

# Ingredient Cheat Sheet List

By Lisa Leake for 100 Days of Real Food

## Common Grains

Ingredient Name	What It Really Means
Unbleached Enriched Flour	(Refined) White Flour
Enriched Flour	(Refined) White Flour
Wheat Flour (without the word whole)	(Refined) White Flour
Semolina / Semolina Wheat	(Refined) White Flour
Wheat Shell Pasta	(Refined) White Flour Pasta
Enriched Macaroni Product	(Refined) White Flour Pasta
Whole Wheat / Whole Wheat Flour	Whole Grain Flour (made from wheat)
Whole Grain Wheat /Whole Grain Wheat Flour	Whole Grain Flour (made from wheat)
Whole Durum Wheat / Whole Durum Wheat Flour	Whole Grain Flour (made from wheat)
Whole Wheat Shell Pasta	Whole Grain Pasta (made from wheat)
Whole Grain Soft White Wheat	Whole Grain Flour (made from wheat)
Rice	Refined White Rice
Brown Rice	Whole Grain Rice

# Ingredient Cheat Sheet List

By Lisa Leake for 100 Days of Real Food

Oats	Whole Grain Oats (whether rolled, steel-cut, quick cooking, etc.)
Oat Bran	Not the whole grain – just the <b>bran</b>
Whole Grain Corn	Whole Grain Corn
Whole Grain Cornmeal / Whole Grain Corn Flour	Whole Grain Corn Meal/Flour
Popcorn	Whole Grain Corn
Cornmeal / Enriched Cornmeal	Refined Corn
Corn Flour	Refined Corn
Degerminated Corn	Refined Corn
Corn Starch	Refined Corn
Quinoa	Whole Grain (usually only sold whole)

# Ingredient Cheat Sheet List

By Lisa Leake for 100 Days of Real Food

## Common Sugars\*

Be on the lookout for just about any term with the word “syrup” or “cane” or ending in the letters “-ose” – those are all pretty much refined (white) sugars that are best consumed only in great moderation (i.e. not every meal or even every day)!

Ingredient Name	What It Really Means
Brown Rice Syrup	Refined sugar
Cane Juice / Evaporated Cane Juice	Refined sugar
Raw Sugar	Refined sugar
Corn Syrup / Corn Syrup Solids	Refined sugar
High Fructose Corn Syrup	Refined sugar
Cane Sugar	Refined sugar
Invert Sugar	Refined sugar
Rice Bran Syrup	Refined sugar
Tapioca Syrup	Refined sugar
Dried Cane Syrup	Refined sugar
Dextrose / Fructose / Sucrose	Refined sugar
Agave Nectar	Refined sugar (in most cases)
Stevia	It depends, the leaf itself is obviously natural, but the refined powdery stuff – not so much

# Ingredient Cheat Sheet List

By Lisa Leake for 100 Days of Real Food

Grape Juice Concentrate / Pear Juice Concentrate	Depends on how refined it is – this one is a gray area, but no matter what it’s still a “sugar”
Honey	This is still “sugar” albeit a less refined version with trace nutrients
Pure Maple Syrup	This is still “sugar” albeit a less refined version with trace nutrients

\*The important thing here is that MANY products will use 2 or 3 or even 4 different types of sugar so just because you see “cane juice” listed as the 4th item used on the ingredient list – don’t stop there. Keep reading because chances are the product also contains brown rice syrup, honey and possibly some others. If you added all the sweeteners together it could end up as one of the top 3 ingredients (what the product contains the most of). Breaking up the sweeteners like that is no accident.

# Ingredient Cheat Sheet List

By Lisa Leake for 100 Days of Real Food

## Artificial Ingredients

Ingredient Name	What It Really Means
Aspartame	Artificial Sweetener
Sucralose	Artificial Sweetener
Saccharin	Artificial Sweetener
Acesulfame K / Acesulfame Potassium	Artificial Sweetener
Neotame	Artificial Sweetener
Blue 1	Artificial Color
Blue 2	Artificial Color
Green 3	Artificial Color
Red 3	Artificial Color
Red 40	Artificial Color
Yellow 5	Artificial Color
Yellow 6	Artificial Color
FD&C Lakes	Artificial Color
Citrus Red 2	Artificial Color
Artificial Color	Artificial Color
Artificial Flavor	Who knows what this really is – just avoid it!

# Ingredient Cheat Sheet List

By Lisa Leake for 100 Days of Real Food

## Others Worth Mentioning

Ingredient Name	What It Really Means
Partially Hydrogenated Soybean Oil	Trans fat (that's likely GMO)
Partially Hydrogenated [Insert Type] Oil	Trans fat