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The following foods were foods that were removed from your diet and are now ok to have.

Vegetables

	Cauliflower	Mushrooms, Cremini/Crimini
Aloe Vera	Cauliflower, Purple	Mushrooms, Maitake
Artichoke (not pickled)	Chard	Mushrooms, Shiitake
Artichoke, Jerusalem (not pickled)	Chives	Mustard Greens
Arugula	Coconut (raw and unsweetened)	Olives (without vinegar)
Asparagus	Coconut Concentrate	Onion, Green
Avocado	Collard Greens	Onion, Maui
Bamboo Shoot	Comfrey	Onion, Red
Bean Sprout	Daikon Radish	Onion, Sweet
Beet Greens	Dandelion Greens	Onion, Yellow
Bitter Melon	Dandelion Root	Parsley
Bok Choy	Endive	Prickly Pear
Broccoli	Fennel	Radicchio
Broccolini	Ginger	Radish
Broccoli Rabe	Hearts of Palm	Rainbow Chard
Broccoli Sprouts	Horseradish	Rutabaga
Brussels Sprout	Jicama	Sauerkraut (Bubbies® Brand only)
Burdock	Kale, all types	Scallions
Cabbage, Chinese (see also Bok Choy)	Kohlrabi	Shallots
Cabbage, Green	Leeks	Spinach
Cabbage, Purple	Lettuce, all types	Swede
Cactus (Nopales)	Mushrooms	Swiss Chard
Capers	Mushrooms, Button	Turnip Greens

Wasabi Root

Water Chestnut

Watercress

Fruits

Acai

Apricot

Bilberry

Blackberry

Blueberry

Boysenberry

Carambola

Cherry

Dragon Fruit (Pitaya)

Elderberry

Golden Berry

Grapefruit

Huckleberry

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Loganberry

Longan Fruit

Loquat

Lychee

Maqui

Mulberry

Nectarines

Noni

Passion Fruit

Peach

Pear

Pear, Asian

Plum

Pomegranate

Rambutan

Raspberry

Star Fruit

Youngberry

Legumes, Pods, & Pulses

Vanilla Bean

Nuts, Seeds, Drupes & Oils

Almond

Almond, Marcona

Almond Butter (Artisana®)

Almond Flavor (natural, gluten free)

Almond Flour (gluten free)

Almond Meal (gluten free)

Almond Oil

Annatto Seed

Avocado Oil

Brazil Nut

Caraway Seed

Cashew Butter

Cashew Meal

Cashews

Chestnut

Coconut, shredded (raw,
unsweetened)

Coconut Butter

Coconut Oil

Duck Fat

Hazelnut/Filbert	Chervil	Grapefruit Seed Extract
Hazelnut Flour	Cilantro/Coriander	Gymnema Silvestre
Lard/Tallow (pork)	Cinnamon	Herbs De Provence
MCT Oil	Cinnamon, Ceylon	Hickory
Olive Leaf Extract	Clove Powder	Himalayan Salt
Olive Oil, Virgin	Cloves, Madagascar	Juniper Berry
Palm Kernel Oil	Cloves, Penang	Lavender
Pine Nut	Comfrey	Lemon Balm (Melissa Officinalis)
Pistachios	Cramp Bark Extract	Lemongrass
Poppy seeds	Cream of Tartar	Lemon Pepper

Herbs & Spices

Allspice	Cumin	Maca Root
Almond Flavor (natural, gluten free)	Curcumin	Mace Spice
Anise	Curry (must be GF)	Marjoram
Astragalus	Dandelion Root	Milk Thistle
Basil	Dill	Mint
Bay Leaf	Dong Quai	Mustard (as a Powder)
Black Cohosh	Echinacea	Mustard Seeds (gluten free)
Caraway Seed	Fennel	Nutmeg
Cardamom	Fennel Seed	Olive Leaf Extract
Catnip	Ginger Powder	Onion
Chaparral	Ginkgo Biloba	Onion Powder
	Ginseng (All Types)	Oregano
	Goldenseal	Parsley

Pau D'arco

Pepper, Black (see Garlic/Lemon
Pepper)

Pepper/Peppercorns

Peppermint

Pine Bark Extract

Rose Hips

Rosemary

Saffron

Sage

Sassafras

Savory

Saw Plametto

Shallots

Spearmint

St. John's Wort

Sumac

Tarragon

Thyme

Turmeric

Uva Ursi

Valerian

Vanilla Bean

Vanilla Powder

White Willow Bark Extract

Wintergreen

Wormwood

Fish & Shellfish

Bass

Chilean Sea Bass

Corvina

Flounder

Haddock

Hake

Halibut

Herring

Lox

Mackerel

Mahi Mahi

Octopus

Perch

Red Snapper

Salmon, wild (fresh)

Sardines

Sole

Swai

Swordfish

Tilapia (Wild, Non-farmed)

Trout

Walleye Pike

Whitefish/Turbot

Meat & Poultry

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Lamb

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Venison (see also Deer)

Milk-Containing Foods**Non-Dairy & Eggs**

Almond Milk, unsweetened (no tapioca)

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Egg Whites, Pasture-raised

Gluten-Free Grains

Almond Flour (gluten free)

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Glucomannon Flour
(konjacfoods.com)

Hazelnut Flour

Konjac Glucomannon Flour

Gluten-Containing Foods**Corn-Derived Foods****Condiments, Spreads & Sauces**

Coconut Aminos®

Coconut Cream

Liquid Smoke gluten free (natural)

Olives (without vinegar)

Sauerkraut (Bubbies® Brand only)

Sweeteners

Jerusalem Artichoke Syrup

Lo Han

Rebiana Leaf (Stevia)

Sweetleaf® Stevia

Beverages & Protein Powders

Almond Milk, unsweetened (no tapioca)

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Coconut Water (low sugar)

Echinacea Tea

Green Tea

Lemon Juice

Lime Juice

Mineral Water

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Chicory Root

Tea, Green

Tea, Hibiscus

Tea, Oolong

Tea, Roobios

Tea, White

Water

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous

Baking Soda (Arm & Hammer®)

Cacao (Raw, Pure, & Unsweetened)

Latex

Lycopene

Silver

Snacks

Food Additives

Annatto Coloring

Chicory Root

Inulin

Palm Wax

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

These are foods that we are waiting for you to experiment with. Please enter them into your dietary area by Capitalizing each so that our nutritionist can look out for health patterns with regard to this/these food(s)

Vegetables**Non-Dairy & Eggs****Snacks****Fruits****Gluten-Free Grains****Food Additives****Legumes, Pods, & Pulses****Gluten-Containing Foods****Nuts, Seeds, Drupes & Oils****Corn-Derived Foods****Herbs & Spices****Condiments, Spreads & Sauces****Fish & Shellfish****Sweeteners****Meat & Poultry****Beverages & Protein Powders****Milk-Containing Foods****Miscellaneous**

These are foods that you can have occasionally. Please consume one choice from amongst these foods each day

Vegetables

Celery

Garlic

Fruits

Apple (all types)

Legumes, Pods, & Pulses**Nuts, Seeds, Drupes & Oils****Herbs & Spices**

Celery Powder

Celery Seed

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Fish & Shellfish**Meat & Poultry**

Applegate® organic black forest ham

Applegate® organic ham

Applegate® organic roast beef

Beef, Grass-fed only (organic)

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Veal (organic)

Milk-Containing Foods**Non-Dairy & Eggs****Gluten-Free Grains****Gluten-Containing Foods****Corn-Derived Foods****Condiments, Spreads & Sauces**

Apple Cider Vinegar (Bragg's®)

Horseradish Mustard, Gluten-free (Annie's®)

Mustard, Brown (Eden® gf mustard)

Sweeteners**Beverages & Protein Powders**

Bone Broth Protein, Beef

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Miscellaneous

Bone Broth, Beef

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Snacks

Food Additives

The following foods will be in your diet at some point, but based on food reactions or dietary restrictions they are not currently in your diet

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Bean, Green

Beet

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Capsicum

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Cassava (see Tapioca and Yucca)

Chayote

Cucumber

Eggplant

Kelp/Dulse

Kombu

Nori

Oat Grass (Not For Gluten Sensitive)

Okra

Paprika

Parsnip

Pea, Black-Eyed

Pea, Green

Pea, Snap

Pea, Snow

Pea, Split

Pea Protein

Pepper, Anaheim

Pepper, Cayenne

Pepper, Chili

Pepper, Green

Pepper, Habanero

Pepper, Jalapeño

Pepper, Poblano

Pepper, Red

Pepper, Serrano

Pepper, Tabasco

Pickles, Bubbies® brand only

Pimento

Potato, Fingerling

Potato, Purple

Potato, Red

Potato, Russet

Potato, Sweet

Potato, White

Potato, Yukon Gold

Pumpkin

Pumpkin Powder

Red Pepper Flake

Rhubarb

Sea Vegetables

Seaweed

Spirulina

Squash

Squash, Acorn

Squash, Butternut

Squash, Green

Squash, Spaghetti

Squash, Summer

Squash, Winter

Squash, Yellow

Sugar Beet	Yucca	Grapefruit Juice
Sweet Potato, Red	Zucchini	Ground Cherries
Sweet Potatoes, White		Guava
Tabasco Sauce	Fruits	Jack fruit
Taro	Banana	Kiwi
Tomatillo	Cantaloupe	Kumquat
Tomato	Cape Gooseberries	Mango
Tomato, Cherry	Clementine	Mangosteen
Tomato, Heirloom	Cranberry	Melon, Honeydew
Tomato, Orange	Cranberry Juice	Monk Fruit (Pure)
Tomato, Red	Currant	Orange
Tomato, Roma	Dates	Orange, Blood
Tomato, Sun-dried	Dried Fruit	Orange Juice
Tomato, Yellow	Durian Fruit	Orange Peel/Rind
Tomatoes, Big Beef	Fig	Oranges, Mandarin
Tomato Paste (gluten & Vinegar-free)	Goji Berry	Papaya
Tomato Sauce (gluten & Vinegar-free)	Gooseberries	Persimmons
Truffle	Grape	Pineapple
Turnips	Grape, Green	Plantain
Wheat Grass (Is Gluten-contaminated)	Grape, Purple	Pomelo
Yams, Garnett	Grape, Red	Prune
Yams, Japanese	Grape, White	Quince

Nuts, Seeds, Drupes & Oils

Raisin (unsulfured, organic)

Strawberry

Tamarind

Tangelo

Tangerine

Watermelon

Wolfberry

Legumes, Pods, & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

Bean, Haricot

Bean, Italian

Bean, Kidney

Bean, Lima

Bean, Mung

Bean, Navy

Bean, Ninja

Bean, Pinto/Frijole

Bean, Red

Bean, White

Chickpea (see also Garbanzo Bean)

Coffee Bean, Organic

Edamame (must be organic)

Fava Bean

Fava Bean Flour

Garbanzo Bean

Garbanzo Flour

Kidney Bean

Lentil(s)

Pea, Snap

Pea, Snow

Pea, Split

Peanut (Organic, Valencia)

Peanut Butter (Organic,
Maranatha®)

Red Bean Paste

Soybean oil(must be organic)

Soy Beans (must be organic)

Borage Seed Oil

Canola/Rapeseed Oil

Canola Oil, Non-GMO

Chia Seed (1/4 cup, max)

Cola Nut (aka Kola Nut)

Cottonseed/Cottonseed Oil

Fenugreek Seed

Flax Meal

Flax Oil

Flax Seed

Grapeseed Oil, Organic

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Krill Oil

Macadamia Nut Oil

Macadamia Nuts

Peanut Oil (Organic)

Pepitas

Pili Nuts

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds	Walnuts, Black	Pepper, Szechuan
Ramon Seeds		Red Chili Paste Thai Kitchen® (gluten free)
Rice, Wild (Lundberg® - not the blend)	Herbs & Spices	Red Clover
Rice Bran Oil	Ashwaganda	Red Pepper Flake
Sacha Inchi Seeds	Bell Pepper, Red	Sesame Seeds
Safflower/Safflower Seed Oil	Capsicum	Sesame Seeds, Black
Sesame Seed Oil	Caramel Coloring	Tabasco Sauce
Sesame Seeds	Chili Powder	Taco Seasoning
Sesame Seeds, Black	Chipotle Seasoning	Tamari (Wheat Free)
Sunflower Seed Butter	Garam Masala	Tomatillo
Sunflower Seed Flour	Grapeseed Extract	Vanilla (gluten and corn-free)
Sunflower Seed Lecithin	Guarana	
Sunflower Seed Oil	Jamaican Jerk	Fish & Shellfish
Sunflower Seeds	Licorice Root	Anchovy
Tahini	Mesquite	Catfish
Tea, Ramon	Orange Peel/Rind	Clam
Tiger Nuts	Orange Salt	Cod/ Cod Liver Oil
Truffle Oil	Paprika	Crab
Truffle Oil, Black	Paprika (smoked)	Crab, Immitation
Vegetable Shortening (Spectrum®)	Pepper, Cayenne	Crayfish
Walnut Oil	Pepper, Red	Krill
Walnuts	Pepper, Sichuan	Mussel

Milk-Containing Foods

Orange Roughy

Oyster

Scallop

Shrimp

Squid

Tuna

Meat & PoultryApplegate® organic andouille
sausage

Applegate® organic bacon

Applegate® organic chicken/apple
sausageApplegate® organic herb roasted
turkey

Applegate® organic hot dogs

Applegate® organic red pepper
sausageApplegate® organic sausage sweet
italianApplegate® organic smoked turkey
breast

Applegate® organic turkey

Applegate® organic turkey bacon

Chicken Broth (Imagine® gf/low
sodium)**Non-Dairy & Eggs**

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Cheese, Daiya
(Coconut, Tapioca, yeast,)

Cheese, Soy (Organic) (see Soy)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture
Verde®

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or
Amazon.com)**Gluten-Free Grains**

Amaranth

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Ener-G Brown Rice Yeast-Free
Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Mikey's Original English Muffin

Mikey's Pizza crust

Mikey's Sliced Bread Loaf

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)	Tolerant Green Lentil & Pea Pasta	Oats
Rice, Japonica (gluten free)	Tolerant Red or Green Lentil Pasta	Oats, GF (not Certified) can have gluten
Rice, Purple (gluten free)	Tortilla, Siete Almond	Orzo
Rice, Red (gluten free)	Tortilla, Siete Cassava & Coconut	Panko
Rice, White (gluten free)	Tortilla, Siete Chia & Cassava	Polish Wheat
Rice, Wild (Lundberg® - not the blend)		Rye
Rice Bran	Gluten-Containing Foods	Semolina
Rice Flour (gluten free)	Allulose	Spelt
Rice Protein Powder (gluten free)	Avenin	Triticale
Simple Mills - Everything Sprouted Seed Cracker	Bran	Vodka, Rye or Grain
Simple Mills Cracked Black Pepper Almond Crackers	Caramel Coloring	Wheat (All Types)
Simple Mills Ground Sea Salt Almond Crackers	Coffee, Instant (has gluten)	Wheat Germ
Simple Mills Rosemary & Sea Salt Crackers	Couscous	Wheat Grass (Is Gluten-contaminated)
Simple Mills Tomato & Basil Almond Crackers	Crab, Immitation	
Sorghum	Durum Wheat	Corn-Derived Foods
Sunflower Seed Flour	Egyptian Wheat	Barbeque Sauce, GF Annie's® Sweet & Spicy
Sweet Potato Flour (gluten free)	Farro	Cheese, Daiya (Coconut,Tapioca,yeast,....)
Tapioca	Gliadin	Cheese, Soy (Organic) (see Soy)
Tapioca Flour (gluten free)	Gluten	Fructose
Tapioca Starch (gluten free)	Graham (wheat)	GemWraps®, Sandwich Wrap (Carrot)
Teff	Kamut	Sriracha Sauce Organicville gluten-free
Teff Flour	Liquid Smoke (can have gluten)	

Condiments, Spreads & Sauces

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's® Sweet & Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Vinegar (Coconut Secret)

Distilled White Vinegar

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Liquid Smoke (can have gluten)

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Red Bean Paste

Red Chili Paste Thai Kitchen® (gluten free)

Red Tomato Paste (gluten free)

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Veganise Soy-free (Follow Your Heart®)

Vegetable Shortening (Spectrum®)

Vinegar, Beet

Vinegar, Distilled

Worcestershire Sauce (The Wizard's® GF)

Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Sugar

Cane Syrup

Chocolate, Dark

Coconut Palm Sugar

Coconut Sugar

Date Sugar

Fructose

Fruit Pectin

Just Like Sugar®

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

Nutrasweet®

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Tapioca Dextrose

Tapioca Syrup

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip Cookies

Simple Mills Cracked Black Pepper Almond Crackers

Food Additives

Agar Gum

Asafoetida Powder

Carrageenan Gum

Formaldehyde

Julian Bakery Paleo Wraps

Modified Food Starch (Tapioca-based)

Pycnogenol

Red Tomato Paste (gluten free)

Resveratrol

Rice Starch (if certified gluten free)

Tobacco

Tofu (Organic)

Vegetable broth (Imagine® Low Sodium)

Sodium Alginate

Vegan Natural Flavors (with MSG)

These are the foods that have been removed from your diet

Vegetables

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Fruits**Legumes, Pods, & Pulses**

Miso

Nuts, Seeds, Drupes & Oils

Corn Oil

Hydrogenated Oils

Vegetable Oil

Herbs & Spices**Fish & Shellfish****Meat & Poultry**

Applegate® organic spinach & feta sausage

Milk-Containing Foods

Applegate® organic spinach & feta sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Cream

Cheese, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Machego

Cheese, Marscapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactic Acid (milk-derived)

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Milk Chocolate

Mozzarella Cheese

Sour Cream, Raw and
Unpasteurized

Whey

Yogurt (See Xanthan Gum)

Non-Dairy & Eggs**Gluten-Free Grains**

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Udi's Millet-Chia Bread

Udi's White Sandwich Bread

Udi's Whole Grain Bread

Gluten-Containing Foods

Barley

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Barley Juice (may contain gluten)

Beer

Bread

Brown Rice Syrup (contains
MSG/Gluten)

Cheese, Bleu

Chewing Gum (has gluten and corn)

Malt

Maltitol

Maltodextrin (Barley-derived)

Miso

Modified Food Starch

Soy Sauce

Teechino

Teriyaki Sauce

Vinegar

Vinegar, Malt

Vinegar, White

Corn-Derived Foods

Cheese, Cream

Chewing Gum (has gluten and corn)

Citric Acid (can be corn-derived)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn Syrup

Erythritol (non-GMO)

Hydrogenated Oils

Lactic Acid (corn-derived)

Maize

Maltitol

Maltodextrin (Corn-based,
non-GMO)

Modified Food Starch

Swerve® Sweetener

Vodka, Corn

Xanthan Gum

Yogurt (See Xanthan Gum)

Condiments, Spreads & Sauces

Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Dressing, Primal Kitchen Greek Avocado Oil

Mayonnaise

Sherry Vinegar

Sour Cream, Raw and Unpasteurized

Soy Sauce

Teriyaki Sauce

Ume Plum Vinegar

Vinegar

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Sweeteners

Brown Rice Syrup (contains MSG/Gluten)

Chocolate, Milk

Chocolate, White

Corn Syrup

Erythritol (non-GMO)

Malt

Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based, non-GMO)

Swerve® Sweetener

Beverages & Protein Powders

Beer

Casein

Komboucha Tea

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Tea, Komboucha

Teechino

Vodka, Corn

Whey

Wine, Red

Miscellaneous

Baking Powder

Modified Food Starch

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Chewing Gum (has gluten and corn)

Chewing Gum, XylicheW®

Food Additives

Acacia Gum

Citric Acid (can be corn-derived)

Lactic Acid (corn-derived)

Lactic Acid (milk-derived)

Maltodextrin (Barley-derived)

Xanthan Gum

Complete Comprehensive List

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bitter Melon

Bok Choy

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Comfrey

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Ginger

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kelp/Dulse	Parsnip	Potato, Russet
Kohlrabi	Pea, Black-Eyed	Potato, Sweet
Kombu	Pea, Green	Potato, White
Leeks	Pea, Snap	Potato, Yukon Gold
Lettuce, all types	Pea, Snow	Prickly Pear
Mushrooms	Pea, Split	Psyllium Husk
Mushrooms, Button	Pea Protein	Pumpkin
Mushrooms, Cremini/Crimini	Pepper, Anaheim	Pumpkin Powder
Mushrooms, Maitake	Pepper, Cayenne	Radicchio
Mushrooms, Shiitake	Pepper, Chili	Radish
Mustard Greens	Pepper, Green	Rainbow Chard
Nori	Pepper, Habanero	Red Pepper Flake
Oat Grass (Not For Gluten Sensitive)	Pepper, Jalapeño	Rhubarb
Okra	Pepper, Poblano	Rutabaga
Olives (without vinegar)	Pepper, Red	Sauerkraut (Bubbies® Brand only)
Onion, Green	Pepper, Serrano	Scallions
Onion, Maui	Pepper, Tabasco	Sea Vegetables
Onion, Red	Pickles, Bubbies® brand only	Seaweed
Onion, Sweet	Pimento	Shallots
Onion, Yellow	Potato, Fingerling	Spinach
Paprika	Potato, Purple	Spirulina
Parsley	Potato, Red	Squash

Squash, Acorn	Tomato, Yellow	Blackberry
Squash, Butternut	Tomatoes, Big Beef	Blueberry
Squash, Green	Tomato Paste (gluten & Vinegar-free)	Boysenberry
Squash, Spaghetti	Tomato Sauce (gluten & Vinegar-free)	Cantaloupe
Squash, Summer	Truffle	Cape Gooseberries
Squash, Winter	Turnip Greens	Carambola
Squash, Yellow	Turnips	Cherry
Sugar Beet	Wasabi Root	Clementine
Swede	Water Chestnut	Cranberry
Sweet Potato, Red	Watercress	Cranberry Juice
Sweet Potatoes, White	Wheat Grass (Is Gluten-contaminated)	Currant
Swiss Chard	Yams, Garnett	Dates
Tabasco Sauce	Yams, Japanese	Dragon Fruit (Pitaya)
Taro	Yucca	Dried Fruit
Tomatillo	Zucchini	Durian Fruit
Tomato		Elderberry
Tomato, Cherry	Fruits	Fig
Tomato, Heirloom	Acai	Goji Berry
Tomato, Orange	Apple (all types)	Golden Berry
Tomato, Red	Apricot	Gooseberries
Tomato, Roma	Banana	Grape
Tomato, Sun-dried	Bilberry	Grape, Green

Grape, Purple	Maqui	Prune
Grape, Red	Melon, Honeydew	Quince
Grape, White	Monk Fruit (Pure)	Raisin (unsulfured, organic)
Grapefruit	Mulberry	Rambutan
Grapefruit Juice	Nectarines	Raspberry
Ground Cherries	Noni	Star Fruit
Guava	Orange	Strawberry
Huckleberry	Orange, Blood	Tamarind
Jack fruit	Orange Juice	Tangelo
Kiwi	Orange Peel/Rind	Tangerine
Kumquat	Oranges, Mandarin	Watermelon
Lemon	Papaya	Wolfberry
Lemon Juice	Passion Fruit	Youngberry
Lemon Rind/Peel	Peach	
Lime	Pear	Legumes, Pods, & Pulses
Lime Juice	Pear, Asian	Bean, Azuki
Loganberry	Persimmons	Bean, Black
Longan Fruit	Pineapple	Bean, Butter
Loquat	Plantain	Bean, Cannellini
Lychee	Plum	Bean, Chana Dahl
Mango	Pomegranate	Bean, Chili
Mangosteen	Pomelo	Bean, Green

Bean, Haricot	Pea, Split	Caraway Seed
Bean, Italian	Peanut (Organic, Valencia)	Cashew Butter
Bean, Kidney	Peanut Butter (Organic, Maranatha®)	Cashew Meal
Bean, Lima	Red Bean Paste	Cashews
Bean, Mung	Soybean oil(must be organic)	Chestnut
Bean, Navy	Soy Beans (must be organic)	Chia Seed (1/4 cup, max)
Bean, Ninja	Vanilla Bean	Coconut, shredded (raw, unsweetened)
Bean, Pinto/Frijole		Coconut Butter
Bean, Red	Nuts, Seeds, Drupes & Oils	Coconut Oil
Bean, White	Almond	Cola Nut (aka Kola Nut)
Chickpea (see also Garbanzo Bean)	Almond, Marcona	Corn Oil
Coffee Bean, Organic	Almond Butter (Artisana®)	Cottonseed/Cottonseed Oil
Edamame (must be organic)	Almond Flavor (natural, gluten free)	Duck Fat
Fava Bean	Almond Flour (gluten free)	Fenugreek Seed
Fava Bean Flour	Almond Meal (gluten free)	Flax Meal
Garbanzo Bean	Almond Oil	Flax Oil
Garbanzo Flour	Annatto Seed	Flax Seed
Kidney Bean	Avocado Oil	Grapeseed Oil, Organic
Lentil(s)	Borage Seed Oil	Hazelnut/Filbert
Miso	Brazil Nut	Hazelnut Flour
Pea, Snap	Canola/Rapeseed Oil	Hemp Meal
Pea, Snow	Canola Oil, Non-GMO	Hemp Protein (Powder)

Hemp Seed

Hydrogenated Oils

Krill Oil

Lard/Tallow (pork)

Macadamia Nut Oil

Macadamia Nuts

MCT Oil

Olive Leaf Extract

Olive Oil, Virgin

Palm Kernel Oil

Peanut Oil (Organic)

Pecan Flour

Pecans

Pepitas

Pili Nuts

Pine Nut

Pistachios

Poppy seeds

Psyllium Husk

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Rice, Wild (Lundberg® - not the blend)

Rice Bran Oil

Sacha Inchi Seeds

Safflower/Safflower Seed Oil

Sesame Seed Oil

Sesame Seeds

Sesame Seeds, Black

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Tea, Ramon

Tiger Nuts

Truffle Oil

Truffle Oil, Black

Vegetable Oil

Vegetable Shortening (Spectrum®)

Walnut Oil

Walnuts

Walnuts, Black

Herbs & Spices

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Bell Pepper, Red

Black Cohosh

Capsicum

Caramel Coloring

Caraway Seed

Cardamom

Catnip

Celery Powder

Celery Seed

Chaparral

Chervil

Chili Powder

Chipotle Seasoning	Garlic Powder	Marjoram
Cilantro/Coriander	Garlic Salt	Mesquite
Cinnamon	Ginger Powder	Milk Thistle
Cinnamon, Ceylon	Ginkgo Biloba	Mint
Clove Powder	Ginseng (All Types)	Mustard (as a Powder)
Cloves, Madagascar	Goldenseal	Mustard Seeds (gluten free)
Cloves, Penang	Grapefruit Seed Extract	Nutmeg
Comfrey	Grapeseed Extract	Olive Leaf Extract
Cramp Bark Extract	Guarana	Onion
Cream of Tartar	Gymnema Silvestre	Onion Powder
Cumin	Herbs De Provence	Orange Peel/Rind
Curcumin	Hickory	Orange Salt
Curry (must be GF)	Himalayan Salt	Oregano
Dandelion Root	Jamaican Jerk	Paprika
Dill	Juniper Berry	Paprika (smoked)
Dong Quai	Lavender	Parsley
Echinacea	Lemon Balm (Melissa Officinalis)	Pau D'arco
Fennel	Lemongrass	Pepper, Black (see Garlic/Lemon Pepper)
Fennel Seed	Lemon Pepper	Pepper, Cayenne
Garam Masala	Licorice Root	Pepper, Red
Garlic	Maca Root	Pepper, Sichuan
Garlic Pepper	Mace Spice	Pepper, Szechuan

Pepper/Peppercorns	Tarragon	Crab, Immitation
Peppermint	Thyme	Crayfish
Pine Bark Extract	Tomatillo	Flounder
Red Chili Paste Thai Kitchen® (gluten free)	Turmeric	Haddock
Red Clover	Uva Ursi	Hake
Red Pepper Flake	Valerian	Halibut
Rose Hips	Vanilla (gluten and corn-free)	Herring
Rosemary	Vanilla Bean	Krill
Saffron	Vanilla Powder	Lobster
Sage	White Willow Bark Extract	Lox
Sassafras	Wintergreen	Mackerel
Savory	Wormwood	Mahi Mahi
Saw Plametto		Mussel
Sesame Seeds	Fish & Shellfish	Octopus
Sesame Seeds, Black	Anchovy	Orange Roughy
Shallots	Bass	Oyster
Spearmint	Catfish	Perch
St. John's Wort	Chilean Sea Bass	Red Snapper
Sumac	Clam	Salmon, wild (fresh)
Tabasco Sauce	Cod/ Cod Liver Oil	Sardines
Taco Seasoning	Corvina	Scallop
Tamari (Wheat Free)	Crab	Shrimp

Sole	Applegate® organic smoked chicken breast	Veal (organic)
Squid	Applegate® organic smoked turkey breast	Venison (see also Deer)
Swai	Applegate® organic spinach & feta sausage	
Swordfish	Applegate® organic turkey	Milk-Containing Foods
Tilapia (Wild, Non-farmed)	Applegate® organic turkey bacon	Applegate® organic spinach & feta sausage
Trout	Beef, Grass-fed only (organic)	Butter, Raw and Pasture-raised
Tuna	Bison (see also Buffalo)	Buttermilk
Walleye Pike	Buffalo (see also Bison)	Casein
Whitefish/Turbot	Chicken, free range (organic)	Cheese, American
	Chicken Broth (Imagine® gf/low sodium)	Cheese, Asiago
Meat & Poultry	Collagen Protein (Powder)	Cheese, Bleu
Applegate® organic andouille sausage	Deer (see also Venison)	Cheese, Brie
Applegate® organic bacon	Duck	Cheese, Cheddar (Raw)
Applegate® organic black forest ham	Goat, Grass-fed only (organic)	Cheese, Cottage
Applegate® organic chicken	Great Lake's® Beef Gelatin	Cheese, Cream
Applegate® organic chicken/apple sausage	Lamb	Cheese, Feta
Applegate® organic ham	Ostrich	Cheese, Goat
Applegate® organic herb roasted turkey	Pheasant	Cheese, Gorgonzola
Applegate® organic hot dogs	Pork, (organic)	Cheese, Gouda
Applegate® organic red pepper sausage	Quail	Cheese, Havarti
Applegate® organic roast beef	Rabbit	Cheese, Machego
Applegate® organic sausage sweet italian	Turkey (organic)	Cheese, Marscapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactic Acid (milk-derived)

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Milk Chocolate

Mozzarella Cheese

Sour Cream, Raw and
Unpasteurized

Whey

Yogurt (See Xanthan Gum)

Non-Dairy & EggsAlmond Milk, unsweetened (no
tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

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

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,
Carageenan)Coconut Milk (Native Forest or
Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture
Verde®

Egg Whites, Pasture-raised

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or
Amazon.com)**Gluten-Free Grains**

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Corn (Gluten-free & 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)	Rice, Red (gluten free)	Tortilla, Siete Cassava & Coconut
Hemp Seed	Rice, White (gluten free)	Tortilla, Siete Chia & Cassava
Julian Bakery Almond Bread	Rice, Wild (Lundberg® - not the blend)	Udi's Millet-Chia Bread
Julian Bakery Coconut Bread	Rice Bran	Udi's White Sandwich Bread
Konjac Glucomannon Flour	Rice Flour (gluten free)	Udi's Whole Grain Bread
Mikey's Original English Muffin	Rice Protein Powder (gluten free)	
Mikey's Pizza crust	Simple Mills - Everything Sprouted Seed Cracker	Gluten-Containing Foods
Mikey's Sliced Bread Loaf	Simple Mills Cracked Black Pepper Almond Crackers	Allulose
Millet	Simple Mills Ground Sea Salt Almond Crackers	Avenin
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Rosemary & Sea Salt Crackers	Barley
Oats (Certified GF)	Simple Mills Tomato & Basil Almond Crackers	Barley Grass (can have gluten)
Potato Flour (gluten free)	Sorghum	Barley Greens (may contain gluten)
Potato Starch (gluten free)	Sunflower Seed Flour	Barley Juice (may contain gluten)
ProGranola (Julian Bakery)	Sweet Potato Flour (gluten free)	Beer
Quinoa (gluten free)	Tapioca	Bran
Quinoa, Black (gluten free)	Tapioca Flour (gluten free)	Bread
Quinoa, Red (gluten free)	Tapioca Starch (gluten free)	Brown Rice Syrup (contains MSG/Gluten)
Rice, Basmati (gluten free)	Teff	Caramel Coloring
Rice, Black (gluten free)	Teff Flour	Cheese, Bleu
Rice, Brown (gluten free)	Tolerant Green Lentil & Pea Pasta	Chewing Gum (has gluten and corn)
Rice, Japonica (gluten free)	Tolerant Red or Green Lentil Pasta	Coffee, Instant (has gluten)
Rice, Purple (gluten free)	Tortilla, Siete Almond	Couscous

Crab, Immitation	Spelt	Corn Gluten
Durum Wheat	Teechino	Corn Meal (gluten free)
Egyptian Wheat	Teriyaki Sauce	Corn Oil
Farro	Triticale	Corn Starch (gluten free)
Gliadin	Vinegar	Corn Syrup
Gluten	Vinegar, Malt	Erythritol (non-GMO)
Graham (wheat)	Vinegar, White	Fructose
Kamut	Vodka, Rye or Grain	GemWraps®, Sandwich Wrap (Carrot)
Liquid Smoke (can have gluten)	Wheat (All Types)	Hydrogenated Oils
Malt	Wheat Germ	Lactic Acid (corn-derived)
Maltitol	Wheat Grass (Is Gluten-contaminated)	Maize
Maltodextrin (Barley-derived)		Maltitol
Miso	Corn-Derived Foods	Maltodextrin (Corn-based, non-GMO)
Modified Food Starch	Barbeque Sauce, GF Annie's® Sweet & Spicy	Modified Food Starch
Oats	Cheese, Cream	Sriracha Sauce Organicville gluten-free
Oats, GF (not Certified) can have gluten	Cheese, Daiya (Coconut,Tapioca,yeast,....)	Swerve® Sweetener
Orzo	Cheese, Soy (Organic) (see Soy)	Vodka, Corn
Panko	Chewing Gum (has gluten and corn)	Xanthan Gum
Polish Wheat	Citric Acid (can be corn-derived)	Yogurt (See Xanthan Gum)
Rye	Corn (Gluten-free & Non-GMO)	
Semolina	Corn, Blue	
Soy Sauce	Corn, White	

Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's® Sweet & Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Distilled White Vinegar

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

Horseradish Mustard, Gluten-free (Annie's®)

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai Kitchen® (gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (Bubbies® Brand only)

Sherry Vinegar

Sour Cream, Raw and Unpasteurized

Soy Sauce

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Teriyaki Sauce

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

Vegetable Shortening (Spectrum®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The Wizard's® GF)

Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Rice Syrup (contains MSG/Gluten)

Brown Sugar

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Coconut Sugar

Corn Syrup

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

Malt

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® Sweetener

Tapioca Dextrose

Tapioca Syrup

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

Beverages & Protein Powders

Almond Milk, unsweetened (no
tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

Cocoa

Coconut Kefir (No Tapioca,
Carageenan)Coconut Milk (Native Forest or
Natural Value)

Coconut Water (low sugar)

Coffee (Brewed and Not Instant)

Coffee, Instant (has gluten)

Coffee Bean, Organic

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Great Lake's® Beef Gelatin

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lactalbumin

Lemon Juice	Tea, Oolong	Cacao (Raw, Pure, & Unsweetened)
Licorice Tea	Tea, Ramon	Chicken Broth (Imagine® gf/low sodium)
Lime Juice	Tea, Roobios	Cocoa
Milk, Buffalo	Tea, Unflavored	Collagen Protein (Powder)
Milk, Cow	Tea, White	GemWraps®, Sandwich Wrap (Carrot)
Milk, Goat	Teechino	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Rice	Vodka, Corn	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Milk, Sheep	Vodka, Potato	GemWraps®, Sandwich Wrap (Tomato)
Milk, Soy (Organic)	Vodka, Rye or Grain	Great Lake's® Beef Gelatin
Mineral Water	Water	Hops
Orange Juice	Whey	Julian Bakery Paleo Wraps
Pea Protein	Wine, Red	Latex
Rice Protein Powder (gluten free)	Wine, White (Champagne)	Lycopene
Soy Milk/Soy Cheese (Organic)	Yerba Matte Tea (Organic/Pure)	Modified Food Starch
Soy Protein (Organic)	Zevia Drinks	Modified Food Starch (Tapioca-based)
Sparkling Water, unflavored		Pycnogenol
Tea, Black	Miscellaneous	Red Tomato Paste (gluten free)
Tea, Chamomile	Antimony	Resveratrol
Tea, Chicory Root	Baking Powder	Rice Starch (if certified gluten free)
Tea, Green	Baking Soda (Arm & Hammer®)	Silver
Tea, Hibiscus	Beef broth (Imagine® low sodium/GF)	Tobacco
Tea, Komboucha	Bone Broth, Beef	Tofu (Organic)

Vegetable broth (Imagine® Low Sodium)

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Chewing Gum (has gluten and corn)

Chewing Gum, Xylichew®

Dates

Simple Mills Chocolate Chip Cookies

Simple Mills Cracked Black Pepper Almond Crackers

Skinny Crisps® (Plain Jane)

Food Additives

Acacia Gum

Agar Gum

Annatto Coloring

Arabic Gum

Asafoetida Powder

Blue Food Dye

Carrageenan Gum

Chicory Root

Citric Acid (can be corn-derived)

Formaldehyde

Guar Gum

Inulin

Lactic Acid (beet-derived)

Lactic Acid (corn-derived)

Lactic Acid (milk-derived)

Locust Bean Gum

Maltodextrin (Barley-derived)

MSG/MonosodiumGlutamate

Palm Wax

Pea Protein Isolate

Pea Starch

Potato Protein

Red Food Dye

Sodium Alginate

Tragacanth Gum

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

Vegan Natural Flavors (with MSG)

Xanthan Gum