

The following foods were foods that were removed from your diet and are now ok to eat. These are foods that we are happy to include in your diet at some point but raised on food reactions. These are the foods that h

Fruits		
Acai	Golden Berry	Maqui
alpha	Gooseberry	Melon, Honeydew
Apple (all types)	Grape	Monk Fruit (Pure)
Apricot	Grape, Green	Mulberry
Banana	Grape, Purple	Nectarines
Bilberry	Grape, Red	Noni
Blackberry	Grape, White	Orange
Blueberry	Grapefruit	Orange, Blood
Boysenberry	Grapefruit Juice	Orange Juice
bravo	Guava	Orange Peel/Rind
Cantaloupe	Huckleberry	Papaya
charlie	Jack fruit	Passion Fruit
Cherry	Kiwi	Peach
Clementine	Kumquat	Pear
Cranberry	Lemon	Pear, Asian
Cranberry Juice	Lemon Juice	Persimmons
Currant	Lemon Rind/Peel	Pineapple
Dates	Lime	Plantain
Dragon Fruit (Pitaya)	Lime Juice	Plum
Dried Fruit	Litchi (aka Lychee)	Pomegranate
dummy food	Loganberry	Pomelo

Prune	Canola/Rapeseed Oil	Macadamia Nuts
Quince	Caraway Seed	Olive Leaf Extract
Raisin (unsulfured, organic)	Cashew Butter	Olive Oil, Virgin
Raspberry	Cashew Meal	Palm Kernel Oil
Star Fruit	Cashews	Pecan Flour
Strawberry	Chestnut	Pecans
Tamarind	Chia Seed (1/4 cup, max)	Pepitas
Tangelo	Coconut, shredded (raw, unsweetened)	Pili Nuts
Tangerine	Coconut Butter	Pine Nut
Vinegar, Red Wine	Coconut Oil	Pistachios
Watermelon	Cola Nut (aka Kola Nut)	Poppy seeds
Wolfberry	Corn Oil	Psyllium Husk
Youngberry	Cottonseed/Cottonseed Oil	Pumpkin Oil
Nuts, Seeds, Drupes & Oils	Flax Meal	Pumpkin Seed Oil
	Flax Oil	Pumpkin Seeds
	Flax Seed	Ramon Seeds
	Grapeseed Oil, Organic	Rice, Wild (Lundberg® - not the blend)
	Hazelnut/Filbert	Rice Bran Oil
	Hazelnut Flour	Sacha Inchi Seeds
	Hemp Meal	Safflower/Safflower Seed Oil
	Hemp Protein (Powder)	Sesame Seed Oil
	Hemp Seed	Sesame Seeds
	Hydrogenated Oils	Sesame Seeds, Black
Almond	Macadamia Nut Oil	Sunflower Seed Butter
Almond, Marcona		
Almond Butter (Artisana®)		
Almond Flavor (natural, gluten free)		
Almond Flour (gluten free)		
Almond Meal (gluten free)		
Annatto Seed		
Avocado Oil		
Brazil Nut		

Sunflower Seed Lecithin	Crayfish	Trout
Sunflower Seed Oil	Flounder	Tuna
Sunflower Seeds	Haddock	Walleye Pike
Tahini	Hake	Whitefish/Turbot
Tea, Ramon	Halibut	Vegetables
Tiger Nuts	Herring	Agave Nectar
Truffle Oil	Lobster	Alfalfa Grass
Truffle Oil, Black	Mackerel	Alfalfa Sprouts
Vegetable Oil	Mahi Mahi	Aloe Vera
Vegetable Shortening (Spectrum®)	Mussel	Artichoke (not pickled)
Walnut Oil	Octopus	Artichoke, Jerusalem (not pickled)
Walnuts	Orange Roughy	Arugula
Walnuts, Black	Oyster	Asparagus
Fish & Shellfish	Perch	Avocado
Anchovy	Red Snapper	Bamboo Shoot
Bass	Salmon, wild (fresh)	Barley Grass (can have gluten)
Catfish	Sardines	Barley Greens (may contain gluten)
Chilean Sea Bass	Scallop	Bean, Green
Clam	Shrimp	Bean Sprout
Cod/ Cod Liver Oil	Sole	Beet
Corvina	Squid	Beet Greens
Crab	Swai	Bell Pepper
Crab, Immitation	Swordfish	Bell Pepper, Green
	Tilapia (Wild, Non-farmed)	

Bell Pepper, Orange	Celery	Kohlrabi
Bell Pepper, Red	Chard	Kombu
Bell Pepper, Yellow	Chayote	Leeks
Bok Choy	Chives	Lettuce, all types
Broccoli	Coconut (raw and unsweetened)	Mushrooms
Broccolini	Coconut Concentrate	Mushrooms, Button
Broccoli Rabe	Collard Greens	Mushrooms, Cremini/Crimini
Broccoli Sprouts	Corn (Gluten-free & Non-GMO)	Mushrooms, Maitake
Brussels Sprout	Corn, Blue	Mushrooms, Shiitake
Burdock	Corn, White	Mustard Greens
Cabbage, Chinese (see also Bok Choy)	Cucumber	Nori
Cabbage, Green	Daikon Radish	Oat Grass (Not For Gluten Sensitive)
Cabbage, Purple	Dandelion Greens	Okra
Cactus (Nopales)	Dandelion Root	Olives (without vinegar)
Capers	Eggplant	Onion, Green
Capsicum	Endive	Onion, Maui
Carrot, Orange	Fennel	Onion, Red
Carrot, Purple	Garlic	Onion, Sweet
Carrot, White	Hearts of Palm	Onion, Yellow
Carrot, Yellow	Horseradish	Paprika
Carrot Juice	Hydrogenated Oils	Parsley
Cassava (see Tapioca and Yucca)	Jicama	Parsnip
Cauliflower	Kale, all types	Pea, Black-Eyed
Cauliflower, Purple	Kelp/Dulse	Pea, Green

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

Yucca	Chicken Broth (Imagine® gf/low sodium)	Coconut Milk(Native Forest or Natural Value)
Zucchini	Collagen Protein (Powder)	Egg, Pasture-raised (from a farmer)
<b>Meat &amp; Poultry</b>	Deer (see also Venison)	Egg, Vital Farms® or Pasture Verde®
Applegate® organic andouille sausage	Duck	Egg, Whites, Pasture-raised
Applegate® organic bacon	Goat, Grass-fed only (organic)	Egg, Yolks Pasture-raised
Applegate® organic black forest ham	Great Lake's® Beef Gelatin	Milk, Soy (Organic)
Applegate® organic chicken	Lamb	Paleo Cheese (Julianbakery.com or Amazon.com)
Applegate® organic chicken/apple sausage	Lard (pork)	<b>Condiments, Spreads &amp; Sauces</b>
Applegate® organic ham	Ostrich	Apple Cider Vinegar (Bragg's®)
Applegate® organic herb roasted turkey	Pheasant	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)
Applegate® organic hot dogs	Pork, (organic)	Balsamic Vinegar (with Red Wine Vinegar)
Applegate® organic red pepper sausage	Quail	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
Applegate® organic roast beef	Rabbit	Barbeque Sauce, GF Annie's® Sweet & Spicy
Applegate® organic sausage sweet italian	Turkey (organic)	BodyPro Almond Mayo Grade A Maple Syrup
Applegate® organic smoked chicken breast	Veal (organic)	BodyPro Almond Mayo with Yacon Syrup
Applegate® organic smoked turkey breast	Venison (see also Deer)	BodyPro Avocado Oil Mayonnaise
Applegate® organic spinach & feta sausage	<b>Non-Dairy &amp; Eggs</b>	Carob
Applegate® organic turkey	Almond Milk, unsweetened (no tapioca)	Cocoa Butter
Applegate® organic turkey bacon	Almond Yogurt, unsweetened	Coconut Aminos®
Beef, Grass-fed only (organic)	BodyPro Avocado Oil Mayonnaise	Coconut Cream
Bison (see also Buffalo)	Cheese, Daiya (Coconut,Tapioca,yeast,...)	Coconut Vinegar (Coconut Secret)
Buffalo (see also Bison)	Cheese, Soy (Organic) (see Soy)	Cream, Raw and Unpasteurized
Chicken, free range (organic)	Coconut Kefir (No Tapioca, Carageenan)	Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard	Tamari (Wheat Free)	Chocolate, Dark
Earth Balance® Avocado Oil Butter Spread	Teriyaki Sauce	Chocolate, Milk
Earth Balance® Coconut Spread	Tomato Paste (gluten & Vinegar-free)	Chocolate, White
Harissa	Tomato Sauce (gluten & Vinegar-free)	Coconut Palm Sugar
Horseradish Sauce, Gluten-free (Annie's®)	Ume Plum Vinegar	Coconut Sugar
Hummus	Veganise Soy-free (Follow Your Heart®)	Date Sugar
Ketchup (Organicville)	Vegetable Shortening (Spectrum®)	Erythritol (non-GMO)
Liquid Aminos (Braggs®)(has Soy)	Vinegar	Fructose
Liquid Smoke (can have gluten)	Vinegar, Beet	Fruit Pectin
Liquid Smoke gluten free (natural)	Vinegar, Distilled	Honey, (Organic)
Mayonnaise	Vinegar, Malt	Honey, Manuka
Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Red Wine	Honey, Wildflower from Mahava®
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Rice	Jerusalem Artichoke Syrup
Mustard, Brown (Eden® gf mustard)	Vinegar, White	Just Like Sugar®
Olives (without vinegar)	Vinegar, White Wine	Lo Han
Red Bean Paste	White/Distilled Vinegar	Maltitol
Red Chili Paste Thai Kitchen® (gluten free)	Worcestershire Sauce (The Wizard's® GF)	Maltodextrin (Barley-derived)
Red Tomato Paste (gluten free)	Sweeteners	Maltodextrin (Corn-based, non-GMO)
Sauerkraut (Bubbies® Brand only)	Agave Nectar	Maltodextrin (Tapioca-based)
Sherry Vinegar	Aspartame	Maple Sugar
Sour Cream, Raw and Unpasteurized	BodyPro Almond Mayo Grade A Maple Syrup	Maple Syrup (Grade A Dark Amber Organic)
Soy Sauce	Brown Rice Syrup (contains MSG/Gluten)	Molasses
Sriracha Sauce Organicville gluten-free	Cane Syrup	Monk Fruit (Pure)
Tabasco Sauce		Monk Fruit Extract

Nutrasweet®	Black Cohosh	Fennel
Rebiana Leaf (Stevia)	Capsicum	Garam Masala
Sorbitol	Caramel Coloring	Garlic
Splenda	Caraway Seed	Garlic Pepper
Sucanat	Cardamom	Garlic Powder
Sucralose	Celery Powder	Garlic Salt
Sugar Beet	Chicory Root	Ginger
Sugar Cane	Chili Powder	Ginkgo Biloba
Sweetleaf® Stevia	Chipotle Seasoning	Ginseng (All Types)
Swerve® Sweetener	Cilantro/Coriander	Goldenseal
Tapioca Dextrose	Cinnamon	Grapefruit Seed Extract
Xyla (Birchwood Xylitol)	Cinnamon, Ceylon	Grapeseed Extract
Xylitol	Cloves	Guarana
Yacon Syrup	Cloves, Madagascar	Gymnema Silvestre
Herbs & Spices	Cloves, Penang	Herbs De Provence
Allspice	Cramp Bark Extract	Hickory
Almond Flavor (natural, gluten free)	Cream of Tartar	Himalayan Salt
Anise	Cumin	Hydrogenated Oils
Ashwaganda	Curcumin	Jamaican Jerk
Astragalus	Curry (must be GF)	Juniper Berry
Basil	Dandelion Root	Lavender
Bay Leaf	Dill	Lemon Balm (Melissa Officinalis)
Bell Pepper, Red	Dong Quai	Lemongrass
	Echinacea	Lemon Pepper



Licorice Root	Pepper/Peppercorns	Vanilla (gluten and corn-free)
Maca Root	Peppermint	Vanilla Bean
Mace Spice	Pine Bark Extract	Vanilla Powder
Marjoram	Red Chili Paste Thai Kitchen® (gluten free)	White Willow Bark Extract
Mesquite	Red Pepper Flake	Wintergreen
Milk Thistle	Rose Hips	Wormwood
Mint	Rosemary	Milk-Containing Foods
Mustard (as a Powder)	Saffron	Applegate® organic spinach & feta sausage
Mustard Seeds (gluten free)	Sage	Butter, Raw and Pasture-raised
Nutmeg	Saw Plametto	Buttermilk
Olive Leaf Extract	Sesame Seeds	Casein
Onion	Sesame Seeds, Black	Cheese, American
Onion Powder	Shallots	Cheese, Asiago
Orange Peel/Rind	Spearmint	Cheese, Bleu
Orange Salt	St. John's Wort	Cheese, Brie
Oregano	Sumac	Cheese, Cheddar (Raw)
Paprika	Taco Seasoning	Cheese, Cottage
Paprika (smoked)	Tamari (Wheat Free)	Cheese, Cream
Parsley	Tarragon	Cheese, Feta
Pepper, Black (see Garlic/Lemon Pepper)	Thyme	Cheese, Goat
Pepper, Cayenne	Tomatillo	Cheese, Gorgonzola
Pepper, Red	Turmeric	Cheese, Gouda
Pepper, Sichuan	Uva Ursi	Cheese, Havarti
Pepper, Szechuan	Valerian	

Cheese, Machego	Milk, Sheep	Chickpea (see also Garbanzo Bean)
Cheese, Marscapone	Milk Chocolate	Coffee Bean, Organic
Cheese, Mozzarella (Raw)	Mozzarella Cheese	Edamame (must be organic)
Cheese, Muenster	Sour Cream, Raw and Unpasteurized	Fava Bean
Cheese, Parmesan	Whey	Fava Bean Flour
Cheese, Pecorino	Yogurt (See Xanthan Gum)	Garbanzo Bean
Cheese, Provolone	Legumes & Pulses	Garbanzo Flour
Cheese, Raw and Pasture-raised		Hydrogenated Oils
Cheese, Ricotta	Bean, Azuki	Kidney Bean
Cheese, Romano	Bean, Black	Lentil(s)
Cheese, Sheep	Bean, Butter	Miso
Cheese, String (Mozzarella)	Bean, Cannellini	Pea, Snap
Cheese, Swiss	Bean, Chana Dahl	Pea, Snow
Chocolate, Milk	Bean, Chili	Pea, Split
Chocolate, White	Bean, Green	Peanut (Organic, Valencia)
Cream, Raw and Unpasteurized	Bean, Italian	Peanut Butter (Organic, Maranatha®)
Ghee (Pasture-Raised, Organic)	Bean, Kidney	Peanut Oil (Organic)
Goat Cheese	Bean, Lima	Red Bean Paste
Goat Kefir	Bean, Mung	Soybean oil(must be organic)
Kefir, Raw	Bean, Navy	Soy Beans (must be organic)
Lactoalbumin	Bean, Ninja	Vanilla Bean
Milk, Buffalo	Bean, Pinto/Frijole	Vanilla Powder
Milk, Cow	Bean, Red	Vegetable Oil
Milk, Goat	Bean, White	

**Corn-Derived Foods**

Barbeque Sauce, GF Annie's®  
Sweet & Spicy

Cheese, Cream

Cheese, Daiya  
(Coconut,Tapioca,yeast,...)

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  
(Carrot)

Hydrogenated Oils

Maltitol

Maltodextrin (Corn-based,  
non-GMO)

Modified Food Starch

Sriracha Sauce Organicville  
gluten-free

Swerve® Sweetener

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

**Gluten-Containing Foods**

Barley

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Barley Juice (may contain gluten)

Beer

Bran

Bread

Brown Rice Syrup (contains  
MSG/Gluten)

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and corn)

Coffee, Instant (has gluten)

Couscous

Crab, Imitation

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltitol

Maltodextrin (Barley-derived)

Modified Food Starch

Oat Grass (Not For Gluten  
Sensitive)

Oats

Oats, GF (not Certified) can have  
gluten

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Wheat (All Types)

Wheat Grass (Is  
Gluten-contaminated)

**Gluten-Free Grains**

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Basmati Rice (gluten free)

Buckwheat

Buckwheat Flour

Chicory Root

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Corn (Gluten-free &amp; Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour  
(konjacfoods.com)

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Hydrogenated Oils

Konjac Glucomannon Flour

Millet

Oats (Bob's Red Mill Gluten Free Version)

Oats (Certified GF)

Potato Flour (gluten free)

Potato Starch (gluten free)

ProGranola (Julian Bakery)

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (gluten free)

Rice, Basmati (gluten free)

Rice, Black (gluten free)

Rice, Brown (gluten free)

Rice, Japonica (gluten free)

Rice, Purple (gluten free)

Rice, Red (gluten free)

Rice, White (gluten free)

Rice, Wild (Lundberg® - not the blend)

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Simple Mills - Everything Sprouted Seed Cracker

Simple Mills Ground Sea Salt Almond Crackers

Simple Mills Rosemary &amp; Sea Salt Crackers

Simple Mills Tomato &amp; Basil Almond Crackers

Sorghum

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Tolerant Green Lentil &amp; Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava &amp; Coconut

Tortilla, Siete Chia &amp; Cassava

Vegetable Oil

**Beverages & Protein Powders**

Almond Milk, unsweetened (no tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein	Orange Juice	
Coconut Kefir (No Tapioca, Carageenan)	Pea Protein	
Coconut Milk(Native Forest or Natural Value)	Rice Protein Powder (gluten free)	Miscellaneous
Coconut Water (low sugar)	Soy Milk/Soy Cheese (Organic)	Acacia Gum
Coffee	Soy Protein (Organic)	Agar Gum
Coffee, Instant (has gluten)	Sparkling Water, unflavored	Antimony
Coffee Bean, Organic	Tea, Black	Arabic Gum
Collagen Protein (Powder)	Tea, Chamomile	Baking Powder
Echinacea Tea	Tea, Green	Baking Soda (Arm & Hammer®)
Grapefruit Juice	Tea, Hibiscus	Beef broth (Imagine® low sodium/GF)
Great Lake's® Beef Gelatin	Tea, Komboucha	Blue Food Dye
Green Tea	Tea, Oolong	Bone Broth, Beef
Hemp Protein (Powder)	Tea, Ramon	Carrageenan Gum
Komboucha Tea	Tea, Roobios	Chewing Gum (has gluten and corn)
Lactoalbumin	Tea, Unflavored	Chewing Gum, XylicheW®
Lemon Juice	Tea, White	Chicken Broth (Imagine® gf/low sodium)
Licorice Tea	Teechino	Chicory Root
Lime Juice	Vinegar, Red Wine	Cocoa/Cacao (raw, pure, & unsweetened)
Milk, Buffalo	Water	Collagen Protein (Powder)
Milk, Cow	Whey	Formaldehyde
Milk, Goat	Wine, Red	GemWraps®, Sandwich Wrap (Carrot)
Milk, Sheep	Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Soy (Organic)	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Mineral Water	Zevia Drinks	GemWraps®, Sandwich Wrap (Tomato)

Glucomannon Flour  
(konjacfoods.com)

Silver

Great Lake's® Beef Gelatin

Skinny Crisps® (Plain Jane)

Guar Gum

Tofu (Organic)

qwerty

Hops

Tragacanth Gum

Yucca

Hydrogenated Oils

Vegetable broth (Imagine® Low Sodium)

Zucchini

Inulin

Vegetable Oil

Julian Bakery Almond Bread

Vinegar, Red Wine

Julian Bakery Coconut Bread

Xanthan Gum

Julian Bakery Paleo Wraps

Yeast, Baker's

Konjac Glucomannon Flour

Yeast, Brewer's

Lard (pork)

Yeast, Nutritional

Latex

Snacks

Locust Bean Gum

Apple Sauce

Lycopene

Dates

Malt

Simple Mills Chocolate Chip Cookies

Maltodextrin (Barley-derived)

AB

Modified Food Starch

Flax Meal

Modified Food Starch  
(Tapioca-based)

Flax Oil

Palm Wax

Flax Seed

Pycnogenol

Flounder

Red Food Dye

Red Tomato Paste (gluten free)

Resveratrol

Rice Starch (if certified gluten free)