

Top Ingredients to Avoid

*Items with * indicate ingredients also commonly found at "health food" stores*

- **Hydrogenated oil (aka trans fat)**
- ***ALL Vegetable Oils** (even if organic, expeller pressed, etc.)
Note: cold-pressed (aka unrefined) sunflower, safflower, or grapeseed oil is okay to consume, but is rarely used in the unrefined form
 - Canola Oil
 - Cottonseed Oil
 - Soybean Oil
 - Corn Oil
 - Brominated Vegetable Oil
 - Safflower Oil (refined)
 - Sunflower Oil (refined)
 - Any yellow oil that's liquid at room temp.
- **Sodium Nitrite/Nitrate** (most commonly found in processed meats)
 - *Or any added nitrites/nitrates*
- **Artificial Dyes & Preservatives**
 - Red #40, Yellow 5, Blue 1 or 2, etc.
 - Caramel Coloring/Caramel
 - BHA/BHT, Butylates
 - Sodium Benzoate (or any benzoates)
 - Sulfites (such as sulfur dioxide)
 - Sorbates (such as potassium sorbate or sodium sorbate)
 - Propionic Acid
 - Sodium Phosphate
 - TBHQ
- **Flavor Enhancers (Including MSG in ALL Forms)**
 - *Yeast Extract
 - *Hydrolyzed Proteins
 - *Anything Autolyzed
 - Caesinates
 - Glutamic Acid/Glutamate
 - Calcium Glutamate
 - MSG (monosodium glutamate)
 - Textured Protein
 - *Soy Protein Isolate/Soy Protein Concentrate

- Bouillon
- Malt Extract
- Etc.

• **Sugar Replacements**

- Aspartame
- Splenda
- Sweet 'N Low
- Equal
- Sucralose
- Ace-K
- Acefulme Potassium
- NutraSweet
- Neotame

• **Processed, Refined Sugar**

- (High Fructose) Corn Syrup
- *Maltodextrin
- *Agave/Agave Nectar
- *Fructose

• **Artificial Flavoring**

• ***Natural Flavoring**

- Includes natural "X" flavor
- Includes organic natural flavor (organic is slightly better than non-organic)

- *Truvia
- *Erythritol
- *Xylitol
- *Mannitol
- Maltitol
- Sorbitol
- Saccharin
- Cyclamate
- *Stevia Extract, Rebaudioside A, Reb A, Steviol Glycosides

- Crystalline Fructose
- Evaporated Cane Juice
- *Any juice or fruit concentrates
- *Anything ending in -ose

Other Food Chemicals and Additives

- *Carrageenan
- *Citric Acid
- *Food Starch/Modified Food Starch
- *Any Protein "Isolates"
- *Soy Lecithin
- *Enriched Flours
- *Gellan Gum, Locust Bean Gum,
- Guar Gum
- Propylene Glycol
- Titanium Dioxide
- Azodicarbonamide
- DATEM (diacetyl tartaric acid esters of monoglycerides)
- Cellulose

- Mono or Di Glycerides
- Propylparaben or Methylparaben
- Propyl Gallate
- Vanillin
- Disodium Inosinate/Disodium Guanylate
- rBGH
- Polysorbates (i.e. polysorbate 60)
- Carnauba Wax
- Calcium Peroxide
- Calcium Propionate
- Etc.