Halibut		Fruits	Huckleberry
Herring		Acai	Jack fruit
Lobster	do Oil	Apple (all types)	Kiwi
Mackerel	dr	Apple Cider	Kumquat
Mahi Mahi	;)	Apple Juice	Lime
Mussel		Bilberry	Lime Juice
Orange Roughy		Blackberry	Litchi (aka Lychee)
Oyster	picy	Boysenberry	Loganberry
Perch		Cantaloupe	Loquat
Red Snapper	picy	Cherry	Mango
Sardines		Clementine	Mangosteen
Scallop		Cranberry	Maqui
Squid		Cranberry Juice	Melon, Honeydew
Swai)	Currant	Monk Fruit
Swordfish		Date(s)	Mulberry
Tilapia (Non-farmed)		Dragon Fruit (Pitaya)	Nectarines
Trout		Dried Fruit	Noni
Walleye Pike		Elderberry	Papaya
Whitefish/Turbot		Fig	Passion Fruit
Crab, Immitation)	Golden Berry	Persimmons
Flounder		Gooseberry	Pineapple
Hake	il	Guava	Plantain

Durum Wheat	Gluten-Free Grains	Potato Starch (gluten free)
Farro	Almond Flour (gluten free)	Quinoa (gluten free)
Gluten	Amaranth	Quinoa, Black (gluten free)
Graham (wheat)	Basmati Rice (gluten free)	Quinoa, Red (gluten free)
Kamut	Buckwheat	Rice, Basmati (gluten free)
Liquid Smoke (can have gluten)	Buckwheat Flour	Rice, Black (gluten free)
Maltodextrin (Can be Wheat-derived)	Chicory Root	Rice, Brown (gluten free)
Oats	Coconut Meal (gluten free)	Rice, Japonica (gluten free)
Orzo	Fava Bean Flour	Rice, Purple (gluten free)
Panko	Flax Meal	Rice, Red (gluten free)
Polish Wheat	Garbanzo Flour	Rice, White (gluten free)
Semolina	Glucomannon Flour (konjacfoods.com)	Rice, Wild (Lundberg® - not the blend)
Soy Sauce	Hazelnut Flour	Rice Bran
Spelt	Hemp Meal	Rice Flour (gluten free)
Teriyaki Sauce	Hemp Protein (Powder)	Rice Protein Powder (gluten free)
Triticale	Hemp Seed	Simple Mills Tomato & Basil Almond Crackers
Wheat (All Types)	Konjac Glucomannon Flour	Sorghum
Wheat Grass (Is Gluten-contaminated)	Millet	Tapioca
Crab, Immitation	Oats	Tapioca Flour (gluten free)
Caramel Coloring	Oats (Bob's Red Mill Gluten Free Version)	Tapioca Starch (gluten free)
Coffee, Instant (has gluten)	Oat Grass (Not For Gluten Sensitive)	Teff
Couscous	Potato Flour (gluten free)	Tolerant Green Lentil & Pea Pasta

Tarragon		Legumes & Pulses	Pea, Snap
Thyme		Bean, Azuki	Pea, Snow
Tomatillo		Bean, Butter	Pea, Split
Turmeric		Bean, Cannellini	Peanut (Organic, Valencia)
Uva Ursi		Bean, Chana Dahl	Peanut Butter (Organic, Maranatha®)
Valerian		Bean, Chili	Peanut Oil (Organic)
Vanilla (gluten and corn-free)		Bean, Green	Red Bean Paste
Vanilla Bean		Bean, Italian	Soy Beans (must be organic)
Vanilla Powder		Bean, Kidney	Soy Beans Oil (must be organic)
White Willow Bark Extract		Bean, Lima	Vanilla Bean
Wintergreen)	Bean, Mung	Vanilla Powder
Rose Hips		Bean, Navy/Ninja	White Beans
Pepper, Sichuan		Bean, Pinto/Frijole	Coffee Bean, Organic
Pepper, Szechuan		Bean, Red (see also Bean, Kidney)	
Shallots		Chickpea (see also Garbanzo Bean)	Meat & Poultry
Paprika (smoked)		Edamame (must be organic)	Applegate® organic bacon
Paprika		Fava Bean	Applegate® organic black forest ham
Sesame Seeds, Black		Fava Bean Flour	Applegate® organic ham
Spearmint		Garbanzo Bean	Bison (see also Buffalo)
St. John's Wort		Garbanzo Flour	Buffalo (see also Bison)
Taco Seasoning		Lentil(s)	Deer (see also Venison)
Tamari (Wheat Free)		Miso	Duck

Goat, Grass-fed only (organic)	Miscellaneous	Locust Bean Gum
Lard (pork)	Antimony	Lycopene
Ostrich	Arabic Gum	Maltodextrin (Can be Wheat-derived)
Pheasant	Baking Soda (Arm & Hammer®)	Palm Wax
Pork, (organic)	Carrageenan Gum	Pycnogenol
Quail	Chewing Gum, Xylichew®	Red Chili Paste Thai Kitchen® (gluten free)
Rabbit	Chicory Root	Red Tomato Paste (gluten free)
Venison (see also Deer)	Cocoa/Cacao (raw, pure, & unsweetened)	Resveratrol
	Coconut Aminos®	Silver
Milk-Containing Foods	Coconut Cream	Tamari (Wheat Free)
Cheese, Goat	Collagen Protein (Powder)	Tofu (Organic)
Cheese, Machego	GemWraps®, Sandwich Wrap (Kale-Apple)	Tomato Paste (gluten & Vinegar-free)
Cheese, Pecorino	GemWraps®, Sandwich Wrap (Mango/Chi.)	Tomato Sauce (gluten & Vinegar-free)
Cheese, Ricotta	GemWraps®, Sandwich Wrap (Tomato)	Vegetable Shortening (Spectrum®)
Cheese, Sheep	Glucomannon Flour (konjacfoods.com)	Latex
Goat Cheese	Great Lake's® Beef Gelatin	Formaldehyde
Goat Kefir	Guar Gum	Acacia Gum
Lactoalbumin	Hops	Tragacanth Gum
Milk, Goat	Julian Bakery Paleo Wraps	Blue Food Dye
Milk, Sheep	Konjac Glucomannon Flour	Skinny Crisps®(Plain Jane)
Whey	Lard (pork)	Red Food Dye
Cheese, Feta	Liquid Aminos (Braggs®)(has Soy)	Cocoa Butter

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Tomato, Yellow	
Truffle	
Turnip Greens	
Turnips	
Water Chestnut	
Watercress	
Yams, Garnett	
Yams, Japanese	;)
Yucca	
Zucchini	
Alfalfa Sprouts	
Psyllium Husk	
Onion, Green	ıp
Onion, Maui	
Onion, Red	
Onion, Sweet	
Onion, Yellow	
Chives	
Shallots	
Tomato, Red	
Tomato, Roma)
Tomato, Sun-dried	