Vegetables		Cabbage, Chinese (see also		Hearts of Palm
	 	Bok Choy)		
Aloe Vera		Cabbage, Green	Ш	Horseradish
Artichoke (not pickled)		Cabbage, Purple		Jicama
Artichoke, Jerusalem (not pickled)		Cactus (Nopales)		Kale, all types
Arugula		Capers		Kohlrabi
Asparagus		Capsicum		Leeks
Avocado		Cauliflower		Lettuce, all types
Bamboo Shoot		Cauliflower, Purple		Mushrooms
Bean Sprout		Celery		Mushrooms, Button
Beet Greens		Chard		Mushrooms, Cremeni/Crimini
Bell Pepper		Chives		Mushrooms, Maitake
Bell Pepper, Green		Coconut (raw and unsweetened)		Mushrooms, Shiitake
Bell Pepper, Orange		Coconut Concentrate		Mustard Greens
Bell Pepper, Red		Collard Greens		Olives (without vinegar)
Bell Pepper, Yellow		Comfrey		Onion, Green
Bitter Melon		Daikon Radish		Onion, Maui
Bok Choy		Dandelion Greens		Onion, Red
Broccoli		Dandelion Root		Onion, Sweet
Broccolini		Eggplant		Onion, Yellow
Broccoli Rabe		Endive		Paprika
Broccoli Sprouts		Fennel		Parsley
Brussels Sprout		Garlic		Pepper, Anaheim
Burdock		Ginger		Pepper, Cayenne

Pepper, Chili		Tomato, Cherry		Blueberry	
Pepper, Green		Tomato, Heirloom		Boysenberry	
Pepper, Habanero		Tomato, Orange		bravo	
Pepper, Jalapeño		Tomato, Red		Carambola	
Pepper, Poblano		Tomato, Roma		charlie	
Pepper, Red		Tomato, Sun-dried		Cherry	
Pepper, Serrano		Tomato, Yellow	ו ו	Clementine	
Pepper, Tabasco		Tomatoes, Big Beef		Dates	
Prickly Pear		Tomato Paste (gluten & Vinegar-free)	֓֞֞֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֓֡֟֟֝֓֓֓֓֓֓֡֟֝֓֓֓֓֡֟֝֓֡֡֡֓	Dragon Fruit (Pitaya)	
Radicchio		Tomato Sauce (gluten & Vinegar-free)	ĺ	Durian Fruit	
Radish		Truffle	Ï	Elderberry	
D. I. O. I.		Turnip Greens	_	food name	
Rainbow Chard	ш	Tullip Greens	l	100d Hame	
Rainbow Chard Red Pepper Flake		Wasabi Root		Goji Berry	
Red Pepper Flake		Wasabi Root		Goji Berry	
Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand		Wasabi Root Water Chestnut		Goji Berry Golden Berry	
Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only)		Wasabi Root Water Chestnut Watercress		Goji Berry Golden Berry Gooseberries	
Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions		Wasabi Root Water Chestnut Watercress Yams, Garnett		Goji Berry Golden Berry Gooseberries Grapefruit	
Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brandonly) Scallions Shallots		Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese		Goji Berry Golden Berry Gooseberries Grapefruit Guava	
Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots Spinach		Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits		Goji Berry Golden Berry Gooseberries Grapefruit Guava Huckleberry	
Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots Spinach Swede		Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits Acai		Goji Berry Golden Berry Gooseberries Grapefruit Guava Huckleberry Kiwi	
Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots Spinach Swede Swiss Chard		Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits Acai alpha		Goji Berry Golden Berry Gooseberries Grapefruit Guava Huckleberry Kiwi Kumquat	

Lime	Star Fruit	Chia Seed (1/4 cup, max)
Lime Juice	Tangerine	Coconut, shredded (raw, unsweetened)
Loganberry	Wolfberry	Coconut Butter
Longan Fruit	Youngberry	Coconut Oil
Loquat	Legumes, Pods, & Pulses	Cottonseed/Cottonseed Oil
Lychee	Vanilla Bean	Duck Fat
Mangosteen	Nuts, Seeds, Drupes & Oils	Flax Meal
Maqui	Almond	Flax Oil
Monk Fruit (Pure)	Almond, Marcona	Flax Seed
Mulberry	Almond Butter (Artisana®)	Hazelnut/Filbert
Nectarines	Almond Flavor (natural, gluten free)	Hazelnut Flour
Noni	Almond Flour (gluten free)	Hemp Meal
Passion Fruit	Almond Meal (gluten free)	Hemp Protein (Powder)
Peach	Almond Oil	Hemp Seed
Pear	Annatto Seed	Lard/Tallow (pork)
Pear, Asian	Avocado Oil	Macadamia Nut Oil
Persimmons	Brazil Nut	Macadamia Nuts
Plum	Canola Oil, Non-GMO	MCT Oil
Pomegranate	Caraway Seed	Olive Leaf Extract
Pomelo	Cashew Butter	Olive Oil, Virgin
Prune	Cashew Meal	Palm Kernel Oil
Rambutan	Cashews	Pine Nut
Raspberry	Chestnut	Pistachios

Poppy seeds		Celery Powder]	Garlic
Sunflower Seed Butter		Celery Seed		ן [Garlic Pepper
Sunflower Seed Flour		Chaparral] [Garlic Powder
Sunflower Seed Lecithin		Chervil]	Garlic Salt
Sunflower Seed Oil		Chili Powder]	Ginger Powder
Sunflower Seeds		Cilantro/Coriander]	Ginkgo Biloba
Tahini		Cinnamon			Ginseng (All Types)
Truffle Oil		Cinnamon, Ceylon]	Goldenseal
Truffle Oil, Black		Clove Powder]	Grapefruit Seed Extract
Vegetable Shortening (Spectrum®)		Cloves, Madagascar]	Guarana
Herbs & Spices		Cloves, Penang			Gymnema Silvestre
	i			Ē	
Allspice		Comfrey	L		Herbs De Provence
Allspice Almond Flavor (natural, gluten free)		Comfrey Cramp Bark Extract]] [Herbs De Provence Hickory
Almond Flavor (natural, gluten		·]] []	
Almond Flavor (natural, gluten free)		Cramp Bark Extract] []] [Hickory
Almond Flavor (natural, gluten free) Anise		Cramp Bark Extract Cream of Tartar] [] []	Hickory Himalayan Salt
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf		Cramp Bark Extract Cream of Tartar Cumin			Hickory Himalayan Salt Juniper Berry
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red		Cramp Bark Extract Cream of Tartar Cumin Curcumin			Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red Black Cohosh		Cramp Bark Extract Cream of Tartar Cumin Curcumin Curry (must be GF)			Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis)
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red		Cramp Bark Extract Cream of Tartar Cumin Curcumin Curry (must be GF) Dandelion Root			Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis) Lemongrass
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red Black Cohosh Capsicum		Cramp Bark Extract Cream of Tartar Cumin Curcumin Curry (must be GF) Dandelion Root Dill			Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis) Lemongrass Lemon Pepper
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red Black Cohosh Capsicum		Cramp Bark Extract Cream of Tartar Cumin Curcumin Curry (must be GF) Dandelion Root Dill Dong Quai			Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis) Lemongrass Lemon Pepper Maca Root

Mint	Saffron	Fish & Shellfish
Mustard (as a Powder)	Sage	Bass
Mustard Seeds (gluten free)	Sassafras	Chilean Sea Bass
Nutmeg	Savory	Corvina
Olive Leaf Extract	Saw Plametto	Flounder
Onion	Shallots	Haddock
Onion Powder	Spearmint	Hake
Oregano	St. John's Wort	Halibut
Paprika:	Sumac	Herring
Paprika (smoked)	Tabasco Sauce	Lox
Parsley	Tarragon	Mackerel
Pau D'arco	Thyme	Mahi Mahi
Pepper, Black (see Garlic/Lemon Pepper)	Tomatillo	Octopus
Pepper, Cayenne	Turmeric	Perch
Pepper, Red	Uva Ursi	Red Snapper
Pepper, Sichuan	☐ Valerian	Salmon, wild (fresh)
Pepper, Szechuan	Vanilla Bean	Sardines
Pepper/Peppercorns	Vanilla Powder	Sole
Peppermint	White Willow Bark Extract	Swai
Pine Bark Extract	Wintergreen	Swordfish
Red Pepper Flake	Wormwood	Tilapia (Wild, Non-farmed)
Rose Hips		Trout
Rosemary		Walleye Pike

Whitefish/Turbot	Venison (see also Deer)	Gluten-Containing Foods
Meat & Poultry	Milk-Containing Foods	No foods in this Category
Applegate® organic black forest ham	No foods in this Category	Corn-Derived Foods
Applegate® organic ham	Non-Dairy & Eggs	No foods in this Category
Applegate® organic hot dogs	Almond Milk, unsweetened (no tapioca)	Condiments, Spreads & Sauces
Applegate® organic roast beef	Coconut Kefir (No Tapioca, Carageenan)	Apple Cider Vinegar (Bragg's®)
Beef, Grass-fed only (organic)	Coconut Milk (Native Forest or Natural Value)	BodyPro Almond Mayo Grade A Maple Syrup
Bison (see also Buffalo)	Egg Whites, Pasture-raised	BodyPro Almond Mayo with Yacon Syrup
Buffalo (see also Bison)	Gluten-Free Grains	Coconut Aminos®
Chicken, free range (organic)	Almond Flour (gluten free)	Coconut Cream
Collagen Protein (Powder)	Amaranth	Coconut Vinegar (Coconut Secret)
Deer (see also Venison)	Coconut Flour (gluten free)	Distilled White Vinegar
Duck	Coconut Meal (gluten free)	Earth Balance® Coconut Spread
Goat, Grass-fed only (organic)	Flax Meal	Harissa
Great Lake's® Beef Gelatin	Glucomannon Flour (konjacfoods.com)	Horseradish Mustard, Gluten-free (Annie's®)
Lamb	Hazelnut Flour	Ketchup (Organicville)
Ostrich	Hemp Meal	Liquid Smoke gluten free (natural)
Pheasant	Hemp Protein (Powder)	Mustard, Brown (Eden® gf mustard)
Pork, (organic)	Hemp Seed	Olives (without vinegar)
Quail	Konjac Glucomannon Flour	Red Tomato Paste (gluten free)
Rabbit	Sunflower Seed Flour	Sauerkraut (Bubbies® Brand only)
Turkey (organic)		Tabasco Sauce
Veal (organic)		Tomato Paste (gluten & Vinegar-free)

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Tomato Sauce (gluten & Vinegar-free)		Beverages & Protein Powders	Water
Ume Plum Vinegar		Almond Milk, unsweetened (no tapioca)	Yerba Matte Tea (Organic/Pure)
Vegetable Shortening (Spectrum®)		Bone Broth Protein, Beef	Zevia Drinks
Vinegar, Distilled		Coconut Kefir (No Tapioca, Carageenan)	Miscellaneous
Sweeteners		Coconut Milk (Native Forest or Natural Value)	Baking Soda (Arm & Hammer®)
Agave Nectar		Coconut Water (low sugar)	Bone Broth, Beef
BodyPro Almond Mayo Grade A Maple Syrup		Collagen Protein (Powder)	Cacao (Raw, Pure, & Unsweetened)
Coconut Palm Sugar		Echinacea Tea	Collagen Protein (Powder)
Coconut Sugar		Great Lake's® Beef Gelatin	Great Lake's® Beef Gelatin
Honey, (Organic)		Green Tea	Latex
Honey, Manuka		Hemp Protein (Powder)	Lycopene
Honey, Wildflower from		Lemon Juice	Red Tomato Paste (gluten free)
 Mahava®			
Mahava® Jerusalem Artichoke Syrup		Lime Juice	Silver
			Silver Tobacco
Jerusalem Artichoke Syrup		Lime Juice	
Jerusalem Artichoke Syrup Lo Han		Lime Juice Mineral Water	Tobacco
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark		Lime Juice Mineral Water Sparkling Water, unflavored	Tobacco Yeast, Baker's
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic)		Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black	Tobacco Yeast, Baker's Yeast, Brewer's
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure)		Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile	Tobacco Yeast, Baker's Yeast, Brewer's Yeast, Nutritional
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure) Monk Fruit Extract		Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Chicory Root	Tobacco Yeast, Baker's Yeast, Brewer's Yeast, Nutritional Snacks
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure) Monk Fruit Extract Rebiana Leaf (Stevia)		Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Chicory Root Tea, Green	Tobacco Yeast, Baker's Yeast, Brewer's Yeast, Nutritional Snacks
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure) Monk Fruit Extract Rebiana Leaf (Stevia) Sweetleaf® Stevia		Lime Juice Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Chicory Root Tea, Green Tea, Hibiscus	Tobacco Yeast, Baker's Yeast, Brewer's Yeast, Nutritional Snacks

Nanny Mai 11/20/2017

Food Additives
Annatto Coloring
Chicory Root
Inulin
Palm Wax
Tricalcium Phosphate
Vegan Enzyme
Vegan Natural Flavors (no MSG)
new food cat
alpha
bravo
charlie
food name