

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

Baby foods
Biscuits, Breads
Cakes
Candies
Cereals
Chocolate
Cocoa drinks
Cookies, Crackers
Creamed foods
Custards, Puddings
Doughnuts
Frostings
Hard candies
Ice cream, Sherbets
Lunch Meats
Marshmallows
Macaroons
Mayonnaise
Meringues
Pancakes, Waffles
Processed foods
Salad dressings
Sauces
Soft drinks
Soups
Yogurt

EGG

Bavarian Cream
Breads
Breaded Foods
Cakes
Egg Noodles
Flour mixes
French Toast
Fritter
Frostings
Frying Batters
Glazed Roll
Hamburger Mix
Hollandaise Sauce
Ice Cream
Macaroons
Marshmallows
Mayonnaise
Meat Loaf
Meringues
Pancakes, Waffles
Puddings
Salad Dressings
Sauces
Sausages
Sherbets
Soufflés

MILK

Au Gratin Foods
Bavarian Cream
Breads, Biscuits
Butter, Hard sauces
Buttermilk, Cream
Cakes, Cookies
Candies, Crackers
Cheeses, Sour cream
Chocolate, Doughnuts
Chowders, soups
Cocoa Drinks
Creamed Foods
Custard, Pudding
Flour Mixes
Gravies
Meat Loaf, Hot dogs
Ice Cream, Sherbet
Mashed Potatoes
Omelets, Soufflés
Ovaltine, Malted milk
Pancakes, Waffles
Salad Dressing
Scalloped Dishes
Soups (creamd)
Whey
Yogurt

SOYBEANS

Baby Foods
Breads, Biscuits
Butter Substitute
Cakes, Crackers
Cereal
Crisco Spray
Candies
Ice Cream
Infant Formulas
Lecithin
Lunch Meats
Margarine
Milk Substitutes
Oil
Oriental Sauces
Pastries
Prepared meats
Salad Dressings
Soups
Soy Flour
Soy Noodles
Soy Sauce
Tamari
Tempeh
Tempura
Tofu

WHEAT

Beer, alcohol
Biscuits, Rolls
Breads: wheat, rye,
oat, pumpernickel
Breaded meats
Bouillon Cubes
Cakes, Muffins
Candy, Chocolates
Cereals, Crackers
Cocoa drinks
Cookies, Pretzels
Cooked Meat Dishes
Corn Bread, muffins
Crackers
Doughnuts, Popovers
Dumplings
Flour: white, wheat
Gravies
Matzos
Packaged mixes
Pancakes, Waffles
Pasta, noodles
Pie Crust
Postum, Ovaltine
Soufflés
Wheat Germ, Bran

YEAST

Barbecue Sauce
Beer
Brandy
Breads, Rolls
Doughnuts, Buns
Cakes, Cookies
Cereal
Cheeses (moldy)
Condiments
Crackers
Enriched Flours
Gin
Mayonnaise
Pastries
Pickles
Pretzels
Rum
Salad Dressing
Soups
Soy Sauce
Vinegar
Vodka
Vitamins
Whiskey
Wine