Vegetables	Cabbage, Chinese (see also Bok Choy)	Hearts of Palm
Aloe Vera	Cabbage, Green	Horseradish
Artichoke (not pickled)	Cabbage, Purple	Jicama
Artichoke, Jerusalem (not pickled)	Cactus (Nopales)	Kale, all types
Arugula	Capers	Kohlrabi
Asparagus	Capsicum	Leeks
Avocado	Cauliflower	Lettuce, all types
Bamboo Shoot	Cauliflower, Purple	Mushrooms
Bean Sprout	Celery	Mushrooms, Button
Beet Greens	Chard	Mushrooms, Cremeni/Crimini
Bell Pepper	Chives	Mushrooms, Maitake
Bell Pepper, Green	Coconut (raw and	Mushrooms, Shiitake
Bell Pepper, Orange	Coconut (raw and unsweetened) Coconut Concentrate	Mushrooms, Shiitake Mustard Greens
Bell Pepper, Orange Bell Pepper, Red	unsweetened)	Mustard Greens
Bell Pepper, Orange	unsweetened) Coconut Concentrate Collard Greens	Mustard Greens Olives (without vinegar)
Bell Pepper, Orange Bell Pepper, Red	unsweetened) Coconut Concentrate Collard Greens Comfrey	Mustard Greens Olives (without vinegar) Onion, Green
Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow	unsweetened) Coconut Concentrate Collard Greens Comfrey Daikon Radish	Mustard Greens Olives (without vinegar) Onion, Green Onion, Maui
Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bitter Melon	unsweetened) Coconut Concentrate Collard Greens Comfrey Daikon Radish Dandelion Greens	Mustard Greens Olives (without vinegar) Onion, Green Onion, Maui Onion, Red
Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bitter Melon Bok Choy	unsweetened) Coconut Concentrate Collard Greens Comfrey Daikon Radish Dandelion Greens Dandelion Root	Mustard Greens Olives (without vinegar) Onion, Green Onion, Maui Onion, Red Onion, Sweet
Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bitter Melon Bok Choy Broccoli	unsweetened) Coconut Concentrate Collard Greens Comfrey Daikon Radish Dandelion Greens Dandelion Root Eggplant	Mustard Greens Olives (without vinegar) Onion, Green Onion, Maui Onion, Red Onion, Sweet Onion, Yellow
Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bitter Melon Bok Choy Broccoli Broccolini Broccoli Rabe	unsweetened) Coconut Concentrate Collard Greens Comfrey Daikon Radish Dandelion Greens Dandelion Root	Mustard Greens Olives (without vinegar) Onion, Green Onion, Maui Onion, Red Onion, Sweet
Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bitter Melon Bok Choy Broccoli Broccolini Broccoli Rabe Broccoli Sprouts	unsweetened) Coconut Concentrate Collard Greens Comfrey Daikon Radish Dandelion Greens Dandelion Root Eggplant	Mustard Greens Olives (without vinegar) Onion, Green Onion, Maui Onion, Red Onion, Sweet Onion, Yellow
Bell Pepper, Orange Bell Pepper, Red Bell Pepper, Yellow Bitter Melon Bok Choy Broccoli Broccolini Broccoli Rabe	Unsweetened) Coconut Concentrate Collard Greens Comfrey Daikon Radish Dandelion Greens Dandelion Root Eggplant Endive	Mustard Greens Olives (without vinegar) Onion, Green Onion, Maui Onion, Red Onion, Sweet Onion, Yellow Paprika

	Pepper, Chili	Tomato, Cherry		Blueberry
	Pepper, Green	Tomato, Heirloom		Boysenberry
	Pepper, Habanero	Tomato, Orange		bravo
	Pepper, Jalapeño	Tomato, Red		Carambola
	Pepper, Poblano	Tomato, Roma		charlie
	Pepper, Red	Tomato, Sun-dried		Cherry
	Pepper, Serrano	Tomato, Yellow		Clementine
	Pepper, Tabasco	Tomatoes, Big Beef		Dates
	Prickly Pear	Tomato Paste (gluten & Vinegar-free)		Dragon Fruit (Pitaya)
	Radicchio	Tomato Sauce (gluten & Vinegar-free)		Durian Fruit
	Radish	Truffle		Elderberry
	Rainbow Chard	Turnip Greens		food name
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	Red Pepper Flake	Wasabi Root		Goji Berry
	Red Pepper Flake Rutabaga	<u> </u>		Goji Berry Golden Berry
		Wasabi Root		
	Rutabaga Sauerkraut (Bubbies® Brand	Wasabi Root Water Chestnut		Golden Berry
	Rutabaga Sauerkraut (Bubbies® Brand only)	Wasabi Root Water Chestnut Watercress		Golden Berry Gooseberries
	Rutabaga Sauerkraut (Bubbies® Brand only) Scallions	Wasabi Root Water Chestnut Watercress Yams, Garnett		Golden Berry Gooseberries Grapefruit
	Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots	Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese		Golden Berry Gooseberries Grapefruit Guava
	Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots Spinach	Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits		Golden Berry Gooseberries Grapefruit Guava Huckleberry
	Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots Spinach Swede	Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits Acai		Golden Berry Gooseberries Grapefruit Guava Huckleberry Kiwi
	Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots Spinach Swede Swiss Chard	Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits Acai alpha		Golden Berry Gooseberries Grapefruit Guava Huckleberry Kiwi Kumquat

Lime		Star Fruit		Chia Seed (1/4 cup, max)
Lime Juice		Tangerine		Coconut, shredded (raw, unsweetened)
Loganberry	/	Wolfberry		Coconut Butter
Longan Fru	uit	Youngberry		Coconut Oil
Loquat		Legumes, Pods, & Pulses		Cottonseed/Cottonseed Oil
Lychee		Vanilla Bean		Duck Fat
Mangostee	en	Nuts, Seeds, Drupes & Oils		Flax Meal
Maqui		Almond		Flax Oil
Monk Fruit	(Pure)	Almond, Marcona		Flax Seed
Mulberry		Almond Butter (Artisana®)		Hazeinut/Filbert
Nectarines		Almond Flavor (natural, gluten free)		Hazeinut Flour
			i —	
Noni		Almond Flour (gluten free)		Hemp Meal
Noni Passion Fr	uit	Almond Flour (gluten free) Almond Meal (gluten free)		Hemp Meal Hemp Protein (Powder)
	uit			
Passion Fr	uit	Almond Meal (gluten free)		Hemp Protein (Powder)
Passion Fr		Almond Meal (gluten free) Almond Oil		Hemp Protein (Powder) Hemp Seed
Passion Fr Peach Pear	n	Almond Meal (gluten free) Almond Oil Annatto Seed		Hemp Protein (Powder) Hemp Seed Lard/Tallow (pork)
Peach Pear Pear Pear, Asian	n	Almond Meal (gluten free) Almond Oil Annatto Seed Avocado Oil		Hemp Protein (Powder) Hemp Seed Lard/Tallow (pork) Macadamia Nut Oil
Peach Pear Pear Pear, Asian Persimmor	n ns	Almond Meal (gluten free) Almond Oil Annatto Seed Avocado Oil Brazil Nut		Hemp Protein (Powder) Hemp Seed Lard/Tallow (pork) Macadamia Nut Oil Macadamia Nuts
Peach Pear Pear Pear, Asian Persimmor Plum Pomegrana Pomelo	n ns	Almond Meal (gluten free) Almond Oil Annatto Seed Avocado Oil Brazil Nut Canola Oil, Non-GMO		Hemp Protein (Powder) Hemp Seed Lard/Tallow (pork) Macadamia Nut Oil Macadamia Nuts MCT Oil
Peach Pear Pear, Asiat Persimmor Plum Pomegrana	n ns	Almond Meal (gluten free) Almond Oil Annatto Seed Avocado Oil Brazil Nut Canola Oil, Non-GMO Caraway Seed		Hemp Protein (Powder) Hemp Seed Lard/Tallow (pork) Macadamia Nut Oil Macadamia Nuts MCT Oil Olive Leaf Extract
Peach Pear Pear Pear, Asia Persimmor Plum Pomegrana Pomelo	n ns	Almond Meal (gluten free) Almond Oil Annatto Seed Avocado Oil Brazil Nut Canola Oil, Non-GMO Caraway Seed Cashew Butter		Hemp Protein (Powder) Hemp Seed Lard/Tallow (pork) Macadamia Nut Oil Macadamia Nuts MCT Oil Olive Leaf Extract Olive Oil, Virgin

Poppy seeds	Celery Powder	Garlic
Sunflower Seed Butter	Celery Seed	Garlic Pepper
Sunflower Seed Flour	Chaparral	Garlic Powder
Sunflower Seed Lecithin	Chervil	Garlic Salt
Sunflower Seed Oil	Chili Powder	Ginger Powder
Sunflower Seeds	Cilantro/Coriander	Ginkgo Biloba
Tahini	Cinnamon	Ginseng (All Types)
Truffle Oil	Cinnamon, Ceylon	Goldenseal
Truffle Oil, Black	Clove Powder	Grapefruit Seed Extract
Vegetable Shortening (Spectrum®)	Cloves, Madagascar	Guarana
Herbs & Spices	Cloves, Penang	Gymnema Silvestre
Allspice	Comfrey	Herbs De Provence
Almond Flavor (natural, gluten free)	Cramp Bark Extract	Hickory
Anise	Cream of Tartar	Himalayan Salt
Astragalus	Cumin	Juniper Berry
Basil	Curcumin	Lavender
Bay Leaf	Curry (must be GF)	Lemon Balm (Melissa Officinalis)
Bell Pepper, Red	Dandelion Root	Lemongrass
Black Cohosh	Dill	Lemon Pepper
Capsicum	Dong Quai	Maca Root
Caraway Seed	Echinacea	Mace Spice
Cardamom	Fennel	Marjoram
Catnip	Fennel Seed	Milk Thistle

All ingredients must be organic

Nanny Mai

Mint	Saffron	Fish & Shellfish
Mustard (as a Powder)	Sage	Bass
Mustard Seeds (gluten free)	Sassafras	Chilean Sea Bass
Nutmeg	Savory	Corvina
Olive Leaf Extract	Saw Plametto	Flounder
Onion	Shallots	Haddock
		Hake
Onion Powder	Spearmint	Halibut
Oregano	St. John's Wort	Herring
Paprika	Sumac	Lox
Paprika (smoked)	Tabasco Sauce	
Parsley	Tarragon	Mackerel
Pau D'arco	Thyme	Mahi Mahi
Pepper, Black (see Garlic/Lemon Pepper)	Tomatillo	Octopus
Garlic/Lemon Pepper) Pepper, Cayenne	Tomatillo Turmeric	Octopus Perch
Garlic/Lemon Pepper)		
Garlic/Lemon Pepper) Pepper, Cayenne	Turmeric	Perch
Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red	Turmeric Uva Ursi	Perch Red Snapper
Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan	Turmeric Uva Ursi Valerian Vanilla Bean	Perch Red Snapper Salmon, wild (fresh)
Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns	Turmeric Uva Ursi Valerian Vanilla Bean Vanilla Powder	Perch Red Snapper Salmon, wild (fresh) Sardines
Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint	Turmeric Uva Ursi Valerian Vanilla Bean Vanilla Powder White Willow Bark Extract	Perch Red Snapper Salmon, wild (fresh) Sardines Sole
Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint Pine Bark Extract	Turmeric Uva Ursi Valerian Vanilla Bean Vanilla Powder White Willow Bark Extract Wintergreen	Perch Red Snapper Salmon, wild (fresh) Sardines Sole Swai
Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint Pine Bark Extract Red Pepper Flake	Turmeric Uva Ursi Valerian Vanilla Bean Vanilla Powder White Willow Bark Extract	Perch Red Snapper Salmon, wild (fresh) Sardines Sole Swai Swordfish Tilapia (Wild, Non-farmed)
Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint Pine Bark Extract	Turmeric Uva Ursi Valerian Vanilla Bean Vanilla Powder White Willow Bark Extract Wintergreen	Perch Red Snapper Salmon, wild (fresh) Sardines Sole Swai Swordfish

Whitefish/Turbot		Venison (see also Deer)		Gluten-Containing Foods
Meat & Poultry		Milk-Containing Foods		No foods in this Category
Applegate® organic black forest		No foods in this Category		Corn-Derived Foods
ham Applegate® organic ham		Non-Dairy & Eggs		No foods in this Category
Applegate® organic hot dogs		Almond Milk, unsweetened (no		Condiments, Spreads & Sauces
Applegate® organic roast beef		tapioca) Coconut Kefir (No Tapioca, Carageenan)		Apple Cider Vinegar (Bragg's®)
Beef, Grass-fed only (organic)		Coconut Milk (Native Forest or Natural Value)		BodyPro Almond Mayo Grade A Maple Syrup
Bison (see also Buffalo)		Egg Whites, Pasture-raised		BodyPro Almond Mayo with Yacon Syrup
Buffalo (see also Bison)		Gluten-Free Grains		Coconut Aminos®
Chicken, free range (organic)		Almond Flour (gluten free)		Coconut Cream
Collagen Protein (Powder)		Amaranth		Coconut Vinegar (Coconut Secret)
Deer (see also Venison)		Coconut Flour (gluten free)		Distilled White Vinegar
Duck		Coconut Meal (gluten free)		Earth Balance® Coconut Spread
Goat, Grass-fed only (organic)		Flax Meal		Harissa
Great Lake's® Beef Gelatin		Glucomannon Flour		Horseradish Mustard, Gluten-free (Annie's®)
Lamb		(konjacfoods.com) Hazelnut Flour		Ketchup (Organicville)
Ostrich		Hemp Meal		Liquid Smoke gluten free (natural)
Pheasant		Hemp Protein (Powder)		Mustard, Brown (Eden® gf mustard)
Pork, (organic)	П	Hemp Seed		Olives (without vinegar)
Quail		Konjac Glucomannon Flour		Red Tomato Paste (gluten free)
Rabbit		Sunflower Seed Flour		Sauerkraut (Bubbies® Brand only)
Turkey (organic)				Tabasco Sauce
				Tomato Paste (gluten & Vinegar-free)
Veal (organic)				Vinegar-free)

	Tomato Sauce (gluten & Vinegar-free)	ı	Beverages & Protein Powders		Water
	Ume Plum Vinegar		Almond Milk, unsweetened (no tapioca)		Yerba Matte Tea (Organic/Pure)
	Vegetable Shortening (Spectrum®)		Bone Broth Protein, Beef		Zevia Drinks
	Vinegar, Distilled		Coconut Kefir (No Tapioca, Carageenan)		Miscellaneous
	Sweeteners		Coconut Milk (Native Forest or Natural Value)		Baking Soda (Arm & Hammer®)
	Agave Nectar		Coconut Water (low sugar)		Bone Broth, Beef
	BodyPro Almond Mayo Grade A Maple Syrup		Collagen Protein (Powder)		Cacao (Raw, Pure, & Unsweetened)
	Coconut Palm Sugar		Echinacea Tea		Collagen Protein (Powder)
	Coconut Sugar		Great Lake's® Beef Gelatin		Great Lake's® Beef Gelatin
	Honey, (Organic)		Green Tea		Latex
	Honey, Manuka		Hemp Protein (Powder)		Lycopene
	Honey, Wildflower from Mahava®		Lemon Juice		Red Tomato Paste (gluten free)
	Jerusalem Artichoke Syrup		Lime Juice		Silver
	Lo Han		Mineral Water		Tobacco
	Maple Sugar		Sparkling Water, unflavored		Yeast, Baker's
	Maple Syrup (Grade A Dark Amber Organic)		Tea, Black		Yeast, Brewer's
	Monk Fruit (Pure)		Tea, Chamomile		Yeast, Nutritional
	Monk Fruit Extract		Tea, Chicory Root		Snacks
	Rebiana Leaf (Stevia)		Tea, Green		Dates
	Sweetleaf® Stevia		Tea, Hibiscus		
	Xyla (Birchwood Xylitol)		Tea, Oolong		
	Yacon Syrup		Tea, Roobios		
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Nanny Mai 11/20/2017

Food Additives
Annatto Coloring
Chicory Root
Inulin
Palm Wax
Tricalcium Phosphate
Vegan Enzyme
Vegan Natural Flavors (no MSG)
new food cat
alpha
bravo
charlie
food name