

☐ **Beverages & Protein Powders**☐ Almond Milk, unsweetened (no☐ Apple Juice☐ Carrot Juice☐ Coconut Kefir (No Tapioca,☐ Coconut Milk(Native Forest or☐ Coconut Water (low sugar)☐ Coffee☐ Collagen Protein (Powder)☐ Echinacea Tea☐ Grapefruit Juice☐ Green Tea☐ Hemp Protein (Powder)☐ Lemon Juice☐ Licorice Tea☐ Lime Juice☐ Mineral Water☐ Orange Juice☐ Pea Protein☐ Sparkling Water, unflavored☐ Tea, Black☐ Tea, Chamomile☐ Tea, Green☐ Tea, Oolong☐ Tea, Ramon☐ Tea, Roobios☐ Tea, unflavored/caffeine-free only☐ Tea, White☐ Water☐ Yerba Matte Tea (Organic/Pure)☐ Coffee Bean, Organic☐ **Condiments**☐ Apple Cider Vinegar (Bragg's®)☐ Barbeque Sauce, GF Annie's®☐ Carob☐ Coconut Vinegar (Coconut Secret)☐ Earth Balance® Coconut Spread☐ Earth Balance® Avocado Oil Butter☐ Horseradish Sauce, Gluten-free☐ Mustard, Brown (Eden® gf mustard)☐ Sauerkraut (Bubbies® Brand only)☐ Worcestershire Sauce (The☐ Sriracha Sauce Organicville☐ Dressing, Primal Kitchen Honey☐ Mayonnaise, Primal Kitchen☐ Mayonnaise, Primal Kitchen☐ BodyPro Almond Mayo Grade B☐ BodyPro Almond Mayo with Yacon☐ BodyPro Avocado Oil Mayonnaise☐ **Corn-Derived Foods**☐ Barbeque Sauce, GF Annie's®☐ Cheese, Cream☐ Cheese, Daiya☐ Cheese, Soy (Organic) (see Soy)☐ Chewing Gum (has gluten and corn)☐ Corn (Gluten-free & Non-GMO)☐ Corn, Blue☐ Corn, White☐ Corn Gluten☐ Corn Meal (gluten free)☐ Corn Oil☐ Corn Starch (gluten free)☐ Erythritol (non-GMO)☐ Fructose

☐ GemWraps®, Sandwich Wrap☐ Maltodextrin (Corn-based,☐ Swerve® Xylitol☐ Vegetable Oil☐ Xanthan Gum☐ Yogurt (See Xanthan Gum)☐ Sriracha Sauce Organicville☐ Lobster☐ Mackerel☐ Mahi Mahi☐ Mussel☐ Orange Roughy☐ Oyster☐ Perch☐ Red Snapper☐ Salmon, wild (fresh)☐ Sardines☐ Scallop☐ Shrimp☐ Sole☐ Squid☐ Swai☐ Swordfish☐ Tilapia (Non-farmed)☐ Trout☐ Tuna☐ Walleye Pike☐ Whitefish/Turbot☐ Fish & Shellfish☐ Anchovy☐ Bass☐ Catfish☐ Chilean Sea Bass☐ Clam☐ Cod/ Cod Liver Oil☐ Corvina☐ Crab☐ Crayfish☐ Flounder☐ Hake☐ Halibut☐ Herring☐ Fruits☐ Acai☐ Apple (all types)☐ Apple Cider☐ Apple Juice☐ Bilberry☐ Blackberry☐ Blueberry☐ Boysenberry☐ Cantaloupe☐ Cherry☐ Clementine☐ Cranberry☐ Cranberry Juice☐ Currant☐ Date(s)☐ Dragon Fruit (Pitaya)☐ Dried Fruit☐ Elderberry☐ Fig☐ Golden Berry☐ Gooseberry

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|--|---|--|
| <input type="checkbox"/> Grape               | <input type="checkbox"/> Maqui            | <input type="checkbox"/> Quince                            |
| <input type="checkbox"/> Grape, Green        | <input type="checkbox"/> Melon, Honeydew  | <input type="checkbox"/> Raisin (unsulfured, organic)      |
| <input type="checkbox"/> Grape, Purple       | <input type="checkbox"/> Monk Fruit       | <input type="checkbox"/> Raspberry                         |
| <input type="checkbox"/> Grape, Red          | <input type="checkbox"/> Mulberry         | <input type="checkbox"/> Star Fruit                        |
| <input type="checkbox"/> Grape, White        | <input type="checkbox"/> Nectarines       | <input type="checkbox"/> Strawberry                        |
| <input type="checkbox"/> Grapefruit          | <input type="checkbox"/> Noni             | <input type="checkbox"/> Tamarind                          |
| <input type="checkbox"/> Grapefruit Juice    | <input type="checkbox"/> Orange           | <input type="checkbox"/> Tangelo                           |
| <input type="checkbox"/> Guava               | <input type="checkbox"/> Orange, Blood    | <input type="checkbox"/> Tangerine                         |
| <input type="checkbox"/> Huckleberry         | <input type="checkbox"/> Orange Juice     | <input type="checkbox"/> Watermelon                        |
| <input type="checkbox"/> Jack fruit          | <input type="checkbox"/> Orange Peel/Rind | <input type="checkbox"/> Wolfberry                         |
| <input type="checkbox"/> Kiwi                | <input type="checkbox"/> Papaya           | <input type="checkbox"/> Youngberry                        |
| <input type="checkbox"/> Kumquat             | <input type="checkbox"/> Passion Fruit    | <input type="checkbox"/> Banana                            |
| <input type="checkbox"/> Lemon               | <input type="checkbox"/> Peach            | <input type="checkbox"/> Apricot                           |
| <input type="checkbox"/> Lemon Juice         | <input type="checkbox"/> Pear             | <input type="checkbox"/> Goji Berry                        |
| <input type="checkbox"/> Lemon Rind/Peel     | <input type="checkbox"/> Pear, Asian      | <input type="checkbox"/> Apple Sauce                       |
| <input type="checkbox"/> Lime                | <input type="checkbox"/> Persimmons       |  |
| <input type="checkbox"/> Lime Juice          | <input type="checkbox"/> Pineapple        | <input type="checkbox"/> <b>Gluten-Containing Foods</b>    |
| <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plantain         | <input type="checkbox"/> Chewing Gum (has gluten and corn) |
| <input type="checkbox"/> Loganberry          | <input type="checkbox"/> Plum             |  |
| <input type="checkbox"/> Loquat              | <input type="checkbox"/> Pomegranate      |  |
| <input type="checkbox"/> Mango               | <input type="checkbox"/> Pomelo           |  |
| <input type="checkbox"/> Mangosteen          | <input type="checkbox"/> Prune            |  |

| <input type="checkbox"/> Gluten-Free Grains               | <input type="checkbox"/> Quinoa, Black (gluten free)        | <input type="checkbox"/> Herbs & Spices                      |
|---|---|--|
| <input type="checkbox"/> Almond Flour (gluten free)       | <input type="checkbox"/> Quinoa, Red (gluten free)          | <input type="checkbox"/> Allspice                            |
| <input type="checkbox"/> Amaranth                         | <input type="checkbox"/> Rice, Wild (Lundberg® - not the    | <input type="checkbox"/> Almond Flavor natural, gluten free) |
| <input type="checkbox"/> Buckwheat                        | <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond  | <input type="checkbox"/> Anise                               |
| <input type="checkbox"/> Buckwheat Flour                  | <input type="checkbox"/> Simple Mills Rosemary & Sea Salt   | <input type="checkbox"/> Ashwaganda                          |
| <input type="checkbox"/> Chicory Root                     | <input type="checkbox"/> Simple Mills Tomato & Basil Almond | <input type="checkbox"/> Astragalus                          |
| <input type="checkbox"/> Coconut Meal (gluten free)       | <input type="checkbox"/> Sorghum                            | <input type="checkbox"/> Basil                               |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO)     | <input type="checkbox"/> Sweet Potato Flour (gluten free)   | <input type="checkbox"/> Bay Leaf                            |
| <input type="checkbox"/> Corn, Blue                       | <input type="checkbox"/> Tapioca                            | <input type="checkbox"/> Black Cohosh                        |
| <input type="checkbox"/> Corn, White                      | <input type="checkbox"/> Tapioca Flour (gluten free)        | <input type="checkbox"/> Caraway Seed                        |
| <input type="checkbox"/> Corn Starch (gluten free)        | <input type="checkbox"/> Tapioca Starch (gluten free)       | <input type="checkbox"/> Cardamom                            |
| <input type="checkbox"/> Flax Meal                        | <input type="checkbox"/> Teff                               | <input type="checkbox"/> Celery Powder                       |
| <input type="checkbox"/> Glucomannon Flour                | <input type="checkbox"/> Tortilla, Siete Almond             | <input type="checkbox"/> Chicory Root                        |
| <input type="checkbox"/> Hazelnut Flour                   | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut  | <input type="checkbox"/> Chili Powder                        |
| <input type="checkbox"/> Hemp Meal                        | <input type="checkbox"/> Tortilla, Siete Chia & Cassava     | <input type="checkbox"/> Chipotle Seasoning                  |
| <input type="checkbox"/> Hemp Protein (Powder)            | <input type="checkbox"/> Simple Mills                       | <input type="checkbox"/> Cilantro/Coriander                  |
| <input type="checkbox"/> Hemp Seed                        | <input type="checkbox"/> Corn Meal (gluten free)            | <input type="checkbox"/> Cinnamon                            |
| <input type="checkbox"/> Konjac Glucomannon Flour         | <input type="checkbox"/> Coconut Flour (gluten free)        | <input type="checkbox"/> Cinnamon, Ceylon                    |
| <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free | <input type="checkbox"/> Arrowroot Flour/powder             | <input type="checkbox"/> Cloves                              |
| <input type="checkbox"/> Potato Flour (gluten free)       |   | <input type="checkbox"/> Cloves, Madagascar                  |
| <input type="checkbox"/> Potato Starch (gluten free)      |   | <input type="checkbox"/> Cloves, Penang                      |
| <input type="checkbox"/> Quinoa (gluten free)             |   | <input type="checkbox"/> Cramp Bark Extract                  |

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

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| <input type="checkbox"/> Turmeric                        | <input type="checkbox"/> Applegate® organic herb roasted   | <input type="checkbox"/> Ostrich                           |
| <input type="checkbox"/> Uva Ursi                        | <input type="checkbox"/> Applegate® organic hot dogs       | <input type="checkbox"/> Pheasant                          |
| <input type="checkbox"/> Valerian                        | <input type="checkbox"/> Applegate® organic roast beef     | <input type="checkbox"/> Pork, (organic)                   |
| <input type="checkbox"/> White Willow Bark Extract       | <input type="checkbox"/> Applegate® organic andouille      | <input type="checkbox"/> Quail                             |
| <input type="checkbox"/> Wintergreen                     | <input type="checkbox"/> Applegate® organic chicken/apple  | <input type="checkbox"/> Rabbit                            |
| <input type="checkbox"/> Rose Hips                       | <input type="checkbox"/> Applegate® organic red pepper     | <input type="checkbox"/> Turkey (organic)                  |
| <input type="checkbox"/> Pepper, Sichuan                 | <input type="checkbox"/> Applegate® organic spinach & feta | <input type="checkbox"/> Veal (organic)                    |
| <input type="checkbox"/> Pepper, Szechuan                | <input type="checkbox"/> Applegate® organic sausage sweet  | <input type="checkbox"/> Venison (see also Deer)           |
| <input type="checkbox"/> Onion Powder                    | <input type="checkbox"/> Applegate® organic smoked         |  |
| <input type="checkbox"/> Onion                           | <input type="checkbox"/> Applegate® organic smoked turkey  | <input type="checkbox"/> Milk-Containing Foods             |
| <input type="checkbox"/> Shallots                        | <input type="checkbox"/> Applegate® organic turkey         | <input type="checkbox"/> Applegate® organic spinach & feta |
| <input type="checkbox"/> Paprika (smoked)                | <input type="checkbox"/> Applegate® organic turkey bacon   | <input type="checkbox"/> Cheese, Cream                     |
| <input type="checkbox"/> Paprika                         | <input type="checkbox"/> Beef, Grass-fed only (organic)    | <input type="checkbox"/> Yogurt (See Xanthan Gum)          |
|  | <input type="checkbox"/> Bison (see also Buffalo)          |  |
| <input type="checkbox"/> Legumes & Pulses                | <input type="checkbox"/> Buffalo (see also Bison)          | <input type="checkbox"/> Miscellaneous                     |
| <input type="checkbox"/> Coffee Bean, Organic            | <input type="checkbox"/> Chicken Broth (Imagine® gf/low    | <input type="checkbox"/> Antimony                          |
|  | <input type="checkbox"/> Chicken, free range (organic)     | <input type="checkbox"/> Arabic Gum                        |
| <input type="checkbox"/> Meat & Poultry                  | <input type="checkbox"/> Deer (see also Venison)           | <input type="checkbox"/> Baking Powder                     |
| <input type="checkbox"/> Applegate® organic bacon        | <input type="checkbox"/> Duck                              | <input type="checkbox"/> Baking Soda (Arm & Hammer®)       |
| <input type="checkbox"/> Applegate® organic black forest | <input type="checkbox"/> Goat, Grass-fed only (organic)    | <input type="checkbox"/> Carrageenan Gum                   |
| <input type="checkbox"/> Applegate® organic chicken      | <input type="checkbox"/> Lamb (organic)                    | <input type="checkbox"/> Chewing Gum (has gluten and corn) |
| <input type="checkbox"/> Applegate® organic ham          | <input type="checkbox"/> Lard (pork)                       | <input type="checkbox"/> Chewing Gum, Xylitechew®          |

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| <input type="checkbox"/> Chicken Broth (Imagine® gf/low | <input type="checkbox"/> Red Chili Paste Thai Kitchen®    | <input type="checkbox"/> Non-Dairy & Eggs                    |
| <input type="checkbox"/> Chicory Root                   | <input type="checkbox"/> Red Tomato Paste (gluten free)   | <input type="checkbox"/> Almond Milk, unsweetened (no        |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, &      | <input type="checkbox"/> Resveratrol                      | <input type="checkbox"/> Almond Yogurt, unsweetened          |
| <input type="checkbox"/> Coconut Aminos®                | <input type="checkbox"/> Silver                           | <input type="checkbox"/> Cheese, Daiya                       |
| <input type="checkbox"/> Coconut Cream                  | <input type="checkbox"/> Tomato Paste (gluten &           | <input type="checkbox"/> Cheese, Soy (Organic) (see Soy)     |
| <input type="checkbox"/> Collagen Protein (Powder)      | <input type="checkbox"/> Tomato Sauce (gluten &           | <input type="checkbox"/> Coconut Kefir (No Tapioca,          |
| <input type="checkbox"/> Garam Masala                   | <input type="checkbox"/> Vegetable broth (Imagine® Low    | <input type="checkbox"/> Coconut Milk(Native Forest or       |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap       | <input type="checkbox"/> Vegetable Oil                    | <input type="checkbox"/> Egg, Pasture-raised (from a farmer) |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap       | <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Egg, Vital Farms® or Pasture        |
| <input type="checkbox"/> Glucomannon Flour              | <input type="checkbox"/> Xanthan Gum                      | <input type="checkbox"/> Egg, Whites, Pasture-raised         |
| <input type="checkbox"/> Great Lake's® Beef Gelatin     | <input type="checkbox"/> Latex                            | <input type="checkbox"/> Egg, Yolks Pasture-raised           |
| <input type="checkbox"/> Guar Gum                       | <input type="checkbox"/> Formaldehyde                     | <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise      |
| <input type="checkbox"/> Hops                           | <input type="checkbox"/> Acacia Gum                       |  |
| <input type="checkbox"/> Julian Bakery Paleo Wraps      | <input type="checkbox"/> Tragacanth Gum                   | <input type="checkbox"/> Nuts, Seeds, Drupes & Oils          |
| <input type="checkbox"/> Julian Bakery Almond Bread     | <input type="checkbox"/> Blue Food Dye                    | <input type="checkbox"/> Almond                              |
| <input type="checkbox"/> Julian Bakery Coconut Bread    | <input type="checkbox"/> Red Food Dye                     | <input type="checkbox"/> Almond Butter (Artisana®)           |
| <input type="checkbox"/> Konjac Glucomannon Flour       | <input type="checkbox"/> Cocoa Butter                     | <input type="checkbox"/> Almond Flavor natural, gluten free) |
| <input type="checkbox"/> Lard (pork)                    | <input type="checkbox"/> Agar Gum                         | <input type="checkbox"/> Almond Flour (gluten free)          |
| <input type="checkbox"/> Locust Bean Gum                |   | <input type="checkbox"/> Almond Meal (gluten free)           |
| <input type="checkbox"/> Lycopene                       |   | <input type="checkbox"/> Almond, Marcona                     |
| <input type="checkbox"/> Palm Wax                       |   | <input type="checkbox"/> Annatto Seed                        |
| <input type="checkbox"/> Pycnogenol                     |   | <input type="checkbox"/> Brazil Nut                          |

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| <input type="checkbox"/> Canola/Rapeseed Oil       | <input type="checkbox"/> Hydrogenated Oils               | <input type="checkbox"/> Sesame Seeds                     |
| <input type="checkbox"/> Caraway Seed              | <input type="checkbox"/> Macadamia Nut Oil               | <input type="checkbox"/> Sesame Seeds, Black              |
| <input type="checkbox"/> Cashews                   | <input type="checkbox"/> Macadamia Nuts                  | <input type="checkbox"/> Sunflower Seed Butter            |
| <input type="checkbox"/> Cashew Butter             | <input type="checkbox"/> Olive Leaf Extract              | <input type="checkbox"/> Sunflower Seed Lecithin          |
| <input type="checkbox"/> Cashew Meal               | <input type="checkbox"/> Olive Oil, Virgin               | <input type="checkbox"/> Sunflower Seed Oil               |
| <input type="checkbox"/> Chestnut                  | <input type="checkbox"/> Palm Kernel Oil                 | <input type="checkbox"/> Sunflower Seeds                  |
| <input type="checkbox"/> Chia Seed (1/4 cup, max)  | <input type="checkbox"/> Pecan                           | <input type="checkbox"/> Tahini                           |
| <input type="checkbox"/> Coconut Butter            | <input type="checkbox"/> Pecan Flour                     | <input type="checkbox"/> Tea, Ramon                       |
| <input type="checkbox"/> Coconut Oil               | <input type="checkbox"/> Pepitas                         | <input type="checkbox"/> Tiger Nuts                       |
| <input type="checkbox"/> Coconut, shredded (raw,   | <input type="checkbox"/> Pili Nuts                       | <input type="checkbox"/> Vegetable Oil                    |
| <input type="checkbox"/> Cola Nut (aka Kola Nut)   | <input type="checkbox"/> Pine Nut                        | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Corn Oil                  | <input type="checkbox"/> Pistachios                      | <input type="checkbox"/> Walnut (few)                     |
| <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Poppy seeds                     | <input type="checkbox"/> Walnut Oil                       |
| <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"/> Flax Seed                 | <input type="checkbox"/> Pumpkin Seed Oil                | <input type="checkbox"/> Snacks                           |
| <input type="checkbox"/> Grapeseed Oil, Organic    | <input type="checkbox"/> Pumpkin Seeds                   | <input type="checkbox"/> Date(s)                          |
| <input type="checkbox"/> Hazelnut Flour            | <input type="checkbox"/> Ramon Seeds                     | <input type="checkbox"/> Simple Mills Chocolate Chip      |
| <input type="checkbox"/> Hazelnut/Filbert          | <input type="checkbox"/> Rice, Wild (Lundberg® - not the | <input type="checkbox"/> Apple Sauce                      |
| <input type="checkbox"/> Hemp Meal                 | <input type="checkbox"/> Safflower/Safflower Seed Oil    |   |
| <input type="checkbox"/> Hemp Protein (Powder)     | <input type="checkbox"/> Sacha Inchi Seeds               |   |
| <input type="checkbox"/> Hemp Seed                 | <input type="checkbox"/> Sesame Seed Oil                 |   |



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| <input type="checkbox"/> Sweeteners                      | <input type="checkbox"/> Sucanat                           | <input type="checkbox"/> Beet Greens                     |
| <input type="checkbox"/> Aspartame/Nutrasweet            | <input type="checkbox"/> Sugar Beet                        | <input type="checkbox"/> Bell Pepper, Green              |
| <input type="checkbox"/> Chocolate, Dark                 | <input type="checkbox"/> Sugar Cane                        | <input type="checkbox"/> Bell Pepper, Red                |
| <input type="checkbox"/> Coconut Palm Sugar              | <input type="checkbox"/> Sweetleaf® Stevia                 | <input type="checkbox"/> Bok Choy                        |
| <input type="checkbox"/> Date Sugar                      | <input type="checkbox"/> Swerve® Xylitol                   | <input type="checkbox"/> Broccoli                        |
| <input type="checkbox"/> Erythritol (non-GMO)            | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn) | <input type="checkbox"/> Broccoli Rabe                   |
| <input type="checkbox"/> Fructose                        | <input type="checkbox"/> Yacon Syrup                       | <input type="checkbox"/> Broccoli Sprouts                |
| <input type="checkbox"/> Fruit Pectin                    | <input type="checkbox"/> BodyPro Almond Mayo Grade B       | <input type="checkbox"/> Broccolini                      |
| <input type="checkbox"/> Honey, (Organic)                | <input type="checkbox"/> Sucralose                         | <input type="checkbox"/> Brussels Sprout                 |
| <input type="checkbox"/> Honey, Manuka                   | <input type="checkbox"/> Agave Nectar                      | <input type="checkbox"/> Burdock                         |
| <input type="checkbox"/> Honey, Wildflower from Mahava®  | <input type="checkbox"/> Coconut Sugar                     | <input type="checkbox"/> Cabbage, Chinese (see also Bok) |
| <input type="checkbox"/> Just Like Sugar®                |  | <input type="checkbox"/> Cabbage, Green                  |
| <input type="checkbox"/> Lo Han                          | <input type="checkbox"/> Vegetables                        | <input type="checkbox"/> Cabbage, Purple                 |
| <input type="checkbox"/> Maltodextrin (Corn-based,       | <input type="checkbox"/> Aloe Vera                         | <input type="checkbox"/> Cactus (Nopales)                |
| <input type="checkbox"/> Maple Sugar                     | <input type="checkbox"/> Artichoke (not pickled)           | <input type="checkbox"/> Capers                          |
| <input type="checkbox"/> Maple Syrup (Grade A Dark Amber | <input type="checkbox"/> Arugula                           | <input type="checkbox"/> Capsicum                        |
| <input type="checkbox"/> Molasses                        | <input type="checkbox"/> Asparagus                         | <input type="checkbox"/> Carrot Juice                    |
| <input type="checkbox"/> Monk Fruit                      | <input type="checkbox"/> Avocado                           | <input type="checkbox"/> Carrot, Orange                  |
| <input type="checkbox"/> Nutrasweet®                     | <input type="checkbox"/> Avocado Oil                       | <input type="checkbox"/> Carrot, Purple                  |
| <input type="checkbox"/> Rebiana Leaf (Stevia)           | <input type="checkbox"/> Bamboo Shoot                      | <input type="checkbox"/> Carrot, White                   |
| <input type="checkbox"/> Sorbitol                        | <input type="checkbox"/> Bean Sprout                       | <input type="checkbox"/> Carrot, Yellow                  |
| <input type="checkbox"/> Splenda                         | <input type="checkbox"/> Beet                              | <input type="checkbox"/> Cassava (see Tapioca and Yucca) |

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| <input type="checkbox"/> Cauliflower                   | <input type="checkbox"/> Kale, all types            | <input type="checkbox"/> Pepper, Habanero             |
| <input type="checkbox"/> Cauliflower, Purple           | <input type="checkbox"/> Kelp/Dulse                 | <input type="checkbox"/> Pepper, Jalapeño             |
| <input type="checkbox"/> Celery                        | <input type="checkbox"/> Kohlrabi                   | <input type="checkbox"/> Pepper, Poblano              |
| <input type="checkbox"/> Chard                         | <input type="checkbox"/> Kombu                      | <input type="checkbox"/> Pepper, Red                  |
| <input type="checkbox"/> Chayote                       | <input type="checkbox"/> Leeks                      | <input type="checkbox"/> Pepper, Serrano              |
| <input type="checkbox"/> Coconut (raw and unsweetened) | <input type="checkbox"/> Lettuce, all types         | <input type="checkbox"/> Pickles, Bubbies® brand only |
| <input type="checkbox"/> Coconut Concentrate           | <input type="checkbox"/> Mushrooms                  | <input type="checkbox"/> Pimento                      |
| <input type="checkbox"/> Collard Greens                | <input type="checkbox"/> Mushrooms, Button          | <input type="checkbox"/> Potato, Fingerling           |
| <input type="checkbox"/> Corn (Gluten-free & Non-GMO)  | <input type="checkbox"/> Mushrooms, Cremini/Crimini | <input type="checkbox"/> Potato, Purple               |
| <input type="checkbox"/> Corn, Blue                    | <input type="checkbox"/> Mushrooms, Maitake         | <input type="checkbox"/> Potato, Red                  |
| <input type="checkbox"/> Corn, White                   | <input type="checkbox"/> Mushrooms, Shiitake        | <input type="checkbox"/> Potato, Russet               |
| <input type="checkbox"/> Cucumber                      | <input type="checkbox"/> Mustard Greens             | <input type="checkbox"/> Potato, Sweet                |
| <input type="checkbox"/> Daikon Radish                 | <input type="checkbox"/> Nori                       | <input type="checkbox"/> Potato, White                |
| <input type="checkbox"/> Dandelion Greens              | <input type="checkbox"/> Okra                       | <input type="checkbox"/> Potato, Yukon Gold           |
| <input type="checkbox"/> Dandelion Root                | <input type="checkbox"/> Olives (without vinegar)   | <input type="checkbox"/> Prickly Pear                 |
| <input type="checkbox"/> Eggplant                      | <input type="checkbox"/> Parsley                    | <input type="checkbox"/> Pumpkin                      |
| <input type="checkbox"/> Endive                        | <input type="checkbox"/> Parsnip                    | <input type="checkbox"/> Pumpkin Powder               |
| <input type="checkbox"/> Fennel                        | <input type="checkbox"/> Pea, Black-Eyed            | <input type="checkbox"/> Radicchio                    |
| <input type="checkbox"/> Garlic                        | <input type="checkbox"/> Pea Protein                | <input type="checkbox"/> Radish                       |
| <input type="checkbox"/> Hearts of Palm                | <input type="checkbox"/> Pepper, Anaheim            | <input type="checkbox"/> Rainbow Chard                |
| <input type="checkbox"/> Horseradish                   | <input type="checkbox"/> Pepper, Chili              | <input type="checkbox"/> Rhubarb                      |
| <input type="checkbox"/> Jicama                        | <input type="checkbox"/> Pepper, Green              | <input type="checkbox"/> Rutabaga                     |

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|---|---|--|
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomatoes, Big Beef | <input type="checkbox"/> Onion, Sweet        |
| <input type="checkbox"/> Scallions                        | <input type="checkbox"/> Tomato, Cherry     | <input type="checkbox"/> Onion, Yellow       |
| <input type="checkbox"/> Sea Vegetables                   | <input type="checkbox"/> Tomato, Heirloom   | <input type="checkbox"/> Chives              |
| <input type="checkbox"/> Seaweed                          | <input type="checkbox"/> Tomato, Orange     | <input type="checkbox"/> Shallots            |
| <input type="checkbox"/> Spinach                          | <input type="checkbox"/> Tomato, Red        | <input type="checkbox"/> Bell Pepper         |
| <input type="checkbox"/> Spirulina                        | <input type="checkbox"/> Tomato, Roma       | <input type="checkbox"/> Bell Pepper, Yellow |
| <input type="checkbox"/> Squash                           | <input type="checkbox"/> Tomato, Sun-dried  | <input type="checkbox"/> Bell Pepper, Orange |
| <input type="checkbox"/> Squash, Acorn                    | <input type="checkbox"/> Tomato, Yellow     |  |
| <input type="checkbox"/> Squash, Butternut                | <input type="checkbox"/> Truffle            |  |
| <input type="checkbox"/> Squash, Green                    | <input type="checkbox"/> Turnip Greens      |  |
| <input type="checkbox"/> Squash, Spaghetti                | <input type="checkbox"/> Turnips            |  |
| <input type="checkbox"/> Squash, Summer                   | <input type="checkbox"/> Water Chestnut     |  |
| <input type="checkbox"/> Squash, Winter                   | <input type="checkbox"/> Watercress         |  |
| <input type="checkbox"/> Squash, Yellow                   | <input type="checkbox"/> Yams, Garnett      |  |
| <input type="checkbox"/> Sugar Beet                       | <input type="checkbox"/> Yams, Japanese     |  |
| <input type="checkbox"/> Sweet Potato, Red                | <input type="checkbox"/> Yucca              |  |
| <input type="checkbox"/> Sweet Potatoes, White            | <input type="checkbox"/> Zucchini           |  |
| <input type="checkbox"/> Swiss Chard                      | <input type="checkbox"/> Alfalfa Sprouts    |  |
| <input type="checkbox"/> Tomatillo                        | <input type="checkbox"/> Psyllium Husk      |  |
| <input type="checkbox"/> Tomato Paste (gluten &           | <input type="checkbox"/> Onion, Green       |  |
| <input type="checkbox"/> Tomato Sauce (gluten &           | <input type="checkbox"/> Onion, Maui        |  |
| <input type="checkbox"/> Tomato                           | <input type="checkbox"/> Onion, Red         |  |