

Fruits		Vegetables
dummy food		Chayote
Elderberry		Paprika
Goji Berry		Pea, Black-Eyed
Kumquat		Pepper, Anaheim
Mangosteen		Pepper, Cayenne
Monk Fruit (Pure)		Pepper, Chili
Persimmons		Pepper, Habanero
Pomelo		Pepper, Jalapeño
Tamarind		Pepper, Poblano
Wolfberry		Pepper, Serrano
Youngberry		Pimento
Nuts, Seeds, Drupes & Oils		Red Pepper Flake
Chia Seed (1/4 cup, max)		Rhubarb
Cola Nut (aka Kola Nut)		Truffle
Cottonseed/Cottonseed Oil		Yams, Japanese
Flax Meal		Meat & Poultry
Flax Oil	Walnuts, Black	Non-Dairy & Eggs
Flax Seed		
Hemp Meal		
Hemp Protein (Powder)		
Hemp Seed	Fish & Shellfish	
Macadamia Nut Oil		
Macadamia Nuts		

Condiments, Spreads & Sauces

Carob

Cocoa Butter

Earth Balance® Coconut Spread

Hummus

Red Bean Paste

Vegetable Shortening (Spectrum®)

Vinegar, Distilled

White/Distilled Vinegar

Sweeteners

Just Like Sugar®

Monk Fruit (Pure)

Monk Fruit Extract

Xyla (Birchwood Xylitol)

Herbs & Spices

Ashwaganda

Jamaican Jerk

Mesquite

Paprika

Paprika (smoked)

Pepper, Cayenne

Pepper, Sichuan

Pepper, Szechuan

Red Pepper Flake

Vanilla Powder

Milk-Containing Foods

Vanilla Powder

Corn-Derived Foods**Gluten-Containing Foods**

Tolerant Red or Green Lentil Pasta

Fava Bean

Beverages & Protein Powders

qwerty

Coffee

Coffee Bean, Organic

Hemp Protein (Powder)

Tea, Ramon

Miscellaneous

Acacia Gum

Arabic Gum

Chewing Gum, Xylichew®

Guar Gum

Locust Bean Gum

Tragacanth Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks**AB**

Flax Meal

Flax Oil

Flax Seed