

**VEGETABLES, FRESH**

Bamboo shoots, fresh	Butternut squash	Artichoke, globe
Beans, green	Celery	Artichoke, jerusalem
Bell pepper, all varieties		Asparagus
Broccoli (heads or whole)		Beetroot
Broccolini (stalks only)		Bitter melon or Karela
Brussels sprouts		Broccoli (stalks only)
Cabbage, common and red		Broccolini (heads only)
Carrot		Broccolini (whole)
Celeriac		Cabbage, savoy
Chilli, green and red		Cassava
Chinese cabbage (wombok, bok choy)		Cauliflower
Chives		Chayote/ Choko
Collard greens		Cho cho
Cucumber		Corn, sweet
Edamame, fresh or frozen		Garlic
Eggplant		Leek (whole)
Endive		Leek (bulbs)
Fennel		Mange tout
Galangal		Mushroom, button
Ginger root		Mushroom, portobello
Jicama		Mushroom, shiitake
Kale		Onion, shallots
Leek, leaves only		Onion, spanish
Lettuce, all varieties		Onion, spring and scallion, bulb
Mushrooms, oyster		Onion, white
Okra		Peas, snow
Onion, spring and scallion, green tops only		Peas, sugar snap

Parsnip		Peas, thawed
Potato		Taro
Radish, all varieties		Sweet Potato (orange flesh)
Rutabaga		Yucca root
Spinach, all varieties		
Sprouts and microgreens		
Squash, all varieties except butternut		
Swiss chard		
Tomatoes, all varieties		
Turnip		
Water chestnuts		
Wheatgrass		
Yam (white flesh)		
Zucchini		

### VEGETABLES, PROCESSED

Baby corn, canned	Artichoke hearts, canned	Artichokes, pickled in oil
Bamboo shoots, canned	Pumpkin, canned	Cabbage, fermented (sauerkraut)
Beetroot, canned	Sun-dried tomatoes	Corn kernels, canned
Beetroot, pickled		Lotus root, dried
Dulse flakes		Mushroom, porcini (dried)
Mushrooms, canned		Mushroom, shiitake (dried)
Olives		Onions, small, pickled
Seaweed (nori)		
Tomato, canned		
Wakame flakes		

**FRUIT, FRESH**

Banana, unripe or firm	Coconut	Apples, all varieties
Blueberry	Longan	Apricot
Breadfruit	Rambutan	Avocado
Cantaloupe		Banana, soft, over-ripe
Carambola, or star fruit		Blackberry
Clementine		Boysenberry
Cumquats		Cherries
Dragon fruit		Custard apple
Durian		Feijoa
Grapes, all varieties		Figs
Guava, ripe		Grapefruit
Kiwi		Guava, unripe
Lemon		Lychee
Lime		Mango
Mandarin		Nectarine
Mangosteen		Peach, all varieties
Orange		Pear, all varieties
Passionfruit		Persimmon
Papaya		Plum
Pear, prickly		Pomegranate
Pineapple		Tamarillo
Plantain		Watermelon
Raspberry		
Rhubarb		
Strawberry		
Tamarind		

FRUIT, PROCESSED		
Ackee, canned	Coconut, shredded, dried	Apple, dried
Banana, dried	Cranberries, dried	Apricots, dried
	Guava, canned in syrup	Currants
		Dates
		Figs, dried
		Goji berries, dried
		Jackfruit, freeze dried
		Mango, dried
		Mangosteen, freeze dried
		Papaya, dried
		Pear, dried
		Pineapple, dried
		Prunes
		Raisins

BREAD		
Gluten-free, white	Gluten-free, high fiber	Gluten-free, multigrain
Millet	Gluten-free, rice chia	Multigrain, sprouted
Sourdough, 100% spelt	Sourdough, oat	Naan or roti
Sourdough, wheat, white		Oatmeal
Sourdough, wheat, wholemeal		Pumpernickel
Tortillas, corn		Rye
		Sourdough, rye
		Sourdough, kamut, wholemeal
		Wholewheat
		Wheat, high fibre
		Wheat, multigrain and whole grain
		Wheat, white
		Wheat, wholemeal and oatmeal

**FLOURS**

Buckwheat flour		Almond flour
Corn flour		Amaranth flour
Corn starch		Barley flour
Maize		Coconut flour
Millet flour		Einkorn flour
Quinoa flour		Emmer flour
Rice flour		Kamut flour
Sorghum flour		Lupin flour
Yam flour		Rye flour
Maize starch		Spelt flour
Potato starch		
Tapioca starch		

**CEREALS**

Amaranth, puffed grain	Quick oats	Barley flakes
Corn flakes (GF)	Rice, puffed or popped	Corn flakes
Quinoa flakes		Granola, fruit and nut
Rice flakes		Granola, with honey
Rolled oats		Muesli, gluten-, wheat-, dairy-, nut-free
Rice, glutinous		Rice crisps
		Rice flakes with psyllium (GF)
		Spelt flakes
		Wheat bran, pellets
		Wheat flakes

PASTA/ NOODLES		
Soba noodles (made from wheat and buckwheat)	Noodles, egg	Pasta, wheat
Pasta, quinoa		Pasta, spelt
Pasta, gluten free		Gnocchi made from wheat
Noodles, vermicelli		Noodles, wheat
Noodles, rice stick		Noodles, Laksa
Noodles, kelp		
Noodles, brown rice, vermicelli		

GRAINS		
Oat bran, unprocessed	Buckwheat kernels	Pearl barley
Buckwheat groats		Bourghal
Millet kernels		Wheat bran, processed
Millet, hulled		Cous cous, rice and corn
Quinoa		Cous cous, wheat
Rice		Freekeh
Pearl barley, grains, sprouted		Rye, sprouted
Polenta (cornmeal)		Spelt kernels, green
Nutritional yeast flakes		Wheat germ, raw
		Wheat grain, sprouted

SUGAR AND SWEETENERS		
Stevia		Agave
Brown sugar		Apple syrup
Palm sugar		Golden Syrup
Raw sugar		Honey
White sugar		High fructose corn syrup
Maple syrup		Sucrose
Rice malt syrup		

DAIRY		
Cheese, brie and camembert	Cheese, cream	Buttermilk
Cheese, cheddar	Cheese, haloumi	Custard
Cheese, colby style	Cheese, ricotta	Kefir
Cheese, cottage, creamed	Cream, pure	Milk, evaporated
Cheese, feta	Cream, sour	Milk, cow
Cheese, goat	Cream, thickened	Milk, goat
Cheese, havarti	Ice cream	Milk, sweetened condensed
Cheese, mozzarella		Yogurt, cow
Cheese, pecorino style		
Cheese, quark		
Cheese, swiss		
Cream, whipped		
Milk, lactose free		
Yogurt, goat milk		
Yogurt, lactose free		

DAIRY ALTERNATIVES		
Cheese, soy		Milk, coconut with inulin
Milk, almond		Milk, coconut, long life
Milk, coconut, canned		Milk, oat
Milk, hemp		Milk, soy
Milk, macadamia		
Milk, quinoa		
Milk, rice		
Yogurt, coconut		

**NUTS AND SEEDS**

Brazil nuts	Hazelnuts	Almonds
Chestnuts		Cashews
Chia seeds		Cashews, activated/ sprouted
Flax seeds		Pistachios
Macadamia nuts		Pistachios, activated/ sprouted
Peanuts		
Pecans		
Pine nuts		
Poppy seeds		
Pumpkin seeds		
Sesame seeds		
Sunflower seeds		
Walnuts		

**LEGUMES**

Agar agar	Chickpeas, canned	Black beans
Cacao	Lentils, boiled	Borlotti beans
Egg replacer		Broad beans
Lentils, canned		Butter beans
Mung beans, sprouted		Carob
Pea protein, protein supplement		Chickpeas, sprouted
Tempeh		Fava beans
Tofu		Haricot beans
		Kidney beans
		Lima beans
		Mung beans, boiled
		Navy beans
		Soya beans
		Split peas



<b>BEVERAGES</b>		
Coffee, drip and instant	Black tea, strong	Kombucha
Espresso	Chrysanthemum tea, strong and weak	Apple juice
Hot chocolate powder (23% cocoa and higher)	Herbal tea, weak	Coconut water
Kvass		Orange juice
Black tea, weak		Chai, strong
Chai tea, weak		Chamomile tea, strong and weak
Dandelion tea, weak		Dandelion tea, strong
Green tea, strong and weak		Fennel tea, strong and weak
Rooibos tea, strong and weak		Herbal tea, strong
White tea, strong and weak		Oolong tea, strong and weak
Beer		Wine, low GI
Gin		Wine, sticky
Vodka		Rum
Whiskey		
Red wine		
White wine		
Sparkling wine		

<b>MEAT, FISH AND EGGS</b>		
Beef	Sausage, German bratwurst	
Chicken		
Eggs		
Fish (including canned)		
Kangaroo		
Lamb		
Pork		
Prawns		

**FATS AND OILS**

Butter		
Avocado oil		
Canola oil		
Coconut oil		
Garlic infused olive oil		
Olive oil		
Peanut oil		
Rice bran oil		
Sesame oil		
Sunflower oil		
Vegetable oil		

**CONDIMENTS, ETC.**

Wasabi	Pesto	Ketchup (with HFCS or sucrose)
Herbs, all	Soup stock	
Mustard	Balsamic vinegar	
Apple cider vinegar	Quince paste	
Fish sauce		
Mayonnaise		
Miso paste		
Oyster sauce		
Shrimp paste		
Soy sauce		
Tamarind paste		
Tomato paste		
Rice wine vinegar		
Worcestershire sauce		
Spices (all)		
Peanut butter		