

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Jicama	<input type="checkbox"/> Fruits
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Kelp/Dulse	<input type="checkbox"/> Acai
<input type="checkbox"/> Arugula	<input type="checkbox"/> Kombu	<input type="checkbox"/> Apricot
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Leeks	<input type="checkbox"/> Banana
<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Nori	<input type="checkbox"/> Bilberry
<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Carambola
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Parsley	<input type="checkbox"/> Dragon Fruit (Pitaya)
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Durian Fruit
<input type="checkbox"/> Beet	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Elderberry
<input type="checkbox"/> Bitter Melon	<input type="checkbox"/> Psyllium Husk	<input type="checkbox"/> Goji Berry
<input type="checkbox"/> Burdock	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Golden Berry
<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Gooseberries
<input type="checkbox"/> Capers	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Huckleberry
<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Jack fruit
<input type="checkbox"/> Chard	<input type="checkbox"/> Spirulina	<input type="checkbox"/> Kumquat
<input type="checkbox"/> Chayote	<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Lime
<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Taro	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Comfrey	<input type="checkbox"/> Truffle	<input type="checkbox"/> Mangosteen
<input type="checkbox"/> Daikon Radish	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Maqui
<input type="checkbox"/> Dandelion Greens	<input type="checkbox"/> Yucca	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Dandelion Root		<input type="checkbox"/> Noni
<input type="checkbox"/> Fennel		<input type="checkbox"/> Pomelo
<input type="checkbox"/> Garlic		<input type="checkbox"/> Quince
<input type="checkbox"/> Hearts of Palm		<input type="checkbox"/> Tamarind

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|---|--|---|
| <input type="checkbox"/> Wolfberry                          | <input type="checkbox"/> Garbanzo Flour                        | <input type="checkbox"/> Hemp Protein (Powder)                  |
| <input type="checkbox"/> <b>Legumes, Pods, &amp; Pulses</b> | <input type="checkbox"/> Lentil(s)                             | <input type="checkbox"/> Hemp Seed                              |
| <input type="checkbox"/> Bean, Azuki                        | <input type="checkbox"/> Soybean oil(must be organic)          | <input type="checkbox"/> Krill Oil                              |
| <input type="checkbox"/> Bean, Black                        | <input type="checkbox"/> Soy Beans (must be organic)           | <input type="checkbox"/> Palm Kernel Oil                        |
| <input type="checkbox"/> Bean, Butter                       | <input type="checkbox"/> Vanilla Bean                          | <input type="checkbox"/> Pili Nuts                              |
| <input type="checkbox"/> Bean, Cannellini                   | <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> | <input type="checkbox"/> Poppy seeds                            |
| <input type="checkbox"/> Bean, Chana Dahl                   | <input type="checkbox"/> Annatto Seed                          | <input type="checkbox"/> Psyllium Husk                          |
| <input type="checkbox"/> Bean, Green                        | <input type="checkbox"/> Borage Seed Oil                       | <input type="checkbox"/> Ramon Seeds                            |
| <input type="checkbox"/> Bean, Haricot                      | <input type="checkbox"/> Cashew Butter                         | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |
| <input type="checkbox"/> Bean, Italian                      | <input type="checkbox"/> Cashew Meal                           | <input type="checkbox"/> Rice Bran Oil                          |
| <input type="checkbox"/> Bean, Lima                         | <input type="checkbox"/> Cashews                               | <input type="checkbox"/> Sacha Inchi Seeds                      |
| <input type="checkbox"/> Bean, Mung                         | <input type="checkbox"/> Chestnut                              | <input type="checkbox"/> Safflower/Safflower Seed Oil           |
| <input type="checkbox"/> Bean, Navy                         | <input type="checkbox"/> Chia Seed (1/4 cup, max)              | <input type="checkbox"/> Sunflower Seed Butter                  |
| <input type="checkbox"/> Bean, Ninja                        | <input type="checkbox"/> Cola Nut (aka Kola Nut)               | <input type="checkbox"/> Sunflower Seed Flour                   |
| <input type="checkbox"/> Bean, Pinto/Frijole                | <input type="checkbox"/> Cottonseed/Cottonseed Oil             | <input type="checkbox"/> Sunflower Seed Lecithin                |
| <input type="checkbox"/> Bean, White                        | <input type="checkbox"/> Duck Fat                              | <input type="checkbox"/> Sunflower Seed Oil                     |
| <input type="checkbox"/> Beans                              | <input type="checkbox"/> Fenugreek Seed                        | <input type="checkbox"/> Sunflower Seeds                        |
| <input type="checkbox"/> Chickpea (see also Garbanzo Bean)  | <input type="checkbox"/> Flax Meal                             | <input type="checkbox"/> Tahini                                 |
| <input type="checkbox"/> Coffee Bean, Organic               | <input type="checkbox"/> Flax Oil                              | <input type="checkbox"/> Tea, Ramon                             |
| <input type="checkbox"/> Edamame (must be organic)          | <input type="checkbox"/> Flax Seed                             | <input type="checkbox"/> Tiger Nuts                             |
| <input type="checkbox"/> Fava Bean                          | <input type="checkbox"/> Hazelnut/Filbert                      | <input type="checkbox"/> Truffle Oil                            |
| <input type="checkbox"/> Fava Bean Flour                    | <input type="checkbox"/> Hazelnut Flour                        | <input type="checkbox"/> Truffle Oil, Black                     |
| <input type="checkbox"/> Garbanzo Bean                      | <input type="checkbox"/> Hemp Meal                             | <input type="checkbox"/> Vegetable Shortening (Spectrum®)       |

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| <input type="checkbox"/> Herbs & Spices      | <input type="checkbox"/> Jamaican Jerk                    | <input type="checkbox"/> Wormwood           |
| <input type="checkbox"/> Ashwaganda          | <input type="checkbox"/> Juniper Berry                    | <input type="checkbox"/> Fish & Shellfish   |
| <input type="checkbox"/> Astragalus          | <input type="checkbox"/> Lavender                         | <input type="checkbox"/> Anchovy            |
| <input type="checkbox"/> Black Cohosh        | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Bass               |
| <input type="checkbox"/> Caramel Coloring    | <input type="checkbox"/> Lemongrass                       | <input type="checkbox"/> Catfish            |
| <input type="checkbox"/> Catnip              | <input type="checkbox"/> Maca Root                        | <input type="checkbox"/> Chilean Sea Bass   |
| <input type="checkbox"/> Chaparral           | <input type="checkbox"/> Marjoram                         | <input type="checkbox"/> Clam               |
| <input type="checkbox"/> Comfrey             | <input type="checkbox"/> Milk Thistle                     | <input type="checkbox"/> Cod/ Cod Liver Oil |
| <input type="checkbox"/> Cramp Bark Extract  | <input type="checkbox"/> Parsley                          | <input type="checkbox"/> Corvina            |
| <input type="checkbox"/> Cream of Tartar     | <input type="checkbox"/> Pau D'arco                       | <input type="checkbox"/> Crab               |
| <input type="checkbox"/> Dandelion Root      | <input type="checkbox"/> Pine Bark Extract                | <input type="checkbox"/> Crab, Imitation    |
| <input type="checkbox"/> Dong Quai           | <input type="checkbox"/> Red Clover                       | <input type="checkbox"/> Crayfish           |
| <input type="checkbox"/> Echinacea           | <input type="checkbox"/> Saffron                          | <input type="checkbox"/> Flounder           |
| <input type="checkbox"/> Fennel              | <input type="checkbox"/> Sassafras                        | <input type="checkbox"/> Haddock            |
| <input type="checkbox"/> Fennel Seed         | <input type="checkbox"/> Savory                           | <input type="checkbox"/> Hake               |
| <input type="checkbox"/> Garlic              | <input type="checkbox"/> Saw Plametto                     | <input type="checkbox"/> Halibut            |
| <input type="checkbox"/> Garlic Powder       | <input type="checkbox"/> Sumac                            | <input type="checkbox"/> Herring            |
| <input type="checkbox"/> Garlic Salt         | <input type="checkbox"/> Tamari (Wheat Free)              | <input type="checkbox"/> Krill              |
| <input type="checkbox"/> Ginkgo Biloba       | <input type="checkbox"/> Uva Ursi                         | <input type="checkbox"/> Lobster            |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Valerian                         | <input type="checkbox"/> Lox                |
| <input type="checkbox"/> Goldenseal          | <input type="checkbox"/> Vanilla (gluten and corn-free)   | <input type="checkbox"/> Mackerel           |
| <input type="checkbox"/> Gymnema Silvestre   | <input type="checkbox"/> Vanilla Bean                     | <input type="checkbox"/> Mahi Mahi          |
| <input type="checkbox"/> Herbs De Provence   | <input type="checkbox"/> Vanilla Powder                   | <input type="checkbox"/> Mussel             |
| <input type="checkbox"/> Himalayan Salt      | <input type="checkbox"/> White Willow Bark Extract        |   |

<input type="checkbox"/> Octopus	<input type="checkbox"/> Lamb	<input type="checkbox"/> Cheese, Mozzarella (Raw)
<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Ostrich	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Oyster	<input type="checkbox"/> Pheasant	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Perch	<input type="checkbox"/> Quail	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Rabbit	<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Sardines	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Scallop	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Shrimp	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Sole	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> Swai	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Swordfish	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cream, Raw and Unpasteurized
<input type="checkbox"/> Tilapia (Wild, Non-farmed)	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Ghee (Pasture-Raised, Organic)
<input type="checkbox"/> Trout	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Goat Cheese
<input type="checkbox"/> Tuna	<input type="checkbox"/> Cheese, Cheddar (Raw)	<input type="checkbox"/> Goat Kefir
<input type="checkbox"/> Walleye Pike	<input type="checkbox"/> Cheese, Cottage	<input type="checkbox"/> Kefir, Raw
<input type="checkbox"/> Whitefish/Turbot	<input type="checkbox"/> Cheese, Feta	<input type="checkbox"/> Lactic Acid (milk-derived)
<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Cheese, Goat	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Gorgonzola	<input type="checkbox"/> Milk, Buffalo
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Gouda	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Cheese, Havarti	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Cheese, Macheogo	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> Duck	<input type="checkbox"/> Cheese, Marscapone	<input type="checkbox"/> Mozzarella Cheese
		<input type="checkbox"/> Sour Cream, Raw and Unpasteurized

<input type="checkbox"/> Whey	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> <b>Gluten-Containing Foods</b>
<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Allulose
<input type="checkbox"/> Egg Whites, Pasture-raised	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Avenin
<input type="checkbox"/> Egg Yolks, Pasture-raised	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Barley
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Barley Grass (can have gluten)
<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Barley Greens (may contain gluten)
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Barley Juice (may contain gluten)
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Bran
<input type="checkbox"/> Avenin (Gluten-free)	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Caramel Coloring
<input type="checkbox"/> Brown Rice Flour	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Couscous
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Durum Wheat
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Egyptian Wheat
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Farro
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Sunflower Seed Flour	<input type="checkbox"/> Gliadin
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Tapioca	<input type="checkbox"/> Gluten
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Graham (wheat)
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Kamut
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Teff	<input type="checkbox"/> Malt
	<input type="checkbox"/> Teff Flour	

<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> <b>Sweeteners</b>	<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>
<input type="checkbox"/> Oats	<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Casein
<input type="checkbox"/> Oats, GF (not Certified) can have gluten	<input type="checkbox"/> Aspartame	<input type="checkbox"/> Coffee (Brewed and Not Instant)
<input type="checkbox"/> Orzo	<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Coffee, Instant (has gluten)
<input type="checkbox"/> Panko	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Coffee Bean, Organic
<input type="checkbox"/> Polish Wheat	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Echinacea Tea
<input type="checkbox"/> Rye	<input type="checkbox"/> Malt	<input type="checkbox"/> Hemp Protein (Powder)
<input type="checkbox"/> Semolina	<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Lactoalbumin
<input type="checkbox"/> Spelt	<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Triticale	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Milk, Buffalo
<input type="checkbox"/> Wheat (All Types)	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Milk, Cow
<input type="checkbox"/> Wheat Germ	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Milk, Goat
<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Milk, Rice
<input type="checkbox"/> <b>Corn-Derived Foods</b>	<input type="checkbox"/> Sorbitol	<input type="checkbox"/> Milk, Sheep
<input type="checkbox"/> No foods in this Category	<input type="checkbox"/> Splenda	<input type="checkbox"/> Milk, Soy (Organic)
<input type="checkbox"/> <b>Condiments, Spreads &amp; Sauces</b>	<input type="checkbox"/> Sucanat	<input type="checkbox"/> Mineral Water
<input type="checkbox"/> Carob	<input type="checkbox"/> Sucralose	<input type="checkbox"/> Rice Protein Powder (gluten free)
<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Sweetleaf® Stevia	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)
<input type="checkbox"/> Kosher Salt	<input type="checkbox"/> Tapioca Dextrose	<input type="checkbox"/> Soy Protein (Organic)
<input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)	<input type="checkbox"/> Tapioca Syrup	<input type="checkbox"/> Sparkling Water, unflavored
<input type="checkbox"/> Sour Cream, Raw and Unpasteurized		<input type="checkbox"/> Tea, Hibiscus
<input type="checkbox"/> Tamari (Wheat Free)		<input type="checkbox"/> Tea, Ramon
<input type="checkbox"/> Vegetable Shortening (Spectrum®)		<input type="checkbox"/> Water
		<input type="checkbox"/> Whey

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|---|---|
| <input type="checkbox"/> Yerba Matte Tea (Organic/Pure)         | <input type="checkbox"/> Formaldehyde                     |
| <input type="checkbox"/> Zevia Drinks                           | <input type="checkbox"/> Guar Gum                         |
| <input type="checkbox"/> Miscellaneous                          | <input type="checkbox"/> Lactic Acid (beet-derived)       |
| <input type="checkbox"/> Antimony                               | <input type="checkbox"/> Lactic Acid (milk-derived)       |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®)            | <input type="checkbox"/> Locust Bean Gum                  |
| <input type="checkbox"/> Hops                                   | <input type="checkbox"/> Maltodextrin (Barley-derived)    |
| <input type="checkbox"/> Latex                                  | <input type="checkbox"/> MSG/MonosodiumGlutatmate         |
| <input type="checkbox"/> Lycopene                               | <input type="checkbox"/> Palm Wax                         |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based)   | <input type="checkbox"/> Pea Protein Isolate              |
| <input type="checkbox"/> Rice Starch (if certified gluten free) | <input type="checkbox"/> Red Food Dye                     |
| <input type="checkbox"/> Silver                                 | <input type="checkbox"/> Sodium Alginate                  |
| <input type="checkbox"/> Tobacco                                | <input type="checkbox"/> Tricalcium Phosphate             |
| <input type="checkbox"/> Tofu (Organic)                         | <input type="checkbox"/> Vegan Enzyme                     |
| <input type="checkbox"/> Snacks                                 | <input type="checkbox"/> Vegan Natural Flavors (no MSG)   |
| No foods in this Category                                       | <input type="checkbox"/> Vegan Natural Flavors (with MSG) |
| <input type="checkbox"/> Food Additives                         |   |
| <input type="checkbox"/> Acacia Gum                             |   |
| <input type="checkbox"/> Agar Gum                               |   |
| <input type="checkbox"/> Annatto Coloring                       |   |
| <input type="checkbox"/> Arabic Gum                             |   |
| <input type="checkbox"/> Asafoetida Powder                      |   |
| <input type="checkbox"/> Blue Food Dye                          |   |
| <input type="checkbox"/> Carrageenan Gum                        |   |