Nanny Mai

10/20/2017

Fruits		Vegetables	Milk-Containing Foods
Acai		No foods in this Category	No foods in this Category
Apricot		Meat & Poultry	Legumes & Pulses
Nuts, Seeds, Drupes & Oils		Bison (see also Buffalo)	No foods in this Category
Pine Nut		Goat, Grass-fed only (organic)	Corn-Derived Foods
Pistachios		Ostrich	No foods in this Category
Ramon Seeds		Pheasant	Gluten-Containing Foods
Fish & Shellfish		Rabbit	No foods in this Category
Chilean Sea Bass		Non-Dairy & Eggs	Gluten-Free Grains
Cod/ Cod Liver Oil		No foods in this Category	No foods in this Category
Corvina		Condiments, Spreads & Sauces	
Mahi Mahi		No foods in this Category	Beverages & Protein Powders
Octopus		Sweeteners	Tea, Hibiscus
Orange Roughy		No foods in this Category	Miscellaneous
Sardines			Formaldehyde
Swai		Herbs & Spices	Latex
Tilapia (Wild, Non-farmed)		Maca Root	Red Food Dye
Whitefish/Turbot	<b>□</b> ;	Pine Bark Extract	
		Sumac	
		Wormwood	

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Snacks