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

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

Squash, Winter	Watercress	Cranberry Juice
Squash, Yellow	Wheat Grass (Is Gluten-contaminated)	Currant
Sugar Beet	Yams, Garnett	Dates
Sweet Potato, Red	Yams, Japanese	Dragon Fruit (Pitaya)
Sweet Potatoes, White	Yucca	Dried Fruit
Swiss Chard	Zucchini	Elderberry
Tomatillo		Fig
Tomato	Fruits	Goji Berry
Tomato Paste (gluten & Vinegar-free)	Acai	Golden Berry
Tomato Sauce (gluten & Vinegar-free)	Apple (all types)	Gooseberry
Tomato, Cherry	Apple Cider	Grape
Tomato, Heirloom	Apple Juice	Grape, Green
Tomato, Orange	Apple Sauce	Grape, Purple
Tomato, Red	Applegate® organic chicken/apple sausage	Grape, Red
Tomato, Roma	Bilberry	Grape, White
Tomato, Sun-dried	Blackberry	Grapefruit
Tomato, Yellow	Blueberry	Grapefruit Juice
Tomatoes, Big Beef	Boysenberry	Guava
Truffle	Cantaloupe	Huckleberry
Turnip Greens	Cherry	Jack fruit
Turnips	Clementine	Kiwi
Water Chestnut	Cranberry	Kumquat

Lemon	Peach	Nuts, Seeds, Drupes & Oils
Lemon Juice	Pear	Almond
Lemon Rind/Peel	Pear, Asian	Almond Butter (Artisana®)
Lime	Persimmons	Almond Flavor (natural, gluten free)
Lime Juice	Pineapple	Almond Flour (gluten free)
Litchi (aka Lychee)	Plantain	Almond Meal (gluten free)
Loganberry	Plum	Almond, Marcona
Loquat	Pomegranate	Annatto Seed
Mango	Pomelo	Brazil Nut
Mangosteen	Prune	Canola/Rapeseed Oil
Maqui	Quince	Caraway Seed
Melon, Honeydew	Raisin (unsulfured, organic)	Cashew Butter
Monk Fruit (Pure)	Raspberry	Cashew Meal
Mulberry	Star Fruit	Cashews
Nectarines	Strawberry	Chestnut
Noni	Tamarind	Chia Seed (1/4 cup, max)
Orange	Tangelo	Coconut Butter
Orange Juice	Tangerine	Coconut Oil
Orange Peel/Rind	Watermelon	Coconut, shredded (raw, unsweetened)
Orange, Blood	Wolfberry	Cola Nut (aka Kola Nut)
Papaya	Youngberry	Corn Oil
Passion Fruit		Cottonseed/Cottonseed Oil

	Flax Meal		Psyllium Husk		Walnuts, Black
	Flax Oil		Pumpkin Oil		
	Flax Seed		Pumpkin Seed Oil		Fish & Shellfish
	Grapeseed Oil, Organic		Pumpkin Seeds		Anchovy
	Hazelnut Flour		Ramon Seeds		Bass
	Hazelnut/Filbert		Rice, Wild (Lundberg $\hat{A} \circledast$ - not the blend)		Catfish
	Hemp Meal		Sacha Inchi Seeds		Chilean Sea Bass
	Hemp Protein (Powder)		Safflower/Safflower Seed Oil		Clam
	Hemp Seed		Sesame Seed Oil		Cod/ Cod Liver Oil
	Hydrogenated Oils		Sesame Seeds		Corvina
	Macadamia Nut Oil		Sesame Seeds, Black		Crab
	Macadamia Nuts		Sunflower Seed Butter		Crab, Immitation
	Olive Leaf Extract		Sunflower Seed Lecithin		Crayfish
	Olive Oil, Virgin		Sunflower Seed Oil		Flounder
	Palm Kernel Oil		Sunflower Seeds		Haddock
	Pecan Flour		Tahini		Hake
	Pecans		Tea, Ramon		Halibut
	Pepitas		Tiger Nuts		Herring
	Pili Nuts		Vegetable Oil		Lobster
	Pine Nut		Vegetable Shortening (Spectrum®)		Mackerel
	Pistachios		Walnut Oil		Mahi Mahi
П	Poppy seeds	П	Walnuts	П	Mussel

Octopus	Meat & Poultry	Deer (see also Venison)
Orange Roughy	Applegate® organic andouille sausage	Duck
Oyster	Applegate® organic bacon	Goat, Grass-fed only (organic)
Perch	Applegate® organic black forest ham	Great Lake's® Beef Gelatin
Red Snapper	Applegate® organic chicken	Lamb
Salmon, wild (fresh)	Applegate® organic chicken/apple sausage	Lard (pork)
Sardines	Applegate® organic ham	Ostrich
Scallop	Applegate® organic herb roasted turkey	Pheasant
Shrimp	Applegate® organic hot dogs	Pork, (organic)
Sole	Applegate® organic red pepper sausage	Quail
Squid	Applegate® organic roast beef	Rabbit
Swai	Applegate® organic sausage sweet italian	Turkey (organic)
Swordfish	Applegate® organic smoked chicken breast	Veal (organic)
Tilapia (Wild, Non-farmed)	Applegate® organic smoked turkey breast	Venison (see also Deer)
Trout	Applegate® organic turkey	
Tuna	Applegate® organic turkey bacon	Non-Dairy & Eggs
Walleye Pike	Beef, Grass-fed only (organic)	Almond Milk, unsweetened (no tapioca)
Whitefish/Turbot	Bison (see also Buffalo)	Almond Yogurt, unsweetened
	Buffalo (see also Bison)	BodyPro Avocado Oil Mayonnaise
	Chicken Broth (Imagine® gf/low sodium)	Cheese, Daiya (Coconut,Tapioca,yeast,Â)
	Chicken, free range (organic)	Cheese, Soy (Organic) (see Soy)
	Collagen Protein (Powder)	Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)	Earth Balance® Coconut Spread	Vinegar, White
Egg, Pasture-raised (from a farmer)	Harissa	Vinegar, White Wine
Egg, Vital Farms® or Pasture Verde®	Horseradish Sauce, Gluten-free (Annie's®)	Worcestershire Sauce (The Wizard's® GF)
Egg, Whites, Pasture-raised	Hummus	
Egg, Yolks Pasture-raised	Ketchup (Organicville)	Sweeteners
Milk, Soy (Organic)	Liquid Smoke (can have gluten)	Agave Nectar
Paleo Cheese (Julianbakery.com or	Liquid Smoke gluten free (natural)	Aspartame
	Mayonnaise	BodyPro Almond Mayo Grade A Maple Syrup
Condiments	Mayonnaise, Primal Kitchen Avocado Oil	Brown Rice Syrup (contains MSG/Gluten)
Apple Cider Vinegar (Bragg's®)	Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Cane Syrup
Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Mustard, Brown (Eden® gf mustard)	Chocolate, Dark
Balsamic Vinegar (with Red Wine Vinegar)	Sauerkraut (Bubbies® Brand only)	Coconut Palm Sugar
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Sriracha Sauce Organicville gluten-free	Coconut Sugar
Barbeque Sauce, GF Annie's® Sweet & Spicy	Tabasco Sauce	Date Sugar
BodyPro Almond Mayo Grade A Maple Syrup	Ume Plum Vinegar	Erythritol (non-GMO)
BodyPro Almond Mayo with Yacon Syrup	Veganaise Soy-free (Follow Your Heart®)	Fructose
BodyPro Avocado Oil Mayonnaise	Vinegar	Fruit Pectin
Carob	Vinegar, Beet	Honey, (Organic)
Coconut Vinegar (Coconut Secret)	Vinegar, Distilled	Honey, Manuka
Dressing, Primal Kitchen Greek Avocado Oil	Vinegar, Malt	Honey, Wildflower from Mahava®
Dressing, Primal Kitchen Honey Mustard	Vinegar, Red Wine	Jerusalem Artichoke Syrup
Earth Balance® Avocado Oil Butter Spread	Vinegar, Rice	Just Like Sugar®

Lo Han	Xylitol	Cinnamon, Ceylon
Maltitol	Yacon Syrup	Cloves
Maltodextrin (Barley-derived)		Cloves, Madagascar
Maltodextrin (Corn-based, non-GMO)	Herbs & Spices	Cloves, Penang
Maltodextrin (Tapioca-based)	Allspice	Cramp Bark Extract
Maple Sugar	Almond Flavor (natural, gluten free)	Cream of Tartar
Maple Syrup (Grade A Dark Amber Organic)	Anise	Cumin
Molasses	Applegate® organic chicken/apple sausage	Curcumin
Monk Fruit (Pure)	Ashwaganda	Curry (must be GF)
Monk Fruit Extract	Astragalus	Dandelion Root
Nutrasweet®	Basil	Dill
Rebiana Leaf (Stevia)	Bay Leaf	Dong Quai
Sorbitol	Black Cohosh	Echinacea
Splenda	Caramel Coloring	Fennel
Sucanat	Caraway Seed	Garlic
Sucralose	Cardamom	Garlic Pepper
Sugar Beet	Celery Powder	Garlic Powder
Sugar Cane	Chicory Root	Garlic Salt
Sweetleaf® Stevia	Chili Powder	Ginger
Swerve® Sweetener	Chipotle Seasoning	Ginkgo Biloba
Tapioca Dextrose	Cilantro/Coriander	Ginseng (All Types)
Xyla (Birchwood Xylitol)	Cinnamon	Goldenseal

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

Wormwood	Coffee Bean, Organic	Gluten-Free Grains
	Edamame (must be organic)	Almond Flour (gluten free)
Milk-Containing Foods	Fava Bean	Amaranth
	Fava Bean Flour	Arrowroot Flour/powder
Legumes & Pulses	Garbanzo Bean	Basmati Rice (gluten free)
Bean, Azuki	Garbanzo Flour	Buckwheat
Bean, Black	Kidney Bean	Buckwheat Flour
Bean, Butter	Lentil(s)	Chicory Root
Bean, Cannellini	Miso	Coconut Flour (gluten free)
Bean, Chana Dahl	Pea, Snap	Coconut Meal (gluten free)
Bean, Chili	Pea, Snow	Corn (Gluten-free & Non-GMO)
Bean, Green	Pea, Split	Corn Meal (gluten free)
Bean, Italian	Peanut (Organic, Valencia)	Corn Starch (gluten free)
Bean, Kidney	Peanut Butter (Organic, Maranatha®)	Corn, Blue
Bean, Lima	Peanut Oil (Organic)	Corn, White
Bean, Mung	Red Bean Paste	Ener-G Brown Rice Yeast-Free Bread
Bean, Navy	Soy Beans (must be organic)	Fava Bean Flour
Bean, Ninja	Soy Beans Oil (must be organic)	Flax Meal
Bean, Pinto/Frijole	Vanilla Bean	Garbanzo Flour
Bean, Red	Vanilla Powder	Glucomannon Flour (konjacfoods.com)
Bean, White		Hazelnut Flour
Chickpea (see also Garbanzo		Hemp Meal

Hemp Protein (Powder)	Rice, Wild (LundbergA® - not the blend)	Bran
Hemp Seed	Simple Mills - Everything Sprouted Seed Cracker	Bread
Konjac Glucomannon Flour	Simple Mills Ground Sea Salt Almond Crackers	Brown Rice Syrup (contains MSG/Gluten)
Millet	Simple Mills Rosemary & Sea Salt Crackers	Caramel Coloring
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Tomato & Basil Almond Crackers	Chewing Gum (has gluten and corn)
Oats (Certified GF)	Sorghum	Coffee, Instant (has gluten)
Potato Flour (gluten free)	Sweet Potato Flour (gluten free)	Couscous
Potato Starch (gluten free)	Tapioca	Crab, Immitation
ProGranola (Julian Bakery)	Tapioca Flour (gluten free)	Durum Wheat
Quinoa (gluten free)	Tapioca Starch (gluten free)	Farro
Quinoa, Black (gluten free)	Teff	Gluten
Quinoa, Red (gluten free)	Tolerant Green Lentil & Pea Pasta	Graham (wheat)
Rice Bran	Tolerant Red or Green Lentil Pasta	Kamut
Rice Flour (gluten free)	Tortilla, Siete Almond	Liquid Smoke (can have gluten)
Rice Protein Powder (gluten free)	Tortilla, Siete Cassava & Coconut	Malt
Rice, Basmati (gluten free)	Tortilla, Siete Chia & Cassava	Maltitol
Rice, Black (gluten free)		Maltodextrin (Barley-derived)
Rice, Brown (gluten free)	Gluten-Containing Foods	Modified Food Starch
Rice, Japonica (gluten free)	Barley	Oat Grass (Not For Gluten Sensitive)
Rice, Purple (gluten free)	Barley Greens (may contain gluten)	Oats
Rice, Red (gluten free)	Barley Juice (may contain gluten)	Oats, GF (not Certified) can have gluten
Rice, White (gluten free)	Beer	Orzo

Panko	Corn Meal (gluten free)	Coconut Kefir (No Tapioca, Carageenan)
Polish Wheat	Corn Oil	Coconut Milk(Native Forest or Natural Value)
Rye	Corn Starch (gluten free)	Coconut Water (low sugar)
Semolina	Corn, Blue	Coffee
Soy Sauce	Corn, White	Coffee Bean, Organic
Spelt	Erythritol (non-GMO)	Coffee, Instant (has gluten)
Teechino	Fructose	Collagen Protein (Powder)
Teriyaki Sauce	GemWraps®, Sandwich Wrap (Carrot)	Echinacea Tea
Triticale	Maltitol	Grapefruit Juice
Vinegar	Maltodextrin (Corn-based, non-GMO)	Great Lake's® Beef Gelatin
Vinegar, Malt	Modified Food Starch	Green Tea
Vinegar, White	Sriracha Sauce Organicville gluten-free	Hemp Protein (Powder)
Wheat (All Types)	Swerve® Sweetener	Komboucha Tea
Wheat Grass (Is Gluten-contaminated)	Vegetable Oil	Lemon Juice
	Xanthan Gum	Licorice Tea
Corn-Derived Foods		Lime Juice
Barbeque Sauce, GF Annie's® Sweet & Spicy	Beverages & Protein Powders	Milk, Soy (Organic)
Cheese, Daiya (Coconut,Tapioca,yeast,Â)	Almond Milk, unsweetened (no tapioca)	Mineral Water
Cheese, Soy (Organic) (see Soy)	Apple Juice	Orange Juice
Chewing Gum (has gluten and corn)	Beer	Pea Protein
Corn (Gluten-free & Non-GMO)	Bone Broth Protein, Beef	Rice Protein Powder (gluten free)
Corn Gluten	Carrot Juice	Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)	Miscellaneous	Garam Masala
Sparkling Water, unflavored	Acacia Gum	GemWraps®, Sandwich Wrap (Carrot)
Tea, Black	Agar Gum	GemWraps®, Sandwich Wrap (Kale-Apple)
Tea, Chamomile	Antimony	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Tea, Green	Arabic Gum	GemWraps®, Sandwich Wrap (Tomato)
Tea, Hibiscus	Baking Powder	Glucomannon Flour (konjacfoods.com)
Tea, Komboucha	Baking Soda (Arm & Hammer®)	Great Lake's® Beef Gelatin
Tea, Oolong	Banana	Guar Gum
Tea, Ramon	Beef broth (Imagine® low sodium/GF)	Hops
Tea, Roobios	Blue Food Dye	Inulin
Tea, Unflavored	Bone Broth, Beef	Julian Bakery Almond Bread
Tea, White	Carrageenan Gum	Julian Bakery Coconut Bread
Teechino	Chewing Gum (has gluten and corn)	Julian Bakery Paleo Wraps
Water	Chewing Gum, Xylichew®	Konjac Glucomannon Flour
Wine, Red	Chicken Broth (Imagine® gf/low sodium)	Lard (pork)
Wine, White (Champagne)	Chicory Root	Latex
Yerba Matte Tea (Organic/Pure)	Cocoa Butter	Liquid Aminos (Braggs®)(has Soy)
Zevia Drinks	Cocoa/Cacao (raw, pure, & unsweetened)	Locust Bean Gum
	Coconut Aminos®	Lycopene
	Coconut Cream	Malt
	Collagen Protein (Powder)	Maltodextrin (Barley-derived)
	Formaldehyde	Modified Food Starch

Casein Free 09/11/2017

	Modified Food Starch (Tapioca-based)		Xanthan Gum		
	Palm Wax		Yeast, Baker's		
	Pycnogenol		Yeast, Brewer's		
	Red Chili Paste Thai Kitchen® (gluten free)		Yeast, Nutritional		
	Red Food Dye				
	Red Tomato Paste (gluten free)		Snacks		
	Resveratrol		Apple Sauce		
	Rice Starch (if certified gluten free)		Dates		
	Sherry Vinegar		Simple Mills Chocolate Chip Cookies		
	Silver				
	Skinny Crisps® (Plain Jane)				
	Tamari (Wheat Free)				
	Tofu (Organic)				
	Tomato Paste (gluten & Vinegar-free)				
	Tomato Sauce (gluten & Vinegar-free)				
	Tragacanth Gum				
	Vegetable broth (Imagine® Low Sodium)				
	Vegetable Oil				
	Vegetable Shortening (Spectrum®)				
	Vinegar, Red Wine				
	Vinegar, Rice				
П	Vinegar, White Wine				