

**VEGETARIAN FOOD BLOCK 206**

**206 items**

**Vegan Food Block (188 ITEMS)**

Açai Berry	Brazil Nut	Curry	Macadamia	Pepper, White	Spinach
Alfalfa	Broccoli	Date	Mace	Peppermint	Squash
Algae (Chlorella)	Buckwheat/Kasha	Dill	Malt	Pimiento	Strawberry
Algae (Spirulina)	Cabbage/Brussels Sprouts	Eggplant	Mango	Pineapple	Sugar Cane/Sucanat
Almond	Cantaloupe/Honeydew	Endive	Marjoram	Pistachio	Sugar, Beet
Aloe	Caraway Seed	Fig	Millet	Plum/Prune	Sugar, Corn
Amaranth	Carob	Flaxseed/Linseed Oil	Molasses	Pomegranate	Sugar, Maple
Anise Seed	Carrot	Garlic	Mushroom	Poppy Seed	Sunflower
Apple	Cashew	Gin (Juniper Berries)	Mustard Greens/Spice	Potato, Sweet	Tamarind
Apricot	Cauliflower	Ginger	Nectarine	Potato, White	Tangerine/Mandarin
Arrowroot	Celery	Gliadin	Nutmeg	Psyllium Seed	Tapioca
Artichoke	Chamomile	Gluten	Oats	Pumpkin	Tarragon
Asparagus	Chard	Grape Seed Oil	Okra	Quinoa	Tea, Black
Avocado	Cherry	Grape/Raisin, Green	Olive	Radish	Thyme
Baking Powder	Chestnut	Grape/Raisin, Red	Onion, Yellow	Rapeseed/Canola Oil	Tobacco
Banana	Chive	Grapefruit	Orange	Raspberry	Tofu
Barley	Chocolate/Cocoa	Hazelnut/Filbert	Oregano	Rhubarb	Tomato
Basil	Cilantro	Hops	Palm Oil	Rice, Basmati	Triticale
Bay Leaf	Cinnamon	Horseradish	Papaya	Rice, Brown	Turmeric
Bean, Garbanzo	Clove	Hydrogenated Oil	Paprika	Rice, White	Turnip, Greens
Bean, Kidney	Coconut	Kale	Parsley	Rice, Wild	Vanilla
Bean, Lima	Coffee, Decaf & Reg	Kamut	Parsnip	Rose Hips	Walnut Oil, Black
Bean, Mung	Cola	Kelp/Seaweed	Pea, Black-Eyed	Rosemary	Walnut, English
Bean, Navy	Collard Greens	Kiwi	Pea, Green/Snow	Rutabaga	Watercress
Bean, Pinto	Coriander	Kombu	Peach	Rye	Watermelon
Bean, Soya	Corn (Maize)	Leek	Peanut	Safflower Oil	Wheat
Bean, String/Wax	Cottonseed Oil	Lemon	Pear	Sage	Yeast, Baker's
Beet	Cranberry	Lentils, Red, Green	Pecan	Salicylate	Yeast, Brewers
Blackberry	Cream of Tartar	Lettuce, Iceberg	Pepper, Bell	Scallion/Spring Onion	
Blueberry	Cucumber	Lettuce, Red Leaf	Pepper, Black	Sesame/Tahini	
Bok Choi	Cumin	Lettuce, Romaine	Pepper, Cayenne	Spearmint	
Boysenberry	Currant	Lime	Pepper, Chili/Red	Spelt	

**Vegetarian Food Block (18 ITEMS)**

Includes **Vegan Food Block 188 Items** and the **additional 18 food items** listed below.

Butter, Clarified (Ghee)	Cheese, Brick (Cow)	Cheese, Processed (Cow)	Egg White (Chicken)	Lactalbumin	Milk, Raw (Cow)
Butter, Whole (Cow)	Cheese, Cottage (Cow)	Cheese, Romano (Sheep)	Egg Yolk (Chicken)	Lactoglobulin	Whey
Butter, Whole (Cow)	Cheese, Parmesan (Cow)	Cheese/Milk (Goat)	Honey	Milk, Pasteurized (Cow)	Yogurt (Cow)