

Vegetables

Alfalfa Grass

Alfalfa Sprouts

Aloe Vera

Artichoke (not pickled)

Artichoke, Jerusalem (not pickled)

Arugula

Asparagus

Avocado

Avocado Oil

Bamboo Shoot

Bean Sprout

Bean, Green

Beet

Beet Greens

Bell Pepper

Bell Pepper, Green

Bell Pepper, Orange

Bell Pepper, Red

Bell Pepper, Yellow

Bok Choy

Broccoli

Broccoli Rabe

Broccoli Sprouts

Broccolini

Brussels Sprout

Burdock

Cabbage, Chinese (see also Bok Choy)

Cabbage, Green

Cabbage, Purple

Cactus (Nopales)

Capers

Capsicum

Carrot Juice

Carrot, Orange

Carrot, Purple

Carrot, White

Carrot, Yellow

Cassava (see Tapioca and Yucca)

Cauliflower

Cauliflower, Purple

Celery

Chard

Chayote

Chives

Coconut (raw and unsweetened)

Coconut Concentrate

Collard Greens

Corn (Gluten-free & Non-GMO)

Corn, Blue

Corn, White

Cucumber

Daikon Radish

Dandelion Greens

Dandelion Root

Eggplant

Endive

Fennel

Garlic

Hearts of Palm

Horseradish

Jicama

Kale, all types

Kelp/Dulse

Kohlrabi

Kombu

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
Pea, Black-Eyed	Prickly Pear	Squash, Winter
Pea, Green	Psyllium Husk	Squash, Yellow

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

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

Flax Meal	Psyllium Husk	Walnut, Black (few)
Flax Oil	Pumpkin Oil	
Flax Seed	Pumpkin Seed Oil	Fish & Shellfish
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	Tahini	Hake
Pecan Flour	Tea, Ramon	Halibut
Pepitas	Tiger Nuts	Herring
Pili Nuts	Vegetable Oil	Lobster
Pine Nut	Vegetable Shortening (Spectrum®)	Mackerel
Pistachios	Walnut (few)	Mahi Mahi
Poppy seeds	Walnut Oil	Mussel

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

Egg, Pasture-raised (from a farmer)	Earth Balance® Coconut Spread	Vinegar, White
Egg, Vital Farms® or Pasture Verda®	Harissa	Vinegar, White Wine
Egg, Whites, Pasture-raised	Horseradish Sauce, Gluten-free (Annie's®)	Worcestershire Sauce (The Wizard's® GF)
Egg, Yolks Pasture-raised	Hummus	
Milk, Soy (Organic)	Ketchup (Organicville)	Sweeteners
Modified Food Starch	Liquid Smoke (can have gluten)	Agave Nectar
Paleo Cheese (Julianbakery.com or Amazon.com)	Liquid Smoke gluten free (natural)	Aspartame/Nutrasweet
	Mayonnaise	BodyPro Almond Mayo Grade B Maple Syrup
Condiments	Mayonnaise, Primal Kitchen Avocado Oil	Brown Rice Syrup (contains MSG/Gluten)
Apple Cider Vinegar (Bragg's®)	Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Cane Syrup
Balsamic Vinegar (Caramel/Red W. Vinegar)	Mustard, Brown (Eden® gf mustard)	Chocolate, Dark
Balsamic Vinegar (with Red Wine Vinegar)	Sauerkraut (Bubbies® Brand only)	Chocolate, Milk
Balsamic Vinegar MiaBella NoCaramel/WineVinegar)	Sriracha Sauce Organicville gluten-free	Chocolate, White
Barbeque Sauce, GF Annie's® Sweet & Spicy	Tabasco Sauce	Coconut Palm Sugar
BodyPro Almond Mayo Grade B Maple Syrup	Ume Plum Vinegar	Coconut Sugar
BodyPro Almond Mayo with Yacon Syrup	Veganise Soy-free (Follow Your Heart®)	Date Sugar
BodyPro Avocado Oil Mayonnaise	Vinegar	Erythritol (non-GMO)
Carob	Vinegar, Beet	Fructose
Coconut Vinegar (Coconut Secret)	Vinegar, Distilled	Fruit Pectin
Dressing, Primal Kitchen Greek Avocado Oil	Vinegar, Malt	Honey, (Organic)
Dressing, Primal Kitchen Honey Mustard	Vinegar, Red Wine	Honey, Manuka
Earth Balance® Avocado Oil Butter Spread	Vinegar, Rice	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® Xylitol

Tapioca Dextrose

Xyla (Birchwood Xylitol/non-corn
source)

Yacon Syrup

Herbs & 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)

Goldenseal

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
Mustard (as a Powder)	Rose Hips	White Willow Bark Extract
Mustard Seeds (gluten free)	Rosemary	Wintergreen

Wormwood

Cheese, Muenster

Mozzarella Cheese

Cheese, Parmesan

Sour Cream, Raw and
Unpasteurized**Milk-Containing Foods**

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

Legumes & Pulses

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/Ninja

Cheese, Havarti

Milk Chocolate

Bean, Pinto/Frijole

Cheese, Machego

Milk, Cow

Bean, Red (see also Bean, Kidney)

Cheese, Mascapone

Milk, Goat

Chickpea (see also Garbanzo Bean)

Cheese, Mozzarella (Raw)

Milk, Sheep

Coffee Bean, Organic

Edamame (must be organic)

Fava Bean

Fava Bean Flour

Garbanzo Bean

Garbanzo Flour

Lentil(s)

Miso

Pea, Snap

Pea, Snow

Pea, Split

Peanut (Organic, Valencia)

Peanut Butter (Organic,
Maranatha®)

Peanut Oil (Organic)

Red Bean Paste**Soy Beans (must be organic)****Soy Beans Oil (must be organic)**

Vanilla Bean

Vanilla Powder

White Beans

Gluten-Free Grains

Almond Flour (gluten free)

Amaranth

Arrowroot Flour/powder

Basmati Rice (gluten free)

Buckwheat

Buckwheat Flour

Chicory Root

Coconut Flour (gluten free)

Coconut Meal (gluten free)

Corn (Gluten-free & Non-GMO)

Corn Meal (gluten free)

Corn Starch (gluten free)

Corn, Blue

Corn, White

Ener-G Brown Rice Yeast-Free Bread

Fava Bean Flour

Flax Meal

Garbanzo Flour

Glucomannon Flour
(konjacfoods.com)

Hazelnut Flour

Hemp Meal

Hemp Protein (Powder)

Hemp Seed

Konjac Glucomannon Flour

Millet

Oats (Bob's Red Mill Gluten Free
Version)

Oats (Certified GF)

Potato Flour (gluten free)

Potato Starch (gluten free)

ProGranola (Julian Bakery)**Quinoa (gluten free)****Quinoa, Black (gluten free)****Quinoa, Red (gluten free)**

Rice Bran

Rice Flour (gluten free)

Rice Protein Powder (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)	Bran	Semolina
Simple Mills - Everything Sprouted Seed Cracker	Bread	Soy Sauce
Simple Mills Grnd Sea Salt Almond Crackers	Brown Rice Syrup (contains MSG/Gluten)	Spelt
Simple Mills Rosemary & Sea Salt Crackers	Caramel Coloring	Teechino
Simple Mills Tomato & Basil Almond Crackers	Cheese, Bleu	Teriyaki Sauce
Sorghum	Chewing Gum (has gluten and corn)	Triticale
Sweet Potato Flour (gluten free)	Coffee, Instant (has gluten)	Vinegar
Tapioca	Couscous	Vinegar, Malt
Tapioca Flour (gluten free)	Crab, Immitation	Vinegar, White
Tapioca Starch (gluten free)	Durum Wheat	Wheat (All Types)
Teff	Farro	Wheat Grass (Is Gluten-contaminated)
Tolerant Green Lentil & Pea Pasta	Gluten	
Tolerant Red or Green Lentil Pasta	Graham (wheat)	Corn-Derived Foods
Tortilla, Siete Almond	Kamut	Barbeque Sauce, GF Annie's® Sweet & Spicy
Tortilla, Siete Cassava & Coconut	Liquid Smoke (can have gluten)	Cheese, Cream
Tortilla, Siete Chia & Cassava	Malt	Cheese, Daiya (Coconut, Tapioca, yeast, &...)
	Maltodextrin (Barley-derived)	Cheese, Soy (Organic) (see Soy)
Gluten-Containing Foods	Oats (Can be contaminated with gluten)	Chewing Gum (has gluten and corn)
Barley	Orzo	Corn (Gluten-free & Non-GMO)
Barley Greens (Not for Gluten-Sensitive)	Panko	Corn Gluten
Barley Juice (Not for Gluten-Sensitive)	Polish Wheat	Corn Meal (gluten free)
Beer	Rye	Corn Oil

Corn Starch (gluten free)	Coffee	Sparkling Water, unflavored
Corn, Blue	Coffee Bean, Organic	Tea, Black
Corn, White	Coffee, Instant (has gluten)	Tea, Chamomile
Erythritol (non-GMO)	Collagen Protein (Powder)	Tea, Green
Fructose	Echinacea Tea	Tea, Hibiscus
GemWraps®, Sandwich Wrap (Carrot)	Grapefruit Juice	Tea, Oolong
Maltodextrin (Corn-based, non-GMO)	Green Tea	Tea, Ramon
Sriracha Sauce Organicville gluten-free	Hemp Protein (Powder)	Tea, Roobios
Swerve® Xylitol	Komboucha Tea	Tea, unflavored/caffeine-free only
Vegetable Oil	Lemon Juice	Tea, White
Xanthan Gum	Licorice Tea	Teechino
Yogurt (See Xanthan Gum)	Lime Juice	Water
Beverages & Protein Powders	Milk, Cow	Wine, Red
	Milk, Goat	Wine, White (Champagne)
	Milk, Sheep	Yerba Matte Tea (Organic/Pure)
	Milk, Soy (Organic)	Zevia Drinks
	Mineral Water	
Almond Milk, unsweetened (no tapioca)	Orange Juice	
Apple Juice	Pea Protein	
Beer	Rice Protein Powder (gluten free)	
Bone Broth Protein, Beef	Soy Milk/Soy Cheese (Organic)	
Carrot Juice	Soy Protein (Organic)	
Coconut Kefir (No Tapioca, Carageenan)		
Coconut Milk(Native Forest or Natural Value)		
Coconut Water (low sugar)		

Miscellaneous	GemWraps®®, Sandwich Wrap (Carrot)	Palm Wax
Acacia Gum	GemWraps®®, Sandwich Wrap (Kale-Apple)	Pycnogenol
Agar Gum	GemWraps®®, Sandwich Wrap (Mango/Chi.)	Red Chili Paste Thai Kitchen® (gluten free)
Antimony	GemWraps®®, Sandwich Wrap (Tomato)	Red Food Dye
Arabic Gum	Glucomannon Flour (konjacfoods.com)	Red Tomato Paste (gluten free)
Baking Powder	Great Lake's® Beef Gelatin	Resveratrol
Baking Soda (Arm & Hammer®)	Guar Gum	Rice Starch (if certified gluten free)
Beef broth (Imagine® low sodium/GF)	Hops	Sherry Vinegar
Blue Food Dye	Inulin	Silver
Bone Broth, Beef	Julian Bakery Almond Bread	Skinny Crisps® (Plain Jane)
Carrageenan Gum	Julian Bakery Coconut Bread	Tamari (Wheat Free)
Chewing Gum (has gluten and corn)	Julian Bakery Paleo Wraps	Tofu (Organic)
Chewing Gum, Xylite®	Konjac Glucomannon Flour	Tomato Paste (gluten & Vinegar-free)
Chicken Broth (Imagine® gf/low sodium)	Lard (pork)	Tomato Sauce (gluten & Vinegar-free)
Chicory Root	Latex	Tragacanth Gum
Cocoa Butter	Liquid Aminos (Braggs®)(has Soy)	Vegetable broth (Imagine® Low Sodium)
Cocoa/Cacao (raw, pure, & unsweetened)	Locust Bean Gum	Vegetable Oil
Coconut Aminos®	Lycopene	Vegetable Shortening (Spectrum®)
Coconut Cream	Malt	Vinegar, Red Wine
Collagen Protein (Powder)	Maltodextrin (Barley-derived)	Vinegar, Rice
Formaldehyde	Modified Food Starch	Vinegar, White Wine
Garam Masala	Modified Food Starch (Tapioca-based)	Xanthan Gum

Yeast, Baker's

Yeast, Brewer's

Yeast, Nutritional

Snacks

Apple Sauce

Date(s)

Simple Mills Chocolate Chip
Cookies