

Hidden Foods

The following list will help you identify hidden sources of refined simple sugars, egg, dairy, soy, wheat and yeast that may be added to many common foods. Always read labels carefully and don't hesitate to make inquiries if you have any doubts as to a food's contents.

SUGAR	EGG	MILK	SOYBEANS	WHEAT	YEAST	PEANUTS
Baby foods	Bavarian Cream	Au Gratin Foods	Baby Foods	Beer, alcohol	Barbecue Sauce	Mandelona
Biscuits, Breads	Breads	Bavarian Cream	Breads, Biscuits	Biscuits, Rolls	Beer	Arachis oil
Cakes	Breaded Foods	Breads, Biscuits	Butter Substitute	Breads: wheat, rye	Brandy	Chocolate Candy
Candies	Cakes	Butter, Hard sauces	Cakes, Crackers	oat, pumpernickel	Breads, Rolls	Cultural Food
Cereals	Egg Noodles	Buttermilk, Cream	Cereal	Breaded meats	Doughnuts, Buns	(i.e. Chinese,
Chocolate	Flour mixes	Cakes, Cookies	Crisco Spray	Bouillon Cubes	Cakes, Cookies	Indonesian, etc.)
Cocoa drinks	French Toast	Candies, Crackers	Candies	Cakes, Muffins	Cereal	Sunflower Seeds
Cookies, Crackers	Fritter	Cheeses, Sour cream	Ice Cream	Candy, Chocolates	Cheeses (moldy)	Baked Goods
Creamed foods	Frostings	Chocolate, Doughnuts	Infant Formulas	Cereals, Crackers	Condiments	Ice Cream
Custards, Puddings	Frying Batters	Chowders, soups	Lecithin	Cocoa drinks	Crackers	Nut Butter
Doughnuts	Glazed Roll	Cocoa Drinks	Lunch Meats	Cookies, Pretzels	Enriched Flours	Legumes
Frostings	Hamburger Mix	Creamed Foods	Margarine	Cooked Meat Dishes	Gin	Muesli
Hard candies	Hollandaise Sauce	Custard, Pudding	Milk Substitutes	Corn Bread, muffins	Mayonnaise	Cereal
Ice cream, Sherberts	Ice Cream	Flour Mixes	Oil	Crackers	Pastries	Health Bars
Lunch Meats	Macaroons	Gravies	Oriental Sauces	Doughnuts, Popovers	Pickles	Sauces (prepared)
Marshmallows	Marshmallows	Meat Loaf, Hot dogs	Pastries	Dumplings	Pretzels	Pesto
Macaroons	Mayonnaise	Ice Cream, Sherbet	Prepared meats	Flour: white, wheat	Rum	Condiments
Mayonnaise	Meat Loaf	Mashed Potatoes	Salad Dressings	Gravies	Salad Dressing	Bouillon
Meringues	Meringues	Omelets, Soufflés	Soups	Matzos	Soups	Soups
Pancakes, Waffles	Pancakes, Waffles	Ovaltine, Malted milk	Soy Flour	Packaged mixes	Soy Sauce	Egg Rolls
Processed foods	Puddings	Pancakes, Waffles	Soy Noodles	Pancakes, Waffles	Vinegar	Salad Dressing
Salad dressings	Salad Dressings	Salad Dressing	Soy Sauce	Pasta, noodles	Vodka	Grain Breads
Sauces	Sauces	Scalloped Dishes	Tamari	Pie Crust	Vitamins	
Soft drinks	Sausages	Soups (creamed)	Tempeh	Postum, Ovaltine	Wine	
Yogurt	Soufflés	Yogurt	Tofu	Wheat Germ, Bran		
				Soy Sauce		