# Whole30 Guide to Additives & Hidden Ingredients

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

## Non-Compatible Additives
- Carrageenan
- Corn starch
- Maltodextrin
- Potassium metabisulfite
- Sodium bisulfite
- Soy lecithin
- Sulfites
- Sulfur dioxide

## Other Names for Sugar (Non-Compatible)
- Acesulfame-K
- Agave nectar
- Arabinol
- 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
- Polyglyitol
- 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: wheat, soy, dairy, peanuts, etc. If any of those items on are the label, rule it out for your Whole30.
- Bacon often has added sugar. However there are many Whole30 / sugar free bacon options available at most stores - to find Whole30 compatible 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 compatible – you’ll just have to do a thorough label reading to make sure that it is.

## Food Groups to Avoid
- Added sugar – in any form
- Alcohol – even for cooking
- Carrageenan
- Dairy
- Gluten
- Grains
- Junk food or treats – even if made with compliant ingredients
- Most forms of legumes – peas and green beans are the exception
- Sulfites

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You got this!!!