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|---|---|--|
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Coconut (raw and unsweetened) |
| <input type="checkbox"/> Alfalfa Grass | <input type="checkbox"/> Broccoli Sprouts | <input type="checkbox"/> Coconut Concentrate |
| <input type="checkbox"/> Alfalfa Sprouts | <input type="checkbox"/> Broccolini | <input type="checkbox"/> Collard Greens |
| <input type="checkbox"/> Aloe Vera | <input type="checkbox"/> Brussels Sprout | <input type="checkbox"/> Cucumber |
| <input type="checkbox"/> Artichoke (not pickled) | <input type="checkbox"/> Burdock | <input type="checkbox"/> Daikon Radish |
| <input type="checkbox"/> Artichoke, Jerusalem (not pickled) | <input type="checkbox"/> Cabbage, Chinese (see also Bok Choy) | <input type="checkbox"/> Dandelion Greens |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cabbage, Green | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cabbage, Purple | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Cactus (Nopales) | <input type="checkbox"/> Endive |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Capers | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Bamboo Shoot | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Hearts of Palm |
| <input type="checkbox"/> Bean Sprout | <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Carrot, Orange | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Carrot, Purple | <input type="checkbox"/> Kale, all types |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Carrot, White | <input type="checkbox"/> Kelp/Dulse |
| <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Carrot, Yellow | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Bell Pepper, Green | <input type="checkbox"/> Cassava (see Tapioca and Yucca) | <input type="checkbox"/> Kombu |
| <input type="checkbox"/> Bell Pepper, Orange | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Cauliflower, Purple | <input type="checkbox"/> Lettuce, all types |
| <input type="checkbox"/> Bell Pepper, Yellow | <input type="checkbox"/> Chard | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Chayote | <input type="checkbox"/> Mushrooms, Button |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Chives | <input type="checkbox"/> Mushrooms, Cremini/Crimini |

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

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| <input type="checkbox"/> Sweet Potatoes, White | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Cranberry Juice | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Truffle | <input type="checkbox"/> Currant | <input type="checkbox"/> Lemon Rind/Peel |
| <input type="checkbox"/> Turnip Greens | <input type="checkbox"/> Dragon Fruit (Pitaya) | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Turnips | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Lime Juice |
| <input type="checkbox"/> Water Chestnut | <input type="checkbox"/> Elderberry | <input type="checkbox"/> Litchi (aka Lychee) |
| <input type="checkbox"/> Watercress | <input type="checkbox"/> Fig | <input type="checkbox"/> Loganberry |
| <input type="checkbox"/> Yams, Garnett | <input type="checkbox"/> Goji Berry | <input type="checkbox"/> Loquat |
| <input type="checkbox"/> Yams, Japanese | <input type="checkbox"/> Golden Berry | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Yucca | <input type="checkbox"/> Gooseberry | <input type="checkbox"/> Mangosteen |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Grape | <input type="checkbox"/> Maqui |
| | <input type="checkbox"/> Grape, Green | <input type="checkbox"/> Melon, Honeydew |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Grape, Purple | <input type="checkbox"/> Monk Fruit (Pure) |
| <input type="checkbox"/> Acai | <input type="checkbox"/> Grape, Red | <input type="checkbox"/> Mulberry |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Grape, White | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Bilberry | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Noni |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Guava | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Huckleberry | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Jack fruit | <input type="checkbox"/> Pear, Asian |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Pineapple |

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| <input type="checkbox"/> Plum | <input type="checkbox"/> Cashew Meal | <input type="checkbox"/> Pecan Flour |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Cashews | <input type="checkbox"/> Pepitas |
| <input type="checkbox"/> Pomelo | <input type="checkbox"/> Chestnut | <input type="checkbox"/> Pili Nuts |
| <input type="checkbox"/> Prune | <input type="checkbox"/> Chia Seed (1/4 cup, max) | <input type="checkbox"/> Pine Nut |
| <input type="checkbox"/> Quince | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Pistachios |
| <input type="checkbox"/> Raisin (unsulfured, organic) | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Poppy seeds |
| <input type="checkbox"/> Raspberry | <input type="checkbox"/> Coconut, shredded (raw, unsweetened) | <input type="checkbox"/> Psyllium Husk |
| <input type="checkbox"/> Star Fruit | <input type="checkbox"/> Cola Nut (aka Kola Nut) | <input type="checkbox"/> Pumpkin Oil |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Cottonseed/Cottonseed Oil | <input type="checkbox"/> Pumpkin Seed Oil |
| <input type="checkbox"/> Tangerine | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Pumpkin Seeds |
| <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Flax Oil | <input type="checkbox"/> Ramon Seeds |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Flax Seed | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |
| <input type="checkbox"/> Wolfberry | <input type="checkbox"/> Grapeseed Oil, Organic | <input type="checkbox"/> Sacha Inchi Seeds |
| <input type="checkbox"/> Youngberry | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Safflower/Safflower Seed Oil |
| | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Sunflower Seed Butter |
| <input type="checkbox"/> Nuts, Seeds, Drupes & Oils | <input type="checkbox"/> Hemp Seed | <input type="checkbox"/> Sunflower Seed Lecithin |
| <input type="checkbox"/> Annatto Seed | <input type="checkbox"/> Hydrogenated Oils | <input type="checkbox"/> Sunflower Seed Oil |
| <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Macadamia Nut Oil | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Brazil Nut | <input type="checkbox"/> Macadamia Nuts | <input type="checkbox"/> Tahini |
| <input type="checkbox"/> Canola/Rapeseed Oil | <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Tea, Ramon |
| <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Olive Oil, Virgin | <input type="checkbox"/> Tiger Nuts |
| <input type="checkbox"/> Cashew Butter | <input type="checkbox"/> Palm Kernel Oil | <input type="checkbox"/> Vegetable Shortening (Spectrum®) |

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| <input type="checkbox"/> Walnut Oil | <input type="checkbox"/> Mahi Mahi | <input type="checkbox"/> Meat & Poultry |
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> Octopus | <input type="checkbox"/> Applegate® organic bacon |
| <input type="checkbox"/> Walnuts, Black | <input type="checkbox"/> Orange Roughy | <input type="checkbox"/> Applegate® organic black forest ham |
| <input type="checkbox"/> Fish & Shellfish | <input type="checkbox"/> Oyster | <input type="checkbox"/> Applegate® organic chicken |
| <input type="checkbox"/> Anchovy | <input type="checkbox"/> Perch | <input type="checkbox"/> Applegate® organic ham |
| <input type="checkbox"/> Bass | <input type="checkbox"/> Red Snapper | <input type="checkbox"/> Applegate® organic herb roasted turkey |
| <input type="checkbox"/> Catfish | <input type="checkbox"/> Salmon, wild (fresh) | <input type="checkbox"/> Applegate® organic smoked chicken breast |
| <input type="checkbox"/> Chilean Sea Bass | <input type="checkbox"/> Sardines | <input type="checkbox"/> Applegate® organic smoked turkey breast |
| <input type="checkbox"/> Clam | <input type="checkbox"/> Scallop | <input type="checkbox"/> Applegate® organic turkey |
| <input type="checkbox"/> Cod/ Cod Liver Oil | <input type="checkbox"/> Sole | <input type="checkbox"/> Applegate® organic turkey bacon |
| <input type="checkbox"/> Corvina | <input type="checkbox"/> Squid | <input type="checkbox"/> Bison (see also Buffalo) |
| <input type="checkbox"/> Crab | <input type="checkbox"/> Swai | <input type="checkbox"/> Buffalo (see also Bison) |
| <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Swordfish | <input type="checkbox"/> Chicken, free range (organic) |
| <input type="checkbox"/> Crayfish | <input type="checkbox"/> Tilapia (Wild, Non-farmed) | <input type="checkbox"/> Deer (see also Venison) |
| <input type="checkbox"/> Flounder | <input type="checkbox"/> Trout | <input type="checkbox"/> Duck |
| <input type="checkbox"/> Haddock | <input type="checkbox"/> Tuna | <input type="checkbox"/> Goat, Grass-fed only (organic) |
| <input type="checkbox"/> Hake | <input type="checkbox"/> Walleye Pike | <input type="checkbox"/> Lamb |
| <input type="checkbox"/> Halibut | <input type="checkbox"/> Whitefish/Turbot | <input type="checkbox"/> Lard (pork) |
| <input type="checkbox"/> Herring | | <input type="checkbox"/> Ostrich |
| <input type="checkbox"/> Lobster | | <input type="checkbox"/> Pheasant |
| <input type="checkbox"/> Mackerel | | <input type="checkbox"/> Pork, (organic) |
| | | <input type="checkbox"/> Quail |

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|---|--|---|
| <input type="checkbox"/> Rabbit | <input type="checkbox"/> Coconut Cream | <input type="checkbox"/> Vinegar, Rice |
| <input type="checkbox"/> Turkey (organic) | <input type="checkbox"/> Coconut Vinegar (Coconut Secret) | <input type="checkbox"/> Vinegar, White |
| <input type="checkbox"/> Venison (see also Deer) | <input type="checkbox"/> Dressing, Primal Kitchen Greek Avocado Oil | <input type="checkbox"/> Vinegar, White Wine |
| | <input type="checkbox"/> Dressing, Primal Kitchen Honey Mustard | <input type="checkbox"/> White/Distilled Vinegar |
| <input type="checkbox"/> Non-Dairy & Eggs | <input type="checkbox"/> Earth Balance® Avocado Oil Butter Spread | |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise | <input type="checkbox"/> Earth Balance® Coconut Spread | <input type="checkbox"/> Sweeteners |
| <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Agave Nectar |
| <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Liquid Smoke gluten free (natural) | <input type="checkbox"/> Aspartame |
| <input type="checkbox"/> Egg, Pasture-raised (from a farmer) | <input type="checkbox"/> Mayonnaise, Primal Kitchen Avocado Oil | <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) |
| <input type="checkbox"/> Egg, Vital Farms® or Pasture Verde® | <input type="checkbox"/> Mayonnaise, Primal Kitchen Chipotle Avocado Oil | <input type="checkbox"/> Cane Syrup |
| <input type="checkbox"/> Egg, Whites, Pasture-raised | <input type="checkbox"/> Mustard, Brown (Eden® gf mustard) | <input type="checkbox"/> Chocolate, Dark |
| <input type="checkbox"/> Egg, Yolks Pasture-raised | <input type="checkbox"/> Olives (without vinegar) | <input type="checkbox"/> Coconut Palm Sugar |
| <input type="checkbox"/> Paleo Cheese (Julianbakery.com or | <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Coconut Sugar |
| | <input type="checkbox"/> Sauerkraut (Bubbies® Brand only) | <input type="checkbox"/> Date Sugar |
| <input type="checkbox"/> Condiments, Spreads & Sauces | <input type="checkbox"/> Sherry Vinegar | <input type="checkbox"/> Fruit Pectin |
| <input type="checkbox"/> Balsamic Vinegar (w/ Caramel or Red Wine Vinegar) | <input type="checkbox"/> Tabasco Sauce | <input type="checkbox"/> Honey, (Organic) |
| <input type="checkbox"/> Balsamic Vinegar (with Red Wine Vinegar) | <input type="checkbox"/> Ume Plum Vinegar | <input type="checkbox"/> Honey, Manuka |
| <input type="checkbox"/> Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar) | <input type="checkbox"/> Veganaise Soy-free (Follow Your Heart®) | <input type="checkbox"/> Honey, Wildflower from Mahava® |
| <input type="checkbox"/> BodyPro Avocado Oil Mayonnaise | <input type="checkbox"/> Vegetable Shortening (Spectrum®) | <input type="checkbox"/> Jerusalem Artichoke Syrup |
| <input type="checkbox"/> Carob | <input type="checkbox"/> Vinegar, Beet | <input type="checkbox"/> Just Like Sugar® |
| <input type="checkbox"/> Cocoa Butter | <input type="checkbox"/> Vinegar, Distilled | <input type="checkbox"/> Lo Han |
| <input type="checkbox"/> Coconut Aminos® | <input type="checkbox"/> Vinegar, Red Wine | <input type="checkbox"/> Maltodextrin (Tapioca-based) |

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| <input type="checkbox"/> Maple Sugar | <input type="checkbox"/> Herbs & Spices | <input type="checkbox"/> Cramp Bark Extract |
| <input type="checkbox"/> Maple Syrup (Grade A Dark Amber Organic) | <input type="checkbox"/> Allspice | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Molasses | <input type="checkbox"/> Anise | <input type="checkbox"/> Cumin |
| <input type="checkbox"/> Monk Fruit (Pure) | <input type="checkbox"/> Ashwaganda | <input type="checkbox"/> Curcumin |
| <input type="checkbox"/> Monk Fruit Extract | <input type="checkbox"/> Astragalus | <input type="checkbox"/> Curry (must be GF) |
| <input type="checkbox"/> new food item | <input type="checkbox"/> Basil | <input type="checkbox"/> Dandelion Root |
| <input type="checkbox"/> Nutrasweet® | <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Rebiana Leaf (Stevia) | <input type="checkbox"/> Bell Pepper, Red | <input type="checkbox"/> Dong Quai |
| <input type="checkbox"/> Sorbitol | <input type="checkbox"/> Black Cohosh | <input type="checkbox"/> Echinacea |
| <input type="checkbox"/> Splenda | <input type="checkbox"/> Capsicum | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Sucanat | <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Garam Masala |
| <input type="checkbox"/> Sucralose | <input type="checkbox"/> Caraway Seed | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Sugar Beet | <input type="checkbox"/> Cardamom | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Sugar Cane | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Ginseng (All Types) |
| <input type="checkbox"/> Sweetleaf® Stevia | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Goldenseal |
| <input type="checkbox"/> Tapioca Dextrose | <input type="checkbox"/> Chipotle Seasoning | <input type="checkbox"/> Grapefruit Seed Extract |
| <input type="checkbox"/> Xyla (Birchwood Xylitol) | <input type="checkbox"/> Cilantro/Coriander | <input type="checkbox"/> Grapeseed Extract |
| <input type="checkbox"/> Yacon Syrup | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Guarana |
| | <input type="checkbox"/> Cinnamon, Ceylon | <input type="checkbox"/> Gymnema Silvestre |
| | <input type="checkbox"/> Cloves | <input type="checkbox"/> Herbs De Provence |
| | <input type="checkbox"/> Cloves, Madagascar | <input type="checkbox"/> Hickory |
| | <input type="checkbox"/> Cloves, Penang | <input type="checkbox"/> Himalayan Salt |

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|---|--|---|
| <input type="checkbox"/> Jamaican Jerk | <input type="checkbox"/> Paprika (smoked) | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Juniper Berry | <input type="checkbox"/> Parsley | <input type="checkbox"/> Uva Ursi |
| <input type="checkbox"/> Lavender | <input type="checkbox"/> Pepper, Black (see Garlic/Lemon Pepper) | <input type="checkbox"/> Valerian |
| <input type="checkbox"/> Lemon Balm (Melissa Officinalis) | <input type="checkbox"/> Pepper, Cayenne | <input type="checkbox"/> Vanilla (gluten and corn-free) |
| <input type="checkbox"/> Lemon Pepper | <input type="checkbox"/> Pepper, Red | <input type="checkbox"/> Vanilla Bean |
| <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Pepper, Sichuan | <input type="checkbox"/> Vanilla Powder |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pepper, Szechuan | <input type="checkbox"/> White Willow Bark Extract |
| <input type="checkbox"/> Maca Root | <input type="checkbox"/> Pepper/Peppercorns | <input type="checkbox"/> Wintergreen |
| <input type="checkbox"/> Mace Spice | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Wormwood |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Pine Bark Extract | |
| <input type="checkbox"/> Mesquite | <input type="checkbox"/> Red Pepper Flake | <input type="checkbox"/> Milk-Containing Foods |
| <input type="checkbox"/> Milk Thistle | <input type="checkbox"/> Rose Hips | <input type="checkbox"/> Cheese, Feta |
| <input type="checkbox"/> Mint | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Cheese, Goat |
| <input type="checkbox"/> Mustard (as a Powder) | <input type="checkbox"/> Saffron | <input type="checkbox"/> Cheese, Machego |
| <input type="checkbox"/> Mustard Seeds (gluten free) | <input type="checkbox"/> Sage | <input type="checkbox"/> Cheese, Pecorino |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Saw Plametto | <input type="checkbox"/> Cheese, Ricotta |
| <input type="checkbox"/> Olive Leaf Extract | <input type="checkbox"/> Shallots | <input type="checkbox"/> Cheese, Sheep |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Spearmint | <input type="checkbox"/> Goat Cheese |
| <input type="checkbox"/> Onion Powder | <input type="checkbox"/> St. John's Wort | <input type="checkbox"/> Goat Kefir |
| <input type="checkbox"/> Orange Salt | <input type="checkbox"/> Sumac | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> Tarragon | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> Thyme | |

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| <input type="checkbox"/> Legumes & Pulses | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Hemp Seed |
| <input type="checkbox"/> Bean, Azuki | <input type="checkbox"/> Kidney Bean | <input type="checkbox"/> Konjac Glucomannon Flour |
| <input type="checkbox"/> Bean, Black | <input type="checkbox"/> Pea, Snap | <input type="checkbox"/> Millet |
| <input type="checkbox"/> Bean, Butter | <input type="checkbox"/> Pea, Snow | <input type="checkbox"/> Oats (Bob's Red Mill Gluten Free Version) |
| <input type="checkbox"/> Bean, Cannellini | <input type="checkbox"/> Pea, Split | <input type="checkbox"/> Oats (Certified GF) |
| <input type="checkbox"/> Bean, Chana Dahl | <input type="checkbox"/> Red Bean Paste | <input type="checkbox"/> Potato Flour (gluten free) |
| <input type="checkbox"/> Bean, Chili | <input type="checkbox"/> Vanilla Bean | <input type="checkbox"/> Potato Starch (gluten free) |
| <input type="checkbox"/> Bean, Green | <input type="checkbox"/> Vanilla Powder | <input type="checkbox"/> ProGranola (Julian Bakery) |
| <input type="checkbox"/> Bean, Italian | | <input type="checkbox"/> Quinoa (gluten free) |
| <input type="checkbox"/> Bean, Kidney | <input type="checkbox"/> Gluten-Free Grains | <input type="checkbox"/> Quinoa, Black (gluten free) |
| <input type="checkbox"/> Bean, Lima | <input type="checkbox"/> Amaranth | <input type="checkbox"/> Quinoa, Red (gluten free) |
| <input type="checkbox"/> Bean, Mung | <input type="checkbox"/> Arrowroot Flour/powder | <input type="checkbox"/> Rice Bran |
| <input type="checkbox"/> Bean, Ninja | <input type="checkbox"/> Basmati Rice (gluten free) | <input type="checkbox"/> Rice Flour (gluten free) |
| <input type="checkbox"/> Bean, Pinto/Frijole | <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Rice Protein Powder (gluten free) |
| <input type="checkbox"/> Bean, Red | <input type="checkbox"/> Coconut Flour (gluten free) | <input type="checkbox"/> Rice, Basmati (gluten free) |
| <input type="checkbox"/> Bean, White | <input type="checkbox"/> Coconut Meal (gluten free) | <input type="checkbox"/> Rice, Black (gluten free) |
| <input type="checkbox"/> Beans | <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Rice, Brown (gluten free) |
| <input type="checkbox"/> Chickpea (see also Garbanzo Bean) | <input type="checkbox"/> Flax Meal | <input type="checkbox"/> Rice, Japonica (gluten free) |
| <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Garbanzo Flour | <input type="checkbox"/> Rice, Purple (gluten free) |
| <input type="checkbox"/> Fava Bean | <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Rice, Red (gluten free) |
| <input type="checkbox"/> Fava Bean Flour | <input type="checkbox"/> Hemp Meal | <input type="checkbox"/> Rice, White (gluten free) |
| <input type="checkbox"/> Garbanzo Bean | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Rice, Wild (Lundberg® - not the blend) |

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| <input type="checkbox"/> Sorghum | <input type="checkbox"/> Triticale | <input type="checkbox"/> Milk, Goat |
| <input type="checkbox"/> Sweet Potato Flour (gluten free) | <input type="checkbox"/> Vinegar, White | <input type="checkbox"/> Milk, Sheep |
| <input type="checkbox"/> Tapioca | | <input type="checkbox"/> Mineral Water |
| <input type="checkbox"/> Tapioca Flour (gluten free) | <input type="checkbox"/> Corn-Derived Foods | <input type="checkbox"/> Pea Protein |
| <input type="checkbox"/> Tapioca Starch (gluten free) | | <input type="checkbox"/> Rice Protein Powder (gluten free) |
| <input type="checkbox"/> Teff | <input type="checkbox"/> Beverages & Protein Powders | <input type="checkbox"/> Sparkling Water, unflavored |
| <input type="checkbox"/> Tortilla, Siete Chia & Cassava | <input type="checkbox"/> Bone Broth Protein, Beef | <input type="checkbox"/> Tea, Black |
| | <input type="checkbox"/> Carrot Juice | <input type="checkbox"/> Tea, Chamomile |
| <input type="checkbox"/> Gluten-Containing Foods | <input type="checkbox"/> Coconut Kefir (No Tapioca, Carageenan) | <input type="checkbox"/> Tea, Green |
| <input type="checkbox"/> Brown Rice Syrup (contains MSG/Gluten) | <input type="checkbox"/> Coconut Milk(Native Forest or Natural Value) | <input type="checkbox"/> Tea, Hibiscus |
| <input type="checkbox"/> Caramel Coloring | <input type="checkbox"/> Coconut Water (low sugar) | <input type="checkbox"/> Tea, Komboucha |
| <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Coffee | <input type="checkbox"/> Tea, Oolong |
| <input type="checkbox"/> Crab, Immitation | <input type="checkbox"/> Coffee Bean, Organic | <input type="checkbox"/> Tea, Ramon |
| <input type="checkbox"/> Gluten | <input type="checkbox"/> Coffee, Instant (has gluten) | <input type="checkbox"/> Tea, Roobios |
| <input type="checkbox"/> Kamut | <input type="checkbox"/> Echinacea Tea | <input type="checkbox"/> Tea, White |
| <input type="checkbox"/> Liquid Smoke (can have gluten) | <input type="checkbox"/> Grapefruit Juice | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Oat Grass (Not For Gluten Sensitive) | <input type="checkbox"/> Green Tea | <input type="checkbox"/> Water |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Hemp Protein (Powder) | <input type="checkbox"/> Wine, Red |
| <input type="checkbox"/> Oats, GF (not Certified) can have gluten | <input type="checkbox"/> Komboucha Tea | <input type="checkbox"/> Wine, White (Champagne) |
| <input type="checkbox"/> Polish Wheat | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Yerba Matte Tea (Organic/Pure) |
| <input type="checkbox"/> Rye | <input type="checkbox"/> Licorice Tea | <input type="checkbox"/> Zevia Drinks |
| <input type="checkbox"/> Spelt | <input type="checkbox"/> Lime Juice | |

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|---|--|
| <input type="checkbox"/> Miscellaneous | <input type="checkbox"/> Locust Bean Gum |
| <input type="checkbox"/> Acacia Gum | <input type="checkbox"/> Lycopene |
| <input type="checkbox"/> Agar Gum | <input type="checkbox"/> Modified Food Starch (Tapioca-based) |
| <input type="checkbox"/> Antimony | <input type="checkbox"/> Palm Wax |
| <input type="checkbox"/> Arabic Gum | <input type="checkbox"/> Pycnogenol |
| <input type="checkbox"/> Baking Soda (Arm & Hammer®) | <input type="checkbox"/> Red Food Dye |
| <input type="checkbox"/> Blue Food Dye | <input type="checkbox"/> Resveratrol |
| <input type="checkbox"/> Carrageenan Gum | <input type="checkbox"/> Rice Starch (if certified gluten free) |
| <input type="checkbox"/> Chewing Gum, Xylitew® | <input type="checkbox"/> Silver |
| <input type="checkbox"/> Chicory Root | <input type="checkbox"/> Tragacanth Gum |
| <input type="checkbox"/> Cocoa/Cacao (raw, pure, & unsweetened) | <input type="checkbox"/> Vinegar, Red Wine |
| <input type="checkbox"/> Formaldehyde | <input type="checkbox"/> Yeast, Baker's |
| <input type="checkbox"/> GemWraps®, Sandwich Wrap (Mango/Chipotle) | <input type="checkbox"/> Yeast, Brewer's |
| <input type="checkbox"/> Glucomannon Flour (konjacfoods.com) | <input type="checkbox"/> Yeast, Nutritional |
| <input type="checkbox"/> Guar Gum | |
| <input type="checkbox"/> Hops | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Inulin | <input type="checkbox"/> Simple Mills Chocolate Chip Cookies |
| <input type="checkbox"/> Julian Bakery Coconut Bread | |
| <input type="checkbox"/> Julian Bakery Paleo Wraps | |
| <input type="checkbox"/> Konjac Glucomannon Flour | |
| <input type="checkbox"/> Lard (pork) | |
| <input type="checkbox"/> Latex | |