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|---|---|---|
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Burdock | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Alfalfa Grass | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Hearts of Palm |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Capers | <input type="checkbox"/> Kale, all types |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Kelp/Dulse |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cassava (see Tapioca and Yucca) | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Kombu |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Chard | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Chayote | <input type="checkbox"/> Nori |
| <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Chives | <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) | <input type="checkbox"/> Onion, Green |
| <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Corn, Blue | <input type="checkbox"/> Onion, Maui |
| <input type="checkbox"/> Bell Pepper, Green | <input type="checkbox"/> Corn, White | <input type="checkbox"/> Onion, Red |
| <input type="checkbox"/> Bell Pepper, Orange | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Onion, Sweet |
| <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Onion, Yellow |
| <input type="checkbox"/> Bell Pepper, Yellow | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Parsnip |
| <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Endive | <input type="checkbox"/> Pea, Black-Eyed |

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|---|---|---|
| <input type="checkbox"/> Pea, Green | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tomato, Sun-dried |
| <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Tomato, Yellow |
| <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Tomatoes, Big Beef |
| <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Scallions | <input type="checkbox"/> Truffle |
| <input type="checkbox"/> Pepper, Anaheim | <input type="checkbox"/> Sea Vegetables | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Pepper, Chili | <input type="checkbox"/> Seaweed | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Pepper, Green | <input type="checkbox"/> Shallots | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Pepper, Habanero | <input type="checkbox"/> Spinach | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Pepper, Jalapeño | <input type="checkbox"/> Spirulina | <input type="checkbox"/> Yams, Garnett |
| <input type="checkbox"/> Pepper, Poblano | <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Yams, Japanese |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Sweet Potato, Red | <input type="checkbox"/> Yucca |
| <input type="checkbox"/> Pepper, Serrano | <input type="checkbox"/> Sweet Potatoes, White | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Pickles, Bubbies® brand only | <input type="checkbox"/> Swiss Chard | |
| <input type="checkbox"/> Pimento | <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Fruits |
| <input type="checkbox"/> Potato, Sweet | <input type="checkbox"/> Tomato | <input type="checkbox"/> Acai |
| <input type="checkbox"/> Prickly Pear | <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | <input type="checkbox"/> Apple (all types) |
| <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | <input type="checkbox"/> Apple Cider |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Tomato, Cherry | <input type="checkbox"/> Apple Juice |
| <input type="checkbox"/> Pumpkin Powder | <input type="checkbox"/> Tomato, Heirloom | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Radicchio | <input type="checkbox"/> Tomato, Orange | <input type="checkbox"/> Apricot |
| <input type="checkbox"/> Radish | <input type="checkbox"/> Tomato, Red | <input type="checkbox"/> Banana |
| <input type="checkbox"/> Rainbow Chard | <input type="checkbox"/> Tomato, Roma | <input type="checkbox"/> Bilberry |

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| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Lemon | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Lemon Rind/Peel | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Lime | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Litchi (aka Lychee) | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Currant | <input type="checkbox"/> Loganberry | <input type="checkbox"/> Pomelo |
| <input type="checkbox"/> Date(s) | <input type="checkbox"/> Loquat | <input type="checkbox"/> Prune |
| <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Mango | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Mangosteen | <input type="checkbox"/> Raisin (unsulfured, organic) |
| <input type="checkbox"/> Elderberry | <input type="checkbox"/> Maqui | <input type="checkbox"/> Raspberry |
| <input type="checkbox"/> Fig | <input type="checkbox"/> Melon, Honeydew | <input type="checkbox"/> Star Fruit |
| <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Strawberry |
| <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mulberry | <input type="checkbox"/> Tamarind |
| <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Tangelo |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Noni | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Orange | <input type="checkbox"/> Wolfberry |
| <input type="checkbox"/> Guava | <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Youngberry |
| <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Orange Peel/Rind | |
| <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Orange, Blood | |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Papaya | |

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| <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Sacha Inchi Seeds |
| <input type="checkbox"/> Almond | <input type="checkbox"/> Hazelnut/Filbert | <input type="checkbox"/> Safflower/Safflower Seed Oil |
| <input type="checkbox"/> Almond Butter (Artisana®) | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Sunflower Seed Butter |
| <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Sunflower Seed Lecithin |
| <input type="checkbox"/> Almond Flour (gluten free) | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sunflower Seed Oil |
| <input type="checkbox"/> Almond Meal (gluten free) | <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Almond, Marcona | <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Tahini |
| <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Tea, Ramon |
| <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Tiger Nuts |
| <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Pecan | <input type="checkbox"/> Vegetable Oil |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Pecan Flour | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |
| <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Pepitas | <input type="checkbox"/> Walnut, Black (few) |
| <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Pili Nuts | |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Fish & Shellfish |
| <input type="checkbox"/> Chestnut | <input type="checkbox"/> Pistachios | <input type="checkbox"/> Anchovy |
| <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Poppy seeds | <input type="checkbox"/> Bass |
| <input type="checkbox"/> Corn Oil | <input type="checkbox"/> Psyllium Husk | <input type="checkbox"/> Catfish |
| <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Pumpkin Oil | <input type="checkbox"/> Chilean Sea Bass |
| <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Pumpkin Seed Oil | <input type="checkbox"/> Clam |
| <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Corvina |
| <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Ramon Seeds | <input type="checkbox"/> Crab |
| <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Crab, Immitation |

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| <input type="checkbox"/> Crayfish | <input type="checkbox"/> Tuna | <input type="checkbox"/> Ostrich |
| <input type="checkbox"/> Flounder | <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Pheasant |
| <input type="checkbox"/> Haddock | <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Pork, (organic) |
| <input type="checkbox"/> Hake | | <input type="checkbox"/> Quail |
| <input type="checkbox"/> Halibut | <input type="checkbox"/> Meat & Poultry | <input type="checkbox"/> Rabbit |
| <input type="checkbox"/> Herring | <input type="checkbox"/> Applegate® organic bacon | <input type="checkbox"/> Turkey (organic) |
| <input type="checkbox"/> Mackerel | <input type="checkbox"/> Applegate® organic black forest ham | <input type="checkbox"/> Venison (see also Deer) |
| <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Applegate® organic chicken | |
| <input type="checkbox"/> Mussel | <input type="checkbox"/> Applegate® organic chicken/apple sausage | <input type="checkbox"/> Non-Dairy & Eggs |
| <input type="checkbox"/> Octopus | <input type="checkbox"/> Applegate® organic ham | <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) |
| <input type="checkbox"/> Orange Roughy | <input type="checkbox"/> Applegate® organic herb roasted turkey | <input type="checkbox"/> Almond Yogurt, unsweetened |
| <input type="checkbox"/> Oyster | <input type="checkbox"/> Applegate® organic smoked chicken breast | <input type="checkbox"/> Cheese, Daiya (Coconut, Tapioca, yeast, etc.) |
| <input type="checkbox"/> Perch | <input type="checkbox"/> Applegate® organic smoked turkey breast | <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) |
| <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Applegate® organic turkey | <input type="checkbox"/> Egg, Whites, Pasture-raised |
| <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Applegate® organic turkey bacon | <input type="checkbox"/> Milk, Soy (Organic) |
| <input type="checkbox"/> Sardines | <input type="checkbox"/> Bison (see also Buffalo) | <input type="checkbox"/> Modified Food Starch |
| <input type="checkbox"/> Scallop | <input type="checkbox"/> Buffalo (see also Bison) | <input type="checkbox"/> Paleo Cheese (Julianbakery.com or |
| <input type="checkbox"/> Sole | <input type="checkbox"/> Chicken, free range (organic) | |
| <input type="checkbox"/> Squid | <input type="checkbox"/> Deer (see also Venison) | |
| <input type="checkbox"/> Swai | <input type="checkbox"/> Duck | |
| <input type="checkbox"/> Tilapia (Non-farmed) | <input type="checkbox"/> Goat, Grass-fed only (organic) | |
| <input type="checkbox"/> Trout | <input type="checkbox"/> Lard (pork) | |

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|---|--|---|
| <input type="checkbox"/> Condiments | <input type="checkbox"/> Sweeteners | <input type="checkbox"/> Maple Sugar |
| <input type="checkbox"/> Apple Cider Vinegar (Bragg's®) | <input type="checkbox"/> Agave Nectar | <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) |
| <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy | <input type="checkbox"/> Aspartame/Nutrasweet | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup | <input type="checkbox"/> BodyPro Almond Mayo Grade B Maple Syrup | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> BodyPro Almond Mayo with Yacon Syrup | <input type="checkbox"/> Cane Syrup | <input type="checkbox"/> Monk Fruit Extract |
| <input type="checkbox"/> Carob | <input type="checkbox"/> Chocolate, Dark | <input type="checkbox"/> Nutrasweet® |
| <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil | <input type="checkbox"/> Chocolate, Milk | <input type="checkbox"/> Rebiana Leaf (Stevia) |
| <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard | <input type="checkbox"/> Chocolate, White | <input type="checkbox"/> Sorbitol |
| <input type="checkbox"/> Harissa | <input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> Splenda |
| <input type="checkbox"/> Hummus | <input type="checkbox"/> Date Sugar | <input type="checkbox"/> Sucanat |
| <input type="checkbox"/> Ketchup (Organicville) | <input type="checkbox"/> Erythritol (non-GMO) | <input type="checkbox"/> Sucralose |
| <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Fructose | <input type="checkbox"/> Sugar Beet |
| <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Fruit Pectin | <input type="checkbox"/> Sugar Cane |
| <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Honey, (Organic) | <input type="checkbox"/> Sweetleaf® Stevia |
| <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil | <input type="checkbox"/> Honey, Manuka | <input type="checkbox"/> Swerve® Xylitol |
| <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Honey, Wildflower from Mahava® | <input type="checkbox"/> Tapioca Dextrose |
| <input type="checkbox"/> Sriracha Sauce Organicville gluten-free | <input type="checkbox"/> Jerusalem Artichoke Syrup | <input type="checkbox"/> Xyla (Birchwood Xylitol/non-corn source) |
| <input type="checkbox"/> Tabasco Sauce | <input type="checkbox"/> Just Like Sugar® | <input type="checkbox"/> Yacon Syrup |
| <input type="checkbox"/> Vinegar, Beet | <input type="checkbox"/> Lo Han | |
| <input type="checkbox"/> Worcestershire Sauce (The Wizard's® GF) | <input type="checkbox"/> Maltitol | |
| | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) | |
| | <input type="checkbox"/> Maltodextrin (Tapioca-based) | |

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| <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cream of Tartar | <input type="checkbox"/> Jamaican Jerk |
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Cumin | <input type="checkbox"/> Juniper Berry |
| <input type="checkbox"/> Almond Flavor natural, gluten free) | <input type="checkbox"/> Curcumin | <input type="checkbox"/> Lavender |
| <input type="checkbox"/> Anise | <input type="checkbox"/> Curry (must be GF) | <input type="checkbox"/> Lemon Balm (Melissa Officinalis) |
| <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Lemongrass |
| <input type="checkbox"/> Astragalus | <input type="checkbox"/> Dong Quai | <input type="checkbox"/> Licorice Root |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Echinacea | <input type="checkbox"/> Maca Root |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Fennel | <input type="checkbox"/> Mace Spice |
| <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Garlic | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Mesquite |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Milk Thistle |
| <input type="checkbox"/> Cardamom | <input type="checkbox"/> Ginger | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Ginkgo Biloba | <input type="checkbox"/> Mustard Seeds (gluten free) |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Ginseng (All Types) | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Goldenseal | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Grapefruit Seed Extract | <input type="checkbox"/> Onion Powder |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Grapeseed Extract | <input type="checkbox"/> Orange Peel/Rind |
| <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Guarana | <input type="checkbox"/> Orange Salt |
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Gymnema Silvestre | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Herbs De Provence | <input type="checkbox"/> Paprika |
| <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Hickory | <input type="checkbox"/> Paprika (smoked) |
| <input type="checkbox"/> Cramp Bark Extract | <input type="checkbox"/> Himalayan Salt | <input type="checkbox"/> Parsley |

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| <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Turmeric | <input type="checkbox"/> Cheese, Goat |
| <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Uva Ursi | <input type="checkbox"/> Cheese, Gorgonzola |
| <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Valerian | <input type="checkbox"/> Cheese, Gouda |
| <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> Vanilla (gluten and corn-free) | <input type="checkbox"/> Cheese, Havarti |
| <input type="checkbox"/> Peppermint | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Cheese, Machego |
| <input type="checkbox"/> Pine Bark Extract | <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> Cheese, Mascapone |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | <input type="checkbox"/> White Willow Bark Extract | <input type="checkbox"/> Cheese, Mozzarella (Raw) |
| <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Wintergreen | <input type="checkbox"/> Cheese, Muenster |
| <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Wormwood | <input type="checkbox"/> Cheese, Parmesan |
| <input type="checkbox"/> Rosemary | | <input type="checkbox"/> Cheese, Pecorino |
| <input type="checkbox"/> Saffron | <input type="checkbox"/> Milk-Containing Foods | <input type="checkbox"/> Cheese, Provolone |
| <input type="checkbox"/> Sage | <input type="checkbox"/> Butter, Raw and Pasture-raised | <input type="checkbox"/> Cheese, Raw and Pasture-raised |
| <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Buttermilk | <input type="checkbox"/> Cheese, Ricotta |
| <input type="checkbox"/> Shallots | <input type="checkbox"/> Casein | <input type="checkbox"/> Cheese, Romano |
| <input type="checkbox"/> Spearmint | <input type="checkbox"/> Cheese, American | <input type="checkbox"/> Cheese, Sheep |
| <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Cheese, Asiago | <input type="checkbox"/> Cheese, String (Mozzarella) |
| <input type="checkbox"/> Sumac | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Cheese, Swiss |
| <input type="checkbox"/> Taco Seasoning | <input type="checkbox"/> Cheese, Brie | <input type="checkbox"/> Chocolate, Milk |
| <input type="checkbox"/> Tamari (Wheat Free) | <input type="checkbox"/> Cheese, Cheddar (Raw) | <input type="checkbox"/> Chocolate, White |
| <input type="checkbox"/> Tarragon | <input type="checkbox"/> Cheese, Cottage | <input type="checkbox"/> Cream, Raw and Unpasteurized |
| <input type="checkbox"/> Thyme | <input type="checkbox"/> Cheese, Cream | <input type="checkbox"/> Ghee (Pasture-Raised, Organic) |
| <input type="checkbox"/> Tomatillo | <input type="checkbox"/> Cheese, Feta | <input type="checkbox"/> Goat Cheese |

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| <input type="checkbox"/> Goat Kefir | <input type="checkbox"/> Bean, Lima | <input type="checkbox"/> Soy Beans Oil (must be organic) |
| <input type="checkbox"/> Kefir, Raw | <input type="checkbox"/> Bean, Mung | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Lactoalbumin | <input type="checkbox"/> Bean, Navy/Ninja | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Milk Chocolate | <input type="checkbox"/> Bean, Pinto/Frijole | <input type="checkbox"/> White Beans |
| <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Bean, Red (see also Bean, Kidney) | |
| <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Chickpea (see also Garbanzo Bean) | <input type="checkbox"/> Gluten-Free Grains |
| <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Almond Flour (gluten free) |
| <input type="checkbox"/> Mozzarella Cheese | <input type="checkbox"/> Edamame (must be organic) | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Sour Cream, Raw and Unpasteurized | <input type="checkbox"/> Fava Bean | <input type="checkbox"/> Arrowroot Flour/powder |
| <input type="checkbox"/> Whey | <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Basmati Rice (gluten free) |
| <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Garbanzo Bean | <input type="checkbox"/> Buckwheat |
| | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Buckwheat Flour |
| <input type="checkbox"/> Legumes & Pulses | <input type="checkbox"/> Lentil(s) | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Bean, Azuki | <input type="checkbox"/> Miso | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Bean, Black | <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Corn Meal (gluten free) |
| <input type="checkbox"/> Bean, Butter | <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Corn Starch (gluten free) |
| <input type="checkbox"/> Bean, Cannellini | <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Corn, Blue |
| <input type="checkbox"/> Bean, Chana Dahl | <input type="checkbox"/> Peanut (Organic, Valencia) | <input type="checkbox"/> Corn, White |
| <input type="checkbox"/> Bean, Chili | <input type="checkbox"/> Peanut Butter (Organic, Maranatha®) | <input type="checkbox"/> Fava Bean Flour |
| <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Peanut Oil (Organic) | <input type="checkbox"/> Flax Meal |
| <input type="checkbox"/> Bean, Italian | <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Garbanzo Flour |
| <input type="checkbox"/> Bean, Kidney | <input type="checkbox"/> Soy Beans (must be organic) | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) |

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| <input type="checkbox"/> Hazelnut Flour | <input type="checkbox"/> Teff | <input type="checkbox"/> Teriyaki Sauce |
| <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Tolerant Green Lentil & Pea Pasta | |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Tolerant Red or Green Lentil Pasta | <input type="checkbox"/> Corn-Derived Foods |
| <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Tortilla, Siete Almond | <input type="checkbox"/> Barbeque Sauce, GF Annie's® Sweet & Spicy |
| <input type="checkbox"/> Konjac Glucomannon Flour | <input type="checkbox"/> Tortilla, Siete Cassava & Coconut | <input type="checkbox"/> Cheese, Cream |
| <input type="checkbox"/> Millet | | <input type="checkbox"/> Cheese, Daiya (Coconut Tapioca yeast & ...) |
| <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) | <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Cheese, Soy (Organic) (see Soy) |
| <input type="checkbox"/> Oats (Certified GF) | <input type="checkbox"/> Barley | <input type="checkbox"/> Chewing Gum (has gluten and corn) |
| <input type="checkbox"/> ProGranola (Julian Bakery) | <input type="checkbox"/> Barley Greens (Not for Gluten-Sensitive) | <input type="checkbox"/> Corn (Gluten-free & Non-GMO) |
| <input type="checkbox"/> Quinoa (gluten free) | <input type="checkbox"/> Barley Juice (Not for Gluten-Sensitive) | <input type="checkbox"/> Corn Gluten |
| <input type="checkbox"/> Quinoa, Black (gluten free) | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Corn Meal (gluten free) |
| <input type="checkbox"/> Quinoa, Red (gluten free) | <input type="checkbox"/> Cheese, Bleu | <input type="checkbox"/> Corn Oil |
| <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) | <input type="checkbox"/> Chewing Gum (has gluten and corn) | <input type="checkbox"/> Corn Starch (gluten free) |
| <input type="checkbox"/> Simple Mills - Everything Sprouted Seed Cracker | <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Corn, Blue |
| <input type="checkbox"/> Simple Mills Grnd Sea Salt Almond Crackers | <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Corn, White |
| <input type="checkbox"/> Simple Mills Rosemary & Sea Salt Crackers | <input type="checkbox"/> Gluten | <input type="checkbox"/> Erythritol (non-GMO) |
| <input type="checkbox"/> Simple Mills Tomato & Basil Almond Crackers | <input type="checkbox"/> Kamut | <input type="checkbox"/> Fructose |
| <input type="checkbox"/> Sorghum | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> GemWraps® Sandwich Wrap (Carrot) |
| <input type="checkbox"/> Sweet Potato Flour (gluten free) | <input type="checkbox"/> Oats (Can be contaminated with gluten) | <input type="checkbox"/> Maltodextrin (Corn-based, non-GMO) |
| <input type="checkbox"/> Tapioca | <input type="checkbox"/> Polish Wheat | <input type="checkbox"/> Sriracha Sauce Organicville gluten-free |
| <input type="checkbox"/> Tapioca Flour (gluten free) | <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Swerve® Xylitol |
| <input type="checkbox"/> Tapioca Starch (gluten free) | <input type="checkbox"/> Teechino | <input type="checkbox"/> Vegetable Oil |

| | | |
|---|---|---|
| <input type="checkbox"/> Xanthan Gum | <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Chewing Gum (has gluten and corn) |
| <input type="checkbox"/> Yogurt (See Xanthan Gum) | <input type="checkbox"/> Soy Milk/Soy Cheese (Organic) | <input type="checkbox"/> Chewing Gum, Xylitechew® |
| | <input type="checkbox"/> Soy Protein (Organic) | <input type="checkbox"/> Chicory Root |
| <input type="checkbox"/> Beverages & Protein Powders | <input type="checkbox"/> Sparkling Water, unflavored | <input type="checkbox"/> Cocoa Butter |
| <input type="checkbox"/> Almond Milk, unsweetened (no tapioca) | <input type="checkbox"/> Tea, Chamomile | <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) |
| <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Tea, Hibiscus | <input type="checkbox"/> Collagen Protein (Powder) |
| <input type="checkbox"/> Bone Broth Protein, Beef | <input type="checkbox"/> Tea, Ramon | <input type="checkbox"/> Formaldehyde |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Tea, Roobios | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Carrot) |
| <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Teechino | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Kale-Apple) |
| <input type="checkbox"/> Collagen Protein (Powder) | <input type="checkbox"/> Water | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chi.) |
| <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) | <input type="checkbox"/> GemWraps®, Sandwich Wrap (Tomato) |
| <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Zevia Drinks | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) |
| <input type="checkbox"/> Green Tea | | <input type="checkbox"/> Great Lake's® Beef Gelatin |
| <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Guar Gum |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Acacia Gum | <input type="checkbox"/> Hops |
| <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Inulin |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Antimony | <input type="checkbox"/> Julian Bakery Almond Bread |
| <input type="checkbox"/> Milk, Cow | <input type="checkbox"/> Arabic Gum | <input type="checkbox"/> Konjac Glucomannon Flour |
| <input type="checkbox"/> Milk, Goat | <input type="checkbox"/> Baking Powder | <input type="checkbox"/> Lard (pork) |
| <input type="checkbox"/> Milk, Sheep | <input type="checkbox"/> Baking Soda (Arm & Hammer®) | <input type="checkbox"/> Latex |
| <input type="checkbox"/> Milk, Soy (Organic) | <input type="checkbox"/> Blue Food Dye | <input type="checkbox"/> Liquid Aminos (Braggs®)(has Soy) |
| <input type="checkbox"/> Mineral Water | <input type="checkbox"/> Carrageenan Gum | <input type="checkbox"/> Locust Bean Gum |

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|--|--|
| <input type="checkbox"/> Lycopene | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Modified Food Starch | <input type="checkbox"/> Apple Sauce |
| <input type="checkbox"/> Modified Food Starch (Tapioca-based) | <input type="checkbox"/> Date(s) |
| <input type="checkbox"/> Palm Wax | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Pycnogenol | |
| <input type="checkbox"/> Red Chili Paste Thai Kitchen® (gluten free) | |
| <input type="checkbox"/> Red Food Dye | |
| <input type="checkbox"/> Red Tomato Paste (gluten free) | |
| <input type="checkbox"/> Resveratrol | |
| <input type="checkbox"/> Rice Starch (if certified gluten free) | |
| <input type="checkbox"/> Silver | |
| <input type="checkbox"/> Skinny Crisps® (Plain Jane) | |
| <input type="checkbox"/> Tamari (Wheat Free) | |
| <input type="checkbox"/> Tofu (Organic) | |
| <input type="checkbox"/> Tomato Paste (gluten & Vinegar-free) | |
| <input type="checkbox"/> Tomato Sauce (gluten & Vinegar-free) | |
| <input type="checkbox"/> Tragacanth Gum | |
| <input type="checkbox"/> Vegetable Oil | |
| <input type="checkbox"/> Vegetable Shortening (Spectrum®) | |
| <input type="checkbox"/> Xanthan Gum | |