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

Vegetables

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Bamboo Shoot

Bean Sprout

Beet Greens

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

Cauliflower

Cauliflower, Purple

Celery

Chard

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Comfrey

Daikon Radish

Dandelion Greens

Dandelion Root

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kohlrabi

Leeks

Lettuce, all types

Mushrooms

Mushrooms, Button

Mushrooms, Cremini/Crimini

Mushrooms, Maitake

Mushrooms, Shiitake

Mustard Greens

Olives (without vinegar)

Onion, Green

Onion, Maui

Onion, Red

Onion, Sweet

Onion, Yellow

Parsley

Prickly Pear

Radicchio

Radish

Rainbow Chard

Rutabaga

Sauerkraut (Bubbies® Brand only)

Scallions

Shallots

Spinach

Swede

Swiss Chard

Truffle

Turnip Greens

Wasabi Root

Water Chestnut

Watercress

Fruits

Acai

alpha

Apricot

Bilberry

Boysenberry

bravo

Carambola

Dragon Fruit (Pitaya)

Elderberry

food name

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

Plum

Pomegranate

Rambutan

Star Fruit

Youngberry

Legumes, Pods, & Pulses**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

Avocado Oil

Coconut, shredded (raw, unsweetened)

Coconut Butter

Coconut Oil

MCT Oil

Pistachios

Truffle Oil

Truffle Oil, Black

Herbs & Spices

Allspice

Almond Flavor (natural, gluten free)

Anise

Astragalus

Basil

Bay Leaf

| | | |
|--------------------|----------------------------------|---|
| Black Cohosh | Fennel | Mustard (as a Powder) |
| Cardamom | Garlic | Mustard Seeds (gluten free) |
| Catnip | Garlic Pepper | Nutmeg |
| Celery Powder | Garlic Powder | Onion |
| Celery Seed | Garlic Salt | Onion Powder |
| Chaparral | Ginkgo Biloba | Oregano |
| Chervil | Ginseng (All Types) | Parsley |
| Cilantro/Coriander | Goldenseal | Pau D'arco |
| Cinnamon | Grapefruit Seed Extract | Pepper, Black (see Garlic/Lemon Pepper) |
| Cinnamon, Ceylon | Gymnema Silvestre | Pepper/Peppercorns |
| Clove Powder | Herbs De Provence | Peppermint |
| Cloves, Madagascar | Hickory | Pine Bark Extract |
| Cloves, Penang | Himalayan Salt | Rose Hips |
| Comfrey | Juniper Berry | Rosemary |
| Cramp Bark Extract | Lavender | Saffron |
| Cream of Tartar | Lemon Balm (Melissa Officinalis) | Sage |
| Cumin | Lemongrass | Sassafras |
| Curcumin | Lemon Pepper | Savory |
| Curry (must be GF) | Maca Root | Saw Plametto |
| Dandelion Root | Mace Spice | Shallots |
| Dill | Marjoram | Spearmint |
| Dong Quai | Milk Thistle | St. John's Wort |
| Echinacea | Mint | Sumac |

| | | |
|---|---|--------------------------------|
| Tarragon | Gluten-Containing Foods | Lime Juice |
| Thyme | Corn-Derived Foods | Mineral Water |
| Turmeric | Condiments, Spreads & Sauces | Sparkling Water, unflavored |
| Uva Ursi | Apple Cider Vinegar (Bragg's®) | Tea, Black |
| Valerian | Coconut Aminos® | Tea, Chamomile |
| White Willow Bark Extract | Coconut Cream | Tea, Chicory Root |
| Wintergreen | Horseradish Mustard, Gluten-free (Annie's®) | Tea, Green |
| Wormwood | Liquid Smoke gluten free (natural) | Tea, Hibiscus |
| Fish & Shellfish | Mustard, Brown (Eden® gf mustard) | Tea, Oolong |
| Meat & Poultry | Olives (without vinegar) | Tea, Roobios |
| Ostrich | Sauerkraut (Bubbies® Brand only) | Tea, White |
| Milk-Containing Foods | Sweeteners | Water |
| Non-Dairy & Eggs | Jerusalem Artichoke Syrup | Yerba Matte Tea (Organic/Pure) |
| Almond Milk, unsweetened (no tapioca) | Rebiana Leaf (Stevia) | Zevia Drinks |
| Coconut Kefir (No Tapioca, Carageenan) | Sweetleaf® Stevia | Miscellaneous |
| Coconut Milk (Native Forest or Natural Value) | Beverages & Protein Powders | Baking Soda (Arm & Hammer®) |
| Gluten-Free Grains | Almond Milk, unsweetened (no tapioca) | Latex |
| Almond Flour (gluten free) | Coconut Kefir (No Tapioca, Carageenan) | Lycopene |
| Coconut Flour (gluten free) | Coconut Milk (Native Forest or Natural Value) | Silver |
| Coconut Meal (gluten free) | Coconut Water (low sugar) | |
| Glucomannon Flour (konjacfoods.com) | Echinacea Tea | |
| Konjac Glucomannon Flour | Green Tea | |
| | Lemon Juice | |

Snacks

Food Additives

Chicory Root

Inulin

Palm Wax

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

new food cat

alpha

bravo

food name

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

Ginger

Tabasco Sauce

Yams, Garnett

Yams, Japanese

Fruits

Blackberry

Blueberry

Cherry

Clementine

Dates

Guava

Kiwi

Pear, Asian

Raspberry

Tangerine

Legumes, Pods, & Pulses

Vanilla Bean

Nuts, Seeds, Drupes & Oils

Annatto Seed

Brazil Nut

Canola Oil, Non-GMO

Caraway Seed

Cashew Butter

Cashew Meal

Cashews

Chestnut

Chia Seed (1/4 cup, max)

Cottonseed/Cottonseed Oil

Duck Fat

Flax Meal

Flax Oil

Flax Seed

Hazelnut/Filbert

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Lard/Tallow (pork)

Macadamia Nut Oil

Macadamia Nuts

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Pine Nut

Poppy seeds

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Vegetable Shortening (Spectrum®)

Herbs & Spices

Caraway Seed

Ginger Powder

Guarana

Olive Leaf Extract

Tabasco Sauce

Vanilla Bean

Vanilla Powder

Fish & Shellfish

Bass

Chilean Sea Bass

Corvina

Flounder

Haddock

Hake

Halibut

Herring

Lox

Mackerel

Mahi Mahi

Octopus

Perch

Red Snapper

Salmon, wild (fresh)

Sardines

Sole

Swai

Swordfish

Tilapia (Wild, Non-farmed)

Trout

Walleye Pike

Whitefish/Turbot

Meat & Poultry

Applegate® organic black forest ham

Applegate® organic ham

Applegate® organic hot dogs

Applegate® organic roast beef

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Collagen Protein (Powder)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Great Lake's® Beef Gelatin

Lamb

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

Milk-Containing Foods**Non-Dairy & Eggs**

Egg Whites, Pasture-raised

Gluten-Free Grains

Amaranth

Flax Meal

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Sunflower Seed Flour

Gluten-Containing Foods**Corn-Derived Foods****Condiments, Spreads & Sauces**

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

Coconut Vinegar (Coconut Secret)

Earth Balance® Coconut Spread

Harissa

Ketchup (Organicville)

Tabasco Sauce

Ume Plum Vinegar

Vegetable Shortening (Spectrum®)

Vinegar, Distilled

Sweeteners

Agave Nectar

BodyPro Almond Mayo Grade A
Maple Syrup

Coconut Palm Sugar

Coconut Sugar

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Lo Han

Maple Sugar

Maple Syrup (Grade A Dark Amber
Organic)

Yacon Syrup

Beverages & Protein Powders

Bone Broth Protein, Beef

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Hemp Protein (Powder)

Miscellaneous

Bone Broth, Beef

Cacao (Raw, Pure, & Unsweetened)

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Dates

Food Additives

Annatto Coloring

new food cat

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

Vegetables

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Capsicum

Eggplant

Paprika

Pepper, Anaheim

Pepper, Cayenne

Pepper, Chili

Pepper, Green

Pepper, Habanero

Pepper, Jalapeño

Pepper, Poblano

Pepper, Red

Pepper, Serrano

Pepper, Tabasco

Red Pepper Flake

Tomatillo

Tomato

Tomato, Cherry

Tomato, Heirloom

Tomato, Orange

Tomato, Red

Tomato, Roma

Tomato, Sun-dried

Tomato, Yellow

Tomatoes, Big Beef

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Fruits

Durian Fruit

Goji Berry

Gooseberries

Kumquat

Mangosteen

Monk Fruit (Pure)

Persimmons

Pomelo

Prune

Wolfberry

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Bell Pepper, Red

Capsicum

Chili Powder

Fennel Seed

Paprika

Paprika (smoked)

Pepper, Cayenne

Pepper, Red

Pepper, Sichuan

Pepper, Szechuan

Red Pepper Flake

Tomatillo

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods**Non-Dairy & Eggs****Gluten-Free Grains****Gluten-Containing Foods****Corn-Derived Foods****Condiments, Spreads & Sauces**

Distilled White Vinegar

Red Tomato Paste (gluten free)

Tomato Paste (gluten &
Vinegar-free)Tomato Sauce (gluten &
Vinegar-free)**Sweeteners**

Monk Fruit (Pure)

Monk Fruit Extract

Xyla (Birchwood Xylitol)

Beverages & Protein Powders**Miscellaneous**

Red Tomato Paste (gluten free)

Tobacco

Snacks**Food Additives**

new food cat

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

Chayote

Oat Grass (Not For Gluten Sensitive)

Pimento

Sugar Beet

Taro

Fruits

Banana

Cape Gooseberries

Currant

Dried Fruit

Ground Cherries

Jack fruit

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Oranges, Mandarin

Papaya

Pineapple

Plantain

Quince

Tangelo

Legumes, Pods, & Pulses

Coffee Bean, Organic

Nuts, Seeds, Drupes & Oils

Borage Seed Oil

Pili Nuts

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

Tea, Ramon

Tiger Nuts

Walnut Oil

Walnuts

Walnuts, Black

Herbs & Spices

Ashwaganda

Garam Masala

Jamaican Jerk

Orange Peel/Rind

Orange Salt

Red Clover

Sesame Seeds

Sesame Seeds, Black

Vanilla (gluten and corn-free)

Fish & Shellfish

Meat & Poultry

Applegate® organic bacon

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Millet

Oats (Bob's Red Mill Gluten Free Version)

Oats (Certified GF)

Quinoa (gluten free)

Condiments, Spreads & Sauces

Barbeque Sauce, GF Annie's®
Sweet & Spicy

Cocoa Butter

Vinegar, Beet

Sweeteners

Brown Sugar

Cane Syrup

Chocolate, Dark

Fruit Pectin

Just Like Sugar®

Molasses

Sucanat

Sugar Beet

Sugar Cane

Beverages & Protein Powders

Cocoa

Coffee Bean, Organic

Orange Juice

Rice Protein Powder (gluten free)

Tea, Ramon

Miscellaneous

Cocoa

Rice Starch (if certified gluten free)

Snacks**Food Additives**

Arabic Gum

Asafoetida Powder

Tragacanth Gum

new food cat

Quinoa, Black (gluten free)

Quinoa, Red (gluten free)

Rice, Basmati (gluten free)

Rice, Black (gluten free)

Rice, Brown (gluten free)

Rice, Japonica (gluten free)

Rice, Purple (gluten free)

Rice, Red (gluten free)

Rice, White (gluten free)

Rice, Wild (Lundberg® - not the
blend)

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Teff

Teff Flour

Gluten-Containing Foods**Corn-Derived Foods**

Barbeque Sauce, GF Annie's®
Sweet & Spicy

These are the foods that have been removed from your diet

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Bean, Green

Beet

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Kelp/Dulse

Kombu

Nori

Parsnip

Pea, Black-Eyed

Pea, Green

Pea, Snap

Pea, Snow

Pea, Split

Pea Protein

Potato, Fingerling

Potato, Purple

Potato, Red

Potato, Russet

Potato, Sweet

Potato, White

Potato, Yukon Gold

Psyllium Husk

Sea Vegetables

Seaweed

Spirulina

Sweet Potato, Red

Sweet Potatoes, White

Turnips

Fruits

Strawberry

Tamarind

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)

Edamame (must be organic)

Fava Bean

Fava Bean Flour

Garbanzo Bean

Garbanzo Flour

Kidney Bean

Lentil(s)

Miso

Pea, Snap

Pea, Snow

Pea, Split

Peanut (Organic, Valencia)

Peanut Butter (Organic,
Maranatha®)

Red Bean Paste

Soybean oil(must be organic)

Soy Beans (must be organic)

Nuts, Seeds, Drupes & Oils

Canola/Rapeseed Oil

Corn Oil

Fenugreek Seed

Hydrogenated Oils

Krill Oil

Peanut Oil (Organic)

Pecan Flour

Pecans

Psyllium Husk

Vegetable Oil

Herbs & Spices

Licorice Root

Mesquite

Red Chili Paste Thai Kitchen®
(gluten free)

Tamari (Wheat Free)

Fish & Shellfish

Anchovy

Catfish

Clam

Cod/ Cod Liver Oil

Crab

Crab, Immitation

Crayfish

Krill

Lobster

Mussel

Orange Roughy

Oyster

Scallop

Shrimp

Squid

Tuna

Meat & PoultryApplegate® organic andouille
sausage

Applegate® organic chicken

Applegate® organic chicken/apple
sausageApplegate® organic herb roasted
turkeyApplegate® organic red pepper
sausageApplegate® organic sausage sweet
italianApplegate® organic smoked
chicken breastApplegate® organic smoked turkey
breastApplegate® organic spinach & feta
sausage

Applegate® organic turkey

Chicken Broth (Imagine® gf/low
sodium)**Milk-Containing Foods**Applegate® organic spinach & feta
sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

| | | |
|--------------------------------|---|------------------------------------|
| Cheese, Cottage | Ghee (Pasture-Raised, Organic) | Milk, Soy (Organic) |
| Cheese, Cream | Goat Cheese | Gluten-Free Grains |
| Cheese, Feta | Goat Kefir | Corn (Gluten-free & Non-GMO) |
| Cheese, Goat | Kefir, Raw | Corn, Blue |
| Cheese, Gorgonzola | Lactic Acid (milk-derived) | Corn, White |
| Cheese, Gouda | Lactoalbumin | Corn Meal (gluten free) |
| Cheese, Havarti | Milk, Buffalo | Corn Starch (gluten free) |
| Cheese, Machego | Milk, Cow | Fava Bean Flour |
| Cheese, Marscapone | Milk, Goat | Garbanzo Flour |
| Cheese, Mozzarella (Raw) | Milk, Sheep | Julian Bakery Almond Bread |
| Cheese, Muenster | Milk Chocolate | Julian Bakery Coconut Bread |
| Cheese, Parmesan | Mozzarella Cheese | Mikey's Original English Muffin |
| Cheese, Pecorino | Sour Cream, Raw and Unpasteurized | Mikey's Pizza crust |
| Cheese, Provolone | Whey | Mikey's Sliced Bread Loaf |
| Cheese, Raw and Pasture-raised | Yogurt (See Xanthan Gum) | Potato Flour (gluten free) |
| Cheese, Ricotta | Non-Dairy & Eggs | Potato Starch (gluten free) |
| Cheese, Romano | Almond Yogurt, unsweetened | Sweet Potato Flour (gluten free) |
| Cheese, Sheep | BodyPro Avocado Oil Mayonnaise | Tolerant Green Lentil & Pea Pasta |
| Cheese, String (Mozzarella) | Cheese, Daiya (Coconut, Tapioca, yeast,) | Tolerant Red or Green Lentil Pasta |
| Cheese, Swiss | Cheese, Soy (Organic) (see Soy) | Tortilla, Siete Almond |
| Chocolate, Milk | Egg, Pasture-raised (from a farmer) | Tortilla, Siete Cassava & Coconut |
| Chocolate, White | Egg, Vital Farms® or Pasture Verde® | Udi's Millet-Chia Bread |
| Cream, Raw and Unpasteurized | Egg Yolks, Pasture-raised | Udi's White Sandwich Bread |

| | | |
|---|--|---|
| Udi's Whole Grain Bread | Corn Starch (gluten free) | Liquid Aminos (Braggs®)(has Soy) |
| Gluten-Containing Foods | Corn Syrup | Mayonnaise |
| Bread | Erythritol (non-GMO) | Mayonnaise, Primal Kitchen Avocado Oil |
| Cheese, Bleu | Fructose | Mayonnaise, Primal Kitchen Chipotle Avocado Oil |
| Chewing Gum (has gluten and corn) | GemWraps®, Sandwich Wrap (Carrot) | Red Bean Paste |
| Crab, Immitation | Hydrogenated Oils | Red Chili Paste Thai Kitchen® (gluten free) |
| Maltitol | Lactic Acid (corn-derived) | Sour Cream, Raw and Unpasteurized |
| Miso | Maize | Soy Sauce |
| Modified Food Starch | Maltitol | Sriracha Sauce Organicville gluten-free |
| Soy Sauce | Maltodextrin (Corn-based, non-GMO) | Tamari (Wheat Free) |
| Teriyaki Sauce | Modified Food Starch | Teriyaki Sauce |
| Corn-Derived Foods | Sriracha Sauce Organicville gluten-free | Veganise Soy-free (Follow Your Heart®) |
| Cheese, Cream | Swerve® Sweetener | Worcestershire Sauce (The Wizard's® GF) |
| Cheese, Daiya (Coconut,Tapioca,yeast,...) | Vodka, Corn | Sweeteners |
| Cheese, Soy (Organic) (see Soy) | Xanthan Gum | Aspartame |
| Chewing Gum (has gluten and corn) | Yogurt (See Xanthan Gum) | Chocolate, Milk |
| Citric Acid (can be corn-derived) | Condiments, Spreads & Sauces | Chocolate, White |
| Corn (Gluten-free & Non-GMO) | BodyPro Avocado Oil Mayonnaise | Corn Syrup |
| Corn, Blue | Cream, Raw and Unpasteurized | Erythritol (non-GMO) |
| Corn, White | Daiya - Medium Cheddar Block | Fructose |
| Corn Gluten | Earth Balance® Avocado Oil Butter Spread | Maltitol |
| Corn Meal (gluten free) | Hummus | Maltodextrin (Corn-based, non-GMO) |
| Corn Oil | Kosher Salt | Nutrasweet® |

Sorbitol

Splenda

Sucralose

Swerve® Sweetener

Xylitol

Beverages & Protein Powders

Carrot Juice

Casein

Lactoalbumin

Licorice Tea

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Rice

Milk, Sheep

Milk, Soy (Organic)

Pea Protein

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Tea, Unflavored

Vodka, Corn

Vodka, Potato

Whey

Miscellaneous

Antimony

Baking Powder

Beef broth (Imagine® low sodium/GF)

Chicken Broth (Imagine® gf/low sodium)

GemWraps®, Sandwich Wrap (Carrot)

GemWraps®, Sandwich Wrap (Kale-Apple)

GemWraps®, Sandwich Wrap (Mango/Chipotle)

GemWraps®, Sandwich Wrap (Tomato)

Julian Bakery Paleo Wraps

Modified Food Starch

Tofu (Organic)

Vegetable broth (Imagine® Low Sodium)

Snacks

Chewing Gum (has gluten and corn)

Chewing Gum, XylicheW®

Skinny Crisps® (Plain Jane)

Food Additives

Acacia Gum

Agar Gum

Blue Food Dye

Carrageenan Gum

Citric Acid (can be corn-derived)

Formaldehyde

Guar Gum

Lactic Acid (beet-derived)

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

Vegan Natural Flavors (with MSG)

Xanthan Gum

new food cat

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

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

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

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|----------------------|--|--------------------------------------|
| Hemp Seed | Ramon Seeds | Walnuts, Black |
| Hydrogenated Oils | Rice, Wild (Lundberg® - not the blend) | Herbs & Spices |
| Krill Oil | Rice Bran Oil | Allspice |
| Lard/Tallow (pork) | Sacha Inchi Seeds | Almond Flavor (natural, gluten free) |
| Macadamia Nut Oil | Safflower/Safflower Seed Oil | Anise |
| Macadamia Nuts | Sesame Seed Oil | Ashwaganda |
| MCT Oil | Sesame Seeds | Astragalus |
| Olive Leaf Extract | Sesame Seeds, Black | Basil |
| Olive Oil, Virgin | Sunflower Seed Butter | Bay Leaf |
| Palm Kernel Oil | Sunflower Seed Flour | Bell Pepper, Red |
| Peanut Oil (Organic) | Sunflower Seed Lecithin | Black Cohosh |
| Pecan Flour | Sunflower Seed Oil | Capsicum |
| Pecans | Sunflower Seeds | Caramel Coloring |
| Pepitas | Tahini | Caraway Seed |
| Pili Nuts | Tea, Ramon | Cardamom |
| Pine Nut | Tiger Nuts | Catnip |
| Pistachios | Truffle Oil | Celery Powder |
| Poppy seeds | Truffle Oil, Black | Celery Seed |
| Psyllium Husk | Vegetable Oil | Chaparral |
| Pumpkin Oil | Vegetable Shortening (Spectrum®) | Chervil |
| Pumpkin Seed Oil | Walnut Oil | Chili Powder |
| Pumpkin Seeds | Walnuts | Chipotle Seasoning |

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|--------------------|----------------------------------|---|
| 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 |
| Garlic Powder | Marjoram | Pepper/Peppercorns |

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

Swai

Swordfish

Tilapia (Wild, Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

Meat & Poultry

Applegate® organic andouille sausage

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic chicken

Applegate® organic chicken/apple sausage

Applegate® organic ham

Applegate® organic herb roasted turkey

Applegate® organic hot dogs

Applegate® organic red pepper sausage

Applegate® organic roast beef

Applegate® organic sausage sweet italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® organic spinach & feta sausage

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Chicken Broth (Imagine® gf/low sodium)

Collagen Protein (Powder)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Great Lake's® Beef Gelatin

Lamb

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

Milk-Containing Foods

Applegate® organic spinach & feta sausage

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, Macheo

Cheese, Marscapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactic Acid (milk-derived)

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Milk Chocolate

Mozzarella Cheese

Sour Cream, Raw and Unpasteurized

Whey

Yogurt (See Xanthan Gum)

Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Cheese, Daiya (Coconut, Tapioca, yeast,)

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture Verde®

Egg Whites, Pasture-raised

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or Amazon.com)

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

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

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

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

Lactalbumin

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

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|---|----------------------------------|
| Yeast, Baker's | Guar Gum |
| Yeast, Brewer's | Inulin |
| Yeast, Nutritional | Lactic Acid (beet-derived) |
| Snacks | Lactic Acid (corn-derived) |
| Apple Sauce | Lactic Acid (milk-derived) |
| Chewing Gum (has gluten and corn) | Locust Bean Gum |
| Chewing Gum, Xylichew® | Maltodextrin (Barley-derived) |
| Dates | MSG/MonosodiumGlutamate |
| Simple Mills Chocolate Chip Cookies | Palm Wax |
| Simple Mills Cracked Black Pepper Almond Crackers | Pea Protein Isolate |
| Skinny Crisps® (Plain Jane) | 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) |
| Chicory Root | Xanthan Gum |
| Citric Acid (can be corn-derived) | |
| Formaldehyde | |

new food cat

alpha

bravo

food name