



FOOD BLOCK 238

Acai Berry	Celery	Gluten	Paprika	Sesame/Tahini
Alfalfa	Chamomile	Grapeseed Oil Grape/	Parsley	Shrimp
Algae (Chlorella)	Chard	Raisin, Green Grape/	Parsnip	Sole/Flounder/Halibut
Algae (Spirulina)	Cheese, Brick (Cow)	Raisin, Red Grapefruit	Pea, Black-eyed	Spearmint
Aloe	Cheese, Cottage (Cow)	Haddock	Pea, Green, Snow	Spelt
Arrowroot	Cheese, Parmesan (Cow)	Hazelnut/Filbert	Peach	Spinach
Almond	Cheese, Processed (Cow)	Honey	Peanut	Squash
Amaranth	Cheese, Romano (Sheep)	Hops	Pear	Strawberry
Anchovy	Cheese/Milk (Goat)	Horseradish	Pecan	Sugar, Beet
Anise Seed	Cherry	Hydrogenated Oil	Pepper, Bell	Sugar, Cane/Sucanat
Apple	Chestnut	Kale	Pepper, Black	Sugar, Corn
Apricot	Chicken	Kamut	Pepper, Cayenne	Sugar, Maple
Artichoke Asparagus	Chive	Kelp/Seaweed	Pepper, Chili, Red	Sunflower
Avocado	Chocolate/Cocoa	Kiwi	Pepper, White	Swordfish
Baking Powder	Cilantro	Kombu Lactalbumin	Peppermint	Tamarind
Banana	Cinnamon	Lactoglobulin Lamb/	Perch/Mackerel	Tangerine/Mandarin
Barley	Clam	Mutton	Pimiento	Orange
Basil	Clove	Leek	Pineapple	Tapioca
Bass	Coconut	Lemon	Pistachio	Tarragon
Bay Leaf	Cod Liver Oil	Lentils, Red, Green	Plum/Prune	Tea, Black
Bean, Garbanzo Bean,	Codfish	Lettuce, Iceberg	Pomegranate	Thyme
Kidney	Coffee, Decaf & Reg	Lettuce, Red Leaf	Poppy Seed	Tilapia
Bean, Lima	Cola	Lettuce, Romaine	Pork/Bacon/Ham	Tobacco
Bean, Mung	Collard Greens	Lime	Potato, Sweet/Yam	Tofu
Bean, Navy/Ninja	Coriander	Lobster	Potato, White	Tomato
Bean, Pinto	Corn (Maize)	Macadamia	Psyllium Seed	Triticale
Bean, Soya	Cottonseed Oil	Mace	Pumpkin	Trout
Bean, String/Wax	Crab	Malt	Quinoa	Tuna
Beef/Veal	Cranberry	Mango	Rabbit	Turbot/Whitefish
Beet	Cream of tartar	Marjoram	Radish	Turkey
Blackberry	Cucumber	Milk, Pasteurized (Cow)	Rapeseed/Canola Oil	Turmeric
Blueberry	Cumin	Milk, Raw (Cow)	Raspberry	Turnip Greens
Bok Choi	Currant	Millet	Red Snapper	Vanilla
Boysenberry	Curry	Molasses	Rhubarb	Walnut, English
Brazil Nut	Date	Mushroom	Rice, Basmati	Walnut Oil, Black
Broccoli	Deer/Venison	Mustard Greens, Spice	Rice, Brown	Watercress
Buckwheat/Kasha	Dill	Nectarine	Rice, White	Watermelon
Buffalo	Duck/Goose	Nutmeg	Rice, Wild	Wheat
Butter, Clarified (Ghee)	Egg, White (Chicken)	Oats	Rose Hips	Whey
Butter, Whole	Egg, Yolk (Chicken)	Okra	Rosemary	Yeast, Baker's
Cabbage/Brussels	Eggplant	Olive	Rutabaga	Yeast, Brewer's
Sprouts	Endive	Onion, Scallion/Spring	Rye	Yogurt (Cow)
Cantaloupe/Honeydew	Fig	Onion, Yellow	Safflower Oil	
Caraway Seed	Flaxseed/Linseed Oil	Orange	Sage	
Carob	Garlic	Oregano	Salicylate	
Carrot	Gelatin	Oyster	Salmon/Lox	
Casein	Gin (Juniper Berries)	Palm Oil	Sardine	
Cashew	Ginger	Papaya	Scallop	
Catfish	Gliadin			
Cauliflower				