls, Cali burrito, nachos and quesadillas are all high in protein**
- **Our standard burritos, bowls, Cali burritos and nachos are all a source of fibre**
- **Our lunch and dinner main menu items and savoury breakfast items are all low in sugar.**

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

**A:** In Australia, only additives approved to be safe can be used in food but, 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 Australia or overseas, those that have been removed from foods due to consumer concerns about their use, and additives where there are broad safety concerns and there are 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 on the last page 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.





# EXPLANATION OF THE FOOD ADDITIVE INGREDIENTS

## WHY DO GYG USE FOOD ADDITIVE INGREDIENTS?

Food additives, those ingredients with the numbers or weird sounding names, are not something you'll find much of at GYG. Occasionally food additives are necessary to make sure that the food that we serve you is safe and consistent. For example:

- **Our warm fluffy tortillas need to wrap around those freshly prepared burrito fillings without breaking.**
- **Our finely grated cheese needs to scatter throughout your burrito bowl**
- **Our mouth-watering sauces and salsas need to have the perfect texture**
- **We want to make sure every burrito, taco, enchilada and everything other menu item has that authentic and unbeatable GYG flavour**

### INGREDIENT

### WHY IT IS USED (GENERAL)

Acetic Acid	Acetic Acid is the main ingredient in vinegar. Natural acetic acid is used in our Chipotle Mayo 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 Ascorbic acidod. 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.
Calcium phosphate	This helps the tortilla dough rise and be the right consistency. Similar to how you'd use baking powder in baking at home. Some calcium supplements are a form of calcium phosphate. In our tortilla's this helps create the light fluffy texture.

## INGREDIENT

## WHY IT IS USED (GENERAL)

Carrageenan	Carrageenan comes from seaweed. It is used in our soft serve to help give it the smooth creamy texture we love.
Cellulose gum	Helps with the texture and strength of the corn chip tortilla. Without it our corn chips would crack. It is also used in breads, cakes and ice cream.
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.
Diacetyl tartaric and fatty acid esters of glycerol	These come from vegetable oil and are used in our sour dough to give the perfect bread texture for toast that is worthy of GYG's famous guac.
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 tortilla's this helps create the light fluffy texture.
Glycerin	Glycerin occurs naturally in some foods like honey, vinegar, wine and beer. At GYG it is used in our dulce de leche where it helps to maintain the water level and ensure a smooth and delicious sauce.
Guar gum	This is a type of natural carbohydrate from guar beans that is used to maintain the texture of our sauces and salsas.
Mono & Di Glycerides	These occur naturally in certain oils. At GYG they are used in the soft serve to give that delicious creamy mouth feel.
Pentasodium Triphosphate	This is used in soft serve to make a deliciously silky and creamy soft serve.
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.

## INGREDIENT

## WHY IT IS USED (GENERAL)

Potassium Pyrophosphate	This is used in our breakfast chorizo. It used to help keep the chorizo succulent and moist.
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.
Sodium Diphosphate	This is used in soft serve to make a deliciously silky and creamy soft serve.
Sodium erythorbate	Foods that contain fat, especially unsaturated fat are prone to oxidation which makes them turn rancid and have a yucky flavour. Antioxidants help to protect from oxidation. Sodium erythorbate is an antioxidant in our chorizo and is commonly found in other cured meats like salami.
Sodium phosphate & Potassium phosphates	Helps to keep queso and dulce de leche silky smooth
Sodium pyrophosphate	This helps make sure our pork keeps all its lovely slow cooked juices. When cooking at home you might use sugar or salt in recipes to help meats stay moist and succulent.
Soy Lecithin	Natural soy lecithin is used in our waffle cone and chocolate sauce to help their texture. In your kitchen, eggs, which also contain lecithin are often used to do this.
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.
Tocopherols concentrate	More commonly known as Vitamin E. This is a natural way to protect oils from oxidation. Oxidation makes oil go rancid and have a yucky flavour.
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.

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## 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

### 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

