

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

Fruits

Acai	Fig	Loganberry
alpha	Goji Berry	Loquat
Apple (all types)	Golden Berry	Mango
Apricot	Gooseberry	Mangosteen
Banana	Grape	Maqui
Bilberry	Grape, Green	Melon, Honeydew
Blackberry	Grape, Purple	Monk Fruit (Pure)
Blueberry	Grape, Red	Mulberry
Boysenberry	Grape, White	Nectarines
bravo	Grapefruit	Noni
Cantaloupe	Grapefruit Juice	Orange
charlie	Guava	Orange, Blood
Cherry	Huckleberry	Orange Juice
Clementine	Jack fruit	Orange Peel/Rind
Cranberry	Kiwi	Papaya
Cranberry Juice	Kumquat	Passion Fruit
Currant	Lemon	Peach
Dates	Lemon Juice	Pear
Dragon Fruit (Pitaya)	Lemon Rind/Peel	Pear, Asian
Dried Fruit	Lime	Persimmons
dummy food	Lime Juice	Pineapple
Elderberry	Litchi (aka Lychee)	Plantain

Plum	Nuts, Seeds, Drupes & Oils	Cottonseed/Cottonseed Oil
Pomegranate	Almond	Flax Meal
Pomelo	Almond, Marcona	Flax Oil
Prune	Almond Butter (Artisana®)	Flax Seed
Quince	Almond Flavor (natural, gluten free)	Grapeseed Oil, Organic
Raisin (unsulfured, organic)	Almond Flour (gluten free)	Hazelnut/Filbert
Raspberry	Almond Meal (gluten free)	Hazelnut Flour
Star Fruit	Annatto Seed	Hemp Meal
Strawberry	Avocado Oil	Hemp Protein (Powder)
Tamarind	Brazil Nut	Hemp Seed
Tangelo	Canola/Rapeseed Oil	Hydrogenated Oils
Tangerine	Caraway Seed	Macadamia Nut Oil
Vinegar, Red Wine	Cashew Butter	Macadamia Nuts
Watermelon	Cashew Meal	Olive Leaf Extract
Wolfberry	Cashews	Olive Oil, Virgin
Youngberry	Chestnut	Palm Kernel Oil
	Chia Seed (1/4 cup, max)	Pecan Flour
	Coconut, shredded (raw, unsweetened)	Pecans
	Coconut Butter	Pepitas
	Coconut Oil	Pili Nuts
	Cola Nut (aka Kola Nut)	Pine Nut
	Corn Oil	Pistachios

Poppy seeds	Vegetable Oil	Mackerel
Psyllium Husk	Vegetable Shortening (Spectrum®)	Mahi Mahi
Pumpkin Oil	Walnut Oil	Mussel
Pumpkin Seed Oil	Walnuts	Octopus
Pumpkin Seeds	Walnuts, Black	Orange Roughy
Ramon Seeds	Fish & Shellfish	Oyster
Rice, Wild (Lundberg® - not the blend)	Anchovy	Perch
Rice Bran Oil	Bass	Red Snapper
Sacha Inchi Seeds	Catfish	Salmon, wild (fresh)
Safflower/Safflower Seed Oil	Chilean Sea Bass	Sardines
Sesame Seed Oil	Clam	Scallop
Sesame Seeds	Cod/ Cod Liver Oil	Shrimp
Sesame Seeds, Black	Corvina	Sole
Sunflower Seed Butter	Crab	Squid
Sunflower Seed Lecithin	Crab, Immitation	Swai
Sunflower Seed Oil	Crayfish	Swordfish
Sunflower Seeds	Flounder	Tilapia (Wild, Non-farmed)
Tahini	Haddock	Trout
Tea, Ramon	Hake	Tuna
Tiger Nuts	Halibut	Walleye Pike
Truffle Oil	Herring	Whitefish/Turbot
Truffle Oil, Black	Lobster	

Vegetables		
Agave Nectar	Bok Choy	Chard
Alfalfa Grass	Broccoli	Chayote
Alfalfa Sprouts	Broccolini	Chives
Aloe Vera	Broccoli Rabe	Coconut (raw and unsweetened)
Artichoke (not pickled)	Broccoli Sprouts	Coconut Concentrate
Artichoke, Jerusalem (not pickled)	Brussels Sprout	Collard Greens
Arugula	Burdock	Corn (Gluten-free & Non-GMO)
Asparagus	Cabbage, Chinese (see also Bok Choy)	Corn, Blue
Avocado	Cabbage, Green	Corn, White
Bamboo Shoot	Cabbage, Purple	Cucumber
Barley Grass (can have gluten)	Cactus (Nopales)	Daikon Radish
Barley Greens (may contain gluten)	Capers	Dandelion Greens
Bean, Green	Capsicum	Dandelion Root
Bean Sprout	Carrot, Orange	Eggplant
Beet	Carrot, Purple	Endive
Beet Greens	Carrot, White	Fennel
Bell Pepper	Carrot, Yellow	Garlic
Bell Pepper, Green	Carrot Juice	Hearts of Palm
Bell Pepper, Orange	Cassava (see Tapioca and Yucca)	Horseradish
Bell Pepper, Red	Cauliflower	Hydrogenated Oils
Bell Pepper, Yellow	Cauliflower, Purple	Jicama
	Celery	Kale, all types

Kelp/Dulse	Parsnip	Potato, Sweet
Kohlrabi	Pea, Black-Eyed	Potato, White
Kombu	Pea, Green	Potato, Yukon Gold
Leeks	Pea, Snap	Prickly Pear
Lettuce, all types	Pea, Snow	Psyllium Husk
Mushrooms	Pea, Split	Pumpkin
Mushrooms, Button	Pea Protein	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

Squash, Butternut	Truffle	Applegate® organic sausage sweet italian
Squash, Green	Turnip Greens	Applegate® organic smoked chicken breast
Squash, Spaghetti	Turnips	Applegate® organic smoked turkey breast
Squash, Summer	Vegetable Oil	Applegate® organic spinach & feta sausage
Squash, Winter	Water Chestnut	Applegate® organic turkey
Squash, Yellow	Watercress	Applegate® organic turkey bacon
Sugar Beet	Wheat Grass (Is Gluten-contaminated)	Beef, Grass-fed only (organic)
Sweet Potato, Red	Yams, Garnett	Bison (see also Buffalo)
Sweet Potatoes, White	Yams, Japanese	Buffalo (see also Bison)
Swiss Chard	Yucca	Chicken, free range (organic)
Tomatillo	Zucchini	Chicken Broth (Imagine® gf/low sodium)
Tomato	Meat & Poultry	Collagen Protein (Powder)
Tomato, Cherry	Applegate® organic andouille sausage	Deer (see also Venison)
Tomato, Heirloom	Applegate® organic bacon	Duck
Tomato, Orange	Applegate® organic black forest ham	Goat, Grass-fed only (organic)
Tomato, Red	Applegate® organic chicken	Great Lake's® Beef Gelatin
Tomato, Roma	Applegate® organic chicken/apple sausage	Lamb
Tomato, Sun-dried	Applegate® organic ham	Lard (pork)
Tomato, Yellow	Applegate® organic herb roasted turkey	Ostrich
Tomatoes, Big Beef	Applegate® organic hot dogs	Pheasant
Tomato Paste (gluten & Vinegar-free)	Applegate® organic red pepper sausage	Pork, (organic)
Tomato Sauce (gluten & Vinegar-free)	Applegate® organic roast beef	Quail

Rabbit	Condiments, Spreads & Sauces	Ketchup (Organicville)
Turkey (organic)	Apple Cider Vinegar (Bragg's®)	Liquid Aminos (Braggs®)(has Soy)
Veal (organic)	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Liquid Smoke (can have gluten)
Venison (see also Deer)	Balsamic Vinegar (with Red Wine Vinegar)	Liquid Smoke gluten free (natural)
Non-Dairy & Eggs	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Mayonnaise
Almond Milk, unsweetened (no tapioca)	Barbeque Sauce, GF Annie's® Sweet & Spicy	Mayonnaise, Primal Kitchen Avocado Oil
Almond Yogurt, unsweetened	BodyPro Almond Mayo Grade A Maple Syrup	Mayonnaise, Primal Kitchen Chipotle Avocado Oil
BodyPro Avocado Oil Mayonnaise	BodyPro Almond Mayo with Yacon Syrup	Mustard, Brown (Eden® gf mustard)
Cheese, Daiya (Coconut, Tapioca, yeast,)	BodyPro Avocado Oil Mayonnaise	Olives (without vinegar)
Cheese, Soy (Organic) (see Soy)	Carob	Red Bean Paste
Coconut Kefir (No Tapioca, Carageenan)	Cocoa Butter	Red Chili Paste Thai Kitchen® (gluten free)
Coconut Milk(Native Forest or Natural Value)	Coconut Aminos®	Red Tomato Paste (gluten free)
Egg, Pasture-raised (from a farmer)	Coconut Cream	Sauerkraut (Bubbies® Brand only)
Egg, Vital Farms® or Pasture Verde®	Coconut Vinegar (Coconut Secret)	Sherry Vinegar
Egg, Whites, Pasture-raised	Cream, Raw and Unpasteurized	Sour Cream, Raw and Unpasteurized
Egg, Yolks Pasture-raised	Dressing, Primal Kitchen Greek Avocado Oil	Soy Sauce
Milk, Soy (Organic)	Dressing, Primal Kitchen Honey Mustard	Sriracha Sauce Organicville gluten-free
Paleo Cheese (Julianbakery.com or Amazon.com)	Earth Balance® Avocado Oil Butter Spread	Tabasco Sauce
	Earth Balance® Coconut Spread	Tamari (Wheat Free)
	Harissa	Teriyaki Sauce
	Horseradish Sauce, Gluten-free (Annie's®)	Tomato Paste (gluten & Vinegar-free)
	Hummus	Tomato Sauce (gluten & Vinegar-free)

Ume Plum Vinegar	Coconut Palm Sugar	Rebiana Leaf (Stevia)
Veganise Soy-free (Follow Your Heart®)	Coconut Sugar	Sorbitol
Vegetable Shortening (Spectrum®)	Date Sugar	Splenda
Vinegar	Erythritol (non-GMO)	Sucanat
Vinegar, Beet	Fructose	Sucralose
Vinegar, Distilled	Fruit Pectin	Sugar Beet
Vinegar, Malt	Honey, (Organic)	Sugar Cane
Vinegar, Red Wine	Honey, Manuka	Sweetleaf® Stevia
Vinegar, Rice	Honey, Wildflower from Mahava®	Swerve® Sweetener
Vinegar, White	Jerusalem Artichoke Syrup	Tapioca Dextrose
Vinegar, White Wine	Just Like Sugar®	Xyla (Birchwood Xylitol)
White/Distilled Vinegar	Lo Han	Xylitol
Worcestershire Sauce (The Wizard's® GF)	Maltitol	Yacon Syrup
Sweeteners	Maltodextrin (Barley-derived)	Herbs & Spices
Agave Nectar	Maltodextrin (Corn-based, non-GMO)	Allspice
Aspartame	Maltodextrin (Tapioca-based)	Almond Flavor (natural, gluten free)
BodyPro Almond Mayo Grade A Maple Syrup	Maple Sugar	Anise
Brown Rice Syrup (contains MSG/Gluten)	Maple Syrup (Grade A Dark Amber Organic)	Ashwaganda
Cane Syrup	Molasses	Astragalus
Chocolate, Dark	Monk Fruit (Pure)	Basil
Chocolate, Milk	Monk Fruit Extract	Bay Leaf
Chocolate, White	Nutrasweet®	Bell Pepper, Red

Black Cohosh	Dong Quai	Lavender
Capsicum	Echinacea	Lemon Balm (Melissa Officinalis)
Caramel Coloring	Fennel	Lemongrass
Caraway Seed	Garam Masala	Lemon Pepper
Cardamom	Garlic	Licorice Root
Celery Powder	Garlic Pepper	Maca Root
Chicory Root	Garlic Powder	Mace Spice
Chili Powder	Garlic Salt	Marjoram
Chipotle Seasoning	Ginger	Mesquite
Cilantro/Coriander	Ginkgo Biloba	Milk Thistle
Cinnamon	Ginseng (All Types)	Mint
Cinnamon, Ceylon	Goldenseal	Mustard (as a Powder)
Cloves	Grapefruit Seed Extract	Mustard Seeds (gluten free)
Cloves, Madagascar	Grapeseed Extract	Nutmeg
Cloves, Penang	Guarana	Olive Leaf Extract
Cramp Bark Extract	Gymnema Silvestre	Onion
Cream of Tartar	Herbs De Provence	Onion Powder
Cumin	Hickory	Orange Peel/Rind
Curcumin	Himalayan Salt	Orange Salt
Curry (must be GF)	Hydrogenated Oils	Oregano
Dandelion Root	Jamaican Jerk	Paprika
Dill	Juniper Berry	Paprika (smoked)

Parsley	Taco Seasoning	Cheese, Brie
Pepper, Black (see Garlic/Lemon Pepper)	Tamari (Wheat Free)	Cheese, Cheddar (Raw)
Pepper, Cayenne	Tarragon	Cheese, Cottage
Pepper, Red	Thyme	Cheese, Cream
Pepper, Sichuan	Tomatillo	Cheese, Feta
Pepper, Szechuan	Turmeric	Cheese, Goat
Pepper/Peppercorns	Uva Ursi	Cheese, Gorgonzola
Peppermint	Valerian	Cheese, Gouda
Pine Bark Extract	Vanilla (gluten and corn-free)	Cheese, Havarti
Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean	Cheese, Machego
Red Pepper Flake	Vanilla Powder	Cheese, Marscapone
Rose Hips	White Willow Bark Extract	Cheese, Mozzarella (Raw)
Rosemary	Wintergreen	Cheese, Muenster
Saffron	Wormwood	Cheese, Parmesan
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

Chocolate, Milk	Legumes & Pulses	Garbanzo Bean
Chocolate, White	Bean, Azuki	Garbanzo Flour
Cream, Raw and Unpasteurized	Bean, Black	Hydrogenated Oils
Ghee (Pasture-Raised, Organic)	Bean, Butter	Kidney Bean
Goat Cheese	Bean, Cannellini	Lentil(s)
Goat Kefir	Bean, Chana Dahl	Miso
Kefir, Raw	Bean, Chili	Pea, Snap
Lactalbumin	Bean, Green	Pea, Snow
Milk, Buffalo	Bean, Italian	Pea, Split
Milk, Cow	Bean, Kidney	Peanut (Organic, Valencia)
Milk, Goat	Bean, Lima	Peanut Butter (Organic, Maranatha®)
Milk, Sheep	Bean, Mung	Peanut Oil (Organic)
Milk Chocolate	Bean, Navy	Red Bean Paste
Mozzarella Cheese	Bean, Ninja	Soybean oil(must be organic)
Sour Cream, Raw and Unpasteurized	Bean, Pinto/Frijole	Soy Beans (must be organic)
Whey	Bean, Red	Vanilla Bean
Yogurt (See Xanthan Gum)	Bean, White	Vanilla Powder
	Chickpea (see also Garbanzo Bean)	Vegetable Oil
	Coffee Bean, Organic	
	Edamame (must be organic)	
	Fava Bean	
	Fava Bean Flour	

Corn-Derived Foods	Vegetable Oil	Kamut
Barbeque Sauce, GF Annie's® Sweet & Spicy	Xanthan Gum	Liquid Smoke (can have gluten)
Cheese, Cream	Yogurt (See Xanthan Gum)	Malt
Cheese, Daiya (Coconut,Tapioca,yeast,....)	Gluten-Containing Foods	Maltitol
Cheese, Soy (Organic) (see Soy)	Barley	Maltodextrin (Barley-derived)
Chewing Gum (has gluten and corn)	Barley Grass (can have gluten)	Modified Food Starch
Corn (Gluten-free & Non-GMO)	Barley Greens (may contain gluten)	Oat Grass (Not For Gluten Sensitive)
Corn, Blue	Barley Juice (may contain gluten)	Oats
Corn, White	Beer	Oats, GF (not Certified) can have gluten
Corn Gluten	Bran	Orzo
Corn Meal (gluten free)	Bread	Panko
Corn Oil	Brown Rice Syrup (contains MSG/Gluten)	Polish Wheat
Corn Starch (gluten free)	Caramel Coloring	Rye
Erythritol (non-GMO)	Cheese, Bleu	Semolina
Fructose	Chewing Gum (has gluten and corn)	Soy Sauce
GemWraps®, Sandwich Wrap (Carrot)	Coffee, Instant (has gluten)	Spelt
Hydrogenated Oils	Couscous	Teechino
Maltitol	Crab, Imitation	Teriyaki Sauce
Maltodextrin (Corn-based, non-GMO)	Durum Wheat	Triticale
Modified Food Starch	Farro	Vinegar
Sriracha Sauce Organicville gluten-free	Gluten	Vinegar, Malt
Swerve® Sweetener	Graham (wheat)	Vinegar, White

Wheat (All Types)	Hazelnut Flour	Rice, Wild (Lundberg® - not the blend)
Wheat Grass (Is Gluten-contaminated)	Hemp Meal	Rice Bran
Gluten-Free Grains	Hemp Protein (Powder)	Rice Flour (gluten free)
Almond Flour (gluten free)	Hemp Seed	Rice Protein Powder (gluten free)
Amaranth	Hydrogenated Oils	Simple Mills - Everything Sprouted Seed Cracker
Arrowroot Flour/powder	Konjac Glucomannon Flour	Simple Mills Ground Sea Salt Almond Crackers
Basmati Rice (gluten free)	Millet	Simple Mills Rosemary & Sea Salt Crackers
Buckwheat	Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Tomato & Basil Almond Crackers
Buckwheat Flour	Oats (Certified GF)	Sorghum
Chicory Root	Potato Flour (gluten free)	Sweet Potato Flour (gluten free)
Coconut Flour (gluten free)	Potato Starch (gluten free)	Tapioca
Coconut Meal (gluten free)	ProGranola (Julian Bakery)	Tapioca Flour (gluten free)
Corn (Gluten-free & Non-GMO)	Quinoa (gluten free)	Tapioca Starch (gluten free)
Corn, Blue	Quinoa, Black (gluten free)	Teff
Corn, White	Quinoa, Red (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn Meal (gluten free)	Rice, Basmati (gluten free)	Tolerant Red or Green Lentil Pasta
Corn Starch (gluten free)	Rice, Black (gluten free)	Tortilla, Siete Almond
Ener-G Brown Rice Yeast-Free Bread	Rice, Brown (gluten free)	Tortilla, Siete Cassava & Coconut
Fava Bean Flour	Rice, Japonica (gluten free)	Tortilla, Siete Chia & Cassava
Flax Meal	Rice, Purple (gluten free)	Vegetable Oil
Garbanzo Flour	Rice, Red (gluten free)	
Glucomannon Flour (konjacfoods.com)	Rice, White (gluten free)	

Beverages & Protein Powders

Almond Milk, unsweetened (no tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)

Coconut Water (low sugar)

Coffee

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

Lactalbumin

Lemon Juice

Licorice Tea

Lime Juice

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Milk, Soy (Organic)

Mineral Water

Orange Juice

Pea Protein

Rice Protein Powder (gluten free)

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Green

Tea, Hibiscus

Tea, Komboucha

Tea, Oolong

Tea, Ramon

Tea, Roobios

Tea, Unflavored

Tea, White

Teechino

Vinegar, Red Wine

Water

Whey

Wine, Red

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous

Acacia Gum

Agar Gum

Antimony

Arabic Gum

Baking Powder

Baking Soda (Arm & Hammer®)

Beef broth (Imagine® low sodium/GF)

Blue Food Dye

Bone Broth, Beef

Carrageenan Gum

These foods are not safe for dogs and cats. Please do not feed them to your pet. If you are unsure, please consult your veterinarian.

Chewing Gum (has gluten and corn)	Latex	Yeast, Brewer's
Chewing Gum, Xylichew®	Locust Bean Gum	Yeast, Nutritional
Chicken Broth (Imagine® gf/low sodium)	Lycopene	Snacks
Chicory Root	Malt	Apple Sauce
Cocoa/Cacao (raw, pure, & unsweetened)	Maltodextrin (Barley-derived)	Dates
Collagen Protein (Powder)	Modified Food Starch	Simple Mills Chocolate Chip Cookies
Formaldehyde	Modified Food Starch (Tapioca-based)	AB
GemWraps®, Sandwich Wrap (Carrot)	Palm Wax	Flax Meal
GemWraps®, Sandwich Wrap (Kale-Apple)	Pycnogenol	Flax Oil
GemWraps®, Sandwich Wrap (Mango/Chipotle)	Red Food Dye	Flax Seed
GemWraps®, Sandwich Wrap (Tomato)	Red Tomato Paste (gluten free)	Flounder
Glucomannon Flour (konjacfoods.com)	Resveratrol	qwerty
Great Lake's® Beef Gelatin	Rice Starch (if certified gluten free)	Yucca
Guar Gum	Silver	Zucchini
Hops	Skinny Crisps® (Plain Jane)	
Hydrogenated Oils	Tofu (Organic)	
Inulin	Tragacanth Gum	
Julian Bakery Almond Bread	Vegetable broth (Imagine® Low Sodium)	
Julian Bakery Coconut Bread	Vegetable Oil	
Julian Bakery Paleo Wraps	Vinegar, Red Wine	
Konjac Glucomannon Flour	Xanthan Gum	
Lard (pork)	Yeast, Baker's	