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

Vegetables

	Collard Greens	Onion, Green
Aloe Vera	Comfrey	Onion, Maui
Arugula	Daikon Radish	Onion, Red
Avocado	Dandelion Greens	Onion, Sweet
Bamboo Shoot	Dandelion Root	Onion, Yellow
Bean Sprout	Endive	Parsley
Beet Greens	Fennel	Prickly Pear
Bitter Melon	Garlic	Radicchio
Bok Choy	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
Cauliflower	Mushrooms	Swiss Chard
Cauliflower, Purple	Mushrooms, Button	Turnip Greens
Celery	Mushrooms, Cremini/Crimini	Wasabi Root
Chard	Mushrooms, Maitake	Water Chestnut
Chives	Mushrooms, Shiitake	Watercress
Coconut (raw and unsweetened)	Mustard Greens	
Coconut Concentrate	Olives (without vinegar)	

Fruits

Acai
Apple (all types)
Apricot
Bilberry
Blackberry
Blueberry
Boysenberry
Carambola
Cherry
Dragon Fruit (Pitaya)
Elderberry
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

Almond
Almond, Marcona
Almond Butter (Artisana®)
Almond Flavor (natural, gluten free)
Almond Flour (gluten free)
Almond Meal (gluten free)
Almond Oil
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
MCT Oil

Olive Leaf Extract

Cinnamon

Ginseng (All Types)

Olive Oil, Virgin

Cinnamon, Ceylon

Goldenseal

Palm Kernel Oil

Clove Powder

Grapefruit Seed Extract

Pine Nut

Cloves, Madagascar

Gymnema Silvestre

Pistachios

Cloves, Penang

Herbs De Provence

Poppy seeds

Comfrey

Hickory

Cramp Bark Extract

Himalayan Salt

Herbs & Spices

Cream of Tartar

Juniper Berry

Allspice

Cumin

Lavender

Almond Flavor (natural, gluten free)

Curcumin

Lemon Balm (Melissa Officinalis)

Anise

Curry (must be GF)

Lemongrass

Astragalus

Dandelion Root

Lemon Pepper

Basil

Dill

Maca Root

Bay Leaf

Dong Quai

Mace Spice

Black Cohosh

Echinacea

Marjoram

Caraway Seed

Fennel

Milk Thistle

Cardamom

Fennel Seed

Mint

Catnip

Garlic

Mustard (as a Powder)

Celery Powder

Garlic Pepper

Mustard Seeds (gluten free)

Celery Seed

Garlic Powder

Nutmeg

Chaparral

Garlic Salt

Olive Leaf Extract

Chervil

Ginger Powder

Onion

Cilantro/Coriander

Ginkgo Biloba

Onion Powder

Oregano

Vanilla Bean

Walleye Pike

Parsley

Vanilla Powder

Whitefish/Turbot

Pau D'arco

White Willow Bark Extract

Pepper, Black (see Garlic/Lemon
Pepper)

Wintergreen

Meat & Poultry

Pepper/Peppercorns

Wormwood

Bison (see also Buffalo)

Peppermint

Goat, Grass-fed only (organic)

Pine Bark Extract

Fish & Shellfish

Ostrich

Rose Hips

Chilean Sea Bass

Pheasant

Rosemary

Corvina

Quail

Saffron

Hake

Rabbit

Sage

Lox

Sassafras

Mackerel

Milk-Containing Foods

Savory

Mahi Mahi

Saw Plametto

Octopus

Non-Dairy & Eggs

Shallots

Perch

Almond Milk, unsweetened (no
tapioca)

Spearmint

Red Snapper

Coconut Kefir (No Tapioca,
Carageenan)

St. John's Wort

Salmon, wild (fresh)

Coconut Milk (Native Forest or
Natural Value)

Sumac

Sardines

Egg Whites, Pasture-raised

Tarragon

Sole

Thyme

Swai

Turmeric

Swordfish

Uva Ursi

Tilapia (Wild, Non-farmed)

Valerian

Trout

Gluten-Free Grains

Almond Flour (gluten free)

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**

Apple Cider Vinegar (Bragg's®)

Coconut Aminos®

Coconut Cream

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

Liquid Smoke gluten free (natural)

Mustard, Brown (Eden® gf mustard)

Olives (without vinegar)

Sauerkraut (Bubbies® Brand only)

Sweeteners

Lo Han

Rebiana Leaf (Stevia)

Sweetleaf® Stevia

Beverages & Protein PowdersAlmond Milk, unsweetened (no
tapioca)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

Palm Wax

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

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**Non-Dairy & Eggs****Snacks****Fruits****Gluten-Free Grains****Food Additives****Legumes, Pods, & Pulses****Gluten-Containing Foods****Nuts, Seeds, Drupes & Oils****Corn-Derived Foods****Herbs & Spices****Condiments, Spreads & Sauces****Fish & Shellfish****Sweeteners****Meat & Poultry****Beverages & Protein Powders****Milk-Containing Foods****Miscellaneous**

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

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Non-Dairy & Eggs**Miscellaneous****Gluten-Free Grains****Snacks****Fruits**

Kiwi

Gluten-Containing Foods**Food Additives**

Acacia Gum

Corn-Derived Foods**Legumes, Pods, & Pulses****Condiments, Spreads & Sauces****Nuts, Seeds, Drupes & Oils**

BodyPro Almond Mayo with Yacon Syrup

Coconut Vinegar (Coconut Secret)

Herbs & Spices**Sweeteners****Fish & Shellfish**

Coconut Palm Sugar

Yacon Syrup

Meat & Poultry**Beverages & Protein Powders****Milk-Containing Foods**

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

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Asparagus

Bean, Green

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Capsicum

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Cassava (see Tapioca and Yucca)

Chayote

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber

Eggplant

Kelp/Dulse

Kombu

Nori

Oat Grass (Not For Gluten Sensitive)

Okra

Paprika

Parsnip

Pea, Black-Eyed

Pea, Green

Pea, Snap

Pea, Snow

Pea, Split

Pea Protein

Pepper, Anaheim

Pepper, Cayenne

Pepper, Chili

Pepper, Green

Pepper, Habanero

Pepper, Jalapeño

Pepper, Poblano

Pepper, Red

Pepper, Serrano

Pepper, Tabasco

Pickles, Bubbies® brand only

Pimento

Potato, Fingerling

Potato, Purple

Potato, Red

Potato, Russet

Potato, Sweet

Potato, White

Potato, Yukon Gold

Psyllium Husk

Pumpkin

Pumpkin Powder

Red Pepper Flake

Rhubarb

Sea Vegetables

Seaweed

Spirulina

Squash	Tomatoes, Big Beef	Fig
Squash, Acorn	Tomato Paste (gluten & Vinegar-free)	Goji Berry
Squash, Butternut	Tomato Sauce (gluten & Vinegar-free)	Gooseberries
Squash, Green	Truffle	Grape
Squash, Spaghetti	Turnips	Grape, Green
Squash, Summer	Wheat Grass (Is Gluten-contaminated)	Grape, Purple
Squash, Winter	Yams, Garnett	Grape, Red
Squash, Yellow	Yams, Japanese	Grape, White
Sugar Beet	Yucca	Grapefruit Juice
Sweet Potato, Red	Zucchini	Ground Cherries
Sweet Potatoes, White		Guava
Tabasco Sauce	Fruits	Jack fruit
Taro	Banana	Kumquat
Tomatillo	Cantaloupe	Mango
Tomato	Cape Gooseberries	Mangosteen
Tomato, Cherry	Clementine	Melon, Honeydew
Tomato, Heirloom	Cranberry	Monk Fruit (Pure)
Tomato, Orange	Cranberry Juice	Orange
Tomato, Red	Currant	Orange, Blood
Tomato, Roma	Dates	Orange Juice
Tomato, Sun-dried	Dried Fruit	Orange Peel/Rind
Tomato, Yellow	Durian Fruit	Oranges, Mandarin

Papaya	Bean, Green	Pea, Split
Persimmons	Bean, Haricot	Peanut (Organic, Valencia)
Pineapple	Bean, Italian	Peanut Butter (Organic, Maranatha®)
Plantain	Bean, Kidney	Red Bean Paste
Pomelo	Bean, Lima	Soybean oil(must be organic)
Prune	Bean, Mung	Soy Beans (must be organic)
Quince	Bean, Navy	
Raisin (unsulfured, organic)	Bean, Ninja	
Strawberry	Bean, Pinto/Frijole	
Tamarind	Bean, Red	
Tangelo	Bean, White	
Tangerine	Chickpea (see also Garbanzo Bean)	
Watermelon	Coffee Bean, Organic	
Wolfberry	Edamame (must be organic)	

Nuts, Seeds, Drupes & Oils

Borage Seed Oil

Canola/Rapeseed Oil

Canola Oil, Non-GMO

Chia Seed (1/4 cup, max)

Cola Nut (aka Kola Nut)

Corn Oil

Cottonseed/Cottonseed Oil

Fenugreek Seed

Flax Meal

Flax Oil

Flax Seed

Grapeseed Oil, Organic

Hemp Meal

Hemp Protein (Powder)

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)

Coffee Bean, Organic

Edamame (must be organic)

Fava Bean

Fava Bean Flour

Garbanzo Bean

Garbanzo Flour

Kidney Bean

Lentil(s)

Pea, Snap

Pea, Snow

Herbs & Spices

Ashwaganda

Bell Pepper, Red

Capsicum

Caramel Coloring

Chili Powder

Chipotle Seasoning

Garam Masala

Grapeseed Extract

Guarana

Jamaican Jerk

Licorice Root

Mesquite

Orange Peel/Rind

Orange Salt

Paprika

Paprika (smoked)

Pepper, Cayenne

Pepper, Red

Pepper, Sichuan

Pepper, Szechuan

Red Chili Paste Thai Kitchen®
(gluten free)

Red Clover

Hemp Seed

Hydrogenated Oils

Krill Oil

Lard/Tallow (pork)

Macadamia Nut Oil

Macadamia Nuts

Peanut Oil (Organic)

Pecan Flour

Pecans

Pepitas

Pili Nuts

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

Milk-Containing Foods

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, Mascapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Red Pepper Flake

Sesame Seeds

Sesame Seeds, Black

Tabasco Sauce

Taco Seasoning

Tamari (Wheat Free)

Tomatillo

Vanilla (gluten and corn-free)

Mussel

Orange Roughy

Oyster

Scallop

Shrimp

Squid

Tuna

Meat & Poultry

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic chicken

Applegate® organic chicken/apple sausage

Applegate® organic ham

Applegate® organic smoked chicken breast

Buffalo (see also Bison)

Chicken, free range (organic)

Chicken Broth (Imagine® gf/low sodium)

Deer (see also Venison)

Lamb

Pork, (organic)

Venison (see also Deer)

Fish & Shellfish

Anchovy

Bass

Catfish

Clam

Crab

Crab, Immitation

Crayfish

Flounder

Haddock

Herring

Krill

Lobster

Cheese, Raw and Pasture-raised	Whey	Corn, Blue
Cheese, Ricotta	Yogurt (See Xanthan Gum)	Corn, White
Cheese, Romano		Corn Meal (gluten free)
Cheese, Sheep	Non-Dairy & Eggs	Corn Starch (gluten free)
Cheese, String (Mozzarella)	Almond Yogurt, unsweetened	Ener-G Brown Rice Yeast-Free Bread
Cheese, Swiss	Cheese, Daiya (Coconut,Tapioca,yeast,...)	Fava Bean Flour
Chocolate, Milk	Cheese, Soy (Organic) (see Soy)	Flax Meal
Chocolate, White	Egg, Pasture-raised (from a farmer)	Garbanzo Flour
Cream, Raw and Unpasteurized	Egg, Vital Farms® or Pasture Verde®	Hemp Meal
Ghee (Pasture-Raised, Organic)	Egg Yolks, Pasture-raised	Hemp Protein (Powder)
Goat Cheese	Milk, Soy (Organic)	Hemp Seed
Goat Kefir	Paleo Cheese (Julianbakery.com or Amazon.com)	Julian Bakery Almond Bread
Kefir, Raw		Julian Bakery Coconut Bread
Lactic Acid (milk-derived)	Gluten-Free Grains	Mikey's Original English Muffin
Lactoalbumin	Amaranth	Mikey's Pizza crust
Milk, Buffalo	Arrowroot Flour/powder	Mikey's Sliced Bread Loaf
Milk, Cow	Avenin (Gluten-free)	Millet
Milk, Goat	Basmati Rice (gluten free)	Oats (Bob's Red Mill Gluten Free Version)
Milk, Sheep	Brown Rice Flour	Oats (Certified GF)
Milk Chocolate	Buckwheat	Potato Flour (gluten free)
Mozzarella Cheese	Buckwheat Flour	Potato Starch (gluten free)
Sour Cream, Raw and Unpasteurized	Corn (Gluten-free & Non-GMO)	ProGranola (Julian Bakery)

Quinoa (gluten free)	Tapioca	Coffee, Instant (has gluten)
Quinoa, Black (gluten free)	Tapioca Flour (gluten free)	Couscous
Quinoa, Red (gluten free)	Tapioca Starch (gluten free)	Crab, Immitation
Rice, Basmati (gluten free)	Teff	Durum Wheat
Rice, Black (gluten free)	Teff Flour	Egyptian Wheat
Rice, Brown (gluten free)	Tolerant Green Lentil & Pea Pasta	Farro
Rice, Japonica (gluten free)	Tolerant Red or Green Lentil Pasta	Gliadin
Rice, Purple (gluten free)	Tortilla, Siete Almond	Gluten
Rice, Red (gluten free)	Tortilla, Siete Cassava & Coconut	Graham (wheat)
Rice, White (gluten free)	Tortilla, Siete Chia & Cassava	Kamut
Rice, Wild (Lundberg® - not the blend)	Udi's Millet-Chia Bread	Liquid Smoke (can have gluten)
Rice Bran	Udi's White Sandwich Bread	Modified Food Starch
Rice Flour (gluten free)	Udi's Whole Grain Bread	Oats
Rice Protein Powder (gluten free)		Oats, GF (not Certified) can have gluten
Simple Mills - Everything Sprouted Seed Cracker	Gluten-Containing Foods	Orzo
Simple Mills Cracked Black Pepper Almond Crackers	Allulose	Panko
Simple Mills Ground Sea Salt Almond Crackers	Avenin	Polish Wheat
Simple Mills Rosemary & Sea Salt Crackers	Bran	Rye
Simple Mills Tomato & Basil Almond Crackers	Bread	Semolina
Sorghum	Caramel Coloring	Soy Sauce
Sunflower Seed Flour	Cheese, Bleu	Spelt
Sweet Potato Flour (gluten free)	Chewing Gum (has gluten and corn)	Teriyaki Sauce

Triticale	Fructose	Distilled White Vinegar
Vodka, Rye or Grain	GemWraps®, Sandwich Wrap (Carrot)	Dressing, Primal Kitchen Greek Avocado Oil
Wheat (All Types)	Hydrogenated Oils	Dressing, Primal Kitchen Honey Mustard
Wheat Germ	Lactic Acid (corn-derived)	Earth Balance® Avocado Oil Butter Spread
Wheat Grass (Is Gluten-contaminated)	Maize	Earth Balance® Coconut Spread
Corn-Derived Foods	Maltodextrin (Corn-based, non-GMO)	Harissa
	Modified Food Starch	Hummus
	Sriracha Sauce Organicville gluten-free	Ketchup (Organicville)
	Swerve® Sweetener	Kosher Salt
	Vodka, Corn	Liquid Aminos (Braggs®)(has Soy)
Cheese, Cream	Xanthan Gum	Liquid Smoke (can have gluten)
Cheese, Daiya (Coconut,Tapioca,yeast,....)	Yogurt (See Xanthan Gum)	Mayonnaise, Primal Kitchen Avocado Oil
Cheese, Soy (Organic) (see Soy)	Condiments, Spreads & Sauces	Mayonnaise, Primal Kitchen Chipotle Avocado Oil
Chewing Gum (has gluten and corn)		Red Bean Paste
Citric Acid (can be corn-derived)		Red Chili Paste Thai Kitchen® (gluten free)
Corn (Gluten-free & Non-GMO)		Red Tomato Paste (gluten free)
Corn, Blue		Sherry Vinegar
Corn, White	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Sour Cream, Raw and Unpasteurized
Corn Gluten	Balsamic Vinegar (with Red Wine Vinegar)	Soy Sauce
Corn Meal (gluten free)	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Sriracha Sauce Organicville gluten-free
Corn Oil	Barbeque Sauce, GF Annie's® Sweet & Spicy	Tabasco Sauce
Corn Starch (gluten free)	BodyPro Almond Mayo Grade A Maple Syrup	Tamari (Wheat Free)
Corn Syrup	Carob	
Erythritol (non-GMO)	Cocoa Butter	
	Cream, Raw and Unpasteurized	

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, Beet

Vinegar, Distilled

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Worcestershire Sauce (The Wizard's® GF)

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®

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®

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Swerve® Sweetener

Tapioca Dextrose

Tapioca Syrup

Xyla (Birchwood Xylitol)

Xylitol**Beverages & Protein Powders**

Apple Cider

Apple Juice

Carrot Juice

Casein

Cocoa

Coffee (Brewed and Not Instant)

Coffee, Instant (has gluten)

Coffee Bean, Organic

Grapefruit Juice

Hemp Protein (Powder)

Komboucha Tea

Lactoalbumin

Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Sugar

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Miscellaneous

Licorice Tea

Antimony

Milk, Buffalo

Baking Powder

Milk, Cow

Beef broth (Imagine® low sodium/GF)

Milk, Goat

Chicken Broth (Imagine® gf/low sodium)

Milk, Rice

Cocoa

Milk, Sheep

GemWraps®, Sandwich Wrap (Carrot)

Milk, Soy (Organic)

GemWraps®, Sandwich Wrap (Kale-Apple)

Orange Juice

GemWraps®, Sandwich Wrap (Mango/Chipotle)

Pea Protein

Julian Bakery Paleo Wraps

Rice Protein Powder (gluten free)

Modified Food Starch

Soy Milk/Soy Cheese (Organic)

Modified Food Starch (Tapioca-based)

Soy Protein (Organic)

Pycnogenol

Tea, Komboucha

Red Tomato Paste (gluten free)

Tea, Ramon

Resveratrol

Tea, Unflavored

Rice Starch (if certified gluten free)

Vodka, Corn

Tobacco

Vodka, Potato

Tofu (Organic)

Vodka, Rye or Grain

Vegetable broth (Imagine® Low Sodium)

Whey

Yeast, Baker's

Wine, Red

Yeast, Brewer's

Wine, White (Champagne)

Yeast, Nutritional

Snacks

Apple Sauce

Chewing Gum (has gluten and corn)

Chewing Gum, Xylichew®

Dates

Simple Mills Chocolate Chip Cookies

Simple Mills Cracked Black Pepper Almond Crackers

Skinny Crisps® (Plain Jane)

Food Additives

Agar Gum

Arabic Gum

Asafoetida Powder

Blue Food Dye

Carrageenan Gum

Citric Acid (can be corn-derived)

Formaldehyde

Guar Gum

Inulin**Lactic Acid (corn-derived)**

Lactic Acid (milk-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)

Xanthan Gum

These are the foods that have been removed from your diet

Vegetables

Gluten-Free Grains

Fruits

Gluten-Containing Foods

Legumes, Pods, & Pulses

Corn-Derived Foods

Nuts, Seeds, Drupes & Oils

Condiments, Spreads & Sauces

Herbs & Spices

Sweeteners

Fish & Shellfish

Beverages & Protein Powders

Meat & Poultry

Miscellaneous

Milk-Containing Foods

Snacks

Non-Dairy & Eggs

Food Additives

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

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)	Cantaloupe
Squash, Summer	Truffle	Cape Gooseberries
Squash, Winter	Turnip Greens	Carambola
Squash, Yellow	Turnips	Cherry
Sugar Beet	Wasabi Root	Clementine
Swede	Water Chestnut	Cranberry
Sweet Potato, Red	Watercress	Cranberry Juice
Sweet Potatoes, White	Wheat Grass (Is Gluten-contaminated)	Currant
Swiss Chard	Yams, Garnett	Dates
Tabasco Sauce	Yams, Japanese	Dragon Fruit (Pitaya)
Taro	Yucca	Dried Fruit
Tomatillo	Zucchini	Durian Fruit
Tomato		Elderberry
Tomato, Cherry	Fruits	Fig
Tomato, Heirloom	Acai	Goji Berry
Tomato, Orange	Apple (all types)	Golden Berry
Tomato, Red	Apricot	Gooseberries
Tomato, Roma	Banana	Grape
Tomato, Sun-dried	Bilberry	Grape, Green

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	
Lime	Pear	Legumes, Pods, & Pulses
Lime Juice	Pear, Asian	Bean, Azuki
Loganberry	Persimmons	Bean, Black
Longan Fruit	Pineapple	Bean, Butter
Loquat	Plantain	Bean, Cannellini
Lychee	Plum	Bean, Chana Dahl
Mango	Pomegranate	Bean, Chili
Mangosteen	Pomelo	Bean, Green

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

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

Sole	Applegate® organic smoked chicken breast	Veal (organic)
Squid	Applegate® organic smoked turkey breast	Venison (see also Deer)
Swai	Applegate® organic spinach & feta sausage	
Swordfish	Applegate® organic turkey	Milk-Containing Foods
Tilapia (Wild, Non-farmed)	Applegate® organic turkey bacon	Applegate® organic spinach & feta sausage
Trout	Beef, Grass-fed only (organic)	Butter, Raw and Pasture-raised
Tuna	Bison (see also Buffalo)	Buttermilk
Walleye Pike	Buffalo (see also Bison)	Casein
Whitefish/Turbot	Chicken, free range (organic)	Cheese, American
	Chicken Broth (Imagine® gf/low sodium)	Cheese, Asiago
Meat & Poultry	Collagen Protein (Powder)	Cheese, Bleu
Applegate® organic andouille sausage	Deer (see also Venison)	Cheese, Brie
Applegate® organic bacon	Duck	Cheese, Cheddar (Raw)
Applegate® organic black forest ham	Goat, Grass-fed only (organic)	Cheese, Cottage
Applegate® organic chicken	Great Lake's® Beef Gelatin	Cheese, Cream
Applegate® organic chicken/apple sausage	Lamb	Cheese, Feta
Applegate® organic ham	Ostrich	Cheese, Goat
Applegate® organic herb roasted turkey	Pheasant	Cheese, Gorgonzola
Applegate® organic hot dogs	Pork, (organic)	Cheese, Gouda
Applegate® organic red pepper sausage	Quail	Cheese, Havarti
Applegate® organic roast beef	Rabbit	Cheese, Machego
Applegate® organic sausage sweet italian	Turkey (organic)	Cheese, Marscapone

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

Cheese, Mozzarella (Raw)

Milk, Goat

Cheese, Muenster

Milk, Sheep

Cheese, Parmesan

Milk Chocolate

Cheese, Pecorino

Mozzarella Cheese

Cheese, Provolone

Sour Cream, Raw and
Unpasteurized

Cheese, Raw and Pasture-raised

Whey

Cheese, Ricotta

Yogurt (See Xanthan Gum)

Cheese, Romano

Cheese, Sheep

Non-Dairy & Eggs

Cheese, String (Mozzarella)

Almond Milk, unsweetened (no
tapioca)

Cheese, Swiss

Almond Yogurt, unsweetened

Chocolate, Milk

BodyPro Avocado Oil Mayonnaise

Chocolate, White

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

Cream, Raw and Unpasteurized

Cheese, Soy (Organic) (see Soy)

Ghee (Pasture-Raised, Organic)

Coconut Kefir (No Tapioca,
Carageenan)

Goat Cheese

Coconut Milk (Native Forest or
Natural Value)

Goat Kefir

Egg, Pasture-raised (from a farmer)

Kefir, Raw

Egg, Vital Farms® or Pasture
Verde®

Lactic Acid (milk-derived)

Egg Whites, Pasture-raised

Lactoalbumin

Egg Yolks, Pasture-raised

Milk, Buffalo

Milk, Soy (Organic)

Milk, Cow

Paleo Cheese (Julianbakery.com or
Amazon.com)

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)	
Mikey's Pizza crust	Simple Mills - Everything Sprouted Seed Cracker	Gluten-Containing Foods
Mikey's Sliced Bread Loaf	Simple Mills Cracked Black Pepper Almond Crackers	Allulose
Millet	Simple Mills Ground Sea Salt Almond Crackers	Avenin
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Rosemary & Sea Salt Crackers	Barley
Oats (Certified GF)	Simple Mills Tomato & Basil Almond Crackers	Barley Grass (can have gluten)
Potato Flour (gluten free)	Sorghum	Barley Greens (may contain gluten)
Potato Starch (gluten free)	Sunflower Seed Flour	Barley Juice (may contain gluten)
ProGranola (Julian Bakery)	Sweet Potato Flour (gluten free)	Beer
Quinoa (gluten free)	Tapioca	Bran
Quinoa, Black (gluten free)	Tapioca Flour (gluten free)	Bread
Quinoa, Red (gluten free)	Tapioca Starch (gluten free)	Brown Rice Syrup (contains MSG/Gluten)
Rice, Basmati (gluten free)	Teff	Caramel Coloring
Rice, Black (gluten free)	Teff Flour	Cheese, Bleu
Rice, Brown (gluten free)	Tolerant Green Lentil & Pea Pasta	Chewing Gum (has gluten and corn)
Rice, Japonica (gluten free)	Tolerant Red or Green Lentil Pasta	Coffee, Instant (has gluten)
Rice, Purple (gluten free)	Tortilla, Siete Almond	Couscous

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

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

Vegetable broth (Imagine® Low Sodium)

Chicory Root

Xanthan Gum

Yeast, Baker's

Citric Acid (can be corn-derived)

Yeast, Brewer's

Formaldehyde

Yeast, Nutritional

Guar Gum

Inulin

Snacks

Lactic Acid (beet-derived)

Apple Sauce

Lactic Acid (corn-derived)

Chewing Gum (has gluten and corn)

Lactic Acid (milk-derived)

Chewing Gum, Xylichew®

Locust Bean Gum

Dates

Maltodextrin (Barley-derived)

Simple Mills Chocolate Chip Cookies

MSG/MonosodiumGlutamate

Simple Mills Cracked Black Pepper Almond Crackers

Palm Wax

Skinny Crisps® (Plain Jane)

Pea Protein Isolate

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)