

## **Non-keto ingredients**

### **A**

Acesulfame potassium (a.k.a. ace-k)

Aclame

Agave

Agave nectar

Agave Syrup

Alitame

Amaranth

Aspartame

Autolyzed yeast

### **B**

Barbados sugar

Barley

Barley malt

Beet sugar

Blackstrap molasses

Bran

Bran fiber

Brown rice

Brown rice flour

Brown rice syrup

Brown sugar

Buckwheat

Bulgur

Burghul

Buttered syrup

### **C**

Calcium caseinate

Cane juice (and crystals)

Cane sugar

Canola oil

Caramel

Carob syrup

Carrageenan  
Cassava  
Castor sugar  
Chickpea flour  
Confectioner's sugar  
Coconut palm sugar  
Coconut water (extract)  
Corn  
Cornmeal  
Corn oil  
Corn starch  
Corn sugar  
Corn syrup (and solids)  
Cottonseed  
Cottonseed oil  
Couscous  
Crisco  
Cyclamate

## **D**

Dates  
Date sugar  
Dehydrated cane juice  
Demerara sugar  
Dextran  
Dextrin  
Dextrose  
Diastatic malt  
Diatase  
Diglycerides  
Disaccharides  
Dried fruit  
Durum

## **E**

Einkorn  
Emmer

Ethyl maltol  
Evaporated cane juice

## **F**

Farina  
Farro  
Fava bean  
Florida crystals  
Flour  
Fructooligosaccharides  
Fructose  
Fruit concentrate  
Fruit extract  
Fruit juice  
Fruit juice concentrate

## **G**

Galactose  
Glucitol  
Glucose (and solids)  
Glutamic acid  
Glycerol  
Golden sugar  
Golden syrup  
Graham flour  
Granulated sugar  
Grapeseed oil  
Grape sugar

## **H**

High fructose corn syrup (HFCS)  
High maltose corn syrup  
Hydrogenated anything  
Hydrolyzed protein  
Hydrolyzed vegetable protein  
Honey

**I**

Icing sugar  
Interesterified oils  
Invert sugar  
Isoglucose  
Isomalt

**J**

Juice concentrate

**K**

Kamut

**L**

Lactitol  
Lactose  
Lentil  
Levulose

**M**

Malt  
Malt syrup  
Maltitol  
Maltodextrin  
Maltose  
Manioc  
Mannitol  
Maple syrup  
Margarine  
Mesquite  
Millet  
Modified food starch  
Molasses  
Monoglycerides  
Monosodium glutamate  
Msg  
Muscovado sugar

## **N**

Natural flavours

*The term 'natural flavours' can be very misleading as it can also encompass unnatural additives. By law companies are allowed to do this. For more info on natural flavours click [here](#)*

Neotame

## **O**

Oat fiber

Oats

Orzo

## **P**

Palm oil

Palm sugar

Panocha

Partially hydrogenated anything

Pectin

Phenylalanine

Polydextrose

Potato starch

Protein isolates (soy&whey)

Powdered cellulose

Powdered sugar

## **Q**

Quinoa

## **R**

Rapadura

Raw sugar

Refiner's syrup

Rice

Rice bran oil

Rice flour

Rice syrup

Rye

**S**

Saccharin  
Saccharose  
Safflower oil  
Sago  
Semolina  
Sodium Caseinate  
Soluble corn fiber  
Sorbitol  
Sorghum  
Sorghum syrup  
Soy  
Soy lecithin  
Spelt  
Sucanat  
Sucaryl  
Sucralose (powder)  
Sucrose  
Sugar  
Sunflower lecithin  
Sunflower oil  
Sweet 'n Low

**T**

Tapioca  
Tapioca starch  
Taro  
Teff  
Treacle  
Triticale  
Turbinado sugar

**V**

Vegetable shortening  
Vegetable starch

**W**

Wheat

Wheat berries  
Whey protein  
White flour  
Wild rice

## **Y**

Yeast extract  
Yellow sugar