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| <input type="checkbox"/> Fruits | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui |
| <input type="checkbox"/> Apple (all types) | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Mulberry |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grape, White | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Guava | <input type="checkbox"/> Orange Juice |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Orange, Blood |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Pear, Asian |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Fig | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Loquat | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango | <input type="checkbox"/> Pomelo |

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

<input type="checkbox"/> Sacha Inchi Seeds	<input type="checkbox"/> Fish & Shellfish	<input type="checkbox"/> Oyster
<input type="checkbox"/> Safflower/Safflower Seed Oil	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Perch
<input type="checkbox"/> Sesame Seed Oil	<input type="checkbox"/> Bass	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Catfish	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Sardines
<input type="checkbox"/> Sunflower Seed Butter	<input type="checkbox"/> Clam	<input type="checkbox"/> Scallop
<input type="checkbox"/> Sunflower Seed Lecithin	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Sunflower Seed Oil	<input type="checkbox"/> Corvina	<input type="checkbox"/> Sole
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Crab	<input type="checkbox"/> Squid
<input type="checkbox"/> Tahini	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Swai
<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Tiger Nuts	<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Wild, Non-farmed)
<input type="checkbox"/> Truffle Oil	<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout
<input type="checkbox"/> Truffle Oil, Black	<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna
<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> Vegetable Shortening (Spectrum®)	<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Walnut Oil	<input type="checkbox"/> Lobster	
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Mackerel	
<input type="checkbox"/> Walnuts, Black	<input type="checkbox"/> Mahi Mahi	
	<input type="checkbox"/> Mussel	
	<input type="checkbox"/> Octopus	
	<input type="checkbox"/> Orange Roughy	

<input type="checkbox"/> Vegetables	<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Chard
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Chayote
<input type="checkbox"/> Alfalfa Grass	<input type="checkbox"/> Broccoli Rabe	<input type="checkbox"/> Chives
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Broccoli Sprouts	<input type="checkbox"/> Coconut (raw and unsweetened)
<input type="checkbox"/> Aloe Vera	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Coconut Concentrate
<input type="checkbox"/> Artichoke (not pickled)	<input type="checkbox"/> Brussels Sprout	<input type="checkbox"/> Collard Greens
<input type="checkbox"/> Artichoke, Jerusalem (not pickled)	<input type="checkbox"/> Burdock	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Arugula	<input type="checkbox"/> Cabbage, Chinese (see also Bok Choy)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cabbage, Green	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Avocado	<input type="checkbox"/> Cabbage, Purple	<input type="checkbox"/> Cucumber
<input type="checkbox"/> Bamboo Shoot	<input type="checkbox"/> Cactus (Nopales)	<input type="checkbox"/> Daikon Radish
<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Capers	<input type="checkbox"/> Dandelion Greens
<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Capsicum	<input type="checkbox"/> Dandelion Root
<input type="checkbox"/> Bean Sprout	<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Eggplant
<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Carrot, Orange	<input type="checkbox"/> Endive
<input type="checkbox"/> Beet	<input type="checkbox"/> Carrot, Purple	<input type="checkbox"/> Fennel
<input type="checkbox"/> Beet Greens	<input type="checkbox"/> Carrot, White	<input type="checkbox"/> Garlic
<input type="checkbox"/> Bell Pepper	<input type="checkbox"/> Carrot, Yellow	<input type="checkbox"/> Hearts of Palm
<input type="checkbox"/> Bell Pepper, Green	<input type="checkbox"/> Cassava (see Tapioca and Yucca)	<input type="checkbox"/> Horseradish
<input type="checkbox"/> Bell Pepper, Orange	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Hydrogenated Oils
<input type="checkbox"/> Bell Pepper, Red	<input type="checkbox"/> Cauliflower, Purple	<input type="checkbox"/> Jicama
<input type="checkbox"/> Bell Pepper, Yellow	<input type="checkbox"/> Celery	<input type="checkbox"/> Kale, all types

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

<input type="checkbox"/> Squash, Butternut	<input type="checkbox"/> Truffle	<input type="checkbox"/> Applegate® organic roast beef
<input type="checkbox"/> Squash, Green	<input type="checkbox"/> Turnip Greens	<input type="checkbox"/> Applegate® organic sausage sweet italian
<input type="checkbox"/> Squash, Spaghetti	<input type="checkbox"/> Turnips	<input type="checkbox"/> Applegate® organic smoked chicken breast
<input type="checkbox"/> Squash, Summer	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Applegate® organic smoked turkey breast
<input type="checkbox"/> Squash, Winter	<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Applegate® organic spinach & feta sausage
<input type="checkbox"/> Squash, Yellow	<input type="checkbox"/> Watercress	<input type="checkbox"/> Applegate® organic turkey
<input type="checkbox"/> Sugar Beet	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Applegate® organic turkey bacon
<input type="checkbox"/> Sweet Potato, Red	<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Beef, Grass-fed only (organic)
<input type="checkbox"/> Sweet Potatoes, White	<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Bison (see also Buffalo)
<input type="checkbox"/> Swiss Chard	<input type="checkbox"/> Yucca	<input type="checkbox"/> Buffalo (see also Bison)
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Tomato		<input type="checkbox"/> Chicken, free range (organic)
<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)	<input type="checkbox"/> Meat & Poultry	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)	<input type="checkbox"/> Applegate® organic andouille sausage	<input type="checkbox"/> Deer (see also Venison)
<input type="checkbox"/> Tomato, Cherry	<input type="checkbox"/> Applegate® organic bacon	<input type="checkbox"/> Duck
<input type="checkbox"/> Tomato, Heirloom	<input type="checkbox"/> Applegate® organic black forest ham	<input type="checkbox"/> Goat, Grass-fed only (organic)
<input type="checkbox"/> Tomato, Orange	<input type="checkbox"/> Applegate® organic chicken	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Tomato, Red	<input type="checkbox"/> Applegate® organic chicken/apple sausage	<input type="checkbox"/> Lamb
<input type="checkbox"/> Tomato, Roma	<input type="checkbox"/> Applegate® organic ham	<input type="checkbox"/> Lard (pork)
<input type="checkbox"/> Tomato, Sun-dried	<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Ostrich
<input type="checkbox"/> Tomato, Yellow	<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Pheasant
<input type="checkbox"/> Tomatoes, Big Beef	<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Pork, (organic)

<input type="checkbox"/> Quail	<input type="checkbox"/> Condiments, Spreads & Sauces	<input type="checkbox"/> Liquid Smoke (can have gluten)
<input type="checkbox"/> Rabbit	<input type="checkbox"/> Apple Cider Vinegar (Bragg's®)	<input type="checkbox"/> Liquid Smoke gluten free (natural)
<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil
<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	<input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil
<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy	<input type="checkbox"/> Mustard, Brown (Eden® gf mustard)
<input type="checkbox"/> Non-Dairy & Eggs	<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Olives (without vinegar)
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)
<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Carob	<input type="checkbox"/> Red Tomato Paste (gluten free)
<input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast,)	<input type="checkbox"/> Cocoa Butter	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)
<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Coconut Aminos®	<input type="checkbox"/> Sherry Vinegar
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Coconut Cream	<input type="checkbox"/> Sour Cream, Raw and Unpasteurized
<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Coconut Vinegar (Coconut Secret)	<input type="checkbox"/> Soy Sauce
<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Sriracha Sauce Organicville gluten-free
<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Egg, Whites, Pasture-raised	<input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread	<input type="checkbox"/> Tamari (Wheat Free)
<input type="checkbox"/> Egg, Yolks Pasture-raised	<input type="checkbox"/> Earth Balance® Coconut Spread	<input type="checkbox"/> Teriyaki Sauce
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Harissa	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Paleo Cheese (Julianbakery.com or	<input type="checkbox"/> Horseradish Sauce, Gluten-free (Annie's®)	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
	<input type="checkbox"/> Hummus	<input type="checkbox"/> Ume Plum Vinegar
	<input type="checkbox"/> Ketchup (Organicville)	<input type="checkbox"/> Veganise Soy-free (Follow Your Heart®)
	<input type="checkbox"/> Liquid Aminos (Braggs®) (has Soy)	<input type="checkbox"/> Vegetable Shortening (Spectrum®)

<input type="checkbox"/> Vinegar	<input type="checkbox"/> Date Sugar	<input type="checkbox"/> Splenda
<input type="checkbox"/> Vinegar, Beet	<input type="checkbox"/> Erythritol (non-GMO)	<input type="checkbox"/> Sucanat
<input type="checkbox"/> Vinegar, Distilled	<input type="checkbox"/> Fructose	<input type="checkbox"/> Sucralose
<input type="checkbox"/> Vinegar, Malt	<input type="checkbox"/> Fruit Pectin	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Honey, (Organic)	<input type="checkbox"/> Sugar Cane
<input type="checkbox"/> Vinegar, Rice	<input type="checkbox"/> Honey, Manuka	<input type="checkbox"/> Sweetleaf® Stevia
<input type="checkbox"/> Vinegar, White	<input type="checkbox"/> Honey, Wildflower from Mahava®	<input type="checkbox"/> Swerve® Sweetener
<input type="checkbox"/> Vinegar, White Wine	<input type="checkbox"/> Jerusalem Artichoke Syrup	<input type="checkbox"/> Tapioca Dextrose
<input type="checkbox"/> White/Distilled Vinegar	<input type="checkbox"/> Just Like Sugar®	<input type="checkbox"/> Xyla (Birchwood Xylitol)
<input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)	<input type="checkbox"/> Lo Han	<input type="checkbox"/> Xylitol
<input type="checkbox"/> Sweeteners	<input type="checkbox"/> Maltitol	<input type="checkbox"/> Yacon Syrup
<input type="checkbox"/> Agave Nectar	<input type="checkbox"/> Maltodextrin (Barley-derived)	<input type="checkbox"/> Herbs & Spices
<input type="checkbox"/> Aspartame	<input type="checkbox"/> Maltodextrin (Corn-based, non-GMO)	<input type="checkbox"/> Allspice
<input type="checkbox"/> BodyPro Almond Mayo Grade A Maple Syrup	<input type="checkbox"/> Maltodextrin (Tapioca-based)	<input type="checkbox"/> Almond Flavor (natural, gluten free)
<input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten)	<input type="checkbox"/> Maple Sugar	<input type="checkbox"/> Anise
<input type="checkbox"/> Cane Syrup	<input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic)	<input type="checkbox"/> Ashwaganda
<input type="checkbox"/> Chocolate, Dark	<input type="checkbox"/> Molasses	<input type="checkbox"/> Astragalus
<input type="checkbox"/> Chocolate, Milk	<input type="checkbox"/> Monk Fruit (Pure)	<input type="checkbox"/> Basil
<input type="checkbox"/> Chocolate, White	<input type="checkbox"/> Monk Fruit Extract	<input type="checkbox"/> Bay Leaf
<input type="checkbox"/> Coconut Palm Sugar	<input type="checkbox"/> Nutrasweet®	<input type="checkbox"/> Bell Pepper, Red
<input type="checkbox"/> Coconut Sugar	<input type="checkbox"/> Rebiana Leaf (Stevia)	<input type="checkbox"/> Black Cohosh
	<input type="checkbox"/> Sorbitol	

<input type="checkbox"/> Capsicum	<input type="checkbox"/> Echinacea	<input type="checkbox"/> Lemon Balm (Melissa Officinalis)
<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Fennel	<input type="checkbox"/> Lemon Pepper
<input type="checkbox"/> Caraway Seed	<input type="checkbox"/> Garam Masala	<input type="checkbox"/> Lemongrass
<input type="checkbox"/> Cardamom	<input type="checkbox"/> Garlic	<input type="checkbox"/> Licorice Root
<input type="checkbox"/> Celery Powder	<input type="checkbox"/> Garlic Pepper	<input type="checkbox"/> Maca Root
<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Garlic Powder	<input type="checkbox"/> Mace Spice
<input type="checkbox"/> Chili Powder	<input type="checkbox"/> Garlic Salt	<input type="checkbox"/> Marjoram
<input type="checkbox"/> Chipotle Seasoning	<input type="checkbox"/> Ginger	<input type="checkbox"/> Mesquite
<input type="checkbox"/> Cilantro/Coriander	<input type="checkbox"/> Ginkgo Biloba	<input type="checkbox"/> Milk Thistle
<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Ginseng (All Types)	<input type="checkbox"/> Mint
<input type="checkbox"/> Cinnamon, Ceylon	<input type="checkbox"/> Goldenseal	<input type="checkbox"/> Mustard (as a Powder)
<input type="checkbox"/> Cloves	<input type="checkbox"/> Grapefruit Seed Extract	<input type="checkbox"/> Mustard Seeds (gluten free)
<input type="checkbox"/> Cloves, Madagascar	<input type="checkbox"/> Grapeseed Extract	<input type="checkbox"/> Nutmeg
<input type="checkbox"/> Cloves, Penang	<input type="checkbox"/> Guarana	<input type="checkbox"/> Olive Leaf Extract
<input type="checkbox"/> Cramp Bark Extract	<input type="checkbox"/> Gymnema Silvestre	<input type="checkbox"/> Onion
<input type="checkbox"/> Cream of Tartar	<input type="checkbox"/> Herbs De Provence	<input type="checkbox"/> Onion Powder
<input type="checkbox"/> Cumin	<input type="checkbox"/> Hickory	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Curcumin	<input type="checkbox"/> Himalayan Salt	<input type="checkbox"/> Orange Salt
<input type="checkbox"/> Curry (must be GF)	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Oregano
<input type="checkbox"/> Dandelion Root	<input type="checkbox"/> Jamaican Jerk	<input type="checkbox"/> Paprika
<input type="checkbox"/> Dill	<input type="checkbox"/> Juniper Berry	<input type="checkbox"/> Paprika (smoked)
<input type="checkbox"/> Dong Quai	<input type="checkbox"/> Lavender	<input type="checkbox"/> Parsley

<input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper)	<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Cheese, Cheddar (Raw)
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Tarragon	<input type="checkbox"/> Cheese, Cottage
<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Thyme	<input type="checkbox"/> Cheese, Feta
<input type="checkbox"/> Pepper, Sichuan	<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Cheese, Goat
<input type="checkbox"/> Pepper, Szechuan	<input type="checkbox"/> Turmeric	<input type="checkbox"/> Cheese, Gorgonzola
<input type="checkbox"/> Pepper/Peppercorns	<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Cheese, Gouda
<input type="checkbox"/> Peppermint	<input type="checkbox"/> Valerian	<input type="checkbox"/> Cheese, Havarti
<input type="checkbox"/> Pine Bark Extract	<input type="checkbox"/> Vanilla (gluten and corn-free)	<input type="checkbox"/> Cheese, Machego
<input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free)	<input type="checkbox"/> Vanilla Bean	<input type="checkbox"/> Cheese, Mascapone
<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Vanilla Powder	<input type="checkbox"/> Cheese, Mozzarella (Raw)
<input type="checkbox"/> Rose Hips	<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Cheese, Muenster
<input type="checkbox"/> Rosemary	<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Cheese, Parmesan
<input type="checkbox"/> Saffron	<input type="checkbox"/> Wormwood	<input type="checkbox"/> Cheese, Pecorino
<input type="checkbox"/> Sage		<input type="checkbox"/> Cheese, Provolone
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Milk-Containing Foods	<input type="checkbox"/> Cheese, Raw and Pasture-raised
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Applegate® organic spinach & feta sausage	<input type="checkbox"/> Cheese, Ricotta
<input type="checkbox"/> Sesame Seeds, Black	<input type="checkbox"/> Butter, Raw and Pasture-raised	<input type="checkbox"/> Cheese, Romano
<input type="checkbox"/> Shallots	<input type="checkbox"/> Buttermilk	<input type="checkbox"/> Cheese, Sheep
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Casein	<input type="checkbox"/> Cheese, String (Mozzarella)
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Cheese, American	<input type="checkbox"/> Cheese, Swiss
<input type="checkbox"/> Sumac	<input type="checkbox"/> Cheese, Asiago	<input type="checkbox"/> Chocolate, Milk
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Cheese, Brie	<input type="checkbox"/> Chocolate, White

<input type="checkbox"/> Cream, Raw and Unpasteurized	<input type="checkbox"/> Bean, Chili	<input type="checkbox"/> Miso
<input type="checkbox"/> Ghee (Pasture-Raised, Organic)	<input type="checkbox"/> Bean, Green	<input type="checkbox"/> Pea, Snap
<input type="checkbox"/> Goat Cheese	<input type="checkbox"/> Bean, Italian	<input type="checkbox"/> Pea, Snow
<input type="checkbox"/> Goat Kefir	<input type="checkbox"/> Bean, Kidney	<input type="checkbox"/> Pea, Split
<input type="checkbox"/> Kefir, Raw	<input type="checkbox"/> Bean, Lima	<input type="checkbox"/> Peanut (Organic, Valencia)
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Bean, Mung	<input type="checkbox"/> Peanut Butter (Organic, Maranatha®)
<input type="checkbox"/> Milk Chocolate	<input type="checkbox"/> Bean, Navy	<input type="checkbox"/> Peanut Oil (Organic)
<input type="checkbox"/> Milk, Buffalo	<input type="checkbox"/> Bean, Ninja	<input type="checkbox"/> Red Bean Paste
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Bean, Pinto/Frijole	<input type="checkbox"/> Soy Beans (must be organic)
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Bean, Red	<input type="checkbox"/> Soybean oil(must be organic)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Bean, White	<input type="checkbox"/> Vanilla Bean
<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Beans	<input type="checkbox"/> Vanilla Powder
<input type="checkbox"/> Sour Cream, Raw and Unpasteurized	<input type="checkbox"/> Chickpea (see also Garbanzo Bean)	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Whey	<input type="checkbox"/> Coffee Bean, Organic	
<input type="checkbox"/> Yogurt (See Xanthan Gum)	<input type="checkbox"/> Edamame (must be organic)	<input type="checkbox"/> Corn-Derived Foods
<input type="checkbox"/> Legumes & Pulses	<input type="checkbox"/> Fava Bean	<input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy
<input type="checkbox"/> Bean, Azuki	<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Cheese, Daiya (Coconut,Tapioca,yeast,...)
<input type="checkbox"/> Bean, Black	<input type="checkbox"/> Garbanzo Bean	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Bean, Butter	<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Bean, Cannellini	<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Bean, Chana Dahl	<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Corn Gluten
	<input type="checkbox"/> Lentil(s)	<input type="checkbox"/> Corn Meal (gluten free)

- ☐ Corn Oil
- ☐ Corn Starch (gluten free)
- ☐ Corn, Blue
- ☐ Corn, White
- ☐ 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
- ☐ Brown Rice Syrup (contains MSG/Gluten)
- ☐ Caramel Coloring
- ☐ Chewing Gum (has gluten and corn)
- ☐ Coffee, Instant (has gluten)
- ☐ Couscous
- ☐ Crab, Immitation
- ☐ 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

<input type="checkbox"/> Chicory Root	<input type="checkbox"/> Potato Flour (gluten free)	<input type="checkbox"/> Sweet Potato Flour (gluten free)
<input type="checkbox"/> Coconut Flour (gluten free)	<input type="checkbox"/> Potato Starch (gluten free)	<input type="checkbox"/> Tapioca
<input type="checkbox"/> Coconut Meal (gluten free)	<input type="checkbox"/> ProGranola (Julian Bakery)	<input type="checkbox"/> Tapioca Flour (gluten free)
<input type="checkbox"/> Corn (Gluten-free & Non-GMO)	<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> Tapioca Starch (gluten free)
<input type="checkbox"/> Corn Meal (gluten free)	<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Teff
<input type="checkbox"/> Corn Starch (gluten free)	<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Tolerant Green Lentil & Pea Pasta
<input type="checkbox"/> Corn, Blue	<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Tolerant Red or Green Lentil Pasta
<input type="checkbox"/> Corn, White	<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Tortilla, Siete Almond
<input type="checkbox"/> Ener-G Brown Rice Yeast-Free Bread	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Tortilla, Siete Cassava & Coconut
<input type="checkbox"/> Fava Bean Flour	<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Tortilla, Siete Chia & Cassava
<input type="checkbox"/> Flax Meal	<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Vegetable Oil
<input type="checkbox"/> Garbanzo Flour	<input type="checkbox"/> Rice, Brown (gluten free)	
<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)	<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Beverages & Protein Powders
<input type="checkbox"/> Hazelnut Flour	<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)
<input type="checkbox"/> Hemp Meal	<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Apple Cider
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Apple Juice
<input type="checkbox"/> Hemp Seed	<input type="checkbox"/> Rice, Wild (Lundberg® - not the blend)	<input type="checkbox"/> Beer
<input type="checkbox"/> Hydrogenated Oils	<input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker	<input type="checkbox"/> Bone Broth Protein, Beef
<input type="checkbox"/> Konjac Glucomannon Flour	<input type="checkbox"/> Simple Mills Ground Sea Salt Almond Crackers	<input type="checkbox"/> Carrot Juice
<input type="checkbox"/> Millet	<input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers	<input type="checkbox"/> Casein
<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)	<input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)
<input type="checkbox"/> Oats (Certified GF)	<input type="checkbox"/> Sorghum	<input type="checkbox"/> Coconut Milk(Native Forest or Natural Value)

<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Pea Protein	<input type="checkbox"/> Zevia Drinks
<input type="checkbox"/> Coffee	<input type="checkbox"/> Rice Protein Powder (gluten free)	
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Miscellaneous
<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Acacia Gum
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Agar Gum
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Antimony
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Arabic Gum
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Hemp Protein (Powder)	<input type="checkbox"/> Tea, Komboucha	<input type="checkbox"/> Beef broth (Imagine® low sodium/GF)
<input type="checkbox"/> Komboucha Tea	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Blue Food Dye
<input type="checkbox"/> Lactoalbumin	<input type="checkbox"/> Tea, Ramon	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Carrageenan Gum
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Tea, Unflavored	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Lime Juice	<input type="checkbox"/> Tea, White	<input type="checkbox"/> Chewing Gum, Xylitew®
<input type="checkbox"/> Milk, Buffalo	<input type="checkbox"/> Teechino	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Milk, Cow	<input type="checkbox"/> Vinegar, Red Wine	<input type="checkbox"/> Chicory Root
<input type="checkbox"/> Milk, Goat	<input type="checkbox"/> Water	<input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened)
<input type="checkbox"/> Milk, Sheep	<input type="checkbox"/> Whey	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Wine, Red	<input type="checkbox"/> Formaldehyde
<input type="checkbox"/> Mineral Water	<input type="checkbox"/> Wine, White (Champagne)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot)
<input type="checkbox"/> Orange Juice	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple)

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| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle) | <input type="checkbox"/> Red Food Dye |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato) | <input type="checkbox"/> Red Tomato Paste (gluten free) |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Resveratrol |
| <input type="checkbox"/> Great Lake's® Beef Gelatin | <input type="checkbox"/> Rice Starch (if certified gluten free) |
| <input type="checkbox"/> Guar Gum | <input type="checkbox"/> Silver |
| <input type="checkbox"/> Hops | <input type="checkbox"/> Skinny Crisps® (Plain Jane) |
| <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Tofu (Organic) |
| <input type="checkbox"/> Inulin | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Julian Bakery Almond Bread | <input type="checkbox"/> Vegetable broth (Imagine® Low Sodium) |
| <input type="checkbox"/> Julian Bakery Coconut Bread | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Julian Bakery Paleo Wraps | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Xanthan Gum |
| <input type="checkbox"/> Lard (pork) | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> Latex | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Locust Bean Gum | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Lycopene | |
| <input type="checkbox"/> Malt | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Maltodextrin (Barley-derived) | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Modified Food Starch | <input type="checkbox"/> Dates |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based) | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Palm Wax | |
| <input type="checkbox"/> Pycnogenol | |