Vegetables		Cabbage, Chinese (see also Bok Choy)	Hearts of Palm
Aloe Vera		Cabbage, Green	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)
	, 1	Collara Croons	
Bell Pepper, Yellow		Comfrey	Onion, Green
			Onion, Green Onion, Maui
Bell Pepper, Yellow		Comfrey	
Bell Pepper, Yellow Bitter Melon		Comfrey Daikon Radish	Onion, Maui
Bell Pepper, Yellow Bitter Melon Bok Choy		Comfrey Daikon Radish Dandelion Greens	Onion, Maui Onion, Red Onion, Sweet Onion, Yellow
Bell Pepper, Yellow Bitter Melon Bok Choy Broccoli		Comfrey Daikon Radish Dandelion Greens Dandelion Root	Onion, Maui Onion, Red Onion, Sweet Onion, Yellow
Bell Pepper, Yellow Bitter Melon Bok Choy Broccoli Broccolini		Comfrey Daikon Radish Dandelion Greens Dandelion Root Eggplant	Onion, Maui Onion, Red Onion, Sweet Onion, Yellow Paprika
Bell Pepper, Yellow Bitter Melon Bok Choy Broccoli Broccolini Broccoli Rabe		Comfrey Daikon Radish Dandelion Greens Dandelion Root Eggplant Endive	Onion, Maui Onion, Red Onion, Sweet Onion, Yellow Paprika Parsley

Ш	Pepper, Chili	Ш	Tomato, Cherry			Blueberry
	Pepper, Green		Tomato, Heirloom	Г	1	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		֓֞֟֟֝֟ ֓֞֞֞֞֞֞֞֞֞֞֞֓֞֞֞֓֞֩֞֓֞֩֞֞֩֞֞֩֞֞֩֞֝֓֡	Clementine
	Pepper, Tabasco		Tomatoes, Big Beef]	Dates
	Prickly Pear		Tomato Paste (gluten &		֓֞֟֟֟ ֓֟֞֞֞֞֞֞֞֞֞֞֓֞֩֞֩֞֓֓֞֓֞֩֞֩֞֩֞֞֝֡	Dragon Fruit (Pitaya)
	Radicchio		Vinegar-free) Tomato Sauce (gluten &]	Durian Fruit
	Radish		Vinegar-free) Truffle		׃]][Elderberry
	Rainbow Chard		Turnip Greens	Г	 	food name
	Red Pepper Flake		Wasabi Root]	Goji Berry
			Wasabi Root Water Chestnut		֧֧֧֝֟֝֝֝֟֝֟֝֟֝֟֝֟֝֟֝֟֝֟֝֟֝֟֝֟֝֟֝֟֝֟֝֟֝֟	Goji Berry Golden Berry
	Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand					
	Red Pepper Flake Rutabaga		Water Chestnut			Golden Berry
	Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only)		Water Chestnut Watercress			Golden Berry Gooseberries
	Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions		Water Chestnut Watercress Yams, Garnett			Golden Berry Gooseberries Grapefruit
	Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots		Water Chestnut Watercress Yams, Garnett Yams, Japanese			Golden Berry Gooseberries Grapefruit Guava
	Red Pepper Flake Rutabaga Sauerkraut (Bubbies@ Brand only) Scallions Shallots Spinach		Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits			Golden Berry Gooseberries Grapefruit Guava Huckleberry
	Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots Spinach Swede		Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits Acai			Golden Berry Gooseberries Grapefruit Guava Huckleberry Kiwi
	Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots Spinach Swede Swiss Chard		Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits Acai alpha			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		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
Allspice	Comfrey		Herbs De Provence
		_	
Almond Flavor (natural, gluten free)	Cramp Bark Extract		Hickory
	Cramp Bark Extract Cream of Tartar		Hickory Himalayan Salt
free)			·
free) Anise	Cream of Tartar		Himalayan Salt
Anise Astragalus Basil Bay Leaf	Cream of Tartar Cumin		Himalayan Salt Juniper Berry
Anise Astragalus Basil	Cream of Tartar Cumin Curcumin		Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa
Anise Astragalus Basil Bay Leaf Bell Pepper, Red Black Cohosh	Cream of Tartar Cumin Curcumin Curry (must be GF)		Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis)
free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red	Cream of Tartar Cumin Curcumin Curry (must be GF) Dandelion Root		Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis) Lemongrass
Anise Astragalus Basil Bay Leaf Bell Pepper, Red Black Cohosh	Cream of Tartar Cumin Curcumin Curry (must be GF) Dandelion Root Dill		Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis) Lemongrass Lemon Pepper
Anise Astragalus Basil Bay Leaf Bell Pepper, Red Black Cohosh Capsicum	Cream of Tartar Cumin Curcumin Curry (must be GF) Dandelion Root Dill Dong Quai		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)

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 Mahava®	Lemon Juice	Red Tomato Paste (gluten free)
Manava®		\
Jerusalem Artichoke Syrup	Lime Juice	Silver
	Lime Juice Mineral Water	Silver Tobacco
Jerusalem Artichoke Syrup		
Jerusalem Artichoke Syrup Lo Han	Mineral Water	Tobacco
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark	Mineral Water Sparkling Water, unflavored	Tobacco Yeast, Baker's
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic)	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)	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	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)	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	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