

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

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

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

Lime	Persimmons	Nuts, Seeds, Drupes & Oils
Lime Juice	Pineapple	Almond
Litchi (aka Lychee)	Plantain	Almond Butter (Artisana®)
Loganberry	Plum	Almond Flavor (natural, gluten free)
Loquat	Pomegranate	Almond Flour (gluten free)
Mango	Pomelo	Almond Meal (gluten free)
Mangosteen	Prune	Almond, Marcona
Maqui	Quince	Annatto Seed
Melon, Honeydew	Raisin (unsulfured, organic)	Avocado Oil
Monk Fruit (Pure)	Raspberry	Brazil Nut
Mulberry	Star Fruit	Canola/Rapeseed Oil
Nectarines	Strawberry	Caraway Seed
Noni	Tamarind	Cashew Butter
Orange	Tangelo	Cashew Meal
Orange Juice	Tangerine	Cashews
Orange Peel/Rind	Watermelon	Chestnut
Orange, Blood	Wolfberry	Chia Seed (1/4 cup, max)
Papaya	Youngberry	Coconut Butter
Passion Fruit		Coconut Oil
Peach		Coconut, shredded (raw, unsweetened)
Pear		Cola Nut (aka Kola Nut)
Pear, Asian		Corn Oil

Cottonseed/Cottonseed Oil	Poppy seeds	Walnuts
Flax Meal	Psyllium Husk	Walnuts, Black
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	<b>Fish &amp; Shellfish</b>
Grapeseed Oil, Organic	Pumpkin Seeds	Anchovy
Hazelnut Flour	Ramon Seeds	Bass
Hazelnut/Filbert	Rice, Wild (Lundberg® - not the blend)	Catfish
Hemp Meal	Sacha Inchi Seeds	Chilean Sea Bass
Hemp Protein (Powder)	Safflower/Safflower Seed Oil	Clam
Hemp Seed	Sesame Seed Oil	Cod/ Cod Liver Oil
Hydrogenated Oils	Sesame Seeds	Corvina
Macadamia Nut Oil	Sesame Seeds, Black	Crab
Macadamia Nuts	Sunflower Seed Butter	Crab, Immitation
Olive Leaf Extract	Sunflower Seed Lecithin	Crayfish
Olive Oil, Virgin	Sunflower Seed Oil	Flounder
Palm Kernel Oil	Sunflower Seeds	Haddock
Pecan Flour	Tahini	Hake
Pecans	Tea, Ramon	Halibut
Pepitas	Tiger Nuts	Herring
Pili Nuts	Vegetable Oil	Lobster
Pine Nut	Vegetable Shortening (Spectrum®)	Mackerel
Pistachios	Walnut Oil	Mahi Mahi

Mussel	Meat & Poultry	Collagen Protein (Powder)
Octopus	Applegate® organic andouille sausage	Deer (see also Venison)
Orange Roughy	Applegate® organic bacon	Duck
Oyster	Applegate® organic black forest ham	Goat, Grass-fed only (organic)
Perch	Applegate® organic chicken	Great Lake's® Beef Gelatin
Red Snapper	Applegate® organic chicken/apple sausage	Lamb
Salmon, wild (fresh)	Applegate® organic ham	Lard (pork)
Sardines	Applegate® organic herb roasted turkey	Ostrich
Scallop	Applegate® organic hot dogs	Pheasant
Shrimp	Applegate® organic red pepper sausage	Pork, (organic)
Sole	Applegate® organic roast beef	Quail
Squid	Applegate® organic sausage sweet italian	Rabbit
Swai	Applegate® organic smoked chicken breast	Turkey (organic)
Swordfish	Applegate® organic smoked turkey breast	Veal (organic)
Tilapia (Wild, Non-farmed)	Applegate® organic spinach & feta sausage	Venison (see also Deer)
Trout	Applegate® organic turkey	
Tuna	Applegate® organic turkey bacon	Non-Dairy & Eggs
Walleye Pike	Beef, Grass-fed only (organic)	Almond Milk, unsweetened (no tapioca)
Whitefish/Turbot	Bison (see also Buffalo)	Almond Yogurt, unsweetened
	Buffalo (see also Bison)	BodyPro Avocado Oil Mayonnaise
	Chicken Broth (Imagine® gf/low sodium)	Cheese, Daiya (Coconut, Tapioca, yeast, &....)
	Chicken, free range (organic)	Cheese, Soy (Organic) (see Soy)

Coconut Kefir (No Tapioca, Carageenan)	Earth Balance® Avocado Oil Butter Spread	Vinegar, Rice
Coconut Milk(Native Forest or Natural Value)	Earth Balance® Coconut Spread	Vinegar, White
Egg, Pasture-raised (from a farmer)	Harissa	Vinegar, White Wine
Egg, Vital Farms® or Pasture Verde®	Horseradish Sauce, Gluten-free (Annie's®)	Worcestershire Sauce (The Wizard's® GF)
Egg, Whites, Pasture-raised	Hummus	
Egg, Yolks Pasture-raised	Ketchup (Organicville)	Sweeteners
Milk, Soy (Organic)	Liquid Smoke (can have gluten)	Agave Nectar
Paleo Cheese (Julianbakery.com or Amazon.com)	Liquid Smoke gluten free (natural)	Aspartame
Condiments	Mayonnaise	BodyPro Almond Mayo Grade A Maple Syrup
Apple Cider Vinegar (Bragg's®)	Mayonnaise, Primal Kitchen Avocado Oil	Brown Rice Syrup (contains MSG/Gluten)
Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)	Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Cane Syrup
Balsamic Vinegar (with Red Wine Vinegar)	Mustard, Brown (Eden® gf mustard)	Chocolate, Dark
Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	Sauerkraut (Bubbies® Brand only)	Chocolate, Milk
Barbeque Sauce, GF Annie's® Sweet & Spicy	Sriracha Sauce Organicville gluten-free	Chocolate, White
BodyPro Almond Mayo Grade A Maple Syrup	Tabasco Sauce	Coconut Palm Sugar
BodyPro Almond Mayo with Yacon Syrup	Ume Plum Vinegar	Coconut Sugar
BodyPro Avocado Oil Mayonnaise	Veganise Soy-free (Follow Your Heart®)	Date Sugar
Carob	Vinegar	Erythritol (non-GMO)
Coconut Vinegar (Coconut Secret)	Vinegar, Beet	Fructose
Dressing, Primal Kitchen Greek Avocado Oil	Vinegar, Distilled	Fruit Pectin
Dressing, Primal Kitchen Honey Mustard	Vinegar, Malt	Honey, (Organic)
	Vinegar, Red Wine	Honey, Manuka

Honey, Wildflower from Mahava®

Jerusalem Artichoke Syrup

Just Like Sugar®

Lo Han

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

Xyla (Birchwood Xylitol)

Xylitol

Yacon Syrup

## Herbs &amp; Spices

Allspice

Almond Flavor (natural, gluten free)

Anise

Ashwaganda

Astragalus

Basil

Bay Leaf

Black Cohosh

Caramel Coloring

Caraway Seed

Cardamom

Celery Powder

Chicory Root

Chili Powder

Chipotle Seasoning

Cilantro/Coriander

Cinnamon

Cinnamon, Ceylon

Cloves

Cloves, Madagascar

Cloves, Penang

Cramp Bark Extract

Cream of Tartar

Cumin

Curcumin

Curry (must be GF)

Dandelion Root

Dill

Dong Quai

Echinacea

Fennel

Garlic

Garlic Pepper

Garlic Powder

Garlic Salt

Ginger

Ginkgo Biloba



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

White Willow Bark Extract	Cheese, Marscapone	Milk, Goat
Wintergreen	Cheese, Mozzarella (Raw)	Milk, Sheep
Wormwood	Cheese, Muenster	Mozzarella Cheese
	Cheese, Parmesan	Sour Cream, Raw and Unpasteurized
<b>Milk-Containing Foods</b>	Cheese, Pecorino	Whey
Applegate® organic spinach & feta sausage	Cheese, Provolone	Yogurt (See Xanthan Gum)
Butter, Raw and Pasture-raised	Cheese, Raw and Pasture-raised	
Buttermilk	Cheese, Ricotta	<b>Legumes &amp; Pulses</b>
Casein	Cheese, Romano	Bean, Azuki
Cheese, American	Cheese, Sheep	Bean, Black
Cheese, Asiago	Cheese, String (Mozzarella)	Bean, Butter
Cheese, Bleu	Cheese, Swiss	Bean, Cannellini
Cheese, Brie	Chocolate, Milk	Bean, Chana Dahl
Cheese, Cheddar (Raw)	Chocolate, White	Bean, Chili
Cheese, Cottage	Cream, Raw and Unpasteurized	Bean, Green
Cheese, Cream	Ghee (Pasture-Raised, Organic)	Bean, Italian
Cheese, Feta	Goat Cheese	Bean, Kidney
Cheese, Goat	Goat Kefir	Bean, Lima
Cheese, Gorgonzola	Kefir, Raw	Bean, Mung
Cheese, Gouda	Lactoalbumin	Bean, Navy
Cheese, Havarti	Milk Chocolate	Bean, Ninja
Cheese, Machego	Milk, Cow	Bean, Pinto/Frijole

Bean, Red	Vanilla Powder	Hazelnut Flour
Bean, White		Hemp Meal
Chickpea (see also Garbanzo Bean)	Gluten-Free Grains	Hemp Protein (Powder)
Coffee Bean, Organic	Almond Flour (gluten free)	Hemp Seed
Edamame (must be organic)	Amaranth	Konjac Glucomannon Flour
Fava Bean	Arrowroot Flour/powder	Millet
Fava Bean Flour	Basmati Rice (gluten free)	Oats (Bob's Red Mill Gluten Free Version)
Garbanzo Bean	Buckwheat	Oats (Certified GF)
Garbanzo Flour	Buckwheat Flour	Potato Flour (gluten free)
Kidney Bean	Chicory Root	Potato Starch (gluten free)
Lentil(s)	Coconut Flour (gluten free)	ProGranola (Julian Bakery)
Miso	Coconut Meal (gluten free)	Quinoa (gluten free)
Pea, Snap	Corn (Gluten-free & Non-GMO)	Quinoa, Black (gluten free)
Pea, Snow	Corn Meal (gluten free)	Quinoa, Red (gluten free)
Pea, Split	Corn Starch (gluten free)	Rice Bran
Peanut (Organic, Valencia)	Corn, Blue	Rice Flour (gluten free)
Peanut Butter (Organic, Maranatha®)	Corn, White	Rice Protein Powder (gluten free)
Peanut Oil (Organic)	Ener-G Brown Rice Yeast-Free Bread	Rice, Basmati (gluten free)
Red Bean Paste	Fava Bean Flour	Rice, Black (gluten free)
Soy Beans (must be organic)	Flax Meal	Rice, Brown (gluten free)
Soy Beans Oil (must be organic)	Garbanzo Flour	Rice, Japonica (gluten free)
Vanilla Bean	Glucomannon Flour (konjacfoods.com)	Rice, Purple (gluten free)

Rice, Red (gluten free)	<b>Gluten-Containing Foods</b>	Maltitol
Rice, White (gluten free)	Barley	Maltodextrin (Barley-derived)
Rice, Wild (Lundberg® - not the blend)	Barley Grass (can have gluten)	Modified Food Starch
Simple Mills - Everything Sprouted Seed Cracker	Barley Greens (may contain gluten)	Oat Grass (Not For Gluten Sensitive)
Simple Mills Ground Sea Salt Almond Crackers	Barley Juice (may contain gluten)	Oats
Simple Mills Rosemary & Sea Salt Crackers	Beer	Oats, GF (not Certified) can have gluten
Simple Mills Tomato & Basil Almond Crackers	Bran	Orzo
Sorghum	Bread	Panko
Sweet Potato Flour (gluten free)	Brown Rice Syrup (contains MSG/Gluten)	Polish Wheat
Tapioca	Caramel Coloring	Rye
Tapioca Flour (gluten free)	Cheese, Bleu	Semolina
Tapioca Starch (gluten free)	Chewing Gum (has gluten and corn)	Soy Sauce
Teff	Coffee, Instant (has gluten)	Spelt
Tolerant Green Lentil & Pea Pasta	Couscous	Teechino
Tolerant Red or Green Lentil Pasta	Crab, Immitation	Teriyaki Sauce
Tortilla, Siete Almond	Durum Wheat	Triticale
Tortilla, Siete Cassava & Coconut	Farro	Vinegar
Tortilla, Siete Chia & Cassava	Gluten	Vinegar, Malt
	Graham (wheat)	Vinegar, White
	Kamut	Wheat (All Types)
	Liquid Smoke (can have gluten)	Wheat Grass (Is Gluten-contaminated)
	Malt	

**Corn-Derived Foods**Barbeque Sauce, GF Annie's®  
Sweet & Spicy

Cheese, Cream

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

Cheese, Soy (Organic) (see Soy)

Chewing Gum (has gluten and corn)

Corn (Gluten-free &amp; Non-GMO)

Corn Gluten

Corn Meal (gluten free)

Corn Oil

Corn Starch (gluten free)

Corn, Blue

Corn, White

Erythritol (non-GMO)

Fructose

GemWraps®, Sandwich Wrap  
(Carrot)

Maltitol

Maltodextrin (Corn-based,  
non-GMO)

Modified Food Starch

Sriracha Sauce Organicville  
gluten-free

Swerve® Sweetener

Vegetable Oil

Xanthan Gum

Yogurt (See Xanthan Gum)

**Beverages & Protein Powders**Almond Milk, unsweetened (no  
tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

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

Coconut Water (low sugar)

Coffee

Coffee Bean, Organic

Coffee, Instant (has gluten)

Collagen Protein (Powder)

Echinacea Tea

Grapefruit Juice

Great Lake's® Beef Gelatin

Green Tea

Hemp Protein (Powder)

Komboucha Tea

Lactalbumin

Lemon Juice

Licorice Tea

Lime Juice

Milk, Cow

Milk, Goat

Milk, Sheep

Milk, Soy (Organic)

Mineral Water

Orange Juice

Pea Protein

Rice Protein Powder (gluten free)

Soy Milk/Soy Cheese (Organic)

Soy Protein (Organic)

Sparkling Water, unflavored

Tea, Black

Tea, Chamomile

Tea, Green

Tea, Hibiscus

Tea, Komboucha

Tea, Oolong

Tea, Ramon	Bone Broth, Beef	Julian Bakery Almond Bread
Tea, Roobios	Carrageenan Gum	Julian Bakery Coconut Bread
Tea, Unflavored	Chewing Gum (has gluten and corn)	Julian Bakery Paleo Wraps
Tea, White	Chewing Gum, Xylitol®	Konjac Glucomannan Flour
Teechino	Chicken Broth (Imagine® gf/low sodium)	Lard (pork)
Water	Chicory Root	Latex
Whey	Cocoa Butter	Liquid Aminos (Bragg's®)(has Soy)
Wine, Red	Cocoa/Cacao (raw, pure, & unsweetened)	Locust Bean Gum
Wine, White (Champagne)	Coconut Aminos®	Lycopene
Yerba Mate Tea (Organic/Pure)	Coconut Cream	Malt
Zevia Drinks	Collagen Protein (Powder)	Maltodextrin (Barley-derived)
	Formaldehyde	Modified Food Starch
Miscellaneous	Garam Masala	Modified Food Starch (Tapioca-based)
Acacia Gum	GemWraps®, Sandwich Wrap (Carrot)	Palm Wax
Agar Gum	GemWraps®, Sandwich Wrap (Kale-Apple)	Pycnogenol
Antimony	GemWraps®, Sandwich Wrap (Mango/Chipotle)	Red Chili Paste Thai Kitchen® (gluten free)
Arabic Gum	GemWraps®, Sandwich Wrap (Tomato)	Red Food Dye
Baking Powder	Glucomannan Flour (konjacfoods.com)	Red Tomato Paste (gluten free)
Baking Soda (Arm & Hammer®)	Great Lake's® Beef Gelatin	Resveratrol
Banana	Guar Gum	Rice Starch (if certified gluten free)
Beef broth (Imagine® low sodium/GF)	Hops	Sherry Vinegar
Blue Food Dye	Inulin	Silver

Skinny Crisps® (Plain Jane)

Tamari (Wheat Free)

Tofu (Organic)

Tomato Paste (gluten &  
Vinegar-free)

Tomato Sauce (gluten &  
Vinegar-free)

Tragacanth Gum

Vegetable broth (Imagine® Low  
Sodium)

Vegetable Oil

Vegetable Shortening (Spectrum®)

Vinegar, Red Wine

Vinegar, Rice

Vinegar, White Wine

Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

## Snacks

Apple Sauce

Dates

Simple Mills Chocolate Chip  
Cookies