

# Ingredients to Limit or 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 Limit or Avoid

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## Trans fats and processed vegetable oils

### Trans Fats (Avoid)

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

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## 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