

Fruits

dummy food

Elderberry

Goji Berry

Kumquat

Mangosteen

Monk Fruit (Pure)

Persimmons

Pomelo

Tamarind

Wolfberry

Youngberry

Nuts, Seeds, Drupes & Oils

Chia Seed (1/4 cup, max)

Cola Nut (aka Kola Nut)

Cottonseed/Cottonseed Oil

Flax Meal

Flax Oil

Flax Seed

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Macadamia Nut Oil

Macadamia Nuts

Pili Nuts

Ramon Seeds

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sunflower Seed Butter

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

Tiger Nuts

Truffle Oil

Truffle Oil, Black

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

Fish & Shellfish**Vegetables**

Chayote

Paprika

Pea, Black-Eyed

Pepper, Anaheim

Pepper, Cayenne

Pepper, Chili

Pepper, Habanero

Pepper, Jalapeño

Pepper, Poblano

Pepper, Serrano

Pimento

Red Pepper Flake

Rhubarb

Truffle

Yams, Japanese

Meat & Poultry	Herbs & Spices	Bean, Kidney
Non-Dairy & Eggs	Ashwaganda	Bean, Lima
Condiments, Spreads & Sauces	Jamaican Jerk	Bean, Mung
Carob	Mesquite	Bean, Navy
Cocoa Butter	Paprika	Bean, Ninja
Earth Balance® Coconut Spread	Paprika (smoked)	Bean, Pinto/Frijole
Hummus	Pepper, Cayenne	Bean, Red
Red Bean Paste	Pepper, Sichuan	Bean, White
Vegetable Shortening (Spectrum®)	Pepper, Szechuan	Chickpea (see also Garbanzo Bean)
Vinegar, Distilled	Red Pepper Flake	Coffee Bean, Organic
White/Distilled Vinegar	Vanilla (gluten and corn-free)	Fava Bean
Sweeteners	Vanilla Bean	Fava Bean Flour
Just Like Sugar®	Vanilla Powder	Garbanzo Bean
Monk Fruit (Pure)	Milk-Containing Foods	Garbanzo Flour
Monk Fruit Extract	Legumes & Pulses	Kidney Bean
Xyla (Birchwood Xylitol)	Bean, Azuki	Lentil(s)
	Bean, Black	Red Bean Paste
	Bean, Butter	Vanilla Bean
	Bean, Cannellini	Vanilla Powder
	Bean, Chana Dahl	
	Bean, Chili	
	Bean, Italian	

Corn-Derived Foods	Miscellaneous
Gluten-Containing Foods	Acacia Gum
Gluten-Free Grains	Arabic Gum
Fava Bean Flour	Chewing Gum, Xylicew®
Flax Meal	Guar Gum
Garbanzo Flour	Locust Bean Gum
Hemp Meal	Tragacanth Gum
Hemp Protein (Powder)	Yeast, Baker's
Hemp Seed	Yeast, Brewer's
Oats (Bob's Red Mill Gluten Free Version)	Yeast, Nutritional
Oats (Certified GF)	Snacks
Tolerant Green Lentil & Pea Pasta	AB
Tolerant Red or Green Lentil Pasta	Flax Meal
Beverages & Protein Powders	Flax Oil
Coffee	Flax Seed
Coffee Bean, Organic	qwerty
Hemp Protein (Powder)	
Tea, Ramon	