



Dr. Berg®

THE KNOWLEDGE DOC®

## WALLET CUTOUT CARD

# 4 Dangerous Ingredients to Avoid

### 1. Ultra-processed sugars

- Glucose and glucose syrup
- Corn syrup
- High-fructose corn syrup
- Dextrose
- Maltose
- Molasses
- Agave
- Fruit nectar
- Juice concentrate
- Brown rice syrup
- Beet syrup
- Corn sweetener

### 2. Ultra-processed starches

- Corn
- Modified corn starch
- Modified food starch
- Corn starch
- Corn syrup solids
- Corn flour
- Maltodextrin
- Potato flour
- Wheat and wheat flour
- Rice flour
- Tapioca flour
- Dextrin

### 3. Ultra-processed seed oils

- Vegetable oil
- Corn oil
- Soybean oil
- Canola oil
- Cottonseed oil
- Sunflower oil
- Peanut oil
- Safflower oil
- Rice bran oil
- Margarine
- Hydrogenated oils
- Partially hydrogenated oils

### 4. Ultra-processed proteins

- Soy protein isolate
- Hydrolyzed soy protein
- Soy protein
- Wheat gluten
- Hydrolyzed soy isolate
- Textured vegetable protein
- Hydrolyzed corn protein
- Sodium caseinate
- Casein protein
- Milk protein isolate
- Milk protein concentrate
- Hydrolyzed casein

Cut out and keep in your wallet to stay on top of tricky food labels

