



## YES

**MEAT, EGGS, & OFFAL.** antelope, bear, beaver, beef, blood, brain, buffalo, boar, bone broth, camel, caribou, cheek, chicken, crocodile, deer, dove, duck, eggs, elk, emu, fats, fries, frog, goat, goose, grouse, guinea hen, hare, heart, horse, insects, intestines, jowl, kangaroo, kidney, lips, liver, marrow, moose, ostrich, partridge, pig, pigeon, pheasant, quail, rabbit, seal, sea lion, sheep, skin, snake, spleen, sweetbreads, tail, tongue, tripe, turkey, turtle, veal, whale

**SEAFOOD.** abalone, anchovy, anemone, Arctic char, Atlantic croaker, barcheek goby, bass, bonito, bream, brill, brisling, carp, catfish, caviar, clams, cockles, cod, conch, conger, common dab, crab, crappie, crawfish, croaker, cuttlefish, drum, eel, fera, filefish, gar, haddock, hake, halibut, herring, jellyfish, John Dory, king mackerel, lamprey, limpets, ling, loach, lobster, marlin, mackerel, mahi-mahi, milkfish, minnow, monkfish, mullet, mussels, octopus, oysters, pandora, perch, periwinkles, plaice, pollock, sailfish, salmon, sardine, scallops, sea cucumber, sea urchin, sea squirts, shad, shark, sheepshead, shrimp, silver-side, smelt, snails, snakehead, snapper, sole, squid, starfish, swordfish, tarpin, tilapia, tilefish, trout, tub gurnard, tuna, turbot, walleye, whelks, whiting

**NUTS & SEEDS.** almonds, anise, annatto, black caraway, Brazil nuts, cashews, celery seed, chestnuts, chia, coriander, cumin, dill, fennel, fenugreek, flax, hazelnuts, hemp seeds, macadamia nuts, mustard, nutmeg, pecans, pine nuts, pistachios, poppy, pumpkin, sesame, sunflower, walnuts, any flours, butters, or oils

**VEGETABLES.** abusgata, amaranth greens, aonori, arame, arracacha, arrowroot, artichoke, arugula, asparagus, avocado, bamboo, beet greens, beet, bell peppers, bok choy, borage greens, broadleaf arrowhead, broccoli, broccoli rabe, Brussels sprouts, burdock, cabbage, canola leaves, camas, canna, cape gooseberries, capers, cardoon, carola, carrot, carrot tops, cassava, cat's ear, cauliflower, celeriac, celery, celtuce, chickweed, chicory, Chinese artichoke, Chinese mallow, chives, chrysanthemum leaves, collard greens, cress, cucumber, dabberlocks, daikon, dan-

delion, dulce, earthnut pea, eggplant, endive, ensete, fat hen, fiddleheads, fennel, fluted pumpkin leaves, garden huckleberries, garlic, ginger, Good King Henry, green beans, Hamburg parsley, hijiki, horseradish, hot peppers, ivy gourd, Jerusalem artichoke, jicama, kai-lan, kale, kohlrabi, kohlrabi greens, komatsuna, kombu, kurrat, lagos bologi, lamb's lettuce, land cress, laver, leek, lettuce, lizard's tail, loofa, lotus, mashua, melokhia, mizuna, mozuku, mushrooms, mustard greens, napa cabbage, naranjillas, New Zealand spinach, nopal, nori, ogonori, okra, olives, onion, orache, parsnip, pea leaves, peas, pearl onion, pepinos, pignut, pimentos, poke, potatoes, potato onion, prairie turnip, Prussian asparagus, pumpkin, radichio, radish, rutabaga, samphire, salsify, scarlet runner beans, scorzonera, sculpit, sea beet, sea grape, sea kale, sea lettuce, shallot, skirret, snow peas, sorrel, spinach, spring onion, squash, sugar snap peas, summer purslane, sweet potato, Swiss chard, **and more!**

**FRUIT.** abiu, acai, acerola, ackee, African moringa, amanatsu, ambarella, apple, apricot, babaco, banana, bearberry, bilberry, biribi, bitter melon, blackberry, blood orange, blueberry, Buddha's hand, cam sanh, camucamu, canary melon, canistel, cantaloupe, casaba, ceriman, charantais, chayote, cherimoya, cherry, chokeberry, chokecherry, Christmas melon, citron, clementine, cloudberry, coco plum, coconut, crabapple, cranberry, crenshaw, crowsberry, currant, custard apple, date, dragonfruit, durian, derishi, elderberry, falberry, fig, galia, gambooge, goji berries, gooseberry, grapefruit, grapes, guava, guavaberry, guanabana, hackberry, hawthorn, honeydew, horned melon, huckleberry, ilama, jackfruit, jujube, karonda, kinnow, kiwi, kumquat, lemon, lime, limetta, lingonberry, loganberry, longan, loquat, lychee, mamey sapote, mandarin, mango, mangosteen, maypop, melonpear, muscadines, mulberry, muskmelon, nance, nannyberry, nectarine, net melon, ogen melon, orange, orangelo, Oregon grape, oroblanco, papaya, passionfruit, peach, peanut butter fruit, pear, Persian melon, persimmon, pineapple, plantain, plum, pomegranate, pomelo, pompia, quince,

rambutan, raspberry, riberry, rose hip, rowan, Russian melon, **and more!**

## MAYBE

**COFFEE.**  
**DAIRY.**  
**NUTRITIVE SUGARS.**  
**ALCOHOL.**

## NO

**GRAINS & PSEUDOGRAINS.** amaranth, barley, bran, buckwheat, corn, durum, fonio, Job's tears, kamut, millet, oats, quinoa, rice, rye, sorghum, spelt, teff, triticale, wheat, wild rice

**LEGUMES.** adzuki beans, bean curd, bean sprouts, black beans, black-eyed peas, butter beans, calico beans, cannellini beans, chickpeas, fava beans, Great Northern beans, Italian beans, kidney beans, lentils, lima beans, mung beans, navy beans, pinto beans, peanuts, split peas, soybeans

**PROCESSED OILS.** canola oil, corn oil, cottonseed oil, palm kernel oil, peanut oil, safflower oil, sunflower oil, soybean oil

**NON-NUTRITIVE SUGARS.** acesulfame potassium, agave, agave nectar, aspartame, barley malt, barley malt syrup, beet sugar, brown rice syrup, brown sugar, cane crystals, caramel, coconut sugar, corn sweetener, corn syrup, corn syrup solids, crystalline fructose, demerara sugar, dextrin, dextrose, diastatic malt, erythritol, fructose, fruit juice concentrate, galactose, glucose, glucose solids, golden syrup, high-fructose corn syrup, inulin, invert sugar, jaggery, lactose, malt syrup, maltodextrin, maltose, mannitol, monk fruit, neotame, palm sugar, panela, panaocha, rapadura, refined cane sugar, refined sugar, rice bran syrup, rice syrup, saccharine, saccharose, sorbitol, sorghum syrup, stevia, sucralose, sucrose, sugar, syrup, treacle, xylitol, yacon syrup

**ADDITIVES.** acrylamides, artificial food color, artificial and natural flavors, autolyzed protein, brominated vegetable oil, emulsifiers, hydrolyzed vegetable protein, MSG, nitrates or nitrites, olestra, phosphoric acid, propylene glycol, textured vegetable protein, trans fats, yeast extract