

The following foods were foods that were removed from your diet and are now ok to eat. These are foods that we are adding back in. These are Foods that you can eat. The Following food will be in your diet at some point. These are the foods that have not been raised on food reactions.

Fruits

Acai	dummy food	Loganberry
alpha	Elderberry	Loquat
Apple (all types)	Fig	Mango
Apricot	Goji Berry	Mangosteen
Banana	Golden Berry	Maqui
Bilberry	Gooseberry	Melon, Honeydew
Blackberry	Grape	Monk Fruit (Pure)
Blueberry	Grape, Green	Mulberry
Boysenberry	Grape, Purple	Nectarines
bravo	Grape, Red	Noni
Cantaloupe	Grape, White	Orange
charlie	Grapefruit	Orange, Blood
Cherry	Grapefruit Juice	Orange Juice
Clementine	Guava	Orange Peel/Rind
Cranberry	Huckleberry	Papaya
Cranberry Juice	Jack fruit	Passion Fruit
Currant	Kiwi	Peach
Dates	Kumquat	Pear
Dragon Fruit (Pitaya)	Lemon	Pear, Asian
Dried Fruit	Lemon Juice	Persimmons
	Lemon Rind/Peel	Pineapple
	Lime	Plantain
	Lime Juice	Plum
	Litchi (aka Lychee)	Pomegranate

Pomelo	Brazil Nut	Macadamia Nut Oil
Prune	Canola/Rapeseed Oil	Macadamia Nuts
Quince	Caraway Seed	Olive Leaf Extract
Raisin (unsulfured, organic)	Cashew Butter	Olive Oil, Virgin
Raspberry	Cashew Meal	Palm Kernel Oil
Star Fruit	Cashews	Pecan Flour
Strawberry	Chestnut	Pecans
Tamarind	Chia Seed (1/4 cup, max)	Pepitas
Tangelo	Coconut, shredded (raw, unsweetened)	Pili Nuts
Tangerine	Coconut Butter	Pine Nut
Vinegar, Red Wine	Coconut Oil	Pistachios
Watermelon	Cola Nut (aka Kola Nut)	Poppy seeds
Wolfberry	Corn Oil	Psyllium Husk
Youngberry	Cottonseed/Cottonseed Oil	Pumpkin Oil
Nuts, Seeds, Drupes & Oils	Flax Meal	Pumpkin Seed Oil
	Flax Oil	Pumpkin Seeds
	Flax Seed	Ramon Seeds
	Grapeseed Oil, Organic	Rice, Wild (Lundberg® - not the blend)
	Hazelnut/Filbert	Rice Bran Oil
	Hazelnut Flour	Sacha Inchi Seeds
	Hemp Meal	Safflower/Safflower Seed Oil
	Hemp Protein (Powder)	Sesame Seed Oil
	Hemp Seed	Sesame Seeds
	Hydrogenated Oils	Sesame Seeds, Black
Almond		
Almond, Marcona		
Almond Butter (Artisana®)		
Almond Flavor (natural, gluten free)		
Almond Flour (gluten free)		
Almond Meal (gluten free)		
Annatto Seed		
Avocado Oil		

Sunflower Seed Butter	Crab, Immitation	Tilapia (Wild, Non-farmed)
Sunflower Seed Lecithin	Crayfish	Trout
Sunflower Seed Oil	Flounder	Tuna
Sunflower Seeds	Haddock	Walleye Pike
Tahini	Hake	Whitefish/Turbot
Tea, Ramon	Halibut	Vegetables
Tiger Nuts	Herring	Agave Nectar
Truffle Oil	Lobster	Alfalfa Grass
Truffle Oil, Black	Mackerel	Alfalfa Sprouts
Vegetable Oil	Mahi Mahi	Aloe Vera
Vegetable Shortening (Spectrum®)	Mussel	Artichoke (not pickled)
Walnut Oil	Octopus	Artichoke, Jerusalem (not pickled)
Walnuts	Orange Roughy	Arugula
Walnuts, Black	Oyster	Asparagus
Fish & Shellfish	Perch	Avocado
Anchovy	Red Snapper	Bamboo Shoot
Bass	Salmon, wild (fresh)	Barley Grass (can have gluten)
Catfish	Sardines	Barley Greens (may contain gluten)
Chilean Sea Bass	Scallop	Bean, Green
Clam	Shrimp	Bean Sprout
Cod/ Cod Liver Oil	Sole	Beet
Corvina	Squid	Beet Greens
Crab	Swai	Bell Pepper
	Swordfish	

Bell Pepper, Green	Cauliflower, Purple	Kelp/Dulse
Bell Pepper, Orange	Celery	Kohlrabi
Bell Pepper, Red	Chard	Kombu
Bell Pepper, Yellow	Chayote	Leeks
Bok Choy	Chives	Lettuce, all types
Broccoli	Coconut (raw and unsweetened)	Mushrooms
Broccolini	Coconut Concentrate	Mushrooms, Button
Broccoli Rabe	Collard Greens	Mushrooms, Cremini/Crimini
Broccoli Sprouts	Corn (Gluten-free & Non-GMO)	Mushrooms, Maitake
Brussels Sprout	Corn, Blue	Mushrooms, Shiitake
Burdock	Corn, White	Mustard Greens
Cabbage, Chinese (see also Bok Choy)	Cucumber	Nori
Cabbage, Green	Daikon Radish	Oat Grass (Not For Gluten Sensitive)
Cabbage, Purple	Dandelion Greens	Okra
Cactus (Nopales)	Dandelion Root	Olives (without vinegar)
Capers	Eggplant	Onion, Green
Capsicum	Endive	Onion, Maui
Carrot, Orange	Fennel	Onion, Red
Carrot, Purple	Garlic	Onion, Sweet
Carrot, White	Hearts of Palm	Onion, Yellow
Carrot, Yellow	Horseradish	Paprika
Carrot Juice	Hydrogenated Oils	Parsley
Cassava (see Tapioca and Yucca)	Jicama	Parsnip
Cauliflower	Kale, all types	Pea, Black-Eyed

Pea, Green	Psyllium Husk	Sugar Beet
Pea, Snap	Pumpkin	Sweet Potato, Red
Pea, Snow	Pumpkin Powder	Sweet Potatoes, White
Pea, Split	Radicchio	Swiss Chard
Pea Protein	Radish	Tomatillo
Pepper, Anaheim	Rainbow Chard	Tomato
Pepper, Cayenne	Red Pepper Flake	Tomato, Cherry
Pepper, Chili	Rhubarb	Tomato, Heirloom
Pepper, Green	Rutabaga	Tomato, Orange
Pepper, Habanero	Sauerkraut (Bubbies® Brand only)	Tomato, Red
Pepper, Jalapeño	Scallions	Tomato, Roma
Pepper, Poblano	Sea Vegetables	Tomato, Sun-dried
Pepper, Red	Seaweed	Tomato, Yellow
Pepper, Serrano	Shallots	Tomatoes, Big Beef
Pickles, Bubbies® brand only	Spinach	Tomato Paste (gluten & Vinegar-free)
Pimento	Spirulina	Tomato Sauce (gluten & Vinegar-free)
Potato, Fingerling	Squash	Truffle
Potato, Purple	Squash, Acorn	Turnip Greens
Potato, Red	Squash, Butternut	Turnips
Potato, Russet	Squash, Green	Vegetable Oil
Potato, Sweet	Squash, Spaghetti	Water Chestnut
Potato, White	Squash, Summer	Watercress
Potato, Yukon Gold	Squash, Winter	Wheat Grass (Is Gluten-contaminated)
Prickly Pear	Squash, Yellow	Yams, Garnett

Yams, Japanese	Chicken, free range (organic)	Coconut Kefir (No Tapioca, Carageenan)
Yucca	Chicken Broth (Imagine® gf/low sodium)	Coconut Milk(Native Forest or Natural Value)
Zucchini	Collagen Protein (Powder)	Egg, Pasture-raised (from a farmer)
Meat & Poultry	Deer (see also Venison)	Egg, Vital Farms® or Pasture Verde®
Applegate® organic andouille sausage	Duck	Egg, Whites, Pasture-raised
Applegate® organic bacon	Goat, Grass-fed only (organic)	Egg, Yolks Pasture-raised
Applegate® organic black forest ham	Great Lake's® Beef Gelatin	Milk, Soy (Organic)
Applegate® organic chicken	Lamb	Paleo Cheese (Julianbakery.com or Amazon.com)
Applegate® organic chicken/apple sausage	Lard (pork)	Condiments, Spreads & Sauces
Applegate® organic ham	Ostrich	Apple Cider Vinegar (Bragg's®)
Applegate® organic herb roasted turkey	Pheasant	Balsamic Vinegar (w/ Caramel or Red Wine Vinegar)
Applegate® organic hot dogs	Pork, (organic)	Balsamic Vinegar (with Red Wine Vinegar)
Applegate® organic red pepper sausage	Quail	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)
Applegate® organic roast beef	Rabbit	Barbeque Sauce, GF Annie's® Sweet & Spicy
Applegate® organic sausage sweet italian	Turkey (organic)	BodyPro Almond Mayo Grade A Maple Syrup
Applegate® organic smoked chicken breast	Veal (organic)	BodyPro Almond Mayo with Yacon Syrup
Applegate® organic smoked turkey breast	Venison (see also Deer)	BodyPro Avocado Oil Mayonnaise
Applegate® organic spinach & feta sausage	Non-Dairy & Eggs	Carob
Applegate® organic turkey	Almond Milk, unsweetened (no tapioca)	Cocoa Butter
Applegate® organic turkey bacon	Almond Yogurt, unsweetened	Coconut Aminos®
Beef, Grass-fed only (organic)	BodyPro Avocado Oil Mayonnaise	Coconut Cream
Bison (see also Buffalo)	Cheese, Daiya (Coconut,Tapioca,yeast,...)	Coconut Vinegar (Coconut Secret)
Buffalo (see also Bison)	Cheese, Soy (Organic) (see Soy)	Cream, Raw and Unpasteurized

Dressing, Primal Kitchen Greek Avocado Oil	Tabasco Sauce	
Dressing, Primal Kitchen Honey Mustard	Tamari (Wheat Free)	
Earth Balance® Avocado Oil Butter Spread	Teriyaki Sauce	Sweeteners
Earth Balance® Coconut Spread	Tomato Paste (gluten & Vinegar-free)	Agave Nectar
Harissa	Tomato Sauce (gluten & Vinegar-free)	Aspartame
Horseradish Sauce, Gluten-free (Annie's®)	Ume Plum Vinegar	BodyPro Almond Mayo Grade A Maple Syrup
Hummus	Veganise Soy-free (Follow Your Heart®)	Brown Rice Syrup (contains MSG/Gluten)
Ketchup (Organicville)	Vegetable Shortening (Spectrum®)	Cane Syrup
Liquid Aminos (Braggs®)(has Soy)	Vinegar	Chocolate, Dark
Liquid Smoke (can have gluten)	Vinegar, Beet	Chocolate, Milk
Liquid Smoke gluten free (natural)	Vinegar, Distilled	Chocolate, White
Mayonnaise	Vinegar, Malt	Coconut Palm Sugar
Mayonnaise, Primal Kitchen Avocado Oil	Vinegar, Red Wine	Coconut Sugar
Mayonnaise, Primal Kitchen Chipotle Avocado Oil	Vinegar, Rice	Date Sugar
Mustard, Brown (Eden® gf mustard)	Vinegar, White	Erythritol (non-GMO)
Olives (without vinegar)	Vinegar, White Wine	Fructose
Red Bean Paste	White/Distilled Vinegar	Fruit Pectin
Red Chili Paste Thai Kitchen® (gluten free)	Worcestershire Sauce (The Wizard's® GF)	Honey, (Organic)
Red Tomato Paste (gluten free)		Honey, Manuka
Sauerkraut (Bubbies® Brand only)		Honey, Wildflower from Mahava®
Sherry Vinegar		Jerusalem Artichoke Syrup
Sour Cream, Raw and Unpasteurized		Just Like Sugar®
Soy Sauce		Lo Han
Sriracha Sauce Organicville gluten-free		Maltitol

Maltodextrin (Barley-derived)		Cloves, Madagascar
Maltodextrin (Corn-based, non-GMO)		Cloves, Penang
Maltodextrin (Tapioca-based)	Herbs & Spices	Cramp Bark Extract
Maple Sugar	Allspice	Cream of Tartar
Maple Syrup (Grade A Dark Amber Organic)	Almond Flavor (natural, gluten free)	Cumin
Molasses	Anise	Curcumin
Monk Fruit (Pure)	Ashwaganda	Curry (must be GF)
Monk Fruit Extract	Astragalus	Dandelion Root
Nutrasweet®	Basil	Dill
Rebiana Leaf (Stevia)	Bay Leaf	Dong Quai
Sorbitol	Bell Pepper, Red	Echinacea
Splenda	Black Cohosh	Fennel
Sucanat	Capsicum	Garam Masala
Sucralose	Caramel Coloring	Garlic
Sugar Beet	Caraway Seed	Garlic Pepper
Sugar Cane	Cardamom	Garlic Powder
Sweetleaf® Stevia	Celery Powder	Garlic Salt
Swerve® Sweetener	Chicory Root	Ginger
Tapioca Dextrose	Chili Powder	Ginkgo Biloba
Xyla (Birchwood Xylitol)	Chipotle Seasoning	Ginseng (All Types)
Xylitol	Cilantro/Coriander	Goldenseal
Yacon Syrup	Cinnamon	Grapefruit Seed Extract
	Cinnamon, Ceylon	Grapeseed Extract
	Cloves	Guarana

Gymnema Silvestre	Orange Peel/Rind	Spearmint
Herbs De Provence	Orange Salt	St. John's Wort
Hickory	Oregano	Sumac
Himalayan Salt	Paprika	Taco Seasoning
Hydrogenated Oils	Paprika (smoked)	Tamari (Wheat Free)
Jamaican Jerk	Parsley	Tarragon
Juniper Berry	Pepper, Black (see Garlic/Lemon Pepper)	Thyme
Lavender	Pepper, Cayenne	Tomatillo
Lemon Balm (Melissa Officinalis)	Pepper, Red	Turmeric
Lemongrass	Pepper, Sichuan	Uva Ursi
Lemon Pepper	Pepper, Szechuan	Valerian
Licorice Root	Pepper/Peppercorns	Vanilla (gluten and corn-free)
Maca Root	Peppermint	Vanilla Bean
Mace Spice	Pine Bark Extract	Vanilla Powder
Marjoram	Red Chili Paste Thai Kitchen® (gluten free)	White Willow Bark Extract
Mesquite	Red Pepper Flake	Wintergreen
Milk Thistle	Rose Hips	Wormwood
Mint	Rosemary	Milk-Containing Foods
Mustard (as a Powder)	Saffron	Applegate® organic spinach & feta sausage
Mustard Seeds (gluten free)	Sage	Butter, Raw and Pasture-raised
Nutmeg	Saw Plametto	Buttermilk
Olive Leaf Extract	Sesame Seeds	Casein
Onion	Sesame Seeds, Black	Cheese, American
Onion Powder	Shallots	

Cheese, Asiago	Chocolate, Milk	Bean, Chili
Cheese, Bleu	Chocolate, White	Bean, Green
Cheese, Brie	Cream, Raw and Unpasteurized	Bean, Italian
Cheese, Cheddar (Raw)	Ghee (Pasture-Raised, Organic)	Bean, Kidney
Cheese, Cottage	Goat Cheese	Bean, Lima
Cheese, Cream	Goat Kefir	Bean, Mung
Cheese, Feta	Kefir, Raw	Bean, Navy
Cheese, Goat	Lactoalbumin	Bean, Ninja
Cheese, Gorgonzola	Milk, Buffalo	Bean, Pinto/Frijole
Cheese, Gouda	Milk, Cow	Bean, Red
Cheese, Havarti	Milk, Goat	Bean, White
Cheese, Machego	Milk, Sheep	Chickpea (see also Garbanzo Bean)
Cheese, Marscapone	Milk Chocolate	Coffee Bean, Organic
Cheese, Mozzarella (Raw)	Mozzarella Cheese	Edamame (must be organic)
Cheese, Muenster	Sour Cream, Raw and Unpasteurized	Fava Bean
Cheese, Parmesan	Whey	Fava Bean Flour
Cheese, Pecorino	Yogurt (See Xanthan Gum)	Garbanzo Bean
Cheese, Provolone	Legumes & Pulses	Garbanzo Flour
Cheese, Raw and Pasture-raised	Bean, Azuki	Hydrogenated Oils
Cheese, Ricotta	Bean, Black	Kidney Bean
Cheese, Romano	Bean, Butter	Lentil(s)
Cheese, Sheep	Bean, Cannellini	Miso
Cheese, String (Mozzarella)	Bean, Chana Dahl	Pea, Snap
Cheese, Swiss		Pea, Snow

Pea, Split	Erythritol (non-GMO)	Chewing Gum (has gluten and corn)
Peanut (Organic, Valencia)	Fructose	Coffee, Instant (has gluten)
Peanut Butter (Organic, Maranatha®)	GemWraps®, Sandwich Wrap (Carrot)	Couscous
Peanut Oil (Organic)	Hydrogenated Oils	Crab, Immitation
Red Bean Paste	Maltitol	Durum Wheat
Soybean oil(must be organic)	Maltodextrin (Corn-based, non-GMO)	Farro
Soy Beans (must be organic)	Modified Food Starch	Gluten
Vanilla Bean	Sriracha Sauce Organicville gluten-free	Graham (wheat)
Vanilla Powder	Swerve® Sweetener	Kamut
Vegetable Oil	Vegetable Oil	Liquid Smoke (can have gluten)
Corn-Derived Foods	Xanthan Gum	Malt
Barbeque Sauce, GF Annie's® Sweet & Spicy	Yogurt (See Xanthan Gum)	Maltitol
Cheese, Cream	Gluten-Containing Foods	Maltodextrin (Barley-derived)
Cheese, Daiya (Coconut,Tapioca,yeast,...)	Barley	Modified Food Starch
Cheese, Soy (Organic) (see Soy)	Barley Grass (can have gluten)	Oat Grass (Not For Gluten Sensitive)
Chewing Gum (has gluten and corn)	Barley Greens (may contain gluten)	Oats
Corn (Gluten-free & Non-GMO)	Barley Juice (may contain gluten)	Oats, GF (not Certified) can have gluten
Corn, Blue	Beer	Orzo
Corn, White	Bran	Panko
Corn Gluten	Bread	Polish Wheat
Corn Meal (gluten free)	Brown Rice Syrup (contains MSG/Gluten)	Rye
Corn Oil	Caramel Coloring	Semolina
Corn Starch (gluten free)	Cheese, Bleu	Soy Sauce
		Spelt

Teechino	Ener-G Brown Rice Yeast-Free Bread	Rice, Purple (gluten free)
Teriyaki Sauce	Fava Bean Flour	Rice, Red (gluten free)
Triticale	Flax Meal	Rice, White (gluten free)
Vinegar	Garbanzo Flour	Rice, Wild (Lundberg® - not the blend)
Vinegar, Malt	Glucomannon Flour (konjacfoods.com)	Rice Bran
Vinegar, White	Hazelnut Flour	Rice Flour (gluten free)
Wheat (All Types)	Hemp Meal	Rice Protein Powder (gluten free)
Wheat Grass (Is Gluten-contaminated)	Hemp Protein (Powder)	Simple Mills - Everything Sprouted Seed Cracker
Gluten-Free Grains	Hemp Seed	Simple Mills Ground Sea Salt Almond Crackers
Almond Flour (gluten free)	Hydrogenated Oils	Simple Mills Rosemary & Sea Salt Crackers
Amaranth	Konjac Glucomannon Flour	Simple Mills Tomato & Basil Almond Crackers
Arrowroot Flour/powder	Millet	Sorghum
Basmati Rice (gluten free)	Oats (Bob's Red Mill Gluten Free Version)	Sweet Potato Flour (gluten free)
Buckwheat	Oats (Certified GF)	Tapioca
Buckwheat Flour	Potato Flour (gluten free)	Tapioca Flour (gluten free)
Chicory Root	Potato Starch (gluten free)	Tapioca Starch (gluten free)
Coconut Flour (gluten free)	ProGranola (Julian Bakery)	Teff
Coconut Meal (gluten free)	Quinoa (gluten free)	Tolerant Green Lentil & Pea Pasta
Corn (Gluten-free & Non-GMO)	Quinoa, Black (gluten free)	Tolerant Red or Green Lentil Pasta
Corn, Blue	Quinoa, Red (gluten free)	Tortilla, Siete Almond
Corn, White	Rice, Basmati (gluten free)	Tortilla, Siete Cassava & Coconut
Corn Meal (gluten free)	Rice, Black (gluten free)	Tortilla, Siete Chia & Cassava
Corn Starch (gluten free)	Rice, Brown (gluten free)	Vegetable Oil
	Rice, Japonica (gluten free)	

Beverages & Protein Powders

Almond Milk, unsweetened (no tapioca)

Apple Cider

Apple Juice

Beer

Bone Broth Protein, Beef

Carrot Juice

Casein

Coconut Kefir (No Tapioca, Carageenan)

Coconut Milk(Native Forest or Natural Value)

Coconut Water (low sugar)

Coffee

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

Licorice Tea

Lime Juice

Milk, Buffalo

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

Tea, Roobios

Tea, Unflavored

Tea, White

Teechino

Vinegar, Red Wine

Water

Whey

Wine, Red

Wine, White (Champagne)

Yerba Matte Tea (Organic/Pure)

Zevia Drinks

Miscellaneous

Acacia Gum

Agar Gum

Antimony

Arabic Gum

Baking Powder

Baking Soda (Arm & Hammer®)

Beef broth (Imagine® low sodium/GF)

Blue Food Dye

Bone Broth, Beef

Carrageenan Gum

Chewing Gum (has gluten and corn)

Chewing Gum, Xylicew®

Chicken Broth (Imagine® gf/low sodium)

Chicory Root

Modified Food Starch

Cocoa/Cacao (raw, pure, & unsweetened)

Modified Food Starch
(Tapioca-based)

Collagen Protein (Powder)

Palm Wax

Snacks

Formaldehyde

Pycnogenol

Apple Sauce

GemWraps®, Sandwich Wrap
(Carrot)

Red Food Dye

Dates

GemWraps®, Sandwich Wrap
(Kale-Apple)

Red Tomato Paste (gluten free)

Simple Mills Chocolate Chip
CookiesGemWraps®, Sandwich Wrap
(Mango/Chipotle)

Resveratrol

AB

GemWraps®, Sandwich Wrap
(Tomato)

Rice Starch (if certified gluten free)

Flax Meal

Glucomannon Flour
(konjacfoods.com)

Silver

Flax Oil

Great Lake's® Beef Gelatin

Skinny Crisps® (Plain Jane)

Flax Seed

Guar Gum

Tofu (Organic)

Flounder

Hops

Tragacanth Gum

qwerty

Hydrogenated Oils

Vegetable broth (Imagine® Low Sodium)

Yucca

Inulin

Vegetable Oil

Zucchini

Julian Bakery Almond Bread

Vinegar, Red Wine

Julian Bakery Coconut Bread

Xanthan Gum

Julian Bakery Paleo Wraps

Yeast, Baker's

Konjac Glucomannon Flour

Yeast, Brewer's

Lard (pork)

Yeast, Nutritional

Latex

Locust Bean Gum

Lycopene

Malt

Maltodextrin (Barley-derived)