

<input type="checkbox"/> <b>Vegetables</b>	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Avocado Oil	<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Endive
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Fennel
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Garlic
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Kale, all types
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Kelp/Dulse
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard	<input type="checkbox"/> Kohlrabi
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote	<input type="checkbox"/> Kombu
<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives	<input type="checkbox"/> Leeks
<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)	<input type="checkbox"/> Lettuce, all types
<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate	<input type="checkbox"/> Mushrooms

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|---|---|---|
| <input type="checkbox"/> Mushrooms, Button          | <input type="checkbox"/> Pepper, Chili                | <input type="checkbox"/> Rainbow Chard                    |
| <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Pepper, Green                | <input type="checkbox"/> Rhubarb                          |
| <input type="checkbox"/> Mushrooms, Maitake         | <input type="checkbox"/> Pepper, Habanero             | <input type="checkbox"/> Rutabaga                         |
| <input type="checkbox"/> Mushrooms, Shiitake        | <input type="checkbox"/> Pepper, Jalapeño             | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) |
| <input type="checkbox"/> Mustard Greens             | <input type="checkbox"/> Pepper, Poblano              | <input type="checkbox"/> Scallions                        |
| <input type="checkbox"/> Nori                       | <input type="checkbox"/> Pepper, Red                  | <input type="checkbox"/> Sea Vegetables                   |
| <input type="checkbox"/> Okra                       | <input type="checkbox"/> Pepper, Serrano              | <input type="checkbox"/> Seaweed                          |
| <input type="checkbox"/> Olives (without vinegar)   | <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Shallots                         |
| <input type="checkbox"/> Onion, Green               | <input type="checkbox"/> Pimento                      | <input type="checkbox"/> Spinach                          |
| <input type="checkbox"/> Onion, Maui                | <input type="checkbox"/> Potato, Fingerling           | <input type="checkbox"/> Spirulina                        |
| <input type="checkbox"/> Onion, Red                 | <input type="checkbox"/> Potato, Purple               | <input type="checkbox"/> Squash                           |
| <input type="checkbox"/> Onion, Sweet               | <input type="checkbox"/> Potato, Red                  | <input type="checkbox"/> Squash, Acorn                    |
| <input type="checkbox"/> Onion, Yellow              | <input type="checkbox"/> Potato, Russet               | <input type="checkbox"/> Squash, Butternut                |
| <input type="checkbox"/> Parsley                    | <input type="checkbox"/> Potato, Sweet                | <input type="checkbox"/> Squash, Green                    |
| <input type="checkbox"/> Parsnip                    | <input type="checkbox"/> Potato, White                | <input type="checkbox"/> Squash, Spaghetti                |
| <input type="checkbox"/> Pea, Black-Eyed            | <input type="checkbox"/> Potato, Yukon Gold           | <input type="checkbox"/> Squash, Summer                   |
| <input type="checkbox"/> Pea, Green                 | <input type="checkbox"/> Prickly Pear                 | <input type="checkbox"/> Squash, Winter                   |
| <input type="checkbox"/> Pea, Snap                  | <input type="checkbox"/> Psyllium Husk                | <input type="checkbox"/> Squash, Yellow                   |
| <input type="checkbox"/> Pea, Snow                  | <input type="checkbox"/> Pumpkin                      | <input type="checkbox"/> Sugar Beet                       |
| <input type="checkbox"/> Pea, Split                 | <input type="checkbox"/> Pumpkin Powder               | <input type="checkbox"/> Sweet Potato, Red                |
| <input type="checkbox"/> Pea Protein                | <input type="checkbox"/> Radicchio                    | <input type="checkbox"/> Sweet Potatoes, White            |
| <input type="checkbox"/> Pepper, Anaheim            | <input type="checkbox"/> Radish                       | <input type="checkbox"/> Swiss Chard                      |

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|---|--|--|
| <input type="checkbox"/> Tomatillo                            | <input type="checkbox"/> Carrot            | <input type="checkbox"/> Cranberry Juice       |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Green Bean        | <input type="checkbox"/> Currant               |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Olive, Green      | <input type="checkbox"/> Date(s)               |
| <input type="checkbox"/> Tomato                               | <input type="checkbox"/> Potato            | <input type="checkbox"/> Dragon Fruit (Pitaya) |
| <input type="checkbox"/> Tomatoes, Big Beef                   | <input type="checkbox"/> Alfalfa Sprouts   | <input type="checkbox"/> Dried Fruit           |
| <input type="checkbox"/> Tomato, Cherry                       | <input type="checkbox"/> <b>Fruits</b>     | <input type="checkbox"/> Elderberry            |
| <input type="checkbox"/> Tomato, Heirloom                     | <input type="checkbox"/> Acai              | <input type="checkbox"/> Fig                   |
| <input type="checkbox"/> Tomato, Orange                       | <input type="checkbox"/> Agar Gum          | <input type="checkbox"/> Goji Berry            |
| <input type="checkbox"/> Tomato, Red                          | <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Golden Berry          |
| <input type="checkbox"/> Tomato, Roma                         | <input type="checkbox"/> Apple Cider       | <input type="checkbox"/> Gooseberry            |
| <input type="checkbox"/> Tomato, Sun-dried                    | <input type="checkbox"/> Apple Juice       | <input type="checkbox"/> Grape                 |
| <input type="checkbox"/> Tomato, Yellow                       | <input type="checkbox"/> Apple Sauce       | <input type="checkbox"/> Grape, Green          |
| <input type="checkbox"/> Truffle                              | <input type="checkbox"/> Apricot           | <input type="checkbox"/> Grape, Purple         |
| <input type="checkbox"/> Turnip Greens                        | <input type="checkbox"/> Banana            | <input type="checkbox"/> Grape, Red            |
| <input type="checkbox"/> Turnips                              | <input type="checkbox"/> Bilberry          | <input type="checkbox"/> Grape, White          |
| <input type="checkbox"/> Water Chestnut                       | <input type="checkbox"/> Blackberry        | <input type="checkbox"/> Grapefruit            |
| <input type="checkbox"/> Watercress                           | <input type="checkbox"/> Blueberry         | <input type="checkbox"/> Grapefruit Juice      |
| <input type="checkbox"/> Yams, Garnett                        | <input type="checkbox"/> Boysenberry       | <input type="checkbox"/> Guava                 |
| <input type="checkbox"/> Yams, Japanese                       | <input type="checkbox"/> Cantaloupe        | <input type="checkbox"/> Huckleberry           |
| <input type="checkbox"/> Yucca                                | <input type="checkbox"/> Cherry            | <input type="checkbox"/> Jack fruit            |
| <input type="checkbox"/> Zucchini                             | <input type="checkbox"/> Clementine        | <input type="checkbox"/> Kiwi                  |
| <input type="checkbox"/> Cabbage                              | <input type="checkbox"/> Cranberry         | <input type="checkbox"/> Kumquat               |

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|--|---|---|
| <input type="checkbox"/> Lemon               | <input type="checkbox"/> Peach                        | <input type="checkbox"/> <b>Nuts, Seeds, &amp; Oils</b>       |
| <input type="checkbox"/> Lemon Juice         | <input type="checkbox"/> Pear                         | <input type="checkbox"/> Almond Butter (Artisana®)            |
| <input type="checkbox"/> Lemon Rind/Peel     | <input type="checkbox"/> Pear, Asian                  | <input type="checkbox"/> Almond Flavor natural, gluten free)  |
| <input type="checkbox"/> Lime                | <input type="checkbox"/> Persimmons                   | <input type="checkbox"/> Almond Flour (gluten free)           |
| <input type="checkbox"/> Lime Juice          | <input type="checkbox"/> Pineapple                    | <input type="checkbox"/> Almond Meal (gluten free)            |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plantain                     | <input type="checkbox"/> Almond, Marcona                      |
| <input type="checkbox"/> Loganberry          | <input type="checkbox"/> Plum                         | <input type="checkbox"/> Annatto Seed                         |
| <input type="checkbox"/> Loquat              | <input type="checkbox"/> Pomegranate                  | <input type="checkbox"/> Arrowroot Flour/powder               |
| <input type="checkbox"/> Mango               | <input type="checkbox"/> Pomelo                       | <input type="checkbox"/> Brazil Nut                           |
| <input type="checkbox"/> Mangosteen          | <input type="checkbox"/> Prune                        | <input type="checkbox"/> Canola/Rapeseed Oil                  |
| <input type="checkbox"/> Maqui               | <input type="checkbox"/> Quince                       | <input type="checkbox"/> Caraway Seed                         |
| <input type="checkbox"/> Melon, Honeydew     | <input type="checkbox"/> Raisin (unsulfured, organic) | <input type="checkbox"/> Cashews                              |
| <input type="checkbox"/> Monk Fruit          | <input type="checkbox"/> Raspberry                    | <input type="checkbox"/> Cashew Butter                        |
| <input type="checkbox"/> Mulberry            | <input type="checkbox"/> Star Fruit                   | <input type="checkbox"/> Cashew Meal                          |
| <input type="checkbox"/> Nectarines          | <input type="checkbox"/> Strawberry                   | <input type="checkbox"/> Chestnut                             |
| <input type="checkbox"/> Noni                | <input type="checkbox"/> Tamarind                     | <input type="checkbox"/> Chia Seed (1/4 cup, max)             |
| <input type="checkbox"/> Orange              | <input type="checkbox"/> Tangelo                      | <input type="checkbox"/> Coconut Butter                       |
| <input type="checkbox"/> Orange, Blood       | <input type="checkbox"/> Tangerine                    | <input type="checkbox"/> Coconut Oil                          |
| <input type="checkbox"/> Orange Juice        | <input type="checkbox"/> Watermelon                   | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) |
| <input type="checkbox"/> Orange Peel/Rind    | <input type="checkbox"/> Wolfberry                    | <input type="checkbox"/> Cola Nut (aka Kola Nut)              |
| <input type="checkbox"/> Papaya              | <input type="checkbox"/> Youngberry                   | <input type="checkbox"/> Corn Oil                             |
| <input type="checkbox"/> Passion Fruit       |   | <input type="checkbox"/> Cottonseed/Cottonseed Oil            |

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|---|---|--|
| <input type="checkbox"/> Flax Meal              | <input type="checkbox"/> Psyllium Husk                          | <input type="checkbox"/> Walnut, Black (few)               |
| <input type="checkbox"/> Flax Oil               | <input type="checkbox"/> Pumpkin Oil                            | <input type="checkbox"/> Hemp                              |
| <input type="checkbox"/> Flax Seed              | <input type="checkbox"/> Pumpkin Seed Oil                       | <input type="checkbox"/> Sesame                            |
| <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Pumpkin Seeds                          | <input type="checkbox"/> Almond                            |
| <input type="checkbox"/> Hazelnut Flour         | <input type="checkbox"/> Ramon Seeds                            | <input type="checkbox"/> Legumes & Pulses                  |
| <input type="checkbox"/> Hazelnut/Filbert       | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Bean, Azuki                       |
| <input type="checkbox"/> Hemp Meal              | <input type="checkbox"/> Safflower/Safflower Seed Oil           | <input type="checkbox"/> Bean, Black                       |
| <input type="checkbox"/> Hemp Protein (Powder)  | <input type="checkbox"/> Sacha Inchi Seeds                      | <input type="checkbox"/> Bean, Butter                      |
| <input type="checkbox"/> Hemp Seed              | <input type="checkbox"/> Sesame Seed Oil                        | <input type="checkbox"/> Bean, Cannellini                  |
| <input type="checkbox"/> Hydrogenated Oils      | <input type="checkbox"/> Sesame Seeds                           | <input type="checkbox"/> Bean, Chana Dahl                  |
| <input type="checkbox"/> Macadamia Nut Oil      | <input type="checkbox"/> Sesame Seeds, Black                    | <input type="checkbox"/> Bean, Chili                       |
| <input type="checkbox"/> Macadamia Nuts         | <input type="checkbox"/> Sunflower Seed Butter                  | <input type="checkbox"/> Bean, Green                       |
| <input type="checkbox"/> Olive Leaf Extract     | <input type="checkbox"/> Sunflower Seed Lecithin                | <input type="checkbox"/> Bean, Italian                     |
| <input type="checkbox"/> Olive Oil, Virgin      | <input type="checkbox"/> Sunflower Seed Oil                     | <input type="checkbox"/> Bean, Kidney                      |
| <input type="checkbox"/> Palm Kernel Oil        | <input type="checkbox"/> Sunflower Seeds                        | <input type="checkbox"/> Bean, Lima                        |
| <input type="checkbox"/> Pecan                  | <input type="checkbox"/> Tahini                                 | <input type="checkbox"/> Bean, Mung                        |
| <input type="checkbox"/> Pecan Flour            | <input type="checkbox"/> Tea, Ramon                             | <input type="checkbox"/> Bean, Navy/Ninja                  |
| <input type="checkbox"/> Pepitas                | <input type="checkbox"/> Tiger Nuts                             | <input type="checkbox"/> Bean, Pinto/Frijole               |
| <input type="checkbox"/> Pili Nuts              | <input type="checkbox"/> Vegetable Oil                          | <input type="checkbox"/> Bean, Red (see also Bean, Kidney) |
| <input type="checkbox"/> Pine Nut               | <input type="checkbox"/> Vegetable Shortening (Spectrum®)       | <input type="checkbox"/> Chickpea (see also Garbanzo Bean) |
| <input type="checkbox"/> Pistachios             | <input type="checkbox"/> Walnut (few)                           | <input type="checkbox"/> Edamame (must be organic)         |
| <input type="checkbox"/> Poppy seeds            | <input type="checkbox"/> Walnut Oil                             | <input type="checkbox"/> Fava Bean                         |

<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Clam	<input type="checkbox"/> Sole
<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Squid
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Corvina	<input type="checkbox"/> Swai
<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Crab	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Miso	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Tilapia (Non-farmed)
<input type="checkbox"/> Pea, Snap	<input type="checkbox"/> Flounder	<input type="checkbox"/> Trout
<input type="checkbox"/> Pea, Snow	<input type="checkbox"/> Haddock	<input type="checkbox"/> Tuna
<input type="checkbox"/> Pea, Split	<input type="checkbox"/> Hake	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Peanut (Organic, Valencia)	<input type="checkbox"/> Halibut	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)	<input type="checkbox"/> Herring	<input type="checkbox"/> Codfish
<input type="checkbox"/> Peanut Oil (Organic)	<input type="checkbox"/> Lobster	<input type="checkbox"/> Crab, Immitation
<input type="checkbox"/> Red Bean Paste	<input type="checkbox"/> Mackerel	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Soy Beans (must be organic)	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic baco
<input type="checkbox"/> Soy Beans Oil (must be organic)	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic black forest ham
<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Orange Roughy	<input type="checkbox"/> Applegate® organic chicken
<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Oyster	<input type="checkbox"/> Applegate® organic ham
<input type="checkbox"/> White Beans	<input type="checkbox"/> Perch	<input type="checkbox"/> Applegate® organic herb roasted turkey
<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Red Snapper	<input type="checkbox"/> Applegate® organic hot dogs
<input type="checkbox"/> Anchovy	<input type="checkbox"/> Salmon, wild (fresh)	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Bass	<input type="checkbox"/> Sardines	<input type="checkbox"/> Applegate® organic andouille sausage
<input type="checkbox"/> Catfish	<input type="checkbox"/> Scallop	<input type="checkbox"/> Applegate® organic chicken/apple sausage
<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Applegate® organic red pepper sausage

<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Balsamic Vinegar (Caramel/Red Wine Vinegar)
<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy
<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> Beef	<input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup
<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Carob
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.)	<input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Cheese, Soy (Organic) (see Sov)	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard
<input type="checkbox"/> Chicken Broth (Imagine® of/low sodium)	<input type="checkbox"/> Coconut Kefir (No Tapioca. Carageenan)	<input type="checkbox"/> Earth Balance® Coconut Spread
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)
<input type="checkbox"/> Duck	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Hummus
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Ketchup (Organicville)
<input type="checkbox"/> Lamb (organic)	<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Mayonnaise
<input type="checkbox"/> Lard (pork)	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Ostrich	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado
<input type="checkbox"/> Pheasant	<input type="checkbox"/> Egg	<input type="checkbox"/> Mustard, Brown (Eden® mustard)
<input type="checkbox"/> Pork, (organic)	<input type="checkbox"/> Condiments	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Quail	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Balsamic Vinegar MiaBella No Caramel/Wine Vinegar	<input type="checkbox"/> Ume Plum Vinegar
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar)	<input type="checkbox"/> Veganise Soy-free (Follow Your Heart®)

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| <input type="checkbox"/> Vinegar                                 | <input type="checkbox"/> Honey, (Organic)                         | <input type="checkbox"/> <b>Herbs &amp; Spices</b>            |
| <input type="checkbox"/> Vinegar, Distilled                      | <input type="checkbox"/> Honey, Manuka                            | <input type="checkbox"/> Allspice                             |
| <input type="checkbox"/> Vinegar, Malt                           | <input type="checkbox"/> Honey, Wildflower from Mahava®           | <input type="checkbox"/> Almond Flavor natural, (gluten free) |
| <input type="checkbox"/> Vinegar, Red Wine                       | <input type="checkbox"/> Just Like Sugar®                         | <input type="checkbox"/> Anise                                |
| <input type="checkbox"/> Vinegar, Rice                           | <input type="checkbox"/> Lo Han                                   | <input type="checkbox"/> Ashwaganda                           |
| <input type="checkbox"/> Vinegar, White                          | <input type="checkbox"/> Maltodextrin (Can be Wheat-derived)      | <input type="checkbox"/> Astragalus                           |
| <input type="checkbox"/> Vinegar, White Wine                     | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)       | <input type="checkbox"/> Basil                                |
| <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) | <input type="checkbox"/> Maple Sugar                              | <input type="checkbox"/> Bay Leaf                             |
| <input type="checkbox"/> <b>Sweeteners</b>                       | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Black Cohosh                         |
| <input type="checkbox"/> Agave Nectar                            | <input type="checkbox"/> Molasses                                 | <input type="checkbox"/> Caramel Coloring                     |
| <input type="checkbox"/> Aspartame/Nutrasweet                    | <input type="checkbox"/> Monk Fruit                               | <input type="checkbox"/> Caraway Seed                         |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup | <input type="checkbox"/> Nutrasweet®                              | <input type="checkbox"/> Cardamom                             |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup    | <input type="checkbox"/> Rebiana Leaf (Stevia)                    | <input type="checkbox"/> Celery Powder                        |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)  | <input type="checkbox"/> Sorbitol                                 | <input type="checkbox"/> Chicory Root                         |
| <input type="checkbox"/> Chocolate, Dark                         | <input type="checkbox"/> Splenda                                  | <input type="checkbox"/> Chili Powder                         |
| <input type="checkbox"/> Chocolate, Milk                         | <input type="checkbox"/> Sucanat                                  | <input type="checkbox"/> Chipotle Seasoning                   |
| <input type="checkbox"/> Chocolate, White                        | <input type="checkbox"/> Sugar Beet                               | <input type="checkbox"/> Cilantro/Coriander                   |
| <input type="checkbox"/> Coconut Palm Sugar                      | <input type="checkbox"/> Sugar Cane                               | <input type="checkbox"/> Cinnamon                             |
| <input type="checkbox"/> Date Sugar                              | <input type="checkbox"/> Sweetleaf® Stevia                        | <input type="checkbox"/> Cinnamon, Ceylon                     |
| <input type="checkbox"/> Erythritol (non-GMO)                    | <input type="checkbox"/> Swerve® Xylitol                          | <input type="checkbox"/> Cloves                               |
| <input type="checkbox"/> Fructose                                | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) | <input type="checkbox"/> Cloves, Madagascar                   |
| <input type="checkbox"/> Fruit Pectin                            | <input type="checkbox"/> Yacon Syrup                              | <input type="checkbox"/> Cloves, Penang                       |



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| <input type="checkbox"/> Cramp Bark Extract      | <input type="checkbox"/> Herbs De Provence                  | <input type="checkbox"/> Onion                                       |
| <input type="checkbox"/> Cream of Tartar         | <input type="checkbox"/> Hickory                            | <input type="checkbox"/> Onion Powder                                |
| <input type="checkbox"/> Cumin                   | <input type="checkbox"/> Himalayan Salt                     | <input type="checkbox"/> Orange Peel/Rind                            |
| <input type="checkbox"/> Curcumin                | <input type="checkbox"/> Jamaican Jerk                      | <input type="checkbox"/> Orange Salt                                 |
| <input type="checkbox"/> Curry (must be GF)      | <input type="checkbox"/> Juniper Berry                      | <input type="checkbox"/> Oregano                                     |
| <input type="checkbox"/> Dandelion Root          | <input type="checkbox"/> Lavender                           | <input type="checkbox"/> Paprika                                     |
| <input type="checkbox"/> Dill                    | <input type="checkbox"/> Lemon Balm (Melissa Officinalis)   | <input type="checkbox"/> Paprika (smoked)                            |
| <input type="checkbox"/> Dong Quai               | <input type="checkbox"/> Lemon Pepper                       | <input type="checkbox"/> Parsley                                     |
| <input type="checkbox"/> Echinacea               | <input type="checkbox"/> Lemongrass                         | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)     |
| <input type="checkbox"/> Fennel                  | <input type="checkbox"/> Licorice Root                      | <input type="checkbox"/> Pepper, Cayenne                             |
| <input type="checkbox"/> Garlic                  | <input type="checkbox"/> Liquid Smoke (can have gluten)     | <input type="checkbox"/> Pepper/Peppercorns                          |
| <input type="checkbox"/> Garlic Pepper           | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Pepper/Peppercorns, Szechuan                |
| <input type="checkbox"/> Garlic Powder           | <input type="checkbox"/> Maca Root                          | <input type="checkbox"/> Pepper, Red                                 |
| <input type="checkbox"/> Garlic Salt             | <input type="checkbox"/> Mace Spice                         | <input type="checkbox"/> Peppermint                                  |
| <input type="checkbox"/> Ginger                  | <input type="checkbox"/> Marjoram                           | <input type="checkbox"/> Pine Bark Extract                           |
| <input type="checkbox"/> Ginkgo Biloba           | <input type="checkbox"/> Mesquite                           | <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) |
| <input type="checkbox"/> Ginseng (All Types)     | <input type="checkbox"/> Milk Thistle                       | <input type="checkbox"/> Red Pepper Flake                            |
| <input type="checkbox"/> Goldenseal              | <input type="checkbox"/> Mint                               | <input type="checkbox"/> Rosemary                                    |
| <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Mustard (as a Powder)              | <input type="checkbox"/> Saffron                                     |
| <input type="checkbox"/> Grapeseed Extract       | <input type="checkbox"/> Mustard Seeds (gluten free)        | <input type="checkbox"/> Sage  |
| <input type="checkbox"/> Guarana                 | <input type="checkbox"/> Nutmeg                             | <input type="checkbox"/> Saw Palmetto                                |
| <input type="checkbox"/> Gymnema Silvestre       | <input type="checkbox"/> Olive Leaf Extract                 | <input type="checkbox"/> Sesame Seeds                                |

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|--|---|--|
| <input type="checkbox"/> Sesame Seeds, Black                       | <input type="checkbox"/> Casein                         | <input type="checkbox"/> Cheese, Sheep                     |
| <input type="checkbox"/> Shallots                                  | <input type="checkbox"/> Cheese, American               | <input type="checkbox"/> Cheese, String (Mozzarella)       |
| <input type="checkbox"/> Spearmint                                 | <input type="checkbox"/> Cheese, Asiago                 | <input type="checkbox"/> Cheese, Swiss                     |
| <input type="checkbox"/> St. John's Wort                           | <input type="checkbox"/> Cheese, Bleu                   | <input type="checkbox"/> Chocolate, Milk                   |
| <input type="checkbox"/> Taco Seasoning                            | <input type="checkbox"/> Cheese, Brie                   | <input type="checkbox"/> Chocolate, White                  |
| <input type="checkbox"/> Tamari (Wheat Free)                       | <input type="checkbox"/> Cheese, Cheddar (Raw)          | <input type="checkbox"/> Cream, Raw and Unpasteurized      |
| <input type="checkbox"/> Tarragon                                  | <input type="checkbox"/> Cheese, Cottage                | <input type="checkbox"/> Ghee (Pasture-Raised, Organic)    |
| <input type="checkbox"/> Thyme                                     | <input type="checkbox"/> Cheese, Cream                  | <input type="checkbox"/> Goat Cheese                       |
| <input type="checkbox"/> Tomatillo                                 | <input type="checkbox"/> Cheese, Goat                   | <input type="checkbox"/> Goat Kefir                        |
| <input type="checkbox"/> Turmeric                                  | <input type="checkbox"/> Cheese, Gorgonzola             | <input type="checkbox"/> Kefir, Raw                        |
| <input type="checkbox"/> Uva Ursi                                  | <input type="checkbox"/> Cheese, Gouda                  | <input type="checkbox"/> Lactoalbumin                      |
| <input type="checkbox"/> Valerian                                  | <input type="checkbox"/> Cheese, Havarti                | <input type="checkbox"/> Milk Chocolate                    |
| <input type="checkbox"/> Vanilla (gluten and corn-free)            | <input type="checkbox"/> Cheese, Machego                | <input type="checkbox"/> Milk, Cow                         |
| <input type="checkbox"/> Vanilla Bean                              | <input type="checkbox"/> Cheese, Marscapone             | <input type="checkbox"/> Milk, Goat                        |
| <input type="checkbox"/> Vanilla Powder                            | <input type="checkbox"/> Cheese, Mozzarella (Raw)       | <input type="checkbox"/> Milk, Sheep                       |
| <input type="checkbox"/> White Willow Bark Extract                 | <input type="checkbox"/> Cheese, Muenster               | <input type="checkbox"/> Mozzarella Cheese                 |
| <input type="checkbox"/> Wintergreen                               | <input type="checkbox"/> Cheese, Parmesan               | <input type="checkbox"/> Sour Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Rose Hips                                 | <input type="checkbox"/> Cheese, Pecorino               | <input type="checkbox"/> Whey                              |
| <input type="checkbox"/> <b>Milk-Containing Foods</b>              | <input type="checkbox"/> Cheese, Raw and Pasture-raised | <input type="checkbox"/> Yogurt (See Xanthan Gum)          |
| <input type="checkbox"/> Applegate® organic spinach & feta sausage | <input type="checkbox"/> Cheese, Ricotta                | <input type="checkbox"/> Cheese, Feta                      |
| <input type="checkbox"/> Butter, Raw and Pasture-raised            | <input type="checkbox"/> Cheese, Romano                 |  |
| <input type="checkbox"/> Buttermilk                                | <input type="checkbox"/> Cheese, Provolone              |  |

<input type="checkbox"/> <b>Gluten-Free Grains</b>	<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers
<input type="checkbox"/> Almond Flour (gluten free)	<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers
<input type="checkbox"/> Amaranth	<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers
<input type="checkbox"/> Arrowroot Flour/powder	<input type="checkbox"/> Oats	<input type="checkbox"/> Sorghum
<input type="checkbox"/> Basmati Rice (gluten free)	<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Buckwheat Flour	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Teff
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Simple Mills Everything Sprouted Seed Cracker
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> <b>Gluten-Containing Foods</b>
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Barley
<input type="checkbox"/> Glucomannon Flour (koniacfoods.com)	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Barley Greens (Not for Gluten Sensitive)
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Barley Juice (Not for Gluten Sensitive)
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Beer
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Bran

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| <input type="checkbox"/> Bread                                  | <input type="checkbox"/> Spelt   | <input type="checkbox"/> Corn Starch (gluten free)                     |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Teechino                                      | <input type="checkbox"/> Erythritol (non-GMO)                          |
| <input type="checkbox"/> Caramel Coloring                       | <input type="checkbox"/> Teriyaki Sauce                                | <input type="checkbox"/> Fructose                                      |
| <input type="checkbox"/> Cheese, Bleu                           | <input type="checkbox"/> Triticale                                     | <input type="checkbox"/> GemWraps®®, Sandwich Wrap (Carrot)            |
| <input type="checkbox"/> Chewing Gum (has gluten and corn)      | <input type="checkbox"/> Vinegar                                       | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)            |
| <input type="checkbox"/> Coffee, Instant (has gluten)           | <input type="checkbox"/> Vinegar, Malt                                 | <input type="checkbox"/> Sriracha Sauce                                |
| <input type="checkbox"/> Couscous                               | <input type="checkbox"/> Vinegar, White                                | <input type="checkbox"/> Organicville gluten-free                      |
| <input type="checkbox"/> Durum Wheat                            | <input type="checkbox"/> Wheat (All Types)                             | <input type="checkbox"/> Swerve® Xylitol                               |
| <input type="checkbox"/> Farro                                  | <input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)          | <input type="checkbox"/> Vegetable Oil                                 |
| <input type="checkbox"/> Gluten                                 | <input type="checkbox"/> Crab, Imitation                               | <input type="checkbox"/> Xanthan Gum                                   |
| <input type="checkbox"/> Graham (wheat)                         | <input type="checkbox"/> Corn-Derived Foods                            | <input type="checkbox"/> Yogurt (See Xanthan Gum)                      |
| <input type="checkbox"/> Kamut                                  | <input type="checkbox"/> Barbeque Sauce, GF                            | <input type="checkbox"/> Beverages & Protein P                         |
| <input type="checkbox"/> Liquid Smoke (can have gluten)         | <input type="checkbox"/> Annie's® Sweet & Spicy                        | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca)         |
| <input type="checkbox"/> Malt                                   | <input type="checkbox"/> Cheese, Cream                                 | <input type="checkbox"/> Apple Juice                                   |
| <input type="checkbox"/> Maltodextrin (Can be Wheat-derived)    | <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, A...) | <input type="checkbox"/> Beer  |
| <input type="checkbox"/> Oats                                   | <input type="checkbox"/> Cheese, Soy (Organic) (see Sov)               | <input type="checkbox"/> Carrot Juice                                  |
| <input type="checkbox"/> Orzo                                   | <input type="checkbox"/> Chewing Gum (has gluten and corn)             | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)        |
| <input type="checkbox"/> Panko                                  | <input type="checkbox"/> Corn (Gluten-free & Non-GMO)                  | <input type="checkbox"/> Coconut Milk (Native Forest or Natural Value) |
| <input type="checkbox"/> Polish Wheat                           | <input type="checkbox"/> Corn, Blue                                    | <input type="checkbox"/> Coconut Water (low sugar)                     |
| <input type="checkbox"/> Rye                                    | <input type="checkbox"/> Corn, White                                   | <input type="checkbox"/> Coffee Bean, Organic                          |
| <input type="checkbox"/> Semolina                               | <input type="checkbox"/> Corn Gluten                                   | <input type="checkbox"/> Coffee  |
| <input type="checkbox"/> Soy Sauce                              | <input type="checkbox"/> Corn Meal (gluten free)                       | <input type="checkbox"/> Coffee, Instant (has gluten)                  |
|   | <input type="checkbox"/> Corn Oil                                      | <input type="checkbox"/> Collagen Protein (Powder)                     |

<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Coconut Aminos®
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Coconut Cream
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, unflavored/caffeine-free	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Garam Masala
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Teechino	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Water	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.)
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato)
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Glucomannon Flour (koniacfoods.com)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Agar Gum	<input type="checkbox"/> Guar Gum
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Antimony	<input type="checkbox"/> Hops
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Arabic Gum	<input type="checkbox"/> Julian Bakery Paleo Wraps
<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Baking Powder	<input type="checkbox"/> Julian Bakery Almond Bread
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Baking Soda (Arm & Hammer®)	<input type="checkbox"/> Julian Bakery Coconut Bread
<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Carrageenan Gum	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Liquid Aminos (Brands®)(has Soy)
<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Chewing Gum, XylicheW®	<input type="checkbox"/> Locust Bean Gum
<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Chicken Broth (Imagine® of/low sodium)	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Malt

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| <input type="checkbox"/> Maltodextrin (Can be Wheat-derived)         | <input type="checkbox"/> Yeast, Baker's     |
| <input type="checkbox"/> Palm Wax                                    | <input type="checkbox"/> Yeast, Brewer's    |
| <input type="checkbox"/> Pycnogenol                                  | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> Latex              |
| <input type="checkbox"/> Red Tomato Paste (gluten free)              | <input type="checkbox"/> Ispaghula/Psyllium |
| <input type="checkbox"/> Resveratrol                                 | <input type="checkbox"/> Formaldehyde       |
| <input type="checkbox"/> Sherry Vinegar                              | <input type="checkbox"/> Red Dye            |
| <input type="checkbox"/> Silver                                      | <input type="checkbox"/> Acacia Gum         |
| <input type="checkbox"/> Skinny Crisps® (Plain Jane)                 |   |
| <input type="checkbox"/> Tagacanth Gum                               |   |
| <input type="checkbox"/> Tamari (Wheat Free)                         |   |
| <input type="checkbox"/> Tofu (Organic)                              |   |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)        |   |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)        |   |
| <input type="checkbox"/> Tragacanth Gum                              |   |
| <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium)       |   |
| <input type="checkbox"/> Vegetable Oil                               |   |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®)            |   |
| <input type="checkbox"/> Vinegar, Red Wine                           |   |
| <input type="checkbox"/> Vinegar, Rice                               |   |
| <input type="checkbox"/> Vinegar, White Wine                         |   |
| <input type="checkbox"/> Xanthan Gum                                 |   |