

Table of Contents

Title	Page
1. Foods that are now ok to have	2
2. Foods that we are waiting for you to experiment with	7
3. Foods that you can have occasionally	10
4. Foods that will be in your diet at some point	12
5. Foods that have been removed from your diet	16
6. Complete Comprehensive List	23

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

Vegetables

Aloe Vera

Arugula

Avocado

Bamboo Shoot

Bean Sprout

Beet Greens

Bitter Melon

Burdock

Cactus (Nopales)

Capers

Chard

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Comfrey

Daikon Radish

Dandelion Greens

Dandelion Root

Endive

Fennel

Ginger

Hearts of Palm

Horseradish

Jicama

Kohlrabi

Leeks

Mustard Greens

Onion, Green

Parsley

Prickly Pear

Radicchio

Rainbow Chard

Rutabaga

Scallions

Swede

Swiss Chard

Turnip Greens

Wasabi Root

Water Chestnut

Watercress

Fruits

Acai

Apple (all types)

Apricot

Bilberry

Blackberry

Blueberry

Boysenberry

Carambola

Cherry

Dragon Fruit (Pitaya)

Elderberry

Golden Berry

Grapefruit

Huckleberry

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Loganberry

Longan Fruit

Loquat

Lychee

Maqui

Mulberry

Nectarines

Noni

Passion Fruit

Peach

Pear

Pear, Asian

Plum

Pomegranate

Rambutan

Raspberry

Star Fruit

Youngberry

Legumes, Pods, & Pulses

Vanilla Bean

Nuts, Seeds, Drupes & Oils

Almond

Almond, Marcona

Almond Butter (Artisana®)

Almond Flavor (natural, gluten free)

Almond Flour (gluten free)

Almond Meal (gluten free)

Almond Oil

Annatto Seed

Avocado Oil

Brazil Nut

Caraway Seed

Cashew Butter

Cashew Meal

Cashews

Chestnut

Coconut, shredded (raw, unsweetened)

Coconut Butter

Coconut Oil

Duck Fat

Hazelnut/Filbert

Hazelnut Flour

MCT Oil

Palm Kernel Oil

Pine Nut

Pistachios

Poppy seeds

Herbs & Spices

Allspice

Almond Flavor (natural, gluten free)

Anise

Astragalus

Basil

Bay Leaf

Black Cohosh

Caraway Seed

Cardamom

Catnip

Chaparral

Chervil

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon

Clove Powder

Cloves, Madagascar

Cloves, Penang	Lavender	Sassafras
Comfrey	Lemon Balm (Melissa Officinalis)	Savory
Cramp Bark Extract	Lemongrass	Saw Plametto
Cream of Tartar	Lemon Pepper	Spearmint
Cumin	Maca Root	St. John's Wort
Curcumin	Mace Spice	Sumac
Curry (must be GF)	Marjoram	Tarragon
Dandelion Root	Milk Thistle	Thyme
Dill	Mint	Turmeric
Dong Quai	Mustard (as a Powder)	Uva Ursi
Echinacea	Mustard Seeds (gluten free)	Valerian
Fennel	Nutmeg	Vanilla Bean
Fennel Seed	Oregano	Vanilla Powder
Ginger Powder	Parsley	White Willow Bark Extract
Ginkgo Biloba	Pau D'arco	Wintergreen
Ginseng (All Types)	Pepper, Black (see Garlic/Lemon Pepper)	Wormwood
Goldenseal	Pepper/Peppercorns	
Grapefruit Seed Extract	Peppermint	Fish & Shellfish
Gymnema Silvestre	Pine Bark Extract	Chilean Sea Bass
Herbs De Provence	Rose Hips	Corvina
Hickory	Rosemary	Hake
Himalayan Salt	Saffron	Lox
Juniper Berry	Sage	Mackerel

Mahi Mahi	Milk-Containing Foods	Corn-Derived Foods
Octopus		
Perch	Non-Dairy & Eggs	Condiments, Spreads & Sauces
Red Snapper	Almond Milk, unsweetened (no tapioca)	Apple Cider Vinegar (Bragg's®)
Salmon, wild (fresh)	Coconut Kefir (No Tapioca, Carageenan)	Coconut Aminos®
Sardines	Coconut Milk (Native Forest or Natural Value)	Coconut Cream
Sole	Egg Whites, Pasture-raised	Liquid Smoke gluten free (natural)
Swai		Mustard, Brown (Eden® gf mustard)
Swordfish	Gluten-Free Grains	
Tilapia (Wild, Non-farmed)	Almond Flour (gluten free)	Sweeteners
Trout	Coconut Flour (gluten free)	Lo Han
Walleye Pike	Coconut Meal (gluten free)	Rebiana Leaf (Stevia)
Whitefish/Turbot	Glucomannon Flour (konjacfoods.com)	Sweetleaf® Stevia
	Hazelnut Flour	
Meat & Poultry	Konjac Glucomannon Flour	Beverages & Protein Powders
Bison (see also Buffalo)		Almond Milk, unsweetened (no tapioca)
Goat, Grass-fed only (organic)	Gluten-Containing Foods	Coconut Kefir (No Tapioca, Carageenan)
Ostrich		Coconut Milk (Native Forest or Natural Value)
Pheasant		Coconut Water (low sugar)
Quail		Echinacea Tea
Rabbit		Green Tea
		Lemon Juice
		Lime Juice

Mineral Water

Snacks

Sparkling Water, unflavored

Tea, Black

Food Additives

Tea, Chamomile

Annatto Coloring

Tea, Chicory Root

Chicory Root

Tea, Green

Palm Wax

Tea, Hibiscus

Tricalcium Phosphate

Tea, Oolong

Vegan Enzyme

Tea, Roobios

Vegan Natural Flavors (no MSG)

Tea, White

Water

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous

Baking Soda (Arm & Hammer®)

Cacao (Raw, Pure, & Unsweetened)

Latex

Lycopene

Silver

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

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Capsicum

Eggplant

Paprika

Pepper, Anaheim

Pepper, Cayenne

Pepper, Chili

Pepper, Green

Pepper, Habanero

Pepper, Jalapeño

Pepper, Poblano

Pepper, Red

Pepper, Serrano

Pepper, Tabasco

Red Pepper Flake

Tabasco Sauce

Tomatillo

Tomato

Tomato, Cherry

Tomato, Heirloom

Tomato, Orange

Tomato, Red

Tomato, Roma

Tomato, Sun-dried

Tomato, Yellow

Tomatoes, Big Beef

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Fruits

Goji Berry

Gooseberries

Wolfberry

Legumes, Pods, & Pulses**Nuts, Seeds, Drupes & Oils**

Chia Seed (1/4 cup, max)

Cottonseed/Cottonseed Oil

Flax Meal

Flax Oil

Flax Seed

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Macadamia Nut Oil

Macadamia Nuts

Sunflower Seed Butter

Sunflower Seed Flour

Sunflower Seed Lecithin

Sunflower Seed Oil

Sunflower Seeds

Tahini

Vegetable Shortening (Spectrum®)

Herbs & Spices

Bell Pepper, Red

Capsicum

Chili Powder

Paprika

Paprika (smoked)

Pepper, Cayenne

Pepper, Red

Pepper, Sichuan

Pepper, Szechuan

Red Pepper Flake

Tabasco Sauce

Tomatillo

Fish & Shellfish**Meat & Poultry**

Applegate® organic hot dogs

Milk-Containing Foods**Non-Dairy & Eggs****Gluten-Free Grains**

Amaranth

Flax Meal

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Sunflower Seed Flour

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

Harissa

Ketchup (Organicville)

Red Tomato Paste (gluten free)

Tabasco Sauce

Tomato Paste (gluten & Vinegar-free)

Tomato Sauce (gluten & Vinegar-free)

Ume Plum Vinegar

Vegetable Shortening (Spectrum®)

Vinegar, Distilled

Sweeteners**Beverages & Protein Powders**

Hemp Protein (Powder)

Miscellaneous

Red Tomato Paste (gluten free)

Tobacco

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Food Additives

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

Vegetables

Truffle

Yams, Garnett

Yams, Japanese

Fruits

Clementine

Dates

Durian Fruit

Guava

Kiwi

Kumquat

Mangosteen

Monk Fruit (Pure)

Persimmons

Pomelo

Prune

Tangerine

Legumes, Pods, & Pulses

Nuts, Seeds, Drupes & Oils

Canola Oil, Non-GMO

Truffle Oil

Truffle Oil, Black

Herbs & Spices

Guarana

Fish & Shellfish

Meat & Poultry

Milk-Containing Foods

Non-Dairy & Eggs

Gluten-Free Grains

Gluten-Containing Foods

Corn-Derived Foods

Condiments, Spreads & Sauces

BodyPro Almond Mayo Grade A
Maple SyrupBodyPro Almond Mayo with Yacon
Syrup

Coconut Vinegar (Coconut Secret)

Distilled White Vinegar

Sweeteners

Agave Nectar

BodyPro Almond Mayo Grade A
Maple Syrup

Coconut Palm Sugar

Coconut Sugar

Honey, (Organic)

Honey, Manuka

Honey, Wildflower from Mahava®

Maple Sugar

Maple Syrup (Grade A Dark Amber
Organic)

Monk Fruit (Pure)

Monk Fruit Extract

Xyla (Birchwood Xylitol)

Yacon Syrup

Beverages & Protein Powders

Miscellaneous

Snacks

Dates

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

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Bok Choy

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Brussels Sprout

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cauliflower

Cauliflower, Purple

Celery

Chayote

Garlic

Kale, all types

Lettuce, all types

Mushrooms

Mushrooms, Button

Mushrooms, Cremini/Crimini

Mushrooms, Maitake

Mushrooms, Shiitake

Oat Grass (Not For Gluten Sensitive)

Olives (without vinegar)

Onion, Maui

Onion, Red

Onion, Sweet

Onion, Yellow

Pimento

Pumpkin

Pumpkin Powder

Radish

Rhubarb

Sauerkraut (Bubbies® Brand only)

Shallots

Spinach

Sugar Beet

Taro

Zucchini

Fruits

Banana

Cantaloupe

Cape Gooseberries

Cranberry

Cranberry Juice

Currant

Dried Fruit

Fig

Grape

Grape, Green

Grape, Purple

Grape, Red

Grape, White

Grapefruit Juice

Ground Cherries

Jack fruit

Mango

Melon, Honeydew

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Copyrights - 2017 Prescribe Diets. All Rights Reserved

Meat & Poultry

Applegate® organic bacon

Applegate® organic black forest ham

Applegate® organic ham

Buffalo (see also Bison)

Chicken, free range (organic)

Deer (see also Venison)

Lamb

Pork, (organic)

Venison (see also Deer)

Milk-Containing Foods**Non-Dairy & Eggs****Gluten-Free Grains**

Avenin (Gluten-free)

Basmati Rice (gluten free)

Brown Rice Flour

Buckwheat

Buckwheat Flour

Millet

Oats (Bob's Red Mill Gluten Free Version)

Oats (Certified GF)

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)

Teff

Teff Flour

Gluten-Containing Foods**Corn-Derived Foods****Condiments, Spreads & Sauces**

Balsamic Vinegar (with Red Wine Vinegar)

Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)

Carob

Cocoa Butter

Dressing, Primal Kitchen Greek Avocado Oil

Dressing, Primal Kitchen Honey Mustard

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

Olives (without vinegar)

Sauerkraut (Bubbies® Brand only)

Sherry Vinegar

Vinegar, Beet

Vinegar, Rice

Vinegar, White Wine

Sweeteners

Brown Sugar

Cane Syrup

Chocolate, Dark

Date Sugar

Fruit Pectin

Jerusalem Artichoke Syrup

Just Like Sugar®

Molasses

Sucanat

Sugar Beet

Sugar Cane

Tea, Komboucha

Tea, Ramon

Wine, White (Champagne)

Miscellaneous

Cocoa

Pycnogenol

Resveratrol

Rice Starch (if certified gluten free)

Snacks

Apple Sauce

Beverages & Protein Powders

Apple Cider

Apple Juice

Cocoa

Coffee (Brewed and Not Instant)

Coffee Bean, Organic

Grapefruit Juice

Komboucha Tea

Orange Juice

Rice Protein Powder (gluten free)

Food Additives

Arabic Gum

Asafoetida Powder

Inulin

Tragacanth Gum

These are the foods that have been removed from your diet

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean, Green

Beet

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Kelp/Dulse

Kombu

Nori

Parsnip

Pea, Black-Eyed

Pea, Green

Pea, Snap

Pea, Snow

Pea, Split

Pea Protein

Potato, Fingerling

Potato, Purple

Potato, Red

Potato, Russet

Potato, Sweet

Potato, White

Potato, Yukon Gold

Psyllium Husk

Sea Vegetables

Seaweed

Spirulina

Sweet Potato, Red

Sweet Potatoes, White

Turnips

Wheat Grass (Is
Gluten-contaminated)**Fruits**

Strawberry

Tamarind

Legumes, Pods, & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

Bean, Haricot

Bean, Italian

Bean, Kidney

Bean, Lima

Bean, Mung

Bean, Navy

Bean, Ninja

Bean, Pinto/Frijole

Bean, Red

Bean, White

Chickpea (see also Garbanzo Bean)

Edamame (must be organic)	Peanut Oil (Organic)	Mussel
Fava Bean	Pecan Flour	Orange Roughy
Fava Bean Flour	Pecans	Oyster
Garbanzo Bean	Psyllium Husk	Scallop
Garbanzo Flour	Vegetable Oil	Shrimp
Kidney Bean		Squid
Lentil(s)	Herbs & Spices	Tuna
Miso	Caramel Coloring	
Pea, Snap	Licorice Root	Meat & Poultry
Pea, Snow	Mesquite	Applegate® organic andouille sausage
Pea, Split	Red Chili Paste Thai Kitchen® (gluten free)	Applegate® organic chicken
Peanut (Organic, Valencia)	Tamari (Wheat Free)	Applegate® organic chicken/apple sausage
Peanut Butter (Organic, Maranatha®)		Applegate® organic herb roasted turkey
Red Bean Paste	Fish & Shellfish	Applegate® organic red pepper sausage
Soybean oil(must be organic)	Anchovy	Applegate® organic sausage sweet italian
Soy Beans (must be organic)	Catfish	Applegate® organic smoked chicken breast
	Clam	Applegate® organic smoked turkey breast
Nuts, Seeds, Drupes & Oils	Cod/ Cod Liver Oil	Applegate® organic spinach & feta sausage
Canola/Rapeseed Oil	Crab	Applegate® organic turkey
Corn Oil	Crab, Immitation	Chicken Broth (Imagine® gf/low sodium)
Fenugreek Seed	Crayfish	
Hydrogenated Oils	Krill	
Krill Oil	Lobster	

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

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactic Acid (milk-derived)

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Milk Chocolate

Mozzarella Cheese

Sour Cream, Raw and Unpasteurized

Whey

Yogurt (See Xanthan Gum)

Non-Dairy & Eggs

Almond Yogurt, unsweetened

BodyPro Avocado Oil Mayonnaise

Cheese, Daiya
(Coconut, Tapioca, yeast,)

Cheese, Soy (Organic) (see Soy)

Egg, Pasture-raised (from a farmer)

Egg, Vital Farms® or Pasture Verde®

Egg Yolks, Pasture-raised

Milk, Soy (Organic)

Gluten-Free Grains

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Corn Meal (gluten free)

Corn Starch (gluten free)

Fava Bean Flour

Garbanzo Flour

Julian Bakery Almond Bread

Julian Bakery Coconut Bread

Mikey's Original English Muffin	Bread	Orzo
Mikey's Pizza crust	Brown Rice Syrup (contains MSG/Gluten)	Panko
Mikey's Sliced Bread Loaf	Caramel Coloring	Polish Wheat
Potato Flour (gluten free)	Cheese, Bleu	Rye
Potato Starch (gluten free)	Chewing Gum (has gluten and corn)	Semolina
Sweet Potato Flour (gluten free)	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
Udi's Millet-Chia Bread	Farro	Vinegar
Udi's White Sandwich Bread	Gliadin	Vinegar, Malt
Udi's Whole Grain Bread	Gluten	Vinegar, White
	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	
Barley Juice (may contain gluten)	Modified Food Starch	
Beer	Oats	
Bran	Oats, GF (not Certified) can have gluten	

Corn-Derived FoodsBarbeque 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 & SaucesBalsamic Vinegar (w/ Caramel or
Red Wine Vinegar)Barbeque Sauce, GF Annie's®
Sweet & Spicy

BodyPro Avocado Oil Mayonnaise

Cream, Raw and Unpasteurized

Daiya - Medium Cheddar Block

Earth Balance® Avocado Oil Butter
Spread

Hummus

Kosher Salt

Liquid Aminos (Braggs®)(has Soy)

Liquid Smoke (can have gluten)

Mayonnaise

Mayonnaise, Primal Kitchen
Avocado OilMayonnaise, Primal Kitchen
Chipotle Avocado Oil

Red Bean Paste

Red Chili Paste Thai Kitchen®
(gluten free)Sour Cream, Raw and
Unpasteurized

Soy Sauce

Sriracha Sauce Organicville
gluten-free

Tamari (Wheat Free)

Teriyaki Sauce

Veganise Soy-free (Follow Your
Heart®)

Vinegar

Vinegar, Malt

Vinegar, Red Wine

Vinegar, White

Worcestershire Sauce (The
Wizard's® GF)**Sweeteners**

Aspartame

Brown Rice Syrup (contains
MSG/Gluten)

Chocolate, Milk

Chocolate, White

Corn Syrup

Erythritol (non-GMO)

Fructose

Malt

Maltitol

Maltodextrin (Barley-derived)

Maltodextrin (Corn-based,
non-GMO)

Nutrasweet®

Sorbitol

Splenda

Sucralose

Swerve® Sweetener

Xylitol

Beverages & Protein Powders

Beer

Carrot Juice

Casein

Coffee, Instant (has gluten)

Lactoalbumin

Licorice Tea

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Rice

Milk, Sheep

Milk, Soy (Organic)

Pea Protein

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Tea, Unflavored

Teechino

Vodka, Corn

Vodka, Potato

Vodka, Rye or Grain

Whey

Wine, Red

Miscellaneous

Antimony

Baking Powder

Beef broth (Imagine® low
sodium/GF)Chicken Broth (Imagine® gf/low
sodium)GemWraps®, Sandwich Wrap
(Carrot)GemWraps®, Sandwich Wrap
(Kale-Apple)GemWraps®, Sandwich Wrap
(Mango/Chipotle)GemWraps®, Sandwich Wrap
(Tomato)

Julian Bakery Paleo Wraps

Modified Food Starch

Tofu (Organic)

Vegetable broth (Imagine® Low
Sodium)**Snacks**

Chewing Gum (has gluten and corn)

Chewing Gum, XylicheW®

Skinny Crisps® (Plain Jane)

Food Additives

Acacia Gum

Agar Gum

Blue Food Dye

Carrageenan Gum

Citric Acid (can be corn-derived)

Formaldehyde

Guar Gum

Lactic Acid (beet-derived)

Lactic Acid (corn-derived)

Lactic Acid (milk-derived)

Locust Bean Gum

Maltodextrin (Barley-derived)

MSG/MonosodiumGlutamate

Pea Protein Isolate

Pea Starch

Potato Protein

Red Food Dye

Sodium Alginate

Vegan Natural Flavors (with MSG)

Xanthan Gum

Complete Comprehensive List

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Bamboo Shoot

Barley Grass (can have gluten)

Barley Greens (may contain gluten)

Bean, Green

Bean Sprout

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bitter Melon

Bok Choy

Broccoli

Broccolini

Broccoli Rabe

Broccoli Sprouts

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Carrot Juice

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Comfrey

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Ginger

Hearts of Palm

Horseradish

Jicama

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

Grape, Purple

Grape, Red

Grape, White

Grapefruit

Grapefruit Juice

Ground Cherries

Guava

Huckleberry

Jack fruit

Kiwi

Kumquat

Lemon

Lemon Juice

Lemon Rind/Peel

Lime

Lime Juice

Loganberry

Longan Fruit

Loquat

Lychee

Mango

Mangosteen

Maqui

Melon, Honeydew

Monk Fruit (Pure)

Mulberry

Nectarines

Noni

Orange

Orange, Blood

Orange Juice

Orange Peel/Rind

Oranges, Mandarin

Papaya

Passion Fruit

Peach

Pear

Pear, Asian

Persimmons

Pineapple

Plantain

Plum

Pomegranate

Pomelo

Prune

Quince

Raisin (unsulfured, organic)

Rambutan

Raspberry

Star Fruit

Strawberry

Tamarind

Tangelo

Tangerine

Watermelon

Wolfberry

Youngberry

Legumes, Pods, & Pulses

Bean, Azuki

Bean, Black

Bean, Butter

Bean, Cannellini

Bean, Chana Dahl

Bean, Chili

Bean, Green

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

Hemp Seed	Ramon Seeds	Walnuts, Black
Hydrogenated Oils	Rice, Wild (Lundberg® - not the blend)	
Krill Oil	Rice Bran 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

Chipotle Seasoning	Garlic Powder	Marjoram
Cilantro/Coriander	Garlic Salt	Mesquite
Cinnamon	Ginger Powder	Milk Thistle
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

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

Sole	Applegate® organic smoked chicken breast	Veal (organic)
Squid	Applegate® organic smoked turkey breast	Venison (see also Deer)
Swai	Applegate® organic spinach & feta sausage	
Swordfish	Applegate® organic turkey	Milk-Containing Foods
Tilapia (Wild, Non-farmed)	Applegate® organic turkey bacon	Applegate® organic spinach & feta sausage
Trout	Beef, Grass-fed only (organic)	Butter, Raw and Pasture-raised
Tuna	Bison (see also Buffalo)	Buttermilk
Walleye Pike	Buffalo (see also Bison)	Casein
Whitefish/Turbot	Chicken, free range (organic)	Cheese, American
	Chicken Broth (Imagine® gt/low sodium)	Cheese, Asiago
Meat & Poultry	Collagen Protein (Powder)	Cheese, Bleu
Applegate® organic andouille sausage	Deer (see also Venison)	Cheese, Brie
Applegate® organic bacon	Duck	Cheese, Cheddar (Raw)
Applegate® organic black forest ham	Goat, Grass-fed only (organic)	Cheese, Cottage
Applegate® organic chicken	Great Lake's® Beef Gelatin	Cheese, Cream
Applegate® organic chicken/apple sausage	Lamb	Cheese, Feta
Applegate® organic ham	Ostrich	Cheese, Goat
Applegate® organic herb roasted turkey	Pheasant	Cheese, Gorgonzola
Applegate® organic hot dogs	Pork, (organic)	Cheese, Gouda
Applegate® organic red pepper sausage	Quail	Cheese, Havarti
Applegate® organic roast beef	Rabbit	Cheese, Machege
Applegate® organic sausage sweet italian	Turkey (organic)	Cheese, Marscapone

Cheese, Mozzarella (Raw)

Cheese, Muenster

Cheese, Parmesan

Cheese, Pecorino

Cheese, Provolone

Cheese, Raw and Pasture-raised

Cheese, Ricotta

Cheese, Romano

Cheese, Sheep

Cheese, String (Mozzarella)

Cheese, Swiss

Chocolate, Milk

Chocolate, White

Cream, Raw and Unpasteurized

Ghee (Pasture-Raised, Organic)

Goat Cheese

Goat Kefir

Kefir, Raw

Lactic Acid (milk-derived)

Lactoalbumin

Milk, Buffalo

Milk, Cow

Milk, Goat

Milk, Sheep

Milk Chocolate

Mozzarella Cheese

Sour Cream, Raw and
Unpasteurized

Whey

Yogurt (See Xanthan Gum)

Non-Dairy & EggsAlmond 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)	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)	
Mikey's Pizza crust	Simple Mills - Everything Sprouted Seed Cracker	Gluten-Containing Foods
Mikey's Sliced Bread Loaf	Simple Mills Cracked Black Pepper Almond Crackers	Allulose
Millet	Simple Mills Ground Sea Salt Almond Crackers	Avenin
Oats (Bob's Red Mill Gluten Free Version)	Simple Mills Rosemary & Sea Salt Crackers	Barley
Oats (Certified GF)	Simple Mills Tomato & Basil Almond Crackers	Barley Grass (can have gluten)
Potato Flour (gluten free)	Sorghum	Barley Greens (may contain gluten)
Potato Starch (gluten free)	Sunflower Seed Flour	Barley Juice (may contain gluten)
ProGranola (Julian Bakery)	Sweet Potato Flour (gluten free)	Beer
Quinoa (gluten free)	Tapioca	Bran
Quinoa, Black (gluten free)	Tapioca Flour (gluten free)	Bread
Quinoa, Red (gluten free)	Tapioca Starch (gluten free)	Brown Rice Syrup (contains MSG/Gluten)
Rice, Basmati (gluten free)	Teff	Caramel Coloring
Rice, Black (gluten free)	Teff Flour	Cheese, Bleu
Rice, Brown (gluten free)	Tolerant Green Lentil & Pea Pasta	Chewing Gum (has gluten and corn)
Rice, Japonica (gluten free)	Tolerant Red or Green Lentil Pasta	Coffee, Instant (has gluten)
Rice, Purple (gluten free)	Tortilla, Siete Almond	Couscous

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

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

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)

Xylitol

Yacon Syrup

Beverages & Protein Powders

Almond Milk, unsweetened (no tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

Cocoa

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk (Native Forest or Natural Value)

Coconut Water (low sugar)

Coffee (Brewed and Not Instant)

Coffee, Instant (has gluten)

Coffee Bean, Organic

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Great Lake's® Beef Gelatin

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lactalbumin

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

Vegetable broth (Imagine® Low Sodium)

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Chewing Gum (has gluten and corn)

Chewing Gum, Xylitew®

Dates

Simple Mills Chocolate Chip Cookies

Simple Mills Cracked Black Pepper Almond Crackers

Skinny Crisps® (Plain Jane)

Food Additives

Acacia Gum

Agar Gum

Annatto Coloring

Arabic Gum

Asafoetida Powder

Blue Food Dye

Carrageenan Gum

Chicory Root

Citric Acid (can be corn-derived)

Formaldehyde

Guar Gum

Inulin

Lactic Acid (beet-derived)

Lactic Acid (corn-derived)

Lactic Acid (milk-derived)

Locust Bean Gum

Maltodextrin (Barley-derived)

MSG/MonosodiumGlutamate

Palm Wax

Pea Protein Isolate

Pea Starch

Potato Protein

Red Food Dye

Sodium Alginate

Tragacanth Gum

Tricalcium Phosphate

Vegan Enzyme

Vegan Natural Flavors (no MSG)

Vegan Natural Flavors (with MSG)

Xanthan Gum