

MEAT

Bacon/Pork
Beef / Organic / Grass Fed
Buffalo
Chicken
Cornish Hen
Duck
Goose
Grouse
Guinea Hen
Heart (beef)
Horse
Partridge
Quail nfns
Squab
Squirrel
Sweetbreads
Turtle
Veal
Venison nfns

EGGS or ROES

Duck Egg (whole)
Salmon (Roe)

FISH

Anchovy
Barracuda
Bass Bluegill / Striped
Bass Sea
Bass Striped Atlantic Coast
Beluga
Clam mixed species
Conch
Crab Blue
Eel mixed species
Flounder
Frog
Gray or Dover Sole
Haddock
Hake
Halibut
Lobster Northern
Octopus common
Oyster Eastern
Pike Walleye Nutrient dense food

Sardine Atlantic (canned in oil) cs Nutrient dense food
Shrimp
Trout brook nfns
Trout rainbow nfns
Whiting mixed species
Yellowtail mixed species

DIARY

American Cheese processed
Blue Cheese
Brie Cheese
Butter without salt
Buttermilk lowfat
Camembert Cheese
Emmental Cheese nfs
Half and Half
Milk cow whole
Swiss Cheese nfs

NUT or SEED

Brazil Nut nfs
Cashew nfs
Filberts
Pistachio nfs
Poppy Seed
Pumpkin seed butter
Sesame Butter tahini
Sesame Seed whole
Sunflower Seed kernels butter

BEAN LEGUME

Adzuki
Black Bean
Black Eyed Pea
Fava Bean nfns
Garbanzo Chickpea
Jicama nfs
Kidney Bean
Lima Bean
Mung Bean sprouts
Soy Cheese nfs
Soy Milk nfs cs

OIL

Avocado Oil

Coconut Oil
Corn Oil
Cottonseed Oil
Safflower Oil
Sesame Oil
Sunflower Oil

GRAIN

Buckwheat Kasha Soba
Corn
Cornmeal Whole Grain Yellow
Popcorn Air-Popped
Kamut
Soba Noodles
Sorghum
Soy Flour full-fat BENEFICIALfs
Tapioca Pearl
Teff
Wheat Germ nfs
Wheat Gluten Flour nfs
Wheat Refined Unbleached
Wheat Semolina Enriched nfs
Wheat White Flour nfs
Wheat Whole Wheat nfs

VEGETABLE

Agar nfs
Aloe
Artichokes globe or french
Artichoke Jerusalem
Capers
Mushroom Black Trumpet ds
Mushroom Shiitake
Olive Black
Peppers Green and Yellow
Peppers Red all varieties
Pickle Brine
Pickle Vinegar
Poi nfs
Radish
Radish Sprouts
Rhubarb
Taro Tahitian nfs

FRUIT FRUIT JUICE

Avocado

Banana
Bitter Melon
Cantaloupe Melon nfs
Coconut Meat
Coconut Milk
Dewberries
Guava Guava Juice
Honey Dew Melon nfs
Mangos Mango Juice
Orange Orange Juice
Persimmons Native
Pomagrantes
Prickly Pear
Prunes Prune Juice nfs
Quince
Sago Palm
Starfruit Carambola
Tangerines Tangerine Juice nfs

BEVERAGES

Beer nfs
Coffee
Liquor distilled nfs
Soda Carbonated Water
Tea brewed

CONDIMENTS

Carageenan
Gelatin
Guar Gum
MSG
Mustard wheat free w/vinegar
Mustard w/wheat & vinegar
Mustard w/wheat vinegar free nfs
Pickles Dill Relish
Vinegar Cider
Vinegar other

SWEETENER

Almond Extract
Aspartame
Barley Malt Flour
Corn Syrup
Dextrose
Fructose
Honey nfs

Invert Sugar
Maltodextrin
Maple Syrup nfs
Rice Syrup nfs
Sucanat
Sugar nfs

HERB SPICE

Acacia Gum Arabic
Allspice
Anise Seed
Cornstarch
Guarana
Peppercorn fresh ground nfns
Pepper black/white commercial ground
Pepper Cayenne Jalapeno