

PRODUCE

Reading Food Labels

Reading labels is a skill all SCD'ers and their families need to learn. By reading labels you can find out the foods which are right for you and avoid those that may be harmful. It can take time to fully learn but be assured you can do it!

Words we look for on a packaging label:

- Antibiotic-free
- Cage-free
- GMO-free
- Grass-fed
- Hormone-free
- Organic
- Pasture raised
- Raw
- Unsweetened
- Wild-caught

Words we want to Avoid on a packaging label:

- All starch
- All syrups
- Carrageenan
- Corn - dextrose, dextrin
- Hydrogenated oils
- Natural flavors
- Nitrate
- Mixed spices
- Monosodium glutamate (MSG)
- Sugar - maltose, galactose, sucrose, turbinado
- Xanthan/guar gum

Avoiding all grains including wheat, corn, and soy, as well as sugar is a cornerstone of the SCD. Avoiding these can sometimes be tricky because they can be labeled as another ingredient. Below is a list of names which can indicate that an item is SCD illegal.

The Different Names for Corn

Corn - Avoid foods that contain any of these ingredients:

- Corn flour
- Corn starch
- Corn syrup
- Cornmeal
- Dextrose
- Dextrin
- Dextrose
- Maltodextrin
- Margarine
- Shortening
- Sorbitol
- Starch
- May indicate the presence of corn protein:***
- Baking powder*
- Caramel
- Food starch
- Fructose
- Glucose
- Grits
- Hominy
- Hydrolyzed protein
- Maize
- Malt
- Malt syrup
- Monosodium glutamate (MSG)
- Vanilla extract*
- Vegetable gum
- Vegetable protein
- Vegetable starch
- Xanthan gum
- Maize

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* Some products may contain corn.

Reference: <http://www.cornallergens.com>

The Different Names for Gluten

Wheat - Avoid foods that contain any of these ingredients:

- Wheat starch
 - Wheat bran
 - Wheat germ
 - Couscous
 - Cracked wheat
 - Durum
 - Einkorn
 - Emmer
 - Farina
 - Faro
 - Flour
 - Fu (Asian foods)
 - Gliadin
 - Graham flour
 - Kamut
 - Matzo
 - Semolina
 - Spelt
- Other gluten ingredients:**
- Barley
 - Bulgur
 - Rye
 - Seitan
 - Triticale and mir (a cross between wheat and rye)

Reference: <http://www.kidswithfoodallergies.org>

The Different Names for Soy

Soy - Avoid foods that contain these ingredients:

- Bean curd
- Bean sprouts
- Edamame
- Hydrolyzed soy protein (HSP)
- Kinako
- Kouridofu
- Miso
- Mono- and di-glycerides
- Monosodium glutamate (MSG)
- Natto
- Nimame
- Okara
- Shoyu
- Soy (cheese, fiber, grits, mil, nuts, yogurt, pasta...)
- Soy lecithin
- Soy oil
- Soy sauce
- Soya
- Soybean
- Tamari
- Tempeh
- Teriyaki sauce
- Textured soy flour (TSF)
- Texture soy protein (TSP)
- Texture vegetable protein (TVP)
- Tofu (dofu, kori-dofu)
- Yuba

Reference: <http://www.kidswithfoodallergies.org>

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The Different Names for Sugar

Sugar - Avoid foods that contain any of these ingredients:

- Agave nectar
- Barley malt
- Brown sugar
- Buttered syrup
- Cane crystals
- Cane sugar
- Caramel
- Carob syrup
- Corn sweetener
- Corn syrup
- Crystalline fructose
- Dextran
- Dextrose
- Diatase
- Diastatic malt
- Ethyl maltol
- Evaporated cane juice
- Fructose
- Fruit juice concentrates
- Golden sugar
- Golden syrup
- Glucose
- High-fructose corn syrup
- Invert sugar
- Lactose
- Malt syrup
- Maltodextrin
- Maltose
- Malt syrup
- Maltitol
- Mannitol
- Molasses
- Raw sugar
- Refiner's syrup
- Sorbitol
- Sorghum syrup
- Sucrose
- Sugar
- Syrup
- Turbinado sugar
- Yellow sugar
- Xylitol

HONEY - is allowed as an SCD ingredient.

Other artificial sweeteners that should be avoided:

- Aspartame
- Sucralose

Reference: <http://www.eatingwell.com>
