

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean Sprout

Bean, Green

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bok Choy

Broccoli

Broccoli Rabe

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot Juice

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kelp/Dulse

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

Squash, Green

Squash, Spaghetti

Squash, Summer

Squash, Winter

Squash, Yellow

Sugar Beet

Sweet Potato, Red

Sweet Potatoes, White

Swiss Chard

Tomatillo

Tomato

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Tomato, Cherry

Tomato, Heirloom

Tomato, Orange

Tomato, Red

Tomato, Roma

Tomato, Sun-dried

Tomato, Yellow

Tomatoes, Big Beef

Truffle

Turnip Greens

Turnips

Water Chestnut

Watercress

Wheat Grass (Is
Gluten-contaminated)

Yams, Garnett

Yams, Japanese

Yucca

Zucchini

Fruits

Acai

Apple (all types)

Apricot

Banana

Bilberry

Blackberry

Blueberry

Boysenberry

Cantaloupe

Cherry

Clementine

Cranberry

Cranberry Juice

Currant

Dates

Dragon Fruit (Pitaya)

Dried Fruit

Elderberry

Fig

Goji Berry

Golden Berry

Gooseberry

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit

Grapefruit Juice

Guava

Huckleberry

Jack fruit

Kiwi

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|---------------------|------------------------------|---------------------------------------|
| Kumquat | Passion Fruit | Youngberry |
| Lemon | Peach | |
| Lemon Juice | Pear | Nuts, Seeds, Drupes & Oils |
| Lemon Rind/Peel | Pear, Asian | Almond |
| Lime | Persimmons | Almond Butter (Artisana®) |
| Lime Juice | Pineapple | Almond Flavor (natural, gluten free) |
| Litchi (aka Lychee) | Plantain | Almond Flour (gluten free) |
| Loganberry | Plum | Almond Meal (gluten free) |
| Loquat | Pomegranate | Almond, Marcona |
| Mango | Pomelo | Annatto Seed |
| Mangosteen | Prune | Avocado Oil |
| Maqui | Quince | Brazil Nut |
| Melon, Honeydew | Raisin (unsulfured, organic) | Canola/Rapeseed Oil |
| Monk Fruit (Pure) | Raspberry | Caraway Seed |
| Mulberry | Star Fruit | Cashew Butter |
| Nectarines | Strawberry | Cashew Meal |
| Noni | Tamarind | Cashews |
| Orange | Tangelo | Chestnut |
| Orange Juice | Tangerine | Chia Seed (1/4 cup, max) |
| Orange Peel/Rind | Vinegar, Red Wine | Coconut Butter |
| Orange, Blood | Watermelon | Coconut Oil |
| Papaya | Wolfberry | Coconut, shredded (raw, unsweetened) |

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| Cola Nut (aka Kola Nut) | Pine Nut | Vegetable Shortening (Spectrum®) |
| Corn Oil | Pistachios | Walnut Oil |
| Cottonseed/Cottonseed Oil | Poppy seeds | Walnuts |
| Flax Meal | Psyllium Husk | Walnuts, Black |
| Flax Oil | Pumpkin Oil | |
| Flax Seed | Pumpkin Seed Oil | Fish & Shellfish |
| Grapeseed Oil, Organic | Pumpkin Seeds | Anchovy |
| Hazelnut Flour | Ramon Seeds | Bass |
| Hazelnut/Filbert | Rice, Wild (Lundberg® - not the blend) | Catfish |
| Hemp Meal | Sacha Inchi Seeds | Chilean Sea Bass |
| Hemp Protein (Powder) | Safflower/Safflower Seed Oil | Clam |
| Hemp Seed | Sesame Seed Oil | Cod/ Cod Liver Oil |
| Hydrogenated Oils | Sesame Seeds | Corvina |
| Macadamia Nut Oil | Sesame Seeds, Black | Crab |
| Macadamia Nuts | Sunflower Seed Butter | Crab, Immitation |
| Olive Leaf Extract | Sunflower Seed Lecithin | Crayfish |
| Olive Oil, Virgin | Sunflower Seed Oil | Flounder |
| Palm Kernel Oil | Sunflower Seeds | Haddock |
| Pecan Flour | Tahini | Hake |
| Pecans | Tea, Ramon | Halibut |
| Pepitas | Tiger Nuts | Herring |
| Pili Nuts | Vegetable Oil | Lobster |

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| Mackerel | Meat & Poultry | Collagen Protein (Powder) |
| Mahi Mahi | Applegate® organic andouille sausage | Deer (see also Venison) |
| Mussel | Applegate® organic bacon | Duck |
| Octopus | Applegate® organic black forest ham | Goat, Grass-fed only (organic) |
| Orange Roughy | Applegate® organic chicken | Great Lake's® Beef Gelatin |
| Oyster | Applegate® organic chicken/apple sausage | Lamb |
| Perch | Applegate® organic ham | Lard (pork) |
| Red Snapper | Applegate® organic herb roasted turkey | Ostrich |
| Salmon, wild (fresh) | Applegate® organic hot dogs | Pheasant |
| Sardines | Applegate® organic red pepper sausage | Pork, (organic) |
| Scallop | Applegate® organic roast beef | Quail |
| Shrimp | Applegate® organic sausage sweet italian | Rabbit |
| Sole | Applegate® organic smoked chicken breast | Turkey (organic) |
| Squid | Applegate® organic smoked turkey breast | Veal (organic) |
| Swai | Applegate® organic spinach & feta sausage | Venison (see also Deer) |
| Swordfish | Applegate® organic turkey | |
| Tilapia (Wild, Non-farmed) | Applegate® organic turkey bacon | Non-Dairy & Eggs |
| Trout | Beef, Grass-fed only (organic) | Almond Milk, unsweetened (no tapioca) |
| Tuna | Bison (see also Buffalo) | Almond Yogurt, unsweetened |
| Walleye Pike | Buffalo (see also Bison) | BodyPro Avocado Oil Mayonnaise |
| Whitefish/Turbot | Chicken Broth (Imagine® gt/low sodium) | Cheese, Daiya (Coconut, Tapioca, yeast, Å....) |
| | Chicken, free range (organic) | Cheese, Soy (Organic) (see Soy) |

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| Coconut Kefir (No Tapioca, Carageenan) | Coconut Vinegar (Coconut Secret) | Sherry Vinegar |
| Coconut Milk(Native Forest or Natural Value) | Cream, Raw and Unpasteurized | Sour Cream, Raw and Unpasteurized |
| Egg, Pasture-raised (from a farmer) | Dressing, Primal Kitchen Greek Avocado Oil | Soy Sauce |
| Egg, Vital Farms® or Pasture Verde® | Dressing, Primal Kitchen Honey Mustard | Sriracha Sauce Organicville gluten-free |
| Egg, Whites, Pasture-raised | Earth Balance® Avocado Oil Butter Spread | Tabasco Sauce |
| Egg, Yolks Pasture-raised | Earth Balance® Coconut Spread | Tamari (Wheat Free) |
| Milk, Soy (Organic) | Harissa | Teriyaki Sauce |
| Paleo Cheese (Julianbakery.com or Amazon.com) | Horseradish Sauce, Gluten-free (Annie's®) | Tomato Paste (gluten & Vinegar-free) |
| | Hummus | Tomato Sauce (gluten & Vinegar-free) |
| Condiments, Spreads & Sauces | Ketchup (Organicville) | Ume Plum Vinegar |
| Apple Cider Vinegar (Bragg's®) | Liquid Aminos (Bragg's®)(has Soy) | Veganise Soy-free (Follow Your Heart®) |
| Balsamic Vinegar (w/ Caramel or Red Wine Vinegar) | Liquid Smoke (can have gluten) | Vegetable Shortening (Spectrum®) |
| Balsamic Vinegar (with Red Wine Vinegar) | Liquid Smoke gluten free (natural) | Vinegar |
| Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | Mayonnaise | Vinegar, Beet |
| Barbeque Sauce, GF Annie's® Sweet & Spicy | Mayonnaise, Primal Kitchen Avocado Oil | Vinegar, Distilled |
| BodyPro Almond Mayo Grade A Maple Syrup | Mayonnaise, Primal Kitchen Chipotle Avocado Oil | Vinegar, Malt |
| BodyPro Almond Mayo with Yacon Syrup | Mustard, Brown (Eden® gf mustard) | Vinegar, Red Wine |
| BodyPro Avocado Oil Mayonnaise | Olives (without vinegar) | Vinegar, Rice |
| Carob | Red Bean Paste | Vinegar, White |
| Cocoa Butter | Red Chili Paste Thai Kitchen® (gluten free) | Vinegar, White Wine |
| Coconut Aminos® | Red Tomato Paste (gluten free) | White/Distilled Vinegar |
| Coconut Cream | Sauerkraut (Bubbies® Brand only) | Worcestershire Sauce (The Wizard's® GF) |

Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A
Maple SyrupBrown Rice Syrup (contains
MSG/Gluten)

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Coconut Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

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

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

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

Celery Powder

Chicory Root

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon

Cloves

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

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| Sage | Milk-Containing Foods | Cheese, Pecorino |
| Saw Plametto | Applegate® organic spinach & feta sausage | Cheese, Provolone |
| Sesame Seeds | Butter, Raw and Pasture-raised | Cheese, Raw and Pasture-raised |
| Sesame Seeds, Black | Buttermilk | Cheese, Ricotta |
| Shallots | Casein | Cheese, Romano |
| Spearmint | Cheese, American | Cheese, Sheep |
| St. John's Wort | Cheese, Asiago | Cheese, String (Mozzarella) |
| Sumac | Cheese, Bleu | Cheese, Swiss |
| Taco Seasoning | Cheese, Brie | Chocolate, Milk |
| Tamari (Wheat Free) | Cheese, Cheddar (Raw) | Chocolate, White |
| Tarragon | Cheese, Cottage | Cream, Raw and Unpasteurized |
| Thyme | Cheese, Cream | Ghee (Pasture-Raised, Organic) |
| Tomatillo | Cheese, Feta | Goat Cheese |
| Turmeric | Cheese, Goat | Goat Kefir |
| Uva Ursi | Cheese, Gorgonzola | Kefir, Raw |
| Valerian | Cheese, Gouda | Lactoalbumin |
| Vanilla (gluten and corn-free) | Cheese, Havarti | Milk Chocolate |
| Vanilla Bean | Cheese, Machego | Milk, Buffalo |
| Vanilla Powder | Cheese, Mascapone | Milk, Cow |
| White Willow Bark Extract | Cheese, Mozzarella (Raw) | Milk, Goat |
| Wintergreen | Cheese, Muenster | Milk, Sheep |
| Wormwood | Cheese, Parmesan | Mozzarella Cheese |

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| Sour Cream, Raw and Unpasteurized | Coffee Bean, Organic | Gluten-Free Grains |
| Whey | Edamame (must be organic) | Almond Flour (gluten free) |
| Yogurt (See Xanthan Gum) | Fava Bean | Amaranth |
| | Fava Bean Flour | Arrowroot Flour/powder |
| Legumes & Pulses | Garbanzo Bean | Basmati Rice (gluten free) |
| Bean, Azuki | Garbanzo Flour | Buckwheat |
| Bean, Black | Kidney Bean | Buckwheat Flour |
| Bean, Butter | Lentil(s) | Chicory Root |
| Bean, Cannellini | Miso | Coconut Flour (gluten free) |
| Bean, Chana Dahl | Pea, Snap | Coconut Meal (gluten free) |
| Bean, Chili | Pea, Snow | Corn (Gluten-free & Non-GMO) |
| Bean, Green | Pea, Split | Corn Meal (gluten free) |
| Bean, Italian | Peanut (Organic, Valencia) | Corn Starch (gluten free) |
| Bean, Kidney | Peanut Butter (Organic, Maranatha®) | Corn, Blue |
| Bean, Lima | Peanut Oil (Organic) | Corn, White |
| Bean, Mung | Red Bean Paste | Ener-G Brown Rice Yeast-Free Bread |
| Bean, Navy | Soy Beans (must be organic) | Fava Bean Flour |
| Bean, Ninja | Soy Beans Oil (must be organic) | Flax Meal |
| Bean, Pinto/Frijole | Vanilla Bean | Garbanzo Flour |
| Bean, Red | Vanilla Powder | Glucomannon Flour (konjacfoods.com) |
| Bean, White | | Hazelnut Flour |
| Chickpea (see also Garbanzo Bean) | | Hemp Meal |

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| Hemp Protein (Powder) | Rice, Wild (Lundberg® - not the blend) | Beer |
| Hemp Seed | Simple Mills - Everything Sprouted Seed Cracker | Bran |
| Konjac Glucomannon Flour | Simple Mills Ground Sea Salt Almond Crackers | Bread |
| Millet | Simple Mills Rosemary & Sea Salt Crackers | Brown Rice Syrup (contains MSG/Gluten) |
| Oats (Bob's Red Mill Gluten Free Version) | Simple Mills Tomato & Basil Almond Crackers | Caramel Coloring |
| Oats (Certified GF) | Sorghum | Cheese, Bleu |
| Potato Flour (gluten free) | Sweet Potato Flour (gluten free) | Chewing Gum (has gluten and corn) |
| Potato Starch (gluten free) | Tapioca | Coffee, Instant (has gluten) |
| ProGranola (Julian Bakery) | Tapioca Flour (gluten free) | Couscous |
| Quinoa (gluten free) | Tapioca Starch (gluten free) | Crab, Immitation |
| Quinoa, Black (gluten free) | Teff | Durum Wheat |
| Quinoa, Red (gluten free) | Tolerant Green Lentil & Pea Pasta | Farro |
| Rice Bran | Tolerant Red or Green Lentil Pasta | Gluten |
| Rice Flour (gluten free) | Tortilla, Siete Almond | Graham (wheat) |
| Rice Protein Powder (gluten free) | Tortilla, Siete Cassava & Coconut | Kamut |
| Rice, Basmati (gluten free) | Tortilla, Siete Chia & Cassava | Liquid Smoke (can have gluten) |
| Rice, Black (gluten free) | | Malt |
| Rice, Brown (gluten free) | Gluten-Containing Foods | Maltitol |
| Rice, Japonica (gluten free) | Barley | Maltodextrin (Barley-derived) |
| Rice, Purple (gluten free) | Barley Grass (can have gluten) | Modified Food Starch |
| Rice, Red (gluten free) | Barley Greens (may contain gluten) | Oat Grass (Not For Gluten Sensitive) |
| Rice, White (gluten free) | Barley Juice (may contain gluten) | Oats |

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| Oats, GF (not Certified) can have gluten | Chewing Gum (has gluten and corn) | Beverages & Protein Powders |
| Orzo | Corn (Gluten-free & Non-GMO) | Almond Milk, unsweetened (no tapioca) |
| Panko | Corn Gluten | Apple Cider |
| Polish Wheat | Corn Meal (gluten free) | Apple Juice |
| Rye | Corn Oil | Beer |
| Semolina | Corn Starch (gluten free) | Bone Broth Protein, Beef |
| Soy Sauce | Corn, Blue | Carrot Juice |
| Spelt | Corn, White | Casein |
| Teechino | Erythritol (non-GMO) | Coconut Kefir (No Tapioca, Carageenan) |
| Teriyaki Sauce | Fructose | Coconut Milk(Native Forest or Natural Value) |
| Triticale | GemWraps®, Sandwich Wrap (Carrot) | Coconut Water (low sugar) |
| Vinegar | Maltitol | Coffee |
| Vinegar, Malt | Maltodextrin (Corn-based, non-GMO) | Coffee Bean, Organic |
| Vinegar, White | Modified Food Starch | Coffee, Instant (has gluten) |
| Wheat (All Types) | Sriracha Sauce Organicville gluten-free | Collagen Protein (Powder) |
| Wheat Grass (Is Gluten-contaminated) | Swerve® Sweetener | Echinacea Tea |
| Corn-Derived Foods | Vegetable Oil | Grapefruit Juice |
| Barbeque Sauce, GF Annie's® Sweet & Spicy | Xanthan Gum | Great Lake's® Beef Gelatin |
| Cheese, Cream | Yogurt (See Xanthan Gum) | Green Tea |
| Cheese, Daiya (Coconut, Tapioca, yeast, etc.) | | Hemp Protein (Powder) |
| Cheese, Soy (Organic) (see Soy) | | Kombucha Tea |
| | | Lactoalbumin |

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| Lemon Juice | Tea, Roobios | Carrageenan Gum |
| Licorice Tea | Tea, Unflavored | Chewing Gum (has gluten and corn) |
| Lime Juice | Tea, White | Chewing Gum, Xylitew® |
| Milk, Buffalo | Teechino | Chicken Broth (Imagine® gf/low sodium) |
| Milk, Cow | Vinegar, Red Wine | Chicory Root |
| Milk, Goat | Water | Cocoa/Cacao (raw, pure, & unsweetened) |
| Milk, Sheep | Whey | Collagen Protein (Powder) |
| Milk, Soy (Organic) | Wine, Red | Formaldehyde |
| Mineral Water | Wine, White (Champagne) | GemWraps®, Sandwich Wrap (Carrot) |
| Orange Juice | Yerba Matte Tea (Organic/Pure) | GemWraps®, Sandwich Wrap (Kale-Apple) |
| Pea Protein | Zevia Drinks | GemWraps®, Sandwich Wrap (Mango/Chipotle) |
| Rice Protein Powder (gluten free) | Miscellaneous | GemWraps®, Sandwich Wrap (Tomato) |
| Soy Milk/Soy Cheese (Organic) | Acacia Gum | Glucomannon Flour (konjacfoods.com) |
| Soy Protein (Organic) | Agar Gum | Great Lake's® Beef Gelatin |
| Sparkling Water, unflavored | Antimony | Guar Gum |
| Tea, Black | Arabic Gum | Hops |
| Tea, Chamomile | Baking Powder | Inulin |
| Tea, Green | Baking Soda (Arm & Hammer®) | Julian Bakery Almond Bread |
| Tea, Hibiscus | Beef broth (Imagine® low sodium/GF) | Julian Bakery Coconut Bread |
| Tea, Komboucha | Blue Food Dye | Julian Bakery Paleo Wraps |
| Tea, Oolong | Bone Broth, Beef | Konjac Glucomannon Flour |
| Tea, Ramon | | Lard (pork) |

Latex

Yeast, Brewer's

Locust Bean Gum

Yeast, Nutritional

Lycopene

Malt

Snacks

Maltodextrin (Barley-derived)

Apple Sauce

Modified Food Starch

Dates

Modified Food Starch
(Tapioca-based)Simple Mills Chocolate Chip
Cookies

Palm Wax

Pycnogenol

Red Food Dye

Red Tomato Paste (gluten free)

Resveratrol

Rice Starch (if certified gluten free)

Silver

Skinny Crisps® (Plain Jane)

Tofu (Organic)

Tragacanth Gum

Vegetable broth (Imagine® Low
Sodium)

Vegetable Oil

Vinegar, Red Wine

Xanthan Gum

Yeast, Baker's