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The following foods were foods that were removed from your diet and are now ok to have.

Vegetables

Aloe Vera	Cauliflower	Mushrooms, Button
Artichoke (not pickled)	Cauliflower, Purple	Mushrooms, Cremini/Crimini
Artichoke, Jerusalem (not pickled)	Celery	Mushrooms, Maitake
Arugula	Chard	Mushrooms, Shiitake
Asparagus	Chives	Mustard Greens
Avocado	Coconut (raw and unsweetened)	Olives (without vinegar)
Bamboo Shoot	Coconut Concentrate	Onion, Green
Bean Sprout	Collard Greens	Onion, Maui
Beet Greens	Comfrey	Onion, Red
Bitter Melon	Daikon Radish	Onion, Sweet
Bok Choy	Dandelion Greens	Onion, Yellow
Broccoli	Dandelion Root	Parsley
Broccolini	Endive	Prickly Pear
Broccoli Rabe	Fennel	Radicchio
Broccoli Sprouts	Ginger	Radish
Brussels Sprout	Hearts of Palm	Rainbow Chard
Burdock	Horseradish	Rutabaga
Cabbage, Chinese (see also Bok Choy)	Jicama	Sauerkraut (Bubbies® Brand only)
Cabbage, Green	Kale, all types	Scallions
Cabbage, Purple	Kohlrabi	Shallots
Cactus (Nopales)	Leeks	Spinach
Capers	Lettuce, all types	Swede
	Mushrooms	Swiss Chard

Turnip Greens

Lemon Rind/Peel

Legumes, Pods, & Pulses

Wasabi Root

Lime

Vanilla Bean

Water Chestnut

Lime Juice

Nuts, Seeds, Drupes & Oils

Watercress

Loganberry

Annatto Seed

Fruits

Longan Fruit

Avocado Oil

Acai

Loquat

Brazil Nut

alpha

Lychee

Caraway Seed

Apricot

Maqui

Cashew Butter

Bilberry

Mulberry

Cashew Meal

Blackberry

Nectarines

Cashews

Blueberry

Noni

Chestnut

Boysenberry

Passion Fruit

Coconut, shredded (raw,
unsweetened)

bravo

Pear

Coconut Butter

Carambola

Pear, Asian

Coconut Oil

Cherry

Plum

Duck Fat

Dragon Fruit (Pitaya)

Pomegranate

Hazelnut/Filbert

Elderberry

Rambutan

Hazelnut Flour

food name

Raspberry

Lard/Tallow (pork)

Golden Berry

Star Fruit

MCT Oil

Grapefruit

Youngberry

Olive Leaf Extract

Huckleberry

Olive Oil, Virgin

Lemon

Palm Kernel Oil

Lemon Juice

Pine Nut

Pistachios	Cramp Bark Extract	Lemongrass
Poppy seeds	Cream of Tartar	Maca Root
Herbs & Spices	Cumin	Mace Spice
Allspice	Curcumin	Marjoram
Anise	Curry (must be GF)	Milk Thistle
Astragalus	Dandelion Root	Mint
Basil	Dill	Mustard Seeds (gluten free)
Bay Leaf	Dong Quai	Nutmeg
Black Cohosh	Echinacea	Olive Leaf Extract
Caraway Seed	Fennel	Onion
Cardamom	Fennel Seed	Onion Powder
Catnip	Ginger Powder	Oregano
Celery Powder	Ginkgo Biloba	Parsley
Celery Seed	Ginseng (All Types)	Pau D'arco
Chaparral	Goldenseal	Peppermint
Chervil	Grapefruit Seed Extract	Pine Bark Extract
Cilantro/Coriander	Gymnema Silvestre	Rose Hips
Cinnamon	Herbs De Provence	Rosemary
Cinnamon, Ceylon	Hickory	Saffron
Clove Powder	Himalayan Salt	Sage
Cloves, Madagascar	Juniper Berry	Sassafras
Cloves, Penang	Lavender	Savory
Comfrey	Lemon Balm (Melissa Officinalis)	Saw Plametto

Shallots	Lox	Goat, Grass-fed only (organic)
Spearmint	Mackerel	Lamb
St. John's Wort	Mahi Mahi	Ostrich
Sumac	Octopus	Pheasant
Tarragon	Perch	Pork, (organic)
Thyme	Red Snapper	Quail
Turmeric	Salmon, wild (fresh)	Rabbit
Uva Ursi	Sardines	Turkey (organic)
Valerian	Sole	Venison (see also Deer)
Vanilla Bean	Swai	Milk-Containing Foods
Vanilla Powder	Swordfish	Non-Dairy & Eggs
White Willow Bark Extract	Tilapia (Wild, Non-farmed)	Coconut Kefir (No Tapioca, Carageenan)
Wintergreen	Trout	Coconut Milk (Native Forest or Natural Value)
Wormwood	Walleye Pike	Gluten-Free Grains
Fish & Shellfish	Whitefish/Turbot	Coconut Flour (gluten free)
Bass	Meat & Poultry	Coconut Meal (gluten free)
Chilean Sea Bass	Applegate® organic black forest ham	Glucomannon Flour (konjacfoods.com)
Corvina	Applegate® organic ham	Hazelnut Flour
Flounder	Bison (see also Buffalo)	Konjac Glucomannon Flour
Haddock	Buffalo (see also Bison)	
Hake	Chicken, free range (organic)	
Halibut	Deer (see also Venison)	
Herring	Duck	

Gluten-Containing Foods**Corn-Derived Foods****Condiments, Spreads & Sauces**

Coconut Aminos®

Coconut Cream

Liquid Smoke gluten free (natural)

Olives (without vinegar)

Sauerkraut (Bubbies® Brand only)

Sweeteners

Jerusalem Artichoke Syrup

Lo Han

Rebiana Leaf (Stevia)

Sweetleaf® Stevia

Beverages & Protein Powders

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Coconut Water (low sugar)

Echinacea Tea

Green Tea

Lemon Juice

Lime Juice

Mineral Water

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Chicory Root

Tea, Green

Tea, Hibiscus

Tea, Oolong

Tea, Roobios

Tea, White

Water

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous

Baking Soda (Arm & Hammer®)

Cacao (Raw, Pure, & Unsweetened)

Latex

Lycopene

Silver

Snacks**Food Additives**

Annatto Coloring

Chicory Root

Inulin

Palm Wax

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

new food cat

alpha

bravo

food name

These are foods that we are waiting for you to experiment with. Please enter them into your dietary area by Capitalizing each so that our nutritionist can look out for health patterns with regard to this/these food(s)

Vegetables	Herbs & Spices	Beverages & Protein Powders
Fruits	Fish & Shellfish	Hemp Protein (Powder)
Legumes, Pods, & Pulses	Meat & Poultry	Miscellaneous
Nuts, Seeds, Drupes & Oils	Milk-Containing Foods	Snacks
Borage Seed Oil	Non-Dairy & Eggs	Food Additives
Flax Meal	Gluten-Free Grains	new food cat
Flax Oil	Amaranth	
Flax Seed	Flax Meal	
Hemp Meal	Hemp Meal	
Hemp Protein (Powder)	Hemp Protein (Powder)	
Hemp Seed	Hemp Seed	
Macadamia Nut Oil	Sunflower Seed Flour	
Macadamia Nuts	Gluten-Containing Foods	
Sunflower Seed Butter	Corn-Derived Foods	
Sunflower Seed Flour	Condiments, Spreads & Sauces	
Sunflower Seed Lecithin	Earth Balance® Coconut Spread	
Sunflower Seed Oil	Vegetable Shortening (Spectrum®)	
Sunflower Seeds		
Tahini		
Vegetable Shortening (Spectrum®)		
Walnut Oil		
Walnuts	Sweeteners	
Walnuts, Black		

These are foods that you can have occasionally. Please consume one choice from amongst these foods each day

Vegetables

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Capsicum

Chayote

Cucumber

Eggplant

Okra

Paprika

Pepper, Anaheim

Pepper, Cayenne

Pepper, Chili

Pepper, Green

Pepper, Habanero

Pepper, Jalapeño

Pepper, Poblano

Pepper, Red

Pepper, Serrano

Pepper, Tabasco

Pimento

Pumpkin

Pumpkin Powder

Red Pepper Flake

Rhubarb

Taro

Zucchini

Fruits

Goji Berry

Gooseberries

Wolfberry

Legumes, Pods, & Pulses

Coffee Bean, Organic

Nuts, Seeds, Drupes & Oils

Cola Nut (aka Kola Nut)

Pepitas

Pili Nuts

Pumpkin Oil

Pumpkin Seed Oil

Pumpkin Seeds

Ramon Seeds

Sacha Inchi Seeds

Tea, Ramon

Tiger Nuts

Herbs & Spices

Ashwaganda

Bell Pepper, Red

Capsicum

Chili Powder

Chipotle Seasoning

Jamaican Jerk

Paprika

Paprika (smoked)

Pepper, Cayenne

Pepper, Red

Pepper, Sichuan

Pepper, Szechuan

Red Clover

Red Pepper Flake

Vanilla (gluten and corn-free)

Fish & Shellfish**Meat & Poultry****Milk-Containing Foods****Non-Dairy & Eggs****Gluten-Free Grains****Gluten-Containing Foods****Corn-Derived Foods****Condiments, Spreads & Sauces**

Carob

Cocoa Butter

Sweeteners

Just Like Sugar®

Beverages & Protein Powders

Coffee (Brewed and Not Instant)

Coffee Bean, Organic

Tea, Ramon

Miscellaneous

Tobacco

Snacks**Food Additives**

Arabic Gum

Asafoetida Powder

Tragacanth Gum

new food cat

The following foods will be in your diet at some point, but based on food reactions or dietary restrictions they are not currently in your diet

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Bean, Green

Beet

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Cassava (see Tapioca and Yucca)

Kelp/Dulse

Kombu

Nori

Oat Grass (Not For Gluten Sensitive)

Parsnip

Pea, Black-Eyed

Pea, Green

Pea, Snap

Pea, Snow

Pea, Split

Pea Protein

Pickles, Bubbies® brand only

Potato, Fingerling

Potato, Purple

Potato, Red

Potato, Russet

Potato, Sweet

Potato, White

Potato, Yukon Gold

Psyllium Husk

Sea Vegetables

Seaweed

Spirulina

Squash

Squash, Acorn

Squash, Butternut

Squash, Green

Squash, Spaghetti

Squash, Summer

Squash, Winter

Squash, Yellow

Sugar Beet

Sweet Potato, Red

Sweet Potatoes, White

Tabasco Sauce

Tomatillo
Tomato
Tomato, Cherry
Tomato, Heirloom
Tomato, Orange
Tomato, Red
Tomato, Roma
Tomato, Sun-dried
Tomato, Yellow
Tomatoes, Big Beef
Tomato Paste (gluten & Vinegar-free)
Tomato Sauce (gluten & Vinegar-free)

Truffle

Turnips

Yams, Garnett

Yams, Japanese

Yucca

Fruits

Banana

Cantaloupe

Cape Gooseberries

Clementine

Cranberry

Cranberry Juice

Currant

Dates

Dried Fruit

Durian Fruit

Fig

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit Juice

Ground Cherries

Guava

Jack fruit

Kiwi

Kumquat

Mango

Mangosteen

Melon, Honeydew

Monk Fruit (Pure)

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Oranges, Mandarin

Papaya

Persimmons

Pineapple

Plantain

Pomelo

Prune

Quince

Raisin (unsulfured, organic)

Strawberry

Tamarind

Tangelo

Tangerine

Watermelon

Legumes, Pods, & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

Bean, Haricot

Bean, Italian

Bean, Kidney

Bean, Lima

Bean, Mung

Bean, Navy

Bean, Ninja

Bean, Pinto/Frijole

Bean, Red

Bean, White

Chickpea (see also Garbanzo Bean)

Edamame (must be organic)

Fava Bean

Fava Bean Flour

Garbanzo Bean	Pecans	Red Chili Paste Thai Kitchen® (gluten free)
Garbanzo Flour	Psyllium Husk	Sesame Seeds
Kidney Bean	Rice, Wild (Lundberg® - not the blend)	Sesame Seeds, Black
Lentil(s)	Rice Bran Oil	Tabasco Sauce
Pea, Snap	Safflower/Safflower Seed Oil	Taco Seasoning
Pea, Snow	Sesame Seed Oil	Tamari (Wheat Free)
Pea, Split	Sesame Seeds	Tomatillo
Peanut (Organic, Valencia)	Sesame Seeds, Black	Fish & Shellfish
Peanut Butter (Organic, Maranatha®)	Truffle Oil	Anchovy
Red Bean Paste	Truffle Oil, Black	Catfish
Soybean oil(must be organic)	Herbs & Spices	Clam
Soy Beans (must be organic)	Garam Masala	Cod/ Cod Liver Oil
Nuts, Seeds, Drupes & Oils	Grapeseed Extract	Crab
Canola/Rapeseed Oil	Guarana	Crayfish
Canola Oil, Non-GMO	Lemon Pepper	Krill
Chia Seed (1/4 cup, max)	Licorice Root	Mussel
Cottonseed/Cottonseed Oil	Mesquite	Orange Roughy
Fenugreek Seed	Mustard (as a Powder)	Oyster
Grapeseed Oil, Organic	Orange Peel/Rind	Scallop
Krill Oil	Orange Salt	Shrimp
Peanut Oil (Organic)	Pepper, Black (see Garlic/Lemon Pepper)	Squid
Pecan Flour	Pepper/Peppercorns	Tuna

Meat & Poultry

Applegate® organic andouille sausage

Applegate® organic bacon

Applegate® organic chicken

Applegate® organic chicken/apple sausage

Applegate® organic herb roasted turkey

Applegate® organic hot dogs

Applegate® organic red pepper sausage

Applegate® organic sausage sweet italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® organic spinach & feta sausage

Applegate® organic turkey

Applegate® organic turkey bacon

Chicken Broth (Imagine® gf/low sodium)

Milk-Containing Foods

Applegate® organic spinach & feta sausage

Non-Dairy & Eggs

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture Verde®

Egg Whites, Pasture-raised

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or Amazon.com)

Gluten-Free Grains

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Ener-G Brown Rice Yeast-Free Bread

Fava Bean Flour

Garbanzo Flour

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Mikey's Original English Muffin

Mikey's Pizza crust

Mikey's Sliced Bread Loaf

Millet

Oats (Bob's Red Mill Gluten Free Version)

Oats (Certified GF)

Potato Flour (gluten free)

Potato Starch (gluten free)

ProGranola (Julian Bakery)

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 - Everything Sprouted Seed Cracker

Condiments, Spreads & SaucesSimple Mills Cracked Black Pepper
Almond CrackersSimple Mills Ground Sea Salt
Almond CrackersSimple Mills Rosemary & Sea Salt
CrackersSimple Mills Tomato & Basil Almond
Crackers

Sorghum

Sweet Potato Flour (gluten free)

Tapioca

Tapioca Flour (gluten free)

Tapioca Starch (gluten free)

Teff

Teff Flour

Tolerant Green Lentil & Pea Pasta

Tolerant Red or Green Lentil Pasta

Tortilla, Siete Chia & Cassava

Gluten-Containing Foods

Teechino

Corn-Derived FoodsBarbeque Sauce, GF Annie's®
Sweet & SpicyBalsamic Vinegar MiaBella (No
Caramel No Wine Vinegar)Barbeque Sauce, GF Annie's®
Sweet & SpicyBodyPro Almond Mayo Grade A
Maple SyrupBodyPro Almond Mayo with Yacon
Syrup

BodyPro Avocado Oil Mayonnaise

Coconut Vinegar (Coconut Secret)

Distilled White Vinegar

Dressing, Primal Kitchen Greek
Avocado OilDressing, Primal Kitchen Honey
MustardEarth Balance® Avocado Oil Butter
Spread

Harissa

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Mayonnaise, Primal Kitchen
Avocado OilMayonnaise, Primal Kitchen
Chipotle Avocado Oil

Red Bean Paste

Red Chili Paste Thai Kitchen®
(gluten free)

Red Tomato Paste (gluten free)

Tabasco Sauce

Tamari (Wheat Free)

Tomato Paste (gluten &
Vinegar-free)Tomato Sauce (gluten &
Vinegar-free)Veganaise Soy-free (Follow Your
Heart®)

Vinegar, Beet

Vinegar, Distilled

Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A
Maple Syrup

Brown Sugar

Cane Syrup

Chocolate, Dark

Coconut Palm Sugar

Coconut Sugar

Date Sugar

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber
Organic)

Molasses	Milk, Soy (Organic)	Rice Starch (if certified gluten free)
Monk Fruit (Pure)	Orange Juice	Tofu (Organic)
Monk Fruit Extract	Pea Protein	Vegetable broth (Imagine® Low Sodium)
Nutrasweet®	Rice Protein Powder (gluten free)	Yeast, Brewer's
Sorbitol	Soy Milk/Soy Cheese (Organic)	Snacks
Splenda	Soy Protein (Organic)	Apple Sauce
Sucanat	Tea, Unflavored	Chewing Gum, Xylitew®
Sucralose	Teechino	Dates
Sugar Beet	Vodka, Potato	Simple Mills Chocolate Chip Cookies
Sugar Cane	Miscellaneous	Simple Mills Cracked Black Pepper Almond Crackers
Tapioca Dextrose	Antimony	Skinny Crisps® (Plain Jane)
Tapioca Syrup	Beef broth (Imagine® low sodium/GF)	Food Additives
Xyla (Birchwood Xylitol)	Chicken Broth (Imagine® gf/low sodium)	Acacia Gum
Yacon Syrup	Cocoa	Agar Gum
Beverages & Protein Powders	GemWraps®, Sandwich Wrap (Kale-Apple)	Blue Food Dye
Apple Cider	GemWraps®, Sandwich Wrap (Mango/Chipotle)	Carrageenan Gum
Apple Juice	GemWraps®, Sandwich Wrap (Tomato)	Formaldehyde
Carrot Juice	Julian Bakery Paleo Wraps	Guar Gum
Cocoa	Modified Food Starch (Tapioca-based)	Lactic Acid (beet-derived)
Grapefruit Juice	Pycnogenol	Locust Bean Gum
Licorice Tea	Red Tomato Paste (gluten free)	MSG/MonosodiumGlutamate
Milk, Rice	Resveratrol	Pea Protein Isolate

Pea Starch

Potato Protein

Red Food Dye

Sodium Alginate

Vegan Natural Flavors (with MSG)

new food cat

These are the foods that have been removed from your diet

Vegetables

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Garlic

Fruits

Apple (all types)

Peach

Legumes, Pods, & Pulses**Nuts, Seeds, Drupes & Oils**

Almond

Almond, Marcona

Almond Butter (Artisana®)

Almond Flavor (natural, gluten free)

Almond Flour (gluten free)

Almond Meal (gluten free)

Almond Oil

Corn Oil

Hydrogenated Oils

Vegetable Oil

Herbs & Spices

Almond Flavor (natural, gluten free)

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Fish & Shellfish**Meat & Poultry**

Applegate® organic roast beef

Beef, Grass-fed only (organic)

Collagen Protein (Powder)

Great Lake's® Beef Gelatin

Veal (organic)

Milk-Containing Foods

Cheese, Cream

Yogurt (See Xanthan Gum)

Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

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

Cheese, Soy (Organic) (see Soy)

Gluten-Free Grains

Almond Flour (gluten free)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Tortilla, Siete Almond

Tortilla, Siete Cassava & Coconut

Udi's Millet-Chia Bread

Udi's White Sandwich Bread

Udi's Whole Grain Bread

Gluten-Containing Foods

Chewing Gum (has gluten and corn)

Maltitol

Modified Food Starch

Corn-Derived Foods

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Citric Acid (can be corn-derived)

Corn (Gluten-free & Non-GMO)

Corn, Blue	Condiments, Spreads & Sauces	Miscellaneous
Corn, White	Apple Cider Vinegar (Bragg's®)	Baking Powder
Corn Gluten	Daiya - Medium Cheddar Block	Bone Broth, Beef
Corn Meal (gluten free)	Horseradish Mustard, Gluten-free (Annie's®)	Collagen Protein (Powder)
Corn Oil	Mustard, Brown (Eden® gf mustard)	GemWraps®, Sandwich Wrap (Carrot)
Corn Starch (gluten free)	Sriracha Sauce Organicville gluten-free	Great Lake's® Beef Gelatin
Corn Syrup	Worcestershire Sauce (The Wizard's® GF)	Modified Food Starch
Erythritol (non-GMO)	Sweeteners	Snacks
Fructose	Corn Syrup	Chewing Gum (has gluten and corn)
GemWraps®, Sandwich Wrap (Carrot)	Erythritol (non-GMO)	Food Additives
Hydrogenated Oils	Fructose	Citric Acid (can be corn-derived)
Lactic Acid (corn-derived)	Maltitol	Lactic Acid (corn-derived)
Maize	Maltodextrin (Corn-based, non-GMO)	Xanthan Gum
Maltitol	Swerve® Sweetener	new food cat
Maltodextrin (Corn-based, non-GMO)	Xylitol	
Modified Food Starch	Beverages & Protein Powders	
Sriracha Sauce Organicville gluten-free	Almond Milk, unsweetened (no tapioca)	
Swerve® Sweetener	Bone Broth Protein, Beef	
Vodka, Corn	Collagen Protein (Powder)	
Xanthan Gum	Great Lake's® Beef Gelatin	
Yogurt (See Xanthan Gum)	Vodka, Corn	

Complete Comprehensive List

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bitter Melon

Bok Choy

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Comfrey

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Ginger

Hearts of Palm

Horseradish

Jicama

Kale, all types

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

Squash, Acorn	Tomato, Yellow	Blackberry
Squash, Butternut	Tomatoes, Big Beef	Blueberry
Squash, Green	Tomato Paste (gluten & Vinegar-free)	Boysenberry
Squash, Spaghetti	Tomato Sauce (gluten & Vinegar-free)	bravo
Squash, Summer	Truffle	Cantaloupe
Squash, Winter	Turnip Greens	Cape Gooseberries
Squash, Yellow	Turnips	Carambola
Sugar Beet	Wasabi Root	Cherry
Swede	Water Chestnut	Clementine
Sweet Potato, Red	Watercress	Cranberry
Sweet Potatoes, White	Wheat Grass (Is Gluten-contaminated)	Cranberry Juice
Swiss Chard	Yams, Garnett	Currant
Tabasco Sauce	Yams, Japanese	Dates
Taro	Yucca	Dragon Fruit (Pitaya)
Tomatillo	Zucchini	Dried Fruit
Tomato	Fruits	Durian Fruit
Tomato, Cherry	Acai	Elderberry
Tomato, Heirloom	alpha	Fig
Tomato, Orange	Apple (all types)	food name
Tomato, Red	Apricot	Goji Berry
Tomato, Roma	Banana	Golden Berry
Tomato, Sun-dried	Bilberry	Gooseberries

Grape	Mango	Pomegranate
Grape, Green	Mangosteen	Pomelo
Grape, Purple	Maqui	Prune
Grape, Red	Melon, Honeydew	Quince
Grape, White	Monk Fruit (Pure)	Raisin (unsulfured, organic)
Grapefruit	Mulberry	Rambutan
Grapefruit Juice	Nectarines	Raspberry
Ground Cherries	Noni	Star Fruit
Guava	Orange	Strawberry
Huckleberry	Orange, Blood	Tamarind
Jack fruit	Orange Juice	Tangelo
Kiwi	Orange Peel/Rind	Tangerine
Kumquat	Oranges, Mandarin	Watermelon
Lemon	Papaya	Wolfberry
Lemon Juice	Passion Fruit	Youngberry
Lemon Rind/Peel	Peach	Legumes, Pods, & Pulses
Lime	Pear	Bean, Azuki
Lime Juice	Pear, Asian	Bean, Black
Loganberry	Persimmons	Bean, Butter
Longan Fruit	Pineapple	Bean, Cannellini
Loquat	Plantain	Bean, Chana Dahl
Lychee	Plum	Bean, Chili

Bean, Green	Pea, Snow	Caraway Seed
Bean, Haricot	Pea, Split	Cashew Butter
Bean, Italian	Peanut (Organic, Valencia)	Cashew Meal
Bean, Kidney	Peanut Butter (Organic, Maranatha®)	Cashews
Bean, Lima	Red Bean Paste	Chestnut
Bean, Mung	Soybean oil(must be organic)	Chia Seed (1/4 cup, max)
Bean, Navy	Soy Beans (must be organic)	Coconut, shredded (raw, unsweetened)
Bean, Ninja	Vanilla Bean	Coconut Butter
Bean, Pinto/Frijole	Nuts, Seeds, Drupes & Oils	Coconut Oil
Bean, Red	Almond	Cola Nut (aka Kola Nut)
Bean, White	Almond, Marcona	Corn Oil
Chickpea (see also Garbanzo Bean)	Almond Butter (Artisana®)	Cottonseed/Cottonseed Oil
Coffee Bean, Organic	Almond Flavor (natural, gluten free)	Duck Fat
Edamame (must be organic)	Almond Flour (gluten free)	Fenugreek Seed
Fava Bean	Almond Meal (gluten free)	Flax Meal
Fava Bean Flour	Almond Oil	Flax Oil
Garbanzo Bean	Annatto Seed	Flax Seed
Garbanzo Flour	Avocado Oil	Grapeseed Oil, Organic
Kidney Bean	Borage Seed Oil	Hazelnut/Filbert
Lentil(s)	Brazil Nut	Hazelnut Flour
Miso	Canola/Rapeseed Oil	Hemp Meal
Pea, Snap	Canola Oil, Non-GMO	Hemp Protein (Powder)

Hemp Seed	Ramon Seeds	Walnuts, Black
Hydrogenated Oils	Rice, Wild (Lundberg® - not the blend)	Herbs & Spices
Krill Oil	Rice Bran Oil	Allspice
Lard/Tallow (pork)	Sacha Inchi Seeds	Almond Flavor (natural, gluten free)
Macadamia Nut Oil	Safflower/Safflower Seed Oil	Anise
Macadamia Nuts	Sesame Seed Oil	Ashwaganda
MCT Oil	Sesame Seeds	Astragalus
Olive Leaf Extract	Sesame Seeds, Black	Basil
Olive Oil, Virgin	Sunflower Seed Butter	Bay Leaf
Palm Kernel Oil	Sunflower Seed Flour	Bell Pepper, Red
Peanut Oil (Organic)	Sunflower Seed Lecithin	Black Cohosh
Pecan Flour	Sunflower Seed Oil	Capsicum
Pecans	Sunflower Seeds	Caramel Coloring
Pepitas	Tahini	Caraway Seed
Pili Nuts	Tea, Ramon	Cardamom
Pine Nut	Tiger Nuts	Catnip
Pistachios	Truffle Oil	Celery Powder
Poppy seeds	Truffle Oil, Black	Celery Seed
Psyllium Husk	Vegetable Oil	Chaparral
Pumpkin Oil	Vegetable Shortening (Spectrum®)	Chervil
Pumpkin Seed Oil	Walnut Oil	Chili Powder
Pumpkin Seeds	Walnuts	Chipotle Seasoning

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

Peppermint	Thyme	Flounder
Pine Bark Extract	Tomatillo	Haddock
Red Chili Paste Thai Kitchen® (gluten free)	Turmeric	Hake
Red Clover	Uva Ursi	Halibut
Red Pepper Flake	Valerian	Herring
Rose Hips	Vanilla (gluten and corn-free)	Krill
Rosemary	Vanilla Bean	Lobster
Saffron	Vanilla Powder	Lox
Sage	White Willow Bark Extract	Mackerel
Sassafras	Wintergreen	Mahi Mahi
Savory	Wormwood	Mussel
Saw Plametto	Fish & Shellfish	Octopus
Sesame Seeds	Anchovy	Orange Roughy
Sesame Seeds, Black	Bass	Oyster
Shallots	Catfish	Perch
Spearmint	Chilean Sea Bass	Red Snapper
St. John's Wort	Clam	Salmon, wild (fresh)
Sumac	Cod/ Cod Liver Oil	Sardines
Tabasco Sauce	Corvina	Scallop
Taco Seasoning	Crab	Shrimp
Tamari (Wheat Free)	Crab, Immitation	Sole
Tarragon	Crayfish	Squid

Swai

Applegate® organic turkey

Swordfish

Applegate® organic turkey bacon

Tilapia (Wild, Non-farmed)

Beef, Grass-fed only (organic)

Trout

Bison (see also Buffalo)

Tuna

Buffalo (see also Bison)

Walleye Pike

Chicken, free range (organic)

Whitefish/Turbot

Chicken Broth (Imagine® gf/low sodium)

Meat & Poultry**Collagen Protein (Powder)**

Applegate® organic andouille sausage

Deer (see also Venison)

Applegate® organic bacon

Duck

Applegate® organic black forest ham

Goat, Grass-fed only (organic)

Applegate® organic chicken

Great Lake's® Beef Gelatin

Applegate® organic chicken/apple sausage

Lamb

Applegate® organic ham

Ostrich

Applegate® organic herb roasted turkey

Pheasant

Applegate® organic hot dogs

Pork, (organic)

Applegate® organic red pepper sausage

Quail

Applegate® organic roast beef

Rabbit

Applegate® organic sausage sweet italian

Turkey (organic)

Applegate® organic smoked chicken breast

Veal (organic)

Applegate® organic smoked turkey breast

Venison (see also Deer)

Applegate® organic spinach & feta sausage

Milk-Containing Foods

Applegate® organic spinach & feta sausage

Butter, Raw and Pasture-raised

Buttermilk

Casein

Cheese, American

Cheese, Asiago

Cheese, Bleu

Cheese, Brie

Cheese, Cheddar (Raw)

Cheese, Cottage

Cheese, Cream

Cheese, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Macheo

Cheese, Marscapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone
Cheese, Raw and Pasture-raised
Cheese, Ricotta
Cheese, Romano
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
Lactic Acid (milk-derived)
Lactoalbumin
Milk, Buffalo
Milk, Cow
Milk, Goat
Milk, Sheep
Milk Chocolate
Mozzarella Cheese

Sour Cream, Raw and Unpasteurized
Whey
Yogurt (See Xanthan Gum)
Non-Dairy & Eggs
Almond Milk, unsweetened (no tapioca)
Almond Yogurt, unsweetened
BodyPro Avocado Oil Mayonnaise
Cheese, Daiya (Coconut,Tapioca,yeast,....)
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)
Paleo Cheese (Julianbakery.com or Amazon.com)

Gluten-Free Grains
Almond Flour (gluten free)
Amaranth
Arrowroot Flour/powder
Avenin (Gluten-free)
Basmati Rice (gluten free)
Brown Rice Flour
Buckwheat
Buckwheat Flour
Coconut Flour (gluten free)
Coconut Meal (gluten free)
Corn (Gluten-free & Non-GMO)
Corn, Blue
Corn, White
Corn Meal (gluten free)
Corn Starch (gluten free)
Ener-G Brown Rice Yeast-Free Bread
Fava Bean Flour
Flax Meal
Garbanzo Flour
Glucomannon Flour (konjacfoods.com)
Hazelnut Flour
Hemp Meal

Hemp Protein (Powder)	Rice, Red (gluten free)	Tortilla, Siete Cassava & Coconut
Hemp Seed	Rice, White (gluten free)	Tortilla, Siete Chia & Cassava
Julian Bakery Almond Bread	Rice, Wild (Lundberg® - not the blend)	Udi's Millet-Chia Bread
Julian Bakery Coconut Bread	Rice Bran	Udi's White Sandwich Bread
Konjac Glucomannon Flour	Rice Flour (gluten free)	Udi's Whole Grain Bread
Mikey's Original English Muffin	Rice Protein Powder (gluten free)	Gluten-Containing Foods
Mikey's Pizza crust	Simple Mills - Everything Sprouted Seed Cracker	Allulose
Mikey's Sliced Bread Loaf	Simple Mills Cracked Black Pepper Almond Crackers	Avenin
Millet	Simple Mills Ground Sea Salt Almond Crackers	Barley
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Rosemary & Sea Salt Crackers	Barley Grass (can have gluten)
Oats (Certified GF)	Simple Mills Tomato & Basil Almond Crackers	Barley Greens (may contain gluten)
Potato Flour (gluten free)	Sorghum	Barley Juice (may contain gluten)
Potato Starch (gluten free)	Sunflower Seed Flour	Beer
ProGranola (Julian Bakery)	Sweet Potato Flour (gluten free)	Bran
Quinoa (gluten free)	Tapioca	Bread
Quinoa, Black (gluten free)	Tapioca Flour (gluten free)	Brown Rice Syrup (contains MSG/Gluten)
Quinoa, Red (gluten free)	Tapioca Starch (gluten free)	Caramel Coloring
Rice, Basmati (gluten free)	Teff	Cheese, Bleu
Rice, Black (gluten free)	Teff Flour	Chewing Gum (has gluten and corn)
Rice, Brown (gluten free)	Tolerant Green Lentil & Pea Pasta	Coffee, Instant (has gluten)
Rice, Japonica (gluten free)	Tolerant Red or Green Lentil Pasta	Couscous
Rice, Purple (gluten free)	Tortilla, Siete Almond	Crab, Immitation

Durum Wheat	Teechino	Corn Oil
Egyptian Wheat	Teriyaki Sauce	Corn Starch (gluten free)
Farro	Triticale	Corn Syrup
Gliadin	Vinegar	Erythritol (non-GMO)
Gluten	Vinegar, Malt	Fructose
Graham (wheat)	Vinegar, White	GemWraps®, Sandwich Wrap (Carrot)
Kamut	Vodka, Rye or Grain	Hydrogenated Oils
Liquid Smoke (can have gluten)	Wheat (All Types)	Lactic Acid (corn-derived)
Malt	Wheat Germ	Maize
Maltitol	Wheat Grass (Is Gluten-contaminated)	Maltitol
Maltodextrin (Barley-derived)	Corn-Derived Foods	Maltodextrin (Corn-based, non-GMO)
Miso	Barbeque Sauce, GF Annie's® Sweet & Spicy	Modified Food Starch
Modified Food Starch	Cheese, Cream	Sriracha Sauce Organicville gluten-free
Oats	Cheese, Daiya (Coconut,Tapioca,yeast,...)	Swerve® Sweetener
Oats, GF (not Certified) can have gluten	Cheese, Soy (Organic) (see Soy)	Vodka, Corn
Orzo	Chewing Gum (has gluten and corn)	Xanthan Gum
Panko	Citric Acid (can be corn-derived)	Yogurt (See Xanthan Gum)
Polish Wheat	Corn (Gluten-free & Non-GMO)	
Rye	Corn, Blue	
Semolina	Corn, White	
Soy Sauce	Corn Gluten	
Spelt	Corn Meal (gluten free)	

Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's® Sweet & Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Distilled White Vinegar

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

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

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai Kitchen® (gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (Bubbies® Brand only)

Sherry Vinegar

Sour Cream, Raw and Unpasteurized

Soy Sauce

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Teriyaki Sauce

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

Vegetable Shortening (Spectrum®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The Wizard's® GF)

Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Rice Syrup (contains MSG/Gluten)

Brown Sugar

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Coconut Sugar

Corn Syrup

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

Malt

Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based,
non-GMO)

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber
Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

NutraSweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Sweetener

Tapioca Dextrose

Tapioca Syrup

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

Beverages & Protein Powders

Almond Milk, unsweetened (no
tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

Cocoa

Coconut Kefir (No Tapioca,
Carageenan)Coconut Milk (Native Forest or
Natural Value)

Coconut Water (low sugar)

Coffee (Brewed and Not Instant)

Coffee, Instant (has gluten)

Coffee Bean, Organic

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Great Lake's® Beef Gelatin

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lactoalbumin

Lemon Juice	Tea, Oolong	Chicken Broth (Imagine® gf/low sodium)
Licorice Tea	Tea, Ramon	Cocoa
Lime Juice	Tea, Roobios	Collagen Protein (Powder)
Milk, Buffalo	Tea, Unflavored	GemWraps®, Sandwich Wrap (Carrot)
Milk, Cow	Tea, White	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Goat	Teechino	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Milk, Rice	Vodka, Corn	GemWraps®, Sandwich Wrap (Tomato)
Milk, Sheep	Vodka, Potato	Great Lake's® Beef Gelatin
Milk, Soy (Organic)	Vodka, Rye or Grain	Hops
Mineral Water	Water	Julian Bakery Paleo Wraps
Orange Juice	Whey	Latex
Pea Protein	Wine, Red	Lycopene
Rice Protein Powder (gluten free)	Wine, White (Champagne)	Modified Food Starch
Soy Milk/Soy Cheese (Organic)	Yerba Matte Tea (Organic/Pure)	Modified Food Starch (Tapioca-based)
Soy Protein (Organic)	Zevia Drinks	Pycnogenol
Sparkling Water, unflavored	Miscellaneous	Red Tomato Paste (gluten free)
Tea, Black	Antimony	Resveratrol
Tea, Chamomile	Baking Powder	Rice Starch (if certified gluten free)
Tea, Chicory Root	Baking Soda (Arm & Hammer®)	Silver
Tea, Green	Beef broth (Imagine® low sodium/GF)	Tobacco
Tea, Hibiscus	Bone Broth, Beef	Tofu (Organic)
Tea, Komboucha	Cacao (Raw, Pure, & Unsweetened)	Vegetable broth (Imagine® Low Sodium)

new food cat

Yeast, Baker's

Guar Gum

alpha

Yeast, Brewer's

Inulin

bravo

Yeast, Nutritional

Lactic Acid (beet-derived)

food name

Snacks

Lactic Acid (corn-derived)

Apple Sauce

Lactic Acid (milk-derived)

Chewing Gum (has gluten and corn)

Locust Bean Gum

Chewing Gum, Xylichew®

Maltodextrin (Barley-derived)

Dates

MSG/MonosodiumGlutamate

Simple Mills Chocolate Chip
Cookies

Palm Wax

Simple Mills Cracked Black Pepper
Almond Crackers

Pea Protein Isolate

Skinny Crisps® (Plain Jane)

Pea Starch

Food Additives

Potato Protein

Acacia Gum

Red Food Dye

Agar Gum

Sodium Alginate

Annatto Coloring

Tragacanth Gum

Arabic Gum

Tricalcium Phosphate

Asafoetida Powder

Vegan Enzyme

Blue Food Dye

Vegan Natural Flavors (no MSG)

Carrageenan Gum

Vegan Natural Flavors (with MSG)

Chicory Root

Xanthan Gum

Citric Acid (can be corn-derived)

Formaldehyde