

Vegetables		
A+	Bok Choy	Chard
A2	Broccoli	Chayote
Alfalfa Grass	Broccoli Rabe	Chives
Alfalfa Sprouts	Broccoli Sprouts	Coconut (raw and unsweetened)
Aloe Vera	Broccolini	Coconut Concentrate
Artichoke (not pickled)	Brussels Sprout	Collard Greens
Artichoke, Jerusalem (not pickled)	Burdock	Corn (Gluten-free & Non-GMO)
Arugula	Cabbage, Chinese (see also Bok Choy)	Corn, Blue
Asparagus	Cabbage, Green	Corn, White
Avocado	Cabbage, Purple	Cucumber
Avocado Oil	Cactus (Nopales)	Daikon Radish
Bamboo Shoot	Capers	Dandelion Greens
Bean Sprout	Capsicum	Dandelion Root
Bean, Green	Carrot Juice	Eggplant
Beet	Carrot, Orange	Endive
Beet Greens	Carrot, Purple	Fennel
Bell Pepper	Carrot, White	Garlic
Bell Pepper, Green	Carrot, Yellow	Hearts of Palm
Bell Pepper, Orange	Cassava (see Tapioca and Yucca)	Horseradish
Bell Pepper, Red	Cauliflower	Jicama
Bell Pepper, Yellow	Cauliflower, Purple	Kale, all types
	Celery	Kelp/Dulse

Kohlrabi	Pea, Black-Eyed	Prickly Pear
Kombu	Pea, Green	Psyllium Husk
Leeks	Pea, Snap	Pumpkin
Lettuce, all types	Pea, Snow	Pumpkin Powder
Mushrooms	Pea, Split	Radicchio
Mushrooms, Button	Pepper, Anaheim	Radish
Mushrooms, Cremini/Crimini	Pepper, Chili	Rainbow Chard
Mushrooms, Maitake	Pepper, Green	Rhubarb
Mushrooms, Shiitake	Pepper, Habanero	Rutabaga
Mustard Greens	Pepper, Jalapeño	Sauerkraut (Bubbies® Brand only)
Nori	Pepper, Poblano	Scallions
Oat Grass (Not For Gluten Sensitive)	Pepper, Red	Sea Vegetables
Okra	Pepper, Serrano	Seaweed
Olives (without vinegar)	Pickles, Bubbies® brand only	Shallots
Onion, Green	Pimento	Spinach
Onion, Maui	Potato, Fingerling	Spirulina
Onion, Red	Potato, Purple	Squash
Onion, Sweet	Potato, Red	Squash, Acorn
Onion, Yellow	Potato, Russet	Squash, Butternut
Parsley	Potato, Sweet	Squash, Green
Parsnip	Potato, White	Squash, Spaghetti
Pea Protein	Potato, Yukon Gold	Squash, Summer

Squash, Winter	Watercress	Cranberry Juice
Squash, Yellow	Yams, Garnett	Currant
Sugar Beet	Yams, Japanese	Date(s)
Sweet Potato, Red	Yucca	Dragon Fruit (Pitaya)
Sweet Potatoes, White	Zucchini	Dried Fruit
Swiss Chard		Elderberry
Tomatillo	<b>Fruits</b>	Fig
Tomato	Acai	Goji Berry
Tomato Paste (gluten & Vinegar-free)	Apple (all types)	Golden Berry
Tomato Sauce (gluten & Vinegar-free)	Apple Cider	Gooseberry
Tomato, Cherry	Apple Juice	Grape
Tomato, Heirloom	Apple Sauce	Grape, Green
Tomato, Orange	Apricot	Grape, Purple
Tomato, Red	Banana	Grape, Red
Tomato, Roma	Bilberry	Grape, White
Tomato, Sun-dried	Blackberry	Grapefruit
Tomato, Yellow	Blueberry	Grapefruit Juice
Tomatoes, Big Beef	Boysenberry	Guava
Truffle	Cantaloupe	Huckleberry
Turnip Greens	Cherry	Jack fruit
Turnips	Clementine	Kiwi
Water Chestnut	Cranberry	Kumquat

		Nuts, Seeds, Drupes & Oils
Lemon	Peach	
Lemon Juice	Pear	Almond
Lemon Rind/Peel	Pear, Asian	Almond Butter (Artisana®)
Lime	Persimmons	Almond Flavor natural, gluten free)
Lime Juice	Pineapple	Almond Flour (gluten free)
Litchi (aka Lychee)	Plantain	Almond Meal (gluten free)
Loganberry	Plum	Almond, Marcona
Loquat	Pomegranate	Annatto Seed
Mango	Pomelo	Brazil Nut
Mangosteen	Prune	Canola/Rapeseed Oil
Maqui	Quince	Caraway Seed
Melon, Honeydew	Raisin (unsulfured, organic)	Cashew Butter
Monk Fruit (Pure)	Raspberry	Cashew Meal
Mulberry	Star Fruit	Cashews
Nectarines	Strawberry	Chestnut
Noni	Tamarind	Chia Seed (1/4 cup, max)
Orange	Tangelo	Coconut Butter
Orange Juice	Tangerine	Coconut Oil
Orange Peel/Rind	Watermelon	Coconut, shredded (raw, unsweetened)
Orange, Blood	Wolfberry	Cola Nut (aka Kola Nut)
Papaya	Youngberry	Corn Oil
Passion Fruit		Cottonseed/Cottonseed Oil

Flax Meal	Psyllium Husk	Walnut, Black (few)
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	<b>Fish &amp; Shellfish</b>
Grapeseed Oil, Organic	Pumpkin Seeds	Anchovy
Hazelnut Flour	Ramon Seeds	Bass
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	Catfish
Hemp Meal	Sacha Inchi Seeds	Chilean Sea Bass
Hemp Protein (Powder)	Safflower/Safflower Seed Oil	Clam
Hemp Seed	Sesame Seed Oil	Cod/ Cod Liver Oil
Hydrogenated Oils	Sesame Seeds	Corvina
Macadamia Nut Oil	Sesame Seeds, Black	Crab
Macadamia Nuts	Sunflower Seed Butter	Crab, Immitation
Olive Leaf Extract	Sunflower Seed Lecithin	Crayfish
Olive Oil, Virgin	Sunflower Seed Oil	Flounder
Palm Kernel Oil	Sunflower Seeds	Haddock
Pecan	Tahini	Hake
Pecan Flour	Tea, Ramon	Halibut
Pepitas	Tiger Nuts	Herring
Pili Nuts	Vegetable Oil	Lobster
Pine Nut	Vegetable Shortening (Spectrum®)	Mackerel
Pistachios	Walnut (few)	Mahi Mahi
Poppy seeds	Walnut Oil	Mussel

Octopus	<b>Meat &amp; Poultry</b>	Deer (see also Venison)
Orange Roughy	Applegate® organic andouille sausage	Duck
Oyster	Applegate® organic bacon	Goat, Grass-fed only (organic)
Perch	Applegate® organic black forest ham	Lamb (organic)
Red Snapper	Applegate® organic chicken	Lard (pork)
Salmon, wild (fresh)	Applegate® organic chicken/apple sausage	Ostrich
Sardines	Applegate® organic ham	Pheasant
Scallop	Applegate® organic herb roasted turkey	Pork, (organic)
Shrimp	Applegate® organic hot dogs	Quail
Sole	Applegate® organic red pepper sausage	Rabbit
Squid	Applegate® organic roast beef	Turkey (organic)
Swai	Applegate® organic sausage sweet italian	Veal (organic)
Swordfish	Applegate® organic smoked chicken breast	Venison (see also Deer)
Tilapia (Non-farmed)	Applegate® organic smoked turkey breast	
Trout	Applegate® organic spinach & feta sausage	<b>Non-Dairy &amp; Eggs</b>
Tuna	Applegate® organic turkey	Almond Milk, unsweetened (no tapioca)
Walleye Pike	Applegate® organic turkey bacon	Almond Yogurt, unsweetened
Whitefish/Turbot	Beef, Grass-fed only (organic)	BodyPro Avocado Oil Mayonnaise
	Bison (see also Buffalo)	Cheese, Daiya (Coconut, Tapioca, yeast, &....)
	Buffalo (see also Bison)	Cheese, Soy (Organic) (see Soy)
	Chicken Broth (Imagine® gf/low sodium)	Coconut Kefir (No Tapioca, Carageenan)
	Chicken, free range (organic)	Coconut Milk (Native Forest or Natural Value)

Egg, Pasture-raised (from a farmer)	Earth Balance® Coconut Spread	Vinegar, White
Egg, Vital Farms® or Pasture Verde®	Harissa	Vinegar, White Wine
Egg, Whites, Pasture-raised	Horseradish Sauce, Gluten-free (Annie's®)	Worcestershire Sauce (The Wizard's® GF)
Egg, Yolks Pasture-raised	Hummus	
Milk, Soy (Organic)	Ketchup (Organicville)	<b>Sweeteners</b>
Modified Food Starch	Liquid Smoke (can have gluten)	abcdefg
Paleo Cheese (Julianbakery.com or Amazon.com)	Liquid Smoke gluten free (natural)	Agave Nectar
	Mayonnaise	Aspartame
<b>Condiments</b>	Mayonnaise, Primal Kitchen Avocado Oil	BodyPro Almond Mayo Grade A Maple Syrup
Apple Cider Vinegar (Bragg's®)	Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Brown Rice Syrup (contains MSG/Gluten)
Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Mustard, Brown (Eden® gf mustard)	Cane Syrup
Balsamic Vinegar (with Red Wine Vinegar)	Sauerkraut (Bubbies® Brand only)	Chocolate, Dark
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Sriracha Sauce Organicville gluten-free	Chocolate, Milk
Barbeque Sauce, GF Annie's® Sweet & Spicy	Tabasco Sauce	Chocolate, White
BodyPro Almond Mayo Grade A Maple Syrup	Ume Plum Vinegar	Coconut Palm Sugar
BodyPro Almond Mayo with Yacon Syrup	Veganise Soy-free (Follow Your Heart®)	Coconut Sugar
BodyPro Avocado Oil Mayonnaise	Vinegar	Date Sugar
Carob	Vinegar, Beet	Erythritol (non-GMO)
Coconut Vinegar (Coconut Secret)	Vinegar, Distilled	Fructose
Dressing, Primal Kitchen Greek Avocado Oil	Vinegar, Malt	Fruit Pectin
Dressing, Primal Kitchen Honey Mustard	Vinegar, Red Wine	Honey, (Organic)
Earth Balance® Avocado Oil Butter Spread	Vinegar, Rice	Honey, Manuka

Honey, Wildflower from Mahava®	Swerve® Xylitol	Cilantro/Coriander
Jerusalem Artichoke Syrup	Tapioca Dextrose	Cinnamon
Just Like Sugar®	Xyla (Birchwood Xylitol/non-corn source)	Cinnamon, Ceylon
Lo Han	xyz	Cloves
Maltitol	Yacon Syrup	Cloves, Madagascar
Maltodextrin (Barley-derived)		Cloves, Penang
Maltodextrin (Corn-based, non-GMO)	Herbs & Spices	Cramp Bark Extract
Maltodextrin (Tapioca-based)		Cream of Tartar
Maple Sugar		Cumin
Maple Syrup (Grade A Dark Amber Organic)		Curcumin
Molasses		Curry (must be GF)
Monk Fruit (Pure)		Dandelion Root
Monk Fruit Extract		Dill
Nutrasweet®		Dong Quai
Rebiana Leaf (Stevia)		Echinacea
Sorbitol		Fennel
Splenda		Garlic
Sucanat		Garlic Pepper
Sucralose		Garlic Powder
Sugar Beet		Garlic Salt
Sugar Cane		Ginger
Sweetleaf® Stevia		Ginkgo Biloba



Ginseng (All Types)	Mustard (as a Powder)	Rose Hips
Goldenseal	Mustard Seeds (gluten free)	Rosemary
Grapefruit Seed Extract	Nutmeg	Saffron
Grapeseed Extract	Olive Leaf Extract	Sage
Guarana	Onion	Saw Plametto
Gymnema Silvestre	Onion Powder	Sesame Seeds
Herbs De Provence	Orange Peel/Rind	Sesame Seeds, Black
Hickory	Orange Salt	Shallots
Himalayan Salt	Oregano	Spearmint
Jamaican Jerk	Paprika	St. John's Wort
Juniper Berry	Paprika (smoked)	Sumac
Lavender	Parsley	Taco Seasoning
Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon Pepper)	Tamari (Wheat Free)
Lemon Pepper	Pepper, Cayenne	Tarragon
Lemongrass	Pepper, Red	Thyme
Licorice Root	Pepper, Sichuan	Tomatillo
Maca Root	Pepper, Szechuan	Turmeric
Mace Spice	Pepper/Peppercorns	Uva Ursi
Marjoram	Peppermint	Valerian
Mesquite	Pine Bark Extract	Vanilla (gluten and corn-free)
Milk Thistle	Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean
Mint	Red Pepper Flake	Vanilla Powder

White Willow Bark Extract

Cheese, Marscapone

Milk, Goat

Wintergreen

Cheese, Mozzarella (Raw)

Milk, Sheep

Wormwood

Cheese, Muenster

Mozzarella Cheese

Cheese, Parmesan

Sour Cream, Raw and Unpasteurized

**Milk-Containing Foods**

Cheese, Pecorino

Whey

Applegate® organic spinach &amp; feta sausage

Cheese, Provolone

Yogurt (See Xanthan Gum)

Butter, Raw and Pasture-raised

Cheese, Raw and Pasture-raised

Buttermilk

Cheese, Ricotta

**Legumes & Pulses**

Casein

Cheese, Romano

Bean, Azuki

Cheese, American

Cheese, Sheep

Bean, Black

Cheese, Asiago

Cheese, String (Mozzarella)

Bean, Butter

Cheese, Bleu

Cheese, Swiss

Bean, Cannellini

Cheese, Brie

Chocolate, Milk

Bean, Chana Dahl

Cheese, Cheddar (Raw)

Chocolate, White

Bean, Chili

Cheese, Cottage

Cream, Raw and Unpasteurized

Bean, Green

Cheese, Cream

Ghee (Pasture-Raised, Organic)

Bean, Italian

Cheese, Feta

Goat Cheese

Bean, Kidney

Cheese, Goat

Goat Kefir

Bean, Lima

Cheese, Gorgonzola

Kefir, Raw

Bean, Mung

Cheese, Gouda

Lactoalbumin

Bean, Navy

Cheese, Havarti

Milk Chocolate

Bean, Ninja

Cheese, Machego

Milk, Cow

Bean, Pinto/Frijole

Bean, Red	Vanilla Powder	Hazelnut Flour
Bean, White		Hemp Meal
Chickpea (see also Garbanzo Bean)	Gluten-Free Grains	Hemp Protein (Powder)
Coffee Bean, Organic	Almond Flour (gluten free)	Hemp Seed
Edamame (must be organic)	Amaranth	Konjac Glucomannon Flour
Fava Bean	Arrowroot Flour/powder	Millet
Fava Bean Flour	Basmati Rice (gluten free)	Oats (Bob's Red Mill Gluten Free Version)
Garbanzo Bean	Buckwheat	Oats (Certified GF)
Garbanzo Flour	Buckwheat Flour	Potato Flour (gluten free)
Kidney Bean	Chicory Root	Potato Starch (gluten free)
Lentil(s)	Coconut Flour (gluten free)	ProGranola (Julian Bakery)
Miso	Coconut Meal (gluten free)	Quinoa (gluten free)
Pea, Snap	Corn (Gluten-free & Non-GMO)	Quinoa, Black (gluten free)
Pea, Snow	Corn Meal (gluten free)	Quinoa, Red (gluten free)
Pea, Split	Corn Starch (gluten free)	Rice Bran
Peanut (Organic, Valencia)	Corn, Blue	Rice Flour (gluten free)
Peanut Butter (Organic, Maranatha®)	Corn, White	Rice Protein Powder (gluten free)
Peanut Oil (Organic)	Ener-G Brown Rice Yeast-Free Bread	Rice, Basmati (gluten free)
Red Bean Paste	Fava Bean Flour	Rice, Black (gluten free)
Soy Beans (must be organic)	Flax Meal	Rice, Brown (gluten free)
Soy Beans Oil (must be organic)	Garbanzo Flour	Rice, Japonica (gluten free)
Vanilla Bean	Glucomannon Flour (konjacfoods.com)	Rice, Purple (gluten free)

Rice, Red (gluten free)	<b>Gluten-Containing Foods</b>	Oats (Can be contaminated with gluten)
Rice, White (gluten free)	Barley	Orzo
Rice, Wild (Lundberg® - not the blend)	Barley Greens (may contain gluten)	Panko
Simple Mills - Everything Sprouted Seed Cracker	Barley Juice (may contain gluten)	Polish Wheat
Simple Mills Grnd Sea Salt Almond Crackers	Beer	Rye
Simple Mills Rosemary & Sea Salt Crackers	Bran	Semolina
Simple Mills Tomato & Basil Almond Crackers	Bread	Soy Sauce
Sorghum	Brown Rice Syrup (contains MSG/Gluten)	Spelt
Sweet Potato Flour (gluten free)	Caramel Coloring	Teechino
Tapioca	Cheese, Bleu	Teriyaki Sauce
Tapioca Flour (gluten free)	Chewing Gum (has gluten and corn)	Triticale
Tapioca Starch (gluten free)	Coffee, Instant (has gluten)	Vinegar
Teff	Couscous	Vinegar, Malt
Tolerant Green Lentil & Pea Pasta	Crab, Immitation	Vinegar, White
Tolerant Red or Green Lentil Pasta	Durum Wheat	Wheat (All Types)
Tortilla, Siete Almond	Farro	Wheat Grass (Is Gluten-contaminated)
Tortilla, Siete Cassava & Coconut	Gluten	
Tortilla, Siete Chia & Cassava	Graham (wheat)	
	Kamut	
	Liquid Smoke (can have gluten)	
	Malt	
	Maltodextrin (Barley-derived)	

**Corn-Derived Foods**

Barbeque Sauce, GF Annie's®  
Sweet & Spicy

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Corn (Gluten-free & Non-GMO)

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn, Blue

Corn, White

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap  
(Carrot)

Maltodextrin (Corn-based,  
non-GMO)

Sriracha Sauce Organicville  
gluten-free

Swerve® Xylitol

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

**Beverages & Protein Powders**

Almond Milk, unsweetened (no  
tapioca)

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Coconut Kefir (No Tapioca,  
Carageenan)

Coconut Milk (Native Forest or  
Natural Value)

Coconut Water (low sugar)

Coffee

Coffee Bean, Organic

Coffee, Instant (has gluten)

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Green Tea

Hemp Protein (Powder)

Kombucha Tea

Lemon Juice

Licorice Tea

Lime Juice

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, Oolong

Tea, Ramon

Tea, Roobios

Tea, unflavored/caffeine-free only

Tea, White

Teechino

Water

Wine, Red

Wine, White (Champagne)

Coconut Cream

Malt

Yerba Matte Tea (Organic/Pure)

Collagen Protein (Powder)

Maltodextrin (Barley-derived)

Zevia Drinks

Formaldehyde

Modified Food Starch

**Miscellaneous**

Garam Masala

Modified Food Starch  
(Tapioca-based)GemWraps®®, Sandwich Wrap  
(Carrot)

Palm Wax

Acacia Gum

GemWraps®®, Sandwich Wrap  
(Kale-Apple)

Pycnogenol

Agar Gum

GemWraps®®, Sandwich Wrap  
(Mango/Chipotle)Red Chili Paste Thai Kitchen®  
(gluten free)

Antimony

GemWraps®®, Sandwich Wrap  
(Tomato)

Red Food Dye

Arabic Gum

Glucomannon Flour  
(konjacfoods.com)

Red Tomato Paste (gluten free)

Baking Powder

Great Lake's® Beef Gelatin

Resveratrol

Baking Soda (Arm &amp; Hammer®)

Guar Gum

Rice Starch (if certified gluten free)

Beef broth (Imagine® low  
sodium/GF)

Hops

Sherry Vinegar

Blue Food Dye

Inulin

Silver

Bone Broth, Beef

Julian Bakery Almond Bread

Skinny Crisps®(Plain Jane)

Carrageenan Gum

Julian Bakery Coconut Bread

Tamari (Wheat Free)

Chewing Gum (has gluten and corn)

Julian Bakery Paleo Wraps

Tofu (Organic)

Chewing Gum, Xylitew®

Konjac Glucomannon Flour

Tomato Paste (gluten &  
Vinegar-free)Chicken Broth (Imagine® gf/low  
sodium)

Lard (pork)

Tomato Sauce (gluten &  
Vinegar-free)

Chicory Root

Latex

Tragacanth Gum

Cocoa Butter

Liquid Aminos (Braggs®)(has Soy)

Vegetable broth (Imagine® Low  
Sodium)Cocoa/Cacao (raw, pure, &  
unsweetened)

Locust Bean Gum

Vegetable Oil

Coconut Aminos®

Lycopene

Vegetable Shortening (Spectrum®)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

## Snacks

Apple Sauce

Date(s)

Simple Mills Chocolate Chip  
Cookies