

Cereals & Grains

24

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|---------------------------------|----------------------------------|-------------------------------|------------------------------------|
| ✓ Farro
Gluten | ✓ Flour (Sorghum)
Gluten Free | ✓ Flour (Teff)
Gluten Free | ✓ Flour (Arrowroot)
Gluten Free |
| ✓ Flour (Potato)
Gluten Free | ✓ Flour (Almond)
Gluten Free | ✓ Flour (Corn)
Gluten Free | ✓ Kamut
Gluten |
| ✓ Oatmeal
Gluten | ✓ Polenta
Gluten Free | ✓ Quinoa
Gluten Free | ✓ Rice (Wild)
Gluten Free |
| ✓ Rice (Brown)
Gluten Free | ✓ Rice (White)
Gluten Free | ✓ Rye
Gluten | ✓ Semolina
Gluten |
| ✓ Spelt
Gluten | ✓ Wheat (Brown)
Gluten | ✓ Wheat (White)
Gluten | ✓ Wheat (Bulgar)
Gluten |

Dairy & Milks

37

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|----------------------------------|-------------------------|---------------------------------|-------------------------------|
| ✓ A-Lactalbumin | ✓ Beta Lactoglobulin | ✓ Buttermilk | ✓ Butter |
| ✓ Casein | ✓ Cheese
(Camembert) | ✓ Cheese
(Swiss) | ✓ Cheese
(Cottage) |
| ✓ Cheese
(Gouda) | ✓ Cheese
(Cheddar) | ✓ Cheese
(Manchego) | ✓ Cheese
(Monterey Jack) |
| ✓ Cheese
(Gruyere) | ✓ Cheese
(Halloumi) | ✓ Cheese
(Parmesan) | ✓ Cheese
(Pecorino Romano) |
| ✓ Cheese
(Mozzarella Buffalo) | ✓ Cheese
(Paneer) | ✓ Cheese
(Ricotta) | ✓ Cheese
(Roquefort) |
| ✓ Cheese
(Pepper Jack) | ✓ Cheese
(Provolone) | ✓ Cheese Feta
(Goat & Sheep) | ✓ Cheese
(Stilton) |
| ✓ Cheese
(Brie) | ✓ Cream
(Sour) | ✓ Cream
(Heavy Whipping) | ✓ Creme
(Fraiche) |
| ✓ Kefir | ✓ Lactose | ✓ Milk
(Sheep) | ✓ Milk
(Goat) |
| ✓ Milk
(Cow) | ✓ Quark | ✓ Yogurt
(Goat) | ✓ Yogurt
(Cow) |
| ✓ Yogurt
(Greek) | | | |

Dairy Alternatives

10

- ✓ Milk (Oat)
 - ✓ Milk (Soy)
 - ✓ Milk (Coconut)
 - ✓ Milk (Hemp)
 - ✓ Yogurt (Oat)
 - ✓ Yogurt (Soy)
 - ✓ Yogurt (Coconut)
 - ✓ Milk (Almond)
 - ✓ Milk (Rice)
 - ✓ Yogurt (Almond)
-

Drinks

23

- ✓ Beer
 - ✓ Brandy
 - ✓ Champagne
 - ✓ Coconut Water
 - ✓ Coffee
 - ✓ Gin (Black)
 - ✓ Lager
 - ✓ Port
 - ✓ Prosecco
 - ✓ Rum
 - ✓ Sake
 - ✓ Sambuca
 - ✓ Schnapps
 - ✓ Tea (Jasmine)
 - ✓ Tea (Black)
 - ✓ Tea (Chamomile)
 - ✓ Tea (Green)
 - ✓ Vermouth
 - ✓ Tea (Oolong)
 - ✓ Tea (Rooibos)
 - ✓ Tequila
 - ✓ Vodka
 - ✓ Whiskey
-

Fish & Seafood

38

- ✓ Anchovies
- ✓ Black Bass
- ✓ Blue Mussels
- ✓ Clams
- ✓ Cod
- ✓ Crab
- ✓ Crawfish
- ✓ Flounder
- ✓ Haddock
- ✓ Hake
- ✓ Halibut
- ✓ Herring
- ✓ Jon Dory
- ✓ Lobster
- ✓ Mackerel
- ✓ Mahi Mahi
- ✓ Octopus
- ✓ Oysters
- ✓ Perch
- ✓ Pilchard
- ✓ Plaice
- ✓ Prawns
- ✓ Red Bass
- ✓ Red Snapper
- ✓ Salmon
- ✓ Sardine
- ✓ Scallops
- ✓ Seabass
- ✓ Shrimp
- ✓ Skate
- ✓ Sole
- ✓ Squid
- ✓ Swordfish
- ✓ Tilapia
- ✓ Trout (Brown)
- ✓ Trout (Rainbow)
- ✓ Tuna
- ✓ Whitebait

Fruits

47

- ✓ Apple
 - ✓ Apricot
 - ✓ Avocado
 - ✓ Balsam Pear
 - ✓ Banana
 - ✓ Bilberry
 - ✓ Blackberry
 - ✓ Blueberries
 - ✓ Carambola
 - ✓ Cherries
 - ✓ Cranberry
 - ✓ Dates
 - ✓ Figs
 - ✓ Gooseberries
 - ✓ Grapefruit
 - ✓ Grapes (Green)
 - ✓ Grapes (Red)
 - ✓ Guava
 - ✓ Kiwi
 - ✓ Lemons
 - ✓ Lime
 - ✓ Loquat
 - ✓ Lychee
 - ✓ Mandarins
 - ✓ Mango
 - ✓ Mangosteen
 - ✓ Melon (Galia)
 - ✓ Melon (HoneyDew)
 - ✓ Mulberries
 - ✓ Nectarine
 - ✓ Oranges
 - ✓ Papaya
 - ✓ Passion Fruit
 - ✓ Peaches
 - ✓ Pear
 - ✓ Pineapple
 - ✓ Plums (Damsons)
 - ✓ Pomegranate
 - ✓ Prunes
 - ✓ Quince
 - ✓ Raisins
 - ✓ Raspberries
 - ✓ Strawberries
 - ✓ Watermelon
 - ✓ Waxberry Fruit
 - ✓ Wine (Damsons)
 - ✓ Wine (White)
-

Herbs & Spices

39

- ✓ All Spice
- ✓ Aniseed
- ✓ Basil (Dried)
- ✓ Bay Leaf
- ✓ Caraway
- ✓ Cardamom
- ✓ Cilantro (Dried)
- ✓ Cinnamon
- ✓ Clove
- ✓ Cumin
- ✓ Curry (Powder)
- ✓ Dill (Dried)
- ✓ Fenugreek
- ✓ Garlic (Dried)
- ✓ Ginger (Dried)
- ✓ Horseradish (Green)
- ✓ Mace
- ✓ Marjoram
- ✓ Mint (Dried)
- ✓ Miso
- ✓ Mustard
- ✓ Nutmeg
- ✓ Oregano (Dried)
- ✓ Paprika
- ✓ Parsley (Dried)
- ✓ Pepper (Black)
- ✓ Pepper (White)
- ✓ Rosemary (HoneyDew)
- ✓ Sage
- ✓ Salt (Pink Himalayan)
- ✓ Salt (Sea)
- ✓ Soy Sauce
- ✓ Tarragon
- ✓ Thyme (Dried)
- ✓ Turmeric
- ✓ Vanilla (Extract)
- ✓ Vinegar (Apple Cider Vinegar)
- ✓ Vinegar (Clear)
- ✓ Vinegar (Malt)

Legumes

13

- ✓ Black Beans
 - ✓ Black Eyed Peas
 - ✓ Broadbeans
 - ✓ Chickpeas
 - ✓ Edamame Beans
 - ✓ Kidney Beans
 - ✓ Lentils
 - ✓ Lima Beans
 - ✓ Natto
 - ✓ Navy Beans
 - ✓ Sheitan
 - ✓ Soy Beans
 - ✓ Tofu
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Meats & Eggs

24

- ✓ Bacon
 - ✓ Beef
 - ✓ Bison
 - ✓ Chicken
 - ✓ Cornish Hen
 - ✓ Duck
 - ✓ Egg White
 - ✓ Egg Yolk
 - ✓ Elk Meat
 - ✓ Goat
 - ✓ Goose
 - ✓ Hare
 - ✓ Lamb
 - ✓ Liver (Cow)
 - ✓ Liver (Lamb)
 - ✓ Liver (Pork)
 - ✓ Moose
 - ✓ Mutton
 - ✓ Pork
 - ✓ Rabbit
 - ✓ Sausage (Pork)
 - ✓ Turkey
 - ✓ Veal
 - ✓ Venison
-

Nuts

12

- ✓ Almonds
 - ✓ Brazil Nuts
 - ✓ Cashew
 - ✓ Chestnuts
 - ✓ Coconut
 - ✓ Hazelnut
 - ✓ Macademia Nuts
 - ✓ Peanuts
 - ✓ Pecan Nuts
 - ✓ Pine Nuts
 - ✓ Pistachios
 - ✓ Walnuts
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Oils & Fats

16

- ✓ Avocado Oil
- ✓ Beef Dripping
- ✓ Chicken Fat
- ✓ Coconut Oil
- ✓ Cod Liver Oil
- ✓ Evening Primrose Oil
- ✓ Flaxseed Oil
- ✓ Ghee
- ✓ Goose Fat
- ✓ Hemp Seed Oil
- ✓ Lard
- ✓ Olive Oil
- ✓ Peanut Oil
- ✓ Pumpkin Seed Oil
- ✓ Sesame Oil
- ✓ Sunflower Oil

Seeds

8

- ✓ Chia Seeds
 - ✓ Fennel Seeds
 - ✓ Flaxseeds
 - ✓ Hemp Seeds
 - ✓ Poppy Seeds
 - ✓ Pumpkin Seeds
 - ✓ Sesame Seeds
 - ✓ Sunflower Seeds
-

Sugars & Misc

15

- ✓ Baobab
 - ✓ Barley Grass
 - ✓ Chlorella
 - ✓ Chocolate (Dark)
 - ✓ Chocolate (Milk)
 - ✓ Cocoa Powder
 - ✓ Guar Gum
 - ✓ Honey
 - ✓ Maple Syrup
 - ✓ Molasses
 - ✓ Sugar (Beet)
 - ✓ Sugar (Brown)
 - ✓ Sugar (White)
 - ✓ Wheatgrass
 - ✓ Yeast (Baker's)
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Vegetables

55

- ✓ Artichoke
- ✓ Arugula
- ✓ Asparagus
- ✓ Beans (Green)
- ✓ Beets
- ✓ Bell Pepper (Green)
- ✓ Bell Pepper (Orange)
- ✓ Bell Pepper (Red)
- ✓ Bell Pepper (Yellow)
- ✓ Bok Choy (Pak Choy)
- ✓ Broccoli
- ✓ Brussell Sprouts
- ✓ Cabbage
- ✓ Carrots
- ✓ Cassava
- ✓ Cauliflower
- ✓ Celery
- ✓ Cilantro (Fresh)
- ✓ Cucumber
- ✓ Eggplant
- ✓ Endive
- ✓ Escarole
- ✓ Fennel (Fresh)
- ✓ Garlic (Fresh)
- ✓ Hearts of Palm
- ✓ Kale
- ✓ Kohlrabi
- ✓ Leeks
- ✓ Lettuce (Iceberg)
- ✓ Mushroom (Oyster)
- ✓ Mushroom (Portobello)
- ✓ Mushroom (Shiitake)
- ✓ Okra
- ✓ Olives (Black)
- ✓ Olives (Green)
- ✓ Onion (Red)
- ✓ Onion (White)
- ✓ Parsley (Fresh)
- ✓ Peas (Garden)
- ✓ Plantain
- ✓ Potato (Sweet)
- ✓ Potato (White)
- ✓ Pumpkin
- ✓ Radish
- ✓ Rutabaga
- ✓ Sea Vegetables (Kelp)
- ✓ Spinach
- ✓ Squash
- ✓ Squash (Butternut)
- ✓ Swiss Chard
- ✓ Tomatoes
- ✓ Turnip
- ✓ Watercress
- ✓ Yams
- ✓ Zucchini