

<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"/> Legumes, Pods, & Pulses | <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"/> Nuts, Seeds, Drupes & Oils | <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

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| <input type="checkbox"/> Whey | <input type="checkbox"/> Konjac Glucomannan Flour |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) |
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer) | <input type="checkbox"/> Oats (Certified GF) |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde® | <input type="checkbox"/> Quinoa (gluten free) |
| <input type="checkbox"/> Egg Whites, Pasture-raised | <input type="checkbox"/> Quinoa, Black (gluten free) |
| <input type="checkbox"/> Egg Yolks, Pasture-raised | <input type="checkbox"/> Quinoa, Red (gluten free) |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Rice, Basmati (gluten free) |
| <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Rice, Black (gluten free) |
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Rice, Brown (gluten free) |
| <input type="checkbox"/> Arrowroot Flour/powder | <input type="checkbox"/> Rice, Japonica (gluten free) |
| <input type="checkbox"/> Avenin (Gluten-free) | <input type="checkbox"/> Rice, Purple (gluten free) |
| <input type="checkbox"/> Basmati Rice (gluten free) | <input type="checkbox"/> Rice, Red (gluten free) |
| <input type="checkbox"/> Brown Rice Flour | <input type="checkbox"/> Rice, White (gluten free) |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |
| <input type="checkbox"/> Buckwheat Flour | <input type="checkbox"/> Rice Bran |
| <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Rice Flour (gluten free) |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Rice Protein Powder (gluten free) |
| <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Sorghum |
| <input type="checkbox"/> Glucomannan Flour (konjacfoods.com) | <input type="checkbox"/> Sunflower Seed Flour |
| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Tapioca |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Tapioca Flour (gluten free) |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tapioca Starch (gluten free) |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Teff |
| | <input type="checkbox"/> Teff Flour |

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| <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta |
| <input type="checkbox"/> Tolerant Red or Green Lentil Pasta |
| <input type="checkbox"/> Gluten-Containing Foods |
| <input type="checkbox"/> Allulose |
| <input type="checkbox"/> Avenin |
| <input type="checkbox"/> Barley |
| <input type="checkbox"/> Barley Grass (can have gluten) |
| <input type="checkbox"/> Barley Greens (may contain gluten) |
| <input type="checkbox"/> Barley Juice (may contain gluten) |
| <input type="checkbox"/> Bran |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) |
| <input type="checkbox"/> Caramel Coloring |
| <input type="checkbox"/> Coffee, Instant (has gluten) |
| <input type="checkbox"/> Couscous |
| <input type="checkbox"/> Crab, Immitation |
| <input type="checkbox"/> Durum Wheat |
| <input type="checkbox"/> Egyptian Wheat |
| <input type="checkbox"/> Farro |
| <input type="checkbox"/> Gliadin |
| <input type="checkbox"/> Gluten |
| <input type="checkbox"/> Graham (wheat) |
| <input type="checkbox"/> Kamut |
| <input type="checkbox"/> Malt |

<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Beverages & Protein Powders
<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"/> Corn-Derived Foods	<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"/> Condiments, Spreads & Sauces	<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 | |