



# The Hidden Ingredient Cheat Sheet Quick-Start Guide



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# Take Control of What You're Eating

You want to eat healthy, but food labels can feel like a maze. Manufacturers use fancy names to make ingredients sound better—or to hide things they don't want you to notice. It's confusing, frustrating, and makes it harder to know if you're making the right choices for yourself or your family.

But here's the good news: it does not have to be this way. When you know what to look for, you can cut through the confusion and make confident decisions every time you shop. This **Hidden Ingredient Cheat Sheet** is your cheat code to understanding what's really in your food—so you can spend less time worrying and more time enjoying meals that nourish you.

# The Hidden Ingredient Cheat Sheet

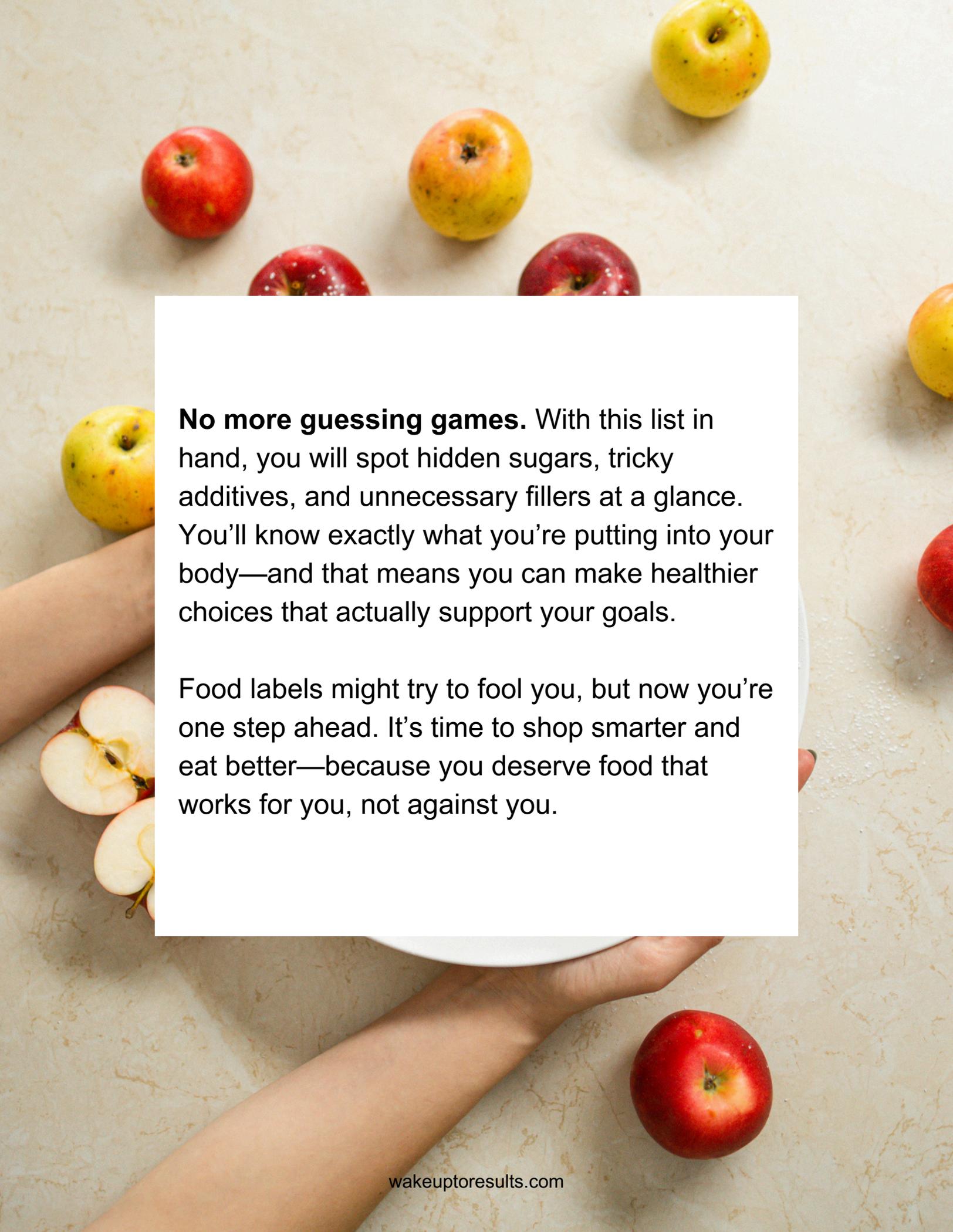
Category	Ingredient	Aliases
<b>Sugar and Sweeteners</b>	Xylitol	Birch Sugar, E967
	High-Fructose Corn Syrup (HFCS)	Glucose-Fructose Syrup, Isoglucose, Maize Syrup
	Sucrose	Cane Sugar, Table Sugar
	Fructose	Fruit Sugar
	Dextrose	Glucose
	Maltose	Malt Sugar
	Agave Nectar	Agave Syrup
	Aspartame	Equal, NutraSweet, AminoSweet
	Stevia	Rebaudioside A, Stevioside
	Erythritol	Sugar Alcohol, E968
<b>Salt and Sodium</b>	Sodium	Salt, Sodium Chloride
	Monosodium Glutamate (MSG)	Glutamate, Hydrolyzed Protein, Yeast Extract
	Baking Soda	Sodium Bicarbonate
	Sodium Nitrate/Nitrite	Curing Salt, E250/E251

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Category	Ingredient	Aliases
<b>Fats and Oils</b>	Trans Fats	Hydrogenated Oils, Partially Hydrogenated Oils
	Palm Oil	Palm Kernel Oil, Vegetable Fat
	Canola Oil	Rapeseed Oil, Low-Erucic Acid Rapeseed Oil
	Coconut Oil	Copra Oil
<b>Artificial Colors</b>	Red 40	Allura Red, E129
	Yellow 5	Tartrazine, E102
	Blue 1	Brilliant Blue, E133
	Carmine	Cochineal, Natural Red 4
<b>Preservatives</b>	Sodium Benzoate	Benzoate
	Potassium Sorbate	Sorbic Acid
	Butylated Hydroxytoluene (BHT)	E321
	Butylated Hydroxyanisole (BHA)	E320
	Sulfur Dioxide	Sulfites, E220

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<b>Category</b>	<b>Ingredient</b>	<b>Aliases</b>
<b>Thickeners and Stabilizers</b>	Carrageenan	Seaweed Extract, E407
	Xanthan Gum	Polysaccharide Gum
	Guar Gum	Guaran
	Gelatin	Collagen Hydrolysate
<b>Protein Additives</b>	Hydrolyzed Soy Protein	Textured Vegetable Protein, Soy Extract
	Casein	Milk Protein, Sodium Caseinate
	Whey	Milk Serum Protein
<b>Miscellaneous</b>	Natural Flavors	Flavoring Agents, Natural Extracts
	Lecithin	Soy Lecithin, E322
	Citric Acid	E330
	Modified Corn Starch	Food Starch, Maize Starch
	Yeast Extract	Autolyzed Yeast, Hydrolyzed Yeast



**No more guessing games.** With this list in hand, you will spot hidden sugars, tricky additives, and unnecessary fillers at a glance. You'll know exactly what you're putting into your body—and that means you can make healthier choices that actually support your goals.

Food labels might try to fool you, but now you're one step ahead. It's time to shop smarter and eat better—because you deserve food that works for you, not against you.