

MEAT

Bacon/Pork

Quail nfns

Turtle nfns

EGGS or ROES

Goose Egg (whole) nfns

Quail Egg (whole) nfns

Salmon (Roe) nfns

FISH

Abalone

Anchovy nfs

Barracuda

Catfish nfns

Conch

Crab Blue nfs

Frog

Muskellunge

Mussel Blue nfs

Octopus common

Pollock Atlantic

Squid

DAIRY

American Cheese processed

Blue Cheese

Brie Cheese

Buttermilk lowfat

Camembert Cheese

Casein sodium caseinate

Cheddar Cheese

Colby Cheese

Cottage Cheese

Cream Cheese

Edam Cheese

Emmental Cheese

Farmer Cheese nfs

Feta Cheese nfs

Goat Cheese nfs

Gouda Cheese

Gruyere Cheese

Half and Half

Jarlsberg Cheese

Kefir

Milk cow nonfat
Milk cow whole
Milk goat
Monterey Jack Cheese
Mozzarella Cheese whole milk nfs
Munster Cheese
Neufchatel Cheese
Paneer
Parmesan Cheese
Provolone Cheese
Quark Cheese
Ricotta Cheese
Sour Cream
String Cheese
Swiss Cheese
Whey sweet dried
Yogurt whole milk

NUT or SEED

Almond Cheese nfs
Almond Milk nfs
Beechnut
Brazil Nut
Cashew
Chestnuts
Litchis Lychee
Pistachio
Poppy Seed
Safflower Seed kernels dried nfs
Sunflower Seed kernels butter

BEAN LEGUME

Copper Cranberry Roman Bean
Fava Bean nfs cs ds
Garbanzo Chickpea nfs
Kidney Bean
Lentils domestic nfns
Lentils green nfns
Lentils red nfns
Navy Bean
Peanut Peanut Butter
Pinto Bean nfns
Soy Bean Soy Nut Butter nfs
Soy Cheese nfs
Soy Flakes nfs
Soy Granules nfs
Tamarinds

Tempeh nfs
Tofu nfs
Avocado Oil
Borage Seed Oil ds
Canola Seed Oil nfs
Coconut Oil nfns
Cod Liver Oil nfs
Corn Oil
Cottonseed Oil
Evening Primrose Oil
Peanut Oil
Safflower Oil
Soy Oil
Sunflower Oil
Wheat Germ Oil

GRAIN

Barley
Buckwheat Kasha Soba nfs
Corn
Cornmeal Whole Grain Yellow
Popcorn Air-Popped
Couscous cooked
Gluten Flour
Gluten Free Bread nfs
Oat Flour nfs
Oat Meal nfs
Soba Noodles nfs
Sorghum
Soy Flour full-fat nfs
Spelt nfs
Spelt Flour Products nfs
Tapioca Pearl nfs
Wheat Bran Crude
Wheat Bread sprouted
Wheat Germ
Wheat Gluten Flour
Wheat Refined Unbleached
Wheat Semolina Enriched
Wheat White Flour
Wheat Whole Wheat

VEGETABLE

Agar nfs
Alfalfa Seed sprouted
Aloe
Brussels Sprouts nfs

Cabbage all varieties nfs
Cabbage Juice nfs
Capers
Cauliflower
Cucumber with peel
Cucumber juice
Leeks
Mushroom Champignon Silver Dollar nfns cs
Mushroom Shiitake
Mustard Greens nfns
Olive Black
Olive Green nfs
Olive Greek Spanish nfs
Pickle Brine
Pickle Vinegar
Poi nfs
Potatoes White Red
Rhubarb
Saurkraut nfs
Taro Tahitian
Yucca

FRUIT FRUIT JUICE

Apples Apple Juice nfs
Apricot Apricot Juice nfs
Asian Pear
Avocado BENEFICIALfns
Bitter Melon
Blackberries
Cantaloupe Melon
Coconut Meat
Coconut Milk
Dates domestic nfs
Honey Dew Melon
Kiwi Fruit
Orange Orange Juice
Plantains
Strawberries nfs
Tangerines Tangerine Juice

BEVERAGES

Beer
Coffee
Liquor distilled
Soda Carbonated Water
Tea brewed
Wine table white

CONDIMENTS

Carageenan
Guar Gum
Miso soy nfs
MSG nfns
Mustard wheat free w/vinegar
Mustard w/wheat & vinegar
Mustard w/wheat vinegar free
Pickles Dill Relish
Soy Sauce soy nfs
Tamari nfs
Vinegar Cider nfs
Vinegar Other

SWEETENER

Aspartame
Barley Malt Flour nfs
Corn Syrup
Dextrose
Fructose
Honey nfs
Invert Sugar
Maltodextrin
Maple Syrup nfs
Rice Syrup nfs
Stevia nfns
Sucanat
Sugar nfs

HERB SPICE

Acacia Gum Arabic
Cinnamon nfs
Cornstarch
Guarana
Mace ground
Nutmeg nfns
Pepper black/white commercial ground
Vanilla Extract nfs