

PRODUCTS TO AVOID

Product	Why?
Popular peanut butters	Hydrogenated oils + sugar
Instant rolled oats	High glycemic index
Packaged meats	Sodium nitrite, MSG
Breads, buns and pastries	Refined carbs, hydrogenated oils
Virtually all breakfast cereals	Refined sugars
Beef jerky	MSG
Many salad dressings	MSG + sugar, high fructose corn syrup
Pasta sauces	Sugar
Soups	MSG + sodium nitrite, salt
Fried foods	Trans fats + unhealthy oils, MSG
Lunch snack packs	Sodium nitrite + hydrogenated oils + sugar
Diet soft drinks	Chemical sweeteners + acidity
Soft drinks	Sugar + acidity
Most yogurts	Chemical sweeteners or sugar + dairy
Margarine	Hydrogenated oils
Granola bars	Refined sugars
Most sugar-free products	Chemical sweeteners
Puffed grains (puffed rice or puffed wheat)	High glycemic index
Canned fruits	Corn syrup
Any food that says “energy” or “sports”	Refined sugars
Sports drinks	Artificial colors, big rip off

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Flavored waters	Chemical sweeteners
Canned beans	Watch out for sugar
Dinner mixes (Rice-a-roni, mac & cheese, etc)	MSG
Sauce mixes	MSG
Instant rice	High glycemic index
Instant potatoes	High glycemic index
Breakfast sausages and bacon	MSG and sodium nitrite
Frozen potatoes	Hydrogenated oils
Beware of deli-prepared foods	Not required to list all ingredients because they do not cross state lines

- The following food additives **ALWAYS** contain some amount of MSG
 - Monosodium Glutamate
 - Hydrolyzed vegetable protein
 - Hydrolyzed protein
 - Hydrolyzed plant protein
 - Plant Protein extract
 - Sodium Caseinate
 - Calcium Caseinate
 - Yeast Extract
 - Textured Protein
 - Autolyzed Yeast
 - Hydrolyzed Oat Flour

- The following ingredients **MAY** contain MSG, but don't always
 - Carageenan or vegetable gum
 - Seasonings of spices
 - Flavorings or Natural flavorings
 - Chicken, beef, pork, smoke flavorings
 - Bullion, broth or stock