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<td>Caffeine</td>
<td>11</td>
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Gluten

Natural Flavor
Monosodium Glutamate
Lecithins
Emulsifiers

- Barley (flakes, flour, pearl)
- Breading, bread stuffing
- Brewer’s yeast
- Bulgur
- Durum (type of wheat)
- Farro/faro (also known as spelt or dinkel)
- Graham flour
- Hydrolyzed wheat protein
- Kamut (type of wheat)
- Malt, malt extract, malt syrup, malt flavoring
- Malt vinegar
- Malted milk
- Matzo, matzo meal
- Modified wheat starch
- Oatmeal, oat bran, oat flour, whole oats (unless they are from pure, uncontaminated oats)

- Rye bread and flour
- Seitan (a meat-like food derived from wheat gluten used in many vegetarian dishes)
- Semolina
- Spelt (type of wheat also known as farro, faro, or dinkel)
- Triticale
- Wheat bran
- Wheat flour
- Wheat germ
- Wheat starch
Dairy

- Milk fat, anhydrous milk fat
- Nisin preparation
- Nougat
- Pudding
- Quark
- Recaldent
- Rennet, rennet casein
- Simplesse (fat replacer)
- Sour cream, sour cream solids, imitation sour cream
- Lactate solids
- Lactyc yeast
- Lactitol monohydrate
- Lactoglobulin
- Lactose
- Lactulose
- Hydrolysates
- Cream, whipped cream
- Curds
- Custard
- Dairy product solids
- Galactose
- Ghee
- Half & Half
<table>
<thead>
<tr>
<th>Nougat</th>
<th>Ghee (see p109)</th>
<th>Acidophilus Milk</th>
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<tbody>
<tr>
<td>Paneer</td>
<td>Goat Milk</td>
<td>Ammonium Caseinate</td>
</tr>
<tr>
<td>Potassium Caseinate</td>
<td>Half &amp; Half</td>
<td>Butter</td>
</tr>
<tr>
<td>Pudding</td>
<td>Hydrolyzed Casein</td>
<td>Butter Fat</td>
</tr>
<tr>
<td>Recaldent</td>
<td>Hydrolyzed Milk Protein</td>
<td>Butter Oil</td>
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<tr>
<td>Rennet Casein</td>
<td>Iron Caseinate</td>
<td>Butter Solids</td>
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<td>Skim Milk</td>
<td>Lactalbumin</td>
<td>Buttermilk</td>
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<td>Lactoferrin</td>
<td>Buttermilk Powder</td>
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<td>Sour Cream</td>
<td>Lactoglobulin</td>
<td>Calcium Caseinate</td>
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<tr>
<td>Sour Milk Solids</td>
<td>Lactose</td>
<td>Casein</td>
</tr>
<tr>
<td>Sweetened Condensed Milk</td>
<td>Lactulose</td>
<td>Caseinate (in general)</td>
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<tr>
<td>Sweet Whey</td>
<td>Low-Fat Milk</td>
<td>Cheese (All animal-based)</td>
</tr>
<tr>
<td>Whey</td>
<td>Magnesium Caseinate</td>
<td>Condensed Milk</td>
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<tr>
<td>Whey Powder</td>
<td>Malted Milk</td>
<td>Cottage Cheese</td>
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<tr>
<td>Whey Protein Concentrate</td>
<td>Milk</td>
<td>Cream</td>
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<td>Whey Protein Hydrolysate</td>
<td>Milk Derivative</td>
<td>Curds</td>
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<tr>
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<td>Milk Fat</td>
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<tr>
<td>Whipped Topping</td>
<td>Milk Powder</td>
<td>Delactosed Whey</td>
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<tr>
<td>Whole Milk</td>
<td>Milk Protein</td>
<td>Demineralized Whey</td>
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<td>Yogurt</td>
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<td>Zinc Caseinate</td>
<td>Natural Butter Flavor</td>
<td>Dry Milk Solids</td>
</tr>
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<td></td>
<td>Nonfat Milk</td>
<td>Evaporated Milk</td>
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Sugar

- Agave Nectar
- Barley Malt Syrup
- Beet Sugar
- Brown Rice Syrup
- Brown Sugar
- Cane Crystals (or, even better, “cane juice crystals”)
- Cane Sugar
- Coconut Sugar, or Coconut Palm Sugar
- Corn sweetener
- Corn syrup, or corn syrup solids
- Dehydrated Cane Juice
- Dextrin
- Dextrose
- Evaporated Cane Juice
- Fructose
- Fruit juice concentrate
- Glucose
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltodextrin
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Palm Sugar
- Raw sugar
- Rice Syrup
- Saccharose
- Sorghum or sorghum syrup
- Sucrose
- Syrup
- Treacle
- Turbinado Sugar
- Xylose
1. ANYTHING with Soy, Soya, Soja, or Shoyo in the name
2. ANYTHING with Lecithin (variations on spelling) in the name*
3. ANYTHING with Vegetable, Plant, or Bean in the name*
4. ANYTHING with Guar in the name*
5. ANYTHING with Xanthan or Zanthan (variations on spellings) in the name*
6. ANYTHING with Vitamin E or Tocopherol (variations on spelling) in the name*
7. MSG (Mono Sodium Glutamate)* (Please note that the terms “yeast extract/autolyzed yeast extract” refer to natural/hidden sources of MSG without having to be labeled as MSG. Though they are NOT soy, some people with MSG sensitivities also have trouble with these ingredients. For more information, see this website or Google “natural sources of MSG” or “hidden sources of MSG”.)
8. Natural and Artificial Flavor or Flavorings*
9. Tofu
10. Miso
11. Tempeh
12. Mono-diglyceride (variations on spelling)*
13. Natto
14. Okara or Akara
15. Yuba
16. Glycerin/glycerine/vegetable glycerin*
17. Tamari
18. Teriyaki*
19. Isolates*
20. Olean
21. Gum Arabic
22. Bulking Agent*
23. Carob
24. Emulsifier*
25. Protein or Proteins*
26. Protein Extender*
27. Stabilizer*
28. Starch*
29. Thickener*
30. TVP (Textured Vegetable Protein)*
31. HVP (Hydrolized Vegetable Protein)*
32. Alkyd Resin Solution
33. Quaternary Ammonium Salts
34. Quaternary Ammonium Compounds, Ethyldimethylsoya Alkyl, Et Soyethyldimonium Ethosulfate
35. Dimethylsoya Ammonium Ethosulfate
36. Alkyd Resin
37. Linseed Oil, Polymer with Pentaerythritol, Phthalic Anhydride, Oil, Styrene and Vinyltoluene
38. Soyaethyl Morpholinium Ethosulfate
39. Morpholinium Compounds
40. Ethyl Sulfates
41. Soyatrimonium Chloride
42. Quaternary Ammonium Compounds
43. Trimethylsoya
44. Alkyl Chlorides
45. Quaternium-9
46. PEG 5 (soy sterol)
47. PEG 10 (soy sterol)
48. PEG 16 (soy sterol)
49. PEG 25 (soy sterol)
50. PEG 30 (soy sterol)
51. PEG 40 (soy sterol)
52. Stearic acid/vegetable stearic acid or ANYTHING with stearic in the name*
53. Magnesium stearate*
54. Tyramine* (This is a naturally occurring amino acid in many foods, including soy.)
55. Abura-age (sliced deep-fried tofu)
56. Atsu-age (deep-fried tofu)
57. Gan-modoki (a soy dumpling)
58. Glycine max
59. Kinako (Japanese for soybean flour)
60. Kyodofu (freeze-dried bean curd)*
61. Nimame (stewed soybeans)
62. Shoyu
63. Uno-hana (soy pulp)
64. Hydrolyzed plant protein (HPP)*
65. Isolated vegetable protein*
66. Methylcellulose*
67. Monoglycerides*
68. Protein filler*
69. Caprylic Triglyceride
70. Monotriglyceride
71. Ascobyl Palmitate
72. Isostearyl Isostearate
73. Glycols
74. Tocotrienols
Ascorbic Acid (Vitamin C)

Baking Powder (corn starch)

Brown Sugar – look for use of Caramel color. Domino’s Brown sugar no longer uses Caramel color

Calcium Citrate – the calcium salt of citric acid. See Citrate below for details.

Caramel – coloring used in soft drinks, derived from corn “or cane sugar.” The “or” in Coca-Cola’s explanation refers to a temporary change to make the ingredients Kosher for Passover. The rest of the year, it is from corn.

Cellulose, Vegetable, Powered, etc.

Citrate – can refer either to the conjugate base of citric acid, or to the esters of citric acid. An example of the former, a salt is trisodium citrate; an ester is triethyl citrate. Forms of Citrate include: Calcium Citrate, Magnesium Citrate, Potassium Citrate, Sodium Citrate, and more.

Citric Acid – the source sugar is corn steep liquor along with hydrolyzed corn starch

Corn

Corn Meal – items baked sitting on Corn Meal such as Bagels, Breads or Pizza, may not list Corn Meal as an ingredient

Corn Starch – in most over the counter medicines that come in a dry pill form. Yes, this includes Benedryl too. Watch for Corn Syrup in the liquid forms.

Corn Syrup

Decyl Glucoside – used in personal care products such as shampoo. It is produced by the reaction of glucose from corn starch with the fatty alcohol decanol which is derived from coconut.

Dextrin, Maltodextrin – thickening agents found in sauces (check those frozen veggies!) salad dressings, and ice cream
Dextrose (glucose) – corn sugar, found in cookies, ice cream, and paired with glucose in hospital IVs unless specified not to! Can also be used as a carrier with anesthetic shots such as Lidocaine and Novocaine! Dextrose is also injected into meat, lunch meats and deli cuts. Be weary of “honey baked” items, the sweet flavor may not be from honey.

Ethanol - made by fermenting sugars produced from corn starch.

Ferrous Gluconate - i.e. as found in canned olives, and comes from corn or potato acid.

Flavoring - Artificial or “Natural Flavors” - as defined by the FDA regulations of labeling of spices, flavorings, and colorings.

Golden Syrup - Sometimes recommended as an alternate to Corn Syrup, but it may contain Corn Syrup as well.

Honey - May contain corn syrup, as HFCS is sometimes fed to bees, resulting in corn in the honey produced.

Hydrolyzed Vegetable Protein (HVP)

Iodized Salt – Morton’s FAQ explains why they add Dextrose (corn) to their salt.

Lactic Acid – Commercially, lactic acid can be made synthetically from chemicals or organically as a byproduct of corn fermentation.

Lauryl Glucoside – is a surfactant used in cosmetics. It is a glycoside produced from glucose and lauryl alcohol.

Magnesium Citrate – Magnesium salt of citric acid.

Magnesium Stearate

Malt

Malt Flavoring

Maltitol – (also known as Maltisorb and Maltisweet) Commercially, maltitol is a disaccharide produced by Corn Products Specialty Ingredients (formerly SPI Polyols), Cargill, Roquette, and Towa, among other companies. Maltitol is made by hydrogenation of maltose obtained from starch.
**Maltodextrin**

Maltose

**Mannitol** – A naturally occurring alcohol that is often combined with corn derived sugars. Here is the link on USDA’s website explaining this practice.

**Methyl Gluceth** – an emollient used in cosmetics manufactured from corn sugar and corn starch.

**Modified Food Starch**

**Monosodium Glutamate (MSG)** – The MSGMyth site explains MSG is made from corn.

**Polydextrose** – is *synthesized from dextrose, and contains sorbitol and citric acid*. It is a food ingredient classified as soluble fiber and is frequently used to increase the non-dietary fiber content of food, replace sugar, reduce calories and reduce fat content. Note: Dextrose, Sorbitol, and Citric Acid are all on this list of ingredients derived from corn.

**Polylactic Acid (PLA)** – *Plastic made from corn starch* (U.S.) or sugarcane.

**Polysorbates (i.e. Polysorbate 80)** – Polysorbates are oily liquids derived from PEG-ylated sorbitan (a derivative of sorbitol) esterified with fatty acids.

**Potassium Citrate** – See Citrate above for details.

**Powdered Sugar** – contains corn starch

**Saccharin** – in powder form IS Sweet‘N Low and therefore contains Dextrose.

**Sodium Citrate** – See Citrate above for details.

**Sodium Erythorbate** – is *produced from sugars derived from sources such as beets, sugar cane and corn*. It is a food additive used predominantly in meats, poultry, and soft drinks.

**Sodium Starch Glycolate** – is the *sodium salt of a carboxymethyl ether of starch*. It can be derived from any starch source (rice, corn, potatoes, etc).

**Sorbitan** – is a mixture of chemical compounds *derived from the dehydration of sorbitol*.

**Sorbitan Monostearate** - an ester of sorbitol and stearic acid. You will see this ingredient used in Yeast (and possibly other places as well).

**Sorbitol** – You will find Sorbitol in Sugar Free items such as candy, chewing gum, cosmetics, mouth wash, and toothpaste

**Starch** – often this is corn starch unless it specifies something else, like potato starch
Sucralose – Sucralose by itself may be corn free, though it is likely one best to avoid. Repackaged as the brand Splenda, it will contain dextrose and/or maltodextrin.

Sweet’N Low – contains Dextrose, and according to Sweet’N Low, ALL sugar substitutes in powder form contain Dextrose.

Tocopherol (Vitamin E)

Vanilla Extract – most brands will have corn syrup, though you can find organic brands that do not, though the alcohol may be corn-derived.

Vinegar, Distilled White – can be made from any sugar, but the most common method is to use corn that has been converted from starch into sugar.

Vitamins – Vitamin C (Ascorbic Acid) and Vitamin E (Tocopherols). Use caution with products that are “enriched” with added vitamins. The vitamins may be corn-derived, or corn-derivatives may be used in the binding (if solid) or suspension (if liquid) of the vitamin compound.

Xanthan Gum – a food additive that is used as a thickening agent. It is found in sauces, spices, and commonly in Gluten Free foods. Xanthan Gum is most often grown on corn, or corn sugars. If an item includes Xanthan Gum and states it is corn-free, call the manufacturing company and inquire as to the source of Xanthan Gum to be sure.

Xylitol – You will find Xylitol in Sugar Free items such as candy, chewing gum, cosmetics, mouth wash, and toothpaste

Zein – used in time-release medications, derived from Maize
<table>
<thead>
<tr>
<th>Caffeine Source</th>
<th>Product Name</th>
</tr>
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<tbody>
<tr>
<td>Caffea sp., green coffee extract, coffee extract</td>
<td><em>Coffee Beans</em></td>
</tr>
<tr>
<td>Cacao, Theobroma cacao, chocolate, dark chocolate, cocoa nibs, cocoa nibs</td>
<td><em>Cocoa</em></td>
</tr>
<tr>
<td>Cola nitida, Cola Seeds, natural cola flavor</td>
<td><em>Kola Nut</em></td>
</tr>
<tr>
<td>Mate’, Ilex paraguariensis</td>
<td><em>Yerba Mate’</em></td>
</tr>
<tr>
<td>Paullinia cupana</td>
<td><em>Guarana</em></td>
</tr>
<tr>
<td>Camellia Sinesis, Thea Sinesis, Camellia, green tea extract</td>
<td><em>Green Tea</em></td>
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<td><em>Black Tea</em></td>
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<td><em>White Tea</em></td>
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<td>Camellia Sinesis, Thea Sinesis, Camellia</td>
<td><em>Oolong Tea</em></td>
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<td><em>Kombucha</em></td>
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<td>1,3,7-trimethylxanthine</td>
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<td>Ilex guayusa</td>
<td><em>Guayusa</em></td>
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<td><em>Yaupon</em></td>
</tr>
<tr>
<td>Caffeine combine with malic acid</td>
<td><em>Dicaffeine Malate</em></td>
</tr>
<tr>
<td>Caffeine combined with citric acid</td>
<td><em>Caffeine Citrate</em></td>
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