

WHOLE30 GUIDE TO ADDITIVES & HIDDEN INGREDIENTS

COMPLIANT ADDITIVES

Acacia
Acetic acid
Agave
Alpha-tocopherol
Ascorbic acid
Beta-carotene
Calcium carbonate
Calcium chloride
Citric acid
Ferrous gluconate
Acacia gum
Gellan gum
Guar gum
Locust bean gum
Xanthan gum
Inulin
Lactic acid
Natural flavors
Niacin
Pectin
Potassium chloride
Potato starch
Riboflavin
Salt
Sodium citrate
Sodium nitrate
Sodium pectinate
Sunflower lecithin
Zinc gluconate

NON-COMPLIANT ADDITIVES

Carrageenan
Corn starch
Maltodextrin
Monosodium glutamate (MSG)
Potassium metabisulfite
Sodium bisulfite
Soy lecithin
Sulfites
Sulfur dioxide

OTHER NAMES FOR SUGAR (NON-COMPLIANT)

Acesulfame-K
Agave nectar
Arabitol
Aspartame
Beet sugar
Brown sugar
(evaporated) cane juice
Cane sugar
Coconut nectar
Coconut sugar
Confection's sugar
Date sugar
Date syrup
Dextrose
Disaccharide
Dulcitol
Equal
Erythritol
Fructose
Galactose
Glucose
Glycerin (glycerol)
Glycol
High fructose corn syrup
Honey
HSH
Iditol
Isomalt
Lactitol
Lactose
Malt syrup
Maltitol
Maltose
Mannitol
Maple syrup
Molasses
Monk fruit extract
Monosaccharide
Nutra-Sweet
Polyglycitol
Polysaccharide
Raw sugar
Refiner's syrup
Ribitol
Ribose
Rice malt (extract)
Rice syrup
Saccharin
Saccharose
Sorbitol
Splenda
Stevia
Sucralose
Sucrose
Sugar
Sweetleaf
Sweet-n-Low (sweet)
sorghum
Threitol
Treacle
Truvia
Xylitol

LABEL READING TIPS

- Read the allergen warning on labels. If there are ingredients in a label that you don't recognize, skip to the bottom of the label and (usually) in bold writing there will be a bit of text that reads – Contains: fish, wheat, soy, dairy, peanuts, etc. If any of those items are on the label, rule it out for your Whole30.
- Bacon often has added sugar. However as the popularity of Whole30 has grown, there are many Whole30 / sugar free bacon options available on the market - to find Whole30 compliant bacon look for the Whole30 approved seal or a "no sugar" variety.
- Smoked salmon also often has added sugar – make sure you double check those labels before buying!
- There is a "Whole30 approved seal" that you will find on certain products, but just because a product doesn't have that label doesn't mean it isn't compliant – you'll just have to do a thorough label reading to make sure that it is.

YOU TOTALLY GOT THIS!