

Food to Avoid



Processed Vegetable oils

canola oil
rapeseed oil
corn oil
palm oil
peanut oil
safflower oil
soybean oil
sunflower oil
hydrogenated vegetable oil
hydrogenated oil

Processed Food Chemicals

acrylamides
artificial food color
artificial flavor
natural flavor
autolyzed protein
brominated vegetable oil
carrageenan
cellulose gum
guar guar
lecithin
xanthan gum
hydrolyzed vegetable protein
monosodium glutamate
nitrates or nitrites (unless naturally occurring)
olestra
phosphoric acid
propylene glycol
yeast extract

Sugar Substitutes & Sweeteners

acesulfame potassium
acesulfame k
aspartame
barley malt
barley malt syrup
brown rice syrup
carmel
corn sweetener
corn syrup
crystalline fructose
dehydrated cane juice
erythritol
fructose
fruit juice or fruit juice concentrate
galactose
glucose or glucose solids
golden syrup
high-fructose corn syrup
malt syrup
mannitol
neotame
panela
panocha
refined sugar
rice bran syrup
saccharin
sorbitol
stevia
sorghum syrup
sucralose or sucrose
treacle
turbinado sugar
yacon syrup
xyliol