

Fruits	Grape, Green	Mulberry
Acai	Grape, Purple	Nectarines
Apple (all types)	Grape, Red	Noni
Apricot	Grape, White	Orange
Banana	Grapefruit	Orange Juice
Bilberry	Grapefruit Juice	Orange Peel/Rind
Blackberry	Guava	Orange, Blood
Blueberry	Huckleberry	Papaya
Boysenberry	Jack fruit	Passion Fruit
Cantaloupe	Kiwi	Peach
Cherry	Kumquat	Pear
Clementine	Lemon	Pear, Asian
Cranberry	Lemon Juice	Persimmons
Cranberry Juice	Lemon Rind/Peel	Pineapple
Currant	Lime	Plantain
Dates	Lime Juice	Plum
Dragon Fruit (Pitaya)	Litchi (aka Lychee)	Pomegranate
Dried Fruit	Loganberry	Pomelo
Elderberry	Loquat	Prune
Fig	Mango	Quince
Goji Berry	Mangosteen	Raisin (unsulfured, organic)
Golden Berry	Maqui	Raspberry
Gooseberry	Melon, Honeydew	Star Fruit
Grape	Monk Fruit (Pure)	Strawberry

Tamarind	Chia Seed (1/4 cup, max)	Pepitas
Tangelo	Coconut Butter	Pili Nuts
Tangerine	Coconut Oil	Pine Nut
Vinegar, Red Wine	Coconut, shredded (raw, unsweetened)	Pistachios
Watermelon	Cola Nut (aka Kola Nut)	Poppy seeds
Wolfberry	Corn Oil	Psyllium Husk
Youngberry	Cottonseed/Cottonseed Oil	Pumpkin Oil
Nuts, Seeds, Drupes & Oils	Flax Meal	Pumpkin Seed Oil
Almond	Flax Oil	Pumpkin Seeds
Almond Butter (Artisana®)	Flax Seed	Ramon Seeds
Almond Flavor (natural, gluten free)	Grapeseed Oil, Organic	Rice Bran Oil
Almond Flour (gluten free)	Hazelnut Flour	Rice, Wild (Lundberg® - not the blend)
Almond Meal (gluten free)	Hazelnut/Filbert	Sacha Inchi Seeds
Almond, Marcona	Hemp Meal	Safflower/Safflower Seed Oil
Annatto Seed	Hemp Protein (Powder)	Sesame Seed Oil
Avocado Oil	Hemp Seed	Sesame Seeds
Brazil Nut	Hydrogenated Oils	Sesame Seeds, Black
Canola/Rapeseed Oil	Macadamia Nut Oil	Sunflower Seed Butter
Caraway Seed	Macadamia Nuts	Sunflower Seed Lecithin
Cashew Butter	Olive Leaf Extract	Sunflower Seed Oil
Cashew Meal	Olive Oil, Virgin	Sunflower Seeds
Cashews	Palm Kernel Oil	Tahini
Chestnut	Pecan Flour	Tea, Ramon
	Pecans	Tiger Nuts

Truffle Oil	Lobster	Vegetables
Truffle Oil, Black	Mackerel	Agave Nectar
Vegetable Oil	Mahi Mahi	Alfalfa Grass
Vegetable Shortening (Spectrum®)	Mussel	Alfalfa Sprouts
Walnut Oil	Octopus	Aloe Vera
Walnuts	Orange Roughy	Artichoke (not pickled)
Walnuts, Black	Oyster	Artichoke, Jerusalem (not pickled)
Fish & Shellfish	Perch	Arugula
Anchovy	Red Snapper	Asparagus
Bass	Salmon, wild (fresh)	Avocado
Catfish	Sardines	Bamboo Shoot
Chilean Sea Bass	Scallop	Barley Grass (can have gluten)
Clam	Shrimp	Barley Greens (may contain gluten)
Cod/ Cod Liver Oil	Sole	Bean Sprout
Corvina	Squid	Bean, Green
Crab	Swai	Beet
Crab, Immitation	Swordfish	Beet Greens
Crayfish	Tilapia (Wild, Non-farmed)	Bell Pepper
Flounder	Trout	Bell Pepper, Green
Haddock	Tuna	Bell Pepper, Orange
Hake	Walleye Pike	Bell Pepper, Red
Halibut	Whitefish/Turbot	Bell Pepper, Yellow
Herring		Bok Choy
		Broccoli

Broccoli Rabe	Coconut Concentrate	Mushrooms, Button
Broccoli Sprouts	Collard Greens	Mushrooms, Cremini/Crimini
Broccolini	Corn (Gluten-free & Non-GMO)	Mushrooms, Maitake
Brussels Sprout	Corn, Blue	Mushrooms, Shiitake
Burdock	Corn, White	Mustard Greens
Cabbage, Chinese (see also Bok Choy)	Cucumber	Nori
Cabbage, Green	Daikon Radish	Oat Grass (Not For Gluten Sensitive)
Cabbage, Purple	Dandelion Greens	Okra
Cactus (Nopales)	Dandelion Root	Olives (without vinegar)
Capers	Eggplant	Onion, Green
Capsicum	Endive	Onion, Maui
Carrot Juice	Fennel	Onion, Red
Carrot, Orange	Garlic	Onion, Sweet
Carrot, Purple	Hearts of Palm	Onion, Yellow
Carrot, White	Horseradish	Paprika
Carrot, Yellow	Hydrogenated Oils	Parsley
Cassava (see Tapioca and Yucca)	Jicama	Parsnip
Cauliflower	Kale, all types	Pea Protein
Cauliflower, Purple	Kelp/Dulse	Pea, Black-Eyed
Celery	Kohlrabi	Pea, Green
Chard	Kombu	Pea, Snap
Chayote	Leeks	Pea, Snow
Chives	Lettuce, all types	Pea, Split
Coconut (raw and unsweetened)	Mushrooms	Pepper, Anaheim

Pepper, Cayenne	Red Pepper Flake	Tomato Paste (gluten & Vinegar-free)
Pepper, Chili	Rhubarb	Tomato Sauce (gluten & Vinegar-free)
Pepper, Green	Rutabaga	Tomato, Cherry
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomato, Heirloom
Pepper, Jalapeño	Scallions	Tomato, Orange
Pepper, Poblano	Sea Vegetables	Tomato, Red
Pepper, Red	Seaweed	Tomato, Roma
Pepper, Serrano	Shallots	Tomato, Sun-dried
Pickles, Bubbies® brand only	Spinach	Tomato, Yellow
Pimento	Spirulina	Tomatoes, Big Beef
Potato, Fingerling	Squash	Truffle
Potato, Purple	Squash, Acorn	Turnip Greens
Potato, Red	Squash, Butternut	Turnips
Potato, Russet	Squash, Green	Vegetable Oil
Potato, Sweet	Squash, Spaghetti	Water Chestnut
Potato, White	Squash, Summer	Watercress
Potato, Yukon Gold	Squash, Winter	Wheat Grass (Is Gluten-contaminated)
Prickly Pear	Squash, Yellow	Yams, Garnett
Psyllium Husk	Sugar Beet	Yams, Japanese
Pumpkin	Sweet Potato, Red	Yucca
Pumpkin Powder	Sweet Potatoes, White	Zucchini
Radicchio	Swiss Chard	
Radish	Tomatillo	
Rainbow Chard	Tomato	

Meat & Poultry	Duck	Egg, Whites, Pasture-raised
Applegate® organic andouille sausage	Goat, Grass-fed only (organic)	Egg, Yolks Pasture-raised
Applegate® organic bacon	Great Lake's® Beef Gelatin	Milk, Soy (Organic)
Applegate® organic black forest ham	Lamb	Paleo Cheese (Julianbakery.com or Amazon.com)
Applegate® organic chicken	Lard (pork)	Condiments, Spreads & Sauces
Applegate® organic chicken/apple sausage	Ostrich	Apple Cider Vinegar (Bragg's®)
Applegate® organic ham	Pheasant	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)
Applegate® organic herb roasted turkey	Pork, (organic)	Balsamic Vinegar (with Red Wine Vinegar)
Applegate® organic hot dogs	Quail	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
Applegate® organic red pepper sausage	Rabbit	Barbeque Sauce, GF Annie's® Sweet & Spicy
Applegate® organic roast beef	Turkey (organic)	BodyPro Almond Mayo Grade A Maple Syrup
Applegate® organic sausage sweet italian	Veal (organic)	BodyPro Almond Mayo with Yacon Syrup
Applegate® organic smoked chicken breast	Venison (see also Deer)	BodyPro Avocado Oil Mayonnaise
Applegate® organic smoked turkey breast	Non-Dairy & Eggs	Carob
Applegate® organic spinach & feta sausage	Almond Milk, unsweetened (no tapioca)	Cocoa Butter
Applegate® organic turkey	Almond Yogurt, unsweetened	Coconut Aminos®
Applegate® organic turkey bacon	BodyPro Avocado Oil Mayonnaise	Coconut Cream
Beef, Grass-fed only (organic)	Cheese, Daiya (Coconut,Tapioca,yeast,...)	Coconut Vinegar (Coconut Secret)
Bison (see also Buffalo)	Cheese, Soy (Organic) (see Soy)	Cream, Raw and Unpasteurized
Buffalo (see also Bison)	Coconut Kefir (No Tapioca, Carageenan)	Dressing, Primal Kitchen Greek Avocado Oil
Chicken Broth (Imagine® gf/low sodium)	Coconut Milk(Native Forest or Natural Value)	Dressing, Primal Kitchen Honey Mustard
Chicken, free range (organic)	Egg, Pasture-raised (from a farmer)	Earth Balance® Avocado Oil Butter Spread
Collagen Protein (Powder)	Egg, Vital Farms® or Pasture Verde®	Earth Balance® Coconut Spread
Deer (see also Venison)		

Harissa	Tomato Sauce (gluten & Vinegar-free)	Coconut Palm Sugar
Horseradish Sauce, Gluten-free (Annie's®)	Ume Plum Vinegar	Coconut Sugar
Hummus	Veganise Soy-free (Follow Your Heart®)	Date Sugar
Ketchup (Organicville)	Vegetable Shortening (Spectrum®)	Erythritol (non-GMO)
Liquid Aminos (Braggs®)(has Soy)	Vinegar	Fructose
Liquid Smoke (can have gluten)	Vinegar, Beet	Fruit Pectin
Liquid Smoke gluten free (natural)	Vinegar, Distilled	Honey, (Organic)
Mayonnaise	Vinegar, Malt	Honey, Manuka
Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Red Wine	Honey, Wildflower from Mahava®
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Rice	Jerusalem Artichoke Syrup
Mustard, Brown (Eden® gf mustard)	Vinegar, White	Just Like Sugar®
Olives (without vinegar)	Vinegar, White Wine	Lo Han
Red Bean Paste	White/Distilled Vinegar	Maltitol
Red Chili Paste Thai Kitchen® (gluten free)	Worcestershire Sauce (The Wizard's® GF)	Maltodextrin (Barley-derived)
Red Tomato Paste (gluten free)	Sweeteners	Maltodextrin (Corn-based, non-GMO)
Sauerkraut (Bubbies® Brand only)	Agave Nectar	Maltodextrin (Tapioca-based)
Sherry Vinegar	Aspartame	Maple Sugar
Sour Cream, Raw and Unpasteurized	BodyPro Almond Mayo Grade A Maple Syrup	Maple Syrup (Grade A Dark Amber Organic)
Soy Sauce	Brown Rice Syrup (contains MSG/Gluten)	Molasses
Sriracha Sauce Organicville gluten-free	Cane Syrup	Monk Fruit (Pure)
Tabasco Sauce	Chocolate, Dark	Monk Fruit Extract
Tamari (Wheat Free)	Chocolate, Milk	Nutrasweet®
Teriyaki Sauce	Chocolate, White	Rebiana Leaf (Stevia)
Tomato Paste (gluten & Vinegar-free)		Sorbitol

Splenda	Caraway Seed	Garlic Pepper
Sucanat	Cardamom	Garlic Powder
Sucralose	Celery Powder	Garlic Salt
Sugar Beet	Chicory Root	Ginger
Sugar Cane	Chili Powder	Ginkgo Biloba
Sweetleaf® Stevia	Chipotle Seasoning	Ginseng (All Types)
Swerve® Sweetener	Cilantro/Coriander	Goldenseal
Tapioca Dextrose	Cinnamon	Grapefruit Seed Extract
Xyla (Birchwood Xylitol)	Cinnamon, Ceylon	Grapeseed Extract
Xylitol	Cloves	Guarana
Yacon Syrup	Cloves, Madagascar	Gymnema Silvestre
Herbs & Spices	Cloves, Penang	Herbs De Provence
Allspice	Cramp Bark Extract	Hickory
Almond Flavor (natural, gluten free)	Cream of Tartar	Himalayan Salt
Anise	Cumin	Hydrogenated Oils
Ashwaganda	Curcumin	Jamaican Jerk
Astragalus	Curry (must be GF)	Juniper Berry
Basil	Dandelion Root	Lavender
Bay Leaf	Dill	Lemon Balm (Melissa Officinalis)
Bell Pepper, Red	Dong Quai	Lemon Pepper
Black Cohosh	Echinacea	Lemongrass
Capsicum	Fennel	Licorice Root
Caramel Coloring	Garam Masala	Maca Root
	Garlic	Mace Spice

Marjoram	Red Chili Paste Thai Kitchen® (gluten free)	White Willow Bark Extract
Mesquite	Red Pepper Flake	Wintergreen
Milk Thistle	Rose Hips	Wormwood
Mint	Rosemary	Milk-Containing Foods
Mustard (as a Powder)	Saffron	Applegate® organic spinach & feta sausage
Mustard Seeds (gluten free)	Sage	Butter, Raw and Pasture-raised
Nutmeg	Saw Plametto	Buttermilk
Olive Leaf Extract	Sesame Seeds	Casein
Onion	Sesame Seeds, Black	Cheese, American
Onion Powder	Shallots	Cheese, Asiago
Orange Peel/Rind	Spearmint	Cheese, Bleu
Orange Salt	St. John's Wort	Cheese, Brie
Oregano	Sumac	Cheese, Cheddar (Raw)
Paprika	Taco Seasoning	Cheese, Cottage
Paprika (smoked)	Tamari (Wheat Free)	Cheese, Cream
Parsley	Tarragon	Cheese, Feta
Pepper, Black (see Garlic/Lemon Pepper)	Thyme	Cheese, Goat
Pepper, Cayenne	Tomatillo	Cheese, Gorgonzola
Pepper, Red	Turmeric	Cheese, Gouda
Pepper, Sichuan	Uva Ursi	Cheese, Havarti
Pepper, Szechuan	Valerian	Cheese, Machego
Pepper/Peppercorns	Vanilla (gluten and corn-free)	Cheese, Mascapone
Peppermint	Vanilla Bean	Cheese, Mozzarella (Raw)
Pine Bark Extract	Vanilla Powder	

Cheese, Muenster	Sour Cream, Raw and Unpasteurized	Fava Bean
Cheese, Parmesan	Whey	Fava Bean Flour
Cheese, Pecorino	Yogurt (See Xanthan Gum)	Garbanzo Bean
Cheese, Provolone	Legumes & Pulses	Garbanzo Flour
Cheese, Raw and Pasture-raised	Bean, Azuki	Hydrogenated Oils
Cheese, Ricotta	Bean, Black	Kidney Bean
Cheese, Romano	Bean, Butter	Lentil(s)
Cheese, Sheep	Bean, Cannellini	Miso
Cheese, String (Mozzarella)	Bean, Chana Dahl	Pea, Snap
Cheese, Swiss	Bean, Chili	Pea, Snow
Chocolate, Milk	Bean, Green	Pea, Split
Chocolate, White	Bean, Italian	Peanut (Organic, Valencia)
Cream, Raw and Unpasteurized	Bean, Kidney	Peanut Butter (Organic, Maranatha®)
Ghee (Pasture-Raised, Organic)	Bean, Lima	Peanut Oil (Organic)
Goat Cheese	Bean, Mung	Red Bean Paste
Goat Kefir	Bean, Navy	Soy Beans (must be organic)
Kefir, Raw	Bean, Ninja	Soybean oil(must be organic)
Lactoalbumin	Bean, Pinto/Frijole	Vanilla Bean
Milk Chocolate	Bean, Red	Vanilla Powder
Milk, Buffalo	Bean, White	Vegetable Oil
Milk, Cow	Chickpea (see also Garbanzo Bean)	
Milk, Goat	Coffee Bean, Organic	
Milk, Sheep	Edamame (must be organic)	
Mozzarella Cheese		

Corn-Derived FoodsBarbeque Sauce, GF Annie's®
Sweet & Spicy**Cheese, Cream**Cheese, Daiya
(Coconut, Tapioca, yeast,)

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Corn (Gluten-free & Non-GMO)

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn, Blue

Corn, White

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap
(Carrot)

Hydrogenated Oils

Maltitol

Maltodextrin (Corn-based,
non-GMO)

Modified Food Starch

Sriracha Sauce Organicville
gluten-free

Swerve® Sweetener

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)**Gluten-Containing Foods**

Barley

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Barley Juice (may contain gluten)

Beer

Bran

Bread

Brown Rice Syrup (contains
MSG/Gluten)

Caramel Coloring

Cheese, Bleu

Chewing Gum (has gluten and corn)

Coffee, Instant (has gluten)

Couscous

Crab, Imitation

Durum Wheat

Farro

Gluten

Graham (wheat)

Kamut

Liquid Smoke (can have gluten)

Malt

Maltitol

Maltodextrin (Barley-derived)

Modified Food Starch

Oat Grass (Not For Gluten
Sensitive)

Oats

Oats, GF (not Certified) can have
gluten

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)

Gluten-Free Grains	Hydrogenated Oils	Simple Mills Rosemary & Sea Salt Crackers
Almond Flour (gluten free)	Konjac Glucomannon Flour	Simple Mills Tomato & Basil Almond Crackers
Amaranth	Millet	Sorghum
Arrowroot Flour/powder	Oats (Bob's Red Mill Gluten Free Version)	Sweet Potato Flour (gluten free)
Basmati Rice (gluten free)	Oats (Certified GF)	Tapioca
Buckwheat	Potato Flour (gluten free)	Tapioca Flour (gluten free)
Buckwheat Flour	Potato Starch (gluten free)	Tapioca Starch (gluten free)
Chicory Root	ProGranola (Julian Bakery)	Teff
Coconut Flour (gluten free)	Quinoa (gluten free)	Tolerant Green Lentil & Pea Pasta
Coconut Meal (gluten free)	Quinoa, Black (gluten free)	Tolerant Red or Green Lentil Pasta
Corn (Gluten-free & Non-GMO)	Quinoa, Red (gluten free)	Tortilla, Siete Almond
Corn Meal (gluten free)	Rice Bran	Tortilla, Siete Cassava & Coconut
Corn Starch (gluten free)	Rice Flour (gluten free)	Tortilla, Siete Chia & Cassava
Corn, Blue	Rice Protein Powder (gluten free)	Vegetable Oil
Corn, White	Rice, Basmati (gluten free)	Beverages & Protein Powders
Ener-G Brown Rice Yeast-Free Bread	Rice, Black (gluten free)	Almond Milk, unsweetened (no tapioca)
Fava Bean Flour	Rice, Brown (gluten free)	Apple Cider
Flax Meal	Rice, Japonica (gluten free)	Apple Juice
Garbanzo Flour	Rice, Purple (gluten free)	Beer
Glucomannon Flour (konjacfoods.com)	Rice, Red (gluten free)	Bone Broth Protein, Beef
Hazelnut Flour	Rice, White (gluten free)	Carrot Juice
Hemp Meal	Rice, Wild (Lundberg® - not the blend)	Casein
Hemp Protein (Powder)	Simple Mills - Everything Sprouted Seed Cracker	Coconut Kefir (No Tapioca, Carageenan)
Hemp Seed	Simple Mills Ground Sea Salt Almond Crackers	

Coconut Milk(Native Forest or Natural Value)	Rice Protein Powder (gluten free)	Miscellaneous
Coconut Water (low sugar)	Soy Milk/Soy Cheese (Organic)	Acacia Gum
Coffee	Soy Protein (Organic)	Agar Gum
Coffee Bean, Organic	Sparkling Water, unflavored	Antimony
Coffee, Instant (has gluten)	Tea, Black	Arabic Gum
Collagen Protein (Powder)	Tea, Chamomile	Baking Powder
Echinacea Tea	Tea, Green	Baking Soda (Arm & Hammer®)
Grapefruit Juice	Tea, Hibiscus	Beef broth (Imagine® low sodium/GF)
Great Lake's® Beef Gelatin	Tea, Komboucha	Blue Food Dye
Green Tea	Tea, Oolong	Bone Broth, Beef
Hemp Protein (Powder)	Tea, Ramon	Carrageenan Gum
Komboucha Tea	Tea, Roobios	Chewing Gum (has gluten and corn)
Lactalbumin	Tea, Unflavored	Chewing Gum, Xylicew®
Lemon Juice	Tea, White	Chicken Broth (Imagine® gf/low sodium)
Licorice Tea	Teechino	Chicory Root
Lime Juice	Vinegar, Red Wine	Cocoa/Cacao (raw, pure, & unsweetened)
Milk, Buffalo	Water	Collagen Protein (Powder)
Milk, Cow	Whey	Formaldehyde
Milk, Goat	Wine, Red	GemWraps®, Sandwich Wrap (Carrot)
Milk, Sheep	Wine, White (Champagne)	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Soy (Organic)	Yerba Matte Tea (Organic/Pure)	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Mineral Water	Zevia Drinks	GemWraps®, Sandwich Wrap (Tomato)
Orange Juice		Glucomannan Flour (konjacfoods.com)
Pea Protein		Great Lake's® Beef Gelatin

Guar Gum	Tofu (Organic)
Hops	Tragacanth Gum
Hydrogenated Oils	Vegetable broth (Imagine® Low Sodium)
Inulin	Vegetable Oil
Julian Bakery Almond Bread	Vinegar, Red Wine
Julian Bakery Coconut Bread	Xanthan Gum
Julian Bakery Paleo Wraps	Yeast, Baker's
Konjac Glucomannan Flour	Yeast, Brewer's
Lard (pork)	Yeast, Nutritional
Latex	Snacks
Locust Bean Gum	Apple Sauce
Lycopene	Dates
Malt	Simple Mills Chocolate Chip Cookies
Maltodextrin (Barley-derived)	
Modified Food Starch	
Modified Food Starch (Tapioca-based)	
Palm Wax	
Pycnogenol	
Red Food Dye	
Red Tomato Paste (gluten free)	
Resveratrol	
Rice Starch (if certified gluten free)	
Silver	
Skinny Crisps® (Plain Jane)	