Vegetables	Cabbage, Chinese (see also Bok Choy)	Hearts of Palm
Aloe Vera	Cabbage, Green	Horseradish
Artichoke (not pickled)	Cabbage, Purple	Jicama
Artichoke, Jerusalem (not pickled)	Cactus (Nopales)	Kale, all types
Arugula	Capers	Kohlrabi
Asparagus	Capsicum	Leeks
Avocado	Cauliflower	Lettuce, all types
Bamboo Shoot	Cauliflower, Purple	Mushrooms
Bean Sprout	Celery	Mushrooms, Button
Beet Greens	Chard	Mushrooms, Cremeni/Crimini
Bell Pepper	Chives	Mushrooms, Maitake
Bell Pepper, Green	Coconut (raw and unsweetened)	Mushrooms, Shiitake
Bell Pepper, Orange	Coconut Concentrate	Mustard Greens
Bell Pepper, Red	Collard Greens	Olives (without vinegar)
Bell Pepper, Yellow	Comfrey	Onion, Green
Bitter Melon	Daikon Radish	Onion, Maui
Bok Choy	Dandelion Greens	Onion, Red
Broccoli	Dandelion Root	Onion, Sweet
Broccolini	Eggplant	Onion, Yellow
Broccoli Rabe	Endive	Paprika Paprika
Broccoli Sprouts	Fennel	Parsley
Brussels Sprout	Garlic	Pepper, Anaheim

Pepper, Chili		Tomato, Cherry	Blueberry
Pepper, Green		Tomato, Heirloom	Boysenberry
Pepper, Habanero		Tomato, Orange	bravo
Pepper, Jalapeño		Tomato, Red	Carambola
Pepper, Poblano		Tomato, Roma	charlie
Pepper, Red		Tomato, Sun-dried	Cherry
Pepper, Serrano		Tomato, Yellow	Clementine
Pepper, Tabasco		Tomatoes, Big Beef	Dates
Prickly Pear		Tomato Paste (gluten & Vinegar-free)	Dragon Fruit (Pitaya)
Radicchio		Tomato Sauce (gluten & Vinegar-free)	Durian Fruit
Radish		Truffle	Elderberry
5		T	forduces
Rainbow Chard	Ш	Turnip Greens	food name
Rainbow Chard Red Pepper Flake		Wasabi Root	Goji Berry
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Red Pepper Flake		Wasabi Root	Goji Berry
Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand		Wasabi Root Water Chestnut	Goji Berry Golden Berry Gooseberries
Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only)		Wasabi Root Water Chestnut Watercress	Goji Berry Golden Berry Gooseberries
Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions		Wasabi Root Water Chestnut Watercress Yams, Garnett	Goji Berry Golden Berry Gooseberries Grapefruit
Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots		Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese	Goji Berry Golden Berry Gooseberries Grapefruit Guava
Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots Spinach		Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits	Goji Berry Golden Berry Gooseberries Grapefruit Guava Huckleberry
Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brandonly) Scallions Shallots Spinach Swede		Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits Acai	Goji Berry Golden Berry Gooseberries Grapefruit Guava Huckleberry Kiwi
Red Pepper Flake Rutabaga Sauerkraut (Bubbies® Brand only) Scallions Shallots Spinach Swede Swiss Chard		Wasabi Root Water Chestnut Watercress Yams, Garnett Yams, Japanese Fruits Acai alpha	Goji Berry Golden Berry Gooseberries Grapefruit Guava Huckleberry Kiwi Kumquat

Lime	Star Fruit	Chia Seed (1/4 cup, max)
Lime Juice	Tangerine	Coconut, shredded (raw, unsweetened)
Loganberry	Wolfberry	Coconut Butter
Longan Fruit	Youngberry	Coconut Oil
Loquat	Legumes, Pods, & Pulses	Cottonseed/Cottonseed Oil
Lychee	Vanilla Bean	Duck Fat
Mangosteen	Nuts, Seeds, Drupes & Oils	Flax Meal
Maqui	Almond	Flax Oil
Monk Fruit (Pure)	Almond, Marcona	Flax Seed
Mulberry	Almond Butter (Artisana®)	Hazelnut/Filbert
Nectarines	Almond Flavor (natural, gluten free)	Hazelnut Flour
Noni	Almond Flour (gluten free)	Hemp Meal
Passion Fruit	Almond Meal (gluten free)	Hemp Protein (Powder)
Peach	Almond Oil	Hemp Seed
Pear	Annatto Seed	Lard/Tallow (pork)
Pear, Asian	Avocado Oil	Macadamia Nut Oil
Persimmons	Brazil Nut	Macadamia Nuts
Plum	Canola Oil, Non-GMO	MCT Oil
Pomegranate	Caraway Seed	Olive Leaf Extract
Pomelo	Cashew Butter	Olive Oil, Virgin
Prune	Cashew Meal	Palm Kernel Oil
Rambutan	Cashews	Pine Nut
Raspberry	Chestnut	Pistachios

Poppy seeds		Celery Powder	Garlic
Sunflower Seed Butter		Celery Seed	Garlic Pepper
Sunflower Seed Flour		Chaparral	Garlic Powder
Sunflower Seed Lecithin		Chervil	Garlic Salt
Sunflower Seed Oil		Chili Powder	Ginger Powder
Sunflower Seeds		Cilantro/Coriander	Ginkgo Biloba
Tahini		Cinnamon	Ginseng (All Types)
Truffle Oil		Cinnamon, Ceylon	Goldenseal
Truffle Oil, Black		Clove Powder	Grapefruit Seed Extract
Vegetable Shortening (Spectrum®)		Cloves, Madagascar	Guarana
Herbs & Spices		Cloves, Penang	Gymnema Silvestre
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Allspice		Comfrey	Herbs De Provence
Allspice Almond Flavor (natural, gluten free)		Comfrey Cramp Bark Extract	Herbs De Provence Hickory
Almond Flavor (natural, gluten			
Almond Flavor (natural, gluten free)		Cramp Bark Extract	Hickory
Almond Flavor (natural, gluten free) Anise		Cramp Bark Extract Cream of Tartar	Hickory Himalayan Salt
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf		Cramp Bark Extract Cream of Tartar Cumin	Hickory Himalayan Salt Juniper Berry
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red		Cramp Bark Extract Cream of Tartar Cumin Curcumin	Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red Black Cohosh		Cramp Bark Extract Cream of Tartar Cumin Curcumin Curry (must be GF)	Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis)
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red		Cramp Bark Extract Cream of Tartar Cumin Curcumin Curry (must be GF) Dandelion Root	Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis) Lemongrass
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red Black Cohosh Capsicum		Cramp Bark Extract Cream of Tartar Cumin Curcumin Curry (must be GF) Dandelion Root Dill	Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis) Lemongrass Lemon Pepper
Almond Flavor (natural, gluten free) Anise Astragalus Basil Bay Leaf Bell Pepper, Red Black Cohosh Capsicum		Cramp Bark Extract Cream of Tartar Cumin Curcumin Curry (must be GF) Dandelion Root Dill Dong Quai	Hickory Himalayan Salt Juniper Berry Lavender Lemon Balm (Melissa Officinalis) Lemongrass Lemon Pepper Maca Root

Mint	Saffron	Fish & Shellfish
Mustard (as a Powder)	Sage	Bass
Mustard Seeds (gluten free)	Sassafras	Chilean Sea Bass
Nutmeg	Savory	Corvina
Olive Leaf Extract	Saw Plametto	Flounder
Onion	Shallots	Haddock
Onion Powder	Spearmint	Hake
Oregano	St. John's Wort	Halibut
Paprika	Sumac	Herring
Paprika (smoked)	Tabasco Sauce	Lox
Parsley	Tarragon	Mackerel
Pau D'arco	Thyme	Mahi Mahi
Pau D'arco Pepper, Black (see Garlic/Lemon Pepper)		Mahi Mahi Octopus
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne		
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red	Tomatillo	Octopus
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne	Tomatillo Turmeric	Octopus Perch
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red	Tomatillo Turmeric Uva Ursi	Octopus Perch Red Snapper
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan	Tomatillo Turmeric Uva Ursi Valerian	Octopus Perch Red Snapper Salmon, wild (fresh)
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan	Tomatillo Turmeric Uva Ursi Valerian Vanilla Bean	Octopus Perch Red Snapper Salmon, wild (fresh) Sardines
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns	Tomatillo Turmeric Uva Ursi Valerian Vanilla Bean Vanilla Powder	Octopus Perch Red Snapper Salmon, wild (fresh) Sardines Sole
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint	Turmeric Uva Ursi Valerian Vanilla Bean Vanilla Powder White Willow Bark Extract	Octopus Perch Red Snapper Salmon, wild (fresh) Sardines Sole Swai
Pepper, Black (see Garlic/Lemon Pepper) Pepper, Cayenne Pepper, Red Pepper, Sichuan Pepper, Szechuan Pepper/Peppercorns Peppermint Pine Bark Extract	Tomatillo Turmeric Uva Ursi Valerian Vanilla Bean Vanilla Powder White Willow Bark Extract Wintergreen	Octopus Perch Red Snapper Salmon, wild (fresh) Sardines Sole Swai Swordfish

Whitefish/Turbot	Venison (see also Deer)	Gluten-Containing Foods
Meat & Poultry	Milk-Containing Foods	No foods in this Category
Applegate® organic black forest ham	No foods in this Category	Corn-Derived Foods
Applegate® organic ham	Non-Dairy & Eggs	No foods in this Category
Applegate® organic hot dogs	Almond Milk, unsweetened (no tapioca)	Condiments, Spreads & Sauces
Applegate® organic roast beef	Coconut Kefir (No Tapioca, Carageenan)	Apple Cider Vinegar (Bragg's®)
Beef, Grass-fed only (organic)	Coconut Milk (Native Forest or Natural Value)	BodyPro Almond Mayo Grade A Maple Syrup
Bison (see also Buffalo)	Egg Whites, Pasture-raised	BodyPro Almond Mayo with Yacon Syrup
Buffalo (see also Bison)	Gluten-Free Grains	Coconut Aminos®
Chicken, free range (organic)	Almond Flour (gluten free)	Coconut Cream
Collagen Protein (Powder)	Amaranth	Coconut Vinegar (Coconut Secret)
Deer (see also Venison)	Coconut Flour (gluten free)	Distilled White Vinegar
Duck	Coconut Meal (gluten free)	Earth Balance® Coconut Spread
Goat, Grass-fed only (organic)	Flax Meal	Harissa
Great Lake's® Beef Gelatin	Glucomannon Flour (konjacfoods.com)	Horseradish Mustard, Gluten-free (Annie's®)
Lamb	Hazelnut Flour	Ketchup (Organicville)
Ostrich	Hemp Meal	Liquid Smoke gluten free (natural)
Pheasant	Hemp Protein (Powder)	Mustard, Brown (Eden® gf mustard)
Pork, (organic)	Hemp Seed	Olives (without vinegar)
Quail	Konjac Glucomannon Flour	Red Tomato Paste (gluten free)
Rabbit	Sunflower Seed Flour	Sauerkraut (Bubbies® Brand only)
Turkey (organic)		Tabasco Sauce
Veal (organic)		Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)	Beverages & Protein Powders	Water
Ume Plum Vinegar	Almond Milk, unsweetened (no tapioca)	Yerba Matte Tea (Organic/Pure)
Vegetable Shortening (Spectrum®)	Bone Broth Protein, Beef	Zevia Drinks
Vinegar, Distilled	Coconut Kefir (No Tapioca, Carageenan)	Miscellaneous
Sweeteners	Coconut Milk (Native Forest or Natural Value)	Baking Soda (Arm & Hammer®)
Agave Nectar	Coconut Water (low sugar)	Bone Broth, Beef
BodyPro Almond Mayo Grade A Maple Syrup	Collagen Protein (Powder)	Cacao (Raw, Pure, & Unsweetened)
Coconut Palm Sugar	Echinacea Tea	Collagen Protein (Powder)
Coconut Sugar	Great Lake's® Beef Gelatin	Great Lake's® Beef Gelatin
Honey, (Organic)	Green Tea	Latex
Honey, Manuka	Hemp Protein (Powder)	Lycopene
Honey, Wildflower from Mahava®	Lemon Juice	Red Tomato Paste (gluten free)
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Jerusalem Artichoke Syrup	Lime Juice	Silver
	Lime Juice Mineral Water	Silver Tobacco
Jerusalem Artichoke Syrup		
Jerusalem Artichoke Syrup Lo Han	Mineral Water	Tobacco
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark	Mineral Water Sparkling Water, unflavored	Tobacco Yeast, Baker's
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic)	Mineral Water Sparkling Water, unflavored Tea, Black	Tobacco Yeast, Baker's Yeast, Brewer's
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure)	Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile	Tobacco Yeast, Baker's Yeast, Brewer's Yeast, Nutritional
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure) Monk Fruit Extract	Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Chicory Root	Tobacco Yeast, Baker's Yeast, Brewer's Yeast, Nutritional Snacks
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure) Monk Fruit Extract Rebiana Leaf (Stevia)	Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Chicory Root Tea, Green	Tobacco Yeast, Baker's Yeast, Brewer's Yeast, Nutritional Snacks
Jerusalem Artichoke Syrup Lo Han Maple Sugar Maple Syrup (Grade A Dark Amber Organic) Monk Fruit (Pure) Monk Fruit Extract Rebiana Leaf (Stevia) Sweetleaf® Stevia	Mineral Water Sparkling Water, unflavored Tea, Black Tea, Chamomile Tea, Chicory Root Tea, Green Tea, Hibiscus	Tobacco Yeast, Baker's Yeast, Brewer's Yeast, Nutritional Snacks

Nanny Mai 11/20/2017

\sqcup	Food Additives
	Annatto Coloring
	Chicory Root
	Inulin
	Palm Wax
	Tricalcium Phosphate
	Vegan Enzyme
	Vegan Natural Flavors (no MSG)
	new food cat
	alpha
	bravo
	charlie
	food name