

MEAT

Bacon/Pork
Chicken
Cornish Hen
Duck
Goose
Grouse
Guinea Hen
Heart (beef) nfns
Horse nfns
Partridge
Quail
Squab nfns
Squirrel
Sweetbreads nfns
Turtle

EGGS or ROES

Duck Egg (whole)
Goose Egg (whole)
Quail Egg (whole)
Salmon (Roe)

FISH

Anchovy
Barracuda nfns
Bass Bluegill / Striped
Bass Sea
Bass Striped Atlantic Coast
Beluga
Butterfish nfns
Clam mixed species
Conch
Crab Blue
Eel mixed species
Frog
Lobster Northern
Mussel Blue
Octopus common
Oyster Eastern
Pollock Atlantic
Scallop mixed species nfs
Shrimp
Snail nfns
Trout brook
Trout rainbow

Trout sea
Yellowtail mixed species nfs

DAIRY

American Cheese processed
Blue Cheese
Camembert Cheese nfs
Cheddar Cheese nfs
Emmental Cheese nfs
Jarlsberg Cheese nfs
Monterey Jack Cheese nfs
Munster Cheese nfs
Parmesan Cheese nfs
Provolone nfs
String Cheese
Swiss Cheese nfs

NUT or SEED

Cashew
Filberts
Pine Nuts
Pistachio
Poppy Seed
Pumpkin seed butter nfs
Safflower Seed kernels dried
Sesame Butter tahini
Sesame Seed whole
Sunflower Seed kernels butter

BEAN LEGUME

Adzuki
Black Bean
Black Eyed Pea
Garbanzo Chickpea
Lentils domestic
Lentils green
Lentils red
Mung Bean sprouts
Peanut Peanut Butter
Pinto Bean
Soy Bean Soy Nut Butter nfs
Soy Cheese
Soy Flakes
Soy Granules
Soy Milk nfs
Tempeh

Tofu

OIL

Avocado Oil
Borage Seed Oil
Canola Seed Oil
Coconut Oil
Corn Oil
Cottonseed Oil
Peanut Oil
Safflower Oil
Sesame Oil
Soy Oil
Sunflower Oil

GRAIN

Amaranth nfs
Buckwheat Kasha Soba
Corn
Cornmeal Whole Grain Yellow
Popcorn Air-Popped
Couscous cooked
Gluten Flour
Kamut
Rice Wild nfs
Rye Bread 100%
Rye Flour Medium
Soba Noodles
Sorghum nfs
Soy Flour full-fat nfs
Tapioca Pearl nfs
Teff
Wheat Bran Crude
Wheat Bread sprouted nfs
Wheat Germ
Wheat Gluten Flour
Wheat Refined Unbleached nfs
Wheat Semolina Enriched nfs
Wheat White Flour nfs
Wheat Whole Wheat

VEGETABLE

Agar nfs
Aloe
Artichokes globe or french nfs
Artichoke Jerusalem nfs

Olive Black
Olive Green
Olive Greek Spanish
Potatoes White Red nfs
Pumpkin nfs
Radish
Radish Sprouts
Rhubarb
Tomato Tomato Juice nfs

FRUIT FRUIT JUICE

Avocado
Bitter Melon
Cantaloupe Melon nfs
Coconut Meat
Coconut Milk
Honey Dew Melon nfs
Persimmons Native
Pomegranates
Prickly Pear
Starfruit Carambola

BEVERAGES

Coffee nfs
Liquor distilled nfs
Seltzer Water nfs
Soda Carbonated Water
Soda Club nfs
Tea brewed nfs

CONDIMENTS

Carageenan
Gelatin
Guar Gum
Miso soy
MSG
Mustard wheat free w/vinegar nfs
Mustard w/wheat vinegar free nfs
Pickles Dill Relish nfs
Soy Sauce soy

SWEETENER

Almond Extract
Aspartame
Barley Malt Flour

Corn Syrup
Dextrose
Fructose nfs
Invert Sugar
Maltodextrin
Stevia nfns
Sucanat
Sugar nfs

HERB SPICE

Acacia Gum Arabic
Allspice
Cinnamon
Cornstarch
Guarana
Peppercorn fresh ground nfns
Pepper black/white commercial ground