

**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

### Corn-Derived Foods

Barbeque 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, Blue

### Fish & Shellfish

Anchovy

Bass

Catfish

Chilean Sea Bass

Clam

Cod/ Cod Liver Oil

Perch

Red Snapper

Salmon, wild (fresh)

Sardines

Scallop

Shrimp

Sole

Squid

Swai	Cranberry Juice	Lemon Juice
Swordfish	Currant	Lemon Rind/Peel
Tilapia (Non-farmed)	Date(s)	Lime
Trout	Dragon Fruit (Pitaya)	Lime Juice
Tuna	Dried Fruit	Litchi (aka Lychee)
Walleye Pike	Elderberry	Loganberry
Whitefish/Turbot	Fig	Loquat
Crab, Immitation	Golden Berry	Mango
	Gooseberry	Mangosteen
<b>Fruits</b>	Grape	Maqui
Acai	Grape, Green	Melon, Honeydew
Apple (all types)	Grape, Purple	Monk Fruit
Apple Cider	Grape, Red	Mulberry
Apple Juice	Grape, White	Nectarines
Bilberry	Grapefruit	Noni
Blackberry	Grapefruit Juice	Orange
Blueberry	Guava	Orange, Blood
Boysenberry	Huckleberry	Orange Juice
Cantaloupe	Jack fruit	Orange Peel/Rind
Cherry	Kiwi	Papaya
Clementine	Kumquat	Passion Fruit
Cranberry	Lemon	Peach

Pear	Goji Berry	Malt
Pear, Asian	Apple Sauce	Maltodextrin (Can be Wheat-derived)
Persimmons		Oats
Pineapple	Gluten-Containing Foods	Orzo
Plantain	Barley	Panko
Plum	Barley Greens (Not for Gluten-Sensitive)	Polish Wheat
Pomegranate	Barley Juice (Not for Gluten-Sensitive)	Rye
Pomelo	Beer	Semolina
Prune	Bran	Soy Sauce
Quince	Bread	Spelt
Raisin (unsulfured, organic)	Brown Rice Syrup (contains MSG/Gluten)	Teechino
Raspberry	Caramel Coloring	Teriyaki Sauce
Star Fruit	Cheese, Bleu	Triticale
Strawberry	Chewing Gum (has gluten and corn)	Vinegar
Tamarind	Coffee, Instant (has gluten)	Vinegar, Malt
Tangelo	Couscous	Vinegar, White
Tangerine	Durum Wheat	Wheat (All Types)
Watermelon	Farro	Wheat Grass (Is Gluten-contaminated)
Wolfberry	Gluten	Crab, Immitation
Youngberry	Graham (wheat)	
Banana	Kamut	
Apricot	Liquid Smoke (can have gluten)	

## Gluten-Free Grains

Almond Flour (gluten free)	Millet	Simple Mills Tomato & Basil Almond Crackers
Amaranth	Oats	Sorghum
Basmati Rice (gluten free)	Oats (Bob's Red Mill Gluten Free Version)	Sweet Potato Flour (gluten free)
Buckwheat	Oat Grass (Not For Gluten Sensitive)	Tapioca
Buckwheat Flour	Potato Flour (gluten free)	Tapioca Flour (gluten free)
Chicory Root	Potato Starch (gluten free)	Tapioca Starch (gluten free)
Coconut Meal (gluten free)	Quinoa (gluten free)	Teff
Corn (Gluten-free & Non-GMO)	Quinoa, Black (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn, Blue	Quinoa, Red (gluten free)	Tolerant Red or Green Lentil Pasta
Corn, White	Rice, Basmati (gluten free)	Tortilla, Siete Almond
Corn Starch (gluten free)	Rice, Black (gluten free)	Tortilla, Siete Cassava & Coconut
Ener-G Brown Rice Yeast-Free Bread	Rice, Brown (gluten free)	Tortilla, Siete Chia & Cassava
Fava Bean Flour	Rice, Japonica (gluten free)	Simple Mills Everything Sprouted Seed Cracker
Flax Meal	Rice, Purple (gluten free)	Corn Meal (gluten free)
Garbanzo Flour	Rice, Red (gluten free)	Coconut Flour (gluten free)
Glucomannon Flour (konjacfoods.com)	Rice, White (gluten free)	Arrowroot Flour/powder
Hazelnut Flour	Rice, Wild (Lundberg® - not the blend)	
Hemp Meal	Rice Bran	
Hemp Protein (Powder)	Rice Flour (gluten free)	
Hemp Seed	Rice Protein Powder (gluten free)	
Konjac Glucomannon Flour	Simple Mills Grnd Sea Salt Almond Crackers	
	Simple Mills Rosemary & Sea Salt Crackers	

**Herbs & Spices**

Allspice	Cramp Bark Extract	Herbs De Provence
Almond Flavor natural, gluten free)	Cream of Tartar	Hickory
Anise	Cumin	Himalayan Salt
Ashwaganda	Curcumin	Jamaican Jerk
Astragalus	Curry (must be GF)	Juniper Berry
Basil	Dandelion Root	Lavender
Bay Leaf	Dill	Lemon Balm (Melissa Officinalis)
Black Cohosh	Dong Quai	Lemon Pepper
Caramel Coloring	Echinacea	Lemongrass
Caraway Seed	Fennel	Licorice Root
Cardamom	Garlic	Liquid Smoke (can have gluten)
Celery Powder	Garlic Pepper	Liquid Smoke gluten free (natural)
Chicory Root	Garlic Powder	Maca Root
Chili Powder	Garlic Salt	Mace Spice
Chipotle Seasoning	Ginger	Marjoram
Cilantro/Coriander	Ginkgo Biloba	Mesquite
Cinnamon	Ginseng (All Types)	Milk Thistle
Cinnamon, Ceylon	Goldenseal	Mint
Cloves	Grapefruit Seed Extract	Mustard (as a Powder)
Cloves, Madagascar	Grapeseed Extract	Mustard Seeds (gluten free)
Cloves, Penang	Guarana	Nutmeg
	Gymnema Silvestre	Olive Leaf Extract

		Legumes & Pulses
Orange Peel/Rind	Tarragon	
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	
Soy Beans (must be organic)	Applegate® organic turkey	
Soy Beans Oil (must be organic)	Applegate® organic turkey bacon	
Vanilla Bean	Beef, Grass-fed only (organic)	
Vanilla Powder	Bison (see also Buffalo)	
White Beans	Buffalo (see also Bison)	
Coffee Bean, Organic	Chicken Broth (Imagine® gf/low sodium)	

### Meat & Poultry

Applegate® organic bacon	Duck	
Applegate® organic black forest ham	Goat, Grass-fed only (organic)	
Applegate® organic chicken	Lamb (organic)	
Applegate® organic ham	Lard (pork)	
Applegate® organic herb roasted turkey	Ostrich	
Applegate® organic hot dogs	Pheasant	

### 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, Goat
Cheese, Gorgonzola
Cheese, Gouda



Cheese, Havarti	Milk Chocolate	Coconut Aminos®
Cheese, Machego	Milk, Cow	Coconut Cream
Cheese, Mascapone	Milk, Goat	Collagen Protein (Powder)
Cheese, Mozzarella (Raw)	Milk, Sheep	Garam Masala
Cheese, Muenster	Mozzarella Cheese	GemWraps®, Sandwich Wrap (Carrot)
Cheese, Parmesan	Sour Cream, Raw and Unpasteurized	GemWraps®, Sandwich Wrap (Kale-Apple)
Cheese, Pecorino	Whey	GemWraps®, Sandwich Wrap (Mango/Chi.)
Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)	GemWraps®, Sandwich Wrap (Tomato)
Cheese, Ricotta	Cheese, Feta	Glucomannon Flour (konjacfoods.com)
Cheese, Romano		Great Lake's® Beef Gelatin
Cheese, Provolone	Miscellaneous	Guar Gum
Cheese, Sheep	Antimony	Hops
Cheese, String (Mozzarella)	Arabic Gum	Julian Bakery Paleo Wraps
Cheese, Swiss	Baking Powder	Julian Bakery Almond Bread
Chocolate, Milk	Baking Soda (Arm & Hammer®)	Julian Bakery Coconut Bread
Chocolate, White	Beef broth (Imagine® low sodium/GF)	Konjac Glucomannon Flour
Cream, Raw and Unpasteurized	Carrageenan Gum	Lard (pork)
Ghee (Pasture-Raised, Organic)	Chewing Gum (has gluten and corn)	Liquid Aminos (Braggs®)(has Soy)
Goat Cheese	Chewing Gum, Xylitew®	Locust Bean Gum
Goat Kefir	Chicken Broth (Imagine® gf/low sodium)	Lycopene
Kefir, Raw	Chicory Root	Malt
Lactoalbumin	Cocoa/Cacao (raw, pure, & unsweetened)	Maltodextrin (Can be Wheat-derived)

Palm Wax	Formaldehyde	Nuts, Seeds, Drupes & Oils
Pycnogenol	Acacia Gum	Almond
Red Chili Paste Thai Kitchen® (gluten free)	Tragacanth Gum	Almond Butter (Artisana®)
Red Tomato Paste (gluten free)	Blue Food Dye	Almond Flavor natural, gluten free)
Resveratrol	Skinny Crisps®(Plain Jane)	Almond Flour (gluten free)
Sherry Vinegar	Red Food Dye	Almond Meal (gluten free)
Silver	Cocoa Butter	Almond, Marcona
Tamari (Wheat Free)	Agar Gum	Annatto Seed
Tofu (Organic)		Brazil Nut
Tomato Paste (gluten & Vinegar-free)	Non-Dairy & Eggs	Canola/Rapeseed Oil
Tomato Sauce (gluten & Vinegar-free)	Almond Milk, unsweetened (no tapioca)	Caraway Seed
Vegetable broth (Imagine® Low Sodium)	Almond Yogurt, unsweetened	Cashews
Vegetable Oil	Cheese, Daiya (Coconut,Tapioca,yeast,Â....)	Cashew Butter
Vegetable Shortening (Spectrum®)	Cheese, Soy (Organic) (see Soy)	Cashew Meal
Vinegar, Red Wine	Coconut Kefir (No Tapioca, Carageenan)	Chestnut
Vinegar, Rice	Coconut Milk(Native Forest or Natural Value)	Chia Seed (1/4 cup, max)
Vinegar, White Wine	Egg, Pasture-raised (from a farmer)	Coconut Butter
Xanthan Gum	Egg, Vital Farms® or Pasture Verde®	Coconut Oil
Yeast, Baker's	Egg, Whites, Pasture-raised	Coconut, shredded (raw, unsweetened)
Yeast, Brewer's	Egg, Yolks Pasture-raised	Cola Nut (aka Kola Nut)
Yeast, Nutritional	Milk, Soy (Organic)	Corn Oil
Latex	BodyPro Avocado Oil Mayonnaise	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	Vegetables	Cabbage, Green
Maltodextrin (Can be Wheat-derived)	Aloe Vera	Cabbage, Purple
Maltodextrin (Corn-based, non-GMO)	Artichoke (not pickled)	Cactus (Nopales)
Maple Sugar	Arugula	Capers
Maple Syrup (Grade A Dark Amber Organic)	Asparagus	Capsicum
Molasses	Avocado	Carrot Juice
Monk Fruit	Avocado Oil	Carrot, Orange
Nutrasweet®	Bamboo Shoot	Carrot, Purple
Rebiana Leaf (Stevia)	Bean, Green	Carrot, White
Sorbitol	Bean Sprout	Carrot, Yellow
Splenda	Beet	Cassava (see Tapioca and Yucca)
Sucanat	Beet Greens	Cauliflower
Sugar Beet	Bell Pepper, Green	Cauliflower, Purple
Sugar Cane	Bell Pepper, Red	Celery
Sweetleaf® Stevia	Bok Choy	Chard
Swerve® Xylitol	Broccoli	Chayote
Xyla (Birchwood Xylitol/non-corn source)	Broccoli Rabe	Coconut (raw and unsweetened)
Yacon Syrup	Broccoli Sprouts	Coconut Concentrate
BodyPro Almond Mayo Grade B Maple Syrup	Broccolini	Collard Greens
Sucralose	Brussels Sprout	Corn (Gluten-free & Non-GMO)
Agave Nectar	Burdock	Corn, Blue
Coconut Sugar	Cabbage, Chinese (see also Bok Choy)	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	Tomato, Yellow
Squash, Butternut	Truffle
Squash, Green	Turnip Greens
Squash, Spaghetti	Turnips
Squash, Summer	Water Chestnut
Squash, Winter	Watercress
Squash, Yellow	Yams, Garnett
Sugar Beet	Yams, Japanese
Sweet Potato, Red	Yucca
Sweet Potatoes, White	Zucchini
Swiss Chard	Alfalfa Sprouts
Tomatillo	Psyllium Husk
Tomato Paste (gluten & Vinegar-free)	Onion, Green
Tomato Sauce (gluten & Vinegar-free)	Onion, Maui
Tomato	Onion, Red
Tomatoes, Big Beef	Onion, Sweet
Tomato, Cherry	Onion, Yellow
Tomato, Heirloom	Chives
Tomato, Orange	Shallots
Tomato, Red	Bell Pepper
Tomato, Roma	Bell Pepper, Yellow
Tomato, Sun-dried	Bell Pepper, Orange