

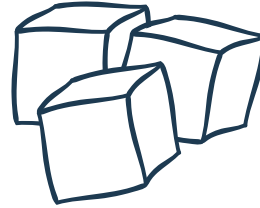
# KEYWORDS

Look for keywords in the list of ingredients to help you recognize nutrients that are less beneficial to a healthy diet.



## SUGARS

- Words ending in — OSE (e.g. glucose, sucrose, fructose, dextrose, galactose, maltose, etc.)
- Honey
- Molasses
- Brown sugar
- Syrup (e.g. agave, maple, corn, malt, brown rice, etc.)
- Sugar, cane sugar, invert sugar



## SATURATED FATS

- Butter
- Cocoa butter
- Chicken, beef and pork fat
- Coconut oil, copra oil, coconut
- Palm or palm kernel oil
- Lard
- Shortening
- Tallow



## TRANS FATS

- Oils
- Grease
- Shortening
- Hydrogenated or partially hydrogenated margarines



## SALT

- Additives and preservatives containing the word “sodium”
- Seasonings
- Baking soda or sodium bicarbonate
- Monosodium glutamate (MSG)
- Baking powder
- Soy sauce
- Fish sauce
- Garlic, onion and celery salt
- Sea salt, kosher salt, etc.