

Beverages & Protein Powders

Almond Milk, unsweetened (no tapioca)

Apple Juice

Beer

Carrot Juice

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)

Coconut Water (low sugar)

Coffee

Coffee, Instant (has gluten)

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lemon Juice

Licorice Tea

Lime Juice

Milk, Cow

Milk, Goat

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, Green**Tea, Oolong**

Tea, Ramon

Tea, Roobios

Tea, unflavored/caffeine-free only**Tea, White**

Teechino

Water

Wine, Red**Wine, White (Champagne)**

Yerba Matte Tea (Organic/Pure)

Coffee Bean, Organic

Condiments

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar MiaBella
NoCaramel/WineVinegar)**Balsamic Vinegar (with Red Wine Vinegar)****Balsamic Vinegar (Caramel/Red W. Vinegar)**Barbeque Sauce, GF Annie's®
Sweet & Spicy

Carob

Coconut Vinegar (Coconut Secret)

Earth Balance® Coconut Spread

Earth Balance® Avocado Oil Butter Spread

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

Hummus

Ketchup (Organicville)

Mayonnaise

Mustard, Brown (Eden® gf mustard)

Sauerkraut (Bubbies® Brand only)**Ume Plum Vinegar**

Veganise Soy-free (Follow Your Heart®)

Vinegar**Vinegar, Distilled****Vinegar, Malt****Vinegar, Red Wine**

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|---|---|----------------------|
| Vinegar, Rice | Corn, White | Corvina |
| Vinegar, White | Corn Gluten | Crab |
| Vinegar, White Wine | Corn Meal (gluten free) | Crayfish |
| Worcestershire Sauce (The Wizard's® GF) | Corn Oil | Flounder |
| Sriracha Sauce Organicville gluten-free | Corn Starch (gluten free) | Haddock |
| Tabasco Sauce | Erythritol (non-GMO) | Hake |
| Dressing, Primal Kitchen Greek Avocado Oil | Fructose | Halibut |
| Dressing, Primal Kitchen Honey Mustard | GemWraps®, Sandwich Wrap (Carrot) | Herring |
| Mayonnaise, Primal Kitchen Avocado Oil | Maltodextrin (Corn-based, non-GMO) | Lobster |
| Mayonnaise, Primal Kitchen Chipotle Avocado Oil | Swerve® Xylitol | Mackerel |
| BodyPro Almond Mayo Grade B Maple Syrup | Vegetable Oil | Mahi Mahi |
| BodyPro Almond Mayo with Yacon Syrup | Xanthan Gum | Mussel |
| BodyPro Avocado Oil Mayonnaise | Yogurt (See Xanthan Gum) | Orange Roughy |
| | Sriracha Sauce Organicville gluten-free | Oyster |
| Corn-Derived Foods | | Perch |
| Barbeque Sauce, GF Annie's® Sweet & Spicy | Fish & Shellfish | Red Snapper |
| Cheese, Cream | Anchovy | Salmon, wild (fresh) |
| Cheese, Daiya (Coconut, Tapioca, yeast, &....) | Bass | Sardines |
| Cheese, Soy (Organic) (see Soy) | Catfish | Scallop |
| Chewing Gum (has gluten and corn) | Chilean Sea Bass | Shrimp |
| Corn (Gluten-free & Non-GMO) | Clam | Sole |
| Corn, Blue | Cod/ Cod Liver Oil | Squid |

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|----------------------|-----------------------|---------------------|
| Swai | Cranberry Juice | Lemon Juice |
| Swordfish | Currant | Lemon Rind/Peel |
| Tilapia (Non-farmed) | Date(s) | Lime |
| Trout | Dragon Fruit (Pitaya) | Lime Juice |
| Tuna | Dried Fruit | Litchi (aka Lychee) |
| Walleye Pike | Elderberry | Loganberry |
| Whitefish/Turbot | Fig | Loquat |
| Crab, Immitation | Golden Berry | Mango |
| | Gooseberry | Mangosteen |
| Fruits | Grape | Maqui |
| Acai | Grape, Green | Melon, Honeydew |
| Apple (all types) | Grape, Purple | Monk Fruit |
| Apple Cider | Grape, Red | Mulberry |
| Apple Juice | Grape, White | Nectarines |
| Bilberry | Grapefruit | Noni |
| Blackberry | Grapefruit Juice | Orange |
| Blueberry | Guava | Orange, Blood |
| Boysenberry | Huckleberry | Orange Juice |
| Cantaloupe | Jack fruit | Orange Peel/Rind |
| Cherry | Kiwi | Papaya |
| Clementine | Kumquat | Passion Fruit |
| Cranberry | Lemon | Peach |

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| Pear | Goji Berry | Malt |
| Pear, Asian | Apple Sauce | Maltodextrin (Can be Wheat-derived) |
| Persimmons | | Oats |
| Pineapple | Gluten-Containing Foods | Orzo |
| Plantain | Barley | Panko |
| Plum | Barley Greens (Not for Gluten-Sensitive) | Polish Wheat |
| Pomegranate | Barley Juice (Not for Gluten-Sensitive) | Rye |
| Pomelo | Beer | Semolina |
| Prune | Bran | Soy Sauce |
| Quince | Bread | Spelt |
| Raisin (unsulfured, organic) | Brown Rice Syrup (contains MSG/Gluten) | Teechino |
| Raspberry | Caramel Coloring | Teriyaki Sauce |
| Star Fruit | Cheese, Bleu | Triticale |
| Strawberry | Chewing Gum (has gluten and corn) | Vinegar |
| Tamarind | Coffee, Instant (has gluten) | Vinegar, Malt |
| Tangelo | Couscous | Vinegar, White |
| Tangerine | Durum Wheat | Wheat (All Types) |
| Watermelon | Farro | Wheat Grass (Is Gluten-contaminated) |
| Wolfberry | Gluten | Crab, Immitation |
| Youngberry | Graham (wheat) | |
| Banana | Kamut | |
| Apricot | Liquid Smoke (can have gluten) | |

| Gluten-Free Grains | | |
|-------------------------------------|--|---|
| Almond Flour (gluten free) | Millet | Simple Mills Tomato & Basil Almond Crackers |
| Amaranth | Oats | Sorghum |
| Basmati Rice (gluten free) | Oats (Bob's Red Mill Gluten Free Version) | Sweet Potato Flour (gluten free) |
| Buckwheat | Oat Grass (Not For Gluten Sensitive) | Tapioca |
| Buckwheat Flour | Potato Flour (gluten free) | Tapioca Flour (gluten free) |
| Chicory Root | Potato Starch (gluten free) | Tapioca Starch (gluten free) |
| Coconut Meal (gluten free) | Quinoa (gluten free) | Teff |
| Corn (Gluten-free & Non-GMO) | Quinoa, Black (gluten free) | Tolerant Green Lentil & Pea Pasta |
| Corn, Blue | Quinoa, Red (gluten free) | Tolerant Red or Green Lentil Pasta |
| Corn, White | Rice, Basmati (gluten free) | Tortilla, Siete Almond |
| Corn Starch (gluten free) | Rice, Black (gluten free) | Tortilla, Siete Cassava & Coconut |
| Ener-G Brown Rice Yeast-Free Bread | Rice, Brown (gluten free) | Tortilla, Siete Chia & Cassava |
| Fava Bean Flour | Rice, Japonica (gluten free) | Simple Mills Everything Sprouted Seed Cracker |
| Flax Meal | Rice, Purple (gluten free) | Corn Meal (gluten free) |
| Garbanzo Flour | Rice, Red (gluten free) | Coconut Flour (gluten free) |
| Glucomannon Flour (konjacfoods.com) | Rice, White (gluten free) | Arrowroot Flour/powder |
| Hazelnut Flour | Rice, Wild (Lundberg® - not the blend) | |
| Hemp Meal | Rice Bran | |
| Hemp Protein (Powder) | Rice Flour (gluten free) | |
| Hemp Seed | Rice Protein Powder (gluten free) | |
| Konjac Glucomannon Flour | Simple Mills Grnd Sea Salt Almond Crackers | |
| | Simple Mills Rosemary & Sea Salt Crackers | |

Herbs & Spices

Allspice

Almond Flavor natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Black Cohosh

Caramel Coloring

Caraway Seed

Cardamom

Celery Powder

Chicory Root

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon

Cloves

Cloves, Madagascar

Cloves, Penang

Cramp Bark Extract

Cream of Tartar

Cumin

Curcumin

Curry (must be GF)

Dandelion Root

Dill

Dong Quai

Echinacea

Fennel

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Ginger

Ginkgo Biloba

Ginseng (All Types)

Goldenseal

Grapefruit Seed Extract

Grapeseed Extract

Guarana

Gymnema Silvestre

Herbs De Provence

Hickory

Himalayan Salt

Jamaican Jerk

Juniper Berry

Lavender

Lemon Balm (Melissa Officinalis)

Lemon Pepper

Lemongrass

Licorice Root

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Maca Root

Mace Spice

Marjoram

Mesquite

Milk Thistle

Mint

Mustard (as a Powder)

Mustard Seeds (gluten free)

Nutmeg

Olive Leaf Extract

Legumes & Pulses

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|--|--------------------------------|-----------------------------------|
| Orange Peel/Rind | Tarragon | Bean, Azuki |
| Orange Salt | Thyme | Bean, Black |
| Oregano | Tomatillo | Bean, Butter |
| Parsley | Turmeric | Bean, Cannellini |
| Pepper, Black (see Garlic/Lemon Pepper) | Uva Ursi | Bean, Chana Dahl |
| Pepper, Cayenne | Valerian | Bean, Chili |
| Pepper/Peppercorns | Vanilla (gluten and corn-free) | Bean, Green |
| Pepper, Red | Vanilla Bean | Bean, Italian |
| Peppermint | Vanilla Powder | Bean, Kidney |
| Pine Bark Extract | White Willow Bark Extract | Bean, Lima |
| Red Chili Paste Thai Kitchen® (gluten free) | Wintergreen | Bean, Mung |
| Red Pepper Flake | Rose Hips | Bean, Navy/Ninja |
| Rosemary | Pepper, Sichuan | Bean, Pinto/Frijole |
| Saffron | Pepper, Szechuan | Bean, Red (see also Bean, Kidney) |
| Sage | Onion Powder | Chickpea (see also Garbanzo Bean) |
| Saw Plametto | Onion | Edamame (must be organic) |
| Sesame Seeds | Shallots | Fava Bean |
| Sesame Seeds, Black | Paprika (smoked) | Fava Bean Flour |
| Spearmint | Paprika | Garbanzo Bean |
| St. John's Wort | | Garbanzo Flour |
| Taco Seasoning | | Lentil(s) |
| Tamari (Wheat Free) | | |

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| Miso | Applegate® organic roast beef | Pork, (organic) |
| Pea, Snap | Applegate® organic andouille sausage | Quail |
| Pea, Snow | Applegate® organic chicken/apple sausage | Rabbit |
| Pea, Split | Applegate® organic red pepper sausage | Turkey (organic) |
| Peanut (Organic, Valencia) | Applegate® organic spinach & feta sausage | Veal (organic) |
| Peanut Butter (Organic, Maranatha®) | Applegate® organic sausage sweet italian | Venison (see also Deer) |
| Peanut Oil (Organic) | Applegate® organic smoked chicken breast | |
| Red Bean Paste | Applegate® organic smoked turkey breast | Milk-Containing Foods |
| Soy Beans (must be organic) | Applegate® organic turkey | Applegate® organic spinach & feta sausage |
| Soy Beans Oil (must be organic) | Applegate® organic turkey bacon | Butter, Raw and Pasture-raised |
| Vanilla Bean | Beef, Grass-fed only (organic) | Buttermilk |
| Vanilla Powder | Bison (see also Buffalo) | Casein |
| White Beans | Buffalo (see also Bison) | Cheese, American |
| Coffee Bean, Organic | Chicken Broth (Imagine® gf/low sodium) | Cheese, Asiago |
| | Chicken, free range (organic) | Cheese, Bleu |
| Meat & Poultry | Deer (see also Venison) | Cheese, Brie |
| Applegate® organic bacon | Duck | Cheese, Cheddar (Raw) |
| Applegate® organic black forest ham | Goat, Grass-fed only (organic) | Cheese, Cottage |
| Applegate® organic chicken | Lamb (organic) | Cheese, Cream |
| Applegate® organic ham | Lard (pork) | Cheese, Goat |
| Applegate® organic herb roasted turkey | Ostrich | Cheese, Gorgonzola |
| Applegate® organic hot dogs | Pheasant | Cheese, Gouda |

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| Cheese, Havarti | Milk Chocolate | Coconut Aminos® |
| Cheese, Machego | Milk, Cow | Coconut Cream |
| Cheese, Mascapone | Milk, Goat | Collagen Protein (Powder) |
| Cheese, Mozzarella (Raw) | Milk, Sheep | Garam Masala |
| Cheese, Muenster | Mozzarella Cheese | GemWraps®, Sandwich Wrap (Carrot) |
| Cheese, Parmesan | Sour Cream, Raw and Unpasteurized | GemWraps®, Sandwich Wrap (Kale-Apple) |
| Cheese, Pecorino | Whey | GemWraps®, Sandwich Wrap (Mango/Chi.) |
| Cheese, Raw and Pasture-raised | Yogurt (See Xanthan Gum) | GemWraps®, Sandwich Wrap (Tomato) |
| Cheese, Ricotta | Cheese, Feta | Glucomannon Flour (konjacfoods.com) |
| Cheese, Romano | Miscellaneous | Great Lake's® Beef Gelatin |
| Cheese, Provolone | | Guar Gum |
| Cheese, Sheep | Antimony | Hops |
| Cheese, String (Mozzarella) | Arabic Gum | Julian Bakery Paleo Wraps |
| Cheese, Swiss | Baking Powder | Julian Bakery Almond Bread |
| Chocolate, Milk | Baking Soda (Arm & Hammer®) | Julian Bakery Coconut Bread |
| Chocolate, White | Beef broth (Imagine® low sodium/GF) | Konjac Glucomannon Flour |
| Cream, Raw and Unpasteurized | Carrageenan Gum | Lard (pork) |
| Ghee (Pasture-Raised, Organic) | Chewing Gum (has gluten and corn) | Liquid Aminos (Braggs®)(has Soy) |
| Goat Cheese | Chewing Gum, Xyl chew® | Locust Bean Gum |
| Goat Kefir | Chicken Broth (Imagine® gf/low sodium) | Lycopene |
| Kefir, Raw | Chicory Root | Malt |
| Lactoalbumin | Cocoa/Cacao (raw, pure, & unsweetened) | Maltodextrin (Can be Wheat-derived) |

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| Palm Wax | Formaldehyde | Nuts, Seeds, Drupes & Oils |
| Pycnogenol | Acacia Gum | Almond |
| Red Chili Paste Thai Kitchen® (gluten free) | Tragacanth Gum | Almond Butter (Artisana®) |
| Red Tomato Paste (gluten free) | Blue Food Dye | Almond Flavor natural, gluten free) |
| Resveratrol | Skinny Crisps®(Plain Jane) | Almond Flour (gluten free) |
| Sherry Vinegar | Red Food Dye | Almond Meal (gluten free) |
| Silver | Cocoa Butter | Almond, Marcona |
| Tamari (Wheat Free) | Agar Gum | Annatto Seed |
| Tofu (Organic) | | Brazil Nut |
| Tomato Paste (gluten & Vinegar-free) | Non-Dairy & Eggs | Canola/Rapeseed Oil |
| Tomato Sauce (gluten & Vinegar-free) | Almond Milk, unsweetened (no tapioca) | Caraway Seed |
| Vegetable broth (Imagine® Low Sodium) | Almond Yogurt, unsweetened | Cashews |
| Vegetable Oil | Cheese, Daiya (Coconut, Tapioca, yeast, &....) | Cashew Butter |
| Vegetable Shortening (Spectrum®) | Cheese, Soy (Organic) (see Soy) | Cashew Meal |
| Vinegar, Red Wine | Coconut Kefir (No Tapioca, Carageenan) | Chestnut |
| Vinegar, Rice | Coconut Milk(Native Forest or Natural Value) | Chia Seed (1/4 cup, max) |
| Vinegar, White Wine | Egg, Pasture-raised (from a farmer) | Coconut Butter |
| Xanthan Gum | Egg, Vital Farms® or Pasture Verde® | Coconut Oil |
| Yeast, Baker's | Egg, Whites, Pasture-raised | Coconut, shredded (raw, unsweetened) |
| Yeast, Brewer's | Egg, Yolks Pasture-raised | Cola Nut (aka Kola Nut) |
| Yeast, Nutritional | Milk, Soy (Organic) | Corn Oil |
| Latex | BodyPro Avocado Oil Mayonnaise | Cottonseed/Cottonseed Oil |

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| Flax Meal | Psyllium Husk | Walnut, Black (few) |
| Flax Oil | Pumpkin Oil | |
| Flax Seed | Pumpkin Seed Oil | Snacks |
| Grapeseed Oil, Organic | Pumpkin Seeds | Date(s) |
| Hazelnut Flour | Ramon Seeds | Simple Mills Chocolate Chip Cookies |
| Hazelnut/Filbert | Rice, Wild (Lundberg® - not the blend) | Apple Sauce |
| Hemp Meal | Safflower/Safflower Seed Oil | |
| Hemp Protein (Powder) | Sacha Inchi Seeds | Sweeteners |
| Hemp Seed | Sesame Seed Oil | Aspartame/Nutrasweet |
| Hydrogenated Oils | Sesame Seeds | Brown Rice Syrup (contains MSG/Gluten) |
| Macadamia Nut Oil | Sesame Seeds, Black | Chocolate, Dark |
| Macadamia Nuts | Sunflower Seed Butter | Chocolate, Milk |
| Olive Leaf Extract | Sunflower Seed Lecithin | Chocolate, White |
| Olive Oil, Virgin | Sunflower Seed Oil | Coconut Palm Sugar |
| Palm Kernel Oil | Sunflower Seeds | Date Sugar |
| Pecan | Tahini | Erythritol (non-GMO) |
| Pecan Flour | Tea, Ramon | Fructose |
| Pepitas | Tiger Nuts | Fruit Pectin |
| Pili Nuts | Vegetable Oil | Honey, (Organic) |
| Pine Nut | Vegetable Shortening (Spectrum®) | Honey, Manuka |
| Pistachios | Walnut (few) | Honey, Wildflower from Mahava® |
| Poppy seeds | Walnut Oil | Just Like Sugar® |

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| Lo Han | Vegetables | Cabbage, Green |
| Maltodextrin (Can be Wheat-derived) | Aloe Vera | Cabbage, Purple |
| Maltodextrin (Corn-based, non-GMO) | Artichoke (not pickled) | Cactus (Nopales) |
| Maple Sugar | Arugula | Capers |
| Maple Syrup (Grade A Dark Amber Organic) | Asparagus | Capsicum |
| Molasses | Avocado | Carrot Juice |
| Monk Fruit | Avocado Oil | Carrot, Orange |
| Nutrasweet® | Bamboo Shoot | Carrot, Purple |
| Rebiana Leaf (Stevia) | Bean, Green | Carrot, White |
| Sorbitol | Bean Sprout | Carrot, Yellow |
| Splenda | Beet | Cassava (see Tapioca and Yucca) |
| Sucanat | Beet Greens | Cauliflower |
| Sugar Beet | Bell Pepper, Green | Cauliflower, Purple |
| Sugar Cane | Bell Pepper, Red | Celery |
| Sweetleaf® Stevia | Bok Choy | Chard |
| Swerve® Xylitol | Broccoli | Chayote |
| Xyla (Birchwood Xylitol/non-corn source) | Broccoli Rabe | Coconut (raw and unsweetened) |
| Yacon Syrup | Broccoli Sprouts | Coconut Concentrate |
| BodyPro Almond Mayo Grade B Maple Syrup | Broccolini | Collard Greens |
| Sucralose | Brussels Sprout | Corn (Gluten-free & Non-GMO) |
| Agave Nectar | Burdock | Corn, Blue |
| Coconut Sugar | Cabbage, Chinese (see also Bok Choy) | Corn, White |

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| Cucumber | Mustard Greens | Potato, Fingerling |
| Daikon Radish | Nori | Potato, Purple |
| Dandelion Greens | Okra | Potato, Red |
| Dandelion Root | Olives (without vinegar) | Potato, Russet |
| Eggplant | Parsley | Potato, Sweet |
| Endive | Parsnip | Potato, White |
| Fennel | Pea, Black-Eyed | Potato, Yukon Gold |
| Garlic | Pea, Green | Prickly Pear |
| Hearts of Palm | Pea, Snap | Pumpkin |
| Horseradish | Pea, Snow | Pumpkin Powder |
| Jicama | Pea, Split | Radicchio |
| Kale, all types | Pea Protein | Radish |
| Kelp/Dulse | Pepper, Anaheim | Rainbow Chard |
| Kohlrabi | Pepper, Chili | Rhubarb |
| Kombu | Pepper, Green | Rutabaga |
| Leeks | Pepper, Habanero | Sauerkraut (Bubbies® Brand only) |
| Lettuce, all types | Pepper, Jalapeño | Scallions |
| Mushrooms | Pepper, Poblano | Sea Vegetables |
| Mushrooms, Button | Pepper, Red | Seaweed |
| Mushrooms, Cremini/Crimini | Pepper, Serrano | Spinach |
| Mushrooms, Maitake | Pickles, Bubbies® brand only | Spirulina |
| Mushrooms, Shiitake | Pimento | Squash |

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| Squash, Acorn | Tomato, Yellow |
| Squash, Butternut | Truffle |
| Squash, Green | Turnip Greens |
| Squash, Spaghetti | Turnips |
| Squash, Summer | Water Chestnut |
| Squash, Winter | Watercress |
| Squash, Yellow | Yams, Garnett |
| Sugar Beet | Yams, Japanese |
| Sweet Potato, Red | Yucca |
| Sweet Potatoes, White | Zucchini |
| Swiss Chard | Alfalfa Sprouts |
| Tomatillo | Psyllium Husk |
| Tomato Paste (gluten & Vinegar-free) | Onion, Green |
| Tomato Sauce (gluten & Vinegar-free) | Onion, Maui |
| Tomato | Onion, Red |
| Tomatoes, Big Beef | Onion, Sweet |
| Tomato, Cherry | Onion, Yellow |
| Tomato, Heirloom | Chives |
| Tomato, Orange | Shallots |
| Tomato, Red | Bell Pepper |
| Tomato, Roma | Bell Pepper, Yellow |
| Tomato, Sun-dried | Bell Pepper, Orange |