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

## Vegetables

Alfalfa Grass	Broccoli	Chives
Alfalfa Sprouts	Broccolini	Coconut (raw and unsweetened)
Aloe Vera	Broccoli Rabe	Coconut Concentrate
Artichoke (not pickled)	Broccoli Sprouts	Collard Greens
Artichoke, Jerusalem (not pickled)	Brussels Sprout	Comfrey
Arugula	Burdock	Cucumber
Asparagus	Cabbage, Chinese (see also Bok Choy)	Daikon Radish
Avocado	Cabbage, Green	Dandelion Greens
Bamboo Shoot	Cabbage, Purple	Dandelion Root
Barley Grass (can have gluten)	Cactus (Nopales)	Eggplant
Barley Greens (may contain gluten)	Capers	Endive
Bean, Green	Capsicum	Fennel
Bean Sprout	Carrot, Orange	Garlic
Beet	Carrot, Purple	Ginger
Beet Greens	Carrot, White	Hearts of Palm
Bell Pepper	Carrot, Yellow	Horseradish
Bell Pepper, Green	Carrot Juice	Jicama
Bell Pepper, Orange	Cassava (see Tapioca and Yucca)	Kale, all types
Bell Pepper, Red	Cauliflower	Kelp/Dulse
Bell Pepper, Yellow	Cauliflower, Purple	Kohlrabi
Bitter Melon	Celery	Kombu
Bok Choy	Chard	Leeks
	Chayote	Lettuce, all types

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

Swede	Watercress	Currant
Sweet Potato, Red	Wheat Grass (Is Gluten-contaminated)	Dates
Sweet Potatoes, White	Yams, Garnett	Dragon Fruit (Pitaya)
Swiss Chard	Yams, Japanese	Dried Fruit
Tabasco Sauce	Yucca	Durian Fruit
Taro	Zucchini	Elderberry
Tomatillo		Fig
Tomato	<b>Fruits</b>	Goji Berry
Tomato, Cherry	Acai	Golden Berry
Tomato, Heirloom	Apple (all types)	Gooseberries
Tomato, Orange	Apricot	Grape
Tomato, Red	Banana	Grape, Green
Tomato, Roma	Bilberry	Grape, Purple
Tomato, Sun-dried	Blackberry	Grape, Red
Tomato, Yellow	Blueberry	Grape, White
Tomatoes, Big Beef	Boysenberry	Grapefruit
Tomato Paste (gluten & Vinegar-free)	Cantaloupe	Grapefruit Juice
Tomato Sauce (gluten & Vinegar-free)	Cape Gooseberries	Ground Cherries
Truffle	Carambola	Guava
Turnip Greens	Cherry	Huckleberry
Turnips	Clementine	Jack fruit
Wasabi Root	Cranberry	Kiwi
Water Chestnut	Cranberry Juice	Kumquat

Lemon	Passion Fruit	Legumes, Pods, & Pulses
Lemon Juice	Peach	
Lemon Rind/Peel	Pear	Bean, Azuki
Lime	Pear, Asian	Bean, Black
Lime Juice	Persimmons	Bean, Butter
Loganberry	Pineapple	Bean, Cannellini
Longan Fruit	Plantain	Bean, Chana Dahl
Loquat	Plum	Bean, Chili
Lychee	Pomegranate	Bean, Green
Mango	Pomelo	Bean, Haricot
Mangosteen	Prune	Bean, Italian
Maqui	Quince	Bean, Kidney
Melon, Honeydew	Raisin (unsulfured, organic)	Bean, Lima
Monk Fruit (Pure)	Rambutan	Bean, Mung
Mulberry	Raspberry	Bean, Navy
Nectarines	Star Fruit	Bean, Ninja
Noni	Strawberry	Bean, Pinto/Frijole
Orange	Tamarind	Bean, Red
Orange, Blood	Tangelo	Bean, White
Orange Juice	Tangerine	Chickpea (see also Garbanzo Bean)
Orange Peel/Rind	Watermelon	Coffee Bean, Organic
Oranges, Mandarin	Wolfberry	Edamame (must be organic)
Papaya	Youngberry	Fava Bean
		Fava Bean Flour

Garbanzo Bean	Annatto Seed	Hazelnut/Filbert
Garbanzo Flour	Avocado Oil	Hazelnut Flour
Kidney Bean	Borage Seed Oil	Hemp Meal
Lentil(s)	Brazil Nut	Hemp Protein (Powder)
Miso	Canola/Rapeseed Oil	Hemp Seed
Pea, Snap	Canola Oil, Non-GMO	Krill Oil
Pea, Snow	Caraway Seed	Lard/Tallow (pork)
Pea, Split	Cashew Butter	Macadamia Nut Oil
Peanut (Organic, Valencia)	Cashew Meal	Macadamia Nuts
Peanut Butter (Organic, Maranatha®)	Cashews	MCT Oil
Red Bean Paste	Chestnut	Olive Leaf Extract
Soybean oil(must be organic)	Chia Seed (1/4 cup, max)	Olive Oil, Virgin
Soy Beans (must be organic)	Coconut, shredded (raw, unsweetened)	Palm Kernel Oil
Vanilla Bean	Coconut Butter	Peanut Oil (Organic)

#### Nuts, Seeds, Drupes & Oils

Almond	Cola Nut (aka Kola Nut)	Pecans
Almond, Marcona	Cottonseed/Cottonseed Oil	Pepitas
Almond Butter (Artisana®)	Duck Fat	Pili Nuts
Almond Flavor (natural, gluten free)	Fenugreek Seed	Pine Nut
Almond Flour (gluten free)	Flax Meal	Pistachios
Almond Meal (gluten free)	Flax Oil	Poppy seeds
Almond Oil	Flax Seed	Psyllium Husk
	Grapeseed Oil, Organic	Pumpkin Oil

Pumpkin Seed Oil	Walnuts, Black	Cilantro/Coriander
Pumpkin Seeds		Cinnamon
Ramon Seeds	<b>Herbs &amp; Spices</b>	Cinnamon, Ceylon
Rice, Wild (Lundberg® - not the blend)	Allspice	Clove Powder
Rice Bran Oil	Almond Flavor (natural, gluten free)	Cloves, Madagascar
Sacha Inchi Seeds	Anise	Cloves, Penang
Safflower/Safflower Seed Oil	Ashwaganda	Comfrey
Sesame Seed Oil	Astragalus	Cramp Bark Extract
Sesame Seeds	Basil	Cream of Tartar
Sesame Seeds, Black	Bay Leaf	Cumin
Sunflower Seed Butter	Bell Pepper, Red	Curcumin
Sunflower Seed Flour	Black Cohosh	Curry (must be GF)
Sunflower Seed Lecithin	Capsicum	Dandelion Root
Sunflower Seed Oil	Caramel Coloring	Dill
Sunflower Seeds	Caraway Seed	Dong Quai
Tahini	Cardamom	Echinacea
Tea, Ramon	Catnip	Fennel
Tiger Nuts	Celery Powder	Fennel Seed
Truffle Oil	Celery Seed	Garam Masala
Truffle Oil, Black	Chaparral	Garlic
Vegetable Shortening (Spectrum®)	Chervil	Garlic Pepper
Walnut Oil	Chili Powder	Garlic Powder
Walnuts	Chipotle Seasoning	Garlic Salt

Ginger Powder	Mint	Red Clover
Ginkgo Biloba	Mustard (as a Powder)	Red Pepper Flake
Ginseng (All Types)	Mustard Seeds (gluten free)	Rose Hips
Goldenseal	Nutmeg	Rosemary
Grapefruit Seed Extract	Olive Leaf Extract	Saffron
Grapeseed Extract	Onion	Sage
Guarana	Onion Powder	Sassafras
Gymnema Silvestre	Orange Peel/Rind	Savory
Herbs De Provence	Orange Salt	Saw Plametto
Hickory	Oregano	Sesame Seeds
Himalayan Salt	Paprika	Sesame Seeds, Black
Jamaican Jerk	Paprika (smoked)	Shallots
Juniper Berry	Parsley	Spearmint
Lavender	Pau D'arco	St. John's Wort
Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon Pepper)	Sumac
Lemongrass	Pepper, Cayenne	Tabasco Sauce
Lemon Pepper	Pepper, Red	Taco Seasoning
Licorice Root	Pepper, Sichuan	Tamari (Wheat Free)
Maca Root	Pepper, Szechuan	Tarragon
Mace Spice	Pepper/Peppercorns	Thyme
Marjoram	Peppermint	Tomatillo
Mesquite	Pine Bark Extract	Turmeric
Milk Thistle	Red Chili Paste Thai Kitchen® (gluten free)	Uva Ursi



Valerian

Herring

Walleye Pike

Vanilla (gluten and corn-free)

Krill

Whitefish/Turbot

Vanilla Bean

Lobster

Vanilla Powder

Lox

**Meat & Poultry**

White Willow Bark Extract

Mackerel

Applegate® organic andouille sausage

Wintergreen

Mahi Mahi

Applegate® organic bacon

Wormwood

Mussel

Applegate® organic black forest ham

Octopus

Applegate® organic chicken

**Fish & Shellfish**

Orange Roughy

Applegate® organic chicken/apple sausage

Anchovy

Oyster

Applegate® organic ham

Bass

Perch

Applegate® organic herb roasted turkey

Catfish

Red Snapper

Applegate® organic hot dogs

Chilean Sea Bass

Salmon, wild (fresh)

Applegate® organic red pepper sausage

Clam

Sardines

Applegate® organic roast beef

Cod/ Cod Liver Oil

Scallop

Applegate® organic sausage sweet italian

Corvina

Shrimp

Applegate® organic smoked chicken breast

Crab

Sole

Applegate® organic smoked turkey breast

Crab, Immitation

Squid

Applegate® organic spinach &amp; feta sausage

Crayfish

Swai

Applegate® organic turkey

Flounder

Swordfish

Applegate® organic turkey bacon

Haddock

Tilapia (Wild, Non-farmed)

Beef, Grass-fed only (organic)

Hake

Trout

Bison (see also Buffalo)

Halibut

Tuna

Buffalo (see also Bison)

Chicken, free range (organic)	Cheese, Asiago	Cheese, Swiss
Chicken Broth (Imagine® gf/low sodium)	Cheese, Bleu	Chocolate, Milk
Collagen Protein (Powder)	Cheese, Brie	Chocolate, White
Deer (see also Venison)	Cheese, Cheddar (Raw)	Cream, Raw and Unpasteurized
Duck	Cheese, Cottage	Ghee (Pasture-Raised, Organic)
Goat, Grass-fed only (organic)	Cheese, Cream	Goat Cheese
Great Lake's® Beef Gelatin	Cheese, Feta	Goat Kefir
Lamb	Cheese, Goat	Kefir, Raw
Ostrich	Cheese, Gorgonzola	Lactic Acid (milk-derived)
Pheasant	Cheese, Gouda	Lactoalbumin
Pork, (organic)	Cheese, Havarti	Milk, Buffalo
Quail	Cheese, Machego	Milk, Cow
Rabbit	Cheese, Marscapone	Milk, Goat
Turkey (organic)	Cheese, Mozzarella (Raw)	Milk, Sheep
Veal (organic)	Cheese, Muenster	Milk Chocolate
Venison (see also Deer)	Cheese, Parmesan	Mozzarella Cheese
	Cheese, Pecorino	Sour Cream, Raw and Unpasteurized
	Cheese, Provolone	Whey
<b>Milk-Containing Foods</b>		
Applegate® organic spinach & feta sausage	Cheese, Raw and Pasture-raised	
Butter, Raw and Pasture-raised	Cheese, Ricotta	
Buttermilk	Cheese, Romano	
Casein	Cheese, Sheep	
Cheese, American	Cheese, String (Mozzarella)	

**Non-Dairy & Eggs**

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

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

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)

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

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Konjac Glucomannon Flour

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)

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 Cracked Black Pepper Almond Crackers

Simple Mills Ground Sea Salt Almond Crackers

Simple Mills Rosemary &amp; Sea Salt Crackers

Simple Mills Tomato &amp; Basil Almond Crackers

Sorghum

Sunflower Seed Flour

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)	Crab, Immitation	Triticale
Tapioca Starch (gluten free)	Durum Wheat	Vinegar
Teff	Egyptian Wheat	Vinegar, Malt
Teff Flour	Farro	Vinegar, White
Tolerant Green Lentil & Pea Pasta	Gliadin	Vodka, Rye or Grain
Tolerant Red or Green Lentil Pasta	Gluten	Wheat (All Types)
Tortilla, Siete Chia & Cassava	Graham (wheat)	Wheat Germ
	Kamut	Wheat Grass (Is Gluten-contaminated)

### Gluten-Containing Foods

Allulose	Malt
Avenin	Maltodextrin (Barley-derived)
Barley	Miso
Barley Grass (can have gluten)	Oats
Barley Greens (may contain gluten)	Oats, GF (not Certified) can have gluten
Barley Juice (may contain gluten)	Orzo
Beer	Panko
Bran	Polish Wheat
Bread	Rye
Brown Rice Syrup (contains MSG/Gluten)	Semolina
Caramel Coloring	Soy Sauce
Cheese, Bleu	Spelt
Coffee, Instant (has gluten)	Teechino
Couscous	Teriyaki Sauce

### Corn-Derived Foods

Barbeque Sauce, GF Annie's®  
Sweet & Spicy

Cheese, Cream

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

### 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	Olives (without vinegar)	Vinegar, White Wine
Cocoa Butter	Red Bean Paste	
Coconut Aminos®	Red Chili Paste Thai Kitchen® (gluten free)	<b>Sweeteners</b>
Coconut Cream	Red Tomato Paste (gluten free)	Agave Nectar
Coconut Vinegar (Coconut Secret)	Sauerkraut (Bubbies® Brand only)	Aspartame
Cream, Raw and Unpasteurized	Sherry Vinegar	BodyPro Almond Mayo Grade A Maple Syrup
Distilled White Vinegar	Sour Cream, Raw and Unpasteurized	Brown Rice Syrup (contains MSG/Gluten)
Dressing, Primal Kitchen Greek Avocado Oil	Soy Sauce	Brown Sugar
Dressing, Primal Kitchen Honey Mustard	Tabasco Sauce	Cane Syrup
Earth Balance® Avocado Oil Butter Spread	Tamari (Wheat Free)	Chocolate, Dark
Earth Balance® Coconut Spread	Teriyaki Sauce	Chocolate, Milk
Harissa	Tomato Paste (gluten & Vinegar-free)	Chocolate, White
Horseradish Mustard, Gluten-free (Annie's®)	Tomato Sauce (gluten & Vinegar-free)	Coconut Palm Sugar
Hummus	Ume Plum Vinegar	Coconut Sugar
Ketchup (Organicville)	Veganise Soy-free (Follow Your Heart®)	Date Sugar
Kosher Salt	Vegetable Shortening (Spectrum®)	Fruit Pectin
Liquid Aminos (Braggs®)(has Soy)	Vinegar	Honey, (Organic)
Liquid Smoke (can have gluten)	Vinegar, Beet	Honey, Manuka
Liquid Smoke gluten free (natural)	Vinegar, Distilled	Honey, Wildflower from Mahava®
Mayonnaise	Vinegar, Malt	Jerusalem Artichoke Syrup
Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Red Wine	Just Like Sugar®
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Rice	Lo Han
Mustard, Brown (Eden® gf mustard)	Vinegar, White	Malt

Maltodextrin (Barley-derived)

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

Tapioca Dextrose

Tapioca Syrup

Xyla (Birchwood 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

Lactoalbumin

Lemon Juice

Licorice Tea

Lime Juice

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Rice

Milk, Sheep

Milk, Soy (Organic)

Mineral Water

Orange Juice

Pea Protein

Rice Protein Powder (gluten free)

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Chicory Root

Tea, Green

Tea, Hibiscus

Tea, Komboucha

Tea, Oolong

Tea, Ramon	GemWraps®, Sandwich Wrap (Kale-Apple)
Tea, Roobios	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Tea, Unflavored	GemWraps®, Sandwich Wrap (Tomato)
Tea, White	Great Lake's® Beef Gelatin
Teechino	Hops
Vodka, Potato	Julian Bakery Paleo Wraps
Vodka, Rye or Grain	Latex
Water	Lycopene
Whey	Modified Food Starch (Tapioca-based)
Wine, Red	Pycnogenol
Wine, White (Champagne)	Red Tomato Paste (gluten free)
Yerba Matte Tea (Organic/Pure)	Resveratrol
Zevia Drinks	Rice Starch (if certified gluten free)

### Miscellaneous

Antimony	Tobacco
Baking Soda (Arm & Hammer®)	Tofu (Organic)
Beef broth (Imagine® low sodium/GF)	Vegetable broth (Imagine® Low Sodium)
Bone Broth, Beef	Yeast, Baker's
Cacao (Raw, Pure, & Unsweetened)	Yeast, Brewer's
Chicken Broth (Imagine® gf/low sodium)	Yeast, Nutritional
Cocoa	
Collagen Protein (Powder)	

### Snacks

Apple Sauce

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

Formaldehyde

Guar Gum

Inulin

Lactic Acid (beet-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)



Manny Woo

11/16/2017

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 &amp; Eggs

Snacks

Fruits

Gluten-Free Grains

Food Additives

Legumes, Pods, &amp; Pulses

Gluten-Containing Foods

Nuts, Seeds, Drupes &amp; Oils

Corn-Derived Foods

Herbs &amp; Spices

Condiments, Spreads &amp; Sauces

Fish &amp; Shellfish

Sweeteners

Meat &amp; Poultry

Beverages &amp; 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

Gluten-Free Grains

Fruits

Gluten-Containing Foods

Legumes, Pods, & Pulses

Corn-Derived Foods

Nuts, Seeds, Drupes & Oils

Condiments, Spreads & Sauces

Herbs & Spices

Sweeteners

Fish & Shellfish

Beverages & Protein Powders

Meat & Poultry

Miscellaneous

Milk-Containing Foods

Snacks

Non-Dairy & Eggs

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

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

### Meat & Poultry

### Milk-Containing Foods

Yogurt (See Xanthan Gum)

### Gluten-Containing Foods

Chewing Gum (has gluten and corn)

Maltitol

Modified Food Starch

### Fruits

### Non-Dairy & Eggs

Cheese, Soy (Organic) (see Soy)

### Corn-Derived Foods

Cheese, Soy (Organic) (see Soy)

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)

Fructose

GemWraps®, Sandwich Wrap (Carrot)

Hydrogenated Oils

Lactic Acid (corn-derived)

Maize

### Legumes, Pods, & Pulses

### Nuts, Seeds, Drupes & Oils

Corn Oil

Hydrogenated Oils

Vegetable Oil

### Gluten-Free Grains

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

Udi's Millet-Chia Bread

Udi's White Sandwich Bread

Udi's Whole Grain Bread

### Herbs & Spices

### Fish & Shellfish

**Beverages & Protein Powders**

Maltitol

Vodka, Corn

Maltodextrin (Corn-based,  
non-GMO)

Modified Food Starch

**Miscellaneous**Sriracha Sauce Organicville  
gluten-free

Baking Powder

Swerve® Sweetener

GemWraps®, Sandwich Wrap  
(Carrot)

Vodka, Corn

Modified Food Starch

Xanthan Gum

Yogurt (See Xanthan Gum)

**Snacks**

Chewing Gum (has gluten and corn)

**Condiments, Spreads & Sauces**

Daiya - Medium Cheddar Block

Sriracha Sauce Organicville  
gluten-freeWorcestershire Sauce (The  
Wizard's® GF)**Food Additives**

Citric Acid (can be corn-derived)

Lactic Acid (corn-derived)

Xanthan Gum

**Sweeteners**

Corn Syrup

Erythritol (non-GMO)

Fructose

Maltitol

Maltodextrin (Corn-based,  
non-GMO)

Swerve® Sweetener

Xylitol

## These are the foods that have been removed from your diet

Vegetables

Gluten-Free Grains

Fruits

Gluten-Containing Foods

Legumes, Pods, &amp; Pulses

Corn-Derived Foods

Nuts, Seeds, Drupes &amp; Oils

Condiments, Spreads &amp; Sauces

Herbs &amp; Spices

Sweeteners

Fish &amp; Shellfish

Beverages &amp; Protein Powders

Meat &amp; Poultry

Miscellaneous

Milk-Containing Foods

Snacks

Non-Dairy &amp; Eggs

Food Additives

## Complete Comprehensive List

**Vegetables**

Alfalfa Grass	Broccoli	Chayote
Alfalfa Sprouts	Broccolini	Chives
Aloe Vera	Broccoli Rabe	Coconut (raw and unsweetened)
Artichoke (not pickled)	Broccoli Sprouts	Coconut Concentrate
Artichoke, Jerusalem (not pickled)	Brussels Sprout	Collard Greens
Arugula	Burdock	Comfrey
Asparagus	Cabbage, Chinese (see also Bok Choy)	Corn (Gluten-free & Non-GMO)
Avocado	Cabbage, Green	Corn, Blue
Bamboo Shoot	Cabbage, Purple	Corn, White
Barley Grass (can have gluten)	Cactus (Nopales)	Cucumber
Barley Greens (may contain gluten)	Capers	Daikon Radish
Bean, Green	Capsicum	Dandelion Greens
Bean Sprout	Carrot, Orange	Dandelion Root
Beet	Carrot, Purple	Eggplant
Beet Greens	Carrot, White	Endive
Bell Pepper	Carrot, Yellow	Fennel
Bell Pepper, Green	Carrot Juice	Garlic
Bell Pepper, Orange	Cassava (see Tapioca and Yucca)	Ginger
Bell Pepper, Red	Cauliflower	Hearts of Palm
Bell Pepper, Yellow	Cauliflower, Purple	Horseradish
Bitter Melon	Celery	Jicama
Bok Choy	Chard	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	<b>Fruits</b>	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	<b>Nuts, Seeds, Drupes &amp; Oils</b>	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	Ramon Seeds	Walnuts, Black
Hydrogenated Oils	Rice, Wild (Lundberg® - not the blend)	
Krill Oil	Rice Bran Oil	Herbs & Spices
Lard/Tallow (pork)	Sacha Inchi Seeds	Allspice
Macadamia Nut Oil	Safflower/Safflower Seed Oil	Almond Flavor (natural, gluten free)
Macadamia Nuts	Sesame Seed Oil	Anise
MCT Oil	Sesame Seeds	Ashwaganda
Olive Leaf Extract	Sesame Seeds, Black	Astragalus
Olive Oil, Virgin	Sunflower Seed Butter	Basil
Palm Kernel Oil	Sunflower Seed Flour	Bay Leaf
Peanut Oil (Organic)	Sunflower Seed Lecithin	Bell Pepper, Red
Pecan Flour	Sunflower Seed Oil	Black Cohosh
Pecans	Sunflower Seeds	Capsicum
Pepitas	Tahini	Caramel Coloring
Pili Nuts	Tea, Ramon	Caraway Seed
Pine Nut	Tiger Nuts	Cardamom
Pistachios	Truffle Oil	Catnip
Poppy seeds	Truffle Oil, Black	Celery Powder
Psyllium Husk	Vegetable Oil	Celery Seed
Pumpkin Oil	Vegetable Shortening (Spectrum®)	Chaparral
Pumpkin Seed Oil	Walnut Oil	Chervil
Pumpkin Seeds	Walnuts	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	<b>Fish &amp; Shellfish</b>	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	
Tilapia (Wild, Non-farmed)	Applegate® organic turkey bacon	
Trout	Beef, Grass-fed only (organic)	
Tuna	Bison (see also Buffalo)	
Walleye Pike	Buffalo (see also Bison)	
Whitefish/Turbot	Chicken, free range (organic)	

### 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

### Meat & Poultry

Applegate® organic andouille sausage

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic chicken

Applegate® organic chicken/apple sausage

Applegate® organic ham

Applegate® organic herb roasted turkey

Applegate® organic hot dogs

Applegate® organic red pepper sausage

Applegate® organic roast beef

Applegate® organic sausage sweet italian

Collagen Protein (Powder)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Great Lake's® Beef Gelatin

Lamb

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

## Gluten-Free Grains

Cheese, Mozzarella (Raw)

Milk, Goat

Almond Flour (gluten free)

Cheese, Muenster

Milk, Sheep

Amaranth

Cheese, Parmesan

Milk Chocolate

Arrowroot Flour/powder

Cheese, Pecorino

Mozzarella Cheese

Avenin (Gluten-free)

Cheese, Provolone

Sour Cream, Raw and  
Unpasteurized

Basmati Rice (gluten free)

Cheese, Raw and Pasture-raised

Whey

Brown Rice Flour

Cheese, Ricotta

Yogurt (See Xanthan Gum)

Buckwheat

Cheese, Romano

Buckwheat Flour

Cheese, Sheep

## Non-Dairy &amp; Eggs

Coconut Flour (gluten free)

Cheese, String (Mozzarella)

Almond Milk, unsweetened (no  
tapioca)

Coconut Meal (gluten free)

Cheese, Swiss

Almond Yogurt, unsweetened

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

Chocolate, Milk

BodyPro Avocado Oil Mayonnaise

Corn, Blue

Chocolate, White

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

Corn, White

Cream, Raw and Unpasteurized

Cheese, Soy (Organic) (see Soy)

Corn Meal (gluten free)

Ghee (Pasture-Raised, Organic)

Coconut Kefir (No Tapioca,  
Carageenan)

Corn Starch (gluten free)

Goat Cheese

Coconut Milk (Native Forest or  
Natural Value)Ener-G Brown Rice Yeast-Free  
Bread

Goat Kefir

Egg, Pasture-raised (from a farmer)

Fava Bean Flour

Kefir, Raw

Egg, Vital Farms® or Pasture  
Verde®

Flax Meal

Lactic Acid (milk-derived)

Egg Whites, Pasture-raised

Garbanzo Flour

Lactoalbumin

Egg Yolks, Pasture-raised

Glucomannon Flour  
(konjacfoods.com)

Milk, Buffalo

Milk, Soy (Organic)

HazelNut Flour

Milk, Cow

Paleo Cheese (Julianbakery.com or  
Amazon.com)

Hemp Meal

## Gluten-Containing Foods



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	<b>Corn-Derived Foods</b>	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

## Beverages &amp; Protein Powders

Chocolate, Dark	Maple Syrup (Grade A Dark Amber Organic)
Chocolate, Milk	Molasses
Chocolate, White	Monk Fruit (Pure)
Coconut Palm Sugar	Monk Fruit Extract
Coconut Sugar	Nutrasweet®
Corn Syrup	Rebiana Leaf (Stevia)
Date Sugar	Sorbitol
Erythritol (non-GMO)	Splenda
Fructose	Sucanat
Fruit Pectin	Sucralose
Honey, (Organic)	Sugar Beet
Honey, Manuka	Sugar Cane
Honey, Wildflower from Mahava®	Sweetleaf® Stevia
Jerusalem Artichoke Syrup	Swerve® Sweetener
Just Like Sugar®	Tapioca Dextrose
Lo Han	Tapioca Syrup
Malt	Xyla (Birchwood Xylitol)
Maltitol	Xylitol
Maltodextrin (Barley-derived)	Yacon Syrup
Maltodextrin (Corn-based, non-GMO)	
Maltodextrin (Tapioca-based)	
Maple Sugar	

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

Lactoalbumin

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)

Chicory Root

Xanthan Gum

Yeast, Baker's

Citric Acid (can be corn-derived)

Yeast, Brewer's

Formaldehyde

Yeast, Nutritional

Guar Gum

Inulin

**Snacks**

Lactic Acid (beet-derived)

Apple Sauce

Lactic Acid (corn-derived)

Chewing Gum (has gluten and corn)

Lactic Acid (milk-derived)

Chewing Gum, Xylichew®

Locust Bean Gum

Dates

Maltodextrin (Barley-derived)

Simple Mills Chocolate Chip Cookies

MSG/MonosodiumGlutamate

Simple Mills Cracked Black Pepper Almond Crackers

Palm Wax

Skinny Crisps® (Plain Jane)

Pea Protein Isolate

Pea Starch

**Food Additives**

Potato Protein

Acacia Gum

Red Food Dye

Agar Gum

Sodium Alginate

Annatto Coloring

Tragacanth Gum

Arabic Gum

Tricalcium Phosphate

Asafoetida Powder

Vegan Enzyme

Blue Food Dye

Vegan Natural Flavors (no MSG)

Carrageenan Gum

Vegan Natural Flavors (with MSG)