

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–

Bulgur
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

Ingredients to Avoid



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