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| Vegetables | Beet, Green | Onion |
| Artichoke, Globe | Broccoli | Onion, Green |
| Artichoke, Heart | Broccoli, Florets | Onion, Red |
| Artichoke, Jerusalem (not planted) | Broccoli, Sprouts | Onion, Shallot (raw and unroasted) |
| Artichoke, Leafy (not planted) | Broccoli, Stem | Onion, Shallot (roasted) |
| Artichoke, Jerusalem (not planted) | Broccoli, Sprouts | Onion, Shallot |
| Artichoke | Broccoli | Onion, Shallot (raw & non-raw) |
| Asparagus | Chive | Onion, Shallot |
| Avocado | Cabbage, Green | Onion, Shallot |
| Avocado, Oil | Cabbage, Purple | Onion, Shallot |
| Bamboo Shoot | Cactus (prepared) | Onion, Shallot |
| Bean, Green (can have grits) | Capers | Onion, Shallot |
| Bean, Green (may contain grits) | Capers | Onion, Shallot |
| Bean, Green | Carrot, Green | Onion, Shallot |
| Bean, Green | Carrot, Orange | Onion, Shallot |
| Bean | Carrot, Purple | Onion, Shallot |
| Bean, Green | Carrot, White | Onion, Shallot |
| Bell Pepper | Carrot, Yellow | Onion, Shallot |
| Bell Pepper, Green | Cassava (see Tapioca and Yucca) | Onion, Shallot |
| Bell Pepper, Orange | Cauliflower | Onion, Shallot |
| Bell Pepper, Red | Cauliflower, Purple | Onion, Shallot |
| Bell Pepper, Yellow | Celery | Onion, Shallot |



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| Asparagus | Beet, Black Eyed | Brothy Pear |
| Asparagus | Beet, Green | Cumin Powder |
| Beans | Beet, Snap | Cumin Seed |
| Beans, all types | Beet, Snow | Cumin Powder |
| Mushrooms | Beet, Spini | Radishes |
| Mushrooms, Button | Pepper, Anaheim | Radish |
| Mushrooms, Cremini/Mini | Pepper, Chili | Rainbow Chard |
| Mushrooms, Portobello | Pepper, Green | Radish |
| Mushrooms, Shimeji | Pepper, Habanero | Radish |
| Mustard Greens | Pepper, Jalapeno | Sauerkraut (Doritos® Brand Only) |
| Onion | Pepper, Red | Seamless |
| Sensitive) | Pepper, Red | Sea Vegetables |
| Onion | Pepper, Serrano | Seaweed |
| Onion (without vinegar) | Peppers, Doritos® Brand Only | Shallots |
| Onion, Green | Peppers | Spinach |
| Onion, White | Potato, Fingerling | Spinach |
| 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 |

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| Squash, winter | Watercress | Dragon Fruit (Hydraz) |
| Squash, yellow | Wheat Grass (Is Gluten-contaminated) | Green Fruit |
| Sugar Beet | Yams, Garnett | Elderberry |
| Sweet Potato, Red | Yams, Japanese | Fig |
| Sweet Potatoes, White | Yucca | Goji Berry |
| Swiss Chard | Zucchini | Golden Berry |
| Tomatillo | | Gooseberry |
| Tomato | Fruits | Grape |
| Vinegar-free) | Avocado | Grape, Green |
| Vinegar-free) | Apple (all types) | Grape, Purple |
| Tomato, Cherry | Apricot | Grape, Red |
| Tomato, Heirloom | Banberry | Grape, White |
| Tomato, Orange | Blackberry | Grapenut |
| Tomato, Red | Blackberry | Grapenut Sauce |
| Tomato, Roma | Boyseberry | Gruva |
| Tomato, San Marzano | Carabaope | Indigoberry |
| Tomato, Yellow | Cherry | Jackfruit |
| Tomatoes, Big Beef | Clementine | Kiwi |
| Truffle | Cranberry | Kumquat |
| Turnip Greens | Cranberry Juice | Lemon |
| Turnips | Currant | Lemon Juice |
| Water Chestnut | Dates | Lemon Rind/Peel |

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| Cottonseed/Cottonseed Oil | Peanut Seeds | Vanilla |
| Flax Meal | Peanut Flour | Vanilla, Black |
| Flax Oil | Pumpkin Oil | |
| Flax Seed | Pumpkin Seed Oil | Fish & Shellfish |
| Grapeseed Oil, Organic | Pumpkin Seeds | Antimony |
| Hazelnut Flour | Ramen Seeds | Bass |
| Hazelnut Flour | blend) | Cashew |
| Hemp Meal | Sacha Inchi Seeds | Chickpea Seed Cass |
| Hemp Protein (Powder) | Sunflower/Sunflower Seed Oil | Corn |
| Hemp Seed | Sesame Seed Oil | Cow/Goat Liver Oil |
| Hydrogenated Oils | Sesame Seeds | Covina |
| Macadamia Nut Oil | Sesame Seeds, Black | Crad |
| Macadamia Nuts | Sunflower Seed Butter | Crad, Immature |
| Onion Leaf Extract | Sunflower Seed Lecithin | Crayfish |
| Onion Oil, Virgin | Sunflower Seed Oil | Flounder |
| Palm Kernel Oil | Sunflower Seeds | Halibut |
| Peanut Flour | Tea | Herring |
| Pecans | Tea, Ramon | Lobster |
| Pepitas | Tiger Nuts | Mackerel |
| Pili Nuts | Vegetable Oil | Mahi Mahi |
| Pine Nut | Vegetable Shortening (Spectrum®) | |
| Pistachios | Walnut Oil | |



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| Caraneenan) | Spread | Vinegar, Rice |
| Natural Value) | Earth Balance® Coconut Spread | Vinegar, White |
| Egg, Pasture-raised (from a farmer) | Hamasa | Vinegar, White, White |
| Egg, Vital Farms® or Pasture Verde® | (Annie's®) | Wizard's® GF) |
| Egg, Whites, Pasture-raised | Hammas | |
| Egg, White Pasture-raised | Hotmap (Organic) | Sweeteners |
| Milk, Soy (Organic) | Liquid Smoke (can have gluten) | Agave Nectar |
| Amazon.com) | Liquid Smoke gluten free (natural) | Aspartame |
| | Mayonnaise | Manle Syrup |
| Condiments | Avocado Oil | MSG/Gluten) |
| Apple Cider Vinegar (Bragg's®) | Chinote Avocado Oil | Cane Syrup |
| Red Wine Vinegar) | Mustard, Brown (Eagle® mustard) | Chocolate, Dark |
| Vinegar) | Submarine (Duke's® Brand Only) | Chocolate, White |
| Caramel No Wine Vinegar) | Gluten-free | Chocolate, White |
| Sweet & Snicy | Tabasco Sauce | Coconut Palm Sugar |
| Manle Syrup | One Palm Vinegar | Coconut Sugar |
| Syrup | Heart®) | Date Sugar |
| BodyPro Avocado Oil Mayonnaise | Vinegar | Erythritol (non-GMO) |
| Carob | Vinegar, Beet | Fructose |
| Coconut Vinegar (Coconut Secret) | Vinegar, Distilled | Fruit Pectin |
| Dressing, Primal Kitchen Greek Avocado Oil | Vinegar, Malt | Honey, (Organic) |
| Dressing, Primal Kitchen Honey Mustard | Vinegar, Red Wine | Honey, Manuka |

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| Honey, whatever from Manavaire | Swerve® Sweetener | Shallots, Shallots |
| Inulin (Fructose Syrup) | Tapioca Dextrose | Simmonds |
| Just Like Sugar® | Xylitol (Birchwood Xylitol) | Simmonds, Ceylon |
| Levain | Xylitol | Stevia |
| Maltitol | Yacon Syrup | Stevia, Madagascar |
| Maltodextrin (Barley derived) | | Stevia, French |
| non-GMO) | Herbs & Spices | Stamp Bark Extract |
| Maltodextrin (Tapioca-based) | Anise | Steamer (Tantal) |
| Maple Sugar | Almond Flavor (natural, gluten free) | Saffron |
| Organic) | Anise | Saffron |
| Molasses | Asparagus | Saffron (must be 0.1) |
| Monk Fruit (Pure) | Asparagus | Saffron Root |
| Monk Fruit Extract | Basil | Salt |
| Natural Sweetener | Bay Leaf | Salt Sugar |
| Robiana Leaf (Stevia) | Black Cohosh | Scorpioid |
| Sorbitol | Caramel Coloring | Shallots |
| Sprinkle | Caraway Seed | Salt |
| Sucanat | Cardamom | Garlic Pepper |
| Sucralose | Celery Powder | Garlic Powder |
| Sugar Beet | Chicory Root | Garlic Salt |
| Sugar Cane | Chili Powder | Ginger |
| Sweetleaf® Stevia | Chipotle Seasoning | Ginkgo Biloba |



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| Ambergris (all types) | Mustard (as a powder) | Assafetida |
| Andropogon | Mustard Seeds (gluten free) | Assafetida |
| Aspen Bark Extract | Nutmeg | Cannelloni |
| Aspen Bark Extract | Oliver Bark Extract | Cayenne |
| Cassia | Onion | Cayenne Pepper |
| Cymbopogon Citratus | Onion Powder | Cumin Seeds |
| Fenugreek Leaves | Orange Peel/Citrus | Cumin Seeds, Black |
| Fenugreek | Orange Peel | Cumin Seeds |
| Himalayan Salt | Oregano | Spearmint |
| Sambhar Powder | Paprika | Salt, Corn-Free |
| Sambhar Powder | Paprika (Smoked) | Salt |
| Savory | Parsley | Spice Seasoning |
| Savory Salt (Mildly Spiced) | Pepper | Savory (Vegan Free) |
| Savory Pepper | Pepper, Cayenne | Savory |
| Savorygrass | Pepper, Red | Savory |
| Savory Root | Pepper, Ground | Savory |
| Savory Root | Pepper, Ground | Savory |
| 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 |

Nanny Mai

White Willow Bark Extract

Cheese, Mascarpone

Milk, Goat

Wintergreen

Cheese, Mozzarella (raw)

Milk, Sheep

YoniWood

Cheese, Monterey

Mozzarella Cheese

Cheese, Parmesan

Unpasteurized

Milk-Containing Foods

Cheese, Pecorino

Whey

Sausage

Cheese, Provolone

Yogurt (Goat/Kamman/Goat)

Butter, Raw and Pasture-Raised

Cheese, Raw and Pasture-Raised

Buttermilk

Cheese, Ricotta

Legumes & Pulses

Curd

Cheese, Romano

Bean, Navy

Cheese, American

Cheese, Sheep

Bean, Black

Cheese, Asiago

Cheese, String (Mozzarella)

Bean, Butter

Cheese, Brie

Cheese, Swiss

Bean, Cannellini

Cheese, Brie

Chocolate, Milk

Bean, Chickpea/Bean

Cheese, Cheddar (raw)

Chocolate, White

Bean, Green

Cheese, Cottage

Cream, Raw and Unpasteurized

Bean, Green

Cheese, Cream

Cheese (Pasture-Raised, Organic)

Bean, Kidney

Cheese, Feta

Goat Cheese

Bean, Navy

Cheese, Goat

Goat Kefir

Bean, Lima

Cheese, Gorgonzola

Kefir, Raw

Bean, Mung

Cheese, Gouda

Lactalbumin

Bean, Navy

Cheese, Havarti

Milk Chocolate

Bean, Ninja

Cheese, Macheo

Milk, Cow

Bean, Pinto/Frijole



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| Bean, Red | Vanilla Powder | Flaxseed Flour |
| Bean, White | | Hemp Meal |
| Chickpea (see also Garbanzo Bean) | Gluten Free Grains | Hemp Protein Powder |
| Conco Bean, Organic | Almond Flour (gluten free) | Hemp Seed |
| Edamame (must be organic) | Amaranth | Konjac Glucomannan Flour |
| Fava Bean | Arrowroot Flour/powder | Millet |
| Fava Bean Flour | Basmati Rice (gluten free) | Version) |
| Garbanzo Bean | Buckwheat | Oats (Certified GF) |
| Garbanzo Flour | Buckwheat Flour | Rye Flour (gluten free) |
| Kidney Bean | Chickory Root | Rye Gluten (gluten free) |
| Lentil(s) | Coccolat Flour (gluten free) | RyeGrain (gluten free) |
| Miso | Coccolat Meal (gluten free) | Seamless (gluten free) |
| Pea, Snap | Corn (Gluten free & Non-GMO) | Seamless, Black (gluten free) |
| Pea, Snow | Corn Meal (gluten free) | Seamless, Red (gluten free) |
| Pea, Split | Corn Gluten (gluten free) | Rice Bran |
| Peas (Organic, Valencia) | Corn, Blue | Rice Flour (gluten free) |
| 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 | Glucomannan Flour (konjacfoods.com) | Rice, Purple (gluten free) |

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| rice, red (gluten free) | Gluten-Containing Foods | Maltitol |
| rice, white (gluten free) | Barley | Maltodextrin (Barley derived) |
| blend) | Barley Grass (can have gluten) | modified food starch |
| Seed Cracker | Barley Greens (may contain gluten) | Sensitive) |
| Almond Crackers | Barley Juice (may contain gluten) | Salt |
| Crackers | Buckwheat | gluten |
| Crackers | Bran | Gluten |
| Cornmeal | Bread | Flour |
| Sweet Potato Flour (gluten free) | MSG/Gluten) | Flour (wheat) |
| rapeseed | Caramel Coloring | rye |
| rapeseed flour (gluten free) | Cheese, Blue | Semolina |
| rapeseed starch (gluten free) | Chewing Gum (has gluten and corn) | Soy Sauce |
| rennet | Coffee, instant (has gluten) | Sorghum |
| Tolerant Green Lentil & Pea Pasta | Couscous | Tea/Coffee |
| Tolerant Red or Green Lentil Pasta | Custard, imitation | Teriyaki Sauce |
| Tortilla, Siete Almond | Cornmeal wheat | Truffle |
| Tortilla, Siete Cassava & Coconut | Flour | Vinegar |
| Tortilla, Siete Chia & Cassava | Gluten | Vinegar, Malt |
| | Graham (wheat) | Vinegar, White |
| | Kamut | Wheat (All Types) |
| | Liquid Smoke (can have gluten) | Wheat Grass (Is Gluten-contaminated) |
| | Malt | |



| Corn Derived Foods | Kanban Corn | Kombucha Tea |
|---|------------------------------|-----------------------------------|
| Sweet & Shicy | Regan (000 Kanban Corn) | Lactobacillus |
| Cheese, Cream | | Lemon Juice |
| (Coconut, Tapioca, yeast, A....) | Beverages & Protein Powders | Lemon Tea |
| Cheese, Soy (Organic) (see Soy) | tapioca) | Lime Juice |
| Shoving Corn (has gluten and corn) | Apple Cider | Lemon, Soy |
| Corn (Gluten free & Non-GMO) | Apple Juice | Lemon, Soda |
| Corn Starch | Beer | Lemon, Steep |
| Corn meal (gluten free) | Corn Bread Protein, Beer | Lemon, Soy (Organic) |
| Corn Oil | Carrot Juice | Mineral Water |
| Corn Starch (gluten free) | Caraneenan) | Orange Juice |
| Corn, Blue | Natural Value) | Pea Protein |
| Corn, White | Coconut Water (low sugar) | Rice Protein Powder (gluten free) |
| Erythritol (non-GMO) | Coffee | Soy, White Soy Cheese (Organic) |
| Flaxseed | Coffee Bean, Organic | Soy Protein (Organic) |
| (Carrot) | Coffee, instant (has gluten) | Sparkling Water, unflavored |
| Maize | Collagen Protein (Powder) | Tea, Black |
| Maltodextrin (Corn-based, non-GMO) | Echinacea Tea | Tea, Chamomile |
| Modified Food Starch | Grapefruit Juice | Tea, Green |
| Sriracha Sauce Organicville gluten-free | Great Lake's® Beef Gelatin | Tea, Hibiscus |
| Swerve® Sweetener | Green Tea | Tea, Kombucha |
| Vegetable Oil | Hemp Protein (Powder) | Tea, Oolong |

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| Red, Natural | Bone Broth, Beef | Santitas Bakery, Almond Bread |
| Red, Roasted | Santitas Bakery, Corn | Santitas Bakery, Coconut Bread |
| Red, Smoked | Shrimp, Corn (has gluten and corn) | Santitas Bakery, Rice Wraps |
| Red, White | Shrimp, Corn, Zucchini | Santitas Bakery, Coconut Bread |
| Red, White | Sodium | Santitas Bakery, Coconut Bread |
| Water | Shrimp, Corn | Santitas Bakery, Coconut Bread |
| Whey | Santitas Bakery, Corn | Santitas Bakery, Coconut Bread |
| Wine, Red | Unsweetened | Santitas Bakery, Coconut Bread |
| Wine, White (Champagne) | Santitas Bakery, Corn | Santitas Bakery, Coconut Bread |
| Whole Milk, Red (Organic) | Santitas Bakery, Corn | Santitas Bakery, Coconut Bread |
| Zoia Drinks | Collagen Protein (Powder) | Unsweetened |
| | Collagen Protein (Powder) | Unsweetened |
| | Collagen Protein (Powder) | Unsweetened |
| Miscellaneous | Santitas Bakery, Corn | Santitas Bakery, Coconut Bread |
| Red, Corn | (Carrot) | Santitas Bakery, Coconut Bread |
| Red, Corn | (Kale-Annie) | Santitas Bakery, Coconut Bread |
| Red, Corn | (Mango/Chinote) | Santitas Bakery, Coconut Bread |
| Red, Corn | (Tomato) | Santitas Bakery, Coconut Bread |
| Baking Powder | Glucosaminoglycan Flour (konjacfoods.com) | Red Tomato Paste (gluten free) |
| Baking Soda (Arm & Hammer®) | Great Lake's® Beef Gelatin | Resveratrol |
| Banana | Guar Gum | Rice Starch (if certified gluten free) |
| Beef broth (Imagine® low sodium/GF) | Hops | Sherry Vinegar |
| Blue Food Dye | Inulin | Silver |

Shirley Chapiro® (Plain Vanilla)

Tamari (Wheat-Free)

Tofu (Organic)

Vinegar-free)

Vinegar-free)

Xanthan Gum

Sodium)

Vegetable Oil

Vegetable Shortening (Spectramix®)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip
Cookies