



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 manufacturer*)
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
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 labels*)
Durhum (*wheat*)

E

Enriched beached 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
Mangos
Mannitol
Maltose
Maple sugar
Maple syrup

M *(con't)*

Margarine/oleo
 Marinades *(check labels)*
 Meat Substitutes
 Microcrystalline cellulose
 Milled sugar
 Millet flour
 Mirin
 Miso
 Modified food starch
 Molasses
 Monoglycerides
 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" sweetend
 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

P *(con't)*

Peanuts
 Peanut oil/other nut oils
 Pearled barley
 Pentose
 Polenta *(cornmeal)*
 Polydextrose
 Polyglycerides
 Popcorn
 Popped & puffed grain products
 Potato flour
 Powdered sugar
 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
 Red 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

S *(con't)*

Semolina *(any)*
 Sesame flour/Sesame seeds
 Shakes
 Shake powders
 Shredded wheat
 Shortening *(vegetable or animal)*
 Shoyu sauce
 Soda/Soft drinks
 Sorbitol
 Sorbet
 Sorghum
 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 labels)*

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