

The following foods were foods that were removed from your diet and are now ok to eat
 These are foods that we are adding back in
 These are Foods that you can eat but raised on food reactions
 The Following food will be in your diet at some point
 These are the foods that have been removed

Fruits

Acai

alpha

Apple (all types)

Apricot

Banana

Bilberry

Blackberry

Blueberry

Boysenberry

bravo

Cantaloupe

charlie

Cherry

Clementine

Cranberry

Cranberry Juice

Currant

Dates

Dragon Fruit (Pitaya)

Dried Fruit

Lemon Rind/Peel

Lime

Pear, Asian

Persimmons

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Wolfberry

Youngberry

Cola Nut (aka Kola Nut)

Pine Nut

Pistachios

Species	Age	Length (mm)	Weight (g)	Sex	Notes
Walnuts	1	100	10	Male	
	2	150	20	Female	
	3	200	30	Male	
	4	250	40	Female	
	5	300	50	Male	
	6	350	60	Female	
	7	400	70	Male	
	8	450	80	Female	
	9	500	90	Male	
	10	550	100	Female	
Walleye Pike	1	100	10	Male	
	2	150	20	Female	
	3	200	30	Male	
	4	250	40	Female	
	5	300	50	Male	
	6	350	60	Female	
	7	400	70	Male	
	8	450	80	Female	
	9	500	90	Male	
	10	550	100	Female	

Truffle Oil

Truffle Oil, Black

Herring

Lobster

Whitefish/Turbot

Vegetables		
Agave Nectar		
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		
Bok Choy	Chard	Kelp/Dulse
Broccoli	Chayote	Kohlrabi

[illegible]

Squash, Butternut

Squash, Green

[illegible]

[illegible]

[illegible]

Chocolate, Milk

Chocolate, White

Monk Fruit Extract

Nutrasweet®

Bay Leaf



Dandelion Root

Jamaican Jerk

Paprika

Dill

Juniper Berry

Paprika (smoked)

[illegible]

St. John's Wort

Cheese, Asiago

Cheese, String (Mozzarella)

Sumac

Cheese, Bleu

Cheese, Swiss

[illegible]

Whey

Fava Bean

Fava Bean Flour

Vanilla Powder

Corn-Derived Foods		
Barbeque Sauce, GF Annie's® Sweet & Spicy		
Cheese, Cream		
Cheese, Daiya (Coconut, Tapioca, yeast,)		
Cheese, Soy (Organic) (see Soy)		
Chewing Gum (has gluten and corn)		
Corn (Gluten-free & Non-GMO)		
Corn, Blue		
Corn, White		
Corn Gluten		
Corn Meal (gluten free)		
Corn Oil		
Corn Starch (gluten free)		
Erythritol (non-GMO)		
Fructose		
GemWraps®, Sandwich Wrap (Carrot)		
Hydrogenated Oils		
Maltitol		
Maltodextrin (Corn-based, non-GMO)		
Modified Food Starch		
Sriracha Sauce Organicville gluten-free		
Swerve® Sweetener		
Vegetable Oil		
Xanthan Gum		
	Kamut	Wheat (All Types)
	Liquid Smoke (can have gluten)	Wheat Grass (Is Gluten-contaminated)

Gluten-Free Grains		
Almond Flour (gluten free)		
Amaranth		
Arrowroot Flour/powder		
Basmati Rice (gluten free)		
Buckwheat		
Buckwheat Flour		
Chicory Root		
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		Tortilla, Siete Chia & Cassava
Flax Meal		Vegetable Oil
Garbanzo Flour		
Glucomannon Flour (konjacfoods.com)		
Hazelnut Flour		
Hemp Meal		
Hemp Protein (Powder)	Rice Flour (gluten free)	
Hemp Seed	Rice Protein Powder (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)		Yerba Matte Tea (Organic/Pure)
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		
Lactoalbumin		
Lemon Juice	Tea, Roobios	Chewing Gum (has gluten and corn)
Licorice Tea	Tea, Unflavored	Chewing Gum, Xylicew®

Dates

Flax Seed

Yucca

Zucchini

Latex

Yeast, Brewer's

Locust Bean Gum

Yeast, Nutritional