

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 chloride
Potato starch
Riboflavin
Salt
Sodium citrate
Sodium nitrate
Sodium nitrite
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
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
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

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

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 are on 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.

YOU GOT THIS!!!