

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

<input type="checkbox"/> Mushrooms, Cremini/Crimini	<input type="checkbox"/> Pepper, Red	<input type="checkbox"/> Spirulina
<input type="checkbox"/> Mushrooms, Maitake	<input type="checkbox"/> Pepper, Serrano	<input type="checkbox"/> Sugar Beet
<input type="checkbox"/> Mushrooms, Shiitake	<input type="checkbox"/> Pepper, Tabasco	<input type="checkbox"/> Swede
<input type="checkbox"/> Mustard Greens	<input type="checkbox"/> Pimento	<input type="checkbox"/> Sweet Potato, Red
<input type="checkbox"/> Nori	<input type="checkbox"/> Potato, Fingerling	<input type="checkbox"/> Sweet Potatoes, White
<input type="checkbox"/> Oat Grass (Not For Gluten Sensitive)	<input type="checkbox"/> Potato, Purple	<input type="checkbox"/> Swiss Chard
<input type="checkbox"/> Okra	<input type="checkbox"/> Potato, Red	<input type="checkbox"/> Tabasco Sauce
<input type="checkbox"/> Olives (without vinegar)	<input type="checkbox"/> Potato, Russet	<input type="checkbox"/> Taro
<input type="checkbox"/> Onion, Green	<input type="checkbox"/> Potato, Sweet	<input type="checkbox"/> Tomatillo
<input type="checkbox"/> Onion, Maui	<input type="checkbox"/> Potato, White	<input type="checkbox"/> Tomato
<input type="checkbox"/> Onion, Red	<input type="checkbox"/> Potato, Yukon Gold	<input type="checkbox"/> Tomato, Cherry
<input type="checkbox"/> Onion, Sweet	<input type="checkbox"/> Prickly Pear	<input type="checkbox"/> Tomato, Heirloom
<input type="checkbox"/> Onion, Yellow	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Tomato, Orange
<input type="checkbox"/> Paprika	<input type="checkbox"/> Radish	<input type="checkbox"/> Tomato, Red
<input type="checkbox"/> Parsley	<input type="checkbox"/> Rainbow Chard	<input type="checkbox"/> Tomato, Roma
<input type="checkbox"/> Parsnip	<input type="checkbox"/> Red Pepper Flake	<input type="checkbox"/> Tomato, Sun-dried
<input type="checkbox"/> Pea, Black-Eyed	<input type="checkbox"/> Rhubarb	<input type="checkbox"/> Tomato, Yellow
<input type="checkbox"/> Pepper, Anaheim	<input type="checkbox"/> Rutabaga	<input type="checkbox"/> Tomatoes, Big Beef
<input type="checkbox"/> Pepper, Cayenne	<input type="checkbox"/> Sauerkraut (Bubbies® Brand only)	<input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)
<input type="checkbox"/> Pepper, Chili	<input type="checkbox"/> Scallions	<input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)
<input type="checkbox"/> Pepper, Green	<input type="checkbox"/> Sea Vegetables	<input type="checkbox"/> Truffle
<input type="checkbox"/> Pepper, Habanero	<input type="checkbox"/> Seaweed	<input type="checkbox"/> Turnip Greens
<input type="checkbox"/> Pepper, Jalapeño	<input type="checkbox"/> Shallots	<input type="checkbox"/> Turnips
<input type="checkbox"/> Pepper, Poblano	<input type="checkbox"/> Spinach	<input type="checkbox"/> Wasabi Root

<input type="checkbox"/> Water Chestnut	<input type="checkbox"/> Dried Fruit	<input type="checkbox"/> Lime Juice
<input type="checkbox"/> Watercress	<input type="checkbox"/> Durian Fruit	<input type="checkbox"/> Loganberry
<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)	<input type="checkbox"/> Elderberry	<input type="checkbox"/> Longan Fruit
<input type="checkbox"/> Yams, Garnett	<input type="checkbox"/> Fig	<input type="checkbox"/> Loquat
<input type="checkbox"/> Yams, Japanese	<input type="checkbox"/> Goji Berry	<input type="checkbox"/> Lychee
<input type="checkbox"/> Yucca	<input type="checkbox"/> Golden Berry	<input type="checkbox"/> Mango
<input type="checkbox"/> Fruits	<input type="checkbox"/> Gooseberries	<input type="checkbox"/> Mangosteen
<input type="checkbox"/> Acai	<input type="checkbox"/> Grape	<input type="checkbox"/> Maqui
<input type="checkbox"/> Apple (all types)	<input type="checkbox"/> Grape, Green	<input type="checkbox"/> Monk Fruit (Pure)
<input type="checkbox"/> Apricot	<input type="checkbox"/> Grape, Purple	<input type="checkbox"/> Mulberry
<input type="checkbox"/> Bilberry	<input type="checkbox"/> Grape, Red	<input type="checkbox"/> Nectarines
<input type="checkbox"/> Blackberry	<input type="checkbox"/> Grape, White	<input type="checkbox"/> Noni
<input type="checkbox"/> Blueberry	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Orange
<input type="checkbox"/> Boysenberry	<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> Orange, Blood
<input type="checkbox"/> Cape Gooseberries	<input type="checkbox"/> Ground Cherries	<input type="checkbox"/> Orange Juice
<input type="checkbox"/> Carambola	<input type="checkbox"/> Guava	<input type="checkbox"/> Orange Peel/Rind
<input type="checkbox"/> Cherry	<input type="checkbox"/> Huckleberry	<input type="checkbox"/> Oranges, Mandarin
<input type="checkbox"/> Clementine	<input type="checkbox"/> Jack fruit	<input type="checkbox"/> Papaya
<input type="checkbox"/> Cranberry	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Passion Fruit
<input type="checkbox"/> Cranberry Juice	<input type="checkbox"/> Kumquat	<input type="checkbox"/> Peach
<input type="checkbox"/> Currant	<input type="checkbox"/> Lemon	<input type="checkbox"/> Pear
<input type="checkbox"/> Dates	<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Pear, Asian
<input type="checkbox"/> Dragon Fruit (Pitaya)	<input type="checkbox"/> Lemon Rind/Peel	<input type="checkbox"/> Persimmons
	<input type="checkbox"/> Lime	<input type="checkbox"/> Pineapple

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|---|--|---|
| <input type="checkbox"/> Plum                               | <input type="checkbox"/> <b>Nuts, Seeds, Drupes &amp; Oils</b> | <input type="checkbox"/> Walnuts, Black                       |
| <input type="checkbox"/> Pomegranate                        | <input type="checkbox"/> Almond                                | <input type="checkbox"/> <b>Herbs &amp; Spices</b>            |
| <input type="checkbox"/> Pomelo                             | <input type="checkbox"/> Almond, Marcona                       | <input type="checkbox"/> Allspice                             |
| <input type="checkbox"/> Prune                              | <input type="checkbox"/> Almond Butter (Artisana®)             | <input type="checkbox"/> Almond Flavor (natural, gluten free) |
| <input type="checkbox"/> Quince                             | <input type="checkbox"/> Almond Flavor (natural, gluten free)  | <input type="checkbox"/> Anise                                |
| <input type="checkbox"/> Raisin (unsulfured, organic)       | <input type="checkbox"/> Almond Flour (gluten free)            | <input type="checkbox"/> Ashwaganda                           |
| <input type="checkbox"/> Rambutan                           | <input type="checkbox"/> Almond Meal (gluten free)             | <input type="checkbox"/> Astragalus                           |
| <input type="checkbox"/> Raspberry                          | <input type="checkbox"/> Almond Oil                            | <input type="checkbox"/> Basil                                |
| <input type="checkbox"/> Star Fruit                         | <input type="checkbox"/> Avocado Oil                           | <input type="checkbox"/> Bay Leaf                             |
| <input type="checkbox"/> Strawberry                         | <input type="checkbox"/> Borage Seed Oil                       | <input type="checkbox"/> Bell Pepper, Red                     |
| <input type="checkbox"/> Tamarind                           | <input type="checkbox"/> Coconut, shredded (raw, unsweetened)  | <input type="checkbox"/> Black Cohosh                         |
| <input type="checkbox"/> Tangelo                            | <input type="checkbox"/> Coconut Butter                        | <input type="checkbox"/> Capsicum                             |
| <input type="checkbox"/> Tangerine                          | <input type="checkbox"/> Coconut Oil                           | <input type="checkbox"/> <b>Caramel Coloring</b>              |
| <input type="checkbox"/> Watermelon                         | <input type="checkbox"/> Duck Fat                              | <input type="checkbox"/> Cardamom                             |
| <input type="checkbox"/> Wolfberry                          | <input type="checkbox"/> Fenugreek Seed                        | <input type="checkbox"/> Catnip                               |
| <input type="checkbox"/> Youngberry                         | <input type="checkbox"/> Krill Oil                             | <input type="checkbox"/> Celery Powder                        |
| <input type="checkbox"/> <b>Legumes, Pods, &amp; Pulses</b> | <input type="checkbox"/> Lard/Tallow (pork)                    | <input type="checkbox"/> Celery Seed                          |
| <input type="checkbox"/> Coffee Bean, Organic               | <input type="checkbox"/> MCT Oil                               | <input type="checkbox"/> Chaparral                            |
| <input type="checkbox"/> Edamame (must be organic)          | <input type="checkbox"/> Pistachios                            | <input type="checkbox"/> Chervil                              |
| <input type="checkbox"/> Soybean oil(must be organic)       | <input type="checkbox"/> Rice Bran Oil                         | <input type="checkbox"/> Chili Powder                         |
| <input type="checkbox"/> Soy Beans (must be organic)        | <input type="checkbox"/> Truffle Oil                           | <input type="checkbox"/> Chipotle Seasoning                   |
|   | <input type="checkbox"/> Truffle Oil, Black                    | <input type="checkbox"/> Cilantro/Coriander                   |
|   | <input type="checkbox"/> Walnut Oil                            | <input type="checkbox"/> Cinnamon                             |
|   | <input type="checkbox"/> Walnuts                               |   |

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| <input type="checkbox"/> Cinnamon, Ceylon    | <input type="checkbox"/> Goldenseal                       | <input type="checkbox"/> Onion                                   |
| <input type="checkbox"/> Clove Powder        | <input type="checkbox"/> Grapefruit Seed Extract          | <input type="checkbox"/> Onion Powder                            |
| <input type="checkbox"/> Cloves, Madagascar  | <input type="checkbox"/> Grapeseed Extract                | <input type="checkbox"/> Orange Peel/Rind                        |
| <input type="checkbox"/> Cloves, Penang      | <input type="checkbox"/> Guarana                          | <input type="checkbox"/> Orange Salt                             |
| <input type="checkbox"/> Comfrey             | <input type="checkbox"/> Gymnema Silvestre                | <input type="checkbox"/> Oregano                                 |
| <input type="checkbox"/> Cramp Bark Extract  | <input type="checkbox"/> Herbs De Provence                | <input type="checkbox"/> Paprika                                 |
| <input type="checkbox"/> Cream of Tartar     | <input type="checkbox"/> Hickory                          | <input type="checkbox"/> Paprika (smoked)                        |
| <input type="checkbox"/> Cumin               | <input type="checkbox"/> Himalayan Salt                   | <input type="checkbox"/> Parsley                                 |
| <input type="checkbox"/> Curcumin            | <input type="checkbox"/> Jamaican Jerk                    | <input type="checkbox"/> Pau D'arco                              |
| <input type="checkbox"/> Curry (must be GF)  | <input type="checkbox"/> Juniper Berry                    | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) |
| <input type="checkbox"/> Dandelion Root      | <input type="checkbox"/> Lavender                         | <input type="checkbox"/> Pepper, Cayenne                         |
| <input type="checkbox"/> Dill                | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Red                             |
| <input type="checkbox"/> Dong Quai           | <input type="checkbox"/> Lemongrass                       | <input type="checkbox"/> Pepper, Sichuan                         |
| <input type="checkbox"/> Echinacea           | <input type="checkbox"/> Lemon Pepper                     | <input type="checkbox"/> Pepper, Szechuan                        |
| <input type="checkbox"/> Fennel              | <input type="checkbox"/> Licorice Root                    | <input type="checkbox"/> Pepper/Peppercorns                      |
| <input type="checkbox"/> Fennel Seed         | <input type="checkbox"/> Maca Root                        | <input type="checkbox"/> Peppermint                              |
| <input type="checkbox"/> Garam Masala        | <input type="checkbox"/> Mace Spice                       | <input type="checkbox"/> Pine Bark Extract                       |
| <input type="checkbox"/> Garlic              | <input type="checkbox"/> Marjoram                         | <input type="checkbox"/> Red Clover                              |
| <input type="checkbox"/> Garlic Pepper       | <input type="checkbox"/> Mesquite                         | <input type="checkbox"/> Red Pepper Flake                        |
| <input type="checkbox"/> Garlic Powder       | <input type="checkbox"/> Milk Thistle                     | <input type="checkbox"/> Rose Hips                               |
| <input type="checkbox"/> Garlic Salt         | <input type="checkbox"/> Mint                             | <input type="checkbox"/> Rosemary                                |
| <input type="checkbox"/> Ginger Powder       | <input type="checkbox"/> Mustard (as a Powder)            | <input type="checkbox"/> Saffron                                 |
| <input type="checkbox"/> Ginkgo Biloba       | <input type="checkbox"/> Mustard Seeds (gluten free)      | <input type="checkbox"/> Sage                                    |
| <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Nutmeg                           | <input type="checkbox"/> Sassafras                               |

<input type="checkbox"/> Savory	<input type="checkbox"/> <b>Fish &amp; Shellfish</b>	<input type="checkbox"/> Oyster
<input type="checkbox"/> Saw Plametto	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Perch
<input type="checkbox"/> Shallots	<input type="checkbox"/> Bass	<input type="checkbox"/> Red Snapper
<input type="checkbox"/> Spearmint	<input type="checkbox"/> Catfish	<input type="checkbox"/> Salmon, wild (fresh)
<input type="checkbox"/> St. John's Wort	<input type="checkbox"/> Chilean Sea Bass	<input type="checkbox"/> Sardines
<input type="checkbox"/> Sumac	<input type="checkbox"/> Clam	<input type="checkbox"/> Scallop
<input type="checkbox"/> Tabasco Sauce	<input type="checkbox"/> Cod/ Cod Liver Oil	<input type="checkbox"/> Shrimp
<input type="checkbox"/> Taco Seasoning	<input type="checkbox"/> Corvina	<input type="checkbox"/> Sole
<input type="checkbox"/> Tamari (Wheat Free)	<input type="checkbox"/> Crab	<input type="checkbox"/> Squid
<input type="checkbox"/> Tarragon	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> Swai
<input type="checkbox"/> Thyme	<input type="checkbox"/> Crayfish	<input type="checkbox"/> Swordfish
<input type="checkbox"/> Tomatillo	<input type="checkbox"/> Flounder	<input type="checkbox"/> Tilapia (Wild, Non-farmed)
<input type="checkbox"/> Turmeric	<input type="checkbox"/> Haddock	<input type="checkbox"/> Trout
<input type="checkbox"/> Uva Ursi	<input type="checkbox"/> Hake	<input type="checkbox"/> Tuna
<input type="checkbox"/> Valerian	<input type="checkbox"/> Halibut	<input type="checkbox"/> Walleye Pike
<input type="checkbox"/> White Willow Bark Extract	<input type="checkbox"/> Herring	<input type="checkbox"/> Whitefish/Turbot
<input type="checkbox"/> Wintergreen	<input type="checkbox"/> Krill	<input type="checkbox"/> <b>Meat &amp; Poultry</b>
<input type="checkbox"/> Wormwood	<input type="checkbox"/> Lobster	<input type="checkbox"/> Applegate® organic andouille sausage
	<input type="checkbox"/> Lox	<input type="checkbox"/> Applegate® organic bacon
	<input type="checkbox"/> Mackerel	<input type="checkbox"/> Applegate® organic black forest ham
	<input type="checkbox"/> Mahi Mahi	<input type="checkbox"/> Applegate® organic chicken
	<input type="checkbox"/> Mussel	<input type="checkbox"/> Applegate® organic chicken/apple sausage
	<input type="checkbox"/> Octopus	<input type="checkbox"/> Applegate® organic ham
	<input type="checkbox"/> Orange Roughy	

<input type="checkbox"/> Applegate® organic herb roasted turkey	<input type="checkbox"/> Rabbit	<input type="checkbox"/> <b>Gluten-Free Grains</b>
<input type="checkbox"/> Applegate® organic hot dogs	<input type="checkbox"/> Turkey (organic)	<input type="checkbox"/> Almond Flour (gluten free)
<input type="checkbox"/> Applegate® organic red pepper sausage	<input type="checkbox"/> Veal (organic)	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Applegate® organic roast beef	<input type="checkbox"/> Venison (see also Deer)	<input type="checkbox"/> Avenin (Gluten-free)
<input type="checkbox"/> Applegate® organic sausage sweet italian	<input type="checkbox"/> <b>Milk-Containing Foods</b>	<input type="checkbox"/> Basmati Rice (gluten free)
<input type="checkbox"/> Applegate® organic smoked chicken breast	<input type="checkbox"/> No foods in this Category	<input type="checkbox"/> Brown Rice Flour
<input type="checkbox"/> Applegate® organic smoked turkey breast	<input type="checkbox"/> <b>Non-Dairy &amp; Eggs</b>	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Applegate® organic turkey	<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Buckwheat Flour
<input type="checkbox"/> Applegate® organic turkey bacon	<input type="checkbox"/> Almond Yogurt, unsweetened	<input type="checkbox"/> Coconut Flour (gluten free)
<input type="checkbox"/> Beef, Grass-fed only (organic)	<input type="checkbox"/> BodyPro Avocado Oil Mayonnaise	<input type="checkbox"/> Coconut Meal (gluten free)
<input type="checkbox"/> Bison (see also Buffalo)	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Buffalo (see also Bison)	<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Chicken, free range (organic)	<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)	<input type="checkbox"/> Egg, Pasture-raised (from a farmer)	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> Egg, Vital Farms® or Pasture Verde®	<input type="checkbox"/> Corn Starch (gluten free)
<input type="checkbox"/> Deer (see also Venison)	<input type="checkbox"/> Egg Whites, Pasture-raised	<input type="checkbox"/> Glucomannon Flour (konjacfoods.com)
<input type="checkbox"/> Duck	<input type="checkbox"/> Egg Yolks, Pasture-raised	<input type="checkbox"/> Konjac Glucomannon Flour
<input type="checkbox"/> Goat, Grass-fed only (organic)	<input type="checkbox"/> Milk, Soy (Organic)	<input type="checkbox"/> Mikey's Original English Muffin
<input type="checkbox"/> Great Lake's® Beef Gelatin		<input type="checkbox"/> Mikey's Pizza crust
<input type="checkbox"/> Lamb		<input type="checkbox"/> Millet
<input type="checkbox"/> Ostrich		<input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version)
<input type="checkbox"/> Pheasant		<input type="checkbox"/> Oats (Certified GF)
<input type="checkbox"/> Pork, (organic)		<input type="checkbox"/> Potato Flour (gluten free)
<input type="checkbox"/> Quail		<input type="checkbox"/> Potato Starch (gluten free)

<input type="checkbox"/> Quinoa (gluten free)	<input type="checkbox"/> <b>Gluten-Containing Foods</b>	<input type="checkbox"/> Orzo
<input type="checkbox"/> Quinoa, Black (gluten free)	<input type="checkbox"/> Allulose	<input type="checkbox"/> Panko
<input type="checkbox"/> Quinoa, Red (gluten free)	<input type="checkbox"/> Avenin	<input type="checkbox"/> Polish Wheat
<input type="checkbox"/> Rice, Basmati (gluten free)	<input type="checkbox"/> Barley	<input type="checkbox"/> Rye
<input type="checkbox"/> Rice, Black (gluten free)	<input type="checkbox"/> Barley Grass (can have gluten)	<input type="checkbox"/> Semolina
<input type="checkbox"/> Rice, Brown (gluten free)	<input type="checkbox"/> Barley Greens (may contain gluten)	<input type="checkbox"/> Spelt
<input type="checkbox"/> Rice, Japonica (gluten free)	<input type="checkbox"/> Barley Juice (may contain gluten)	<input type="checkbox"/> Teechino
<input type="checkbox"/> Rice, Purple (gluten free)	<input type="checkbox"/> Bran	<input type="checkbox"/> Triticale
<input type="checkbox"/> Rice, Red (gluten free)	<input type="checkbox"/> Caramel Coloring	<input type="checkbox"/> Vodka, Rye or Grain
<input type="checkbox"/> Rice, White (gluten free)	<input type="checkbox"/> Chewing Gum (has gluten and corn)	<input type="checkbox"/> Wheat (All Types)
<input type="checkbox"/> Rice Bran	<input type="checkbox"/> Coffee, Instant (has gluten)	<input type="checkbox"/> Wheat Germ
<input type="checkbox"/> Rice Flour (gluten free)	<input type="checkbox"/> Couscous	<input type="checkbox"/> Wheat Grass (Is Gluten-contaminated)
<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> Crab, Immitation	<input type="checkbox"/> <b>Corn-Derived Foods</b>
<input type="checkbox"/> Sorghum	<input type="checkbox"/> Durum Wheat	<input type="checkbox"/> Cheese, Soy (Organic) (see Soy)
<input type="checkbox"/> Sweet Potato Flour (gluten free)	<input type="checkbox"/> Egyptian Wheat	<input type="checkbox"/> Chewing Gum (has gluten and corn)
<input type="checkbox"/> Tapioca	<input type="checkbox"/> Farro	<input type="checkbox"/> Citric Acid (can be corn-derived)
<input type="checkbox"/> Tapioca Flour (gluten free)	<input type="checkbox"/> Gliadin	<input type="checkbox"/> Corn (Gluten-free & Non-GMO)
<input type="checkbox"/> Tapioca Starch (gluten free)	<input type="checkbox"/> Gluten	<input type="checkbox"/> Corn, Blue
<input type="checkbox"/> Teff	<input type="checkbox"/> Graham (wheat)	<input type="checkbox"/> Corn, White
<input type="checkbox"/> Teff Flour	<input type="checkbox"/> Kamut	<input type="checkbox"/> Corn Gluten
<input type="checkbox"/> Tortilla, Siete Almond	<input type="checkbox"/> Liquid Smoke (can have gluten)	<input type="checkbox"/> Corn Meal (gluten free)
<input type="checkbox"/> Tortilla, Siete Cassava & Coconut	<input type="checkbox"/> Modified Food Starch	<input type="checkbox"/> Corn Starch (gluten free)
	<input type="checkbox"/> Oats	<input type="checkbox"/> Corn Syrup
	<input type="checkbox"/> Oats, GF (not Certified) can have gluten	



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|---|--|---|
| <input type="checkbox"/> Erythritol (non-GMO)                                   | <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil          | <input type="checkbox"/> Honey, (Organic)                         |
| <input type="checkbox"/> Fructose   | <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil | <input type="checkbox"/> Honey, Manuka                            |
| <input type="checkbox"/> Lactic Acid (corn-derived)                             | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard)               | <input type="checkbox"/> Honey, Wildflower from Mahava®           |
| <input type="checkbox"/> Maize  | <input type="checkbox"/> Olives (without vinegar)                        | <input type="checkbox"/> Jerusalem Artichoke Syrup                |
| <input type="checkbox"/> Modified Food Starch                                   | <input type="checkbox"/> Red Tomato Paste (gluten free)                  | <input type="checkbox"/> Just Like Sugar®                         |
| <input type="checkbox"/> Swerve® Sweetener                                      | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only)                | <input type="checkbox"/> Lo Han                                   |
| <input type="checkbox"/> Vodka, Corn  | <input type="checkbox"/> Tabasco Sauce                                   | <input type="checkbox"/> Maltodextrin (Tapioca-based)             |
| <input type="checkbox"/> Xanthan Gum  | <input type="checkbox"/> Tamari (Wheat Free)                             | <input type="checkbox"/> Maple Sugar                              |
| <input type="checkbox"/> Condiments, Spreads & Sauces                           | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free)            | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®)                         | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free)            | <input type="checkbox"/> Molasses                                 |
| <input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | <input type="checkbox"/> Vinegar, Beet                                   | <input type="checkbox"/> Monk Fruit (Pure)                        |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise                         | <input type="checkbox"/> Vinegar, Distilled                              | <input type="checkbox"/> Monk Fruit Extract                       |
| <input type="checkbox"/> Carob  | <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF)         | <input type="checkbox"/> Rebiana Leaf (Stevia)                    |
| <input type="checkbox"/> Coconut Aminos®  | <input type="checkbox"/> Sweeteners                                      | <input type="checkbox"/> Sorbitol                                 |
| <input type="checkbox"/> Coconut Cream  | <input type="checkbox"/> Brown Sugar                                     | <input type="checkbox"/> Sucanat                                  |
| <input type="checkbox"/> Coconut Vinegar (Coconut Secret)                       | <input type="checkbox"/> Cane Syrup                                      | <input type="checkbox"/> Sugar Beet                               |
| <input type="checkbox"/> Distilled White Vinegar                                | <input type="checkbox"/> Coconut Palm Sugar                              | <input type="checkbox"/> Sugar Cane                               |
| <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard                 | <input type="checkbox"/> Coconut Sugar                                   | <input type="checkbox"/> Sweetleaf® Stevia                        |
| <input type="checkbox"/> Horseradish Mustard, Gluten-free (Annie's®)            | <input type="checkbox"/> Corn Syrup                                      | <input type="checkbox"/> Swerve® Sweetener                        |
| <input type="checkbox"/> Kosher Salt  | <input type="checkbox"/> Date Sugar                                      | <input type="checkbox"/> Tapioca Dextrose                         |
| <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy)                       | <input type="checkbox"/> Erythritol (non-GMO)                            | <input type="checkbox"/> Tapioca Syrup                            |
| <input type="checkbox"/> Liquid Smoke (can have gluten)                         | <input type="checkbox"/> Fructose  | <input type="checkbox"/> Xyla (Birchwood Xylitol)                 |
| <input type="checkbox"/> Liquid Smoke gluten free (natural)                     | <input type="checkbox"/> Fruit Pectin                                    | <input type="checkbox"/> Xylitol                                  |
|   |  | <input type="checkbox"/> Yacon Syrup                              |

<input type="checkbox"/> <b>Beverages &amp; Protein Powders</b>	<input type="checkbox"/> Rice Protein Powder (gluten free)	<input type="checkbox"/> <b>Miscellaneous</b>
<input type="checkbox"/> Almond Milk, unsweetened (no tapioca)	<input type="checkbox"/> Soy Milk/Soy Cheese (Organic)	<input type="checkbox"/> Antimony
<input type="checkbox"/> <b>Apple Cider</b>	<input type="checkbox"/> Soy Protein (Organic)	<input type="checkbox"/> Baking Powder
<input type="checkbox"/> <b>Apple Juice</b>	<input type="checkbox"/> Sparkling Water, unflavored	<input type="checkbox"/> Baking Soda (Arm & Hammer®)
<input type="checkbox"/> Bone Broth Protein, Beef	<input type="checkbox"/> Tea, Black	<input type="checkbox"/> Bone Broth, Beef
<input type="checkbox"/> Carrot Juice	<input type="checkbox"/> Tea, Chamomile	<input type="checkbox"/> Chicken Broth (Imagine® gf/low sodium)
<input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan)	<input type="checkbox"/> Tea, Chicory Root	<input type="checkbox"/> Collagen Protein (Powder)
<input type="checkbox"/> Coconut Milk (Native Forest or Natural Value)	<input type="checkbox"/> Tea, Green	<input type="checkbox"/> Great Lake's® Beef Gelatin
<input type="checkbox"/> Coconut Water (low sugar)	<input type="checkbox"/> Tea, Hibiscus	<input type="checkbox"/> Hops
<input type="checkbox"/> Coffee (Brewed and Not Instant)	<input type="checkbox"/> Tea, Oolong	<input type="checkbox"/> Latex
<input type="checkbox"/> <b>Coffee, Instant (has gluten)</b>	<input type="checkbox"/> Tea, Roobios	<input type="checkbox"/> Lycopene
<input type="checkbox"/> Coffee Bean, Organic	<input type="checkbox"/> Tea, White	<input type="checkbox"/> <b>Modified Food Starch</b>
<input type="checkbox"/> Collagen Protein (Powder)	<input type="checkbox"/> <b>Teechino</b>	<input type="checkbox"/> Modified Food Starch (Tapioca-based)
<input type="checkbox"/> Echinacea Tea	<input type="checkbox"/> Vodka, Corn	<input type="checkbox"/> <b>Pycnogenol</b>
<input type="checkbox"/> Grapefruit Juice	<input type="checkbox"/> <b>Vodka, Potato</b>	<input type="checkbox"/> <b>Red Tomato Paste (gluten free)</b>
<input type="checkbox"/> Great Lake's® Beef Gelatin	<input type="checkbox"/> <b>Vodka, Rye or Grain</b>	<input type="checkbox"/> <b>Resveratrol</b>
<input type="checkbox"/> Green Tea	<input type="checkbox"/> Water	<input type="checkbox"/> Rice Starch (if certified gluten free)
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Yerba Matte Tea (Organic/Pure)	<input type="checkbox"/> Silver
<input type="checkbox"/> Licorice Tea	<input type="checkbox"/> Zevia Drinks	<input type="checkbox"/> <b>Tobacco</b>
<input type="checkbox"/> <b>Lime Juice</b>		<input type="checkbox"/> <b>Tofu (Organic)</b>
<input type="checkbox"/> Milk, Rice		
<input type="checkbox"/> <b>Milk, Soy (Organic)</b>		
<input type="checkbox"/> Mineral Water		
<input type="checkbox"/> <b>Orange Juice</b>		

☐

Snacks

☐

Apple Sauce

☐

Chewing Gum (has gluten and corn)

☐

Dates

☐

Food Additives

☐

Acacia Gum

☐

Agar Gum

☐

alf

☐

alfr

☐

alfredo

☐

Arabic Gum

☐

Asafoetida Powder

☐

Carrageenan Gum

☐

Chicory Root

☐

Citric Acid (can be corn-derived)

☐

Formaldehyde

☐

Guar Gum

☐

Inulin

☐

Lactic Acid (beet-derived)

☐

Lactic Acid (corn-derived)

☐

Locust Bean Gum

☐

MSG/MonosodiumGlutamate

☐

Palm Wax

☐

Potato Protein

☐

Red Food Dye

☐

Sodium Alginate

☐

Tragacanth Gum

☐

Tricalcium Phosphate

☐

Vegan Enzyme

☐

Vegan Natural Flavors (no MSG)

☐

Vegan Natural Flavors (with MSG)

☐

Xanthan Gum