



## Ingredients Not On Food Plan

### A

Ace K  
Acesulfame-k  
Alcohol  
Alcohol sugars (“ol” endings)  
Almond flour  
Almond milk  
Animal fats  
Amaranth flour  
Amasake  
Applesauce (*too refined*)  
Apple sugar  
Artificial sweetener packets  
Artificial flavors (*call company*)  
Aspartame  
Augmiel  
Avocado

### B

Bacon  
Balsamic vinegar  
Baking powder  
Bananas  
Barbados sugar  
Bark sugar  
Barley flour  
Barley malt  
Barley malt syrup  
Beer  
Beet sugar  
Black strap molasses  
Blue corn flour  
Bran (*wheat*)  
Bread (*all*)  
Breath fresheners (*read label*)

Brown rice syrup

Brown sugar  
Buckwheat flour  
Bulgar  
Butter

### C

Caffeine  
Candy  
Canned fruit (*except pineapple*)  
Cane juice  
Carbitol

### C cont’d

Caramel coloring  
Caramelized sugar  
Canned foods (*check labels*)  
Carob chips/powder  
Carrageenan  
Cereals (*read label*)  
Cheese  
Cherries  
Chestnut flour  
Chewing gum (*all*)  
Chocolate  
Ciders  
Condiments (*check label*)  
Cocoa  
Coffee  
Colorose  
Concentrated fruit juices  
Confectioners sugar  
Cooking sprays (*check for alcohol*)  
Corn  
Corned beef  
Corn flour  
Cornmeal  
Corn starch  
Corn sugar gum  
Corn sweetener  
Corn syrup  
Corn syrup solids  
Cottonseed flour  
Couscous  
Crackers (*any*)  
Croscarmellose  
Cured Meats

### D

D-tagatose  
Dairy products (*read label*)  
Dark brown sugar  
Dates  
Date powder  
Date sugar  
Dextrin  
Dextrose  
Diglycerides  
Disaccharides  
Dried/dehydrated fruits  
Drinks (*read label*)  
Durhum (*wheat*)

### E

Enriched bleached flour  
Enriched flour  
Enriched wheat flour  
Equal®  
Evaporated cane juice  
Extracts (*any type/flavor containing alcohol*)  
Ezekiel bread

### F

Fermented corn sugar  
Figs (*dried*)  
Flavored coffees  
Flax seed  
Flax seed meal  
Florida crystals  
Frozen yogurt  
Fructoligosaccharides  
Fructose  
Fruit flavorings (*call manufacturer*)  
Fruit juice (*call manufacturer*)  
Fruit juice concentrates

### G

Galactose  
Glucitol  
Glucoamine  
Glucose  
Glucose polymers  
Glucose syrup  
Gluten (*wheat protein*)  
Glycerides

### H

Ham  
Ham products  
Hexitol  
High fructose corn syrup  
Honey (*any*)

### I

Ice cream  
Inversol  
Invert sugar  
Inulin  
Iodized salt  
Isomalt

### J

Jaggery  
Jams  
Jellies

### K

Kamut  
Kamut flour

### L

Lactose  
Lard  
Levulose  
Licorice root  
Light brown sugar  
“Light” anything  
“Light” sugar  
Low-fat products (*check label*)  
“Low” sugar

### M

Malted barley  
Malted barley flour  
Malted barley  
syrup  
Maltitol  
Malto (*any*)  
Maltodextrin  
Maltodextrose  
Maltose  
Mangos  
Mannitol  
Maple sugar  
Maple syrup  
Margarine/oleo  
Marinades (*check labels*)  
Meat Substitutes  
Microcrystalline  
cellulose  
Milled sugar  
Millet flour  
Mirin  
Miso  
Modified food  
starch  
Molasses  
Monoglycerides



## Ingredients Not On Food Plan

### M cont'd

Monosaccharides  
 Monosodium gluconate (*MSG*)  
 Monosodium glycerides  
 Multi-grain (*check labels*)  
 Multi-grain flour

### N

“Natural” flavors (*call manufacturer*)  
 Natural milled cane juice  
 “Natural” sugar  
 “Natural” sweeteners  
 “Naturally” sweetened  
 Nectars  
 Neotame  
 Non-fat products (*check label*)  
 Noodles  
 Nuts (*all*)  
 Nut butters  
 Nutrasweet™  
 Nutrasweet 2000  
 Nutrition drinks

### O

Oat flour  
 Oleo (*margarine*)  
 Olestra (*made from sucrose*)  
 Olives  
 “ose” (*any: sucrose, dextrose, fructose, etc.*)

### P

PAM® spray  
 Pasta (*any*)  
 Pastry flour (*any*)  
 Peanut butter  
 Peanuts  
 Peanut oil/other nut oils  
 Pearled barley  
 Pentose  
 Polenta (*cornmeal*)  
 Polydextrose  
 Polyglycerides  
 Popcorn  
 Popped & puffed grain products  
 Potato flour  
 Powdered sugar

### P cont'd

Power/energy bars & drinks  
 Presweetened products  
 Processed cereals  
 Processed meats  
 Puffed grains

### Q

Quaker® oat products (*& similar brands – too refined*)  
 Quinoa flour

### R

Raisins  
 Raisin juice  
 Raisin paste  
 Raw sugar  
 Raw wheat  
 Red spring wheat  
 Red winter wheat  
 Ribose  
 Rice flour  
 Rice malt  
 Rice milk  
 Rice sugar  
 Rice sweeteners  
 Rice syrup  
 Rice syrup solids  
 Rye flour

### S

Saccharides (*any – NOT the same as saccharine*)  
 Sago flour  
 Salad dressings (*check label*)  
 Sauces (*check label/call company*)  
 Seeds  
 Semolina (*any*)  
 Sesame flour  
 Sesame seeds  
 Shakes  
 Shake powders  
 Shredded wheat  
 Shortening (*vegetable or animal*)  
 Shoyu sauce  
 Soda/Soft drinks  
 Sorbitol  
 Sorbet  
 Sorghum

### S cont'd

Sorghum flour  
 Sour cream  
 Soy nuts (*roasted soybeans*)  
 Soy sauce  
 Spelt  
 Spelt flour  
 Splenda®  
 Sports drinks  
 Sprouted grains  
 Stevia (*causes cravings*)  
 Sucanat (*evaporated cane juice*)  
 Sucralose  
 Sucrose  
 “Sugar free” products  
 Sunette  
 Sweet’n Low® (*packets*)  
 Sweet One®  
 Sweet Thing®  
 Sweetener 2000®  
 Syrups (*any*)

### T

Table salt (*iodized*)  
 Tamari  
 Tapioca  
 Tapioca flour  
 Teff flour  
 Tofutti  
 Tortillas/tacos  
 Triticale  
 Triticale flour  
 Trisaccharides  
 Turbinado sugar  
 TVP (*textured vegetable protein*)  
 Turkey (*check label*)

### U

Unrefined sugar

### V

Vanilla (*except powder*)  
 Vanilla extract  
 Vanillin  
 Veggie burgers

### W

Wheat  
 Wheat bran  
 Wheat berries  
 Wheat flakes  
 Wheat flour  
 Whey (*avoid if added to product*)  
 Whey protein powder  
 White flour  
 White rice  
 White sugar  
 Whole grain bread  
 Wheat germ  
 Wheat gluten  
 Wheat grass  
 Wheat grass juice  
 Wheat sprouts  
 White wheat  
 Whole grain wheat  
 Winter wheat

### X

Xanthum gum  
 Xylitol

### Y

Yam flour  
 Yinnie syrup  
 Yogurt (*read label*)

### Z

Zylose