



## Food Resource List

Part 1 - Published Oct, 2014

**Important note:** Items on the **Food Resource List** are results of tests done on foods specifically for the patient who submitted the samples and were tested for their specific requests. Therefore, as careful and complete as we try to be, sometimes all ingredients may not be listed. If you have an uncomfortable reaction to a food, even if your specific intolerance or allergy is not noted, it is recommended that you refrain from intake until you have it tested specifically for you. In addition, it is possible that one person will react to a food and another will not, even if their food intolerances are the same.

The **Food Resource List** is updated whenever a food is tested. However, the "Date of Last Test" may not reflect the most current date if the food ingredients have not changed. Instead, the date will remain the same as when first tested. Results from tests performed by Dr. Zeff do not include the date of test due to unavailability of that information.

Some foods will show **Results** as "inconsistent." This is because the ingredients are continually changing. The testing, therefore, cannot be considered stable.

Some tests performed by Dr. Zeff have been for specific ingredients only and are, therefore, incomplete. They are still being included to alert you. In such cases, the results will state, "contains..." For a complete analysis you are welcome to submit the food in question for testing. Please see Food Lab Test.

**Regarding salts:** We generally test for mined salt. When "Potato or Fish" are indicated in Results of a tested food, another salt may be present. For example, iodized salt or sea salt may cause a food to test "potato or fish."

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**Use the codes below to translate the Results Column**

#### KEY FOR RESULT CODES

<b>All = Bad for All</b>	<b>Ms = Mine Salt</b>
<b>D = Dairy</b>	<b>N = Neutral for All</b>
<b>E = Egg</b>	<b>P = Potato</b>

**F = Fruit**                      **Sf = Seafood**  
**G = Grain**                      **Ss = Sea Salt**  
**H = Honey**                      **S = Sugar**  
**M = Meat**                      **Sy = Soy**

**Produce Brands You Can Trust:**

**BRAND/ITEM NAME**

BeWise Ranch Tomatoes  
 Covilli Bell Peppers, Tomatoes, Zucchini  
 Del Cabo Tomatoes  
 Farmer's Own Organic Produce Carrots  
 Inca Gold Kiwano

**BRAND/ITEM NAME**

Red Rock Ranch Cantaloupe  
 Sunny Valley Tomatoes  
 Three Mile Canyon Farms Organic Onions  
 Walchi Hamston Watermelon

<b>Alcoholic Beverages :</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
14 Hands Vineyards 2011 Cabernet Sauvignon	12/13	ALL	F,S
1800 Tequila Reserva Reposado	09/09	ALL	F
Alaskan Amber Alt Style Beer	04/13	ALL	G,P,S
Alice White Chardonnay Wine	03/09	D,E,F,P,S,Sf	F,S
Anheuser-Busch Bud Light Beer	06/13	ALL	E,G,P,S
Bacardi Grand Melon Rum	02/07		G
Bacardi Superior Puerto Rican Rum	02/11	ALL	S,Sf
Baileys Irish Cream Original	01/10	F,P,S	D,F,P,S
Beringer White Zinfandel 2006	06/07		F,S
Big Sky Brewing Company Moose Drool Brown Ale	10/12	ALL	G,S
Big Sky Brewing Company Powder Hound Winter Ale	01/14	ALL	G,P,S
Bombay Sapphire Distilled London Dry Gin	09/09	ALL	N

Bonterra Cabernet Sauvignon	03/12	ALL	F
Bud Light Beer	11/09	D,E,F,G,P,Sy	F,G,P,S
Camas Prairie Winery Strawberry Honey Mead	10/12	ALL	F,H,S
Captain Morgan's Original Spiced Rum	01/10	F,P	S
Carmen Stevens Angel's Reserve Shiraz 2012	02/14	ALL	F
Casado Rossi Reserve Wine Merlot	02/09	D,E,F,S,	F,S
Chaucer's Mead 100% Honey Mead	10/13	ALL	G,H
Christina Pallmann Accord Cabernet Sauvignon Alexander Valley 2012	02/14	ALL	F
Cloud Break Chardonnay 2012 California	09/13	ALL	F
Columbia Brewery Kokanee Glacier Beer	07/08	F,P	G,P,S
Crown Royal Canadian Whiskey	03/13	ALL	G,P,S
Deschutes Brewery Black Butte Porter	05/10 04/13	D,E,F,G,P,S,Sy ALL	G,P,S F,G,P,S
Deschutes Brewery Mirror Pond Pale Ale	12/09	E,F,S	G,P,S
Dry Fly Washington Wheat Vodka	05/11 06/11	ALL ALL	G,P G,P
E & J Brandy	12/11	ALL	F,G,S
Eel River Amber Ale	02/11	ALL	F,G,P,S
Fess Parker Winery Frontier RedCalifornia Red Wine	12/13	ALL	F
Fish Tale Organic Blond Ale	02/11	ALL	G,S
Fish Tale Organic India Pale Ale	02/11	ALL	G,P,S
Fish Tale Organic Wild Salmon Pale Ale	02/11	ALL	G,P,S
Franzia Chardonnay	08/14	ALL	F,S
Franzia Chillable Red Wine	08/14	ALL	F,S
Frey Organic Cabernet Sauvignon 2009	05/11	ALL	F,S
F. Stephen Miller Angel's Reserve Shiraz	12/13	ALL	F
Full Sail Top Sail Imperial Porter Bourbon Barrel Aged	05/10	D,E,F,G,P,S,Sy	F,G,P,S
Hendrick's Gin	09/09 05/13	ALL ALL	N G,Sf
Henry Weinhard's Private Reserve Lager	02/11	ALL	G,P,S

Hollywood Rhubarb Wine	02/11	ALL	G,H
Honeywood Concord	12/13	ALL	F,H
Honeywood Triple Berry Oregon	12/13	ALL	F,H
Jack Daniel's Tennessee Whiskey Sour Mash	06/13	ALL	G
Jagermeister	02/07		S
Jose Cuervo Tradicional Tequila Reposado	12/13	ALL	C,G
JosephsBrau Hofbrau Brock (actual brewery is Trader Joe's)	09/12	ALL	G,P,S
Ketel One Vodka	09/09	ALL	P
Kid Cab 2012 Cabernet Sauvignon	02/14	ALL	F,P,S
Kokanee Glacier Beer	06/10 04/13	D,F,S,Sy ALL	G,P,S G,P,S
Krome Vodka	06/13	ALL	G
La Crema Chardonnay (variety not identified as yet)	05/13	ALL	F
Latah Creek Huckleberry D'Latah Wine	11/08	ALL	F,S
Leinenkugel's Honey Weiss	10/12	ALL	G,H,P,S
Molson Canadian Lager Beer	09/13	ALL	G,P,S
Negra Modelo Dark Imported Beer	10/08	ALL	F,G,P,S
Nevada County Our Daily Red Organic, Sulfite-free Wine	02/09	E,F,P,S	F
New Belgium Mothership WIT Organic Wheat Beer	02/11	ALL	F,G,P,S
Newcastle Brown Ale	08/12	ALL	F,G,P,S
No-Li Brewhouse Born & Raised IPA	10/12	ALL	G,S
No-Li Brewhouse Silent Treatment Pale	10/12	ALL	G,S
No-Li Brewhouse Wrecking Ball Imperial Stout	06/13	ALL	G,S
Oak Leaf Vineyards Chardonnay	05/13	ALL	F
Orleans Hill Cote Zero Organic Wine	02/09	E,F,G,P,S	F,S
Orleans Hill Merlot Organic, Sulfite-free Wine	02/09	E,F,P,S	F
Orleans Hill Zinfandel Organic Wine	02/09	E,F,G,P,S	F,P,S
Patron Silver Tequila	01/10	F,P,S	N

Riverport Brewing Company Blonde Moment (American Style Blonde Ale)	11/11	ALL	F,G,P,S
Riverport Brewing Company River Rat Red (Scottish Style Ale)	11/11	ALL	F,G,P,S
St. Germain Liqueur	09/09	ALL	N
Sky River Mead Dry Honey Wine	05/11	ALL	G,H,S
Sky River Mead Honey Wine (Note: trying to verify if this is sweet, semi-dry, or dry)	10/11	ALL	F,H
Sky River Mead Sweet Honey Wine	09/09	ALL	G,H
Slide Ridge Honey Cyser Honeywine	12/11 04/13	ALL ALL	G,H F,G,H
Stella Artois Beer	02/13	ALL	G,S
Stolichnaya Vodka	06/10	D,F,S,Sy	F,G,P
Tanqueray London Dry Gin	06/10	D,F,S,Sy	F,G
Trader Joe's Grower's Reserve Syrah Wine	03/08	F,P,S	F,N
Vodka Monopolowa	09/09	ALL	F,P
Yellowtail Shiraz Red Wine	08/11	ALL	F,S

<b>Baby Food:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Baby's Only Organic Toddler Soy Formula	09/10	D,F,S	D,F,G,Sy
Beechnut Stage 2 Homestyle Green Giant Sweet Peas	09/12	ALL	F
Earth's Best Green Beans & Rice, Organic	10/09	E,F,S	F,G
Earth's Best Organic Carrots	10/09	E,F,S	F
Earth's Best Organic Infant Formula with Iron	11/09	ALL	F,P
Earth's Best Organic Whole Grain Multi-Grain Cereal	11/12	ALL	F,G,Sf
Earth's Best Organic Whole Grain Oatmeal Cereal	11/12	ALL	F,G,Sf

Earth's Best Organic Whole Grain Rice Cereal	04/09 11/12	ALL ALL	G F,G,Sf
Earth's Best Peas And Brown Rice, Organic	10/09	E,F,S	F,G
Earths Best Soy Infant Formula With Iron	10/09	E,F,S	F,S
Earth's Best Whole Grain Baby Cereal	03/07		G,P
Enfamil Next Step Lipil Formula	02/09	E,F,S	D,F,S
Gerber 2 <sup>nd</sup> Foods Carrots	09/12	ALL	F
Gerber 2 <sup>nd</sup> Foods Chicken & Gravy	09/12	ALL	G,M,P
Gerber 2 <sup>nd</sup> Foods Peas	09/12	ALL	N
Similac Advance Infant Formula	02/09	E,F,S	F,S

<b>Baking Supplies:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
AH!LASKA Unsweetened Baker's Cocoa Organic Non-Dairy (Also listed under Chocolate & Cocoa)	06/13	ALL	N
Albertson's Granulated Sugar	03/11	ALL	M,S
Arm & Hammer Baking Soda	04/09 10/09	ALL ALL	N P
Azure Bulk Glycerine	08/08	ALL	F,P,S
Azure Bulk Roasted Carob Powder	08/08	ALL	F
Azure Nutritional Yeast, Bulk	08/11	ALL	P,S
Azure Standard Arrowroot Powder	04/14	ALL	N
Back Bay Trading Company Pure Vanilla Extract	05/08	ALL	G
Baker's Unsweetened Baking Chocolate Squares	08/12	ALL	G,Sy

Bob's Red Mill Active Dry Yeast	06/09	ALL	P,S
Bob's Red Mill All Natural Potato Starch, Unmodified	03/11	ALL	F,P
Bob's Red Mill Baking Soda	12/09	ALL	P
Bob's Red Mill Guar Gum	01/10	ALL	N
Bob's Red Mill Premium Baking Soda, Aluminum Free	09/12	ALL	P
Bob's Red Mill 10 Grain Pancake & Waffle Whole Grain Mix	08/11	ALL	D,F,G,P,Sy
Bob's Red Mill Toasted Carob Powder	05/11	ALL	F
Bob's Red Mill Wheat Gluten	03/08	ALL	G,P
Cepera Vanilla	05/13	ALL	F,G
Chocolate Dream Dairy Free Semi-Sweet Baking Chips (also under Chocolate & Cocoa)	04/13	ALL	S,Sy
Crisco All Vegetable Shortening	02/11	ALL	ALL
De Leon Foods Lard	05/11	ALL	M
Earth Circle Organics Carob Powder	04/10 11/10	ALL ALL	G F
Eden Agar Agar	03/08	F,P,S	N
El Charro Organic Mexican Vanilla	03/11	ALL	G,M,S
EnerG Baking Powder	10/07	D,P,	N
Flavorganics Vanilla	10/07	F,P,S	S
Fleishmann's Active Dry Yeast	12/11	ALL	F,P,S
Frontier Agar Agar	03/12	ALL	Sf
Frontier Alcohol Free Vanilla Flavor	01/13	ALL	F,G,P
Frontier Peppermint Flavor	12/13	ALL	G

Frontier Organic Fair Trade Vanilla Extract	03/13	ALL	G
Golden Gate Organic Tahitian Vanilla Extract	05/11	ALL	F,G,S
Hodgson Mill Active Dry Yeast Fast Rise	08/10	ALL	F,P
Hodgson Mill Active Dry Yeast for Whole Grain Flours	07/10	ALL	P
Huckleberry's Carob Powder, Bulk (at Huckleberry's Market, Spokane, WA.)	04/10 06/10 03/11	ALL D,F,P,S,Sf ALL	N F F
Karlin's Finest Pure Baking Soda	09/12	ALL	N
Keebler® Ready Crust® Graham Pie Crust	11/10	ALL	D,F,G,P,Ms,S,Sy
Kirkland Pure Vanilla	03/11	ALL	F,G,S
Kirkland Signature (Costco) Chocolate Chips Semisweet	02/14	ALL	F,G,P,S,Sy
Knox Original Unflavored Gelatin(e)	12/09	ALL	M
Let's Do...Organic Organic Cornstarch	06/11 12/13	ALL ALL	G G
Maxi Nutritional Yeast	03/11	ALL	F,H,S
Mountain Rose Herbs Grapefruit Seed Extract	09/12	ALL	F
PF Tapioca (Goma)	05/13	ALL	D,F,G,P
Pomona's Universal Pectin	06/11	ALL	D,F,G
Potato Starch, Bulk Central Market, Spokane WA	03/08	ALL	E,P
Rapunzel Organic Cocoa Powder (also under Chocolate & Cocoa)	04/13	ALL	Sy
Rapunzel Rize Active Dry Yeast	01/07 05/08 1-13	? ALL ALL	F,P,S P,S G,P?,S*



Rapunzel Rize Organic Active Dry Yeast	08/10	ALL	P,S
Red Star Active Dry Yeast (3-packet strips)	01/11	ALL	S
Red Star Active Dry Yeast in jar and 2 lb. package	08/10 03/11	ALL ALL	P,S P,S
Red Star Dry Active Yeast, 4 oz. Jar and 2 lb. package	03/14	ALL	S
Red Star Baking Powder	05/11	ALL	D,F,G,P
Red Star Brewers Nutritional Yeast	05/11	ALL	S
Red Star Brewers Nutritional Yeast (Bulk at Huckleberry's)	08/14	ALL	S
Red Star Platinum Superior Baking Yeast	01/13	ALL	G,S,Sy
Rumford Baking Powder	11/08 10/09 05/10	F,P,S ALL P	G,P F,G,P,S D,G,P
Rumford Baking Powder (Aluminum Free)	03/13	ALL	G,P,S
SAF Yeast <i>Note: The last date evaluated is not known; everytime Dr. Tish has evaluated this, results have been the same.</i>	?		F,P,S
Shangri-la Bulk Brewers Yeast	12/12	ALL	P,S
Simply Organic Almond Extract	01/10	F,G,P,S	F,G
Simply Organic Peppermint Extract	01/10	F,G,P,S	F,G
Simply Organic Vanilla Extract	03/09 01/11	D,E,F,G,P,S,Sf ALL	G G
Singing Dog Vanilla Pure Vanilla Flavor Alcohol Free	05/11	ALL	F,G,M
Solgar Brewers Yeast	01/13	ALL	G,S
Spectrum Naturals Organic All Vegetable Shortening	05/11	ALL	ALL

Sunspire Grain Sweetened Chocolate Chips (Dark)	04/14	ALL	F,G,P,Sy
Sunspire Vegan Carob Chips	02/09 06/10 02/11	ALL ALL D,E,F,G,H,P,S,Sy	D,F,G F,G,H,Sf D,F,G,Sy
Trader Joe's Cocoa Powder Unsweetened	05/14	ALL	N
Trader Joe's Organic Peppermint Extract Liquid	04/08	F,P,S	Mint only
Trader Joe's Pure Tahitian Vanilla Extract	10/09	ALL	F,G,P,S
Viviane Tapioca (Goma)	05/13	ALL	D,F,G,P
Western Family Baking Soda	12/10	ALL	N
Wright's All Natural Hickory Seasoning Liquid Smoke	01/11	ALL	N

<b>Beans and Legumes:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Albertson's Red Kidney Beans	03/11	ALL	F
Bearitos Organic Low Fat Black Bean Refried Beans	01/11	ALL	N
Bearitos Low Fat Spicy Refried Beans Made With Organic Beans, Vegetarian	11/12	ALL	N
Black Beans (Bulk at Huckleberry's,)*	08/10	ALL	N
Black Eyed Peas Organic (Bulk at Huckleberry's)	08/10	ALL	N
Delano Cannellini Beans White Kidney Beans	01/13	ALL	F,G,P,Sf
Eden Organic Black Beans, No Salt Added	07/10	ALL	F,M
Eden Organic Kidney Beans, No Salt Added, Fat Free	07/10	ALL	F,M
Field Day Organic Vegetarian Black Bean Refried Beans	11/12	ALL	N
Fig Food Co. Organic Pinto Beans Ready to Eat	02/13	ALL	P

Fred Meyer Lentils, in bag, uncooked	10/08	E,P,S,Sf,Sy	F
Natural Directions Great Northern Beans	03/09	F,G,S	S
Natural Directions Organic Black Beans	09/12	ALL	N
Natural Directions Organic Garbanzo Beans	02/09 10/11	F,G,S ALL	N N
Pinto Beans Organic (Bulk at Huckleberry's)	08/10	ALL	N
Private Selection Organic Tri-Bean Blend	10/11	ALL	N
Rosarita Traditional No Fat Refried Beans	05/11	ALL	F,G,Ms,P,S,Sf,Sy
Walnut Acres Organic Baked Beans	01/11	ALL	G,S
Westbrae Natural Organic Vegetarian Kidney Beans	02/13	ALL	N
Westbrae Natural Vegetarian Organic Garbanzo Beans	08/10	ALL	F
Western Family Dried Black Beans	05/10	F,G,P	N
Western Family Dried Small Red Beans	05/10	F,G,P	F
Whole Foods Market Brand (Bulk) Garbanzo Beans	06/10	ALL	N
Whole Foods Market Brand (Bulk) Great Northern Beans	11/11	ALL	N
Wild Harvest Organic Pinto Beans	01/12	ALL	N
WinCo (Bulk) Lima Beans	05/11	ALL	N

<b>Beer:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
<b>SEE ALCOHOLIC BEVERAGES</b>			

<b>Beverages &amp; Supplies: Non-Alcoholic</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Blue Sky Organic New Century Cola	05/11	ALL	F,P,S

Dr. Tina Honey Root Beer	11/09	ALL	F,P
Dry Vanilla Bean Soda	09/14	ALL	ALL
Enlightened Organic Raw Kombucha Hibiscus No. 7	05/13	ALL	F
Eva's Herbucha Traditional With Ginger	02/13	ALL	ALL
Henry Weinhard's Root Beer	01/10	F,G,P,S	G,S
Izze Sparkling Clementine	02/11	ALL	D,F,P,S
Izze Sparkling Grapefruit	02/11	ALL	D,F,P,S
Natural Brew Draft Root Beer	09/13	ALL	F,G,P,S
Natural Brew Outrageous Ginger Ale	03/11	ALL	F,P,S
Natural Brew Vanilla Cream Soda	05/11	ALL	F,P,S
Pacific All Natural Hemp Non Dairy Beverage Original	02/13	ALL	F,G,P,Sf,Sy
R.W. Knudsen Spritzer, Black Cherry	06/10	ALL	F,S
R.W. Knudsen Spritzer Boysenberry	05/12	ALL	F,P,S
Seagram's Sparkling Seltzer Water Original (also under Water)	03/13	ALL	F,Sy
Synergy Grape Chia Organic & Raw	09/13	ALL	F
Zip Fizz Grape Energy Drink Mix	10/09	ALL	ALL

<b>Bread:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Alvarado Street Bakery California Style Complete Protein	08/14	ALL	G,H,P,Sy
Alvarado Street Bakery Sprouted Sourdough French	12/11	ALL	G,H,S,Sy
Alvarado Street Bakery Sprouted Wheat Bagels	02/14	ALL	G,P,S
Alvarado Street Bakery Sprouted Wheat Cinnamon Raisin Bagels	08/12	ALL	F,G,H
Dave's Killer Bread Blue Buns	06/13 09/13	ALL ALL	G,S G,P,S,Sy

Dave's Killer Bread Cracked Wheat	01/11 07/13	ALL ALL	G,S,Ss G,S
Dave's Killer Bread Good Seed	10/10 03/13	D,E,F,M,P,Sf,Ss,Sy ALL	G,S,Ss F,G,S
Dave's Killer Bread Good Seed Flourless Sprouted Wheat	01/11	ALL	G,S
Dave's Killer Good Seed Spelt	03/10	F,P,S	G,P,S
Dave's Killer Bread Good Seed Sprouted Wheat	03/13	ALL	F,G,S
Dave's Killer Bread Organic 100% Whole Wheat	07/14	ALL	ALL
Dave's Killer Bread Organic 21 Whole Grains & Seeds	05/14	ALL	G,P,S
Dave's Killer Bread Peace Bomb Mini-Baguette	10/10	D,E,F,M,P,Sf,Ss,Sy	G,S,Ss
Dave's Killer Bread Powerseed	09/10 03/13	ALL ALL	F,G,P,S F,G,P,S
Dave's Killer Bread Rockin' Rye	01/11 09/13 02/14	ALL ALL ALL	G,S,Ss D,G,P,S G,S
Dave's Killer Bread 21 Whole Grains	10/10	D,E,F,M,P,Sf,Ss,Sy	G,S,Ss
Great Harvest Bread Company Dakota	04/13	ALL	G,H,P
The Essential Baking Company Bake At Home Artisan Pain Au Levain	11/12	D,E,F,G,H,P,S,Sy	G,P,S
The Essential Baking Company Fremont Sour White Organic	03/11 08/12 09/12	D,E,F,M,G,H,P,S,Sf,Sy ALL ALL	G,S G,Ms G
The Essential Baking Company Multi-Grain Sliced	05/11	ALL	G,P,S,Sf
The Essential Baking Company Organic Bake-At-Home Sourdough	07/14	ALL	G,Ms,P,S
The Essential Baking Company Organic Demi Baguettes Artisan	10/11	ALL	G,P,S

Ezekiel 4:9 Organic Sprouted Whole Grain	05/10	F,G,P	F,G,P
Ezekiel: Food for Life 4:9 Sesame	02/07		D,G,P
Ezekiel: Wheat	06/07		G,S
Food For Life Sprouted Whole Grain & Seed English Muffins	12/11	ALL	G,P,S,Sy
Franz Deli Bohemian Rye	07/10	F,G,P	D,F,G,P,S,Sy
Franz Organic 100% Whole Wheat	07/13	ALL	F,G,M,H,P,S,Sy
Fred Meyer All Natural Bagels	06/07		G,P,S,Ss
Great Harvest Bakery Flax Fiber	09/08	ALL	F,G,P
Great Harvest Bakery Honey Wheat	09/08	ALL	F,G,H,P
Great Harvest Bread Company Honey Whole Wheat	11/12	D,E,F,G,H,P,S,Sy	D,F,G,H,P
Great Harvest Bakery White	09/08	ALL	D,E,G,P,S
Homemade Apple Bran Muffins	10/07	E,F,S	G,F,S
Ian's Panko Breadcrumbs	07/13	ALL	F,G,P,S
IndianLife Naan Whole Rye 100%	01/11	D,E,F,G,H,P,S,Sf,Sy	G,P,S
Julian Bakery Carb Zero	02/13	ALL	E,F,G
Kangaroo Salad Pockets Whole Wheat Pita Pockets	05/08	ALL	F,G,P,S
Kamut Spelt Sourdough	02/07		D,G
Mission Multi Grain Flour Tortillas	06/07		F,G,P,S
Montana Honey Whole Wheat	08/07		F,G,P,S
NatureBake: 100% Whole Grain 4x5 Multigrain	07/10	E,F,G,M,Ms,P,S	G,H,S
NatureBake 100% Whole Grain 4x5 Multi-Grain	12/10	ALL	G,H,Ms,P,S
NatureBake: 100% Whole Grain Multigrain Spelt	02/08	ALL	G,P,S

NatureBake: Organic HoneySprouted Wheat	10/07	D,P	G,H,P,Ss
NatureBake: Organic Stone Ground Wheat	06/08	ALL	F,G,S,Ss -inconsistent
Nature Bake Original Spelt	07/11	ALL	G,H,S
NatureBake Spelt	05/10	ALL	F,P,S
Nature's Path: Manna Carrot & Raisin	02/07		F,G
Nature's Path: Manna Millet & Rice Organic	02/07		G
Nature,s Path: Oats & Honey	09/08	ALL	G,H,P
Oregon Herb Bread	05/08	F,G,P	F,G,P
Organic Double Bran	01/07		G,Ss
Petit Chat Village Bakery (Spokane, WA) Whole Wheat	10/11	ALL	G,P,S
Portland French Bakery Classic Italian Ciabatta Sandwich Squares	08/14	ALL	D,E,F,G,Ms,P
Rudi's: Organic 100%Whole Wheat	06/07		G,P,S,Ss
Rudi's: Organic 100% Whole Wheat Buns	06/07		G,P,S,Ss
Safeway Bakery Farmstyle	05/09	ALL	ALL
Safeway Farm French	09/08	ALL	F,G,P,S,Sy
Sara Lee Artisan Style Authentic Sourdough	05/13	ALL	D,F,P,Sy
Sara Lee Wheat English Muffins	09/07	F, P, S	G,P
Trader Joe's Corn Tortilla Flat Breads, Sesame Salted	06/10	D,F,G,P,S,Sf	E,F,G,P
Trader Joe's Sourdough Wheat	02/14	ALL	D,G,P,S,Sy
Wheat Montana Farms Healthy Loaf 100% Whole Wheat	01/11	D,E,F,G,H,P,S,Sf,Sy	D,G,H,P,S,Sy
Wheat Montana Farms High Fiber, Flax & Sunflower Healthy Loaf	10/10	ALL	D,G,H,Ms,S,Sy
Wheat Montana Sourdough	06/12	ALL	D,F,G,Ms,P,S,Sf,Sy

Wheat Montana Sourdough <b>Note:</b> Package label reads "soy" but evaluation did not result positive for soy	01/08	ALL	D,G,Ms,S
Winter Ridge Rye	03/09	ALL	G,P,S,Sf



**Butter:**

<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Albertson's Unsalted	03/11	ALL	D,F,P
Amish Country Roll Butter Unsalted	04/14	ALL	D,F,P
Darigold Unsalted	02/11	ALL	D,F,Ms,P
Darigold Unsalted	02/08	ALL	D,Sf
Fred Meyer Unsalted	04/13	ALL	D
Horizon Organic Salted	02/13	ALL	D,P,Sf
Horizon Unsalted Organic	12/10 02/13	ALL ALL	D D
Kerrygold Pure Irish	10/07	F,P,S	D,F
Kirkland Salted Sweet Cream	05/11	ALL	D,F,Ms,P
Lucerne Unsalted	04/09	ALL	D,F (Inconsistent)
Natural Directions Organic Salted	06/11	ALL	D,F,Ms,Sy
Organic Valley Organic Sweet Cream Unsalted	03/11	ALL	D
Private Selection Organic Unsalted	10/09	ALL	D,Sf
Purity Farms Ghee, Organic Clarified	06/12	ALL	D
Strauss Organic, Salted	03/11	ALL	D,Ms,P
Strauss Organic, Unsalted	04/09	ALL	D,F
Tillamook	04/08	E,S,Sf,Sy	D,Sf
Tillamook Salted	02/13	ALL	D,F,P,Sf
Tillamook Sweet Cream Salted	05/10	F,P	D,F,P
Tillamook Unsalted	01/10	ALL	D,F
Tillamook Unsalted	12/10	F,Ms,P,S,Sf,Sy	D,F,P
Trader Joe's Organic Unsalted	07/11	ALL	D,F
Trader Joe's Salted	04/09	F,P,S,Sf	D,P,Sf
Trader Joe's Unsalted	06/12	ALL	D

Woodstock Farms Organic,Unsalted	04/09	ALL	D,F
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<b>Candy and Gum:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Altoids Peppermint	12/10	ALL	F,M,P,S
Bobs Sweet Stripes Soft Mint Candy	10/10	ALL	G,S
Bumble Bar Chocolate	06/07		G,S,Sf
Bumble Bar Original	06/07		D,G,S,Sf
Epic Dental 100% Xylitol Sweetened Gum, Peppermint	05/13	ALL	F,P,Sy
Fred Meyer (Bulk) Candied Ginger	10/12	ALL	F,P,S
ICE CHIPS® Peppermint Xylitol Mints	12/12	ALL	F,M
Let's do Organic Sour Gummy Bears	08/07		F,G,P,S
Mariani Honey Bar Sesame	03/11	E,F,G,Sf	F,G
Mars Galaxy Bar	08/07		S
Nestle Aero Bar	08/07		P,S
Nestle Yorki Bar	08/07		F,P,S
The Nut Factory Sugar Free Butterscotch	04/09	ALL	D,F,P,S
Orbit Peppermint Gum	03/09	ALL	ALL
Panda Black Licorice	03/08	ALL	G,S
Spry Cinnamon Mints	07/14	ALL	D
Spry Green Tea Chewing Gum	07/14	ALL	P,Sy
Spry Power Peppermints, Sugar Free	03/12	ALL	F,H,M,P
Spry Spearmint Gum	03/09	ALL	ALL
St. Claire's Organics Ginger Pastilles	09/12	ALL	S
St. Claire's Organic Peppermints	02/07		ALL
Starbucks Coffee Sugar Free Peppermint Mints	06/09	ALL	F,P

Trader Joe's Organic Milk Chocolate Truffle Bar	10/13	ALL	D,G,S
Wrigley's 5 Gum (Rain flavor)	03/09	ALL	ALL
Xylichew Sugar Free Chewing Gum, Peppermint	11/10 02/13	ALL ALL	D,E,F,H,M,Sy F,H,P,Sy

<b>Cereals - Cold:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Arrowhead Mills Oat Bran Flakes	03/07		F,G,S
Arrowhead Mills Organic Kamut Flakes	07/14	ALL	F,G,P,S
Arrowhead Mills Organic Spelt Flakes	05/10	ALL	F,G,P,Sf
Arrowhead Mills Organic Sweetened Rice Flakes	09/09	ALL	F,G,P,S,Ss
Arrowhead Mills Puffed Kamut	09/07		G,P
Arrowhead Mills Puffed Rice Cereal	12/10	ALL	G
Arrowhead Mills Puffed Wheat	09/07		G
Arrowhead Mills Sweetened Shredded Wheat Bite Size Cereal	03/10	D,F,P	F,G,S
Arrowhead Mills Whole Grain Puffed Corn Cereal	09/12	ALL	G
Azure Maple Pecan Granola	05/09	ALL	F,G,P,S
Barbara's Hole In Oats Fruit Juice Sweetened	03/11	ALL	F,G,P,Ss
Barbara's Honey Nut O's	05/08	ALL	G,P,S
Barbara's Organic Brown Rice Crisps	05/14	ALL	F,G,H
Barbara's Puffins Cinnamon	06/08	ALL	F,G,S,Sy
Barbara's Puffin Honey Rice	05/10	ALL	E,G,H,P,S,Sf,Sy
Bob's Red Mill Old Country Style Muesli	12/10	ALL	F,G

Cascadian Farm Organic Granola Oats and Honey	03/13	ALL	G,H,S,Sy
Cascadian Farm Organic Purely O's	09/10	ALL	G,P,S,Sf
Eden Organic Kamut Flakes, Roasted and Rolled	02/11	ALL	G,P
Enjoy Life Double Chocolate Crunch Granola	03/13	ALL	F,G,H,P,S
EnviroKidz Organic Leapin' Lemurs Peanut Butter & Chocolate	07/12	ALL	G,S,Sf
EnviroKidz Organic Gorilla Munch	07/12	ALL	G,M,S
Erewhon 100% Whole Grain Cereal Crispy Brown Rice Gluten Free	07/12 07/13	ALL ALL	G,H F,G,S
Erewhon 100% Whole Grain Cereal Organic Corn Flakes	06/11	ALL	G
Erewhon Organic Crispy Brown Rice Cereal, Original	01/11 02/13	ALL ALL	G G
Erewhon Organic Raisin Bran 100% Whole Grain	05/14	ALL	F,G
Familia Swiss Muesli Cereal, No Added Sugar	07/14	ALL	ALL
General Mills Honey Nut Cheerios	10/11	ALL	G,H,P,S,Sf
Health Valley Rice Crunch-Ems	03/09	ALL	D,G,P,S,Sf
Kashi Autumn Wheat	06/08	ALL	G,S
Kashi 7 Whole Grain Nuggets	06/08	ALL	G,Sf
Kashi 7 Whole Grain Puffs	03/08	ALL	G,P
<i>Kashi</i> ® Cinnamon Harvest Whole Wheat Biscuits	03/13	ALL	F,G,S
<i>Kashi</i> ® Island Vanilla Whole Wheat Biscuits	03/13	ALL	G,S,Sy
Kashi Strawberry Fields Crispy Rice/Wheat Flakes	03/07		F,P,S,Ss
Kashi Whole Wheat Biscuits Autumn Wheat	05/10	F,P	F,G,P,S
Nature's Path Organic Envirokidz Chocolate Koala Crisp	03/13	ALL	G,P,S
Nature's Path Kamut Puffs	02/08	E,S,Sf,Sy	G

Nature's Path Organic FlaxPlus Pumpkin Flax Granola	07/14	ALL	G,S,Sy
Nature's Path Organic Kamut Puffs	05/11	ALL	G,P
Natures Path Organic Millet Rice (Fruit Juice Sweetened)	06/09	F,G,S	F,G,S
Nature's Path Organic Pumpkin FlaxPlus Granola	12/13	ALL	F,G,S,Sy
Nature's Path Organic Rice Puffs	05/11	ALL	G,P
Nature's Path Heritage O's	03/10	ALL	G,H,P,S
Nature's Path Organic Hemp Plus® Granola	06/13 09/13	ALL ALL	F,G,S,Sy G,S,Sf
Nature's Path Organic Kamut Puffs	05/12	ALL	G
Nature's Path Organic Puffed Kamut	07/07		F,G
Nature's Path Organic Puffed Rice	07/07		G,P
Nature's Path Organic Pumpkin FlaxPlus Granola	03/09 07/12	ALL ALL	F,G,P,S,Ss,Sy G,P,S,Sy
Nature's Path Organic Rice Puffs	08/12	ALL	G
Nature's Path Organic Whole Grain Brown Crispy Rice	06/11	ALL	G,P,S
Nature's Place Organic Rice	02/08	F,P,S	G
Path Kamut Puffs	04/10	F,G,S	G
Post Shredded Wheat	10/07	F,P,S	G,F
Private Selection Organic Toasted Oats Cereal	02/08	D,F,H,P,S	F,P,S
Safeway Bite Size Plain Shredded Wheat	08/07		G
Trader Joe's Shredded Bite-Size Wheats	06/13	ALL	ALL
Uncle Sam's Cereal	08/07		G,P

**Cereals - Hot:**

<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
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Arrowhead Mills Bear Mush Hot Cereal	10/12	ALL	F,G
Arrowhead Mills Organic Rice and Shine Hot Cereal	10/09	D,E,F,G,M,P,S,Sy	F,G,M
Augason Farms Creamy Wheat	01/12	ALL	F,G
Bob's Red Mill 5 Grain Rolled Hot Cereal	03/10	E,F,P,S,Sf,Sy	G
Bob's Red Mill 5 Grain Rolled Whole Grain Hot Cereal Plus Flaxseed	11/10	ALL	G
Bob's Red Mill 10 Grain Hot Cereal	10/08 05/10	D,E,F,G,P,S,Sf ALL	G F,G
Bob's Red Mill Brown Rice Farina Creamy Rice Hot Cereal	12/09	D,E,F,G,M,P,S,Sy	F,G
Bob's Red Mill Hot Creamy Rice Cereal	09/08	ALL	D,G,P,Sf
Bob's Red Mill Oat Bran Hot	07/11	ALL	F,G,P
Bob's Red Mill Old Country Style Muesli	11/10	ALL	F,G
Bob's Red Mill Organic Oatmeal	04/07		G
Bob's Red Mill Organic Creamy Rice Brown Rice Farina	03/10	E,F,P,S,Sf,Sy	G
Bob's Red Mill Organic Whole Grain High Fiber Hot Cereal	02/11	ALL	F,G,P
Bob's Red Mill Scottish Oatmeal	06/09	ALL	F,G
Country Choice Organic Oven Toasted Oats Old Fashioned Oatmeal	08/10	D,E,F,G,M,P,S,Sy	F,G
Earth's Best Organic Whole Grain Rice Cereal	04/09	ALL	G
Fred Meyers (no name) 7 Grain Hot Cereal (Bulk)	09/08	ALL	G,P,Sf
Honeyville Farms Farina Ground Wheat Cereal	04/13	ALL	G
Huckleberry's (no name) Kamut Hot Cereal (Bulk)	09/08	E,P,S,Sf,Sy	G
Huckleberries Spelt Flakes Hot Cereal (Bulk)	09/08	E,P,S,Sf,Sy	G,P
Joseph's Grainery Cracked Wheat Cereal	02/11	ALL	F,G
Kirkland Organic Instant Oatmeal	03/11	ALL	F,G,P

Montana's Cream of The West 100% Roasted Wheat Hot Cereal	07/10	ALL	G
Naturally Preferred Organic Oatmeal (Bulk)	05/07		G
Old Wessex Ltd. All Natural Creamy Oat Bran	07/10 11/10	ALL ALL	G F,G
Old Wessex Ltd. All Natural Irish Style Oatmeal	12/10	ALL	G
Old Wessex Ltd. 5 Grain Cereal	07/10 01/11	ALL ALL	G G
Pocono Cream of Buckwheat 100% Organic	10/09	D,E,F,G,P,S,Sy	F,G,P
Shelf Reliance Thrive 9 Grain Cracked Cereal	12/12	ALL	G
Snoqualmie Falls Lodge Oatmeal	06/13	ALL	G
Snoqualmie Falls Oatmeal Natural Pantry (Anchorage, AK)	06/08	ALL	G
Trader Joe's Organic Oats and Flax Instant Oatmeal	03/10	D,F,P,S	G,S,Sf
Western Family 100% Natural Oatmeal Quick 1 Minute	07/13	ALL	F,G,P
Wheat Montana 7 Grain Hot Cereal	10/08	D,E,F,G,P,S,Sf	G

<b>Cheese</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
365 Organic Mozzarella	06/11	ALL	D
365 Organic Mozzarella String	02/10	D,E,F,G,H,M,P,S,Sy	D,Sy
Alta Dena Goat Milk	04/12	ALL	D,F,M,Ms
Appel Farms Gouda Smoked	11/10	D,E,F,G,H,P,S, Ss,Sy	D,F,P
Arla Dofino Creamy Havarti Deli Slices	03/12	ALL	D,M,P,Sf
Arla Havarti Deli Slices	03/11	ALL	D,M,Ms,P

Australian Boxing Cheddar White Boxing Cheddar (at Huckleberry's)	08/12	ALL	D,F,M,Ms,P
Ballard Family Dairy & Cheese Idaho Golden Greek Grillin'	10/13	ALL ALL	D,F,M D,Ms,Sf
Ballard Family Holy Cow Baby Swiss	11/10	D,E,F,G,H,P,S, Ss,Sy	D,F,P
Ballard Family Idaho White Cheddar	11/10	D,E,F,G,H,P,S, Ss,Sy	D
Ballard Family Truffle And Salt Cheddar	11/10	D,E,F,G,H,P,S, Ss,Sy	D
Ballard Family White Cheddar	02/13	ALL	D,Sf
Bauer Butter Kase Cheese from Moscow WA. Coop	06/11 06/14	ALL	D
Beecher's Handmade Cheese Fresh Curds	06/13	ALL	D,F,M,Ms
Beecher's Smoked Flagship Handmade	06/13	ALL	D,P
Bel Gioioso Fresh Mozzarella	09/10	F,G,P	D,F,G,P
Bella Rosano Parmesan, 5 lb. tub	11/09	ALL	D,F,P,Sf
Black Diamond Cheddar	11/07	ALL	D,F
Brunkow Cheese of Wisconsin Genuine Raw Milk Cheddar Cold Pack Cheese Spread	05/11	ALL	D,F,P
Bucherondin	07/13	ALL	D,M
Chevre Fresh Goat Mediterranean Herb & Garlic	09/10	D,E,F,G,H,M,P,S,Sy	D
Cypress Grove Chevre Humboldt Fog	07/13	ALL	D,M
Daiya Pepperjack Style Shreds	01/13	ALL	D,F,P
Dodoni Feta	03/11	ALL	D,F,M,P
Dofino Creamy Havarti	10/10	E,P,S,Sf,Sy	D,P,Sf
Drunken Goat®	07/13	ALL	D,M,P
Dubliner Irish (at Costco)	03/10 05/10	P,Sy F,G,P	D D,F,P
Emmentaler Swiss	06/09	ALL	D,M,Ms
Emmentaler Switzerland Swiss	03/10	E,F,P,S,Sf,Sy	D,F,P,Sf
Fleur Du Maquis Herbed Sheep	02/11	ALL	D,M



Ford Farms Costal Cheddar	11/10	D,E,F,G,H,P,S, Ss,Sy	D,F,P
Fred Meyer Deli Mozzarella	02/09	E,P,S,Sf,Sy	D,F
Fred Meyer Private Selection Chunk Feta	05/09	D,E,F,G,H,M,P,S,Sy	D,F,M
Fresca Fresh Mozzarella	07/07		D,P
Fresca Mozzarella	07/07		D,F,M,Ms,P
Frigo Mozzarella, Low Moisture, Part Skim	03/11	ALL	D,F,M,Ms,P
Frigo White String Cheese	11/08	F,P	D,F,P
Genuine Port Salut French Semi Soft (orange wheel)	03/10	E,F,P,S,Sf,Sy	D,F
German Butterkase Kose	03/10	E,F,P,S,Sf,Sy	D
Gina Marie Old Fashion Cream Cheese	06/13	ALL	D
Glass Springs Dairy Cheddar (Midwest Region)	06/12	ALL	D,F,M
Great Ocean Road Supero Australian Cheddar	03/13	ALL	D,M,Ms
Greenbank Farms Raw Goat Milk Cheddar	05/09	D,E,F,G,H,M,P,S,Sy	D,F,M,P
Greenbank Farms Raw Monterey Jack	05/08	ALL	D
Greenbank Farms Raw Milk Sharp Cheddar	02/07 12/09	F,P,S,Sy	D D
Hoffman's Natural Vermont Cheddar	02/11	ALL	D,F,M,Ms,P
Horizon Organic Cheddar	09/07		D
Horizon Organic- Organic Low Moisture Part Skim Mozzarella String	06/10	F,G,P	D,F,G,P
Huckleberry's Deli Asiago Parmesan	02/09	F,M,Ms,P,S,Sf	D,M,Ms,P
Huckleberry's Parmesan	12/08	F,P,M,Ms,S	D,F,M,Ms
Huckleberry's Rumiano Parmesan	02/09	F,P,	D,F

Italian Parnassian Reggiano	03/10	E,F,P,S,Sf,Sy	D
Jarlsberg	12/10 08/12	F,P ALL	D,F D,F,M,Ms,P,Sy
Jarlsburg Swiss (found at Costco)	11/09 03/10 12/10	P,Sf,F,S E,F,P,S,Sf,Sy D,E,F,G,H,P,S,Ss,Sy	D D D,P
Kerrygold Aged Cheddar, from Ireland	02/11	ALL	D,P
Kerrygold Dubliner	10/09	D,E,F,G,H,M,P,S,Sy	D,F,M,P
Kirkland Mozzarella Low Moisture Part Skim Shredded, 5 lb.	05/11	ALL	D,F,G,P
Kraft Shredded Parmesan	02/09	F,G,P,S,Sf	D,F,P,Sf
Landhaus Butterkase	05/11 03/12 08/13	ALL ALL ALL	D,M D,F,P D
Lifeline Farms "Montazarella" Montana Mozzarella (Organic)	04/14	ALL	D,Ms,P
Lifeline Organic Raw Milk Cheddar	12/09	F,P,S,Sy	D,P
Main Street Market House Wheel Butter Kaese	12/11	ALL	D,M,P
Main Street Market Local Food Coop Whole Milk Mozzarella	12/10	D,E,F,G,H,P,S, Ss,Sy	D
Mifroma Emmentaler AOC Le Gruyere	06/13	ALL	D,M,Ms
Mifroma Emmentaler AOC Swiss	02/13	ALL	D,M,P,Sf
Montchevre Goat Milk Cheddar	03/12	ALL	D,F,M,P
Mt. Vikos Authentic Greek Traditional Feta	03/10	E,F,P,S,Sf,Sy	D
Mt. Vikos Barrel Aged Feta	03/13	ALL	D,F
Mt. Vikos Feta	08/11	ALL	D,F,M
Nancy's Cultured Cream Cheese	06/11	ALL	D,F,Ms,P
Nancy's Organic Cultured Lowfat Cottage Cheese	09/10	E,F,G,P,S	D,F,P
"O" Organics Mild Cheddar	05/08	ALL	D,F,M

Organic Valley Cream Cheese	04/08	F,P,S,Sf	D,F,Sf
Organic Valley Organic Feta	05/09	D,E,F,G,H,M,P,S,Sy	D,F,P
Organic Valley Organic Low Fat Cottage Cheese	04/09	F,P	D,F,P
Organic Valley Organic Low Fat Cottage Cheese Small Curd	12/10 02/13	ALL ALL	D,F,M,P D,F,P,Sf
Organic Valley Organic Mild Cheddar	08/11	ALL	D,F,M,Ms,Sf
Organic Valley Organic Provolone Slices	05/10	ALL	D,F,Ms,P,Sf
Organic Valley Organic Raw Mild Cheddar	05/09	ALL	D,F,M,Ms,P
Organic Valley Organic Small Curd Lowfat Cottage Cheese	12/12	ALL	D,F
Organic Valley Provolone	09/07		D
Parm Parmesan	02/09	F,M,P,S,Sf	D,M,Sf
Port Salut	08/13	ALL	D,P
Port Salut Semi-Soft (France)	02/08	ALL	D,M
President Feta	09/09	P	D,P
Rumiano Family Organic Colby	07/13	ALL	D
Rumiano Family Organic Mild Cheddar	07/13	ALL	D
Rumiano Family Organic Monterey Jack	07/12	ALL	D,G
Rumiano Family Organic Pepper Jack	07/13	ALL	D,F
Rumiano Family Organic SharpCheddar	07/13	ALL	D
Scandic Hushallsost Swedish Farmers Cheese	10/13	ALL	D,P
Self Reliance Thrive Cheddar Shredded Freeze-Dried	12/12	ALL	D,F,P,Sf
Sierra Nevada Cheese Company Cream Cheese, Farmhouse Natural Original	12/10	D,E,F,G,H,Ms,P,S,Sf,Sy	D
Sierra Nevada Cheese Co. Organic Raw Milk White Cheddar	07/11	ALL	D,F,M,P,Sf

Soignon Plain Fresh Goat (Couturier Soft Cheese)	03/10	E,F,P,S,Sf,Sy	D
Stella Mozzarella, Low Moisture, Part Skim	02/11	ALL	ALL
The Laughing Cow Mini Babybel Light Semisoft	03/08	ALL	D,F,P
The Laughing Cow Wedges Light French Onion	08/12	ALL	D,F,M,Ms
Tillamook Colby Jack	04/07 05/10	? F,P,S	D,F,Sf D,F,P
Tillamook Deli Sliced Swiss	03/10	F,P,S,Sf	D,M,Ms,P,Sf
Tillamook Extra Sharp Cheddar	11/09	D,E,F,G,P,S,Sf	D,F
Tillamook Medium Cheddar	05/09 04/10 07/12	ALL ALL ALL	D,F,P D,F,Ms,P D,F,M,P
Tillamook Monterey Jack, 1 lb. brick	11/07 06/10	ALL F,G,P	D,P D,F,P
Tillamook Monterey Jack, 2 lb. brick	11/09	D,E,F,G,P,S,Sf	D,P,Sf
Tillamook Mozzarella	09/08	E,P,S,Sf,Sy	D,F,M,Ms,P
Tillamook Sliced Swiss	04/08 10/10	ALL ALL	D ALL
Tillamook Sharp Cheddar	01/10 04/10	D,P ALL	D,P D,F,P
Tillamook Special Reserve Extra Sharp Cheddar	05/10 10/11	ALL ALL	D,F,P D,F,Ms,P
Tillamook Swiss	11/09 05/10 03/12	D,E,F,G,P,S,Sf F,G,P ALL	D D,M,Ms,P,Sf D,F,P
Tillamook Vintage White Extra Sharp Cheddar	12/10	ALL	D,F,Ms
Trader Joe's Organic Monterey Jack	07/12	ALL	D,G

Trader Joe's Organic Pepper Jack	05/09 02/14	ALL ALL	D,F,M,Ms,P D,F
USA Monterey Jack	10/09	ALL	D,M,Ms,P
Villacenteno Manchego Curado 100% Sheep's Milk	03/13	ALL	D,F
Western Family Monterey Jack	12/10 0613	ALL ALL	D,F,M D,M,Ms,P
Westminster Farmhouse English Cheddar	02/11	ALL	D,P
Wild Oats Raw Natural Mild Cheddar	03/08	F,G,P	D,P
Yancy's Fancy New York's Artisan Cheese XXX Sharp Cheddar, aged over 18 months	02/11	ALL	D,F,M,Ms,P,Sf

<b>Cheese Non-Dairy</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Galaxy Nutritional Foods Rice Vegan Cheddar Flavor Rice Vegan Block	06/11	ALL	ALL
Galaxy Nutritional Foods Rice Vegan Mozzarella Flavor RiceVegan Block	06/11	ALL	ALL

<b>Chips &amp; Crackers:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Albertson's Organic Brand Water Crackers	10/08	F,P,S	F,G,P
Annie Chun's Roasted Seaweed Snacks, Sesame	06/10	ALL	G,Sf
Annie's Chocolate Bunny Grahams	03/07		F,G,P,S
Annie's Homegrown Bunny Grahams Chocolate	03/13	ALL	F,G,P,S,Sy
Annie's Homegrown Bunny Grahams Honey	03/13	ALL	G,H,P,S,Sy
Annie's Whole Wheat Cheese Crackers	03/07		D,F,G,P

Athenos Pita Chips	08/07		G,P
Back to Nature Classic Round 100% Natural	09/13	ALL	G,P,S,Sy
Back to Nature Harvest Whole Wheat Crackers	08/12	ALL	G,Sf
Back to Nature Multi-Seed Gluten Free Rice Thin Crackers	04/13	ALL	ALL
Back to Nature Organic Saltine Crackers	06/13	ALL	G,P,S
Back to Nature Sesame Seed Gluten Free Rice Thins	07/13	ALL	E,F,G
Barbara's Rite Lite Rounds Crackers, Original	03/10 08/10 05/11	ALL ALL ALL	D,E,F,G,H,P F,G,P F,G,H,P,Sy
Beanitos Pinto Bean & Flax Chips	11/11	ALL	G,P
Boulder Canyon Natural Foods Totally Natural Potato Chips Kettle Cooked	07/13	ALL	G,Ms,P,Sf
Boulder Canyon Natural Potato Chips	03/08	ALL	P
Creative Snacks Co. Organic Toasted Coconut Chips	09/14	ALL	F,S
Doritos Dippas Corn Chips	05/13	ALL	F,G
Edwards & Sons Organic Brown Rice Snaps	09/11	ALL	F,G,P
Food for Life Sprouted Corn Tortilla Chips	02/07		D,F,G,P,S
Food Should Taste Good All Natural Chips Blue Corn	03/13	ALL	F,G
Food Should Taste Good Jalapeño Tortilla Chips	03/13	ALL	F,G
Food Should Taste Good MultiGrain Chips	09/10	E,F,G,P,S	F,G,P,S,Sy
Fritos Original Corn Chips	03/08	ALL	F,G,P,Sf
Fritos Scoops	03/08	ALL	G,P,Sf
Garden of Eatin' Mini White Rounds Tortilla Chips	12/10 02/13	ALL ALL	G,Ss G
Garden of Eatin Mini White Strips All Natural Bite-Size Tortilla Chips	11/09 12/10	D,E,F,G,P,S,Sf F,G	G,P F,G

Genisoy Creamy Ranch Soy Crisps	10/09	F,G,P,S	ALL
Green Mountain Gringo Tortilla Strips	12/10	ALL	F,G,Sf,Ss
Juanita's Tortilla Chips	12/10	ALL	F,G,Ss
Kavli 5 Grain Crispbread	03/08	ALL	G,P
Kettle Blue Corn Tortilla Chips	03/08	ALL	F,G,P,Sf
Kettle Organic Yellow Corn Tortilla Chips	07/08	F,P,S,Sf	G
Kettle Tias! All Natural Tortilla Chips Toasted Corn	06/13	ALL	F,G
Kettle Yellow Corn Tortilla Chips	06/07	?	F,G,P
	03/08	ALL	G
	10/10	ALL	F,G,Ss
	12/10	ALL	F,G,Ms,P
Kirkland Organic Yellow & White Tortilla Chips	02/09	D,E,F,P,S,Sf	F,G,P
Kirkland Tortilla Strips	05/10	ALL	F,P
Late July Organic Sea Salt By The Seashore Multigrain Snack Chips	03/13	ALL	G,S
	05/13	ALL	G,S
Lay's Kettle Cooked Sea Salt & Cracked Pepper Flavored Potato Chips	06/13	ALL	F,G,P,S
Lay's Natural Classic Potato Chips Sea Salted	03/07		G,P,Ss
Lay's Natural Thick Cut Sea Salted Potato Chips	03/11	ALL	F,G,P,Ss
Lay's Original Classic Potato Chips	04/07		G,P
Little Bear Corn Chips	05/09	ALL	G,P,Sf,Sy
Little Bear Crunchitos	10/07	F,P,S	F,G
Manischewitz Original Tam Tam Crackers	10/09	F,G,P,S	G,P
Mary's Gone Crackers Organic Sticks & Twigs Pretzels Chipotle Tomato	09/12	ALL	F,G,P

Mary's Gone Crackers Original (Wheat Free Gluten Free)	04/08 03/12	ALL ALL	F,G,P,S G,P,Sy
Mission White Corn Tortilla Strips (with sea salt)	10/09	ALL	F,G,Ss
Mrs. Leeper's Organic Rice Vegetable Twists	11/11	ALL	G,P
Nabisco Honey Maid Honey Graham Crackers	12/10	E,F,P,M,Ms,S	D,G,Ms,P,S
Naturally Preferred Blue Corn Tortilla Chips	07/08 09/10	F,P,S ALL	G,P,Sf F,G
Naturally Preferred Organic White Corn Tortilla Chips	02/11	ALL	G
Naturally Preferred Sesame Blue Corn Chips	06/08	F,G,P,S	G,P
Naturally Preferred White Corn Tortilla Chips	10/10	ALL	G,Ss
Naturally Preferred Yellow Corn Tortilla Chips	06/07		All
Natural Tostitos Blue Corn Tortilla Chips	09/10	E,F,G,P,S	F,G,P
Newman's Own Organic Pretzel Rods	07/08	ALL	G,P,Sy
Newman's Own Organic Spelt Pretzels	05/07		E,G,P,Sf
Newman's Own Organic Unsalted Round Pretzels	10/09	F,G,P,S	G,S,P
Popcorn, Indiana Chip'ins All Natural Popcorn Chips, Sea Salt	10/11	ALL	E,F,G,P
On The Border Cantina Thins Tortilla Chips	05/13	ALL	G,Sy
Quaker Rice Cakes Lightly Salted Gluten Free	10/12	ALL	E,G,P
Que Pasa Organic White Corn Chips	03/09	D,E,F,P,S,Sf	G



Quilts Low Sodium Whole Wheat Crackers	03/08	ALL	F,G,P,S,Sf
Ryvita Crispbread - Sunflower Seeds and Oats, All Natural	03/08 01/11	ALL ALL	G,P G
Simple Truth Natural Blue Corn Tortilla Chips	06/13	ALL	G
Snack Factory Pretzel Crisps	09/11	ALL	E,G,P,S
Snyder's Sourdough Fat Free Hard Pretzels	02/07		F,G,P
Snyder's Sourdough Nibblers	07/08	ALL	E,F,G,P,Sy
Suzie's Certified Organic Salted Crackers With Extra Virgin Olive Oil	06/11	ALL	F,G,P
Suzie's Organic Saltine Crackers	03/09	D,E,F,P,S,Sf	F,G,P
Terra Taro Chips	05/08	ALL	F,P,Sy
Tostitos Organic Blue Corn Chips	03/09	ALL	G,F
Trader Joe's Cassava Chips	05/11	ALL	F,P,S,Sy
Trader Joe's Lightly Salted Rice Cakes	10/10	F,P,S,Sf	ALL
Trader Joe's Organic Blue Corn Tortilla Chips	09/13	ALL	F,G
Trader Joe's Organic Corn Chip Dippers	09/14	ALL	G
Trader Joe's Quinoa and Black Bean Infused Tortilla Chips	07/12	ALL	F,G
Trader Joe's Roasted Plantain Chips	06/13	ALL	F,G
Trader Joe's Roasted Seaweed Snack	10/12	ALL	G,Sf
Trader Joe's Whole Wheat Tortilla Chips	02/07		F,G
Trader Joe's Woven Wheat Wafers	06/10	D,F,P,S,Sf	F,G,P,Sy
Triscuit Crackers - Cracked Pepper And Olive Oil <i>(Note: Package ingredients include "...soybean and/or palm oil..." It may contain soy also, depending on oil.)</i>	10/09	D,E,F,S	F,G,P

Vita Spelt Organic Original Pretzels	03/09 03/11	ALL ALL	E,G,P G,P,Sy
Vita Spelt Organic Sourdough Pretzels	11/08 05/10	ALL ALL	ALL D,G,Ms,P,S,Sy
Vita Spelt Sesame Sticks	05/10	F,P,S	G,P,S,Sy
Wasa Hearty Crispbread	03/13	ALL	G,S
Way Better Snacks Simply Sunny Multi-Grain Tortilla Chips	08/12	ALL	G

<b>Chocolate and Cocoa:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Ah!Laska Organic Chocolate Syrup	08/11	ALL	F,P,S
AH!LASKA Organic Unsweetened Baker's Cocoa	10/09	ALL	G
AH!LASKA Unsweetened Baker's Cocoa Organic Non-Dairy	06/13	ALL	N
Askinosie Malted Moo Moo Dark Milk Chocolate Bar	05/11	ALL	D,G,S
Art Bar Exquisite Swiss Extra Dark 70% Organic Chocolate Bar	05/08	ALL	ALL
Art Bar Exquisite Swiss Milk Chocolate Dark Chocolate Bar	05/08	ALL	ALL
Art Bar Swiss Extra Dark 70%	03/08	ALL	S,Sy
Art Bar Swiss Milk Chocolate	03/08	ALL	D,G,S
Azure Cocoa Powder, Organic Bulk	12/09	ALL	D,F,G,P,Sy
Blanzart Chocolate Ala Taza (Product of Spain) Chocolate Especial de Vainilla	05/08	ALL	S
Café Mama Cocoa Powder	10/07	F,P,S	F

Chocolate Dream Dairy Free Semi-Sweet Baking Chips	04/13	ALL	S,Sy
Chocolove 61% Dark Chocolate Organic Bar	05/08	ALL	D,S,Sy
ChocoPerfection Dark European Chocolate Bar	03/11	ALL	D,G,Sy
Chua0 Todasana 74% Cacao Dark Chocolate Bar	08/08	F,G,P	G,S,Sy
Coconut Secret Ecuadorian Crunch Milk Chocolate & Toasted Coconut Organic	12/13	ALL	D,F
Dagoba Organic Cacao Powder	11/07	ALL	N
Dagoba Organic Chocolate Bar, Extra Strong Dark	11/09	ALL	S
Dark Chocolate Dream Pure Dark Chocolate Bar 100% Dairy-Free	04/13	ALL	G,S,Sy
Dove Silky Smooth Dark Chocolate Bar	05/09	F,G,P	D,G,P,S,Sy
Droste Cacao Powder (Holland)	02/08	ALL	N
Earthcircle 100% Raw Balinese Cacao Powder	05/11	ALL	N
Endangered Species Chocolate Dark Chocolate With Peppermint Crunch 72% Cocoa	08/12	ALL	D,E,F,S,Sy
Enjoy Life Semi-Sweet Chocolate Mini Chips	01/13	ALL	F,G,P,S
Equal Exchange Dark Chocolate with Pure Cocoa Nibs (Lavender Label)	03/08	ALL	D,F,P,S
Equal Exchange Organic Dark Chocolate Bar with Almonds (55%)	01/08	ALL	S
Equal Exchange Organic 71% Very Dark Chocolate Bar	05/08	ALL	G,S,Sf,Sy
Frontier (Bulk) Cocoa Powder	01/14	ALL	N
Ghirardelli Cocoa Bar	05/08	D,E,F,P,S,Sy	D,P,S,Sy

Green & Black's Organic 34% Cocoa-Rich Milk Chocolate Bar	03/11	ALL	D,G,S,Sy
Green & Black's Organic Bittersweet Dark Chocolate Bar 70%	02/11	ALL	G,S
Green & Black Organic Cocoa	02/09	ALL	N
Green and Black's Organic Cocoa Powder	01/09	F,G,P,S	N
Green and Black's Organic Dark Chocolate Bar 70%	12/10	ALL	D,G,S,Sy
Green & Black's Organic Milk Chocolate Bar	01/14	ALL	D,F,G,S,Sy
Green & Black's Organic White Chocolate Bar	01/14	ALL	D,F,G,S,Sy
Hershey's Cocoa - Natural Unsweetened (powder)	05/11	ALL	ALL
Holy Chocolate Swiss Powder (hot chocolate)	05/08	ALL	G,S
Holy Kakow Rapture Organic Chocolate Syrup	09/09	ALL	F,G,P,Ss
Huckleberry's (Bulk) Sweetened Dark Chocolate Chips	05/09	ALL	D,F,G,P,SY
Huck's Bulk Grain Sweetened Chocolate	05/10	ALL	G,S,Sy
Kirkland Signature (Costco) Chocolate Chips Semisweet	02/14	ALL	F,G,P,S,Sy
Lindt Extra Dark Chocolate	08/08	ALL	D,F,G,P,S,Sy
Luna & Larry's Organic Coconut Bliss Bars Dark Chocolate (Also Listed under Frozen Foods)	10/13	ALL	C,F,G,P,S
Lydia's Organics Cacao Crunch Bar	04/14	ALL	G
Michel Cluizel Dark Chocolate Noirde Cacao 60%	03/08	ALL	G,P,S
Michel Cluizel Grand Lait 45%	03/08	ALL	Inconsistent
Michel Cluizel Noir 85%	03/08	ALL	Inconsistent

Naturally Preferred Bulk Organic Dark Chocolate Chips	06/09	ALL	D,F,G,P,S,Sy
Navitas Cacao Powder, Certified Organic	12/11	ALL	F
Nestle Chocolatier	03/08	ALL	ALL
Nestle Cocoa Powder	02/09	ALL	F
Nirvana 72% Dark Chocolate With Cocoa Nibs	03/08	ALL	G,S
Nirvana Organic Belgian 72% Dark Chocolate Bar	11/07	D,S,Sy	S
Now Certified Organic Cocoa Powder	06/10	ALL	N
Rapunzel Organic Cocoa Powder	11/07 04/13	ALL ALL	ALL Sy
Saco Premium Cocoa	07/13	ALL	N
Simply Lite Dark Chocolate Bar	07/14	ALL	D,E,M,Ms,P,Sy
Sunfood Nutrition Cacao Beans, Raw, Organic	02/08	ALL	N
Sunfood Nutrition Cacao Nibs, Raw, Organic	02/08	ALL	N
Sunspire All Natural Grain Sweetened Chocolate Chips	04/10	ALL	D,F,G,P,Sy
Sunspire Fair Trade Organic Baking Bar 100% Cacao Unsweetened Chocolate	05/11	ALL	P
Sunspire Organic Dark Chocolate Almonds (Bulk)	10/10	E,F,G,P,S	P,S,Sy
Sunspire Organic Grain Sweetened Chocolate Chips	03/08	ALL	D,G,P,Sy
Sunspire White Chocolate Chips	04/10	ALL	D,G,F,P,S,Sy
Theo Organic Fair Trade Pure 45% Milk Chocolate Bar	10/13	ALL	D,G,S
Theo Organic Fair Trade Rich Dark Chocolate 70% Cacao	05/11	ALL	D,F,P,S
Theo Rich Dark Drinking Chocolate 10 oz.	10/13	ALL	G,S
Theo Sea Salt Dark 70% Cacao Organic & Fair Trade	10/13	ALL	F,G,Ms,S,Sy

Trader Joe's Dark Chocolate Bar	06/10	F,G,P,S	G,S,Sy
Trader Joe's Dark Chocolate Honey Mints	04/14	ALL	F,G,H
Trader Joe's Mint Cocoa	02/07		D,S
Trader Joe's Organic Dark 73%	03/08	F,P	S
Trader Joe's Organic Milk Chocolate Truffle Bar	10/13	ALL	D,G,S
Trader Joe's Unsweetened Cocoa Powder	08/10	ALL	Sy
Torani Dark Chocolate Sauce	08/12	ALL	F,Ms,S
Vivani Dark Chocolate Bar Organic 72% Cocoa Content	12/11	ALL	S,Sy
Warrior Whey Chocolate	07/10	E,F,S	E (and evaluates poorly for ALL)
Whole Foods Organic Swiss Dark Chocolate	05/08	ALL	D,G,S
Wilderness Family Organic Cocoa Powder	02/07		F,G

<b>Coffee and Alternatives:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
4 Seasons Coffee Company Organic Espresso Blend	02/13	ALL	F
Allegro Coffee Organic Espresso Bel Canto	03/10	F,P,S	N
Anvil Blacksmith Blend Coffee	12/10	ALL	N
Bumper Crop Coffee Co. Sister's Cake Blend Whole Bean Coffee	05/11	ALL	F
Cafe Ibis Highlander Grog Coffee	01/12	ALL	F
Cafe Ibis Medium Roast Coffee	01/12	ALL	N
Cravens Mexican Water Process Decaf, Certified Organic Free Trade Coffee Beans	10/10	F,P	N

<b>Condiments:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
A1 Steak Sauce	12/12	ALL	F,Ms,P,S
Angostura Bitters	09/09	ALL	G
Annie's Naturals Organic Asian Sesame Dressing	06/11	ALL	F,G,Ms,P,S,Sf,Sy
Annie's Naturals Organic Green Garlic Dressing	04/07		F,Sf,Ss
Annie's Naturals Organic Horseradish Mustard	08/12	ALL	F,P
Annie's Naturals Organic Sesame Ginger Vinaigrette	06/11	ALL	F,G,H,Ms,P,Sf,Sy
Annie's Naturals Tuscany Italian Dressing	06/10	D,F,P,S	F,G,Ss
Annie's Naturals Organic Yellow Mustard	07/13	ALL	F,G
Braggs All Natural Ginger & Sesame Salad Dressing	06/09	D,E,F,S	F
Braggs Healthy Organic Vinaigrette Salad Dressing	06/09	D,E,F,S	F
Braggs Liquid Aminos	02/08	ALL	F,G,P,Sy
Earth Balance Original Mindful Mayo Dressing & Sandwich Spread	08/14	ALL	F,G,Ms,P
Earth Island Veganaise	08/08	ALL	ALL
*Eden Mirin Rice Cooking Wine	01/09	ALL	F
* Analyzed positive for potato in Sept. 08. Recent evaluation did not. Consider potential inconsistency in product.			
Eden Organic Tamari	09/07	F,P,S	Sy
Eden Organic Tamari Soy Sauce	05/11	ALL	G,P,Sy

Follow Your Heart Organic Vegenaïse (Yellow label)	03/09	ALL	F,G,P,Ss,Sy
Follow Your Heart Vegenaïse Horseradish Sauce	04/13	ALL	F,G,P
Follow Your Heart Vegenaïse Original	05/13	ALL	F,G,Sy
Follow Your Heart Vegenaïse Tartar Sauce	04/13	ALL	F,G,S,Sf
Frank's RedHot Original Cayenne Pepper Sauce	10/13	ALL	F,G,P,Sf
French's Classic Yellow Mustard	09/08 09/12	E,P,S,Sf,Sy ALL	F F,G,Ms,P
French's Spicy Brown Mustard 100% Natural	06/13	ALL	G,S,Sf,Sy
French's Worcestershire Sauce Extra Tenderizing	05/11	ALL	ALL
Good Seasons Italian All Natural Salad Dressing and Recipe Mix	10/07	F,P,S	F
Heinz Organic Ketchup	03/07		F,G,P,S,Sf
Heinz Original Cocktail Sauce	06/13	ALL	G,P,S,Sy
Hy-Top Spicy Brown Mustard	06/13	ALL	P
Jack Daniel's Mustard	11/08	ALL	D,M,Ms,P,S
Ken's Steak House Italian Dressing	09/07	F,P,S	S
La Victoria Salsa Brava Hot Sauce (Also listed under Salsa)	06/13	ALL	F,G,P,Sf
Litehouse Zesty Italian Dressing & Marinade	05/11	ALL	F,G,Ms,P,S,Sf
Mae Ploy Sweet Chili Sauce	09/13	ALL	F,Ms,P,S
McIlhenny Co. Tabasco Brand Pepper Sauce	06/10	ALL	F,G,Sf
Muir Glen Tomato Ketchup	04/07		G,S
Naturally Preferred Dijon Mustard	08/10	ALL	G
Naturally Preferred Organic Tomato Ketchup	09/07		F
Natural Value Organic Dijon Mustard	05/11	ALL	F,G,Ms,P



Natural Value Organic Horseradish mustard	02/08	ALL	G,Sf
Natural Value Organic Prepared Yellow mustard	04/08	D,F,P,S	G
"O" Organics Ketchup	03/07		F,G,P,S,Sf
Organic Vegenaïse Egg free, Dairy free, No Cholesterol	01/09	D,F,S	F,G,S,Sy,Ss
OrganicVille Non-Dairy Ranch Organic Dressing	05/11	ALL	D,F,G,Ms,P,Sy
OrganicVille Miso Ginger Organic Vinaigrette	06/09	D,E,F,S,Sy	D,E,F,Sy
OrganicVille Organic Ketchup	07/11	ALL	G,Ms,P
OrganicVille Organic Ketchup No Added Sugar, Gluten Free	07/08	D,E,F,P,S	F,G - inconsistent
Pace Picante Sauce, Mild (Also listed under "SALSA")	12/10	ALL	F,G,Ms,P,Sf
Red Tail Ale BBQ Sauce	06/08	ALL	G,Ms,P,S
Robbie's Barbeque Sauce Mild	05/08	E,F,S,Sf	F,S
Panda Express Teriyaki Sauce	10/07	E,F,S	F,S,Sy
San-J Organic Shoyu Naturally Brewed Soy Sauce (also listed under Soy Products)	08/13	ALL	G,Sy
Spectrum Eggless Vegan Light Canola Mayonnaise	02/08	ALL	ALL
Spectrum Naturals Light Canola Mayo, Eggless Vegan	05/11	ALL	F,G,P,Sf,Sy
Spectrum Organic Mayonnaise	12/10	ALL	E,F,G,H,P,Ss
Tabasco Spicy Brown Mustard	11/08	ALL	ALL
Thai Kitchen Green Curry Paste	06/13	ALL	D,F
Thai Kitchen Red Curry Paste	06/13	ALL	F,G,Ms,Sf
Trader Joe's Hot & Sweet Pepper Jelly	03/14	ALL	F,G,P,S
Trader Joe's Jalapeno Hot Sauce	10/08	D,E,F,G,P,S,Sf	F,P,Sf
Uncle Dan's Classic Ranch Seasoning and Salad Dressing Mix	12/10	ALL	F,G,Ms,P
Veganaise Original Mayonnaise Substitute	03/07		ALL

Westbrae Natural Stone Ground Mustard	07/11	ALL	G,Ms
Wild Harvest Organic Ketchup	07/14	ALL	F,G,S
Zukay Live Foods Sweet Onion Basil Salad Dressing	08/11	ALL	F,P
<b>ALSO SEE SOY PRODUCTS</b>			

<b>Cookies and Treats:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Barbara's Vanilla Snackimals Animal Cookies	05/10	D,F,P,S	G,P,S,SS,Sy
Barbara's Wheat Free Original Fig Bars	09/09	P,S	F,G,P,S
Bora Bora Bars	04/08	ALL	F,G
Bora Bora Organic Cinnamon Oatmeal Bar	03/08	ALL	F,G,H
Bumble Bar Organic Energy Awesome Apricot	04/09	ALL	F,G
Bumble Bar Organic Energy Cherry Chocolate	04/09	ALL	D,F,G,S
Bumble Bar Organic Energy Chunky Cherry	04/09	ALL	F,G,S
Bumble Bar Organic Energy Tasty Tropical	04/09	ALL	F,G
Cliff Nectar Organic Chocolate with Walnuts	03/07		F
Cliff Nectar Organic Cranberry, Apricot & Almonds	03/07		F
Coco-Roons Organic Brownie	07/13	ALL	F,G
Coco-Roons Organic Vanilla Maple	07/13	ALL	F,G
Country Choice Mint Crème Cookies	06/07		D,Sf

Country Choice Oatmeal Chocolate Chip Cookies	01/10	D,F,P,S	F,G,P,S
Country Choice Organic Sandwich Cremes, Vanilla	10/10	ALL	G,S,Ss,Sy
Country Choice Sandwich Cremes	06/07		G,S,Sy
Dandies Vegan Air Puffed Marshmallows	03/10	D,E,F,P,S	F,G,S,Sf,Sy
Enjoy Life Cocoa Loco Chewy Bars	03/13	ALL	F,G,P,S
Enjoy Life Sunbutter Crunch Chewy Bars	03/13	ALL	F,G,P,S
Hail Merry Macaroons Strawberry	06/14	ALL	F
Jimmy Moore's The Livin' La Vida Low Carb Bar	10/09	ALL	ALL
Kashi Almond Soft Baked Squares	06/13	ALL	D,F,G,P,S,Sy
Kind Walnut Date Bar	04/10	ALL	F,G,H,S,Sy
Larabar Cherry	11/09	ALL	F
Larabar Coconut Cream Pie	06/08	ALL	F
Larabar Jocalat Chocolate	11/09	ALL	F
Larabar Jocalat Chocolate Cherry	06/08	ALL	F
Larabar Jocalat Chocolate Hazenut	06/08	ALL	F
Larabar Peanut Cookie	06/08	ALL	F
Lara Bar Cocoa Mole'	03/08	ALL	F
Lundberg Brown Rice Cakes	10/09	ALL	F,G
Lundberg Organic Salt Free Brown Rice Cakes	05/10	D,F,P,S	ALL
Lundberg Original Brown Rice Cakes	01/10	D,F,P	G,P
Mariani HoneyBar Granola	07/11	ALL	F,G,H,P
Mariani HoneyBar Sesame	07/11	ALL	F,G,H

Mariani HoneyBar Trail Mix	07/11	ALL	F,G,H
Michelle's Naturally Peanut Butter Apricot Cookie	11/11	ALL	F,G,P
Mrs. May's Naturals Black Sesame Snack	08/07		G,S
Nature's Choice Cereal Bars, Triple Berry	11/09	ALL	F,G,P,S,Sf
Natures Path Organic Flax Plus Pumpkin Granola Bar	09/09	ALL	F,G,P,S,Ss,Sy
Nana's Double Chocolate Cookie	04/13	ALL	F,G,Sy
Newman's Own Original Fig Newton	08/07		F,G,P,S
Oskri sesame Bar - Quinoa	09/08	ALL	G,H,S
Sezme Sesame Snaps	01/11	ALL	G,S
Suzie's Kamut Puffed Cakes Plain	05/11	ALL	F,G,P
Think Thin Protein Bar	03/08	E,S,Sf	F,S
Walkers Pure Butter Shortbread Rounds	07/08	ALL	D,E,G,P,S
Walkers Shortbread Cookies	01/10	D,F,P	D,F,G,P,S

<b>Egg:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Great Value (at Wal-Mart) Cage Free Brown	05/13	ALL	E
Heritage Farm Brown Eggs	01/10	D,F,P	E
Huckleberry's Organic	07/10	D,F,P,S,Sf	E
Humane Harvest	02/09	ALL	E,P
Humane Harvest Cage Free	03/09	ALL	E,P
Naturally Nested Eggs	10/10	ALL	E,F
Naturally Preferred	02/09 07/10	ALL ALL	E E,F
Naturally Preferred Organic	01/11	ALL	E

Oakdell Organic Cage Free Brown	04/12	ALL	E
Organic Valley Organic Egg Whites, Pasteurized	09/12	ALL	E
Simple Truth Cage Free Brown	04/12	ALL	E,F
Simple Truth Cage Free Omega 3	01/12	ALL	E
Simple Truth Organic Cage Free	01/12	ALL	E
Wilcox Family Farms Large White	05/11	ALL	E,P
Wild Harvest Organic	07/10	D,F,P,S,Sf	E,P

<b>Flour:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Ancient Harvest Quinoa Organic, Gluten Free	09/09	ALL	G,P
Arrowhead Mills Organic Pastry	10/12	ALL	F,G
Arrowhead Mills Organic White Unbleached	01/10	ALL	F,G
Azure 10 Grain	06/08	F,G,P	G,P
Azure Farm Cornmeal, Organic Medium Grind	04/14	ALL	G
Azure Farm Organic Whole Wheat Pastry (Unifine)	12/12 10/13	ALL ALL	G F,G
Azure Organic Hard Red Whole Wheat Flour, Unifine	12/09	ALL	F,G,P
Azure Organic Millet Flour, (Unifine)	12/09	ALL	G
Azure Organic Red Wheat	04/10	ALL	F,G,P
Azure Organic Spelt	02/08	ALL	G
Azure Organic Unbleached White Flour	12/09	ALL	G,P

Bob's Red Mill 100% Stone Ground Whole Wheat Pastry	06/11	ALL	F,G
Bob's Red Mill Almond Meal	02/11 06/13	ALL ALL	F N
Bob's Red Mill Amaranth, Organic Whole Grain	03/11	ALL	F,G,Sf
Bob's Red Mill Arrowroot Starch/Flour	02/09 12/12	ALL ALL	P G
Bob's Red Mill Brown Rice	08/08	ALL	G
Bob's Red Mill Coconut Organic High Fiber	06/13	ALL	F
Bob's Red Mill Corn Flour, Whole Grain, Stoneground	03/11	ALL	F,G,P
Bob's Red Mill Cornmeal, Fine Ground, Whole Grain, Stone- Ground	07/14	ALL	G
Bob's Red Mill Enriched Unbleached White Flour	06/10	D,F,S,Sy	G,P
Bob's Red Mill GF (Gluten Free) Garbanzo & Fava	08/08	ALL	P
Bob's Red Mill Gluten Free Sweet White Sorghum	02/08	ALL	F,P,S
Bob's Red Mill Green Pea, Stoneground	03/11	ALL	F
Bob's Red Mill Stone Ground Whole Wheat	01/09 05/10	ALL F,P,S	F,G G,P
Bobs Red Mill Organic 100% Stone Ground Whole Grain Corn	10/09	ALL	G
Bob's Red Mill Organic Coconut High Fiber	10/12	ALL	F
Bob's Red Mill Organic Quinoa Whole Grain	12/13	ALL	F,G
Bob's Red Mill Organic Whole Grain Buckwheat	06/11	ALL	G

Bob's Red Mill Stone Ground Whole Wheat	12/10	ALL	G
Bob's Red Mill Stone Ground Whole Wheat Pastry	11/09	E,F,P,S	G,P
Bob's Red Mill Teff	04/10	ALL	N
Bob's Red Mill Teff, Whole Grain	03/11	ALL	G
Bob's Red Mill Ten Grain	05/08	F,G,P	G,P,Sy
Bob's Red Mill Unbleached Organic	07/07		G,P
Bob's Red Mill Unbromated Unbleached White	05/10 08/12 04/13	P ALL ALL	G,P F,G F,G,P
Bob's Red Mill Vital Wheat Gluten 75% to 85% Protein	07/14	ALL	G
Bob's Red Mill Wheat Gluten	03/08	ALL	G,P
Bob's Red Mill White, Unbromated Unbleached	12/11 08/13	ALL ALL	F,G,P F,G,P
Bob's Red Mill Whole Grain Brown Rice	05/10	D,F,P,S,Sf	F,G
Bob's Red Mill Whole Grain Corn Flour Stone Ground	09/10	E,F,G,S,Sf,Sy	F,G
Bob's Red Mill Whole Grain Teff	09/09 12/09 05/10	ALL ALL D,F,P,S,Sf	F G N
Bob's Red Mill Whole Wheat Graham	06/11	ALL	G
Bob's Red Mill Whole Wheat Pastry, Stoneground From Soft White Wheat	12/11	ALL	F,G,M
Dakota Prairie Organic Gold	08/11	ALL	F,G
Domata Living Flour All Purpose GFCF Flour (gluten free, casein free)	09/10	F,S	F
Earthworks Health Diatomaceous Earth Shell Flour 100% Food Grade	06/12	ALL	Sf
Fairhaven Organic Flour Mill Rye	07/14	ALL	G
Gluten Free Mama Mama's Almond Blend	04/14	ALL	G,P

Heartland Mill Organic Oat Flour	03/11	ALL	G
Hodgson Mill Unbleached All-Purpose Naturally White Flour	10/10	ALL	F,G
Honeyville Farms Blanched Almond	05/13 04/14	ALL ALL	F F,P
Huckleberry's (Bulk) Brown Rice	09/12 12/13	ALL ALL	F,G,P G
Huckleberry's Bulk White Spelt	01/10	ALL	F,G
Huckleberry's White Spelt	09/07		G
Huckleberry's Whole Grain Kamut (Bulk)	01/09	E,P,S,Sf,Sy	G
King Arthur Unbleached White Whole Wheat	09/10	E,F,G,P	E,F,G,P
Lundberg Organic Brown Rice	11/12	ALL	G
Mais Vida Wheat	05/13	ALL	F,G,P
Maseca Masa Corn	12/12	ALL	F,G
Maskal Teff, Brown	06/11	ALL	N
Montana Milling Organic Red Wheat	01/09	F,P	G
Montana Wheat Natural White All Purpose Unbleached	12/10	ALL	G,P
One Degree Organic Foods Organic Sprouted Whole Wheat	08/13	ALL	G,P
Pendleton Mills Morbread	04/10	ALL	F,G,P
Planet Rice Organic Sprouted Brown Rice	10/12	ALL	F,G,P
Rosauers (Bulk) Organic Whole Wheat (at the Y, Spokane WA.)	03/09	F,G,S	F,G
Stone-Buhr White Bread	08/07		G,P
Stone-Buhr Whole Wheat Flour	11/09	ALL	G
Sun Organic Farm Almond	01/13	ALL	F
Tapioca Flour (Bulk) Gluten Free, (Central Market, Spokane, WA.)	03/08	ALL	E,F,G,P
Vita Spelt	06/07		G,P



Vita Spelt Organic White Spelt, in Bulk at Huckleberry's	05/10	ALL	F,G
Vita Spelt White Spelt	05/11	ALL	G
Vita Spelt Whole Spelt	05/11	ALL	G
Wheat Montana Bronze Chief Whole Wheat Flour, Hard Red Spring Wheat	01/11	ALL	G
Wheat Montana Natural White All Purpose	09/09*	F,G,P	G,P
Wheat Montana Natural White All Purpose	01/09*	ALL	F,G,P
Wheat Montana Natural White All Purpose Unbleached	01/11	ALL	G,P
Wheat Montana Natural White Premium All Purpose Unbleached, Unbromated	05/11	ALL	F,G,P
Wheat Montana Prairie Gold Premium 100% Whole Wheat, Unbleached White Whole Wheat	01/11	ALL	G
Wheat Montana Prairie Gold 100% Organic Hard White Wheat	03/14	ALL	G
Wheat Montana Prairie Gold 100% Whole Wheat	04/09	E,F,P,S,Sf	G
Wheat Montana Prairie Gold 100% Whole Wheat	02/09	ALL	G
Wheat Montana Prairie Gold Premium	07/10	ALL	G
Wheat Montana White	03/09	ALL	G
Winco Organic Oats (Bulk)	03/14	ALL	F,G

<b>Frozen Foods:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Amy's Pizza Margherita	03/13	ALL	D,F,G,H,M,P,S,(Sy?)
Amy's Pizza Cheese	03/13	ALL	D,F,G,H,M,P,S,(Sy?)

Azure Standard Broccoli Florets Bulk Frozen Organic	02/14	ALL	N
ByBee Foods Frozen Organic Sweet Baby Peas (also listed under VEGETABLES, LEGUMES, MELONS AND MUSHROOMS)	11/13	ALL	N
ByBee Foods Frozen Organic White Sweetcorn (also listed under VEGETABLES, LEGUMES, MELONS AND MUSHROOMS)	11/13	ALL	F,G
Cascade Farms Squash	06/07		N
Costco Signature Whole Blueberries Frozen	05/14	ALL	F
Gardenburger The Original Veggie Burger	03/07	ALL	ALL
Lifestream Organic Flax Plus Waffles	03/07		ALL
Luna and Larry's Organic Coconut Bliss Non-Dairy Frozen Dessert Dark Chocolate	12/10 10/13	ALL ALL	D,F,M,Ms,P,S F,G,P,S
Luna and Larry's Organic Coconut Bliss Non-Dairy Frozen Dessert Vanilla Island	12/10		D,F,M,Ms,P,S
Shelf Reliance Thrive Red Bell Peppers Premium Freeze Dried (also listed under Vegetables, Legumes & Mushrooms)	11/12	ALL	N
Shelf Reliance Thrive Sweet Corn Freeze Dried (also listed under Vegetables, Legumes & Mushrooms)	11/12	ALL	G
Townsend Farms Organic Frozen Cherries	11/13	ALL	F
Van's Original Multigrain Toaster Waffles	03/07		F,G,Sy

**Fruit & Berries (Including Spreads & Sauces):**

BRAND/ITEM NAME	DATE EVALUATED	EVALUATED FOR	RESULTS
Azure Goji Berries, Dried, Organic	05/08	ALL	D,F

Bear Fruit Dried Cherries	05/08	ALL	F
Bear Fruit Dried Pears	05/08	ALL	F
Bolthouse Farms C-Boost Tropical Fruit Smoothie	06/09	ALL	F
Carolyn's Classics Rhubarb Jam	03/13	ALL	F,S
Clif Kid Organic Twisted Fruit, Strawberry	12/10	ALL	F,P,Sf
Costco Signature Whole Blueberries Frozen	05/14	ALL	F
Crofters Organic Concord Grape Jelly	05/09	ALL	F,S
Dole California Whole Pitted Dates 100% Natural	05/11	ALL	F
Dole Tropical Gold Pineapple Chunks in 100% Pineapple Juices	06/12	ALL	C,S,Sf
Frontier (Bulk) Dry Hawthorn Berries	10/08	ALL	N
Frontier (Bulk) Dry Juniper Berries	10/08	ALL	N
Frontier Juniper Berry, Dry	11/08	D,F,G,P,S	F
Gerber® Graduates® For Pre-Schoolers Fruit Twists, Grape and Strawberry	04/09	P,S	F,P,S
Health Best Apple Juice- Sweetened Cranberries	01/09	D,H,P,Sf,Sy	F,S
High J Orchards Fuji Chunky Applesauce	07/08	ALL	F
Let's Do...Organic Organic Creamed Coconut	07/11	ALL	F
Let's Do Organic Unsweetened Organic Coconut Flakes	05/11	ALL	F
Lindsay Pitted California Ripe Olives, Medium	05/11	ALL	F,Ms,P
Musco Family Olive Co. Black Pearls Extra Large Pitted Ripe Olives	06/11	ALL	F,M,P
Napoleon Sliced Ripe Olives, Black	05/11	ALL	F,P
Native Forest Organic Pineapple Slices(Canned)	07/10	ALL	F
Naturally Preferred Organic Applesauce	03/09	D,E,F,S	F

Naturally Preferred Organic Frozen Blueberries 10 oz	01/10	ALL	F
Naturally Preferred Organic Frozen Strawberries 10 oz	01/10	ALL	F
Nature's Hollow Sugar Free Strawberry Preserves	06/12	ALL	F
Newman's Own Organic California Prunes	03/08	P,S	F
Newman's Own Organics Raisins	01/11	ALL	F
Private Selection Organic Seedless Raisins	05/11	ALL	F
Safeway Lite Yellow Cling Peach Slices	12/10	ALL	F,S
Safeway Regular Seedless Watermelon, Fresh	07/08	ALL	ALL
Smucker's Simply Fruit Seedless Strawberry Spreadable Fruit	10/09	P,S	F,S
Snokist Applesauce	03/09	ALL	F,S
St. Dalfour (France) Raspberry Jam 10 oz Jar	03/08	ALL	F
St. Dalfour Red Raspberry Jam	04/10	ALL	F
St. Dalfour Royal Fig Jam	05/09	ALL	F,G,S
St. Dalfour Strawberry Spread	07/08	ALL	F,G
St. Dalfour Wild Blueberry Jam	05/09	D,E,F,S	F
Stretch Island Fruit Co. All-Natural Fruit Strip Harvest Grape	05/11	ALL	F
Sunshine Burgers Organic Barbeque (also listed under <a href="#">Prepared Foods and Mixes</a> )	12/13	ALL	F,G,P
Sunshine Burgers Organic Garden Herb (also listed under <a href="#">Prepared Foods and Mixes</a> )	12/13	ALL	G
Sunshine Burgers Organic Black Bean South West (also listed under <a href="#">Prepared Foods and Mixes</a> )	12/13	ALL	F,G

Sunsweet D'Noir Prunes Preservative Free	05/11	ALL	F
Sunsweet Pitted Dried Plums	02/07		F,P,S
Townsend Farms Organic Frozen Cherries	11/13	ALL	F
Trader Joe's Dried Fruit Dried Baby Sweet Pineapple Unsweetened & Unsulphured	02/14	ALL	C
Trader Joe's Organic Strawberry Fruit Spread	12/11	ALL	F
Trader Joe's Thompson Seedless Raisins	06/11	ALL	F
Treetop Organic Applesauce No Sugar Added	05/11 08/12	ALL ALL	F F
Truitt Brothers Inc. Organic Pacific NW Bartlett Pear Halves (Canned)	07/10	ALL	F
Wapato Cantaloupe (at Rosauers)	09/12	ALL	P
Wild Harvest Organic Applesauce	06/09	D,E,F,S	F,S
Winco Bulk Organic Raisins	05/09	ALL	F
WinCo (Bulk) Organic Whole Pitted Dates	05/11	ALL	F
WinCo (Bulk) Whole Raisins	05/11	ALL	F
Woodstock Farms Organic Goji Berries	06/10	ALL	F
Yokes Regular Seedless Watermelon, Fresh	07/08	ALL	ALL

<b>Grains:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Amira Long Grain White Basmati Rice	10/13	ALL	F,G,P
Ancient Harvest Organic Whole Grain Quinoa	11/09	ALL	F,G,P
Angie's BOOMCHICKAPOP Sea Salt Popcorn	02/13	ALL	G
Arrowhead Mills Organic Popcorn	09/10	F,G,P	G
Azure Farm Kamut	05/08	ALL	G

Azure Kamut Grain	05/08	ALL	G
Azure Farm Organic Golden Flax	06/10 11/10 (bulk) 01/12	ALL ALL ALL	G G G
Azure Farm Organic Quinoa Grain (Bulk)	06/11	ALL	F,G,P
Azure Farm Organic Regular Rolled Oats	02/14	ALL	G
Azure Farm Organic Yellow Popcorn	10/10	ALL	G
Azure Rolled Oats 9 Grain Flakes	06/08	F,G,P	G
Azure Standard Edison Grainery Buckwheat Kasha, Organic	07/14	ALL	F,G
Azure Standard Hard White Wheat Berries	03/08	F,G,P	G
Azure Standard Oat Groats	03/08	F,G,P	G
Azure Standard Organic Yellow Popcorn	02/13	ALL	G
Barn Barn Mee Brown Rice	12/12	ALL	F,G
Bearitos Lite No Salt No Oil Organic Popcorn	02/13	ALL	F,P
Bob's Red Mill Corn Grits, Also Known as Polenta (from Midwest region)	07/12	ALL	G,P
Bob's Red Mill Gluten Free Quick Cooking Oats	09/12	ALL	F,G
Bob's Red Mill Natural Raw Wheat Germ	10/10 10/11	E,F,P,S,M ALL	G G
Bob's Red Mill Organic Rolled Oats	05/10	F,P	F,G
Bob's Red Mill Regular Old Fashioned Rolled Oats	06/07		G
Bob's Red Mill Rolled Oats Quick Cooking Whole Grain	08/13	ALL	F,G
Bob's Red Mill Stabilized Rice Bran	09/12	ALL	F,G

Bob's Red Mill Steel Cut Oats	12/08 06/10	ALL F,P,S	G G
Bob's Red Mill Vital Wheat Gluten	04/08	ALL	E,G
Bob's Red Mill Wheat Germ	09/07		G
Colby's Kettle Corn Butter Salt Craving	03/13	ALL	G
Colby's Kettle Corn No Salt	03/13	ALL	F,G,S
Country Choice Irish Style Oats Steel Cut	06/11	ALL	G
Country Choice Organic Oats	02/08	ALL	G,P
Eden Organic Quinoa	10/11	ALL	G
Eighth Wonder Rice Tinawon Fancy	06/13	ALL	G,P
Fall River Wild Rice Pre-Cooked or Uncooked	06/07		G
Fred Meyer (Bulk) Organic Thick Rolled Oats	03/09	D,E,F,G,P,S,Sf	G
Fred Meyer (Bulk) Quinoa	06/10	F,P,S	F,G
Garden Spot Market Popcorn White Organic	02/14	ALL	G
Gifts of Nature Old Fashioned Rolled Oats	12/10	F,P,S	G
Golden Star Jasmine Rice	11/08 09/12	D,F,P,S,Sf ALL	F,G,P G
Golden Star Jasmine Rice Prime Grade	06/13	ALL	G,P
Golden Star Jasmine Rice Prime Grade Long Grain Fragrant	07/11	ALL	F,G
Grain Millers Organic Quick Rolled Oats	01/13	ALL	G
Handy Pantry Green Lentil Sprouting Seeds Certified 100% Organic	05/11	ALL	G
Handy Pantry Organic Red Lentil Sprouting Seeds	10/11	ALL	G
Heritage Popcorn Purple Popcorn	02/11	ALL	G
Huckleberry's (Bulk) Corn Polenta (not specified if coarse or fine)	10/13	ALL	G
Huckleberry's (Bulk) Millers Organic Rolled Oats	02/09	ALL	F,G,P

Huckleberry's (Bulk) Millet	11/09	ALL	F,G, P
Huckleberry's (Bulk) Oat Bran	01/09	E,F,P,S,Sf,Sy	F,G,P
Huckleberry's (Bulk) Organic White Popcorn	05/11	ALL	F,G
Huckleberry's (Bulk) Quinoa	02/09	ALL	G
Il Riso Beretta Superfino Arborio Authentic Italian Rice	07/13	ALL	F,G,P
Jolly Time White Popcorn	10/10	D,F,P,S,Sf	F,G,P
Kirkland Organic Short Grain Brown Rice (12 lb. bag)	06/10	D,F,P,S,Sf,Sy	G,P
Kirkland Signature (Costco) Basmati Rice	12/12	ALL	F,G,P
Lentz Spelt Farms Lena Camelina	05/08	ALL	F,G
Life Sprouts/Pro-vita-Mix Seeds For Sprouting	01/12	ALL	G
Lorien's Bulk Millet	11/09	ALL	G,P
Lotus Foods Forbidden Rice Organic	01/10	D,F,P	G,P
Lundberg Black Japonica™ Rice	06/13	ALL	G,P
Lundberg California Brown Basmati Long Grain Rice	05/10	ALL	F,G
Lundberg Eco-Farmed California White Jasmine Rice	09/12	ALL	F,G
Lundberg California White Basmati Rice	10/13	ALL	F,G
Lundberg Eco-Farmed Long Grain Rice (Bulk)	07/10	ALL	F,G
Lundberg Eco-Farmed Short Grain Brown Rice	07/10	ALL	F,G
Lundberg Jubilee® Rice	06/13	ALL	G,P
Lundberg Long Grain Brown Rice	06/07		F,G,P
Lundberg Organic Brown Rice	03/10	F,M,S	F,G



Lundberg Organic Brown Sweet Rice	09/10	ALL	G
Lundberg Organic California Brown Basmati Rice	06/13 02/14	ALL ALL	G G
Lungberg Organic Long Grain Brown Rice	07/08 10/09 06/11	F,P,S ALL ALL	F,G G,P F,G
Lundberg Organic Short Grain Brown Rice	03/07 10/09 07/10 05/13	ALL ALL ALL	G G F,G F,G
Lundberg Organic White Long Grain Rice	07/14	ALL	G,P
Lundberg Organic Wild Rice	06/13	ALL	G,P
Lundberg Short Grain Brown Rice	02/09 11/09 12/09 04/10	ALL ALL ALL ALL	F,G G F,G F,G
Lundberg Wehani Rice	06/13	ALL	F,G
Mother's Rice Sella Premium Quality Rice	12/12	ALL	G,P
Mountain Rose Herbs Organic Flax Seed	10/12	ALL	G
Natural Value 100% Organic Yellow Popcorn	03/13	ALL	G
Natural Value Organic Yellow Popcorn	10/08	D,E,F,G,P,S,Sf	G
Naturally Preferred Oat Bran	08/08	F,G,S	G
Naturally Preferred Organic Brown Short Grain (Bulk)	05/07		G
Nishiki Sushi Rice Premium Grade	01/12	ALL	F,G,P
Oat Bran (Bulk at Huckleberry's, brand name unknown)	07/12	ALL	G
Phakao Cooperative Purple Jasmine Colorful Sticky Rice	02/11	ALL	G
Premium Gold Organic Flaxseed Pre-Ground	09/13	ALL	G

Rice Select Organic Jasmati Rice	07/11	ALL	F,G
Rice Select Organic Texmati Long Grain Brown Basmati Rice	01/11	ALL	G
Rice Select Organic Texmati White Rice	01/11	ALL	G
Royal Thai Jasmine Rice, All Natural	11/09	F,P,S	F,G,P
Safeway "O" Organics Popcorn	02/07		G,P
Seeds of Change Quinoa & Brown Rice With Garlic, Organic	08/13	ALL	F,G,P,Sy
Shelf Reliance Thrive Oat Groats	12/12	ALL	G
St. Maries Black Wild Rice, Bulk (Purchased at Huckleberry's)	01/12	ALL	G
Simply Organic Sesame Seed	01/11	ALL	G
Sun Luck Niko Niko Calrose Rice	06/11	ALL	F,G,P
SunWest Organic Harvest Medley (Blend of 4 Rices)	02/09 01/11	ALL ALL	G G
The Teff Company Brown Maskal Teff	09/12	ALL	N
Texmati Basmati Brown Rice	11/09	ALL	F,G
Texmati Organic Long Rice, American Basmati	03/08	ALL	G
Three Ladies From Thailand Rice White Long Grain	10/13	ALL	F,G,P
Trader Joe's Arborio Rice	08/10	ALL	F,G
Trader Joe's Basmati Brown Rice	10/08	D,E,F,P,S,Sf	F,G
Trader Joe's Brown Basmati Rice	09/08	D,E,F,P,S	G
Trader Joe's Brown Jasmine Rice (From Thailand)	08/10	D,E,F,G,M,P,S,Sy	F,G
Trader Joe's Caramel Popcorn	09/13	ALL	G,Ms,S,Sy
Trader Joe's Organic Quinoa	06/10	D,F,P,S,Sf	G
Trader Joe's Organic White Basmati Rice	10/13	ALL	G

Trader Joe's Quick Cook Steel Cut Oats	02/14	ALL	F,G
Trader Joe's Rolled Oats Gluten Free	01/13	ALL	G
Tru Roots Organic Whole Grain Germinated Brown Rice	01/11	ALL	G
Tru Roots Organic Whole Grain Quinoa	03/09 01/11	E,F,P,S,Sf,Sy ALL	G G
Tsuri Mai Brown Rice	02/08	ALL	G,F,P
Uncle Ben's Natural Whole Grain Brown Rice	09/07		G,P
Unicorn Soft White Wheat	08/12	ALL	G
Vigo Imported Italian Arborio Rice Short White	06/07		G,P
Western Family 100% Natural Long Grain Brown Rice	07/10	ALL	F,G,P
Wheat Montana Bronze Chief Wheat Berries (Hard Red Spring)	01/11	ALL	G
Wheat Montana Brown Rice	12/12	ALL	G
Wheat Montana Long Grain Brown Rice	07/11	ALL	G
Wheat Montana Prairie Gold Wheat Berries (Hard White)	01/11	ALL	G
Wheat Montana Spelt Berries	10/08	D,E,F,P,S,Sf	G
Whole Foods Market Organic Long Grain Brown Rice (Bulk)	08/10	ALL	F,G
Whole Foods Market Forbidden Rice (Bulk)	06/12	ALL	F,G
Wild Harvest Organic Popcorn	11/10	ALL	G
Wild Harvest Organic Thai Jasmine Rice	07/14	ALL	G,P
Winco (Bulk) Arborio Rice	05/09	ALL	G,F,P
WinCo (Bulk) Jasmine Brown Rice	05/10	F,G,P	F,G
WinCo (Bulk) Long Grain Brown	11/09	ALL	G,P

Basmati Rice			
Winco (Bulk) Old Fashioned Rolled Oats	05/09	ALL	F,G
Winco (Bulk) Organic Long Grain Brown Rice	05/09 05/10	ALL ALL	G F,G
Winco (Bulk) Regular Rolled Oats	05/09	ALL	G,P
Winco Foods Oat Old Fashioned (Bulk)	12/13	ALL	F,G,P
Yoga Organics Organic White Rice	10/09	F,P	F,G,P

<b>Honey:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Auguson Farms Honey Powder	01/13	ALL	F,H,S
Chase Honey Co. Raw Local (located in Otis Orchards, WA)	06/13	ALL	H
Kirkland Clover (Costco)	05/12 08/12	ALL ALL	H,S F,H
Mill Creek Apiary Wildflower BeePollen ( <a href="http://millcreekapiary.com/">http://millcreekapiary.com/</a> )	07/13	ALL	H
Montana Best Pure Honey	04/10	ALL	H
Mountain Star Honey Comb	11/09	ALL	H
Naturally Preferred Clover	03/10	ALL	H,S
Prairie Sunshine 100% Pure	04/14	ALL	H
Really Raw	07/10	ALL	H
Rita Miller's Organic Clover Blossom	07/13	ALL	H
Silverbow Honey	03/09	F,P,S	F,H
Silverbow Pure Clover	04/07		F,H
Tuckerbee's Honey (Midwest)	10/11	ALL	H
Wallace Plowman	01/11	ALL	H
Wessels Family Honey, LLC Local Raw Honey	05/11	ALL	H,S

Wild & Sweet Rich Honey Alfalfa/Canola	09/12	ALL	H
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<b>Ice Cream:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Alden's Organic Ice Cream, Vanilla Bean	09/14	ALL	D,P,S,Sy
Breyer's Vanilla	02/08	E,F,G,P,S,Sf	ALL
Breyers Natural Vanilla	06/13	ALL	D,P,S,Sf,Sy
Rice Dream Vanilla Non-Dairy	06/09	ALL	ALL
<b>ALSO SEE <a href="#">SOY PRODUCTS</a></b>			

<b>Juices and Drinks:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Barkman's Busy Bee Clover Honey (from Costco)	08/11	ALL	H
Bela Organic Grape Juice	02/09	ALL	F,S
Bionaturae Organic Bilberry Nectar	07/09	D,E,F,S	F
Bionaturae Organic Peach Nectar	01/11	ALL	F
Bolthouse Farms 100% Carrot Juice	01/11	ALL	N
Campbell's V-8 100% Vegetable Juice	05/11	ALL	F,Ms,P
Coconut Secret Raw Coconut Nectar	10/11	ALL	F
Gatorade Lemon Lime	04/09	ALL	ALL
Green Bluff Harvest House Apple Cider	11/08	E,P,S,Sf,Sy	F,S
GT's Organic Raw Kombucha Original Flavor	04/09	ALL	G,F
Jarrow Formulas Pomegranate 4X Juice Concentrate	10/11	ALL	F
Juice Plus Garden Plus	08/08	F,P,S	F,P
Juice Plus Orchard Blend	08/08	F,P,S	F
Kirkland Brand Orange Juice	03/10	ALL	F,S

Kirkland Signature (Costco) Organic Orange Juice (not from concentrate)	07/13	ALL	F,S
Knudsen Concord Grape Juice	06/07		F
Lakewood Organic Cranberry Blend (Apple, Cranberry, Grape & Pear)	02/08	ALL	F
Litehouse 100% Apple Cider Blended With Honey Crisp Apples, Cold Pressed	05/11	ALL	F,S
Naked Juice Green Machine	12/10	F,P,S,Sy	F,P
Nu Skin G3 Juice	07/10	ALL	F,P,S
Ocean Spray 100% Cranberry Juice No Sugar Added	05/11	ALL	F,P,S
Odwalla Orange Juice All Natural	05/11	ALL	F,S
Pom Wonderful 100% Pomegranate Juice	09/09	ALL	F
ReaLemon 100% Lemon Juice	08/13	ALL	ALL
RW Knudsen Apricot Nectar Natural	01/11	ALL	F
RW Knudsen Mango Peach Flavored Juice Blend 100% Juice	05/11	ALL	F,Sf
RW Knudsen Organic Pear Juice	09/10	P,S	F
RW Knudsen Organic Pineapple Juice	03/08	F,P,S	F
R.W. Knudsen Organic "Very Veggie" Juice	04/09	E,F,P,S,Sf,Sy	F,P,Sf
Trader Joe's Blueberry Estate Beverage	08/08	E,S	F,S
Treetop 100% Apple Juice From Concentrate	05/11	ALL	F,S
Tropicana Orange Juice Pure Premium 100% Pure & Natural Some Pulp	05/11	ALL	F,S
Uncle Matt's Organic Orange Juice	05/11	ALL	F,S
V8 100% Vegetable Juice	10/08	ALL	F,Ms,P
Welch's 100% Grape Juice	07/14	ALL	F,S

***Together, we strive for. . .  
GREAT HEALTH - GREAT LIFE!***

