

INGREDIENT CHEAT SHEET

CONCEPTS FOR HEALTH



OTHER NAMES FOR SUGAR

Agave nectar	Golden sugar
Barbados sugar	Golden syrup
Barley malt	Grape sugar
Barley malt syrup	HFCS =
Beet sugar	High-Fructose Corn Syrup
Brown sugar	Honey
Buttered syrup	Icing sugar
Cane juice	Invert sugar
Cane juice crystals	Malt syrup
Cane sugar	Maltodextrin
Caramel	Maltol
Carob syrup	Maltose
Castor sugar	Mannose
Coconut palm sugar	Maple syrup
Coconut sugar	Molasses
Confectioner's sugar	Muscovado
Corn sweetener	Palm sugar
Corn syrup	Panocha
Corn syrup solids	Powdered sugar
Date sugar	Raw sugar
Dehydrated cane juice	Refiner's syrup
Demerara sugar	Rice syrup
Dextrin	Saccharose
Dextrose	Sorghum Syrup
Evaporated cane juice	Sucrose
Free-flowing brown sugars	Sugar (granulated)
Fructose	Sweet Sorghum
Fruit juice	Syrup
Fruit juice concentrate	Treacle
Glucose	Turbinado sugar
Glucose solids	Yellow sugar

FOODS THAT CONTAIN SUGAR

- Ice Cream
- Candy
- Pastries
- Cookies
- Fruit Juices
- Canned Fruit
- Processed Meat
- Breakfast Cereals
- Granola
- Ketchup
- Sodas
- Breads
- Cakes
- Cereal/Granola Bars
- Protein Bars
- Spaghetti Sauce
- BBQ Sauce
- Low-Fat Items
- Sports Drinks
- Chocolate
- Sugar-Free Products
- Salad Dressings
- Flavored Coffee and Teas
- Vitamin Waters
- Pre-Made Soups
- Canned Vegetables
- Canned Tomatoes
- Canned Beans

ALWAYS CONTAINS GLUTEN

- Wheat protein/hydrolyzed wheat protein
- Wheat starch/hydrolyzed wheat starch
- Wheat flour/bread flour/bleached flour
- Bulgur: A form of wheat
- Malt: Made from barley
- Couscous: Made from wheat
- Farina: Made from wheat
- Pasta: Made from wheat unless otherwise indicated
- Seitan: Made from wheat gluten and commonly used in vegetarian meals
- Wheat or barley grass: Will be cross-contaminated
- Wheat germ oil or extract: Will be cross-contaminated

MAY CONTAIN GLUTEN

- Vegetable protein/hydrolyzed vegetable protein: Can come from wheat, corn or soy
- Modified starch/modified food starch: Can come from several sources, including wheat
- Natural flavor/natural flavoring: Can come from barley
- Artificial flavor/artificial Flavoring: Can come from barley
- Caramel color: Now considered a safe ingredient, but if you're in doubt, check with the manufacturer
- Modified food starch
- Hydrolyzed plant protein (HPP)
- Hydrolyzed vegetable protein (HVP)
- Seasonings: May contain wheat fillers
- Flavorings: May contain wheat fillers
- Vegetable starch: May contain wheat fillers
- Dextrin and maltodextrin: Both sometimes made from wheat



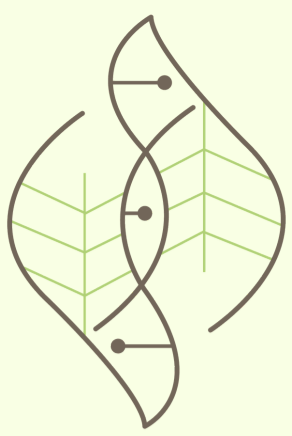
CONTAINS MILK

- Butter
- Casein & caseinates
- Cheese
- Cream, whipped cream
- Curds
- Custard
- Dairy product solids
- Galactose
- Ghee
- Half & Half
- Hydrolysates
- Ice cream, ice milk, sherbet
- Lactalbumin
- Lactate solids
- Lactyc yeast
- Lactitol monohydrate
- Lactoglobulin
- Lactose
- Lactulose
- Milk, milk fat
- Nisin preparation
- Nougat
- Pudding
- Quark

MAY CONTAIN MILK

- Artificial flavoring
- Natural flavoring
- Caramel flavoring
- Flavoring
- High protein flour
- Lactic acid, lactic acid starter culture
- "Non-dairy" products
- Rice cheese, soy cheese





CONCEPTS
FOR HEALTH

ADDITIVES & PRESERVATIVES

These are the most common additives and preservatives used. The FDA has a comprehensive list that we have made available on our website

PRESERVATIVES

WHAT THEY DO

PREVENT FOOD SPOILAGE FROM BACTERIA, MOLDS, FUNGI, OR YEAST (ANTIMICROBIALS); SLOW OR PREVENT CHANGES IN COLOR, FLAVOR, OR TEXTURE AND DELAY RANCIDITY (ANTIOXIDANTS); MAINTAIN FRESHNESS

EXAMPLES OF USE

FRUIT SAUCES AND JELLIES, BEVERAGES, BAKED GOODS, CURED MEATS, OILS AND MARGARINES, CEREALS, DRESSINGS, SNACK FOODS, FRUITS AND VEGETABLES

NAMES ON PRODUCT LABELS

ASCORBIC ACID, CITRIC ACID, SODIUM BENZOATE, CALCIUM PROPIONATE, SODIUM ERYTHORBATE, SODIUM NITRITE, CALCIUM SORBATE, POTASSIUM SORBATE, BHA, BHT, EDTA, TOCOPHEROLS (VITAMIN E)



SWEETENERS

WHAT THEY DO

ADD SWEETNESS WITH OR WITHOUT THE EXTRA CALORIES

EXAMPLES OF USE

BEVERAGES, BAKED GOODS, CONFECTIONS, TABLE-TOP SUGAR, SUBSTITUTES, MANY PROCESSED FOODS

NAMES ON PRODUCT LABELS

SUCROSE (SUGAR), GLUCOSE, FRUCTOSE, SORBITOL, MANNITOL, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SACCHARIN, ASPARTAME, SUCRALOSE, ACESULFAME POTASSIUM (ACESULFAME-K), NEOTAME

COLOR ADDITIVES

WHAT THEY DO

OFFSET COLOR LOSS DUE TO EXPOSURE TO LIGHT, AIR, TEMPERATURE EXTREMES, MOISTURE AND STORAGE CONDITIONS; CORRECT NATURAL VARIATIONS IN COLOR; ENHANCE COLORS THAT OCCUR NATURALLY; PROVIDE COLOR TO COLORLESS AND "FUN" FOODS

EXAMPLES OF USE

MANY PROCESSED FOODS, (CANDIES, SNACK FOODS MARGARINE, CHEESE, SOFT DRINKS, JAMS/JELLIES, GELATINS, PUDDING AND PIE FILLINGS)

NAMES ON PRODUCT LABELS

FD&C BLUE NOS. 1 AND 2, FD&C GREEN NO. 3, FD&C RED NOS. 3 AND 40, FD&C YELLOW NOS. 5 AND 6, ORANGE B, CITRUS RED NO. 2, ANNATTO EXTRACT, BETA-CAROTENE, GRAPE SKIN EXTRACT, COCHINEAL EXTRACT OR CARMINE, PAPRIKA OLEORESIN, CAMEL COLOR, FRUIT AND VEGETABLE JUICES, SAFFRON (NOTE: EXEMPT COLOR ADDITIVES ARE NOT REQUIRED TO BE DECLARED BY NAME ON LABELS BUT MAY BE DECLARED SIMPLY AS COLORINGS OR COLOR ADDED)

FLAVOR ENHANCERS

ENHANCE FLAVORS ALREADY PRESENT IN FOODS (WITHOUT PROVIDING THEIR OWN SEPARATE FLAVOR)

EXAMPLES OF USE

MANY PROCESSED FOODS

NAMES ON PRODUCT LABELS

MONOSODIUM GLUTAMATE (MSG), HYDROLYZED SOY PROTEIN, AUTOLYZED YEAST EXTRACT, DISODIUM GUANYLATE OR INOSINATE



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