Guidelines for Allowed Seasonings and Flavorings

You may consume as much as you want of the following seasonings, sugar substitutes, mints, and gum.

However, you are **NOT** allowed to take any sugar substitutes or sugar free mints and gum 24 hours

prior to your Oral Glucose Tolerance Test (OGTT) appointment.

These do not need to be recorded on your Daily Diary.

**SEASONINGS**

Curry Powder

Onion Powder

Garlic Powder

Pepper, Black

Pepper, Cayenne (Red)

McCormick Perfect Pinch –

Italian Seasoning

Salt Free Garlic & Herb Seasoning

Salt Free Southwest Sweet ‘N Smoky Seasoning

Salt Free Original All-Purpose Seasoning

Salt Free Fiesta Citrus Seasoning

**SUGAR SUBSTITUTES**

Equal

Nutrasweet

Splenda

Stevia

Sugar Twin

Sweet’ N Low

**MINTS AND GUM – HAS TO BE SUGAR FREE**

Altoids, sugar free

Eclipse, sugar free

Extra, sugar free

Five, sugar free

Life Saver, sugar free

Mentos, sugar free

Orbit, sugar free

Tic Tac, sugar free

Trident, sugar free

**IMPORTANT - NO SALT SUBSTITUTES**