

The **HOLISTIC HUNDRED** Challenge

100 Days of No Sugar, Grains or Vegetable Oils

Names of Hidden Sugars

Barley malt	Dehydrated cane juice	Golden sugar	Molasses
Barbados sugar	Demerara sugar	Golden syrup	Muscovado
Beet sugar	Dextran	Grape sugar	Panocha
Brown sugar	Dextrose	High fructose corn syrup	Powdered sugar
Buttered syrup	Diastatic malt	Honey	Raw sugar
Cane juice	Diatase	Icing sugar	Refiner's syrup
Cane sugar	Ethyl maltol	Invert sugar	Rice syrup
Caramel	Free flowing brown sugars	Lactose	Sorbitol
Corn syrup	Fructose	Malt	Sorghum syrup
Corn syrup solids	Fruit juice	Maltodextrin	Sucrose
Confectioner's sugar	Fruit juice concentrate	Maltose	Sugar (granulated)
Carob syrup	Galactose	Malt syrup	Treacle
Castor sugar	Glucose	Mannitol	Turbinado sugar
Date sugar	Glucose solids	Maple syrup	Yellow sugar

Hidden names of Grains

Wheat	Wheat berries	Hominy	Spelt
Rye	Brown Rice	Farro / Emmer	Barley
Bran	Durdum Wheat	Triticale	Bulgur Wheat
Coucous	Farina	Kamut	Orzo
Semolina	Graham	Oats	Corn
Maize	Cornflour	Cornmeal	Rice
Wild Rice	Teff	Montina	Sorghum
Freekeh	Emmer	Eikorn	Matzo

Not Grains (ok to eat)

Amaranth, Buckwheat (Kasha), Chia seeds, Flaxseed, Sesame and Quinoa

Bad Vegetable Oils

Canola Oil	Soy Oil	Sunflower Oil	Cottonseed Oil
Corn Oil	Grapeseed Oil	Safflower Oil	Margarine

Good Vegetable Oils

Coconut Oil	Palm Oil	Avocado Oil	Butter
Peanut Oil	Almond Oil	Olive Oil	Ghee

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OPTIMUM HEALTH PEAK PERFORMANCE

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