

Table of Contents

Title	Page
1. Foods that are now ok to have	2
2. Foods that we are waiting for you to experiment with	11
3. Foods that you can have occasionally	14
4. Foods that will be in your diet at some point	17
5. Foods that have been removed from your diet	19
6. Complete Comprehensive List	22

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

Vegetables

	Carrot, White	Mushrooms
Alfalfa Grass	Carrot, Yellow	Mushrooms, Button
Alfalfa Sprouts	Carrot Juice	Mushrooms, Cremini/Crimini
Aloe Vera	Cassava (see Tapioca and Yucca)	Mushrooms, Maitake
Artichoke (not pickled)	Cauliflower	Mushrooms, Shiitake
Artichoke, Jerusalem (not pickled)	Cauliflower, Purple	Nori
Arugula	Chayote	Oat Grass (Not For Gluten Sensitive)
Avocado	Chives	Olives (without vinegar)
Bamboo Shoot	Coconut (raw and unsweetened)	Onion, Green
Bean, Green	Coconut Concentrate	Onion, Maui
Bean Sprout	Comfrey	Onion, Red
Bell Pepper	Daikon Radish	Onion, Sweet
Bell Pepper, Green	Eggplant	Onion, Yellow
Bell Pepper, Orange	Fennel	Paprika
Bell Pepper, Red	Ginger	Parsley
Bell Pepper, Yellow	Hearts of Palm	Parsnip
Bitter Melon	Horseradish	Pea, Black-Eyed
Burdock	Jicama	Pea, Green
Cactus (Nopales)	Kale, all types	Pea, Snap
Capers	Kelp/Dulse	Pea, Snow
Capsicum	Kohlrabi	Pea, Split
Carrot, Orange	Kombu	Pea Protein
Carrot, Purple	Lettuce, all types	Pepper, Anaheim

Pepper, Habanero	Tomato	Fruits
Pepper, Jalapeño	Tomato, Cherry	Acai
Pepper, Poblano	Tomato, Heirloom	alpha
Pepper, Red	Tomato, Orange	Apricot
Pepper, Serrano	Tomato, Red	Bilberry
Pimento	Tomato, Roma	Blueberry
Prickly Pear	Tomato, Sun-dried	Boysenberry
Psyllium Husk	Tomato, Yellow	bravo
Pumpkin	Tomatoes, Big Beef	Carambola
Pumpkin Powder	Tomato Paste (gluten & Vinegar-free)	Cherry
Radicchio	Tomato Sauce (gluten & Vinegar-free)	Dragon Fruit (Pitaya)
Radish	Truffle	Durian Fruit
Rainbow Chard	Turnip Greens	food name
Rutabaga	Turnips	Goji Berry
Scallions	Wasabi Root	Golden Berry
Sea Vegetables	Water Chestnut	Grapefruit
Seaweed	Watercress	Grapefruit Juice
Shallots	Yucca	Huckleberry
Spirulina	Zucchini	Jack fruit
Sugar Beet		Kumquat
Swede		Lemon
Taro		Lemon Juice
Tomatillo		Lemon Rind/Peel

Lime

Lime Juice

Loganberry

Longan Fruit

Loquat

Lychee

Mangosteen

Maqui

Monk Fruit (Pure)

Mulberry

Nectarines

Noni

Passion Fruit

Peach

Pear

Pear, Asian

Persimmons

Plum

Pomegranate

Pomelo

Prune

Quince

Rambutan

Strawberry

Tamarind

Wolfberry

Youngberry

Legumes, Pods, & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Green

Bean, Haricot

Bean, Italian

Pea, Snap

Pea, Snow

Pea, Split

Peanut (Organic, Valencia)

Peanut Butter (Organic,
Maranatha®)

Vanilla Bean

Nuts, Seeds, Drupes & Oils

Annatto Seed

Avocado Oil

Borage Seed Oil

Brazil Nut

Canola/Rapeseed Oil

Canola Oil, Non-GMO

Caraway Seed

Cashew Butter

Cashew Meal

Cashews

Chestnut

Chia Seed (1/4 cup, max)

Coconut, shredded (raw,
unsweetened)

Coconut Butter

Coconut Oil

Cola Nut (aka Kola Nut)

Cottonseed/Cottonseed Oil

Duck Fat

Fenugreek Seed

Flax Meal

Flax Oil

Flax Seed

Hazelnut/Filbert	Ramon Seeds	Herbs & Spices
Hazelnut Flour	Rice, Wild (Lundberg® - not the blend)	
Hemp Meal	Sacha Inchi Seeds	
Hemp Protein (Powder)	Safflower/Safflower Seed Oil	
Hemp Seed	Sesame Seed Oil	
Krill Oil	Sesame Seeds	
Lard/Tallow (pork)	Sesame Seeds, Black	
Macadamia Nut Oil	Sunflower Seed Butter	
Macadamia Nuts	Sunflower Seed Flour	
MCT Oil	Sunflower Seed Lecithin	
Olive Leaf Extract	Sunflower Seed Oil	
Olive Oil, Virgin	Sunflower Seeds	
Palm Kernel Oil	Tahini	
Peanut Oil (Organic)	Tea, Ramon	
Pepitas	Tiger Nuts	
Pili Nuts	Truffle Oil	
Pine Nut	Truffle Oil, Black	
Pistachios	Vegetable Shortening (Spectrum®)	
Poppy seeds	Walnut Oil	
Psyllium Husk	Walnuts	
Pumpkin Oil	Walnuts, Black	
Pumpkin Seed Oil		Allspice
Pumpkin Seeds		Anise
		Ashwaganda
		Astragalus
		Basil
		Bay Leaf
		Bell Pepper, Red
		Black Cohosh
		Capsicum
		Caraway Seed
		Cardamom
		Catnip
		Chaparral
		Chervil
		Chili Powder
		Chipotle Seasoning
		Cilantro/Coriander
		Cinnamon
		Cinnamon, Ceylon
		Clove Powder
		Cloves, Madagascar
		Cloves, Penang

Comfrey	Lavender	Pepper, Red
Cramp Bark Extract	Lemon Balm (Melissa Officinalis)	Pepper, Sichuan
Cream of Tartar	Lemongrass	Pepper, Szechuan
Cumin	Lemon Pepper	Pepper/Peppercorns
Curcumin	Licorice Root	Peppermint
Curry (must be GF)	Maca Root	Pine Bark Extract
Dill	Mace Spice	Red Clover
Dong Quai	Marjoram	Rose Hips
Echinacea	Mesquite	Rosemary
Fennel	Milk Thistle	Saffron
Fennel Seed	Mint	Sage
Garam Masala	Mustard (as a Powder)	Sassafras
Ginger Powder	Mustard Seeds (gluten free)	Savory
Ginkgo Biloba	Nutmeg	Saw Plametto
Ginseng (All Types)	Olive Leaf Extract	Sesame Seeds
Goldenseal	Onion	Sesame Seeds, Black
Grapefruit Seed Extract	Onion Powder	Shallots
Gymnema Silvestre	Oregano	Spearmint
Herbs De Provence	Paprika	St. John's Wort
Hickory	Paprika (smoked)	Sumac
Himalayan Salt	Parsley	Tarragon
Jamaican Jerk	Pau D'arco	Thyme
Juniper Berry	Pepper, Black (see Garlic/Lemon Pepper)	Tomatillo

Turmeric

Herring

Walleye Pike

Uva Ursi

Krill

Whitefish/Turbot

Valerian

Lobster

Meat & Poultry

Vanilla (gluten and corn-free)

Lox

Applegate® organic herb roasted turkey

Vanilla Bean

Mackerel

Applegate® organic smoked turkey breast

Vanilla Powder

Mahi Mahi

Applegate® organic turkey

White Willow Bark Extract

Mussel

Bison (see also Buffalo)

Wintergreen

Octopus

Buffalo (see also Bison)

Wormwood

Orange Roughy

Chicken, free range (organic)

Fish & Shellfish

Oyster

Deer (see also Venison)

Anchovy

Perch

Duck

Bass

Red Snapper

Goat, Grass-fed only (organic)

Catfish

Salmon, wild (fresh)

Lamb

Chilean Sea Bass

Sardines

Ostrich

Clam

Scallop

Pheasant

Cod/ Cod Liver Oil

Shrimp

Pork, (organic)

Corvina

Sole

Quail

Crab

Squid

Rabbit

Crayfish

Swai

Turkey (organic)

Flounder

Swordfish

Venison (see also Deer)

Haddock

Tilapia (Wild, Non-farmed)

Hake

Trout

Halibut

Tuna

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

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

Paleo Cheese (Julianbakery.com or Amazon.com)

Gluten-Free Grains

Amaranth

Arrowroot Flour/powder

Avenin (Gluten-free)

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Flax Meal

Glucomannon Flour (konjacfoods.com)

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Konjac Glucomannon Flour

Oats (Bob's Red Mill Gluten Free Version)

Oats (Certified GF)

ProGranola (Julian Bakery)

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (gluten free)

Rice, Wild (Lundberg® - not the blend)

Sorghum

Sunflower Seed Flour

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Teff Flour

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

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Distilled White Vinegar

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Kosher Salt

Liquid Smoke gluten free (natural)

Mayonnaise, Primal Kitchen Avocado Oil

Olives (without vinegar)

Red Tomato Paste (gluten free)

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Vegetable Shortening (Spectrum®)

Vinegar, Beet

Sweeteners

Aspartame

Fruit Pectin

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

Maltodextrin (Tapioca-based)

Monk Fruit (Pure)

Monk Fruit Extract

Nutrasweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sweetleaf® Stevia

Tapioca Dextrose

Tapioca Syrup

Xyla (Birchwood Xylitol)

Beverages & Protein Powders**Carrot Juice**

Coconut Kefir (No Tapioca, Carrageenan)

Coconut Milk (Native Forest or Natural Value)

Coconut Water (low sugar)

Echinacea Tea

Grapefruit Juice

Green Tea

Hemp Protein (Powder)

Lemon Juice

Licorice Tea

Lime Juice

Mineral Water

Pea Protein

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Chicory Root

Tea, Green

Tea, Hibiscus

Tea, Oolong

Tea, Ramon

Tea, Roobios

Tea, White

Water

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous

Antimony

Baking Soda (Arm & Hammer®)

Cacao (Raw, Pure, & Unsweetened)

Hops

Latex

Lycopene

Modified Food Starch
(Tapioca-based)

Red Tomato Paste (gluten free)

Silver

Tobacco

Snacks**Chewing Gum, Xylicew®****Food Additives**

Acacia Gum

Agar Gum

Annatto Coloring

Arabic Gum

Asafoetida Powder

Blue Food Dye

Carrageenan Gum

Chicory Root

Formaldehyde

Guar Gum

Inulin

Locust Bean Gum

MSG/MonosodiumGlutamate

Palm Wax

Pea Protein Isolate

Pea Starch

Red Food Dye

Sodium Alginate

Tragacanth Gum

Tricalcium Phosphate

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11/20/2017

Vegan Enzyme

Vegan Natural Flavors (no MSG)

Vegan Natural Flavors (with MSG)

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alpha

bravo

food name

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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

Beet

Beet Greens

Bok Choy

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Brussels Sprout

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Celery

Chard

Collard Greens

Dandelion Greens

Dandelion Root

Endive

Leeks

Mustard Greens

Okra

Pepper, Cayenne

Pepper, Chili

Pepper, Green

Pepper, Tabasco

Potato, Fingerling

Potato, Purple

Potato, Red

Potato, Russet

Potato, Sweet

Potato, White

Potato, Yukon Gold

Red Pepper Flake

Rhubarb

Sauerkraut (Bubbies® Brand only)

Spinach

Squash

Squash, Acorn

Squash, Butternut

Squash, Green

Squash, Spaghetti

Squash, Summer

Squash, Winter

Squash, Yellow

Sweet Potato, Red

Sweet Potatoes, White

Swiss Chard

Tabasco Sauce

Yams, Garnett

Yams, Japanese

Fruits

Blackberry

Currant

Elderberry

Fig

Gooseberries

Kiwi

Raspberry

Star Fruit

Legumes, Pods, & Pulses

Bean, Chili

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)

Red Bean Paste

Soybean oil(must be organic)

Soy Beans (must be organic)

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

Herbs & Spices

Almond Flavor (natural, gluten free)

Celery Powder

Celery Seed

Dandelion Root

Pepper, Cayenne

Red Pepper Flake

Tabasco Sauce

Tamari (Wheat Free)

Fish & Shellfish**Meat & Poultry**

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic chicken

Applegate® organic ham

Applegate® organic smoked chicken breast

Applegate® organic turkey bacon

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

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Milk, Soy (Organic)

Gluten-Free Grains

Almond Flour (gluten free)

Buckwheat

Buckwheat Flour

Fava Bean Flour

Garbanzo Flour

Julian Bakery Almond Bread

Mikey's Original English Muffin

Mikey's Pizza crust

Potato Flour (gluten free)

Potato Starch (gluten free)

Simple Mills Ground Sea Salt Almond Crackers

Simple Mills Rosemary & Sea Salt Crackers

Simple Mills Tomato & Basil Almond Crackers

Sweet Potato Flour (gluten free)

Tolerant Green Lentil & Pea Pasta

Tolerant Red or Green Lentil Pasta

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

BodyPro Avocado Oil Mayonnaise

Liquid Aminos (Braggs®)(has Soy)

Red Bean Paste

Sauerkraut (Bubbies® Brand only)

Tabasco Sauce

Tamari (Wheat Free)

Sweeteners

Chocolate, Dark

Beverages & Protein PowdersAlmond Milk, unsweetened (no
tapioca)

Coffee (Brewed and Not Instant)

Coffee Bean, Organic

Milk, Soy (Organic)

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Vodka, Potato

MiscellaneousGemWraps®, Sandwich Wrap
(Mango/Chipotle)

Tofu (Organic)

Snacks**Food Additives**

Lactic Acid (beet-derived)

Potato Protein

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

Vegetables

Garlic

Fruits

Apple (all types)

Banana

Cantaloupe

Cape Gooseberries

Clementine

Cranberry

Cranberry Juice

Dates

Dried Fruit

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Ground Cherries

Guava

Mango

Melon, Honeydew

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Oranges, Mandarin

Papaya

Pineapple

Raisin (unsulfured, organic)

Tangelo

Tangerine

Watermelon

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Grapeseed Oil, Organic

Rice Bran Oil

Herbs & Spices

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Grapeseed Extract

Guarana

Orange Peel/Rind

Orange Salt

Fish & Shellfish

Meat & Poultry

Applegate® organic roast beef

Beef, Grass-fed only (organic)

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Veal (organic)

Milk-Containing Foods

Casein

Cheese, Feta

Cheese, Goat

Cheese, Machego

Cheese, Pecorino

Cheese, Ricotta

Cheese, Sheep

Goat Cheese

Goat Kefir

Lactoalbumin

Milk, Buffalo

Milk, Goat

Milk, Sheep

Whey

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

Basmati Rice (gluten free)

Brown Rice Flour

Ener-G Brown Rice Yeast-Free Bread

Julian Bakery Coconut Bread

Millet

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 Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Tortilla, Siete Chia & Cassava

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

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Coconut Vinegar (Coconut Secret)

Dressing, Primal Kitchen Honey Mustard

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

Ketchup (Organicville)

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Vinegar, Distilled

Sweeteners

Agave Nectar

Brown Sugar

Cane Syrup

Coconut Palm Sugar

Coconut Sugar

Date Sugar

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Maple Sugar

Maple Syrup (Grade A Dark Amber Organic)

Molasses

Sugar Cane

Yacon Syrup

Beverages & Protein Powders

Bone Broth Protein, Beef

Casein

Cocoa

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Lactoalbumin

Milk, Buffalo

Milk, Goat

Milk, Rice

Milk, Sheep

Orange Juice

Rice Protein Powder (gluten free)

Whey

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11/20/2017

Miscellaneous

Bone Broth, Beef

Cocoa

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Julian Bakery Paleo Wraps

Pycnogenol

Resveratrol

Rice Starch (if certified gluten free)

Snacks

Dates

Food Additives

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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	Milk-Containing Foods	Condiments, Spreads & Sauces
Pickles, Bubbies® brand only	Non-Dairy & Eggs	Barbeque Sauce, GF Annie's® Sweet & Spicy
Fruits	Cheese, Daiya (Coconut,Tapioca,yeast,...)	BodyPro Almond Mayo Grade A Maple Syrup
Plantain	Cheese, Soy (Organic) (see Soy)	BodyPro Almond Mayo with Yacon Syrup
Legumes, Pods, & Pulses	Gluten-Free Grains	Harissa
Nuts, Seeds, Drupes & Oils	Mikey's Sliced Bread Loaf	Red Chili Paste Thai Kitchen® (gluten free)
Pecan Flour	Simple Mills - Everything Sprouted Seed Cracker	Sriracha Sauce Organicville gluten-free
Pecans	Simple Mills Cracked Black Pepper Almond Crackers	Veganise Soy-free (Follow Your Heart®)
Herbs & Spices	Tortilla, Siete Almond	Worcestershire Sauce (The Wizard's® GF)
Red Chili Paste Thai Kitchen® (gluten free)	Tortilla, Siete Cassava & Coconut	Sweeteners
Taco Seasoning	Gluten-Containing Foods	BodyPro Almond Mayo Grade A Maple Syrup
Fish & Shellfish	Corn-Derived Foods	Fructose
Meat & Poultry	Barbeque Sauce, GF Annie's® Sweet & Spicy	Xylitol
Applegate® organic andouille sausage	Cheese, Daiya (Coconut,Tapioca,yeast,...)	Beverages & Protein Powders
Applegate® organic chicken/apple sausage	Cheese, Soy (Organic) (see Soy)	Apple Cider
Applegate® organic hot dogs	Fructose	Apple Juice
Applegate® organic red pepper sausage	GemWraps®, Sandwich Wrap (Carrot)	Tea, Unflavored
Applegate® organic sausage sweet italian	Sriracha Sauce Organicville gluten-free	

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11/20/2017

MiscellaneousBeef broth (Imagine® low
sodium/GF)GemWraps®, Sandwich Wrap
(Carrot)GemWraps®, Sandwich Wrap
(Kale-Apple)GemWraps®, Sandwich Wrap
(Tomato)Vegetable broth (Imagine® Low
Sodium)**Snacks**

Apple Sauce

Simple Mills Chocolate Chip
CookiesSimple Mills Cracked Black Pepper
Almond Crackers

Skinny Crisps® (Plain Jane)

Food Additives

new food cat

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

Wheat Grass (Is
Gluten-contaminated)**Fruits****Legumes, Pods, & Pulses**

Miso

Nuts, Seeds, Drupes & Oils

Corn Oil

Hydrogenated Oils

Vegetable Oil

Herbs & Spices

Caramel Coloring

Fish & Shellfish

Crab, Immitation

Meat & PoultryApplegate® organic spinach & feta
sausage**Milk-Containing Foods**Applegate® organic spinach & feta
sausage

Butter, Raw and Pasture-raised

Buttermilk

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Cream

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Mascapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Romano

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Kefir, Raw

Lactic Acid (milk-derived)

Milk, Cow

Milk Chocolate

Mozzarella Cheese

Sour Cream, Raw and
Unpasteurized

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

Allulose

Avenin

Barley

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Barley Juice (may contain gluten)

Beer

Bran

Bread

Brown Rice Syrup (contains
MSG/Gluten)

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and corn)

Coffee, Instant (has gluten)

Couscous

Crab, Immitation

Durum Wheat

Egyptian Wheat

Farro

Gliadin

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltitol

Maltodextrin (Barley-derived)

Miso

Modified Food Starch

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

Vodka, Rye or Grain

Wheat (All Types)

Wheat Germ

Wheat Grass (Is
Gluten-contaminated)**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	Sweeteners	Miscellaneous
Xanthan Gum	Brown Rice Syrup (contains MSG/Gluten)	Baking Powder
Yogurt (See Xanthan Gum)	Chocolate, Milk	Modified Food Starch
Condiments, Spreads & Sauces	Chocolate, White	Yeast, Baker's
Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Corn Syrup	Yeast, Brewer's
Balsamic Vinegar (with Red Wine Vinegar)	Erythritol (non-GMO)	Yeast, Nutritional
Cream, Raw and Unpasteurized	Malt	Snacks
Daiya - Medium Cheddar Block	Maltitol	Chewing Gum (has gluten and corn)
Dressing, Primal Kitchen Greek Avocado Oil	Maltodextrin (Barley-derived)	Food Additives
Liquid Smoke (can have gluten)	Maltodextrin (Corn-based, non-GMO)	Citric Acid (can be corn-derived)
Mayonnaise	Swerve® Sweetener	Lactic Acid (corn-derived)
Sherry Vinegar	Beverages & Protein Powders	Lactic Acid (milk-derived)
Sour Cream, Raw and Unpasteurized	Beer	Maltodextrin (Barley-derived)
Soy Sauce	Coffee, Instant (has gluten)	Xanthan Gum
Teriyaki Sauce	Komboucha Tea	new food cat
Ume Plum Vinegar	Milk, Cow	
Vinegar	Tea, Komboucha	
Vinegar, Malt	Teechino	
Vinegar, Red Wine	Vodka, Corn	
Vinegar, Rice	Vodka, Rye or Grain	
Vinegar, White	Wine, Red	
Vinegar, White Wine		

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)	bravo
Squash, Summer	Truffle	Cantaloupe
Squash, Winter	Turnip Greens	Cape Gooseberries
Squash, Yellow	Turnips	Carambola
Sugar Beet	Wasabi Root	Cherry
Swede	Water Chestnut	Clementine
Sweet Potato, Red	Watercress	Cranberry
Sweet Potatoes, White	Wheat Grass (Is Gluten-contaminated)	Cranberry Juice
Swiss Chard	Yams, Garnett	Currant
Tabasco Sauce	Yams, Japanese	Dates
Taro	Yucca	Dragon Fruit (Pitaya)
Tomatillo	Zucchini	Dried Fruit
Tomato	Fruits	Durian Fruit
Tomato, Cherry	Acai	Elderberry
Tomato, Heirloom	alpha	Fig
Tomato, Orange	Apple (all types)	food name
Tomato, Red	Apricot	Goji Berry
Tomato, Roma	Banana	Golden Berry
Tomato, Sun-dried	Bilberry	Gooseberries

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit

Grapefruit Juice

Ground Cherries

Guava

Huckleberry

Jack fruit

Kiwi

Kumquat

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Loganberry

Longan Fruit

Loquat

Lychee

Mango

Mangosteen

Maqui

Melon, Honeydew

Monk Fruit (Pure)

Mulberry

Nectarines

Noni

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Oranges, Mandarin

Papaya

Passion Fruit

Peach

Pear

Pear, Asian

Persimmons

Pineapple

Plantain

Plum

Pomegranate

Pomelo

Prune

Quince

Raisin (unsulfured, organic)

Rambutan

Raspberry

Star Fruit

Strawberry

Tamarind

Tangelo

Tangerine

Watermelon

Wolfberry

Youngberry

Legumes, Pods, & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

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

Hemp Seed	Ramon Seeds	Walnuts, Black
Hydrogenated Oils	Rice, Wild (Lundberg® - not the blend)	Herbs & Spices
Krill Oil	Rice Bran Oil	Allspice
Lard/Tallow (pork)	Sacha Inchi Seeds	Almond Flavor (natural, gluten free)
Macadamia Nut Oil	Safflower/Safflower Seed Oil	Anise
Macadamia Nuts	Sesame Seed Oil	Ashwaganda
MCT Oil	Sesame Seeds	Astragalus
Olive Leaf Extract	Sesame Seeds, Black	Basil
Olive Oil, Virgin	Sunflower Seed Butter	Bay Leaf
Palm Kernel Oil	Sunflower Seed Flour	Bell Pepper, Red
Peanut Oil (Organic)	Sunflower Seed Lecithin	Black Cohosh
Pecan Flour	Sunflower Seed Oil	Capsicum
Pecans	Sunflower Seeds	Caramel Coloring
Pepitas	Tahini	Caraway Seed
Pili Nuts	Tea, Ramon	Cardamom
Pine Nut	Tiger Nuts	Catnip
Pistachios	Truffle Oil	Celery Powder
Poppy seeds	Truffle Oil, Black	Celery Seed
Psyllium Husk	Vegetable Oil	Chaparral
Pumpkin Oil	Vegetable Shortening (Spectrum®)	Chervil
Pumpkin Seed Oil	Walnut Oil	Chili Powder
Pumpkin Seeds	Walnuts	Chipotle Seasoning

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
Garlic Powder	Marjoram	Pepper/Peppercorns

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

Swai

Swordfish

Tilapia (Wild, Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

Meat & PoultryApplegate® 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
italianApplegate® organic smoked
chicken breastApplegate® organic smoked turkey
breastApplegate® organic spinach & feta
sausage

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Chicken Broth (Imagine® gf/low
sodium)

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)

Veal (organic)

Venison (see also Deer)

Milk-Containing FoodsApplegate® 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, Macheo

Cheese, Mascapone

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)

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 & Sea Salt Crackers

Simple Mills Tomato & Basil Almond Crackers

Sorghum

Sunflower Seed Flour

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Teff Flour

Tolerant Green Lentil & Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

Tortilla, Siete Chia & Cassava

Udi's Millet-Chia Bread

Udi's White Sandwich Bread

Udi's Whole Grain Bread

Gluten-Containing Foods

Allulose

Avenin

Barley

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Barley Juice (may contain gluten)

Beer

Bran

Bread

Brown Rice Syrup (contains MSG/Gluten)

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and corn)

Coffee, Instant (has gluten)

Couscous

Crab, Immitation

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

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

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

Tea, Roobios

Tea, Unflavored

Tea, White

Teechino

Vodka, Corn

Vodka, Potato

Vodka, Rye or Grain

Water

Whey

Wine, Red

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous

Antimony

Baking Powder

Baking Soda (Arm & Hammer®)

Beef broth (Imagine® low sodium/GF)

Bone Broth, Beef

Cacao (Raw, Pure, & Unsweetened)

Chicken Broth (Imagine® gf/low sodium)

Cocoa

Collagen Protein (Powder)

GemWraps®, Sandwich Wrap (Carrot)

GemWraps®, Sandwich Wrap (Kale-Apple)

GemWraps®, Sandwich Wrap (Mango/Chipotle)

GemWraps®, Sandwich Wrap (Tomato)

Great Lake's® Beef Gelatin

Hops

Julian Bakery Paleo Wraps

Latex

Lycopene

Modified Food Starch

Modified Food Starch (Tapioca-based)

Pycnogenol

Red Tomato Paste (gluten free)

Resveratrol

Rice Starch (if certified gluten free)

Silver

Tobacco

Tofu (Organic)

Vegetable broth (Imagine® Low Sodium)

new food cat

Yeast, Baker's

Guar Gum

alpha

Yeast, Brewer's

Inulin

bravo

Yeast, Nutritional

Lactic Acid (beet-derived)

food name

Snacks

Lactic Acid (corn-derived)

Apple Sauce

Lactic Acid (milk-derived)

Chewing Gum (has gluten and corn)

Locust Bean Gum

Chewing Gum, Xylichew®

Maltodextrin (Barley-derived)

Dates

MSG/MonosodiumGlutamate

Simple Mills Chocolate Chip
Cookies

Palm Wax

Simple Mills Cracked Black Pepper
Almond Crackers

Pea Protein Isolate

Skinny Crisps® (Plain Jane)

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)

Chicory Root

Xanthan Gum

Citric Acid (can be corn-derived)

Formaldehyde