



Vegetables	Beet Greens	Onion
Alfalfa Grass	Broccoli	Onionlets
Alfalfa Sprouts	Broccoli Rabe	Onions
Arise Vera	Broccoli Sprouts	Onionet (raw and unbroctored)
Aubergine (not plowed)	Broccolini	Onionet Concentrate
Aubergine, vegetable (not plowed)	Broccoli Sprout	Onion Greens
Avocado	Butternut	Onion (Grated root & root only)
Asparagus	Chenopodium	Onion, Blue
Avocado	Cabbage, Green	Onion, White
Avocado Oil	Cabbage, Purple	Onionet
Bamboo Shoot	Cactus (Prepared)	Onion Rootlet
Bean Grass (can have gluten)	Capers	Onionet Greens
Bean Greens (may contain gluten)	Capsicum	Onionet Root
Bean Sprout	Carrot Juice	Egyptian
Bean, Green	Carrot, Orange	Enzyme
Beet	Carrot, Purple	Fennel
Beet Greens	Carrot, White	Ginger
Bell Pepper	Carrot, Yellow	Hearts of Palm
Bell Pepper, Green	Cassava (see Tapioca and Yucca)	Horseradish
Bell Pepper, Orange	Cauliflower	Jicama
Bell Pepper, Red	Cauliflower, Purple	Kale, all types
Bell Pepper, Yellow	Celery	Kelp/Dulse



Asparagus	Beet, Black Eyed	Brothy Beef
Asparagus	Beet, Green	Cumin Powder
Beans	Beet, Snap	Cumin Seed
Beans, all types	Beet, Snow	Cumin Powder
Mushrooms	Beet, Spini	Radishes
Mushrooms, Button	Pepper, Anaheim	Radish
Mushrooms, Cremini/Mini	Pepper, Chili	Rainbow Chard
Mushrooms, Portobello	Pepper, Green	Radish
Mushrooms, Shimeji	Pepper, Habanero	Radish
Mustard Greens	Pepper, Jalapeno	Sauerkraut (Doritos® Brand Only)
Onion	Pepper, Red	Seamless
Sensitive)	Pepper, Red	Sea Vegetables
Onion	Pepper, Serrano	Seaweed
Onion (without vinegar)	Peppers, Doritos® Brand Only	Shallots
Onion, Green	Peppers	Spinach
Onion, White	Potato, Fingerling	Spinach
Onion, Red	Potato, Purple	Squash
Onion, Sweet	Potato, Red	Squash, Acorn
Onion, Yellow	Potato, Russet	Squash, Butternut
Parsley	Potato, Sweet	Squash, Green
Parsnip	Potato, White	Squash, Spaghetti
Pea Protein	Potato, Yukon Gold	Squash, Summer

Squash, winter	Watercress	Dragon Fruit (Hydraz)
Squash, yellow	Wheat Grass (Is Gluten-contaminated)	Green Fruit
Sugar Beet	Yams, Garnett	Elderberry
Sweet Potato, Red	Yams, Japanese	Fig
Sweet Potatoes, White	Yucca	Goji Berry
Swiss Chard	Zucchini	Golden Berry
Tomatillo		Gooseberry
Tomato	Fruits	Grape
Vinegar-free)	Avocado	Grape, Green
Vinegar-free)	Apple (all types)	Grape, Purple
Tomato, Cherry	Apricot	Grape, Red
Tomato, Heirloom	Banberry	Grape, White
Tomato, Orange	Blackberry	Grapenut
Tomato, Red	Blackberry	Grapenut Sauce
Tomato, Roma	Boyseberry	Guaava
Tomato, San Marzano	Carabaope	Indianberry
Tomato, Yellow	Cherry	Jackfruit
Tomatoes, Big Beef	Clementine	Kiwi
Truffle	Cranberry	Kumquat
Turnip Greens	Cranberry Juice	Lemon
Turnips	Currant	Lemon Juice
Water Chestnut	Dates	Lemon Rind/Peel

Cottonseed/Cottonseed Oil	Peanut Seeds	Vanilla
Flax Meal	Peanut Flour	Vanilla, Black
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	Fish & Shellfish
Grapeseed Oil, Organic	Pumpkin Seeds	Antimony
Hazelnut Flour	Ramson Seeds	Bass
Hazelnut Flour	blend)	Cashew
Hemp Meal	Sacha Inchi Seeds	Chickadee Bass
Hemp Protein (Powder)	Sunflower/Sunflower Seed Oil	Cream
Hemp Seed	Sesame Seed Oil	Cook, Cold Press Oil
Hydrogenated Oils	Sesame Seeds	Cornmeal
Macadamia Nut Oil	Sesame Seeds, Black	Custard
Macadamia Nuts	Sunflower Seed Butter	Custard, imitation
Onion Leaf Extract	Sunflower Seed Lecithin	Custard
Onion Oil, Virgin	Sunflower Seed Oil	Flour
Palm Kernel Oil	Sunflower Seeds	Flaxseed
Peanut Flour	Tea	Flax
Pecans	Tea, Ramon	Halibut
Pepitas	Tiger Nuts	Herring
Pili Nuts	Vegetable Oil	Lobster
Pine Nut	Vegetable Shortening (Spectrum®)	Mackerel
Pistachios	Walnut Oil	Mahi Mahi



Caraneenan)	Spread	Vinegar, Rice
Natural Value)	Earth Balance® Coconut Spread	Vinegar, White
Egg, Pasture-raised (from a farmer)	Hamiss	Vinegar, White, White
Egg, Vital Farms® or Pasture Verde®	(Annie's®)	Wizard's® GF)
Egg, Whites, Pasture-raised	Hamiss	
Egg, White Pasture-raised	Hotmap (Organic)	Sweeteners
Milk, Soy (Organic)	Liquid Smoke (can have gluten)	Agave Nectar
Amazon.com)	Liquid Smoke gluten free (natural)	Aspartame
	Mayonnaise	Manle Syrup
Condiments	Avocado Oil	MSG/Gluten)
Apple Cider Vinegar (Bragg's®)	Chinote Avocado Oil	Cane Syrup
Red Wine Vinegar)	Mustard, Brown (Eagle® mustard)	Chocolate, Dark
Vinegar)	Submarine (Duke's® Brand Only)	Chocolate, White
Caramel No Wine Vinegar)	Gluten-free	Chocolate, White
Sweet & Snicy	Tabasco Sauce	Coconut Palm Sugar
Manle Syrup	One Palm Vinegar	Coconut Sugar
Syrup	Heart®)	Date Sugar
BodyPro Avocado Oil Mayonnaise	Vinegar	Erythritol (non-GMO)
Carob	Vinegar, Beet	Fructose
Coconut Vinegar (Coconut Secret)	Vinegar, Distilled	Fruit Pectin
Dressing, Primal Kitchen Greek Avocado Oil	Vinegar, Malt	Honey, (Organic)
Dressing, Primal Kitchen Honey Mustard	Vinegar, Red Wine	Honey, Manuka

Honey, whatever from Manavari®	Swerve® Sweetener	Shallots, Shallots
Inulin (Arrowroot Syrup)	Tapioca Dextrose	Simmonds
Jost Like Sugar®	Xylitol (Birchwood Xylitol)	Simmonds, Ceylon
Levain	Xylitol	Stevia
Maltitol	Raisin Syrup	Stevia, Madagascar
Maltodextrin (Barley derived)		Stevia, French
non-GMO)	Herbs & Spices	Stamp Dark Extract
Maltodextrin (Tapioca-based)	Anise	Steamer Tantal
Maple Sugar	Almond Flavor (natural, gluten free)	Saffron
Organic)	Anise	Saffron
Molasses	Asparagus	Saffron (must be 0.1)
Monk Fruit (Pure)	Asparagus	Saffron Root
Monk Fruit Extract	Basil	Salt
Natural Sweetener	Bay Leaf	Salt Sugar
Natural Leaf (Stevia)	Black Coffee	Scrubbed
Sorbitol	Caramel Coloring	Shallots
Sprinkle	Cardamom Seed	Salt
Sucanat	Cardamom	Garlic Pepper
Sucralose	Celery Powder	Garlic Powder
Sugar Beet	Chicory Root	Garlic Salt
Sugar Cane	Chili Powder	Ginger
Sweetleaf® Stevia	Chipotle Seasoning	Ginkgo Biloba

Onion (all types)	Mustard (as a powder)	Rose hips
Onionseed	Mustard seeds (gluten free)	Rosemary
Orangetan Seed Extract	Nutmeg	Saffron
Orangetan Extract	Olive Leaf Extract	Sage
Oxalana	Onion	Saw Palmetto
Oxymetha Onions	Onion Powder	Sesame seeds
Pinkberry	Orange & Cinnamon	Sesame seeds, black
Pinkberry	Orange Salt	Shallots
Pinkberry Salt	Oregano	Spearmint
Pinkberry Salt	Paprika	St. John's Wort
Pinkberry Salt	Paprika (smoked)	Sunflower
Pinkberry	Parsley	Tea Seasoning
Pinkberry Salt (mildly Onions)	Pepper	Tamari (wheat free)
Pinkberry Pepper	Pepper, Cayenne	Tarragon
Pinkberrygrass	Pepper, Red	Thyme
Pinkberry Root	Pepper, Serrano	Turmeric
Pinkberry Root	Pepper, Szechuan	Turmeric
Mace Spice	Pepper/Peppercorns	Uva Ursi
Marjoram	Peppermint	Valerian
Mesquite	Pine Bark Extract	Vanilla (gluten and corn-free)
Milk Thistle	Red Chili Paste Thai Kitchen® (gluten free)	Vanilla Bean
Mint	Red Pepper Flake	Vanilla Powder

Fake Patient

White Willow Bark Extract

Cheese, Mascarpone

Milk, Goat

Whitegreen

Cheese, Mozzarella (raw)

Milk, Sheep

Whitewood

Cheese, Monterey

Mozzarella Cheese

Cheese, Parmesan

Unpasteurized

Milk-Containing Foods

Cheese, Ricotta

Whey

Sausage

Cheese, Swiss

Yogurt (0% Fat/Plain/Straw)

Butter, Raw and Pasteurized

Cheese, Raw and Pasteurized

Buttermilk

Cheese, Ricotta

Legumes & Pulses

Cheese

Cheese, Romano

Bean, Lima

Cheese, American

Cheese, Sheep

Bean, Black

Cheese, Asiago

Cheese, String (Mozzarella)

Bean, Butter

Cheese, Brie

Cheese, Swiss

Bean, Cannellini

Cheese, Brie

Chocolate, Milk

Bean, Chickpea

Cheese, Cheddar (raw)

Chocolate, White

Bean, Green

Cheese, Cottage

Cream, Raw and Unpasteurized

Bean, Green

Cheese, Cream

Cheese (Pasteurized, Organic)

Bean, Kidney

Cheese, Feta

Goat Cheese

Bean, Navy

Cheese, Goat

Goat Kefir

Bean, Lima

Cheese, Gorgonzola

Kefir, Raw

Bean, Mung

Cheese, Gouda

Lactalbumin

Bean, Navy

Cheese, Havarti

Milk Chocolate

Bean, Ninja

Cheese, Macheo

Milk, Cow

Bean, Pinto/Frijole



Bean, Red	Vanilla Powder	Flaxseed Flour
Bean, White		Hemp Meal
Chickpea (see also Garbanzo Bean)	Gluten Free Grains	Hemp Protein Powder
Conco Bean, Organic	Almond Flour (gluten free)	Hemp Seed
Edamame (must be organic)	Amaranth	Konjac Glucomannan Flour
Fava Bean	Arrowroot Flour/powder	Millet
Fava Bean Flour	Basmati Rice (gluten free)	Version)
Garbanzo Bean	Buckwheat	Oats (Certified GF)
Garbanzo Flour	Buckwheat Flour	Rice Flour (gluten free)
Kidney Bean	Chickory Root	Rice Starch (gluten free)
Lentil(s)	Coccolat Flour (gluten free)	Rice Starch (Japan Safety)
Miso	Coccolat Meal (gluten free)	Seamless (gluten free)
Pea, Snap	Corn (Gluten free & Non-GMO)	Seamless, Black (gluten free)
Pea, Snow	Corn Meal (gluten free)	Seamless, Red (gluten free)
Pea, Split	Corn Starch (gluten free)	Rice Bran
Peas (Organic, Valencia)	Corn, Blue	Rice Flour (gluten free)
Maranatha®)	Corn, White	Rice Protein Powder (gluten free)
Peanut Oil (Organic)	Ener-G Brown Rice Yeast-Free Bread	Rice, Basmati (gluten free)
Red Bean Paste	Fava Bean Flour	Rice, Black (gluten free)
Soy Beans (must be organic)	Flax Meal	Rice, Brown (gluten free)
Soy Beans Oil (must be organic)	Garbanzo Flour	Rice, Japonica (gluten free)
Vanilla Bean	Glucomannan Flour (konjacfoods.com)	Rice, Purple (gluten free)

rice, red (gluten free)	Gluten-Containing Foods	Maltitol
rice, white (gluten free)	Barley	Maltodextrin (Barley derived)
blend)	Barley Grass (can have gluten)	Modified Food Starch
Seed Cracker	Barley Greens (may contain gluten)	Sensitive)
Almond Crackers	Barley Juice (may contain gluten)	Salt
Crackers	Buckwheat	Gluten
Crackers	Bran	Gluten
Cornmeal	Bread	Flour
Sweet Potato Flour (gluten free)	MSG/Gluten)	Flour (wheat)
Flour	Caramel Coloring	Syrup
Flour (gluten free)	Cheese, Blue	Soybean
Flour Starch (gluten free)	Chewing Gum (has gluten and corn)	Soy Sauce
Flour	Coffee, instant (has gluten)	Sorghum
Tolerant Green Lentil & Pea Pasta	Couscous	Soybean
Tolerant Red or Green Lentil Pasta	Custard, imitation	Soybean Sauce
Tortilla, Siete Almond	Custard, wheat	Milk
Tortilla, Siete Cassava & Coconut	Flour	Vinegar
Tortilla, Siete Chia & Cassava	Gluten	Vinegar, Malt
	Graham (wheat)	Vinegar, White
	Kamut	Wheat (All Types)
	Liquid Smoke (can have gluten)	Wheat Grass (Is Gluten-contaminated)
	Malt	



Corn Derived Foods	Xanthan Gum	Kombucha Tea
Sweet & Shicy	Sugar (See Xanthan Gum)	Electrolyte
Cheese, Cream		Lemon Juice
(Coconut, Tapioca, yeast, A....)	Beverages & Protein Powders	Lemon Tea
Cheese, Soy (Organic) (See Soy)	tapioca)	Lime Juice
Shoving Gum (has gluten and corn)	Apple Cider	Lemon, Soy
Corn (Gluten free & Non-GMO)	Apple Juice	Lemon, Soda
Corn Starch	Beer	Lemon, Steep
Corn meal (gluten free)	Corn Protein Powder, Beer	Lemon, Soy (Organic)
Corn Oil	Carrot Juice	Mineral Water
Corn Starch (gluten free)	Caraneenan)	Orange Juice
Corn, Blue	Natural Value)	Pea Protein
Corn, White	Coconut Water (low sugar)	Rice Protein Powder (gluten free)
Erythritol (Non-GMO)	Coffee	Soy Milk/Soy Cheese (Organic)
Fructose	Coffee Bean, Organic	Soy Protein (Organic)
(Carrot)	Coffee, instant (has gluten)	Sparkling Water, unflavored
Malitol	Collagen Protein (Powder)	Tea, Black
Maltodextrin (Corn-based, non-GMO)	Echinacea Tea	Tea, Chamomile
Modified Food Starch	Grapefruit Juice	Tea, Green
Sriracha Sauce Organicville gluten-free	Great Lake's® Beef Gelatin	Tea, Hibiscus
Swerve® Sweetener	Green Tea	Tea, Kombucha
Vegetable Oil	Hemp Protein (Powder)	Tea, Oolong



Red, Natural	Bone Broth, Beef	Santitas Bakery, Flavored Bread
Red, Peppercorn	Santitas Bakery, Corn	Santitas Bakery, Coconut Bread
Red, Smoked	Smoking Corn (has gluten and corn)	Santitas Bakery, Flavored Wraps
Red, White	Smoking Corn, Xanthan-free	Konjac Glutemannon Flour
Resembling	sodium)	Salt (pink)
Water	Sherry Root	Salt
Whey	Sweet Butter	Liquid Amino Acids (Bragg's®) (has soy)
Wine, Red	(unsweetened)	Lowest Bean Corn
White, White (Champagne)	Sweet Amino Acids	Lycopene
Whole Milk Red (Organic etc)	Sweet Cream	Milk
Zoia Drinks	Collagen Protein (Powder)	Maltodextrin (Barley-derived)
Miscellaneous	Formaldehyde	Milled Food Starch
	Santitas Bakery	(Tapioca-based)
	(Carrot)	Flourless
	(Kale-Annie)	Hydrogenated
	(Mango/Chinote)	(gluten free)
Whole Corn	(Tomato)	Red Food Dye
Baking Powder	Glucosmannon Flour (konjacfoods.com)	Red Tomato Paste (gluten free)
Baking Soda (Arm & Hammer®)	Great Lake's® Beef Gelatin	Resveratrol
Banana	Guar Gum	Rice Starch (if certified gluten free)
Beef broth (Imagine® low sodium/GF)	Hops	Sherry Vinegar
Blue Food Dye	Inulin	Silver

Shirley Chapiro® (Raffinose)

Raffinose (Wheat Free)

Rice (Organic)

Vinegar-free)

Vinegar-free)

Xanthan Gum

Sodium)

Vegetable Oil

Vegetable Shortening (Spectramite)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip
Cookies