

INGREDIENT CHEAT SHEET



CONCEPTS
FOR HEALTH



OTHER NAMES FOR SUGAR

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

FOODS THAT CONTAIN SUGAR

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

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



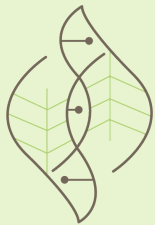
CONTAINS MILK

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

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, CARAMEL 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

