

**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 &amp; 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

|                                                 |                                         |                      |
|-------------------------------------------------|-----------------------------------------|----------------------|
| 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               |
| <b>Corn-Derived Foods</b>                       |                                         | Perch                |
| Barbeque Sauce, GF Annie's® Sweet & Spicy       | <b>Fish &amp; Shellfish</b>             | 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                |

Swai

Swordfish

Tilapia (Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

Crab, Immitation

**Fruits**

Acai

Apple (all types)

Apple Cider

Apple Juice

Bilberry

Blackberry

Blueberry

Boysenberry

Cantaloupe

Cherry

Clementine

Cranberry

Cranberry Juice

Currant

Date(s)

Dragon Fruit (Pitaya)

Dried Fruit

Elderberry

Fig

Golden Berry

Gooseberry

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit

Grapefruit Juice

Guava

Huckleberry

Jack fruit

Kiwi

Kumquat

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Litchi (aka Lychee)

Loganberry

Loquat

Mango

Mangosteen

Maqui

Melon, Honeydew

Monk Fruit

Mulberry

Nectarines

Noni

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Papaya

Passion Fruit

Peach

**Pear**

Pear, Asian

Persimmons

Pineapple

Plantain

Plum

Pomegranate

Pomelo

Prune

Quince

Raisin (unsulfured, organic)

Raspberry

Star Fruit

Strawberry

Tamarind

Tangelo

Tangerine

Watermelon

Wolfberry

Youngberry

**Banana****Apricot**

Goji Berry

Apple Sauce

**Gluten-Containing Foods**

Barley

Barley Greens (Not for Gluten-Sensitive)

Barley Juice (Not for Gluten-Sensitive)

Beer

Bran

Bread

Brown Rice Syrup (contains MSG/Gluten)

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and corn)

Coffee, Instant (has gluten)

Couscous

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltodextrin (Can be Wheat-derived)

Oats

Orzo

Panko

Polish Wheat

Rye

Semolina

Soy Sauce

Spelt

Teechino

Teriyaki Sauce

Triticale

Vinegar

Vinegar, Malt

Vinegar, White

Wheat (All Types)

Wheat Grass (Is Gluten-contaminated)

Crab, Immitation

**Gluten-Free Grains****Almond Flour (gluten free)**

Amaranth

Basmati Rice (gluten free)

Buckwheat

Buckwheat Flour

**Chicory Root****Coconut Meal (gluten free)**

Corn (Gluten-free &amp; Non-GMO)

Corn, Blue

Corn, White

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucmannon Flour (konjacfoods.com)

**Hazelnut Flour**

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

**Konjac Glucmannon Flour**

Millet

Oats

Oats (Bob's Red Mill Gluten Free Version)

Oat Grass (Not For Gluten Sensitive)

Potato Flour (gluten free)

Potato Starch (gluten free)

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 Grnd Sea Salt Almond Crackers

Simple Mills Rosemary &amp; Sea Salt Crackers

Simple Mills Tomato &amp; Basil Almond Crackers

Sorghum

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Tolerant Green Lentil &amp; Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Almond

Tortilla, Siete Cassava &amp; Coconut

Tortilla, Siete Chia &amp; Cassava

Simple Mills Everything Sprouted Seed Crackers

Corn Meal (gluten free)

**Coconut Flour (gluten free)**

Arrowroot Flour/powder

**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

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

|                                        |                                           |                                           |
|----------------------------------------|-------------------------------------------|-------------------------------------------|
| 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   | <b>Milk-Containing Foods</b>              |
| 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                              |
| <b>Meat &amp; Poultry</b>              | 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                             |



|                                |
|--------------------------------|
| Cheese, Havarti                |
| Cheese, Machego                |
| Cheese, Marscapone             |
| Cheese, Mozzarella (Raw)       |
| Cheese, Muenster               |
| Cheese, Parmesan               |
| Cheese, Pecorino               |
| Cheese, Raw and Pasture-raised |
| Cheese, Ricotta                |
| Cheese, Romano                 |
| Cheese, Provolone              |
| 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                     |
| Lactoalbumin                   |

|                                   |
|-----------------------------------|
| Milk Chocolate                    |
| Milk, Cow                         |
| Milk, Goat                        |
| Milk, Sheep                       |
| Mozzarella Cheese                 |
| Sour Cream, Raw and Unpasteurized |
| Whey                              |
| Yogurt (See Xanthan Gum)          |
| Cheese, Feta                      |

### Miscellaneous

#### Antimony

Arabic Gum

Baking Powder

Baking Soda (Arm & Hammer®)

Beef broth (Imagine® low sodium/GF)

Carrageenan Gum

Chewing Gum (has gluten and corn)

Chewing Gum, Xylichew®

Chicken Broth (Imagine® gf/low sodium)

Chicory Root

Cocoa/Cacao (raw, pure, & unsweetened)

Coconut Aminos®

Coconut Cream

Collagen Protein (Powder)

Garam Masala

GemWraps®, Sandwich Wrap (Carrot)

GemWraps®, Sandwich Wrap (Kale-Apple)

GemWraps®, Sandwich Wrap (Mango/Chi.)

GemWraps®, Sandwich Wrap (Tomato)

Glucomannon Flour (konjacfoods.com)

Great Lake's® Beef Gelatin

Guar Gum

Hops

Julian Bakery Paleo Wraps

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Konjac Glucomannon Flour

Lard (pork)

Liquid Aminos (Braggs®)(has Soy)

Locust Bean Gum

Lycopene

Malt

Maltodextrin (Can be Wheat-derived)

**Palm Wax****Pycnogenol**

Red Chili Paste Thai Kitchen® (gluten free)

Red Tomato Paste (gluten free)

Resveratrol

Sherry Vinegar

**Silver**

Tamari (Wheat Free)

Tofu (Organic)

Tomato Paste (gluten &amp; Vinegar-free)

Tomato Sauce (gluten &amp; Vinegar-free)

Vegetable broth (Imagine® Low Sodium)

Vegetable Oil

Vegetable Shortening (Spectrum®)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

**Latex****Formaldehyde**

Acacia Gum

Tragacanth Gum

**Blue Food Dye**

Skinny Crisps®(Plain Jane)

**Red Food Dye**

Cocoa Butter

Agar Gum

**Non-Dairy & Eggs**

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

Cheese, Daiya (Coconut,Tapioca, yeast,Ä,...)

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)

BodyPro Avocado Oil Mayonnaise

**Nuts, Seeds, Drupes & Oils****Almond**

Almond Butter (Artisana®)

Almond Flavor natural, gluten free)

Almond Flour (gluten free)

Almond Meal (gluten free)

Almond, Marcona

Annatto Seed

**Brazil Nut**

Canola/Rapeseed Oil

Caraway Seed

Cashews

Cashew Butter

Cashew Meal

**Chestnut**

Chia Seed (1/4 cup, max)

Coconut Butter

Coconut Oil

Coconut, shredded (raw, unsweetened)

Cola Nut (aka Kola Nut)

Corn Oil

Cottonseed/Cottonseed Oil

|                        |                                        |                                        |
|------------------------|----------------------------------------|----------------------------------------|
| Flax Meal              | Psyllium Husk                          | Walnut, Black (few)                    |
| Flax Oil               | Pumpkin Oil                            |                                        |
| Flax Seed              | Pumpkin Seed Oil                       | <b>Snacks</b>                          |
| 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                      | <b>Sweeteners</b>                      |
| 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®                       |

|                                          |
|------------------------------------------|
| Lo Han                                   |
| Maltodextrin (Can be Wheat-derived)      |
| Maltodextrin (Corn-based, non-GMO)       |
| Maple Sugar                              |
| Maple Syrup (Grade A Dark Amber Organic) |
| Molasses                                 |
| Monk Fruit                               |
| Nutrasweet®                              |
| Rebiana Leaf (Stevia)                    |
| Sorbitol                                 |
| Splenda                                  |
| Sucanat                                  |
| Sugar Beet                               |
| Sugar Cane                               |
| Sweetleaf® Stevia                        |
| Swerve® Xylitol                          |
| Xyla (Birchwood Xylitol/non-corn source) |
| Yacon Syrup                              |
| BodyPro Almond Mayo Grade B Maple Syrup  |
| Sucralose                                |
| Agave Nectar                             |
| Coconut Sugar                            |

|                                      |
|--------------------------------------|
| <b>Vegetables</b>                    |
| Aloe Vera                            |
| Artichoke (not pickled)              |
| Arugula                              |
| <b>Asparagus</b>                     |
| Avocado                              |
| Avocado Oil                          |
| Bamboo Shoot                         |
| Bean, Green                          |
| Bean Sprout                          |
| <b>Beet</b>                          |
| Beet Greens                          |
| Bell Pepper, Green                   |
| Bell Pepper, Red                     |
| Bok Choy                             |
| <b>Broccoli</b>                      |
| <b>Broccoli Rabe</b>                 |
| <b>Broccoli Sprouts</b>              |
| <b>Broccolini</b>                    |
| <b>Brussels Sprout</b>               |
| Burdock                              |
| Cabbage, Chinese (see also Bok Choy) |

|                                 |
|---------------------------------|
| <b>Cabbage, Green</b>           |
| Cabbage, Purple                 |
| Cactus (Nopales)                |
| Capers                          |
| Capsicum                        |
| Carrot Juice                    |
| Carrot, Orange                  |
| Carrot, Purple                  |
| Carrot, White                   |
| Carrot, Yellow                  |
| Cassava (see Tapioca and Yucca) |
| Cauliflower                     |
| Cauliflower, Purple             |
| Celery                          |
| Chard                           |
| Chayote                         |
| Coconut (raw and unsweetened)   |
| Coconut Concentrate             |
| Collard Greens                  |
| Corn (Gluten-free & Non-GMO)    |
| Corn, Blue                      |
| Corn, White                     |

|                            |                              |                                  |
|----------------------------|------------------------------|----------------------------------|
| 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                           |

Squash, Acorn

Squash, Butternut

Squash, Green

Squash, Spaghetti

Squash, Summer

Squash, Winter

Squash, Yellow

Sugar Beet

Sweet Potato, Red

Sweet Potatoes, White

Swiss Chard

Tomatillo

Tomato Paste (gluten &amp; Vinegar-free)

Tomato Sauce (gluten &amp; Vinegar-free)

Tomato

Tomatoes, Big Beef

Tomato, Cherry

Tomato, Heirloom

Tomato, Orange

Tomato, Red

Tomato, Roma

Tomato, Sun-dried

Tomato, Yellow

Truffle

Turnip Greens

Turnips

Water Chestnut

Watercress

Yams, Garnett

Yams, Japanese

Yucca

Zucchini

Alfalfa Sprouts

Psyllium Husk

Onion, Green

Onion, Maui

Onion, Red

Onion, Sweet

Onion, Yellow

Chives

Shallots

Bell Pepper

Bell Pepper, Yellow

Bell Pepper, Orange