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| Beverages & Protein Powders | Milk, Goat | Wine, White (Champagne) |
| Almond Milk, unsweetened (no tapioca) | Milk, Sheep | Yerba Matte Tea (Organic/Pure) |
| Apple Juice | Milk, Soy (Organic) | Zevia Drinks |
| Beer | Mineral Water | |
| Bone Broth Protein, Beef | Orange Juice | Condiments |
| Carrot Juice | Pea Protein | Apple Cider Vinegar (Bragg's®) |
| Coconut Kefir (No Tapioca, Carageenan) | Rice Protein Powder (gluten free) | Balsamic Vinegar (Caramel/Red W. Vinegar) |
| Coconut Milk(Native Forest or Natural Value) | Soy Milk/Soy Cheese (Organic) | Balsamic Vinegar (with Red Wine Vinegar) |
| Coconut Water (low sugar) | Soy Protein (Organic) | Balsamic Vinegar MiaBella NoCaramel/WineVinegar) |
| Coffee | Sparkling Water, unflavored | Barbeque Sauce, GF Annie's® Sweet & Spicy |
| Coffee Bean, Organic | Tea, Black | BodyPro Almond Mayo Grade B Maple Syrup |
| Coffee, Instant (has gluten) | Tea, Chamomile | BodyPro Almond Mayo with Yacon Syrup |
| Collagen Protein (Powder) | Tea, Green | BodyPro Avocado Oil Mayonnaise |
| Echinacea Tea | Tea, Hibiscus | Carob |
| Grapefruit Juice | Tea, Oolong | Coconut Vinegar (Coconut Secret) |
| Green Tea | Tea, Ramon | Dressing, Primal Kitchen Greek Avocado Oil |
| Hemp Protein (Powder) | Tea, Roobios | Dressing, Primal Kitchen Honey Mustard |
| Komboucha Tea | Tea, unflavored/caffeine-free only | Earth Balance® Avocado Oil Butter Spread |
| Lemon Juice | Tea, White | Earth Balance® Coconut Spread |
| Licorice Tea | Teechino | Harissa |
| Lime Juice | Water | Horseradish Sauce, Gluten-free (Annie's®) |
| Milk, Cow | Wine, Red | Hummus |

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| Ketchup (Organicville) | Corn-Derived Foods | Fish & Shellfish |
| Mayonnaise | Barbeque Sauce, GF Annie's® Sweet & Spicy | Anchovy |
| Mayonnaise, Primal Kitchen Avocado Oil | Cheese, Cream | Bass |
| Mayonnaise, Primal Kitchen Chipotle Avocado Oil | Cheese, Daiya (Coconut, Tapioca, yeast, etc.) | Catfish |
| Mustard, Brown (Eden® gf mustard) | Cheese, Soy (Organic) (see Soy) | Chilean Sea Bass |
| Sauerkraut (Bubbies® Brand only) | Chewing Gum (has gluten and corn) | Clam |
| Sriracha Sauce Organicville gluten-free | Corn (Gluten-free & Non-GMO) | Cod/ Cod Liver Oil |
| Tabasco Sauce | Corn Gluten | Corvina |
| Ume Plum Vinegar | Corn Meal (gluten free) | Crab |
| Veganaise Soy-free (Follow Your Heart®) | Corn Oil | Crab, Imitation |
| Vinegar | Corn Starch (gluten free) | Crayfish |
| Vinegar, Beet | Corn, Blue | Flounder |
| Vinegar, Distilled | Corn, White | Haddock |
| Vinegar, Malt | Erythritol (non-GMO) | Hake |
| Vinegar, Red Wine | Fructose | Halibut |
| Vinegar, Rice | GemWraps®, Sandwich Wrap (Carrot) | Herring |
| Vinegar, White | Maltodextrin (Corn-based, non-GMO) | Lobster |
| Vinegar, White Wine | Sriracha Sauce Organicville gluten-free | Mackerel |
| Worcestershire Sauce (The Wizard's® GF) | Swerve® Xylitol | Mahi Mahi |
| | Vegetable Oil | Mussel |
| | Xanthan Gum | Octopus |
| | Yogurt (See Xanthan Gum) | Orange Roughy |

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| Oyster | Apple Sauce | Grape, Green |
| Perch | Apricot | Grape, Purple |
| Red Snapper | Banana | Grape, Red |
| Salmon, wild (fresh) | Bilberry | Grape, White |
| Sardines | Blackberry | Grapefruit |
| Scallop | Blueberry | Grapefruit Juice |
| Shrimp | Boysenberry | Guava |
| Sole | Cantaloupe | Huckleberry |
| Squid | Cherry | Jack fruit |
| Swai | Clementine | Kiwi |
| Swordfish | Cranberry | Kumquat |
| Tilapia (Non-farmed) | Cranberry Juice | Lemon |
| Trout | Currant | Lemon Juice |
| Tuna | Date(s) | Lemon Rind/Peel |
| Walleye Pike | Dragon Fruit (Pitaya) | Lime |
| Whitefish/Turbot | Dried Fruit | Lime Juice |
| | Elderberry | Litchi (aka Lychee) |
| Fruits | Fig | Loganberry |
| Acai | Goji Berry | Loquat |
| Apple (all types) | Golden Berry | Mango |
| Apple Cider | Gooseberry | Mangosteen |
| Apple Juice | Grape | Maqui |

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| Melon, Honeydew | Raisin (unsulfured, organic) | Coffee, Instant (has gluten) |
| Monk Fruit (Pure) | Raspberry | Couscous |
| Mulberry | Star Fruit | Crab, Immitation |
| Nectarines | Strawberry | Durum Wheat |
| Noni | Tamarind | Farro |
| Orange | Tangelo | Gluten |
| Orange Juice | Tangerine | Graham (wheat) |
| Orange Peel/Rind | Watermelon | Kamut |
| Orange, Blood | Wolfberry | Liquid Smoke (can have gluten) |
| Papaya | Youngberry | Malt |
| Passion Fruit | | Maltodextrin (Barley-derived) |
| Peach | Gluten-Containing Foods | Oats |
| Pear | Barley | Orzo |
| Pear, Asian | Barley Greens (Not for Gluten-Sensitive) | Panko |
| Persimmons | Barley Juice (Not for Gluten-Sensitive) | Polish Wheat |
| Pineapple | Beer | Rye |
| Plantain | Bran | Semolina |
| Plum | Bread | Soy Sauce |
| Pomegranate | Brown Rice Syrup (contains MSG/Gluten) | Spelt |
| Pomelo | Caramel Coloring | Teechino |
| Prune | Cheese, Bleu | Teriyaki Sauce |
| Quince | Chewing Gum (has gluten and corn) | Triticale |

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| Vinegar | Fava Bean Flour | Rice, Basmati (gluten free) |
| Vinegar, Malt | Flax Meal | Rice, Black (gluten free) |
| Vinegar, White | Garbanzo Flour | Rice, Brown (gluten free) |
| Wheat (All Types) | Glucomannon Flour (konjacfoods.com) | Rice, Japonica (gluten free) |
| Wheat Grass (Is Gluten-contaminated) | Hazelnut Flour | Rice, Purple (gluten free) |
| | Hemp Meal | Rice, Red (gluten free) |
| Gluten-Free Grains | Hemp Protein (Powder) | Rice, White (gluten free) |
| Almond Flour (gluten free) | Hemp Seed | Rice, Wild (Lundberg® - not the blend) |
| Amaranth | Konjac Glucomannon Flour | Simple Mills - Everything Sprouted Seed Cracker |
| Arrowroot Flour/powder | Millet | Simple Mills Grnd Sea Salt Almond Crackers |
| Basmati Rice (gluten free) | Oat Grass (Not For Gluten Sensitive) | Simple Mills Rosemary & Sea Salt Crackers |
| Buckwheat | Oats | Simple Mills Tomato & Basil Almond Crackers |
| Buckwheat Flour | Oats (Bob's Red Mill Gluten Free Version) | Sorghum |
| Chicory Root | Potato Flour (gluten free) | Sweet Potato Flour (gluten free) |
| Coconut Flour (gluten free) | Potato Starch (gluten free) | Tapioca |
| Coconut Meal (gluten free) | ProGranola (Julian Bakery) | Tapioca Flour (gluten free) |
| Corn (Gluten-free & Non-GMO) | Quinoa (gluten free) | Tapioca Starch (gluten free) |
| Corn Meal (gluten free) | Quinoa, Black (gluten free) | Teff |
| Corn Starch (gluten free) | Quinoa, Red (gluten free) | Tolerant Green Lentil & Pea Pasta |
| Corn, Blue | Rice Bran | Tolerant Red or Green Lentil Pasta |
| Corn, White | Rice Flour (gluten free) | Tortilla, Siete Almond |
| Ener-G Brown Rice Yeast-Free Bread | Rice Protein Powder (gluten free) | Tortilla, Siete Cassava & Coconut |

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| Tortilla, Siete Chia & Cassava | Cloves, Madagascar | Guarana |
| | Cloves, Penang | Gymnema Silvestre |
| Herbs & Spices | Cramp Bark Extract | Herbs De Provence |
| Allspice | Cream of Tartar | Hickory |
| Almond Flavor natural, gluten free) | Cumin | Himalayan Salt |
| Anise | Curcumin | Jamaican Jerk |
| Ashwaganda | Curry (must be GF) | Juniper Berry |
| Astragalus | Dandelion Root | Lavender |
| Basil | Dill | Lemon Balm (Melissa Officinalis) |
| Bay Leaf | Dong Quai | Lemon Pepper |
| Black Cohosh | Echinacea | Lemongrass |
| Caramel Coloring | Fennel | Licorice Root |
| Caraway Seed | Garlic | Liquid Smoke (can have gluten) |
| Cardamom | Garlic Pepper | Liquid Smoke gluten free (natural) |
| Celery Powder | Garlic Powder | Maca Root |
| Chicory Root | Garlic Salt | Mace Spice |
| Chili Powder | Ginger | Marjoram |
| Chipotle Seasoning | Ginkgo Biloba | Mesquite |
| Cilantro/Coriander | Ginseng (All Types) | Milk Thistle |
| Cinnamon | Goldenseal | Mint |
| Cinnamon, Ceylon | Grapefruit Seed Extract | Mustard (as a Powder) |
| Cloves | Grapeseed Extract | Mustard Seeds (gluten free) |

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| Nutmeg | Saffron | Wormwood |
| Olive Leaf Extract | Sage | |
| Onion | Saw Plametto | Legumes & Pulses |
| Onion Powder | Sesame Seeds | Bean, Azuki |
| Orange Peel/Rind | Sesame Seeds, Black | Bean, Black |
| Orange Salt | Shallots | Bean, Butter |
| Oregano | Spearmint | Bean, Cannellini |
| Paprika | St. John's Wort | Bean, Chana Dahl |
| Paprika (smoked) | Sumac | Bean, Chili |
| Parsley | Taco Seasoning | Bean, Green |
| Pepper, Black (see Garlic/Lemon Pepper) | Tamari (Wheat Free) | Bean, Italian |
| Pepper, Cayenne | Tarragon | Bean, Kidney |
| Pepper, Red | Thyme | Bean, Lima |
| Pepper, Sichuan | Tomatillo | Bean, Mung |
| Pepper, Szechuan | Turmeric | Bean, Navy/Ninja |
| Pepper/Peppercorns | Uva Ursi | Bean, Pinto/Frijole |
| Peppermint | Valerian | Bean, Red (see also Bean, Kidney) |
| Pine Bark Extract | Vanilla (gluten and corn-free) | Chickpea (see also Garbanzo Bean) |
| Red Chili Paste Thai Kitchen® (gluten free) | Vanilla Bean | Coffee Bean, Organic |
| Red Pepper Flake | Vanilla Powder | Edamame (must be organic) |
| Rose Hips | White Willow Bark Extract | Fava Bean |
| Rosemary | Wintergreen | Fava Bean Flour |

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| Garbanzo Bean | Applegate® organic chicken/apple sausage | Ostrich |
| Garbanzo Flour | Applegate® organic ham | Pheasant |
| Lentil(s) | Applegate® organic herb roasted turkey | Pork, (organic) |
| Miso | Applegate® organic hot dogs | Quail |
| Pea, Snap | Applegate® organic red pepper sausage | Rabbit |
| Pea, Snow | Applegate® organic roast beef | Turkey (organic) |
| Pea, Split | Applegate® organic sausage sweet italian | Veal (organic) |
| Peanut (Organic, Valencia) | Applegate® organic smoked chicken breast | Venison (see also Deer) |
| Peanut Butter (Organic, Maranatha®) | Applegate® organic smoked turkey breast | |
| Peanut Oil (Organic) | Applegate® organic spinach & feta sausage | Milk-Containing Foods |
| Red Bean Paste | Applegate® organic turkey | Applegate® organic spinach & feta sausage |
| Soy Beans (must be organic) | Applegate® organic turkey bacon | Butter, Raw and Pasture-raised |
| Soy Beans Oil (must be organic) | Beef, Grass-fed only (organic) | Buttermilk |
| Vanilla Bean | Bison (see also Buffalo) | Casein |
| Vanilla Powder | Buffalo (see also Bison) | Cheese, American |
| White Beans | Chicken Broth (Imagine® gf/low sodium) | Cheese, Asiago |
| | Chicken, free range (organic) | Cheese, Bleu |
| Meat & Poultry | Deer (see also Venison) | Cheese, Brie |
| Applegate® organic andouille sausage | Duck | Cheese, Cheddar (Raw) |
| Applegate® organic bacon | Goat, Grass-fed only (organic) | Cheese, Cottage |
| Applegate® organic black forest ham | Lamb (organic) | Cheese, Cream |
| Applegate® organic chicken | Lard (pork) | Cheese, Feta |

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| Cheese, Goat | Goat Kefir | Carrageenan Gum |
| Cheese, Gorgonzola | Kefir, Raw | Chewing Gum (has gluten and corn) |
| Cheese, Gouda | Lactalbumin | Chewing Gum, Xylicew® |
| Cheese, Havarti | Milk Chocolate | Chicken Broth (Imagine® gf/low sodium) |
| Cheese, Machego | Milk, Cow | Chicory Root |
| Cheese, Mascapone | Milk, Goat | Cocoa Butter |
| Cheese, Mozzarella (Raw) | Milk, Sheep | Cocoa/Cacao (raw, pure, & unsweetened) |
| Cheese, Muenster | Mozzarella Cheese | Coconut Aminos® |
| Cheese, Parmesan | Sour Cream, Raw and Unpasteurized | Coconut Cream |
| Cheese, Pecorino | Whey | Collagen Protein (Powder) |
| Cheese, Provolone | Yogurt (See Xanthan Gum) | Formaldehyde |
| Cheese, Raw and Pasture-raised | | Garam Masala |
| Cheese, Ricotta | Miscellaneous | GemWraps®, Sandwich Wrap (Carrot) |
| Cheese, Romano | Acacia Gum | GemWraps®, Sandwich Wrap (Kale-Apple) |
| Cheese, Sheep | Agar Gum | GemWraps®, Sandwich Wrap (Mango/Chi.) |
| Cheese, String (Mozzarella) | Antimony | GemWraps®, Sandwich Wrap (Tomato) |
| Cheese, Swiss | Arabic Gum | Glucomannon Flour (konjacfoods.com) |
| Chocolate, Milk | Baking Powder | Great Lake's® Beef Gelatin |
| Chocolate, White | Baking Soda (Arm & Hammer®) | Guar Gum |
| Cream, Raw and Unpasteurized | Beef broth (Imagine® low sodium/GF) | Hops |
| Ghee (Pasture-Raised, Organic) | Blue Food Dye | Inulin |
| Goat Cheese | Bone Broth, Beef | Julian Bakery Almond Bread |

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| Julian Bakery Coconut Bread | Tamari (Wheat Free) | Coconut Kefir (No Tapioca, Carageenan) |
| Julian Bakery Paleo Wraps | Tofu (Organic) | Coconut Milk(Native Forest or Natural Value) |
| Konjac Glucomannon Flour | Tomato Paste (gluten & Vinegar-free) | Egg, Pasture-raised (from a farmer) |
| Lard (pork) | Tomato Sauce (gluten & Vinegar-free) | Egg, Vital Farms® or Pasture Verde® |
| Latex | Tragacanth Gum | Egg, Whites, Pasture-raised |
| Liquid Aminos (Braggs®)(has Soy) | Vegetable broth (Imagine® Low Sodium) | Egg, Yolks Pasture-raised |
| Locust Bean Gum | Vegetable Oil | Milk, Soy (Organic) |
| Lycopene | Vegetable Shortening (Spectrum®) | Modified Food Starch |
| Malt | Vinegar, Red Wine | Paleo Cheese (Julianbakery.com or Amazon.com) |
| Maltodextrin (Barley-derived) | Vinegar, Rice | |
| Modified Food Starch | Vinegar, White Wine | Nuts, Seeds, Drupes & Oils |
| Modified Food Starch (Tapioca-based) | Xanthan Gum | Almond |
| Palm Wax | Yeast, Baker's | Almond Butter (Artisana®) |
| Pycnogenol | Yeast, Brewer's | Almond Flavor natural, gluten free) |
| Red Chili Paste Thai Kitchen® (gluten free) | Yeast, Nutritional | Almond Flour (gluten free) |
| Red Food Dye | | Almond Meal (gluten free) |
| Red Tomato Paste (gluten free) | Non-Dairy & Eggs | Almond, Marcona |
| Resveratrol | Almond Milk, unsweetened (no tapioca) | Annatto Seed |
| Rice Starch (if certified gluten free) | Almond Yogurt, unsweetened | Brazil Nut |
| Sherry Vinegar | BodyPro Avocado Oil Mayonnaise | Canola/Rapeseed Oil |
| Silver | Cheese, Daiya (Coconut,Tapioca, yeast,Â....) | Caraway Seed |
| Skinny Crisps®(Plain Jane) | Cheese, Soy (Organic) (see Soy) | Cashew Butter |

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

Sweeteners

Agave Nectar

Aspartame/Nutrasweet

BodyPro Almond Mayo Grade B
Maple SyrupBrown Rice Syrup (contains
MSG/Gluten)

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Coconut Sugar

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

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Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based,
non-GMO)

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber
Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

Nutrasweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Xylitol

Tapioca Dextrose

Xyla (Birchwood Xylitol/non-corn
source)

Yacon Syrup

Vegetables

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Bean Sprout

Bean, Green

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bok Choy

Broccoli

Broccoli Rabe

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| Broccoli Sprouts | Coconut (raw and unsweetened) | Lettuce, all types |
| Broccolini | Coconut Concentrate | Mushrooms |
| Brussels Sprout | Collard Greens | Mushrooms, Button |
| Burdock | Corn (Gluten-free & Non-GMO) | Mushrooms, Cremini/Crimini |
| Cabbage, Chinese (see also Bok Choy) | Corn, Blue | Mushrooms, Maitake |
| Cabbage, Green | Corn, White | Mushrooms, Shiitake |
| Cabbage, Purple | Cucumber | Mustard Greens |
| Cactus (Nopales) | Daikon Radish | Nori |
| Capers | Dandelion Greens | Okra |
| Capsicum | Dandelion Root | Olives (without vinegar) |
| Carrot Juice | Eggplant | Onion, Green |
| Carrot, Orange | Endive | Onion, Maui |
| Carrot, Purple | Fennel | Onion, Red |
| Carrot, White | Garlic | Onion, Sweet |
| Carrot, Yellow | Hearts of Palm | Onion, Yellow |
| Cassava (see Tapioca and Yucca) | Horseradish | Parsley |
| Cauliflower | Jicama | Parsnip |
| Cauliflower, Purple | Kale, all types | Pea Protein |
| Celery | Kelp/Dulse | Pea, Black-Eyed |
| Chard | Kohlrabi | Pea, Green |
| Chayote | Kombu | Pea, Snap |
| Chives | Leeks | Pea, Snow |

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| Pea, Split | Radicchio | Sweet Potatoes, White |
| Pepper, Anaheim | Radish | Swiss Chard |
| Pepper, Chili | Rainbow Chard | Tomatillo |
| Pepper, Green | Rhubarb | Tomato |
| Pepper, Habanero | Rutabaga | Tomato Paste (gluten & Vinegar-free) |
| Pepper, Jalapeño | Sauerkraut (Bubbies® Brand only) | Tomato Sauce (gluten & Vinegar-free) |
| Pepper, Poblano | Scallions | Tomato, Cherry |
| Pepper, Red | Sea Vegetables | Tomato, Heirloom |
| Pepper, Serrano | Seaweed | Tomato, Orange |
| Pickles, Bubbies® brand only | Shallots | Tomato, Red |
| Pimento | Spinach | Tomato, Roma |
| Potato, Fingerling | Spirulina | Tomato, Sun-dried |
| Potato, Purple | Squash | Tomato, Yellow |
| Potato, Red | Squash, Acorn | Tomatoes, Big Beef |
| Potato, Russet | Squash, Butternut | Truffle |
| Potato, Sweet | Squash, Green | Turnip Greens |
| Potato, White | Squash, Spaghetti | Turnips |
| Potato, Yukon Gold | Squash, Summer | Water Chestnut |
| Prickly Pear | Squash, Winter | Watercress |
| Psyllium Husk | Squash, Yellow | Yams, Garnett |
| Pumpkin | Sugar Beet | Yams, Japanese |
| Pumpkin Powder | Sweet Potato, Red | Yucca |

Zucchini