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The following foods were foods that were removed from your diet and are now ok to have.

Vegetables

Alfalfa Grass	Broccoli	Chives
Alfalfa Sprouts	Broccolini	Coconut (raw and unsweetened)
Aloe Vera	Broccoli Rabe	Coconut Concentrate
Artichoke (not pickled)	Broccoli Sprouts	Collard Greens
Artichoke, Jerusalem (not pickled)	Brussels Sprout	Comfrey
Arugula	Burdock	Corn (Gluten-free & Non-GMO)
Asparagus	Cabbage, Chinese (see also Bok Choy)	Corn, Blue
Avocado	Cabbage, Green	Corn, White
Bamboo Shoot	Cabbage, Purple	Cucumber
Barley Grass (can have gluten)	Cactus (Nopales)	Daikon Radish
Barley Greens (may contain gluten)	Capers	Dandelion Greens
Bean, Green	Capsicum	Dandelion Root
Bean Sprout	Carrot, Orange	Eggplant
Beet	Carrot, Purple	Endive
Beet Greens	Carrot, White	Fennel
Bell Pepper	Carrot, Yellow	Garlic
Bell Pepper, Green	Carrot Juice	Ginger
Bell Pepper, Orange	Cassava (see Tapioca and Yucca)	Hearts of Palm
Bell Pepper, Red	Cauliflower	Horseradish
Bell Pepper, Yellow	Cauliflower, Purple	Jicama
Bitter Melon	Celery	Kale, all types
Bok Choy	Chard	Kelp/Dulse
	Chayote	Kohlrabi

Kombu	Pea, Snap	Prickly Pear
Leeks	Pea, Snow	Psyllium Husk
Lettuce, all types	Pea, Split	Pumpkin
Mushrooms	Pea Protein	Pumpkin Powder
Mushrooms, Button	Pepper, Anaheim	Radicchio
Mushrooms, Cremini/Crimini	Pepper, Cayenne	Radish
Mushrooms, Maitake	Pepper, Chili	Rainbow Chard
Mushrooms, Shiitake	Pepper, Green	Red Pepper Flake
Mustard Greens	Pepper, Habanero	Rhubarb
Nori	Pepper, Jalapeño	Rutabaga
Oat Grass (Not For Gluten Sensitive)	Pepper, Poblano	Sauerkraut (Bubbies® Brand only)
Okra	Pepper, Red	Scallions
Olives (without vinegar)	Pepper, Serrano	Sea Vegetables
Onion, Green	Pepper, Tabasco	Seaweed
Onion, Maui	Pickles, Bubbies® brand only	Shallots
Onion, Red	Pimento	Spinach
Onion, Sweet	Potato, Fingerling	Spirulina
Onion, Yellow	Potato, Purple	Squash
Paprika	Potato, Red	Squash, Acorn
Parsley	Potato, Russet	Squash, Butternut
Parsnip	Potato, Sweet	Squash, Green
Pea, Black-Eyed	Potato, White	Squash, Spaghetti
Pea, Green	Potato, Yukon Gold	Squash, Summer

Squash, Winter	Turnips	Cranberry
Squash, Yellow	Wasabi Root	Cranberry Juice
Sugar Beet	Water Chestnut	Currant
Swede	Watercress	Dates
Sweet Potato, Red	Wheat Grass (Is Gluten-contaminated)	Dragon Fruit (Pitaya)
Sweet Potatoes, White	Yams, Garnett	Dried Fruit
Swiss Chard	Yams, Japanese	Durian Fruit
Tabasco Sauce	Yucca	Elderberry
Taro	Zucchini	Fig
Tomatillo	Fruits	Goji Berry
Tomato	Acai	Golden Berry
Tomato, Cherry	Apple (all types)	Gooseberries
Tomato, Heirloom	Apricot	Grape
Tomato, Orange	Banana	Grape, Green
Tomato, Red	Bilberry	Grape, Purple
Tomato, Roma	Blackberry	Grape, Red
Tomato, Sun-dried	Blueberry	Grape, White
Tomato, Yellow	Boysenberry	Grapefruit
Tomatoes, Big Beef	Cantaloupe	Grapefruit Juice
Tomato Paste (gluten & Vinegar-free)	Cape Gooseberries	Ground Cherries
Tomato Sauce (gluten & Vinegar-free)	Carambola	Guava
Truffle	Cherry	Huckleberry
Turnip Greens	Clementine	Jack fruit

Kiwi	Oranges, Mandarin	Wolfberry
Kumquat	Papaya	Youngberry
Lemon	Passion Fruit	Legumes, Pods, & Pulses
Lemon Juice	Peach	Bean, Azuki
Lemon Rind/Peel	Pear	Bean, Black
Lime	Pear, Asian	Bean, Butter
Lime Juice	Persimmons	Bean, Cannellini
Loganberry	Pineapple	Bean, Chana Dahl
Longan Fruit	Plantain	Bean, Chili
Loquat	Plum	Bean, Green
Lychee	Pomegranate	Bean, Haricot
Mango	Pomelo	Bean, Italian
Mangosteen	Prune	Bean, Kidney
Maqui	Quince	Bean, Lima
Melon, Honeydew	Raisin (unsulfured, organic)	Bean, Mung
Monk Fruit (Pure)	Rambutan	Bean, Navy
Mulberry	Raspberry	Bean, Ninja
Nectarines	Star Fruit	Bean, Pinto/Frijole
Noni	Strawberry	Bean, Red
Orange	Tamarind	Bean, White
Orange, Blood	Tangelo	Chickpea (see also Garbanzo Bean)
Orange Juice	Tangerine	Coffee Bean, Organic
Orange Peel/Rind	Watermelon	Edamame (must be organic)

Fava Bean	Almond Oil	Flax Seed
Fava Bean Flour	Annatto Seed	Grapeseed Oil, Organic
Garbanzo Bean	Avocado Oil	Hazelnut/Filbert
Garbanzo Flour	Borage Seed Oil	Hazelnut Flour
Kidney Bean	Brazil Nut	Hemp Meal
Lentil(s)	Canola/Rapeseed Oil	Hemp Protein (Powder)
Miso	Canola Oil, Non-GMO	Hemp Seed
Pea, Snap	Caraway Seed	Hydrogenated Oils
Pea, Snow	Cashew Butter	Krill Oil
Pea, Split	Cashew Meal	Lard/Tallow (pork)
Peanut (Organic, Valencia)	Cashews	Macadamia Nut Oil
Peanut Butter (Organic, Maranatha®)	Chestnut	Macadamia Nuts
Red Bean Paste	Chia Seed (1/4 cup, max)	MCT Oil
Soybean oil(must be organic)	Coconut, shredded (raw, unsweetened)	Olive Leaf Extract
Soy Beans (must be organic)	Coconut Butter	Olive Oil, Virgin
Vanilla Bean	Coconut Oil	Palm Kernel Oil

Nuts, Seeds, Drupes & Oils

Almond	Cola Nut (aka Kola Nut)	Peanut Oil (Organic)
Almond, Marcona	Corn Oil	Pecan Flour
Almond Butter (Artisana®)	Cottonseed/Cottonseed Oil	Pecans
Almond Flavor (natural, gluten free)	Duck Fat	Pepitas
Almond Flour (gluten free)	Fenugreek Seed	Pili Nuts
Almond Meal (gluten free)	Flax Meal	Pine Nut
	Flax Oil	Pistachios

Poppy seeds	Vegetable Oil	Chervil
Psyllium Husk	Vegetable Shortening (Spectrum®)	Chili Powder
Pumpkin Oil	Walnut Oil	Chipotle Seasoning
Pumpkin Seed Oil	Walnuts	Cilantro/Coriander
Pumpkin Seeds	Walnuts, Black	Cinnamon
Ramon Seeds	Herbs & Spices	Cinnamon, Ceylon
Rice, Wild (Lundberg® - not the blend)	Allspice	Clove Powder
Rice Bran Oil	Almond Flavor (natural, gluten free)	Cloves, Madagascar
Sacha Inchi Seeds	Anise	Cloves, Penang
Safflower/Safflower Seed Oil	Ashwaganda	Comfrey
Sesame Seed Oil	Astragalus	Cramp Bark Extract
Sesame Seeds	Basil	Cream of Tartar
Sesame Seeds, Black	Bay Leaf	Cumin
Sunflower Seed Butter	Bell Pepper, Red	Curcumin
Sunflower Seed Flour	Black Cohosh	Curry (must be GF)
Sunflower Seed Lecithin	Capsicum	Dandelion Root
Sunflower Seed Oil	Caramel Coloring	Dill
Sunflower Seeds	Caraway Seed	Dong Quai
Tahini	Cardamom	Echinacea
Tea, Ramon	Catnip	Fennel
Tiger Nuts	Celery Powder	Fennel Seed
Truffle Oil	Celery Seed	Garam Masala
Truffle Oil, Black	Chaparral	Garlic

Garlic Pepper	Marjoram	Peppermint
Garlic Powder	Mesquite	Pine Bark Extract
Garlic Salt	Milk Thistle	Red Chili Paste Thai Kitchen® (gluten free)
Ginger Powder	Mint	Red Clover
Ginkgo Biloba	Mustard (as a Powder)	Red Pepper Flake
Ginseng (All Types)	Mustard Seeds (gluten free)	Rose Hips
Goldenseal	Nutmeg	Rosemary
Grapefruit Seed Extract	Olive Leaf Extract	Saffron
Grapeseed Extract	Onion	Sage
Guarana	Onion Powder	Sassafras
Gymnema Silvestre	Orange Peel/Rind	Savory
Herbs De Provence	Orange Salt	Saw Plametto
Hickory	Oregano	Sesame Seeds
Himalayan Salt	Paprika	Sesame Seeds, Black
Jamaican Jerk	Paprika (smoked)	Shallots
Juniper Berry	Parsley	Spearmint
Lavender	Pau D'arco	St. John's Wort
Lemon Balm (Melissa Officinalis)	Pepper, Black (see Garlic/Lemon Pepper)	Sumac
Lemongrass	Pepper, Cayenne	Tabasco Sauce
Lemon Pepper	Pepper, Red	Taco Seasoning
Licorice Root	Pepper, Sichuan	Tamari (Wheat Free)
Maca Root	Pepper, Szechuan	Tarragon
Mace Spice	Pepper/Peppercorns	Thyme

Tomatillo

Hake

Trout

Turmeric

Halibut

Tuna

Uva Ursi

Herring

Walleye Pike

Valerian

Krill

Whitefish/Turbot

Vanilla (gluten and corn-free)

Lobster

Meat & Poultry

Vanilla Bean

Lox

Applegate® organic andouille sausage

Vanilla Powder

Mackerel

Applegate® organic bacon

White Willow Bark Extract

Mahi Mahi

Applegate® organic black forest ham

Wintergreen

Mussel

Applegate® organic chicken

Wormwood

Octopus

Applegate® organic chicken/apple sausage

Fish & Shellfish

Orange Roughy

Applegate® organic ham

Anchovy

Oyster

Applegate® organic herb roasted turkey

Bass

Perch

Applegate® organic hot dogs

Catfish

Red Snapper

Applegate® organic red pepper sausage

Chilean Sea Bass

Salmon, wild (fresh)

Applegate® organic roast beef

Clam

Sardines

Applegate® organic sausage sweet italian

Cod/ Cod Liver Oil

Scallop

Applegate® organic smoked chicken breast

Corvina

Shrimp

Applegate® organic smoked turkey breast

Crab

Sole

Applegate® organic spinach & feta sausage

Crab, Immitation

Squid

Applegate® organic turkey

Crayfish

Swai

Applegate® organic turkey bacon

Flounder

Swordfish

Beef, Grass-fed only (organic)

Haddock

Tilapia (Wild, Non-farmed)

Bison (see also Buffalo)

Buffalo (see also Bison)	Cheese, Asiago	Cheese, Swiss
Chicken, free range (organic)	Cheese, Bleu	Chocolate, Milk
Chicken Broth (Imagine® gf/low sodium)	Cheese, Brie	Chocolate, White
Collagen Protein (Powder)	Cheese, Cheddar (Raw)	Cream, Raw and Unpasteurized
Deer (see also Venison)	Cheese, Cottage	Ghee (Pasture-Raised, Organic)
Duck	Cheese, Cream	Goat Cheese
Goat, Grass-fed only (organic)	Cheese, Feta	Goat Kefir
Great Lake's® Beef Gelatin	Cheese, Goat	Kefir, Raw
Lamb	Cheese, Gorgonzola	Lactic Acid (milk-derived)
Ostrich	Cheese, Gouda	Lactoalbumin
Pheasant	Cheese, Havarti	Milk, Buffalo
Pork, (organic)	Cheese, Machego	Milk, Cow
Quail	Cheese, Marscapone	Milk, Goat
Rabbit	Cheese, Mozzarella (Raw)	Milk, Sheep
Turkey (organic)	Cheese, Muenster	Milk Chocolate
Veal (organic)	Cheese, Parmesan	Mozzarella Cheese
Venison (see also Deer)	Cheese, Pecorino	Sour Cream, Raw and Unpasteurized
Milk-Containing Foods	Cheese, Provolone	Whey
Applegate® organic spinach & feta sausage	Cheese, Raw and Pasture-raised	Yogurt (See Xanthan Gum)
Butter, Raw and Pasture-raised	Cheese, Ricotta	
Buttermilk	Cheese, Romano	
Casein	Cheese, Sheep	
Cheese, American	Cheese, String (Mozzarella)	

Non-Dairy & Eggs

Almond Milk, unsweetened (no tapioca)

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Cheese, Daiya
(Coconut,Tapioca,yeast,....)

Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca,
Carageenan)Coconut Milk (Native Forest or
Natural Value)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture
Verde®

Egg Whites, Pasture-raised

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Paleo Cheese (Julianbakery.com or
Amazon.com)**Gluten-Free Grains**

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Ener-G Brown Rice Yeast-Free
Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour
(konjacfoods.com)

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Konjac Glucomannon Flour

Mikey's Original English Muffin

Mikey's Pizza crust

Mikey's Sliced Bread Loaf

Millet

Oats (Bob's Red Mill Gluten Free
Version)

Oats (Certified GF)

Potato Flour (gluten free)

Potato Starch (gluten free)

ProGranola (Julian Bakery)

Quinoa (gluten free)

Quinoa, Black (gluten free)

Quinoa, Red (gluten free)

Rice, Basmati (gluten free)

Rice, Black (gluten free)

Rice, Brown (gluten free)

Rice, Japonica (gluten free)

Rice, Purple (gluten free)

Rice, Red (gluten free)

Rice, White (gluten free)

Rice, Wild (Lundberg® - not the
blend)

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (gluten free)

Simple Mills - Everything Sprouted
Seed CrackerSimple Mills Cracked Black Pepper
Almond CrackersSimple Mills Ground Sea Salt
Almond CrackersSimple Mills Rosemary & Sea Salt
Crackers

Simple Mills Tomato & Basil Almond Crackers	Barley Juice (may contain gluten)	Modified Food Starch
Sorghum	Beer	Oats
Sunflower Seed Flour	Bran	Oats, GF (not Certified) can have gluten
Sweet Potato Flour (gluten free)	Bread	Orzo
Tapioca	Brown Rice Syrup (contains MSG/Gluten)	Panko
Tapioca Flour (gluten free)	Caramel Coloring	Polish Wheat
Tapioca Starch (gluten free)	Cheese, Bleu	Rye
Teff	Chewing Gum (has gluten and corn)	Semolina
Teff Flour	Coffee, Instant (has gluten)	Soy Sauce
Tolerant Green Lentil & Pea Pasta	Couscous	Spelt
Tolerant Red or Green Lentil Pasta	Crab, Immitation	Teechino
Tortilla, Siete Almond	Durum Wheat	Teriyaki Sauce
Tortilla, Siete Cassava & Coconut	Egyptian Wheat	Triticale
Tortilla, Siete Chia & Cassava	Farro	Vinegar
Udi's Millet-Chia Bread	Gliadin	Vinegar, Malt
Udi's White Sandwich Bread	Gluten	Vinegar, White
Udi's Whole Grain Bread	Graham (wheat)	Vodka, Rye or Grain
Gluten-Containing Foods	Kamut	Wheat (All Types)
Allulose	Liquid Smoke (can have gluten)	Wheat Germ
Avenin	Malt	Wheat Grass (Is Gluten-contaminated)
Barley	Maltitol	
Barley Grass (can have gluten)	Maltodextrin (Barley-derived)	
Barley Greens (may contain gluten)	Miso	

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)

Citric Acid (can be corn-derived)

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn Syrup

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap
(Carrot)

Hydrogenated Oils

Lactic Acid (corn-derived)

Maize

Maltitol

Maltodextrin (Corn-based,
non-GMO)

Modified Food Starch

Sriracha Sauce Organicville
gluten-free

Swerve® Sweetener

Vodka, Corn

Xanthan Gum

Yogurt (See Xanthan Gum)

Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (w/ Caramel or
Red Wine Vinegar)

Balsamic Vinegar (with Red Wine
Vinegar)

Balsamic Vinegar MiaBella (No
Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's®
Sweet & Spicy

BodyPro Almond Mayo Grade A
Maple Syrup

BodyPro Almond Mayo with Yacon
Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Distilled White Vinegar

Dressing, Primal Kitchen Greek
Avocado Oil

Dressing, Primal Kitchen Honey
Mustard

Earth Balance® Avocado Oil Butter
Spread

Earth Balance® Coconut Spread

Harissa

Horseradish Mustard, Gluten-free
(Annie's®)

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen
Avocado Oil

Mayonnaise, Primal Kitchen
Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai Kitchen®
(gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (Bubbies® Brand only)

Sherry Vinegar

Sour Cream, Raw and
Unpasteurized

Soy Sauce

Sriracha Sauce Organicville
gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Teriyaki Sauce

Tomato Paste (gluten &
Vinegar-free)Tomato Sauce (gluten &
Vinegar-free)

Ume Plum Vinegar

Veganaise Soy-free (Follow Your
Heart®)

Vegetable Shortening (Spectrum®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The
Wizard's® GF)

Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A
Maple SyrupBrown Rice Syrup (contains
MSG/Gluten)

Brown Sugar

Cane Syrup

Chocolate, Dark

Chocolate, Milk

Chocolate, White

Coconut Palm Sugar

Coconut Sugar

Corn Syrup

Date Sugar

Erythritol (non-GMO)

Fructose

Fruit Pectin

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

Malt

Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based,
non-GMO)

Maltodextrin (Tapioca-based)

Maple Sugar

Maple Syrup (Grade A Dark Amber
Organic)

Molasses

Monk Fruit (Pure)

Monk Fruit Extract

NutraSweet®

Rebiana Leaf (Stevia)

Sorbitol

Splenda

Sucanat

Sucralose

Sugar Beet

Sugar Cane

Sweetleaf® Stevia

Swerve® Sweetener

Tapioca Dextrose

Tapioca Syrup

Xyla (Birchwood Xylitol)

Miscellaneous

Chicken Broth (Imagine® gf/low sodium)	Yeast, Brewer's	Lactic Acid (beet-derived)
Cocoa	Yeast, Nutritional	Lactic Acid (corn-derived)
Collagen Protein (Powder)	Snacks	Lactic Acid (milk-derived)
GemWraps®, Sandwich Wrap (Carrot)	Apple Sauce	Locust Bean Gum
GemWraps®, Sandwich Wrap (Kale-Apple)	Chewing Gum (has gluten and corn)	Maltodextrin (Barley-derived)
GemWraps®, Sandwich Wrap (Mango/Chipotle)	Chewing Gum, XylicheW®	MSG/MonosodiumGlutamate
GemWraps®, Sandwich Wrap (Tomato)	Dates	Palm Wax
Great Lake's® Beef Gelatin	Simple Mills Chocolate Chip Cookies	Pea Protein Isolate
Hops	Simple Mills Cracked Black Pepper Almond Crackers	Pea Starch
Julian Bakery Paleo Wraps	Skinny Crisps® (Plain Jane)	Potato Protein
Latex	Food Additives	Red Food Dye
Lycopene	Acacia Gum	Sodium Alginate
Modified Food Starch	Agar Gum	Tragacanth Gum
Modified Food Starch (Tapioca-based)	Annatto Coloring	Tricalcium Phosphate
Pycnogenol	Arabic Gum	Vegan Enzyme
Red Tomato Paste (gluten free)	Asafoetida Powder	Vegan Natural Flavors (no MSG)
Resveratrol	Blue Food Dye	Vegan Natural Flavors (with MSG)
Rice Starch (if certified gluten free)	Carrageenan Gum	Xanthan Gum
Silver	Chicory Root	
Tobacco	Citric Acid (can be corn-derived)	
Tofu (Organic)	Formaldehyde	
Vegetable broth (Imagine® Low Sodium)	Guar Gum	
Yeast, Baker's	Inulin	

These are foods that we are waiting for you to experiment with. Please enter them into your dietary area by Capitalizing each so that our nutritionist can look out for health patterns with regard to this/these food(s)

Vegetables

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

Sweeteners

Beverages & Protein Powders

Miscellaneous

Snacks

Food Additives

These are foods that you can have occasionally. Please consume one choice from amongst these foods each day

Vegetables

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

Sweeteners

Beverages & Protein Powders

Miscellaneous

Snacks

Food Additives

The following foods will be in your diet at some point, but based on food reactions or dietary restrictions they are not currently in your diet

Vegetables

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

Sweeteners

Beverages & Protein Powders

Miscellaneous

Snacks

Food Additives

These are the foods that have been removed from your diet

Food Additives

Vegetables

Fruits

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Herbs & Spices

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

Sweeteners

Beverages & Protein Powders

Miscellaneous

Snacks

Complete Comprehensive List

Vegetables

Alfalfa Grass	Broccoli	Chayote
Alfalfa Sprouts	Broccolini	Chives
Aloe Vera	Broccoli Rabe	Coconut (raw and unsweetened)
Artichoke (not pickled)	Broccoli Sprouts	Coconut Concentrate
Artichoke, Jerusalem (not pickled)	Brussels Sprout	Collard Greens
Arugula	Burdock	Comfrey
Asparagus	Cabbage, Chinese (see also Bok Choy)	Corn (Gluten-free & Non-GMO)
Avocado	Cabbage, Green	Corn, Blue
Bamboo Shoot	Cabbage, Purple	Corn, White
Barley Grass (can have gluten)	Cactus (Nopales)	Cucumber
Barley Greens (may contain gluten)	Capers	Daikon Radish
Bean, Green	Capsicum	Dandelion Greens
Bean Sprout	Carrot, Orange	Dandelion Root
Beet	Carrot, Purple	Eggplant
Beet Greens	Carrot, White	Endive
Bell Pepper	Carrot, Yellow	Fennel
Bell Pepper, Green	Carrot Juice	Garlic
Bell Pepper, Orange	Cassava (see Tapioca and Yucca)	Ginger
Bell Pepper, Red	Cauliflower	Hearts of Palm
Bell Pepper, Yellow	Cauliflower, Purple	Horseradish
Bitter Melon	Celery	Jicama
Bok Choy	Chard	Kale, all types

Kelp/Dulse	Parsnip	Potato, Russet
Kohlrabi	Pea, Black-Eyed	Potato, Sweet
Kombu	Pea, Green	Potato, White
Leeks	Pea, Snap	Potato, Yukon Gold
Lettuce, all types	Pea, Snow	Prickly Pear
Mushrooms	Pea, Split	Psyllium Husk
Mushrooms, Button	Pea Protein	Pumpkin
Mushrooms, Cremini/Crimini	Pepper, Anaheim	Pumpkin Powder
Mushrooms, Maitake	Pepper, Cayenne	Radicchio
Mushrooms, Shiitake	Pepper, Chili	Radish
Mustard Greens	Pepper, Green	Rainbow Chard
Nori	Pepper, Habanero	Red Pepper Flake
Oat Grass (Not For Gluten Sensitive)	Pepper, Jalapeño	Rhubarb
Okra	Pepper, Poblano	Rutabaga
Olives (without vinegar)	Pepper, Red	Sauerkraut (Bubbies® Brand only)
Onion, Green	Pepper, Serrano	Scallions
Onion, Maui	Pepper, Tabasco	Sea Vegetables
Onion, Red	Pickles, Bubbies® brand only	Seaweed
Onion, Sweet	Pimento	Shallots
Onion, Yellow	Potato, Fingerling	Spinach
Paprika	Potato, Purple	Spirulina
Parsley	Potato, Red	Squash

Squash, Acorn	Tomato, Yellow	Blueberry
Squash, Butternut	Tomatoes, Big Beef	Boysenberry
Squash, Green	Tomato Paste (gluten & Vinegar-free)	Cantaloupe
Squash, Spaghetti	Tomato Sauce (gluten & Vinegar-free)	Cape Gooseberries
Squash, Summer	Truffle	Carambola
Squash, Winter	Turnip Greens	Cherry
Squash, Yellow	Turnips	Clementine
Sugar Beet	Wasabi Root	Cranberry
Swede	Water Chestnut	Cranberry Juice
Sweet Potato, Red	Watercress	Currant
Sweet Potatoes, White	Wheat Grass (Is Gluten-contaminated)	Dates
Swiss Chard	Yams, Garnett	Dragon Fruit (Pitaya)
Tabasco Sauce	Yams, Japanese	Dried Fruit
Taro	Yucca	Durian Fruit
Tomatillo	Zucchini	Elderberry
Tomato	Fruits	Fig
Tomato, Cherry	Acai	Goji Berry
Tomato, Heirloom	Apple (all types)	Golden Berry
Tomato, Orange	Apricot	Gooseberries
Tomato, Red	Banana	Grape
Tomato, Roma	Bilberry	Grape, Green
Tomato, Sun-dried	Blackberry	Grape, Purple

Grape, Red	Melon, Honeydew	Quince
Grape, White	Monk Fruit (Pure)	Raisin (unsulfured, organic)
Grapefruit	Mulberry	Rambutan
Grapefruit Juice	Nectarines	Raspberry
Ground Cherries	Noni	Star Fruit
Guava	Orange	Strawberry
Huckleberry	Orange, Blood	Tamarind
Jack fruit	Orange Juice	Tangelo
Kiwi	Orange Peel/Rind	Tangerine
Kumquat	Oranges, Mandarin	Watermelon
Lemon	Papaya	Wolfberry
Lemon Juice	Passion Fruit	Youngberry
Lemon Rind/Peel	Peach	Legumes, Pods, & Pulses
Lime	Pear	Bean, Azuki
Lime Juice	Pear, Asian	Bean, Black
Loganberry	Persimmons	Bean, Butter
Longan Fruit	Pineapple	Bean, Cannellini
Loquat	Plantain	Bean, Chana Dahl
Lychee	Plum	Bean, Chili
Mango	Pomegranate	Bean, Green
Mangosteen	Pomelo	Bean, Haricot
Maqui	Prune	Bean, Italian

Bean, Kidney	Peanut Butter (Organic, Maranatha®)	Cashews
Bean, Lima	Red Bean Paste	Chestnut
Bean, Mung	Soybean oil(must be organic)	Chia Seed (1/4 cup, max)
Bean, Navy	Soy Beans (must be organic)	Coconut, shredded (raw, unsweetened)
Bean, Ninja	Vanilla Bean	Coconut Butter
Bean, Pinto/Frijole	Nuts, Seeds, Drupes & Oils	Coconut Oil
Bean, Red	Almond	Cola Nut (aka Kola Nut)
Bean, White	Almond, Marcona	Corn Oil
Chickpea (see also Garbanzo Bean)	Almond Butter (Artisana®)	Cottonseed/Cottonseed Oil
Coffee Bean, Organic	Almond Flavor (natural, gluten free)	Duck Fat
Edamame (must be organic)	Almond Flour (gluten free)	Fenugreek Seed
Fava Bean	Almond Meal (gluten free)	Flax Meal
Fava Bean Flour	Almond Oil	Flax Oil
Garbanzo Bean	Annatto Seed	Flax Seed
Garbanzo Flour	Avocado Oil	Grapeseed Oil, Organic
Kidney Bean	Borage Seed Oil	Hazelnut/Filbert
Lentil(s)	Brazil Nut	Hazelnut Flour
Miso	Canola/Rapeseed Oil	Hemp Meal
Pea, Snap	Canola Oil, Non-GMO	Hemp Protein (Powder)
Pea, Snow	Caraway Seed	Hemp Seed
Pea, Split	Cashew Butter	Hydrogenated Oils
Peanut (Organic, Valencia)	Cashew Meal	Krill Oil

Herbs & Spices

Lard/Tallow (pork)	Sacha Inchi Seeds	Allspice
Macadamia Nut Oil	Safflower/Safflower Seed Oil	Almond Flavor (natural, gluten free)
Macadamia Nuts	Sesame Seed Oil	Anise
MCT Oil	Sesame Seeds	Ashwaganda
Olive Leaf Extract	Sesame Seeds, Black	Astragalus
Olive Oil, Virgin	Sunflower Seed Butter	Basil
Palm Kernel Oil	Sunflower Seed Flour	Bay Leaf
Peanut Oil (Organic)	Sunflower Seed Lecithin	Bell Pepper, Red
Pecan Flour	Sunflower Seed Oil	Black Cohosh
Pecans	Sunflower Seeds	Capsicum
Pepitas	Tahini	Caramel Coloring
Pili Nuts	Tea, Ramon	Caraway Seed
Pine Nut	Tiger Nuts	Cardamom
Pistachios	Truffle Oil	Catnip
Poppy seeds	Truffle Oil, Black	Celery Powder
Psyllium Husk	Vegetable Oil	Celery Seed
Pumpkin Oil	Vegetable Shortening (Spectrum®)	Chaparral
Pumpkin Seed Oil	Walnut Oil	Chervil
Pumpkin Seeds	Walnuts	Chili Powder
Ramon Seeds	Walnuts, Black	Chipotle Seasoning
Rice, Wild (Lundberg® - not the blend)		Cilantro/Coriander
Rice Bran Oil		Cinnamon

Cinnamon, Ceylon	Ginkgo Biloba	Mint
Clove Powder	Ginseng (All Types)	Mustard (as a Powder)
Cloves, Madagascar	Goldenseal	Mustard Seeds (gluten free)
Cloves, Penang	Grapefruit Seed Extract	Nutmeg
Comfrey	Grapeseed Extract	Olive Leaf Extract
Cramp Bark Extract	Guarana	Onion
Cream of Tartar	Gymnema Silvestre	Onion Powder
Cumin	Herbs De Provence	Orange Peel/Rind
Curcumin	Hickory	Orange Salt
Curry (must be GF)	Himalayan Salt	Oregano
Dandelion Root	Jamaican Jerk	Paprika
Dill	Juniper Berry	Paprika (smoked)
Dong Quai	Lavender	Parsley
Echinacea	Lemon Balm (Melissa Officinalis)	Pau D'arco
Fennel	Lemongrass	Pepper, Black (see Garlic/Lemon Pepper)
Fennel Seed	Lemon Pepper	Pepper, Cayenne
Garam Masala	Licorice Root	Pepper, Red
Garlic	Maca Root	Pepper, Sichuan
Garlic Pepper	Mace Spice	Pepper, Szechuan
Garlic Powder	Marjoram	Pepper/Peppercorns
Garlic Salt	Mesquite	Peppermint
Ginger Powder	Milk Thistle	Pine Bark Extract

Red Chili Paste Thai Kitchen® (gluten free)	Turmeric	Hake
Red Clover	Uva Ursi	Halibut
Red Pepper Flake	Valerian	Herring
Rose Hips	Vanilla (gluten and corn-free)	Krill
Rosemary	Vanilla Bean	Lobster
Saffron	Vanilla Powder	Lox
Sage	White Willow Bark Extract	Mackerel
Sassafras	Wintergreen	Mahi Mahi
Savory	Wormwood	Mussel
Saw Plametto	Fish & Shellfish	Octopus
Sesame Seeds	Anchovy	Orange Roughy
Sesame Seeds, Black	Bass	Oyster
Shallots	Catfish	Perch
Spearmint	Chilean Sea Bass	Red Snapper
St. John's Wort	Clam	Salmon, wild (fresh)
Sumac	Cod/ Cod Liver Oil	Sardines
Tabasco Sauce	Corvina	Scallop
Taco Seasoning	Crab	Shrimp
Tamari (Wheat Free)	Crab, Immitation	Sole
Tarragon	Crayfish	Squid
Thyme	Flounder	Swai
Tomatillo	Haddock	Swordfish

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, Feta

Cheese, Goat

Cheese, Gorgonzola

Cheese, Gouda

Cheese, Havarti

Cheese, Machego

Cheese, Marscapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Tilapia (Wild, Non-farmed)

Trout

Tuna

Walleye Pike

Whitefish/Turbot

Meat & Poultry

Applegate® organic andouille sausage

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic chicken

Applegate® organic chicken/apple sausage

Applegate® organic ham

Applegate® organic herb roasted turkey

Applegate® organic hot dogs

Applegate® organic red pepper sausage

Applegate® organic roast beef

Applegate® organic sausage sweet italian

Applegate® organic smoked chicken breast

Applegate® organic smoked turkey breast

Applegate® organic spinach & feta sausage

Applegate® organic turkey

Applegate® organic turkey bacon

Beef, Grass-fed only (organic)

Bison (see also Buffalo)

Buffalo (see also Bison)

Chicken, free range (organic)

Chicken Broth (Imagine® gf/low sodium)

Collagen Protein (Powder)

Deer (see also Venison)

Duck

Goat, Grass-fed only (organic)

Great Lake's® Beef Gelatin

Lamb

Ostrich

Pheasant

Pork, (organic)

Quail

Rabbit

Turkey (organic)

Veal (organic)

Venison (see also Deer)

Gluten-Free Grains

Cheese, Provolone	Sour Cream, Raw and Unpasteurized	Almond Flour (gluten free)
Cheese, Raw and Pasture-raised	Whey	Amaranth
Cheese, Ricotta	Yogurt (See Xanthan Gum)	Arrowroot Flour/powder
Cheese, Romano	Non-Dairy & Eggs	Avenin (Gluten-free)
Cheese, Sheep		Basmati Rice (gluten free)
Cheese, String (Mozzarella)	Almond Milk, unsweetened (no tapioca)	Brown Rice Flour
Cheese, Swiss	Almond Yogurt, unsweetened	Buckwheat
Chocolate, Milk	BodyPro Avocado Oil Mayonnaise	Buckwheat Flour
Chocolate, White	Cheese, Daiya (Coconut,Tapioca,yeast,...)	Coconut Flour (gluten free)
Cream, Raw and Unpasteurized	Cheese, Soy (Organic) (see Soy)	Coconut Meal (gluten free)
Ghee (Pasture-Raised, Organic)	Coconut Kefir (No Tapioca, Carageenan)	Corn (Gluten-free & Non-GMO)
Goat Cheese	Coconut Milk (Native Forest or Natural Value)	Corn, Blue
Goat Kefir	Egg, Pasture-raised (from a farmer)	Corn, White
Kefir, Raw	Egg, Vital Farms® or Pasture Verde®	Corn Meal (gluten free)
Lactic Acid (milk-derived)	Egg Whites, Pasture-raised	Corn Starch (gluten free)
Lactoalbumin	Egg Yolks, Pasture-raised	Ener-G Brown Rice Yeast-Free Bread
Milk, Buffalo	Milk, Soy (Organic)	Fava Bean Flour
Milk, Cow	Paleo Cheese (Julianbakery.com or Amazon.com)	Flax Meal
Milk, Goat		Garbanzo Flour
Milk, Sheep		Glucomannon Flour (konjacfoods.com)
Milk Chocolate		Hazelnut Flour
Mozzarella Cheese		Hemp Meal

Hemp Protein (Powder)	Rice, Red (gluten free)	Tortilla, Siete Cassava & Coconut
Hemp Seed	Rice, White (gluten free)	Tortilla, Siete Chia & Cassava
Julian Bakery Almond Bread	Rice, Wild (Lundberg® - not the blend)	Udi's Millet-Chia Bread
Julian Bakery Coconut Bread	Rice Bran	Udi's White Sandwich Bread
Konjac Glucomannon Flour	Rice Flour (gluten free)	Udi's Whole Grain Bread
Mikey's Original English Muffin	Rice Protein Powder (gluten free)	Gluten-Containing Foods
Mikey's Pizza crust	Simple Mills - Everything Sprouted Seed Cracker	
Mikey's Sliced Bread Loaf	Simple Mills Cracked Black Pepper Almond Crackers	
Millet	Simple Mills Ground Sea Salt Almond Crackers	
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Rosemary & Sea Salt Crackers	
Oats (Certified GF)	Simple Mills Tomato & Basil Almond Crackers	
Potato Flour (gluten free)	Sorghum	
Potato Starch (gluten free)	Sunflower Seed Flour	
ProGranola (Julian Bakery)	Sweet Potato Flour (gluten free)	
Quinoa (gluten free)	Tapioca	
Quinoa, Black (gluten free)	Tapioca Flour (gluten free)	
Quinoa, Red (gluten free)	Tapioca Starch (gluten free)	
Rice, Basmati (gluten free)	Teff	
Rice, Black (gluten free)	Teff Flour	
Rice, Brown (gluten free)	Tolerant Green Lentil & Pea Pasta	
Rice, Japonica (gluten free)	Tolerant Red or Green Lentil Pasta	
Rice, Purple (gluten free)	Tortilla, Siete Almond	
		Allulose
		Avenin
		Barley
		Barley Grass (can have gluten)
		Barley Greens (may contain gluten)
		Barley Juice (may contain gluten)
		Beer
		Bran
		Bread
		Brown Rice Syrup (contains MSG/Gluten)
		Caramel Coloring
		Cheese, Bleu
		Chewing Gum (has gluten and corn)
		Coffee, Instant (has gluten)
		Couscous
		Crab, Immitation

Durum Wheat	Teechino	Corn Oil
Egyptian Wheat	Teriyaki Sauce	Corn Starch (gluten free)
Farro	Triticale	Corn Syrup
Gliadin	Vinegar	Erythritol (non-GMO)
Gluten	Vinegar, Malt	Fructose
Graham (wheat)	Vinegar, White	GemWraps®, Sandwich Wrap (Carrot)
Kamut	Vodka, Rye or Grain	Hydrogenated Oils
Liquid Smoke (can have gluten)	Wheat (All Types)	Lactic Acid (corn-derived)
Malt	Wheat Germ	Maize
Maltitol	Wheat Grass (Is Gluten-contaminated)	Maltitol
Maltodextrin (Barley-derived)	Corn-Derived Foods	Maltodextrin (Corn-based, non-GMO)
Miso	Barbeque Sauce, GF Annie's® Sweet & Spicy	Modified Food Starch
Modified Food Starch	Cheese, Cream	Sriracha Sauce Organicville gluten-free
Oats	Cheese, Daiya (Coconut, Tapioca, yeast,)	Swerve® Sweetener
Oats, GF (not Certified) can have gluten	Cheese, Soy (Organic) (see Soy)	Vodka, Corn
Orzo	Chewing Gum (has gluten and corn)	Xanthan Gum
Panko	Citric Acid (can be corn-derived)	Yogurt (See Xanthan Gum)
Polish Wheat	Corn (Gluten-free & Non-GMO)	
Rye	Corn, Blue	
Semolina	Corn, White	
Soy Sauce	Corn Gluten	
Spelt	Corn Meal (gluten free)	

Condiments, Spreads & Sauces

Apple Cider Vinegar (Bragg's®)

Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Barbeque Sauce, GF Annie's® Sweet & Spicy

BodyPro Almond Mayo Grade A Maple Syrup

BodyPro Almond Mayo with Yacon Syrup

BodyPro Avocado Oil Mayonnaise

Carob

Cocoa Butter

Coconut Aminos®

Coconut Cream

Coconut Vinegar (Coconut Secret)

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Distilled White Vinegar

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

Earth Balance® Avocado Oil Butter Spread

Earth Balance® Coconut Spread

Harissa

Horseradish Mustard, Gluten-free (Annie's®)

Hummus

Ketchup (Organicville)

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Liquid Smoke (can have gluten)

Liquid Smoke gluten free (natural)

Mayonnaise

Mayonnaise, Primal Kitchen Avocado Oil

Mayonnaise, Primal Kitchen Chipotle Avocado Oil

Mustard, Brown (Eden® gf mustard)

Olives (without vinegar)

Red Bean Paste

Red Chili Paste Thai Kitchen® (gluten free)

Red Tomato Paste (gluten free)

Sauerkraut (Bubbies® Brand only)

Sherry Vinegar

Sour Cream, Raw and Unpasteurized

Soy Sauce

Sriracha Sauce Organicville gluten-free

Tabasco Sauce

Tamari (Wheat Free)

Teriyaki Sauce

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Ume Plum Vinegar

Veganise Soy-free (Follow Your Heart®)

Vegetable Shortening (Spectrum®)

Vinegar

Vinegar, Beet

Vinegar, Distilled

Vinegar, Malt

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White

Vinegar, White Wine

Worcestershire Sauce (The Wizard's® GF)

Sweeteners

Agave Nectar

Aspartame

BodyPro Almond Mayo Grade A Maple Syrup

Brown Rice Syrup (contains MSG/Gluten)

Brown Sugar

Cane Syrup

Chocolate, Dark

Beverages & Protein Powders

Chocolate, Milk	Molasses	Almond Milk, unsweetened (no tapioca)
Chocolate, White	Monk Fruit (Pure)	Apple Cider
Coconut Palm Sugar	Monk Fruit Extract	Apple Juice
Coconut Sugar	Nutrasweet®	Beer
Corn Syrup	Rebiana Leaf (Stevia)	Bone Broth Protein, Beef
Date Sugar	Sorbitol	Carrot Juice
Erythritol (non-GMO)	Splenda	Casein
Fructose	Sucanat	Cocoa
Fruit Pectin	Sucralose	Coconut Kefir (No Tapioca, Carageenan)
Honey, (Organic)	Sugar Beet	Coconut Milk (Native Forest or Natural Value)
Honey, Manuka	Sugar Cane	Coconut Water (low sugar)
Honey, Wildflower from Mahava®	Sweetleaf® Stevia	Coffee (Brewed and Not Instant)
Jerusalem Artichoke Syrup	Swerve® Sweetener	Coffee, Instant (has gluten)
Just Like Sugar®	Tapioca Dextrose	Coffee Bean, Organic
Lo Han	Tapioca Syrup	Collagen Protein (Powder)
Malt	Xyla (Birchwood Xylitol)	Echinacea Tea
Maltitol	Xylitol	Grapefruit Juice
Maltodextrin (Barley-derived)	Yacon Syrup	Great Lake's® Beef Gelatin
Maltodextrin (Corn-based, non-GMO)		Green Tea
Maltodextrin (Tapioca-based)		Hemp Protein (Powder)
Maple Sugar		Komboucha Tea
Maple Syrup (Grade A Dark Amber Organic)		Lactoalbumin

Lemon Juice	Tea, Oolong	Chicken Broth (Imagine® gf/low sodium)
Licorice Tea	Tea, Ramon	Cocoa
Lime Juice	Tea, Roobios	Collagen Protein (Powder)
Milk, Buffalo	Tea, Unflavored	GemWraps®, Sandwich Wrap (Carrot)
Milk, Cow	Tea, White	GemWraps®, Sandwich Wrap (Kale-Apple)
Milk, Goat	Teechino	GemWraps®, Sandwich Wrap (Mango/Chipotle)
Milk, Rice	Vodka, Corn	GemWraps®, Sandwich Wrap (Tomato)
Milk, Sheep	Vodka, Potato	Great Lake's® Beef Gelatin
Milk, Soy (Organic)	Vodka, Rye or Grain	Hops
Mineral Water	Water	Julian Bakery Paleo Wraps
Orange Juice	Whey	Latex
Pea Protein	Wine, Red	Lycopene
Rice Protein Powder (gluten free)	Wine, White (Champagne)	Modified Food Starch
Soy Milk/Soy Cheese (Organic)	Yerba Matte Tea (Organic/Pure)	Modified Food Starch (Tapioca-based)
Soy Protein (Organic)	Zevia Drinks	Pycnogenol
Sparkling Water, unflavored	Miscellaneous	Red Tomato Paste (gluten free)
Tea, Black	Antimony	Resveratrol
Tea, Chamomile	Baking Powder	Rice Starch (if certified gluten free)
Tea, Chicory Root	Baking Soda (Arm & Hammer®)	Silver
Tea, Green	Beef broth (Imagine® low sodium/GF)	Tobacco
Tea, Hibiscus	Bone Broth, Beef	Tofu (Organic)
Tea, Komboucha	Cacao (Raw, Pure, & Unsweetened)	Vegetable broth (Imagine® Low Sodium)

Yeast, Baker's

Guar Gum

Yeast, Brewer's

Inulin

Yeast, Nutritional

Lactic Acid (beet-derived)

Snacks

Lactic Acid (corn-derived)

Apple Sauce

Lactic Acid (milk-derived)

Chewing Gum (has gluten and corn)

Locust Bean Gum

Chewing Gum, Xylichew®

Maltodextrin (Barley-derived)

Dates

MSG/MonosodiumGlutamate

Simple Mills Chocolate Chip
Cookies

Palm Wax

Simple Mills Cracked Black Pepper
Almond Crackers

Pea Protein Isolate

Skinny Crisps® (Plain Jane)

Pea Starch

Food Additives

Potato Protein

Acacia Gum

Red Food Dye

Agar Gum

Sodium Alginate

Annatto Coloring

Tragacanth Gum

Arabic Gum

Tricalcium Phosphate

Asafoetida Powder

Vegan Enzyme

Blue Food Dye

Vegan Natural Flavors (no MSG)

Carrageenan Gum

Vegan Natural Flavors (with MSG)

Chicory Root

Xanthan Gum

Citric Acid (can be corn-derived)

Formaldehyde