

Table of Contents

| Title | Page |
|---|-------------|
| 1. Foods that are now ok to have | 2 |
| 2. Foods that we are waiting for you to experiment with | 8 |
| 3. Foods that you can have occasionally | 9 |
| 4. Foods that will be in your diet at some point | 11 |
| 5. Foods that have been removed from your diet | 18 |
| 6. Complete Comprehensive List | 20 |

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

Vegetables

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

Turnip Greens

Lemon Rind/Peel

Wasabi Root

Lime

Water Chestnut

Lime Juice

Watercress

Loganberry

Fruits

Longan Fruit

Acai

Loquat

alpha

Lychee

Apricot

Maqui

Bilberry

Mulberry

Blackberry

Nectarines

Blueberry

Noni

Boysenberry

Passion Fruit

bravo

Pear

Carambola

Pear, Asian

Cherry

Plum

Dragon Fruit (Pitaya)

Pomegranate

Elderberry

Rambutan

food name

Raspberry

Golden Berry

Star Fruit

Grapefruit

Youngberry

Huckleberry

Lemon

Lemon Juice

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 & Spices

Allspice

Anise

Astragalus

Basil

Bay Leaf

Black Cohosh

Caraway Seed

Cardamom

Catnip

Celery Powder

Celery Seed

Chaparral

Chervil

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon

Clove Powder

Cloves, Madagascar

Cloves, Penang

Comfrey

Cramp Bark Extract

Cream of Tartar

Cumin

Curcumin

Curry (must be GF)

Dandelion Root

Dill

Dong Quai

Echinacea

Fennel

Fennel Seed

Ginger Powder

Ginkgo Biloba

Ginseng (All Types)

Goldenseal

Grapefruit Seed Extract

Gymnema Silvestre

Herbs De Provence

Hickory

Himalayan Salt

Juniper Berry

Lavender

Lemon Balm (Melissa Officinalis)

Lemongrass

Lemon Pepper

Maca Root

Mace Spice

Marjoram

Milk Thistle

Mint

Mustard (as a Powder)

Mustard Seeds (gluten free)

Nutmeg

Olive Leaf Extract

Onion

Onion Powder

Oregano

Parsley

Pau D'arco

Pepper, Black (see Garlic/Lemon Pepper)

Pepper/Peppercorns

Peppermint

Pine Bark Extract

Rose Hips

Rosemary

Saffron

Sage

Sassafras

Savory

Saw Plametto

Shallots

Spearmint

St. John's Wort

Sumac

Tarragon

Thyme

Turmeric

Uva Ursi

Valerian

Vanilla Bean

Vanilla Powder

White Willow Bark Extract

Wintergreen

Wormwood

Fish & Shellfish

Bass

Chilean Sea Bass

Corvina

Flounder

Haddock

Hake

Halibut

Herring

Lox

Mackerel

Mahi Mahi

Octopus

Perch

Red Snapper

Salmon, wild (fresh)

Sardines

Sole

Swai

Swordfish

Tilapia (Wild, Non-farmed)

Trout

Walleye Pike

Whitefish/Turbot

Meat & Poultry

Applegate® organic black forest ham

Applegate® organic ham

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Lamb

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Venison (see also Deer)

Milk-Containing Foods**Non-Dairy & Eggs**

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Egg Whites, Pasture-raised**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

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Coconut Water (low sugar)

Echinacea Tea

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 & Hammer®)

Cacao (Raw, Pure, & Unsweetened)

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**Fruits****Legumes, Pods, & Pulses****Nuts, Seeds, Drupes & Oils**

Borage Seed Oil

Flax Meal

Flax Oil

Flax Seed

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Macadamia Nut Oil

Macadamia Nuts

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

Herbs & Spices**Fish & Shellfish****Meat & Poultry****Milk-Containing Foods****Non-Dairy & Eggs****Gluten-Free Grains**

Amaranth

Flax Meal

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Sunflower Seed Flour

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

Earth Balance® Coconut Spread

Vegetable Shortening (Spectrum®)

Sweeteners**Beverages & Protein Powders**

Hemp Protein (Powder)

Miscellaneous**Snacks****Food Additives**

new food cat

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

Vegetables

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Capsicum

Chayote

Cucumber

Eggplant

Okra

Paprika

Pepper, Anaheim

Pepper, Cayenne

Pepper, Chili

Pepper, Green

Pepper, Habanero

Pepper, Jalapeño

Pepper, Poblano

Pepper, Red

Pepper, Serrano

Pepper, Tabasco

Pimento

Pumpkin

Pumpkin Powder

Red Pepper Flake

Rhubarb

Taro

Zucchini

Fruits

Goji Berry

Gooseberries

Wolfberry

Legumes, Pods, & Pulses

Coffee Bean, Organic

Nuts, Seeds, Drupes & Oils

Cola Nut (aka Kola Nut)

Pepitas

Pili Nuts

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Sacha Inchi Seeds

Tea, Ramon

Tiger Nuts

Herbs & Spices

Ashwaganda

Bell Pepper, Red

Capsicum

Chili Powder

Chipotle Seasoning

Jamaican Jerk

Paprika

Paprika (smoked)

Pepper, Cayenne

Pepper, Red

Pepper, Sichuan

Pepper, Szechuan

Red Clover

Red Pepper Flake

Vanilla (gluten and corn-free)

Fish & Shellfish**Meat & Poultry****Milk-Containing Foods****Non-Dairy & Eggs****Gluten-Free Grains****Gluten-Containing Foods****Corn-Derived Foods****Condiments, Spreads & Sauces**

Carob

Cocoa Butter

Sweeteners

Just Like Sugar®

Beverages & Protein Powders

Coffee (Brewed and Not Instant)

Coffee Bean, Organic

Tea, Ramon

Miscellaneous

Tobacco

Snacks**Food Additives**

Arabic Gum

Asafoetida Powder

Tragacanth Gum

new food cat

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

Alfalfa Sprouts

Bean, Green

Beet

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Cassava (see Tapioca and Yucca)

Kelp/Dulse

Kombu

Nori

Oat Grass (Not For Gluten Sensitive)

Parsnip

Pea, Black-Eyed

Pea, Green

Pea, Snap

Pea, Snow

Pea, Split

Pea Protein

Pickles, Bubbies® brand only

Potato, Fingerling

Potato, Purple

Potato, Red

Potato, Russet

Potato, Sweet

Potato, White

Potato, Yukon Gold

Psyllium Husk

Sea Vegetables

Seaweed

Spirulina

Squash

Squash, Acorn

Squash, Butternut

Squash, Green

Squash, Spaghetti

Squash, Summer

Squash, Winter

Squash, Yellow

Sugar Beet

Sweet Potato, Red

Sweet Potatoes, White

Tabasco Sauce

Tomatillo
Tomato
Tomato, Cherry
Tomato, Heirloom
Tomato, Orange
Tomato, Red
Tomato, Roma
Tomato, Sun-dried
Tomato, Yellow
Tomatoes, Big Beef
Tomato Paste (gluten & Vinegar-free)
Tomato Sauce (gluten & Vinegar-free)

Truffle

Turnips

Yams, Garnett

Yams, Japanese

Yucca

Fruits

Banana

Cantaloupe

Cape Gooseberries

Clementine

Cranberry

Cranberry Juice

Currant

Dates

Dried Fruit

Durian Fruit

Fig

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit Juice

Ground Cherries

Guava

Jack fruit

Kiwi

Kumquat

Mango

Mangosteen

Melon, Honeydew

Monk Fruit (Pure)

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Oranges, Mandarin

Papaya

Persimmons

Pineapple

Plantain

Pomelo

Prune

Quince

Raisin (unsulfured, organic)

Strawberry

Tamarind

Tangelo

Tangerine

Watermelon

Legumes, Pods, & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

Bean, Haricot

Bean, Italian

Bean, Kidney

Bean, Lima

Bean, Mung

Bean, Navy

Bean, Ninja

Bean, Pinto/Frijole

Bean, Red

Bean, White

Chickpea (see also Garbanzo Bean)

Edamame (must be organic)

Fava Bean

Fava Bean Flour

| | | |
|-------------------------------------|---|---------------------|
| Garbanzo Bean | Pecans | Taco Seasoning |
| Garbanzo Flour | Psyllium Husk | Tamari (Wheat Free) |
| Kidney Bean | Rice, Wild (Lundberg® - not the blend) | Tomatillo |
| Lentil(s) | Rice Bran Oil | Fish & Shellfish |
| Pea, Snap | Safflower/Safflower Seed Oil | Anchovy |
| Pea, Snow | Sesame Seed Oil | Catfish |
| Pea, Split | Sesame Seeds | Clam |
| Peanut (Organic, Valencia) | Sesame Seeds, Black | Cod/ Cod Liver Oil |
| Peanut Butter (Organic, Maranatha®) | Truffle Oil | Crab |
| Red Bean Paste | Truffle Oil, Black | Crayfish |
| Soybean oil(must be organic) | Herbs & Spices | Krill |
| Soy Beans (must be organic) | Garam Masala | Mussel |
| Nuts, Seeds, Drupes & Oils | Grapeseed Extract | Orange Roughy |
| Canola/Rapeseed Oil | Guarana | Oyster |
| Canola Oil, Non-GMO | Licorice Root | Scallop |
| Chia Seed (1/4 cup, max) | Mesquite | Shrimp |
| Cottonseed/Cottonseed Oil | Orange Peel/Rind | Squid |
| Fenugreek Seed | Orange Salt | Tuna |
| Grapeseed Oil, Organic | Red Chili Paste Thai Kitchen® (gluten free) | |
| Krill Oil | Sesame Seeds | |
| Peanut Oil (Organic) | Sesame Seeds, Black | |
| Pecan Flour | Tabasco Sauce | |

Meat & Poultry

Applegate® organic andouille sausage

Applegate® organic bacon

Applegate® organic chicken

Applegate® organic chicken/apple sausage

Applegate® organic herb roasted turkey

Applegate® organic hot dogs

Applegate® organic red pepper sausage

Applegate® organic sausage sweet italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® organic spinach & feta sausage

Applegate® organic turkey

Applegate® organic turkey bacon

Chicken Broth (Imagine® gf/low sodium)

Milk-Containing Foods

Applegate® organic spinach & feta sausage

Non-Dairy & Eggs

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture Verde®

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or Amazon.com)

Gluten-Free Grains

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

Garbanzo Flour

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)

ProGranola (Julian Bakery)

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)

Rice Protein Powder (gluten free)

Simple Mills - Everything Sprouted Seed Cracker

Simple Mills Cracked Black Pepper Almond Crackers

Simple Mills Ground Sea Salt Almond Crackers

Simple Mills Rosemary & Sea Salt Crackers

Simple Mills Tomato & Basil Almond Crackers

Sorghum

Sweet Potato Flour (gluten free)

| | | |
|--|---|--|
| Tapioca | Earth Balance® Avocado Oil Butter Spread | Sweeteners |
| Tapioca Flour (gluten free) | Harissa | Agave Nectar |
| Tapioca Starch (gluten free) | Hummus | Aspartame |
| Teff | Ketchup (Organicville) | BodyPro Almond Mayo Grade A Maple Syrup |
| Teff Flour | Kosher Salt | Brown Sugar |
| Tolerant Green Lentil & Pea Pasta | Liquid Aminos (Braggs®)(has Soy) | Cane Syrup |
| Tolerant Red or Green Lentil Pasta | Mayonnaise, Primal Kitchen Avocado Oil | Chocolate, Dark |
| Tortilla, Siete Chia & Cassava | Mayonnaise, Primal Kitchen Chipotle Avocado Oil | Coconut Palm Sugar |
| Gluten-Containing Foods | Red Bean Paste | Coconut Sugar |
| Teechino | Red Chili Paste Thai Kitchen® (gluten free) | Date Sugar |
| Corn-Derived Foods | Red Tomato Paste (gluten free) | Fruit Pectin |
| Barbeque Sauce, GF Annie's® Sweet & Spicy | Tabasco Sauce | Honey, (Organic) |
| Condiments, Spreads & Sauces | Tamari (Wheat Free) | Honey, Manuka |
| Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | Tomato Paste (gluten & Vinegar-free) | Honey, Wildflower from Mahava® |
| Barbeque Sauce, GF Annie's® Sweet & Spicy | Tomato Sauce (gluten & Vinegar-free) | Maltodextrin (Tapioca-based) |
| BodyPro Almond Mayo Grade A Maple Syrup | Veganise Soy-free (Follow Your Heart®) | Maple Sugar |
| BodyPro Almond Mayo with Yacon Syrup | Vinegar, Beet | Maple Syrup (Grade A Dark Amber Organic) |
| BodyPro Avocado Oil Mayonnaise | Vinegar, Distilled | Molasses |
| Coconut Vinegar (Coconut Secret) | | Monk Fruit (Pure) |
| Distilled White Vinegar | | Monk Fruit Extract |
| Dressing, Primal Kitchen Greek Avocado Oil | | Nutrasweet® |
| Dressing, Primal Kitchen Honey Mustard | | Sorbitol |
| | | Splenda |

| | | |
|--|---|---|
| Sucanat | Tea, Unflavored | Snacks |
| Sucralose | Teechino | Apple Sauce |
| Sugar Beet | Vodka, Potato | Chewing Gum, XylicheW® |
| Sugar Cane | Miscellaneous | Dates |
| Tapioca Dextrose | Antimony | Simple Mills Chocolate Chip Cookies |
| Tapioca Syrup | Beef broth (Imagine® low sodium/GF) | Simple Mills Cracked Black Pepper Almond Crackers |
| Xyla (Birchwood Xylitol) | Chicken Broth (Imagine® gf/low sodium) | Skinny Crisps® (Plain Jane) |
| Yacon Syrup | Cocoa | Food Additives |
| Beverages & Protein Powders | GemWraps®, Sandwich Wrap (Kale-Apple) | Acacia Gum |
| Apple Cider | GemWraps®, Sandwich Wrap (Mango/Chipotle) | Agar Gum |
| Apple Juice | GemWraps®, Sandwich Wrap (Tomato) | Blue Food Dye |
| Carrot Juice | Julian Bakery Paleo Wraps | Carrageenan Gum |
| Cocoa | Modified Food Starch (Tapioca-based) | Formaldehyde |
| Grapefruit Juice | Pycnogenol | Guar Gum |
| Licorice Tea | Red Tomato Paste (gluten free) | Lactic Acid (beet-derived) |
| Milk, Rice | Resveratrol | Locust Bean Gum |
| Milk, Soy (Organic) | Rice Starch (if certified gluten free) | MSG/MonosodiumGlutamate |
| Orange Juice | Tofu (Organic) | Pea Protein Isolate |
| Pea Protein | Vegetable broth (Imagine® Low Sodium) | Pea Starch |
| Rice Protein Powder (gluten free) | Yeast, Brewer's | Potato Protein |
| Soy Milk/Soy Cheese (Organic) | | Red Food Dye |
| Soy Protein (Organic) | | Sodium Alginate |
| | | Vegan Natural Flavors (with MSG) |

new food cat

These are the foods that have been removed from your diet

Vegetables

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Garlic

Fruits

Apple (all types)

Peach

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

Corn Oil

Hydrogenated Oils

Vegetable Oil

Herbs & Spices

Almond Flavor (natural, gluten free)

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Fish & Shellfish**Meat & Poultry**

Applegate® organic roast beef

Beef, Grass-fed only (organic)

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Veal (organic)

Milk-Containing Foods

Cheese, Cream

Yogurt (See Xanthan Gum)

Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

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

Cheese, Soy (Organic) (see Soy)

Gluten-Free Grains

Almond Flour (gluten free)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

Udi's Millet-Chia Bread

Udi's White Sandwich Bread

Udi's Whole Grain Bread

Gluten-Containing Foods

Chewing Gum (has gluten and corn)

Maltitol

Modified Food Starch

Corn-Derived Foods

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Citric Acid (can be corn-derived)

Corn (Gluten-free & Non-GMO)

| | | |
|---|---|-----------------------------------|
| Corn, Blue | Condiments, Spreads & Sauces | Miscellaneous |
| Corn, White | Apple Cider Vinegar (Bragg's®) | Baking Powder |
| Corn Gluten | Daiya - Medium Cheddar Block | Bone Broth, Beef |
| Corn Meal (gluten free) | Horseradish Mustard, Gluten-free (Annie's®) | Collagen Protein (Powder) |
| Corn Oil | Mustard, Brown (Eden® gf mustard) | GemWraps®, Sandwich Wrap (Carrot) |
| Corn Starch (gluten free) | Sriracha Sauce Organicville gluten-free | Great Lake's® Beef Gelatin |
| Corn Syrup | Worcestershire Sauce (The Wizard's® GF) | Modified Food Starch |
| Erythritol (non-GMO) | Sweeteners | Snacks |
| Fructose | Corn Syrup | Chewing Gum (has gluten and corn) |
| GemWraps®, Sandwich Wrap (Carrot) | Erythritol (non-GMO) | Food Additives |
| Hydrogenated Oils | Fructose | Citric Acid (can be corn-derived) |
| Lactic Acid (corn-derived) | Maltitol | Lactic Acid (corn-derived) |
| Maize | Maltodextrin (Corn-based, non-GMO) | Xanthan Gum |
| Maltitol | Swerve® Sweetener | new food cat |
| Maltodextrin (Corn-based, non-GMO) | Xylitol | |
| Modified Food Starch | Beverages & Protein Powders | |
| Sriracha Sauce Organicville gluten-free | Almond Milk, unsweetened (no tapioca) | |
| Swerve® Sweetener | Bone Broth Protein, Beef | |
| Vodka, Corn | Collagen Protein (Powder) | |
| Xanthan Gum | Great Lake's® Beef Gelatin | |
| Yogurt (See Xanthan Gum) | Vodka, Corn | |

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 & 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 |

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|-----------------------|--------------------------------------|-----------------------|
| 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 | Legumes, Pods, & Pulses |
| 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 & 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 |

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|--|--------------------------------|----------------------|
| Peppermint | Thyme | Flounder |
| Pine Bark Extract | Tomatillo | Haddock |
| Red Chili Paste Thai Kitchen® (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**Collagen Protein (Powder)**

Applegate® organic andouille sausage

Deer (see also Venison)

Applegate® organic bacon

Duck

Applegate® organic black forest ham

Goat, Grass-fed only (organic)

Applegate® organic chicken

Great Lake's® Beef Gelatin

Applegate® organic chicken/apple sausage

Lamb

Applegate® organic ham

Ostrich

Applegate® organic herb roasted turkey

Pheasant

Applegate® organic hot dogs

Pork, (organic)

Applegate® organic red pepper sausage

Quail

Applegate® organic roast beef

Rabbit

Applegate® organic sausage sweet italian

Turkey (organic)

Applegate® organic smoked chicken breast

Veal (organic)

Applegate® organic smoked turkey breast

Venison (see also Deer)

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, Macheo

Cheese, Marscapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

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|--------------------------------|
| 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 |

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| 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) |

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|-------------------------------------|
| 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 & 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 |

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|---|---|--|
| 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 |

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|--|---|---|
| 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) | Corn-Derived Foods | 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 & 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