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

Vegetables		
	Coconut (raw and unsweetened)	Olives (without vinegar)
Aloe Vera	Coconut Concentrate	Onion, Green
Artichoke (not pickled)	Collard Greens	Onion, Maui
Artichoke, Jerusalem (not pickled)	Comfrey	Onion, Red
Arugula	Daikon Radish	Onion, Sweet
Asparagus	Dandelion Greens	Onion, Yellow
Avocado	Dandelion Root	Parsley
Bamboo Shoot	Endive	Prickly Pear
Bean Sprout	Fennel	Radicchio
Beet Greens	Ginger	Radish
Bitter Melon	Hearts of Palm	Rainbow Chard
Bok Choy	Horseradish	Rutabaga
Brussels Sprout	Jicama	Sauerkraut (Bubbies® Brand only)
Burdock	Kale, all types	Scallions
Cabbage, Chinese (see also Bok Choy)	Kohlrabi	Shallots
Cabbage, Green	Leeks	Spinach
Cabbage, Purple	Lettuce, all types	Swede
Cactus (Nopales)	Mushrooms	Swiss Chard
Capers	Mushrooms, Button	Turnip Greens
Cauliflower	Mushrooms, Cremini/Crimini	Wasabi Root
Cauliflower, Purple	Mushrooms, Maitake	Water Chestnut
Chard	Mushrooms, Shiitake	Watercress
Chives	Mustard Greens	

**Fruits**

Acai  
alpha  
Apricot  
Bilberry  
Blackberry  
Blueberry  
Boysenberry  
bravo  
Carambola  
Cherry  
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  
Pear, Asian  
Plum  
Pomegranate  
Rambutan  
Raspberry  
Star Fruit  
Youngberry

**Legumes, Pods, & Pulses**

Vanilla Bean

**Nuts, Seeds, Drupes & Oils**

Annatto Seed  
Avocado Oil  
Brazil Nut  
Caraway Seed  
Cashew Butter  
Cashew Meal  
Cashews  
Chestnut  
Coconut, shredded (raw, unsweetened)  
Coconut Butter  
Coconut Oil  
Duck Fat  
Hazelnut/Filbert  
Hazelnut Flour  
Lard/Tallow (pork)  
MCT Oil  
Olive Leaf Extract  
Olive Oil, Virgin  
Palm Kernel Oil  
Pine Nut  
Pistachios  
Poppy seeds

## Herbs &amp; Spices

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

Saw Plametto	Herring	Deer (see also Venison)
Shallots	Lox	Goat, Grass-fed only (organic)
Spearmint	Mackerel	Great Lake's® Beef Gelatin
St. John's Wort	Mahi Mahi	Lamb
Sumac	Octopus	Ostrich
Tarragon	Perch	Pheasant
Thyme	Red Snapper	Pork, (organic)
Turmeric	Salmon, wild (fresh)	Quail
Uva Ursi	Sardines	Rabbit
Valerian	Sole	Turkey (organic)
Vanilla Bean	Swai	Veal (organic)
Vanilla Powder	Swordfish	Venison (see also Deer)
White Willow Bark Extract	Tilapia (Wild, Non-farmed)	
Wintergreen	Trout	
Wormwood	Walleye Pike	

#### Fish & Shellfish

Bass

Chilean Sea Bass

Corvina

Flounder

Haddock

Hake

Halibut

Whitefish/Turbot

#### Meat & Poultry

Applegate® organic roast beef

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Collagen Protein (Powder)

#### Milk-Containing Foods

#### Non-Dairy & Eggs

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

#### Gluten-Free Grains

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Glucomannon Flour  
(konjacfoods.com)

Hazelnut Flour

Konjac Glucomannon Flour

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

Coconut Aminos®

Coconut Cream

Liquid Smoke gluten free (natural)

Olives (without vinegar)

Sauerkraut (Bubbies® Brand only)

**Sweeteners**

Jerusalem Artichoke Syrup

Lo Han

Rebiana Leaf (Stevia)

Sweetleaf® Stevia

**Beverages & Protein Powders**

Bone Broth Protein, Beef

Coconut Kefir (No Tapioca,  
Carageenan)Coconut Milk (Native Forest or  
Natural Value)

Coconut Water (low sugar)

Collagen Protein (Powder)

Echinacea Tea

Great Lake's® Beef Gelatin

Green Tea

Lemon Juice

Lime Juice

Mineral Water

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Chicory Root

Tea, Green

Tea, Hibiscus

Tea, Oolong

Tea, Roobios

Tea, White

Water

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

**Miscellaneous**

Baking Soda (Arm &amp; Hammer®)

Bone Broth, Beef

Cacao (Raw, Pure, &amp; Unsweetened)

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Latex

Lycopene

Silver

**Snacks****Food Additives**

Annatto Coloring

Chicory Root

Inulin

Palm Wax

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

**new food cat**

alpha

bravo

food name

shanes Watson

11/20/2017

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**

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Fruits

Legumes, Pods, &amp; Pulses

Nuts, Seeds, Drupes &amp; Oils

Herbs &amp; Spices

Fish &amp; Shellfish

Meat &amp; Poultry

Milk-Containing Foods

Non-Dairy &amp; Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads &amp; Sauces

Sweeteners

Beverages &amp; Protein Powders

Miscellaneous

Snacks

Food Additives

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

Vegetables

new food cat

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

Sweeteners

Beverages & Protein Powders

Miscellaneous

Snacks

Food Additives



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

Alfalfa Grass	Oat Grass (Not For Gluten Sensitive)	Potato, Fingerling
Alfalfa Sprouts	Okra	Potato, Purple
Bean, Green	Paprika	Potato, Red
Beet	Parsnip	Potato, Russet
Bell Pepper	Pea, Black-Eyed	Potato, Sweet
Bell Pepper, Green	Pea, Green	Potato, White
Bell Pepper, Orange	Pea, Snap	Potato, Yukon Gold
Bell Pepper, Red	Pea, Snow	Psyllium Husk
Bell Pepper, Yellow	Pea, Split	Pumpkin
Capsicum	Pea Protein	Pumpkin Powder
Carrot, Orange	Pepper, Anaheim	Red Pepper Flake
Carrot, Purple	Pepper, Cayenne	Rhubarb
Carrot, White	Pepper, Chili	Sea Vegetables
Carrot, Yellow	Pepper, Green	Seaweed
Carrot Juice	Pepper, Habanero	Spirulina
Cassava (see Tapioca and Yucca)	Pepper, Jalapeño	Squash
Chayote	Pepper, Poblano	Squash, Acorn
Cucumber	Pepper, Red	Squash, Butternut
Eggplant	Pepper, Serrano	Squash, Green
Kelp/Dulse	Pepper, Tabasco	Squash, Spaghetti
Kombu	Pickles, Bubbies® brand only	Squash, Summer
Nori	Pimento	Squash, Winter

Squash, Yellow	Yucca	Ground Cherries
Sugar Beet	Zucchini	Guava
Sweet Potato, Red	<b>Fruits</b>	Jack fruit
Sweet Potatoes, White	Banana	Kiwi
Tabasco Sauce	Cantaloupe	Kumquat
Taro	Cape Gooseberries	Mango
Tomatillo	Clementine	Mangosteen
Tomato	Cranberry	Melon, Honeydew
Tomato, Cherry	Cranberry Juice	Monk Fruit (Pure)
Tomato, Heirloom	Currant	Orange
Tomato, Orange	Dates	Orange, Blood
Tomato, Red	Dried Fruit	Orange Juice
Tomato, Roma	Durian Fruit	Orange Peel/Rind
Tomato, Sun-dried	Fig	Oranges, Mandarin
Tomato, Yellow	Goji Berry	Papaya
Tomatoes, Big Beef	Gooseberries	Persimmons
Tomato Paste (gluten & Vinegar-free)	Grape	Pineapple
Tomato Sauce (gluten & Vinegar-free)	Grape, Green	Plantain
Truffle	Grape, Purple	Pomelo
Turnips	Grape, Red	Prune
Yams, Garnett	Grape, White	Quince
Yams, Japanese	Grapefruit Juice	Raisin (unsulfured, organic)

## Nuts, Seeds, Drupes &amp; Oils

Strawberry

Bean, Red

Borage Seed Oil

Tamarind

Bean, White

Canola/Rapeseed Oil

Tangelo

Chickpea (see also Garbanzo Bean)

Canola Oil, Non-GMO

Tangerine

Coffee Bean, Organic

Chia Seed (1/4 cup, max)

Watermelon

Edamame (must be organic)

Cola Nut (aka Kola Nut)

Wolfberry

Fava Bean

Cottonseed/Cottonseed Oil

## Legumes, Pods, &amp; Pulses

Fava Bean Flour

Fenugreek Seed

Bean, Azuki

Garbanzo Bean

Flax Meal

Bean, Black

Garbanzo Flour

Flax Oil

Bean, Butter

Kidney Bean

Flax Seed

Bean, Cannellini

Lentil(s)

Grapeseed Oil, Organic

Bean, Chana Dahl

Pea, Snap

Hemp Meal

Bean, Chili

Pea, Snow

Hemp Protein (Powder)

Bean, Green

Pea, Split

Hemp Seed

Bean, Haricot

Peanut (Organic, Valencia)

Krill Oil

Bean, Italian

Peanut Butter (Organic, Maranatha®)

Macadamia Nut Oil

Bean, Kidney

Red Bean Paste

Macadamia Nuts

Bean, Lima

Soybean oil(must be organic)

Peanut Oil (Organic)

Bean, Mung

Soy Beans (must be organic)

Pepitas

Bean, Navy

Pili Nuts

Bean, Ninja

Psyllium Husk

Bean, Pinto/Frijole

Pumpkin Oil

Pumpkin Seed Oil	Walnuts	Pepper, Szechuan
Pumpkin Seeds	Walnuts, Black	Red Chili Paste Thai Kitchen® (gluten free)
Ramon Seeds	<b>Herbs &amp; Spices</b>	Red Clover
Rice, Wild (Lundberg® - not the blend)	Ashwaganda	Red Pepper Flake
Rice Bran Oil	Bell Pepper, Red	Sesame Seeds
Sacha Inchi Seeds	Capsicum	Sesame Seeds, Black
Safflower/Safflower Seed Oil	Caramel Coloring	Tabasco Sauce
Sesame Seed Oil	Chili Powder	Taco Seasoning
Sesame Seeds	Chipotle Seasoning	Tamari (Wheat Free)
Sesame Seeds, Black	Garam Masala	Tomatillo
Sunflower Seed Butter	Grapeseed Extract	Vanilla (gluten and corn-free)
Sunflower Seed Flour	Guarana	<b>Fish &amp; Shellfish</b>
Sunflower Seed Lecithin	Jamaican Jerk	Anchovy
Sunflower Seed Oil	Licorice Root	Catfish
Sunflower Seeds	Mesquite	Clam
Tahini	Orange Peel/Rind	Cod/ Cod Liver Oil
Tea, Ramon	Orange Salt	Crab
Tiger Nuts	Paprika	Crab, Immitation
Truffle Oil	Paprika (smoked)	Crayfish
Truffle Oil, Black	Pepper, Cayenne	Krill
Vegetable Shortening (Spectrum®)	Pepper, Red	Lobster
Walnut Oil	Pepper, Sichuan	Mussel

Orange Roughy

Oyster

Scallop

Shrimp

Squid

Tuna

**Meat & Poultry**Applegate® organic andouille  
sausage

Applegate® organic bacon

Applegate® organic chicken

Applegate® organic chicken/apple  
sausage

Applegate® organic hot dogs

Applegate® organic red pepper  
sausageApplegate® organic sausage sweet  
italianApplegate® organic smoked  
chicken breast

Applegate® organic turkey bacon

Chicken Broth (Imagine® gf/low  
sodium)**Milk-Containing Foods****Non-Dairy & Eggs**Cheese, Daiya  
(Coconut,Tapioca,yeast,...)

Cheese, Soy (Organic) (see Soy)

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or  
Amazon.com)**Gluten-Free Grains**

Amaranth

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Ener-G Brown Rice Yeast-Free  
Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Mikey's Original English Muffin

Mikey's Pizza crust

Mikey's Sliced Bread Loaf

Millet

Oats (Bob's Red Mill Gluten Free  
Version)

Oats (Certified GF)

Potato Flour (gluten free)

Potato Starch (gluten free)

Quinoa (gluten free)

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)

Simple Mills - Everything Sprouted  
Seed Cracker

Simple Mills Cracked Black Pepper  
Almond Crackers

Simple Mills Ground Sea Salt  
Almond Crackers

Simple Mills Rosemary & Sea Salt  
Crackers

Simple Mills Tomato & Basil Almond  
Crackers

Sorghum

Sunflower Seed Flour

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Teff Flour

Tolerant Green Lentil & Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

Tortilla, Siete Chia & Cassava

## Gluten-Containing Foods

Avenin

Caramel Coloring

Coffee, Instant (has gluten)

Crab, Immitation

Gliadin

Gluten

Kamut

Liquid Smoke (can have gluten)

Oats

Oats, GF (not Certified) can have  
gluten

Polish Wheat

## Corn-Derived Foods

Barbeque Sauce, GF Annie's®  
Sweet & Spicy

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

Cheese, Soy (Organic) (see Soy)

Fructose

GemWraps®, Sandwich Wrap  
(Carrot)

Sriracha Sauce Organicville  
gluten-free

## Condiments, Spreads & Sauces

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

Carob

Cocoa Butter

Coconut Vinegar (Coconut Secret)

Distilled White Vinegar

Dressing, Primal Kitchen Honey  
Mustard

Earth Balance® Avocado Oil Butter  
Spread

Earth Balance® Coconut Spread

Harissa

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Liquid Smoke (can have gluten)

Mayonnaise, Primal Kitchen  
Chipotle Avocado Oil

Red Bean Paste

Red Chili Paste Thai Kitchen®  
(gluten free)

Red Tomato Paste (gluten free)

Sriracha Sauce Organicville  
gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Tomato Paste (gluten &amp; Vinegar-free)

Tomato Sauce (gluten &amp; Vinegar-free)

Veganaise Soy-free (Follow Your Heart®)

Vegetable Shortening (Spectrum®)

Vinegar, Beet

Vinegar, Distilled

Worcestershire Sauce (The Wizard's® GF)

**Sweeteners**

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Sugar

Cane Syrup

Chocolate, Dark

Coconut Palm Sugar

Coconut Sugar

Date Sugar

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Just Like Sugar®

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

NutraSweet®

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Tapioca Dextrose

Tapioca Syrup

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

**Beverages & Protein Powders**

Apple Cider

Apple Juice

Carrot Juice

Cocoa

Coffee (Brewed and Not Instant)

Coffee, Instant (has gluten)

Coffee Bean, Organic

Grapefruit Juice

Hemp Protein (Powder)

Licorice Tea

Milk, Rice

Milk, Soy (Organic)

Orange Juice

Pea Protein

Rice Protein Powder (gluten free)

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Tea, Ramon

Vodka, Potato

**Miscellaneous**

Antimony

Beef broth (Imagine® low sodium/GF)

Chicken Broth (Imagine® gf/low sodium)

Cocoa

GemWraps®, Sandwich Wrap (Carrot)

GemWraps®, Sandwich Wrap (Kale-Apple)

GemWraps®, Sandwich Wrap (Mango/Chipotle)

GemWraps®, Sandwich Wrap (Tomato)

Hops

Julian Bakery Paleo Wraps

Modified Food Starch (Tapioca-based)

Pycnogenol

Red Tomato Paste (gluten free)

Resveratrol

Rice Starch (if certified gluten free)

Tobacco

Tofu (Organic)

Vegetable broth (Imagine® Low Sodium)

**Snacks**

Apple Sauce

Chewing Gum, Xylicew®

Dates

Simple Mills Cracked Black Pepper Almond Crackers

**Food Additives**

Acacia Gum

Agar Gum

Arabic Gum

Asafoetida Powder

Blue Food Dye

Carrageenan Gum

Formaldehyde

Guar Gum

Lactic Acid (beet-derived)

Locust Bean Gum

MSG/MonosodiumGlutamate

Pea Protein Isolate

Pea Starch

Potato Protein

Red Food Dye

Sodium Alginate

Tragacanth Gum

Vegan Natural Flavors (with MSG)

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## These are the foods that have been removed from your diet

**Vegetables**

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Celery

Corn (Gluten-free &amp; Non-GMO)

Corn, Blue

Corn, White

Garlic

Wheat Grass (Is  
Gluten-contaminated)**Fruits**

Apple (all types)

**Legumes, Pods, & Pulses**

Miso

**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

Corn Oil

Hydrogenated Oils

Vegetable Oil

**Herbs & Spices**

Almond Flavor (natural, gluten free)

Celery Powder

Celery Seed

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

**Fish & Shellfish****Meat & Poultry**

Applegate® organic black forest ham

Applegate® organic ham

Applegate® organic spinach &amp; feta sausage

Duck

**Milk-Containing Foods**

Applegate® organic spinach &amp; 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, Machego	Milk, Cow	<b>Gluten-Containing Foods</b>
Cheese, Marscapone	Milk, Goat	Allulose
Cheese, Mozzarella (Raw)	Milk, Sheep	Barley
Cheese, Muenster	Milk Chocolate	Barley Grass (can have gluten)
Cheese, Parmesan	Mozzarella Cheese	Barley Greens (may contain gluten)
Cheese, Pecorino	Sour Cream, Raw and Unpasteurized	Barley Juice (may contain gluten)
Cheese, Provolone	Whey	Beer
Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)	Bran
Cheese, Ricotta	<b>Non-Dairy &amp; Eggs</b>	Bread
Cheese, Romano	Almond Milk, unsweetened (no tapioca)	Brown Rice Syrup (contains MSG/Gluten)
Cheese, Sheep	Egg Whites, Pasture-raised	Cheese, Bleu
Cheese, String (Mozzarella)	<b>Gluten-Free Grains</b>	Chewing Gum (has gluten and corn)
Cheese, Swiss	Almond Flour (gluten free)	Couscous
Chocolate, Milk	Corn (Gluten-free & Non-GMO)	Durum Wheat
Chocolate, White	Corn, Blue	Egyptian Wheat
Cream, Raw and Unpasteurized	Corn, White	Farro
Ghee (Pasture-Raised, Organic)	Corn Meal (gluten free)	Graham (wheat)
Goat Cheese	Corn Starch (gluten free)	Malt
Goat Kefir	Udi's Millet-Chia Bread	Maltitol
Kefir, Raw	Udi's White Sandwich Bread	Maltodextrin (Barley-derived)
Lactic Acid (milk-derived)	Udi's Whole Grain Bread	Miso
Lactoalbumin		Modified Food Starch
Milk, Buffalo		Orzo

Panko	Corn Meal (gluten free)	Mayonnaise
Rye	Corn Oil	Mustard, Brown (Eden® gf mustard)
Semolina	Corn Starch (gluten free)	Sherry Vinegar
Soy Sauce	Corn Syrup	Sour Cream, Raw and Unpasteurized
Spelt	Erythritol (non-GMO)	Soy Sauce
Teechino	Hydrogenated Oils	Teriyaki Sauce
Teriyaki Sauce	Lactic Acid (corn-derived)	Ume Plum Vinegar
Triticale	Maize	Vinegar
Vinegar	Maltitol	Vinegar, Malt
Vinegar, Malt	Maltodextrin (Corn-based, non-GMO)	Vinegar, Red Wine
Vinegar, White	Modified Food Starch	Vinegar, Rice
Vodka, Rye or Grain	Swerve® Sweetener	Vinegar, White
Wheat (All Types)	Vodka, Corn	Vinegar, White Wine
Wheat Germ	Xanthan Gum	Sweeteners
Wheat Grass (Is Gluten-contaminated)	Yogurt (See Xanthan Gum)	Brown Rice Syrup (contains MSG/Gluten)
Corn-Derived Foods	Condiments, Spreads & Sauces	Chocolate, Milk
Cheese, Cream	Apple Cider Vinegar (Bragg's®)	Chocolate, White
Chewing Gum (has gluten and corn)	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Corn Syrup
Citric Acid (can be corn-derived)	Balsamic Vinegar (with Red Wine Vinegar)	Erythritol (non-GMO)
Corn (Gluten-free & Non-GMO)	Cream, Raw and Unpasteurized	Malt
Corn, Blue	Daiya - Medium Cheddar Block	Maltitol
Corn, White	Dressing, Primal Kitchen Greek Avocado Oil	Maltodextrin (Barley-derived)
Corn Gluten	Horseradish Mustard, Gluten-free (Annie's®)	Maltodextrin (Corn-based, non-GMO)

Swerve® Sweetener

**Beverages & Protein Powders**Almond Milk, unsweetened (no  
tapioca)

Beer

Casein

Komboucha Tea

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Tea, Komboucha

Teechino

Vodka, Corn

Vodka, Rye or Grain

Whey

Wine, Red

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

**Snacks**

Chewing Gum (has gluten and corn)

**Food Additives**

Citric Acid (can be corn-derived)

Lactic Acid (corn-derived)

Lactic Acid (milk-derived)

Maltodextrin (Barley-derived)

Xanthan Gum

new food cat

Modified Food Starch

## 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 &amp; 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

Grape	Mango	Pomegranate
Grape, Green	Mangosteen	Pomelo
Grape, Purple	<b>Maqui</b>	Prune
Grape, Red	Melon, Honeydew	Quince
Grape, White	Monk Fruit (Pure)	Raisin (unsulfured, organic)
<b>Grapefruit</b>	<b>Mulberry</b>	<b>Rambutan</b>
Grapefruit Juice	<b>Nectarines</b>	<b>Raspberry</b>
Ground Cherries	<b>Noni</b>	<b>Star Fruit</b>
Guava	Orange	Strawberry
<b>Huckleberry</b>	Orange, Blood	Tamarind
Jack fruit	Orange Juice	Tangelo
Kiwi	Orange Peel/Rind	Tangerine
Kumquat	Oranges, Mandarin	Watermelon
Lemon	Papaya	Wolfberry
Lemon Juice	<b>Passion Fruit</b>	<b>Youngberry</b>
Lemon Rind/Peel	<b>Peach</b>	<b>Legumes, Pods, &amp; Pulses</b>
Lime	<b>Pear</b>	Bean, Azuki
Lime Juice	<b>Pear, Asian</b>	Bean, Black
Loganberry	Persimmons	Bean, Butter
Longan Fruit	Pineapple	Bean, Cannellini
Loquat	Plantain	Bean, Chana Dahl
Lychee	<b>Plum</b>	Bean, Chili



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)

Hemp Seed

Hydrogenated Oils

Krill Oil

Lard/Tallow (pork)

Macadamia Nut Oil

Macadamia Nuts

MCT Oil

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Peanut Oil (Organic)

Pecan Flour

Pecans

Pepitas

Pili Nuts

Pine Nut

Pistachios

Poppy seeds

Psyllium Husk

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

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

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

Tiger Nuts

Truffle Oil

Truffle Oil, Black

Vegetable Oil

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

Herbs &amp; Spices

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Bell Pepper, Red

Black Cohosh

Capsicum

Caramel Coloring

Caraway Seed

Cardamom

Catnip

Celery Powder

Celery Seed

Chaparral

Chervil

Chili Powder

Chipotle Seasoning

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

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

Applegate® organic turkey

Swordfish

Applegate® organic turkey bacon

Tilapia (Wild, Non-farmed)

Beef, Grass-fed only (organic)

Trout

Bison (see also Buffalo)

Tuna

Buffalo (see also Bison)

Walleye Pike

Chicken, free range (organic)

Whitefish/Turbot

Chicken Broth (Imagine® gf/low sodium)

**Meat & Poultry**

Collagen Protein (Powder)

Applegate® organic andouille sausage

Deer (see also Venison)

Applegate® organic bacon

Duck

Applegate® organic black forest ham

Goat, Grass-fed only (organic)

Applegate® organic chicken

Great Lake's® Beef Gelatin

Applegate® organic chicken/apple sausage

Lamb

Applegate® organic ham

Ostrich

Applegate® organic herb roasted turkey

Pheasant

Applegate® organic hot dogs

Pork, (organic)

Applegate® organic red pepper sausage

Quail

Applegate® organic roast beef

Rabbit

Applegate® organic sausage sweet italian

Turkey (organic)

Applegate® organic smoked chicken breast

Veal (organic)

Applegate® organic smoked turkey breast

Venison (see also Deer)

Applegate® organic spinach &amp; feta sausage

**Milk-Containing Foods**

Applegate® organic spinach &amp; 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 &amp; 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

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)	<b>Corn-Derived Foods</b>	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 &amp; 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 &amp; Vinegar-free)

Tomato Sauce (gluten &amp; 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 &amp; 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

Lactoalbumin

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)

		new food cat	
Yeast, Baker's	Guar Gum		alpha
Yeast, Brewer's	Inulin		bravo
Yeast, Nutritional	Lactic Acid (beet-derived)		food name
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			