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The following foods were foods that were removed from your diet and are now ok to have.

## Vegetables

|                                      |                               |                                  |
|--------------------------------------|-------------------------------|----------------------------------|
|                                      | Coconut (raw and unsweetened) | Olives (without vinegar)         |
| Aloe Vera                            | Coconut Concentrate           | Onion, Green                     |
| Artichoke (not pickled)              | Collard Greens                | Onion, Maui                      |
| Artichoke, Jerusalem (not pickled)   | Comfrey                       | Onion, Red                       |
| Arugula                              | Daikon Radish                 | Onion, Sweet                     |
| Asparagus                            | Dandelion Greens              | Onion, Yellow                    |
| Avocado                              | Dandelion Root                | Parsley                          |
| Bamboo Shoot                         | Endive                        | Prickly Pear                     |
| Bean Sprout                          | Fennel                        | Radicchio                        |
| Beet Greens                          | Ginger                        | Radish                           |
| Bitter Melon                         | Hearts of Palm                | Rainbow Chard                    |
| Bok Choy                             | Horseradish                   | Rutabaga                         |
| Brussels Sprout                      | Jicama                        | Sauerkraut (Bubbies® Brand only) |
| Burdock                              | Kale, all types               | Scallions                        |
| Cabbage, Chinese (see also Bok Choy) | Kohlrabi                      | Shallots                         |
| Cabbage, Green                       | Leeks                         | Spinach                          |
| Cabbage, Purple                      | Lettuce, all types            | Swede                            |
| Cactus (Nopales)                     | Mushrooms                     | Swiss Chard                      |
| Capers                               | Mushrooms, Button             | Turnip Greens                    |
| Cauliflower                          | Mushrooms, Cremini/Crimini    | Wasabi Root                      |
| Cauliflower, Purple                  | Mushrooms, Maitake            | Water Chestnut                   |
| Chard                                | Mushrooms, Shiitake           | Watercress                       |
| Chives                               | Mustard Greens                |                                  |

**Fruits**

Acai  
alpha  
Apricot  
Bilberry  
Blackberry  
Blueberry  
Boysenberry  
bravo  
Carambola  
Cherry  
Dragon Fruit (Pitaya)  
Elderberry  
food name  
Golden Berry  
Grapefruit  
Huckleberry  
Lemon  
Lemon Juice  
Lemon Rind/Peel  
Lime  
Lime Juice  
Loganberry

**Longan Fruit**

Loquat  
Lychee  
Maqui  
Mulberry  
Nectarines  
Noni  
Passion Fruit  
Peach  
Pear  
Pear, Asian  
Plum  
Pomegranate  
Rambutan  
Raspberry  
Star Fruit  
Youngberry

**Legumes, Pods, & Pulses**

Vanilla Bean

**Nuts, Seeds, Drupes & Oils**

Annatto Seed  
Avocado Oil  
Brazil Nut  
Caraway Seed  
Cashew Butter  
Cashew Meal  
Cashews  
Chestnut  
Coconut, shredded (raw, unsweetened)  
Coconut Butter  
Coconut Oil  
Duck Fat  
Hazelnut/Filbert  
Hazelnut Flour  
Lard/Tallow (pork)  
MCT Oil  
Olive Leaf Extract  
Olive Oil, Virgin  
Palm Kernel Oil  
Pine Nut  
Pistachios  
Poppy seeds

## Herbs &amp; Spices

|                    |                                  |   |
|--------------------|----------------------------------|---|
|                    | Curcumin                         | Mace Spice                              |
|                    | Curry (must be GF)               | Marjoram                                |
| Allspice           | Dandelion Root                   | Milk Thistle                            |
| Anise              | Dill                             | Mint                                    |
| Astragalus         | Dong Quai                        | Mustard (as a Powder)                   |
| Basil              | Echinacea                        | Mustard Seeds (gluten free)             |
| Bay Leaf           | Fennel                           | Nutmeg                                  |
| Black Cohosh       | Fennel Seed                      | Olive Leaf Extract                      |
| Caraway Seed       | Ginger Powder                    | Onion                                   |
| Cardamom           | Ginkgo Biloba                    | Onion Powder                            |
| Catnip             | Ginseng (All Types)              | Oregano                                 |
| Chaparral          | Goldenseal                       | Parsley                                 |
| Chervil            | Grapefruit Seed Extract          | Pau D'arco                              |
| Cilantro/Coriander | Gymnema Silvestre                | Pepper, Black (see Garlic/Lemon Pepper) |
| Cinnamon           | Herbs De Provence                | Pepper/Peppercorns                      |
| Cinnamon, Ceylon   | Hickory                          | Peppermint                              |
| Clove Powder       | Himalayan Salt                   | Pine Bark Extract                       |
| Cloves, Madagascar | Juniper Berry                    | Rose Hips                               |
| Cloves, Penang     | Lavender                         | Rosemary                                |
| Comfrey            | Lemon Balm (Melissa Officinalis) | Saffron                                 |
| Cramp Bark Extract | Lemongrass                       | Sage                                    |
| Cream of Tartar    | Lemon Pepper                     | Sassafras                               |
| Cumin              | Maca Root                        | Savory                                  |

|                           |                            |                                |
|---------------------------|----------------------------|--------------------------------|
| Saw Plametto              | Herring                    | Deer (see also Venison)        |
| Shallots                  | Lox                        | Goat, Grass-fed only (organic) |
| Spearmint                 | Mackerel                   | Great Lake's® Beef Gelatin     |
| St. John's Wort           | Mahi Mahi                  | Lamb                           |
| Sumac                     | Octopus                    | Ostrich                        |
| Tarragon                  | Perch                      | Pheasant                       |
| Thyme                     | Red Snapper                | Pork, (organic)                |
| Turmeric                  | Salmon, wild (fresh)       | Quail                          |
| Uva Ursi                  | Sardines                   | Rabbit                         |
| Valerian                  | Sole                       | Turkey (organic)               |
| Vanilla Bean              | Swai                       | Veal (organic)                 |
| Vanilla Powder            | Swordfish                  | Venison (see also Deer)        |
| White Willow Bark Extract | Tilapia (Wild, Non-farmed) |                                |
| Wintergreen               | Trout                      |                                |
| Wormwood                  | Walleye Pike               |                                |

#### Fish & Shellfish

Bass

Chilean Sea Bass

Corvina

Flounder

Haddock

Hake

Halibut

Whitefish/Turbot

#### Meat & Poultry

Applegate® organic roast beef

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Collagen Protein (Powder)

#### Milk-Containing Foods

#### Non-Dairy & Eggs

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

#### Gluten-Free Grains

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Glucomannon Flour  
(konjacfoods.com)

Hazelnut Flour

Konjac Glucomannon Flour

**Gluten-Containing Foods****Corn-Derived Foods****Condiments, Spreads & Sauces**

Coconut Aminos®

Coconut Cream

Liquid Smoke gluten free (natural)

Olives (without vinegar)

Sauerkraut (Bubbies® Brand only)

**Sweeteners**

Jerusalem Artichoke Syrup

Lo Han

Rebiana Leaf (Stevia)

Sweetleaf® Stevia

**Beverages & Protein Powders**

Bone Broth Protein, Beef

Coconut Kefir (No Tapioca,  
Carageenan)Coconut Milk (Native Forest or  
Natural Value)

Coconut Water (low sugar)

Collagen Protein (Powder)

Echinacea Tea

Great Lake's® Beef Gelatin

Green Tea

Lemon Juice

Lime Juice

Mineral Water

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Chicory Root

Tea, Green

Tea, Hibiscus

Tea, Oolong

Tea, Roobios

Tea, White

Water

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

**Miscellaneous**

Baking Soda (Arm &amp; Hammer®)

Bone Broth, Beef

Cacao (Raw, Pure, &amp; Unsweetened)

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Latex

Lycopene

Silver

**Snacks****Food Additives**

Annatto Coloring

Chicory Root

Inulin

Palm Wax

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

**new food cat**

alpha

bravo

food name

These are foods that we are waiting for you to experiment with. Please enter them into your dietary area by Capitalizing each so that our nutritionist can look out for health patterns with regard to this/these food(s)

## Vegetables

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Garlic

## Fruits

Apple (all types)

## Legumes, Pods, & Pulses

## Nuts, Seeds, Drupes & Oils

Almond

Almond, Marcona

Almond Butter (Artisana®)

Almond Flavor (natural, gluten free)

Almond Flour (gluten free)

Almond Meal (gluten free)

Almond Oil

Garlic Pepper

Garlic Powder

Garlic Salt

## Fish & Shellfish

## Meat & Poultry

Duck

## Milk-Containing Foods

## Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

Egg Whites, Pasture-raised

## Gluten-Free Grains

Almond Flour (gluten free)

## Gluten-Containing Foods

## Corn-Derived Foods

## Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

Horseradish Mustard, Gluten-free (Annie's®)

Mustard, Brown (Eden® gf mustard)

## Sweeteners

## Beverages & Protein Powders

Almond Milk, unsweetened (no tapioca)

## Miscellaneous

## Snacks

## Food Additives

new food cat

Garlic

These are foods that you can have occasionally. Please consume one choice from amongst these foods each day

Vegetables

new food cat

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

Sweeteners

Beverages & Protein Powders

Miscellaneous

Snacks

Food Additives



The following foods will be in your diet at some point, but based on food reactions or dietary restrictions they are not currently in your diet

## Vegetables

|                                 |                                      |                    |
|---------------------------------|--------------------------------------|--------------------|
| Alfalfa Grass                   | Oat Grass (Not For Gluten Sensitive) | Potato, Fingerling |
| Alfalfa Sprouts                 | Okra                                 | Potato, Purple     |
| Bean, Green                     | Paprika                              | Potato, Red        |
| Beet                            | Parsnip                              | Potato, Russet     |
| Bell Pepper                     | Pea, Black-Eyed                      | Potato, Sweet      |
| Bell Pepper, Green              | Pea, Green                           | Potato, White      |
| Bell Pepper, Orange             | Pea, Snap                            | Potato, Yukon Gold |
| Bell Pepper, Red                | Pea, Snow                            | Psyllium Husk      |
| Bell Pepper, Yellow             | Pea, Split                           | Pumpkin            |
| Capsicum                        | Pea Protein                          | Pumpkin Powder     |
| Carrot, Orange                  | Pepper, Anaheim                      | Red Pepper Flake   |
| Carrot, Purple                  | Pepper, Cayenne                      | Rhubarb            |
| Carrot, White                   | Pepper, Chili                        | Sea Vegetables     |
| Carrot, Yellow                  | Pepper, Green                        | Seaweed            |
| Carrot Juice                    | Pepper, Habanero                     | Spirulina          |
| Cassava (see Tapioca and Yucca) | Pepper, Jalapeño                     | Squash             |
| Chayote                         | Pepper, Poblano                      | Squash, Acorn      |
| Cucumber                        | Pepper, Red                          | Squash, Butternut  |
| Eggplant                        | Pepper, Serrano                      | Squash, Green      |
| Kelp/Dulse                      | Pepper, Tabasco                      | Squash, Spaghetti  |
| Kombu                           | Pickles, Bubbies® brand only         | Squash, Summer     |
| Nori                            | Pimento                              | Squash, Winter     |

|                                      |                   |                              |
|--------------------------------------|-------------------|------------------------------|
| Squash, Yellow                       | Yucca             | Ground Cherries              |
| Sugar Beet                           | Zucchini          | Guava                        |
| Sweet Potato, Red                    | <b>Fruits</b>     | Jack fruit                   |
| Sweet Potatoes, White                | Banana            | Kiwi                         |
| Tabasco Sauce                        | Cantaloupe        | Kumquat                      |
| Taro                                 | Cape Gooseberries | Mango                        |
| Tomatillo                            | Clementine        | Mangosteen                   |
| Tomato                               | Cranberry         | Melon, Honeydew              |
| Tomato, Cherry                       | Cranberry Juice   | Monk Fruit (Pure)            |
| Tomato, Heirloom                     | Currant           | Orange                       |
| Tomato, Orange                       | Dates             | Orange, Blood                |
| Tomato, Red                          | Dried Fruit       | Orange Juice                 |
| Tomato, Roma                         | Durian Fruit      | Orange Peel/Rind             |
| Tomato, Sun-dried                    | Fig               | Oranges, Mandarin            |
| Tomato, Yellow                       | Goji Berry        | Papaya                       |
| Tomatoes, Big Beef                   | Gooseberries      | Persimmons                   |
| Tomato Paste (gluten & Vinegar-free) | Grape             | Pineapple                    |
| Tomato Sauce (gluten & Vinegar-free) | Grape, Green      | Plantain                     |
| Truffle                              | Grape, Purple     | Pomelo                       |
| Turnips                              | Grape, Red        | Prune                        |
| Yams, Garnett                        | Grape, White      | Quince                       |
| Yams, Japanese                       | Grapefruit Juice  | Raisin (unsulfured, organic) |

## Nuts, Seeds, Drupes &amp; Oils

Strawberry

Bean, Red

Borage Seed Oil

Tamarind

Bean, White

Canola/Rapeseed Oil

Tangelo

Chickpea (see also Garbanzo Bean)

Canola Oil, Non-GMO

Tangerine

Coffee Bean, Organic

Chia Seed (1/4 cup, max)

Watermelon

Edamame (must be organic)

Cola Nut (aka Kola Nut)

Wolfberry

Fava Bean

Cottonseed/Cottonseed Oil

## Legumes, Pods, &amp; Pulses

Fava Bean Flour

Fenugreek Seed

Bean, Azuki

Garbanzo Bean

Flax Meal

Bean, Black

Garbanzo Flour

Flax Oil

Bean, Butter

Kidney Bean

Flax Seed

Bean, Cannellini

Lentil(s)

Grapeseed Oil, Organic

Bean, Chana Dahl

Pea, Snap

Hemp Meal

Bean, Chili

Pea, Snow

Hemp Protein (Powder)

Bean, Green

Pea, Split

Hemp Seed

Bean, Haricot

Peanut (Organic, Valencia)

Krill Oil

Bean, Italian

Peanut Butter (Organic, Maranatha®)

Macadamia Nut Oil

Bean, Kidney

Red Bean Paste

Macadamia Nuts

Bean, Lima

Soybean oil(must be organic)

Peanut Oil (Organic)

Bean, Mung

Soy Beans (must be organic)

Pepitas

Bean, Navy

Pili Nuts

Bean, Ninja

Psyllium Husk

Bean, Pinto/Frijole

Pumpkin Oil

|  |                           |  |
|--|---------------------------|--|
| Pumpkin Seed Oil                       | Walnuts                   | Pepper, Szechuan                               |
| Pumpkin Seeds                          | Walnuts, Black            | Red Chili Paste Thai Kitchen®<br>(gluten free) |
| Ramon Seeds                            | <b>Herbs &amp; Spices</b> | Red Clover                                     |
| Rice, Wild (Lundberg® - not the blend) | Ashwaganda                | Red Pepper Flake                               |
| Rice Bran Oil                          | Bell Pepper, Red          | Sesame Seeds                                   |
| Sacha Inchi Seeds                      | Capsicum                  | Sesame Seeds, Black                            |
| Safflower/Safflower Seed Oil           | Caramel Coloring          | Tabasco Sauce                                  |
| Sesame Seed Oil                        | Chili Powder              | Taco Seasoning                                 |
| Sesame Seeds                           | Chipotle Seasoning        | Tamari (Wheat Free)                            |
| Sesame Seeds, Black                    | Garam Masala              | Tomatillo                                      |
| Sunflower Seed Butter                  | Grapeseed Extract         | Vanilla (gluten and corn-free)                 |
| Sunflower Seed Flour                   | Guarana                   | <b>Fish &amp; Shellfish</b>                    |
| Sunflower Seed Lecithin                | Jamaican Jerk             | Anchovy  |
| Sunflower Seed Oil                     | Licorice Root             | Catfish  |
| Sunflower Seeds                        | Mesquite                  | Clam   |
| Tahini                                 | Orange Peel/Rind          | Cod/ Cod Liver Oil                             |
| Tea, Ramon                             | Orange Salt               | Crab   |
| Tiger Nuts                             | Paprika                   | Crab, Immitation                               |
| Truffle Oil                            | Paprika (smoked)          | Crayfish                                       |
| Truffle Oil, Black                     | Pepper, Cayenne           | Krill  |
| Vegetable Shortening (Spectrum®)       | Pepper, Red               | Lobster  |
| Walnut Oil                             | Pepper, Sichuan           | Mussel   |

Orange Roughy

Oyster

Scallop

Shrimp

Squid

Tuna

**Meat & Poultry**Applegate® organic andouille  
sausage

Applegate® organic bacon

Applegate® organic chicken

Applegate® organic chicken/apple  
sausage

Applegate® organic hot dogs

Applegate® organic red pepper  
sausageApplegate® organic sausage sweet  
italianApplegate® organic smoked  
chicken breast

Applegate® organic turkey bacon

Chicken Broth (Imagine® gf/low  
sodium)**Milk-Containing Foods****Non-Dairy & Eggs**Cheese, Daiya  
(Coconut,Tapioca,yeast,...)

Cheese, Soy (Organic) (see Soy)

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or  
Amazon.com)**Gluten-Free Grains**

Amaranth

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Ener-G Brown Rice Yeast-Free  
Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Mikey's Original English Muffin

Mikey's Pizza crust

Mikey's Sliced Bread Loaf

Millet

Oats (Bob's Red Mill Gluten Free  
Version)

Oats (Certified GF)

Potato Flour (gluten free)

Potato Starch (gluten free)

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (gluten free)

Rice, Basmati (gluten free)

Rice, Black (gluten free)

Rice, Brown (gluten free)

Rice, Japonica (gluten free)

Rice, Purple (gluten free)

Rice, Red (gluten free)

Rice, White (gluten free)

Rice, Wild (Lundberg® - not the  
blend)

Rice Bran

Rice Flour (gluten free)

## Gluten-Containing Foods

Rice Protein Powder (gluten free)

Simple Mills - Everything Sprouted  
Seed CrackerSimple Mills Cracked Black Pepper  
Almond CrackersSimple Mills Ground Sea Salt  
Almond CrackersSimple Mills Rosemary & Sea Salt  
CrackersSimple Mills Tomato & Basil Almond  
Crackers

Sorghum

Sunflower Seed Flour

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Teff Flour

Tolerant Green Lentil &amp; Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava &amp; Coconut

Tortilla, Siete Chia &amp; Cassava

Avenin

Caramel Coloring

Coffee, Instant (has gluten)

Crab, Immitation

Gliadin

Gluten

Kamut

Liquid Smoke (can have gluten)

Oats

Oats, GF (not Certified) can have  
gluten

Polish Wheat

## Corn-Derived Foods

Barbeque Sauce, GF Annie's®  
Sweet & SpicyCheese, Daiya  
(Coconut,Tapioca,yeast,...)

Cheese, Soy (Organic) (see Soy)

Fructose

GemWraps®, Sandwich Wrap  
(Carrot)Sriracha Sauce Organicville  
gluten-free

## Condiments, Spreads &amp; Sauces

Balsamic Vinegar MiaBella (No  
Caramel No Wine Vinegar)Barbeque Sauce, GF Annie's®  
Sweet & SpicyBodyPro Almond Mayo Grade A  
Maple SyrupBodyPro Almond Mayo with Yacon  
Syrup

Carob

Cocoa Butter

Coconut Vinegar (Coconut Secret)

Distilled White Vinegar

Dressing, Primal Kitchen Honey  
MustardEarth Balance® Avocado Oil Butter  
Spread

Earth Balance® Coconut Spread

Harissa

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Liquid Smoke (can have gluten)

Mayonnaise, Primal Kitchen  
Chipotle Avocado Oil

Red Bean Paste

Red Chili Paste Thai Kitchen®  
(gluten free)

Red Tomato Paste (gluten free)

Sriracha Sauce Organicville  
gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Tomato Paste (gluten &amp; Vinegar-free)

Tomato Sauce (gluten &amp; Vinegar-free)

Veganaise Soy-free (Follow Your Heart®)

Vegetable Shortening (Spectrum®)

Vinegar, Beet

Vinegar, Distilled

Worcestershire Sauce (The Wizard's® GF)

**Sweeteners**

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Sugar

Cane Syrup

Chocolate, Dark

Coconut Palm Sugar

Coconut Sugar

Date Sugar

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Just Like Sugar®

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

NutraSweet®

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Tapioca Dextrose

Tapioca Syrup

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

**Beverages & Protein Powders**

Apple Cider

Apple Juice

Carrot Juice

Cocoa

Coffee (Brewed and Not Instant)

Coffee, Instant (has gluten)

Coffee Bean, Organic

Grapefruit Juice

Hemp Protein (Powder)

Licorice Tea

Milk, Rice

Milk, Soy (Organic)

Orange Juice

Pea Protein

Rice Protein Powder (gluten free)

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Tea, Ramon

Vodka, Potato

**Miscellaneous**

Antimony

Beef broth (Imagine® low sodium/GF)

Chicken Broth (Imagine® gf/low sodium)

Cocoa

GemWraps®, Sandwich Wrap (Carrot)

GemWraps®, Sandwich Wrap (Kale-Apple)

GemWraps®, Sandwich Wrap (Mango/Chipotle)

GemWraps®, Sandwich Wrap (Tomato)

Hops

Julian Bakery Paleo Wraps

Modified Food Starch (Tapioca-based)

Pycnogenol

Red Tomato Paste (gluten free)

Resveratrol

Rice Starch (if certified gluten free)

Tobacco

Tofu (Organic)

Vegetable broth (Imagine® Low Sodium)

**Snacks**

Apple Sauce

Chewing Gum, Xylichew®

Dates

Simple Mills Cracked Black Pepper Almond Crackers

**Food Additives**

Acacia Gum

Agar Gum

Arabic Gum

Asafoetida Powder

Blue Food Dye

Carrageenan Gum

Formaldehyde

Guar Gum

Lactic Acid (beet-derived)

Locust Bean Gum

MSG/MonosodiumGlutamate

Pea Protein Isolate

Pea Starch

Potato Protein

Red Food Dye

Sodium Alginate

Tragacanth Gum

Vegan Natural Flavors (with MSG)

new food cat



## These are the foods that have been removed from your diet

**Vegetables**

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Celery

Corn (Gluten-free &amp; Non-GMO)

Corn, Blue

Corn, White

Wheat Grass (Is  
Gluten-contaminated)**Fruits****Legumes, Pods, & Pulses**

Miso

**Nuts, Seeds, Drupes & Oils**

Corn Oil

Hydrogenated Oils

Vegetable Oil

**Herbs & Spices**

Celery Powder

Celery Seed

**Fish & Shellfish****Meat & Poultry**Applegate® organic black forest  
ham

Applegate® organic ham

Applegate® organic spinach & feta  
sausage**Milk-Containing Foods**Applegate® organic spinach & feta  
sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Cream

Cheese, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Machego

Cheese, Marscapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactic Acid (milk-derived)

Lactoalbumin

Milk, Buffalo

Milk, Cow

|                                   |  |                                      |
|-----------------------------------|--|--------------------------------------|
| Milk, Goat                        | Barley Grass (can have gluten)         | Soy Sauce                            |
| Milk, Sheep                       | Barley Greens (may contain gluten)     | Spelt                                |
| Milk Chocolate                    | Barley Juice (may contain gluten)      | Teechino                             |
| Mozzarella Cheese                 | Beer                                   | Teriyaki Sauce                       |
| Sour Cream, Raw and Unpasteurized | Bran                                   | Triticale                            |
| Whey                              | Bread                                  | Vinegar                              |
| Yogurt (See Xanthan Gum)          | Brown Rice Syrup (contains MSG/Gluten) | Vinegar, Malt                        |
| <b>Non-Dairy &amp; Eggs</b>       | Cheese, Bleu                           | Vinegar, White                       |
| <b>Gluten-Free Grains</b>         | Chewing Gum (has gluten and corn)      | Vodka, Rye or Grain                  |
| Corn (Gluten-free & Non-GMO)      | Couscous                               | Wheat (All Types)                    |
| Corn, Blue                        | Durum Wheat                            | Wheat Germ                           |
| Corn, White                       | Egyptian Wheat                         | Wheat Grass (Is Gluten-contaminated) |
| Corn Meal (gluten free)           | Farro                                  | <b>Corn-Derived Foods</b>            |
| Corn Starch (gluten free)         | Graham (wheat)                         | Cheese, Cream                        |
| Udi's Millet-Chia Bread           | Malt                                   | Chewing Gum (has gluten and corn)    |
| Udi's White Sandwich Bread        | Maltitol                               | Citric Acid (can be corn-derived)    |
| Udi's Whole Grain Bread           | Maltodextrin (Barley-derived)          | Corn (Gluten-free & Non-GMO)         |
|                                   | Miso                                   | Corn, Blue                           |
|                                   | Modified Food Starch                   | Corn, White                          |
|                                   | Orzo                                   | Corn Gluten                          |
|                                   | Panko                                  | Corn Meal (gluten free)              |
|                                   | Rye                                    | Corn Oil                             |
|                                   | Semolina                               | Corn Starch (gluten free)            |
|                                   |  |                                      |
|                                   |  |                                      |

Barley

Corn Syrup

Erythritol (non-GMO)

Hydrogenated Oils

Lactic Acid (corn-derived)

Maize

Maltitol

Maltodextrin (Corn-based,  
non-GMO)

Modified Food Starch

Swerve® Sweetener

Vodka, Corn

Xanthan Gum

Yogurt (See Xanthan Gum)

**Condiments, Spreads & Sauces**Balsamic Vinegar (w/ Caramel or  
Red Wine Vinegar)Balsamic Vinegar (with Red Wine  
Vinegar)

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Dressing, Primal Kitchen Greek  
Avocado Oil

Mayonnaise

Sherry Vinegar

Sour Cream, Raw and  
Unpasteurized

Soy Sauce

Teriyaki Sauce

Ume Plum Vinegar

Vinegar

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

**Sweeteners**Brown Rice Syrup (contains  
MSG/Gluten)

Chocolate, Milk

Chocolate, White

Corn Syrup

Erythritol (non-GMO)

Malt

Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based,  
non-GMO)

Swerve® Sweetener

**Beverages & Protein Powders**

Beer

Casein

Komboucha Tea

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Tea, Komboucha

Teechino

Vodka, Corn

Vodka, Rye or Grain

Whey

Wine, Red

**Miscellaneous**

Baking Powder

Modified Food Starch

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Chewing Gum (has gluten and corn)

Food Additives

Citric Acid (can be corn-derived)

Lactic Acid (corn-derived)

Lactic Acid (milk-derived)

Maltodextrin (Barley-derived)

Xanthan Gum

new food cat

## Complete Comprehensive List

## Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bitter Melon

Bok Choy

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Comfrey

Corn (Gluten-free &amp; Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Ginger

Hearts of Palm

Horseradish

Jicama

Kale, all types

|                                      |                              |                                  |
|--------------------------------------|------------------------------|----------------------------------|
| Kelp/Dulse                           | Parsnip                      | Potato, Russet                   |
| Kohlrabi                             | Pea, Black-Eyed              | Potato, Sweet                    |
| Kombu                                | Pea, Green                   | Potato, White                    |
| Leeks                                | Pea, Snap                    | Potato, Yukon Gold               |
| Lettuce, all types                   | Pea, Snow                    | Prickly Pear                     |
| Mushrooms                            | Pea, Split                   | Psyllium Husk                    |
| Mushrooms, Button                    | Pea Protein                  | Pumpkin                          |
| Mushrooms, Cremini/Crimini           | Pepper, Anaheim              | Pumpkin Powder                   |
| Mushrooms, Maitake                   | Pepper, Cayenne              | Radicchio                        |
| Mushrooms, Shiitake                  | Pepper, Chili                | Radish                           |
| Mustard Greens                       | Pepper, Green                | Rainbow Chard                    |
| Nori                                 | Pepper, Habanero             | Red Pepper Flake                 |
| Oat Grass (Not For Gluten Sensitive) | Pepper, Jalapeño             | Rhubarb                          |
| Okra                                 | Pepper, Poblano              | Rutabaga                         |
| Olives (without vinegar)             | Pepper, Red                  | Sauerkraut (Bubbies® Brand only) |
| Onion, Green                         | Pepper, Serrano              | Scallions                        |
| Onion, Maui                          | Pepper, Tabasco              | Sea Vegetables                   |
| Onion, Red                           | Pickles, Bubbies® brand only | Seaweed                          |
| Onion, Sweet                         | Pimento                      | Shallots                         |
| Onion, Yellow                        | Potato, Fingerling           | Spinach                          |
| Paprika                              | Potato, Purple               | Spirulina                        |
| Parsley                              | Potato, Red                  | Squash                           |

|                       |                                      |                       |
|-----------------------|--------------------------------------|-----------------------|
| Squash, Acorn         | Tomato, Yellow                       | Blackberry            |
| Squash, Butternut     | Tomatoes, Big Beef                   | Blueberry             |
| Squash, Green         | Tomato Paste (gluten & Vinegar-free) | Boysenberry           |
| Squash, Spaghetti     | Tomato Sauce (gluten & Vinegar-free) | bravo                 |
| Squash, Summer        | Truffle                              | Cantaloupe            |
| Squash, Winter        | Turnip Greens                        | Cape Gooseberries     |
| Squash, Yellow        | Turnips                              | Carambola             |
| Sugar Beet            | Wasabi Root                          | Cherry                |
| Swede                 | Water Chestnut                       | Clementine            |
| Sweet Potato, Red     | Watercress                           | Cranberry             |
| Sweet Potatoes, White | Wheat Grass (Is Gluten-contaminated) | Cranberry Juice       |
| Swiss Chard           | Yams, Garnett                        | Currant               |
| Tabasco Sauce         | Yams, Japanese                       | Dates                 |
| Taro                  | Yucca                                | Dragon Fruit (Pitaya) |
| Tomatillo             | Zucchini                             | Dried Fruit           |
| Tomato                | Fruits                               | Durian Fruit          |
| Tomato, Cherry        | Acai                                 | Elderberry            |
| Tomato, Heirloom      | alpha                                | Fig                   |
| Tomato, Orange        | Apple (all types)                    | food name             |
| Tomato, Red           | Apricot                              | Goji Berry            |
| Tomato, Roma          | Banana                               | Golden Berry          |
| Tomato, Sun-dried     | Bilberry                             | Gooseberries          |

|                  |                   |                                    |
|------------------|-------------------|------------------------------------|
| Grape            | Mango             | Pomegranate                        |
| Grape, Green     | Mangosteen        | Pomelo                             |
| Grape, Purple    | Maqui             | Prune                              |
| Grape, Red       | Melon, Honeydew   | Quince                             |
| Grape, White     | Monk Fruit (Pure) | Raisin (unsulfured, organic)       |
| Grapefruit       | Mulberry          | Rambutan                           |
| Grapefruit Juice | Nectarines        | Raspberry                          |
| Ground Cherries  | Noni              | Star Fruit                         |
| Guava            | Orange            | Strawberry                         |
| Huckleberry      | Orange, Blood     | Tamarind                           |
| Jack fruit       | Orange Juice      | Tangelo                            |
| Kiwi             | Orange Peel/Rind  | Tangerine                          |
| Kumquat          | Oranges, Mandarin | Watermelon                         |
| Lemon            | Papaya            | Wolfberry                          |
| Lemon Juice      | Passion Fruit     | Youngberry                         |
| Lemon Rind/Peel  | Peach             | <b>Legumes, Pods, &amp; Pulses</b> |
| Lime             | Pear              | Bean, Azuki                        |
| Lime Juice       | Pear, Asian       | Bean, Black                        |
| Loganberry       | Persimmons        | Bean, Butter                       |
| Longan Fruit     | Pineapple         | Bean, Cannellini                   |
| Loquat           | Plantain          | Bean, Chana Dahl                   |
| Lychee           | Plum              | Bean, Chili                        |



|                                   |                                      |                                      |
|-----------------------------------|--------------------------------------|--------------------------------------|
| Bean, Green                       | Pea, Snow                            | Caraway Seed                         |
| Bean, Haricot                     | Pea, Split                           | Cashew Butter                        |
| Bean, Italian                     | Peanut (Organic, Valencia)           | Cashew Meal                          |
| Bean, Kidney                      | Peanut Butter (Organic, Maranatha®)  | Cashews                              |
| Bean, Lima                        | Red Bean Paste                       | Chestnut                             |
| Bean, Mung                        | Soybean oil(must be organic)         | Chia Seed (1/4 cup, max)             |
| Bean, Navy                        | Soy Beans (must be organic)          | Coconut, shredded (raw, unsweetened) |
| Bean, Ninja                       | Vanilla Bean                         | Coconut Butter                       |
| Bean, Pinto/Frijole               | Nuts, Seeds, Drupes & Oils           | Coconut Oil                          |
| Bean, Red                         | Almond                               | Cola Nut (aka Kola Nut)              |
| Bean, White                       | Almond, Marcona                      | Corn Oil                             |
| Chickpea (see also Garbanzo Bean) | Almond Butter (Artisana®)            | Cottonseed/Cottonseed Oil            |
| Coffee Bean, Organic              | Almond Flavor (natural, gluten free) | Duck Fat                             |
| Edamame (must be organic)         | Almond Flour (gluten free)           | Fenugreek Seed                       |
| Fava Bean                         | Almond Meal (gluten free)            | Flax Meal                            |
| Fava Bean Flour                   | Almond Oil                           | Flax Oil                             |
| Garbanzo Bean                     | Annatto Seed                         | Flax Seed                            |
| Garbanzo Flour                    | Avocado Oil                          | Grapeseed Oil, Organic               |
| Kidney Bean                       | Borage Seed Oil                      | Hazelnut/Filbert                     |
| Lentil(s)                         | Brazil Nut                           | Hazelnut Flour                       |
| Miso                              | Canola/Rapeseed Oil                  | Hemp Meal                            |
| Pea, Snap                         | Canola Oil, Non-GMO                  | Hemp Protein (Powder)                |

Hemp Seed

Hydrogenated Oils

Krill Oil

Lard/Tallow (pork)

Macadamia Nut Oil

Macadamia Nuts

MCT Oil

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Peanut Oil (Organic)

Pecan Flour

Pecans

Pepitas

Pili Nuts

Pine Nut

Pistachios

Poppy seeds

Psyllium Husk

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Rice, Wild (Lundberg® - not the blend)

Rice Bran Oil

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sesame Seed Oil

Sesame Seeds

Sesame Seeds, Black

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

Tiger Nuts

Truffle Oil

Truffle Oil, Black

Vegetable Oil

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

Herbs &amp; Spices

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Bell Pepper, Red

Black Cohosh

Capsicum

Caramel Coloring

Caraway Seed

Cardamom

Catnip

Celery Powder

Celery Seed

Chaparral

Chervil

Chili Powder

Chipotle Seasoning

|                    |                                  |   |
|--------------------|----------------------------------|---|
| Cilantro/Coriander | Garlic Salt                      | Mesquite                                |
| Cinnamon           | Ginger Powder                    | Milk Thistle                            |
| Cinnamon, Ceylon   | Ginkgo Biloba                    | Mint                                    |
| Clove Powder       | Ginseng (All Types)              | Mustard (as a Powder)                   |
| Cloves, Madagascar | Goldenseal                       | Mustard Seeds (gluten free)             |
| Cloves, Penang     | Grapefruit Seed Extract          | Nutmeg                                  |
| Comfrey            | Grapeseed Extract                | Olive Leaf Extract                      |
| Cramp Bark Extract | Guarana                          | Onion                                   |
| Cream of Tartar    | Gymnema Silvestre                | Onion Powder                            |
| Cumin              | Herbs De Provence                | Orange Peel/Rind                        |
| Curcumin           | Hickory                          | Orange Salt                             |
| Curry (must be GF) | Himalayan Salt                   | Oregano                                 |
| Dandelion Root     | Jamaican Jerk                    | Paprika                                 |
| Dill               | Juniper Berry                    | Paprika (smoked)                        |
| Dong Quai          | Lavender                         | Parsley                                 |
| Echinacea          | Lemon Balm (Melissa Officinalis) | Pau D'arco                              |
| Fennel             | Lemongrass                       | Pepper, Black (see Garlic/Lemon Pepper) |
| Fennel Seed        | Lemon Pepper                     | Pepper, Cayenne                         |
| Garam Masala       | Licorice Root                    | Pepper, Red                             |
| Garlic             | Maca Root                        | Pepper, Sichuan                         |
| Garlic Pepper      | Mace Spice                       | Pepper, Szechuan                        |
| Garlic Powder      | Marjoram                         | Pepper/Peppercorns                      |

|  |                                |                      |
|--|--------------------------------|----------------------|
| Peppermint                                     | Thyme                          | Flounder             |
| Pine Bark Extract                              | Tomatillo                      | Haddock              |
| Red Chili Paste Thai Kitchen®<br>(gluten free) | Turmeric                       | Hake                 |
| Red Clover                                     | Uva Ursi                       | Halibut              |
| Red Pepper Flake                               | Valerian                       | Herring              |
| Rose Hips                                      | Vanilla (gluten and corn-free) | Krill                |
| Rosemary                                       | Vanilla Bean                   | Lobster              |
| Saffron  | Vanilla Powder                 | Lox                  |
| Sage   | White Willow Bark Extract      | Mackerel             |
| Sassafras                                      | Wintergreen                    | Mahi Mahi            |
| Savory   | Wormwood                       | Mussel               |
| Saw Plametto                                   | Fish & Shellfish               | Octopus              |
| Sesame Seeds                                   | Anchovy                        | Orange Roughy        |
| Sesame Seeds, Black                            | Bass                           | Oyster               |
| Shallots                                       | Catfish                        | Perch                |
| Spearmint                                      | Chilean Sea Bass               | Red Snapper          |
| St. John's Wort                                | Clam                           | Salmon, wild (fresh) |
| Sumac  | Cod/ Cod Liver Oil             | Sardines             |
| Tabasco Sauce                                  | Corvina                        | Scallop              |
| Taco Seasoning                                 | Crab                           | Shrimp               |
| Tamari (Wheat Free)                            | Crab, Immitation               | Sole                 |
| Tarragon                                       | Crayfish                       | Squid                |

Swai

Applegate® organic turkey

Swordfish

Applegate® organic turkey bacon

Tilapia (Wild, Non-farmed)

Beef, Grass-fed only (organic)

Trout

Bison (see also Buffalo)

Tuna

Buffalo (see also Bison)

Walleye Pike

Chicken, free range (organic)

Whitefish/Turbot

Chicken Broth (Imagine® gf/low sodium)

**Meat & Poultry**

Applegate® organic andouille sausage

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic chicken

Applegate® organic chicken/apple sausage

Applegate® organic ham

Applegate® organic herb roasted turkey

Applegate® organic hot dogs

Applegate® organic red pepper sausage

Applegate® organic roast beef

Applegate® organic sausage sweet italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® organic spinach &amp; feta sausage

Collagen Protein (Powder)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Great Lake's® Beef Gelatin

Lamb

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

**Milk-Containing Foods**

Applegate® organic spinach &amp; feta sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Cream

Cheese, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Macheo

Cheese, Marscapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactic Acid (milk-derived)

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Milk Chocolate

Mozzarella Cheese

Sour Cream, Raw and  
Unpasteurized

Whey

Yogurt (See Xanthan Gum)

**Non-Dairy & Eggs**Almond Milk, unsweetened (no  
tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Cheese, Daiya  
(Coconut, Tapioca, yeast, ....)

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,  
Carageenan)Coconut Milk (Native Forest or  
Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture  
Verde®

Egg Whites, Pasture-raised

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or  
Amazon.com)**Gluten-Free Grains**

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Corn (Gluten-free &amp; Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free  
Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour  
(konjacfoods.com)

Hazelnut Flour

Hemp Meal

|   |   |  |
|---|---|--|
| Hemp Protein (Powder)                     | Rice, Red (gluten free)                           | Tortilla, Siete Cassava & Coconut      |
| Hemp Seed                                 | Rice, White (gluten free)                         | Tortilla, Siete Chia & Cassava         |
| Julian Bakery Almond Bread                | Rice, Wild (Lundberg® - not the blend)            | Udi's Millet-Chia Bread                |
| Julian Bakery Coconut Bread               | Rice Bran   | Udi's White Sandwich Bread             |
| Konjac Glucomannon Flour                  | Rice Flour (gluten free)                          | Udi's Whole Grain Bread                |
| Mikey's Original English Muffin           | Rice Protein Powder (gluten free)                 | Gluten-Containing Foods                |
| Mikey's Pizza crust                       | Simple Mills - Everything Sprouted Seed Cracker   | Allulose                               |
| Mikey's Sliced Bread Loaf                 | Simple Mills Cracked Black Pepper Almond Crackers | Avenin                                 |
| Millet                                    | Simple Mills Ground Sea Salt Almond Crackers      | Barley                                 |
| Oats (Bob's Red Mill Gluten Free Version) | Simple Mills Rosemary & Sea Salt Crackers         | Barley Grass (can have gluten)         |
| Oats (Certified GF)                       | Simple Mills Tomato & Basil Almond Crackers       | Barley Greens (may contain gluten)     |
| Potato Flour (gluten free)                | Sorghum   | Barley Juice (may contain gluten)      |
| Potato Starch (gluten free)               | Sunflower Seed Flour                              | Beer                                   |
| ProGranola (Julian Bakery)                | Sweet Potato Flour (gluten free)                  | Bran                                   |
| Quinoa (gluten free)                      | Tapioca   | Bread                                  |
| Quinoa, Black (gluten free)               | Tapioca Flour (gluten free)                       | Brown Rice Syrup (contains MSG/Gluten) |
| Quinoa, Red (gluten free)                 | Tapioca Starch (gluten free)                      | Caramel Coloring                       |
| Rice, Basmati (gluten free)               | Teff  | Cheese, Bleu                           |
| Rice, Black (gluten free)                 | Teff Flour  | Chewing Gum (has gluten and corn)      |
| Rice, Brown (gluten free)                 | Tolerant Green Lentil & Pea Pasta                 | Coffee, Instant (has gluten)           |
| Rice, Japonica (gluten free)              | Tolerant Red or Green Lentil Pasta                | Couscous                               |
| Rice, Purple (gluten free)                | Tortilla, Siete Almond                            | Crab, Immitation                       |

|  |   |   |
|--|---|---|
| Durum Wheat                              | Teechino                                  | Corn Oil                                |
| Egyptian Wheat                           | Teriyaki Sauce                            | Corn Starch (gluten free)               |
| Farro                                    | Triticale                                 | Corn Syrup                              |
| Gliadin                                  | Vinegar                                   | Erythritol (non-GMO)                    |
| Gluten                                   | Vinegar, Malt                             | Fructose                                |
| Graham (wheat)                           | Vinegar, White                            | GemWraps®, Sandwich Wrap (Carrot)       |
| Kamut                                    | Vodka, Rye or Grain                       | Hydrogenated Oils                       |
| Liquid Smoke (can have gluten)           | Wheat (All Types)                         | Lactic Acid (corn-derived)              |
| Malt                                     | Wheat Germ                                | Maize                                   |
| Maltitol                                 | Wheat Grass (Is Gluten-contaminated)      | Maltitol                                |
| Maltodextrin (Barley-derived)            | <b>Corn-Derived Foods</b>                 | Maltodextrin (Corn-based, non-GMO)      |
| Miso                                     | Barbeque Sauce, GF Annie's® Sweet & Spicy | Modified Food Starch                    |
| Modified Food Starch                     | Cheese, Cream                             | Sriracha Sauce Organicville gluten-free |
| Oats                                     | Cheese, Daiya (Coconut,Tapioca,yeast,...) | Swerve® Sweetener                       |
| Oats, GF (not Certified) can have gluten | Cheese, Soy (Organic) (see Soy)           | Vodka, Corn                             |
| Orzo                                     | Chewing Gum (has gluten and corn)         | Xanthan Gum                             |
| Panko                                    | Citric Acid (can be corn-derived)         | Yogurt (See Xanthan Gum)                |
| Polish Wheat                             | Corn (Gluten-free & Non-GMO)              |   |
| Rye                                      | Corn, Blue                                |   |
| Semolina                                 | Corn, White                               |   |
| Soy Sauce                                | Corn Gluten                               |   |
| Spelt                                    | Corn Meal (gluten free)                   |   |



## Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's® Sweet & Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Distilled White Vinegar

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

Horseradish Mustard, Gluten-free (Annie's®)

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai Kitchen® (gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (Bubbies® Brand only)

Sherry Vinegar

Sour Cream, Raw and Unpasteurized

Soy Sauce

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Teriyaki Sauce

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

Vegetable Shortening (Spectrum®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The Wizard's® GF)

## Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Rice Syrup (contains MSG/Gluten)

Brown Sugar

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Coconut Sugar

Corn Syrup

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

Malt

Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based,  
non-GMO)

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber  
Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

NutraSweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Sweetener

Tapioca Dextrose

Tapioca Syrup

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

## Beverages &amp; Protein Powders

Almond Milk, unsweetened (no  
tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

Cocoa

Coconut Kefir (No Tapioca,  
Carageenan)Coconut Milk (Native Forest or  
Natural Value)

Coconut Water (low sugar)

Coffee (Brewed and Not Instant)

Coffee, Instant (has gluten)

Coffee Bean, Organic

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Great Lake's® Beef Gelatin

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lactoalbumin

|                                   |                                     |   |
|-----------------------------------|-------------------------------------|---|
| Lemon Juice                       | Tea, Oolong                         | Chicken Broth (Imagine® gf/low sodium)    |
| Licorice Tea                      | Tea, Ramon                          | Cocoa                                     |
| Lime Juice                        | Tea, Roobios                        | Collagen Protein (Powder)                 |
| Milk, Buffalo                     | Tea, Unflavored                     | GemWraps®, Sandwich Wrap (Carrot)         |
| Milk, Cow                         | Tea, White                          | GemWraps®, Sandwich Wrap (Kale-Apple)     |
| Milk, Goat                        | Teechino                            | GemWraps®, Sandwich Wrap (Mango/Chipotle) |
| Milk, Rice                        | Vodka, Corn                         | GemWraps®, Sandwich Wrap (Tomato)         |
| Milk, Sheep                       | Vodka, Potato                       | Great Lake's® Beef Gelatin                |
| Milk, Soy (Organic)               | Vodka, Rye or Grain                 | Hops                                      |
| Mineral Water                     | Water                               | Julian Bakery Paleo Wraps                 |
| Orange Juice                      | Whey                                | Latex                                     |
| Pea Protein                       | Wine, Red                           | Lycopene                                  |
| Rice Protein Powder (gluten free) | Wine, White (Champagne)             | Modified Food Starch                      |
| Soy Milk/Soy Cheese (Organic)     | Yerba Matte Tea (Organic/Pure)      | Modified Food Starch (Tapioca-based)      |
| Soy Protein (Organic)             | Zevia Drinks                        | Pycnogenol                                |
| Sparkling Water, unflavored       | Miscellaneous                       | Red Tomato Paste (gluten free)            |
| Tea, Black                        | Antimony                            | Resveratrol                               |
| Tea, Chamomile                    | Baking Powder                       | Rice Starch (if certified gluten free)    |
| Tea, Chicory Root                 | Baking Soda (Arm & Hammer®)         | Silver                                    |
| Tea, Green                        | Beef broth (Imagine® low sodium/GF) | Tobacco                                   |
| Tea, Hibiscus                     | Bone Broth, Beef                    | Tofu (Organic)                            |
| Tea, Komboucha                    | Cacao (Raw, Pure, & Unsweetened)    | Vegetable broth (Imagine® Low Sodium)     |

|   |                                  | new food cat |           |
|---|----------------------------------|--------------|-----------|
| Yeast, Baker's                                    | Guar Gum                         |              | alpha     |
| Yeast, Brewer's                                   | Inulin                           |              | bravo     |
| Yeast, Nutritional                                | Lactic Acid (beet-derived)       |              | food name |
| Snacks  | Lactic Acid (corn-derived)       |              |           |
| Apple Sauce                                       | Lactic Acid (milk-derived)       |              |           |
| Chewing Gum (has gluten and corn)                 | Locust Bean Gum                  |              |           |
| Chewing Gum, Xylichew®                            | Maltodextrin (Barley-derived)    |              |           |
| Dates   | MSG/MonosodiumGlutamate          |              |           |
| Simple Mills Chocolate Chip Cookies               | Palm Wax                         |              |           |
| Simple Mills Cracked Black Pepper Almond Crackers | Pea Protein Isolate              |              |           |
| Skinny Crisps® (Plain Jane)                       | Pea Starch                       |              |           |
| Food Additives                                    | Potato Protein                   |              |           |
| Acacia Gum  | Red Food Dye                     |              |           |
| Agar Gum  | Sodium Alginate                  |              |           |
| Annatto Coloring                                  | Tragacanth Gum                   |              |           |
| Arabic Gum  | Tricalcium Phosphate             |              |           |
| Asafoetida Powder                                 | Vegan Enzyme                     |              |           |
| Blue Food Dye                                     | Vegan Natural Flavors (no MSG)   |              |           |
| Carrageenan Gum                                   | Vegan Natural Flavors (with MSG) |              |           |
| Chicory Root                                      | Xanthan Gum                      |              |           |
| Citric Acid (can be corn-derived)                 |                                  |              |           |
| Formaldehyde                                      |                                  |              |           |