## Ingredients to Avoid

### Sugar (and its many pseudonyms)

**Sounds like sugar—**
- Barbados sugar
- Beet sugar
- Brown sugar
- Cane sugar
- Castor sugar
- Coconut sugar
- Coconut palm sugar
- Confectioner’s sugar
- Corn Sugar
- Date sugar
- Demerara sugar
- Golden sugar
- Granulated sugar
- Grape sugar
- Icing sugar
- Invert sugar
- Muscovado sugar
- Palm Sugar
- Powdered sugar
- Raw sugar
- Turbinado sugar
- Yellow sugar

**Sounds like syrup—**
- Brown rice syrup
- Buttered syrup
- Carob syrup
- Corn syrup
- Corn syrup solids
- Golden syrup
- High fructose corn syrup
- High maltose corn syrup
- Malt syrup
- Refiner’s syrup
- Rice syrup
- Sorghum syrup

**Sounds cryptic—**
- Barley malt
- Cane juice
- Cane juice crystals
- Caramel
- Dehydrated cane juice
- Evaporated cane juice
- Diastatic malt
- Florida crystals
- HFCS
- Malt
- Muscovado
- Panocha
- Rapadura
- Sucanat
- Treacle

**Sounds Natural—**
- Agave nectar
- Blackstrap molasses
- Coconut nectar
- Dates
- Dried Fruit
- Fruit juice
- Fruit juice concentrate
- Honey
- Maple syrup
- Molasses

**Sounds like a chemical—**
- Dextran
- Dextrose
- Diatase
- Disaccharides
- Ethyl maltol
- Fructooligosaccharides
- Fructose
- Galactose
- Glucitol
- Glucose
- Glucose solids
- Isoglucose
- Lactose
- Levulose
- Maltodextrin
- Maltose
- Saccharose

### Starch (and its many pseudonyms)

**Grains & grain-like seeds—**
- Amaranth
- Barley
- Buckwheat
- Corn
- Oats
- Millet
- Rice
- Rye
- Quinoa
- Sorghum
- Teff
- Wheat
- Wild Rice

**Other names for wheat—**
- Bulgar
- Bran
- Burghul
- Couscous
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Flour
- Graham flour
- Kamut
- Orzo
- Semolina
- Spelt
- Triticale
- Wheat berries
- White flour

**Flours, starches, & thickeners—**
- Arrowroot
- Cornmeal
- Cornstarch
- Cassava
- Chickpea flour or Gram
- Cottonseed
- Dal
- Fava bean
- Inulin
- Lentil
- Manioc
- Modified starch
- Powdered cellulose
- Potato
- Sago
- Taro
- Soy
- Tapioca
- Plantain or Banana
- Mesquite
- Starchy vegetables
- Sweet potatoes & yams
- Vegetable starch
## Trans fats and processed vegetable oils

### Trans Fats
- Diglycerides
- Hydrogenated anything
- Interesterified oils
- Margarine
- Monoglycerides
- Partially hydrogenated anything
- Shortening
- Vegetable shortening (like Crisco)

### Processed Vegetable Oils
- Canola
- Corn
- Cottonseed
- Grapeseed
- Rice Bran
- Safflower

## Sugar replacements

### Sugar alcohols—
- Erythritol
- Glycerol
- Isomalt
- Lactitol
- Maltitol
- Mannitol
- Sorbitol
- Xylitol

### Artificial sweeteners—
- Acesulfame K
- Alitame (Aclame)
- Aspartame (NutraSweet)
- Cyclamate (Sucaryl)
- Neotame
- Saccharin (Sweet ‘N Low)
- Sucralose (Splenda)

### Natural extracts—
- Stevia
- Monk Fruit (Luo Han Gul)
- Barley