



## Food Resource List

### Part 2 - 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."

#### DISCLAIMER

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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>
<b>F = Fruit</b>	<b>Sf = Seafood</b>
<b>G = Grain</b>	<b>Ss = Sea Salt</b>
<b>H = Honey</b>	<b>S = Sugar</b>
<b>M = Meat</b>	<b>Sy = Soy</b>

<b>Maple Syrup and Sugar:</b>			
BRAND/ITEM NAME	DATE EVALUATED	EVALUATED FOR	RESULTS
Aunt Patty's Organic Maple Sugar	01/11	ALL	N
Coombs Family Farms 100% PureOrganic Maple Sugar	03/13	ALL	N
Coombs Maple Syrup Grade B	11/07	ALL	N
Great Value Pure Maple Syrup	05/11	ALL	F
Kirkland 100% Pure Maple Syrup	02/11	ALL	F
MacDonald's 100% Pure Maple Syrup	01/09	D,E,F,G,P,S,Sf	F
Maple Grove Pure Maple Syrup	12/10	ALL	N
Maple Syrup (Bulk at Huckleberry's, no more info available)	07/12	ALL	F

Murray's North Country Maple, New York Maple Syrup	10/10	F,P	F
Natural Value 100% Pure Organic Maple Syrup	01/09	D,E,F,G,P,S,Sf	N
Private Selection Pure Maple Syrup	03/09	F,G,S	N
Sprout's Grade B 100% Pure Maple Syrup	07/13	ALL	F
Sprout's Grade B Organic Maple Syrup	07/13	ALL	F
Trader Joe's Organic Maple Sugar	12/12	ALL	P? *
Trader Joe's Organic Maple Syrup	02/07		S
Uncle Luke's Maple Syrup	08/12	ALL	S
Whole Foods 365 Organic 100%	02/13	ALL	N

\* Verification of Result has been requested to Windrose Clinic.

Jan 24<sup>th</sup>, from the clinic: The trader Joe's maple sugar:

We got it in a plastic bag, so we couldn't test it for potato...that's why the question mark.

<b>Margarine:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Canoleo Soft Margarine (Lactose free, No hydrogenated oils, No fatty acids)	01/09	ALL	ALL
Earth Balance Vegan Buttery Sticks (updated)	06/11	ALL	F,Ms,S,Sy
<b>ALSO SEE SOY PRODUCTS</b>			

<b>Meats &amp; Meat Bouillon:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Applegate Farms Natural Sunday Bacon, Uncured, Hardwood Smoked	01/09	ALL	M,S
	02/10	D,E,F,G,M,P,S,Sy	M,P,S
	03/13	ALL	M,Ms,P,S
Applegate Farms Natural Turkey Breast	06/10	ALL	G,M
Applegate Farms Roast Beef (Deli Counter Selections)	09/10	E,F,G,P,S	F,M
Applegate Farms Smoked Turkey Breast (Deli Counter Selections)	09/10	E,F,G,P,S,Sf	F,M,Sf
Applegate Farms The Great Organic Uncured Hot Dog Original Beef	01/11	ALL	M
Applegate Farms Uncured Organic Ham	01/08	ALL	H,M,S
Applegate The Great Organic Uncured Beef Hot Dog	04/14	ALL	F,M
Armour Lard	10/12	ALL	F,M
Beeler's Uncured Boneless Ham	08/14	ALL	M,S
Coleman Natural Beef Hot Dogs	01/10	F,H,P,S,Sy	H,M,P,S
Draper Valley Farms All Natural Fresh Chicken	05/13	ALL	F,M
Draper Valley Farms Chicken	11/13	ALL	M
Draper Valley Farms Chicken Thighs	07/10	F,P	M,P
Eating Right Chicken Breasts, All Natural Thin Sliced	07/10	ALL	F,M
Eating Right Raw Chicken Thighs	03/10	ALL	M

Egger's Better Meats & Seafood Corned Beef	03/11	ALL	F,M,P
Egger's Better Meats & Seafood Smoked Sausage Links	09/08	E,F,P,S,Sf,Sy	F,M,P
Egger's Meat Market Extra Lean Ground Beef	03/09	D,E,F,P,S,Sf	M
Farmland Hickory Smoked Bacon	11/07		G,M,P,S
Fiorucci Prosciutto Prosciutto	09/12 03/13	ALL ALL	F,M,Ms,P,Sf M,Ms
Foster Farms All Natural Chicken Breast Tenders (Individually Frozen, found at Costco's)	04/09	D,E,F,G,M,P,S,Sy	F,M,P
Foster Farms Boneless Chicken Thighs	03/09	ALL	M
Foster Farms Breaded Chicken Patties	03/09	ALL	F,G,M,P,S,Sf,Sy
Foster Farms Chicken Breast	03/09	ALL	D,F,M,Ms,P
Foster Farms Fresh Young Whole Turkey	05/11	ALL	M,P
Foster Farms Hot 'n' Spicy Wings (Chicken)	05/11	ALL	F,G,M,Ms,P,Sf,Sy
Foster Farms Turkey Fresh Ground 93% Lean	05/13	ALL	F,M
Foster Farms Turkey, Frozen, No Additives	12/11	ALL	F,M
Foster Farms Turkey Dogs	01/07		M,P
Han's Natural Free Range Chicken Sausage	03/09	ALL	F,M,P
Hebrew National Beef Franks	04/09 07/10	D,M,S,Sy ALL	D,M,S,Sy ALL
Hempler's Natural Applewood Smoked Uncured Center Cut Bacon	06/14	ALL	H,M,Ms
Hempler's Uncured Bacon	11/09	D,F,G,M,P,S	D,F,M,S
Hormel Natural Choice Deli Roast Beef	01/11	ALL	M,Ms,P,S
Hormel Natural Choice Original Uncured Bacon	03/11	ALL	F,M,Ms,P,S
Hormel Natural Choice Smoked Deli Ham	01/11	ALL	M,Ms,P,S
Imagine Organic Free Range Chicken Broth (Also listed under SOUPS)	06/11 03/13	ALL ALL	G,M,S M
Independent Meat Company Falls Brand Pork Sausage	09/07	F,P,S	F,M
Jennie-O Turkey All Natural Golden Roasted Deli Sliced	10/12	ALL	F,G,M,Ms,P,Sf,Sy
Kirkland Signature (Costco) Roast Beef in Beef Broth (Canned)	06/14	ALL	M,Ms,P,Sf
Kirkland Skinless Chicken Breast (Foster Farms)	10/08	ALL	M
Kitchen Basic Original Chicken Cooking Stock	02/13	ALL	F,G,H,M

Kitchen Basics Unsalted Chicken Cooking Stock	03/11	ALL	E,F,G,P,Sf
Mary's Free Range Chicken Boneless Skinless Chicken Breast	05/11	ALL	F,M
Maverick Chicken	08/08	D,E,F,P,S,Sy	M
Natural Choice Ground Beef	03/07		F,M,P
Niman Ranch Uncured Canadian Bacon	03/13	ALL	D,G,M,S
Niman Ranch Uncured Ham Steak	11/09	D,E,F,G,M,P,S,Sy	F,M
Organic Prairie Hardwood Smoked Ham Boneless	05/14	ALL	M,Ms,Sf
Organic Prairie Organic Ground Turkey	11/09	D,E,F,G,M,P,S,Sy	M
Organic Prairie Organic Pork Bratwurst	01/14	ALL	F,G,P
Organic Prairie Organic Roast Chicken Breast	02/09	ALL	M
Organic Prairie Organic Roast Chicken Breast, Deli Sliced	01/11	ALL	M
Organic Prairie Organic Roast Beef	02/09	ALL	M
Organic Prairie Organic Roast Turkey Breast	02/09	ALL	G,M
Organic Prairie Organic Roast Turkey Breast (sliced)	09/12	ALL	G,M,S
Organic Prairie Roast Beef	06/07		D,M,Ms,P
Organic Prairie Uncured Bacon Organic Hardwood Smoked	10/12	ALL	G,H,M
Oscar Meyer Turkey Bologna	04/09	D,S	D,S
Painted Hills Natural Beef All Natural Uncured Beef Bacon Natural	05/10 09/10	F,G,P ALL	M,P H,M,P
Perdue Ground Chicken with Natural Flavorings	02/10	D,E,F,G,M,P,S,Sy	M,P
Pure Country Pork Good Morning Sausage Links	02/14	ALL	F,M,P,S
Pure Country Pork Uncured Rustic Bacon	11/13	ALL	M,S
Pure Country Pork Uncured Smoked Maple Bacon	11/10	ALL	M,S
Rocky Ridge Chicken (Raw)	11/09	ALL	M
Rose Canadian Bacon	06/07		D,M,P,S
Shelf Reliance Thrive Chicken Bouillon	03/13	ALL	ALL
Shelf Reliance Thrive Chicken Chopped Freeze Dried	10/12	ALL	M
Shelton's Cooked Uncured Turkey Franks	07/13	ALL	F,G,M,P,Sf
Shelton Uncured Smoked Chicken Franks	01/09	D,F,S	F,M,S

Shelton's Uncured Turkey Bologna	01/07		M,P
Superior Touch Beef Base	10/07	F,P,S	F,M,P,S
Superior Touch Beef Bouillon	09/07	F,P,S	M
Swanson White Chicken Breast, Premium White in Water (canned)	02/11	D,F,G,H,M,Ms,P,S,Sf,Sy	D,F,G,M,Ms,P,Sf
Trader Joe's Chicken Breast Meat With Rib Meat, Individually Frozen	02/10	D,E,F,G,M,P,S,Sy	M
Trader Joe's Organic Free Range Whole Chicken	02/14	ALL	M
Trader Joe's Uncured Turkey Bacon	09/14	ALL	M,S
Tyson Skinless Chicken Breast	02/09	D,F,G,P,S	F,M
Valley Fresh 100% Natural Chicken Breast in Water	02/14	ALL	D,F,G,M,P,Sf
Valley Fresh Chicken Natural Premium White Chicken	12/10	ALL	F,M
Verde Farms 100% Grass Fed Beef Patties	03/13	ALL	F,M,Ms,P
Vogue Cuisine Instant Chicken Flavored Base	07/10	F,G,P,S,Sf,Sy	F,G,P,S,Sf,Sy
Western Family Sliced Bacon	02/08	ALL	M,Ms,P,S
Whitaker Family Farm Cube Steak	12/10	ALL	M
Whitaker Family Farm Beef (All Cuts)	01/11	ALL	M
Whitaker Family Farm Hamburger	12/10	ALL	M
Whole Foods All Natural Split Turkey Breast	01/12	ALL	M

**Margarine:**

BRAND/ITEM NAME	DATE EVALUATED	EVALUATED FOR	RESULTS
Canoleo Soft Margarine (Lactose free, No hydrogenated oils, No fatty acids)	01/09	ALL	ALL
Earth Balance Vegan Buttery Sticks (updated)	06/11	ALL	F,Ms,S,Sy
<b>ALSO SEE SOY PRODUCTS</b>			

**Milk and Cream:**

BRAND/ITEM NAME	DATE EVALUATED	EVALUATED FOR	RESULTS
Alta Dena Creme Fraiche	07/12	ALL	D
Alta Dena Sour Cream	10/10	ALL	D,F,P,Sf
Batavo Cream	06/13	ALL	D,F,P
Beachbody Shakeology Tropical Strawberry	03/12	ALL	D,F,S
Bellwether Farms Creme Fraiche French Cultured Cream	06/11	ALL	D,E,P
Buttermilk Blend	01/09	ALL	D
Cascade Fresh Natural Sour Cream	10/12	ALL	D D,F,P

Darigold Extra Rich All Natural European Style Sour Cream	05/10	F,G,P	D,F
Darigold Extra Rich All Natural Sour Cream	11/10	ALL	D,M,Ms,P,Sf
Darigold Half & Half	01/09	E,F,P,S,Sf,Sy	D,F,P,Sf
Daisy Sour Cream Pure and Natural	12/08 09/10 03/13	E,F,P,S,Sf,Sy F,G,P ALL	D,F,P,Sy D,F,P D,Sf
Fresh Breeze Organic Half & Half	03/08	ALL	D
Fresh Breeze Organic Whole Milk	03/08	ALL	D,F
Garry's Meadow Fresh Whole Jersey Milk, Mulino Oregon	04/10	D,E,F,G,H,M,Ms,P,S,Sy	D,P
Golden Glen Creamery Half & Half	03/08	ALL	D
Golden Glen Creamery Whole Milk, 1/2 Gallon	03/08	ALL	D,F
Heritage Whole Milk	03/08	F,P	D
Horizon Half & Half	03/08	F,P,S	D,F
Horizon Organic Milk DHA Omega-3	03/13	ALL	D,F,P,Sf
Horizon Organic Whole Milk	02/09	E,F,P,S,Sf,Sy	D,F,Sf
Horizon Organic 2% Milk	03/09	D,F,G,P,S	D,F
Horizon Organic Sour Cream	02/14	ALL	D,F
Jackie's Jersey Raw Jersey Cow's Milk Grade A	02/14	ALL	D,F
Kirkland Whole Milk	10/10	F,P,Sf	D,F,P,Sf
Kirkland Whole Milk Homogenized With Vit. D	12/11	ALL	D,F,Sf
Land O Lakes Heavy Whipping Cream	12/10 03/11	ALL ALL	D,F,Sf D,F,M
Lucerne Vitamin D Whole Milk	02/08	F,P,Sf,S	D,F,Sf
Mountain Maid Instant Dry Milk	05/08	F,P,S	D,P
Meyenberg Goat Milk	05/09	F,P,S,Sy	D,P
Nancy's Cultured Sour Cream	05/11	ALL	D,F,P
**Nancy's Organic Sour Cream	01/09	ALL	D,P,Sy
** Evaluated 5/08, negative for potato. More recent evaluation analyzed positive for potato. Check for guar gum = potato			
Naturally Preferred Organic Whole Milk	05/09 01/11	E,F,P,S,Sf ALL	D D
Noris Farms Organic Whole Milk	10/10	D,E,F,G,H,M,Ms,P,S,Sy	D
Now Real Food Buttermilk Powder	03/13	ALL	D
Organic Pride and Joy Dairy Grade A Grass Fed Raw Cows Milk	03/11	ALL	D
Organic Valley Organic Buttermilk Blend	01/11	ALL	D
Organic Valley Organic Fat Free Milk	06/10	F,P,S,Sf	D,F,P,Sf
Organic Valley Organic Half and Half, Shelf Stable Box	03/09	D,F,G,P,S	D
Organic Valley Organic Half and Half, Ultra Pasteurized	03/09 01/11	D,F,G,P,S ALL	D D
Organic Valley Organic Nonfat Dry Milk	01/09 01/11	ALL ALL	D D
Organic Valley Organic 1% Milkfat Low-Fat Milk	12/10	ALL	D,F,Sf
Organic Valley Organic Sour Cream	06/10	F,G,P	D,F,G
Organic Valley Organic Heavy Whipping Cream, Pasteurized	01/11	ALL	D,Sf
Organic Valley Organic Whole Milk Vitamins A & D Pasteurized	03/13	ALL	D,F,M,Sf
Organic Valley Organic Whole Omega 3 Milk	03/13	ALL	D,F,M,Sf
Organic Valley Organic Whole Milk, Ultra Pasteurized	01/09 11/09 02/11	E,F,G,P,S,Sf,Sy E,F,G,P,S,Sf ALL	D,P,Sy D D
Pride and Joy Organic Grade A Raw Cow's Milk	02/11	ALL	D
Pure Éire Grade A Organic Raw Milk	01/14	ALL	D,Sf
Pure Éire Skim Milk Unhomogenized	01/14	ALL	D
Rose Hill Dairy Raw Whole Cow's Milk	02/13	ALL	D

Santini Evaporated Milk	11/10	ALL	D,F
Santini Sweetened Condensed Milk	03/08	ALL	D,S
Shelf Reliance Thrive Sour Cream Powder	12/12	ALL	D,F,Sf
So Delicious Dairy Free Coconut Milk Frozen Dessert Vanilla Bean	09/14	ALL	F,P,S (E?,Sy?)
Spokane Family Farm Whole Milk	11/10 08/12 06/13	ALL ALL ALL	D D D
Starbuck's Organic Soy Milk (used in stores for drinks)	09/14	ALL	D,E,F,P,S,Sf,Sy
Strauss Family Creamery Organic Cream-Top Whipping Cream	01/09	ALL	D
Strauss Family Creamery Organic Whole Milk, Cream Top	02/08 02/09 12/12	F,G,P E,F,P,S,Sf,Sy ALL	D D,F,Sf D
Strauss Organic 2% Milk	11/10	F,P,S,Sy	D,F
Stremick's Heritage Foods Organic Reduced Fat Milk	12/10	ALL	D,F,Sf
Sunshine Dairy Foods Half & Half	06/11	ALL	D,F,P
The Greek Gods Kefir Cheese Lebni Greek Sour Cream	12/09	F,P,S,Sy	D,F
Tillamook Natural Sour Cream	03/11 10/13	ALL ALL	D,F,M,P D,Ms,P
Tillamook Sour Cream Natural	02/13	ALL	D,F,Sf
Trader Joe's Half and Half	06/13	ALL	D
Western Family Homogenized Half & Half	05/10	F,G,P	D,F
Wilcox Natural Whole Milk	03/08	F,P	D,F
Wilcox Organic Milk	03/08	F,P	D,F
Wild Harvest Organic Soymilk Vanilla	04/13	ALL	F,G,S,Sf,Sy
Udder Whey Raw Milk	05/08	ALL	D

<b>Milk and Cream (non-dairy):</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Eden Original Soy Milk Unsweetened	07/07		D,F,P,Sy
Kirkland Signature (Costco) Organic Rice Milk Original	12/12	ALL	D,F,G,P, S,Sf
Kirkland Signature (Costco) Organic Soymilk Vanilla	06/13	ALL	D,F,G,P,S,Sf,Sy
Kikkoman Organic Pearl Unsweetened Soy Milk	05/08	F,P,S	F,G,P,S,Sy
Luna and Larry's Organic Coconut Bliss Non-Dairy Frozen Dessert Dark Chocolate	12/10	ALL	D,F,M,Ms,P,S
Luna and Larry's Organic Coconut Bliss Non-Dairy Frozen Dessert Vanilla Island	12/10	ALL	D,F,M,Ms,P,S
Native Forest Organic Coconut Milk	04/10	D,E,F,G,P,S,Sy	F
Naturally Preferred Rice	03/07		G
Organic Valley Organic Soy Creamer	02/13	ALL	M,Ms,S,Sf,Sy
Pacific Natural Foods All Natural Hazelnut Original Beverage	08/10	ALL	D,F,G,P,Sy
Pacific Natural Foods Organic Almond Unsweetened Low Fat Vanilla	01/11	ALL	F,G,P,Sf

Pacific Organic Oat Beverage Low-Fat Vanilla	05/11	ALL	D,F,G,P,Sf
Pacific Organic Oat Vanilla Milk	11/09	D,F,P,S,Sf,Sy	D,F,G,P,Sf
Pacific Organic Original Unsweetened Almond Beverage	09/10	ALL	F,G,P,Sf
Pacific Organic Unsweetened Almond Beverage	09/08	D,E,F,P,S,Sf	G,P,Sf
Pacific Organic Unsweetened Almond Milk Original	03/09	D,F,G,P,S	G,P
Pacific Organic Unsweetened Original Soy Milk	04/10	ALL	G,Sf,Sy
Pacific Rice	04/07		ALL
Rice Dream Rice Drink, Enriched Plain	11/09	D,F,S,Sf	D,F,G,Sf
Rice Dream Rice Drink, Original Classic	03/11	ALL	F,G,P,Sf
So Delicious Coconut Milk Non-Dairy Frozen Dessert Chocolate No Sugar Added	05/11	ALL	F,G,P,S
So Delicious Coconut Milk, Original	10/09	ALL	F,P,Sf
SO Delicious Dairy Free Coconut Milk Beverage Chocolate	06/13	ALL	D,F,S,Sf
SO Delicious Dairy Free Coconut Milk Beverage Unsweetened	06/13	ALL	D,P,Sf
SO Delicious Dairy Free Coconut Milk Creamer Original	02/13	ALL	F,P,S,Sf
Silk Original Creamer	04/10	D,E,F,G,P,S	D,F,G,P,S,Sf,Sy
Silk Pure Almond Unsweetened All Natural Almondmilk	08/11	ALL	ALL
So Delicious Unsweetened Coconut Milk Beverage	07/11	ALL	F,G,P,Sf
Sun Luck Coconut Milk	12/10	ALL	F
Trader Joe's Light Coconut Milk	07/13	ALL	F
Westsoy Organic Unsweetened Almond Soymilk	08/13	ALL	F,Sf,Sy
WestSoy Organic Unsweetened Soymilk	10/09	ALL	P,Sy
WestSoy Organic Unsweetened Soymilk, Plain	01/11	D,E,F,H,M,Ms,S,Sy	Sy
WestSoy Plain Rice Beverage	08/08	D,F,P,S	F,G
WestSoy Plain Rice Beverage	05/08	ALL	F,G,P

**ALSO SEE SOY PRODUCTS**

<b>Nut Butters:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Adams 100% Natural Creamy Peanut Butter Unsalted	05/08 05/10	ALL ALL	N N



<b>Nuts:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Azure Standard Almonds, Raw	04/14	ALL	N
Azure Standard Raw Spanish Almonds Organic Unpasteurized	02/14	ALL	F
Azure Standard Cashews Raw Organic (Bulk)	02/14	ALL	F
Bulk Walnuts, Huckleberry's	11/09	ALL	N
CB'S Nuts Lightly Salted Organically Grown Valencia Peanuts	01/11	ALL	N
Deerfield Farms Natural No-Salt Pecans	03/08	ALL	F,P
Fred Meyer Bulk Dry Roasted Almonds	10/09	ALL	F
Fred Meyer (Bulk) Tamari Almonds	10/08	D,E,F,G,P,S,Sf	F,P,Sf,Sy
Honor Earth Farm Hazelnuts Organic	02/13	ALL	N
Huckleberry's (Bulk) Brazil Nuts	03/11 10/12	ALL ALL	F F
Huckleberry's (Bulk) Organic Almonds	02/09 05/10	F,G,P,S,Sf ALL	N F
Huckleberry's (Bulk) Pistachios Salted	08/13	ALL	F
Huckleberry's (Bulk) Pistachios Unsalted	08/13	ALL	F
Kirkland (Costco) California Pistachios	10/09	ALL	F,P,Sf
Kirkland (Costco) Dry Roasted Almonds	10/10	ALL	F
Kirkland (Costco) Pecan Halves	01/11 06/13	ALL ALL	F F,P
Kirkland (Costco) Pine Nuts	06/11 10/12	ALL ALL	F F
Kirkland (Costco) Raw Almonds	05/08	F,G,P	F
Kirkland (Costco) Raw Almonds	02/08	ALL	F
Kirkland (Costco) Signature Roasted & Salted Cashews	08/11	ALL	F,Ms,P,Sf
Kirkland (Costco) Signature Roasted & Salted Peanuts	08/11	ALL	F,Ms,P,Sf
Kirkland (Costco) Walnuts	10/09	ALL	N
Kirkland Signature (Costco) California Pistachios Naturally Opened	01/14	ALL	F

Mauna Loa Dry Roasted Macadamias with Sea Salt	01/09	ALL	N
NOW Certified Organic Whole Raw Cashews	12/10	F,P,S,Sy	F
Now Healthy Foods Natural Unblanched Almonds	01/13	ALL	N
NOW Healthy Foods RawUnblanched Almonds	06/11	ALL	N
Now Natural Unbleached Almonds	05/10	F,G,P	N
Now Raw Almonds	01/11	ALL	N
Now Raw Pecans, Halves and Pieces	01/11	ALL	N
Now Raw Unblanched Almonds	02/08	ALL	N
Now Raw Walnuts	01/11	ALL	N
Now Real Food Almonds Roasted Salted	01/14	ALL	P
Now Real Food Brazil Nuts Whole Raw	01/14	ALL	N
Planters 100% Natural Harvest Jumbo Cashews <b>NOTE: Ingredients on package do not list mine salt.</b>	12/10	ALL	F,Ms,P,Ss
Planters Mixed Nuts Made With Pure Sea Salt	10/10	D,F,P,S,Sf	F,P,Sf
Sunfood Nutrition Organic Wild Amazonian Jungle Peanuts	02/08	ALL	N
Sunland Roasted Unsalted Peanuts	03/09	ALL	N
Trader Joe's Australian Macadamia Dry Roasted, Unsalted	05/08	ALL	ALL
Trader Joe's California Premium Walnut Halves	09/13	ALL	N
Trader Joe's Dry Roasted Almonds	05/09	F,Ms,P,Sf	N
Trader Joe's Raw Almonds	10/08	ALL	N
Trader Joe's Raw Pistachio Meats (no shell)	05/08	ALL	N
Wonderful Pistachios Roasted & Salted Shelled	10/12	ALL	P
Wonderful Pistachios Roasted No Salt	08/12 10/12 04/13	ALL ALL ALL	N N P
Yoke's Fresh Market (Bulk) Blanched Almonds	06/08	ALL	F

**Oils:**

<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
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365 Almond	12/10	ALL	F
Annie's Natural Dipping Oil Herb Flavored Olive Oil And Balsamic Vinegar	05/11	ALL	F,P,Sf
Aunt Patty's Coconut, Organic	01/10	ALL	F
Barleans Evening Primrose	04/10	D,F,G,M,P	F,G,M
Barleans Flax, Organic, Unfiltered, Cold-Pressed	03/09 11/09	ALL ALL	F,G G,M
Carlson Cod Liver (liquid)	11/08	ALL	Sf
Carlson Cod Liver, Regular Flavor	03/08	ALL	Sf
Coeur d'Alene Olive Oil Co. Blood Orange Olive	01/09	F,S	F
Desert Essence 100% Jojoba	02/08	ALL	N
Earthcircle Coconut, Organic Raw	07/11	ALL	F
Eden Selected Hot Pepper Sesame	06/10	ALL	G
Fred Meyer Pure Canola	07/13	ALL	N
Grapeola Grapeseed	05/09	D,E,F,G,M,P,S,Sy	F,M,P
Greek Flag Kalamata Olive, Extra Virgin	09/09	D,E,F,G,M,P,S,Sy	F
Hain Pure Foods Sunflower	07/13	ALL	G,Sf,Sy
Huckleberry's Grapola Grapeseed, All Natural	02/08	ALL	F
International Collection Sesame, Toasted	05/11	ALL	F,G,P
Jason Vitamin E	03/09	ALL	G
Jason Vitamin E 32,000 I.U.	06/10	ALL	P,Sf
Kirkland Olive, Extra Virgin	05/09	D,E,F,G,M,P,S,Sy	F,M,P
Kirkland Olive, Extra Virgin from Tuscany	08/09	ALL	F,M,P
Kirkland (Costco) Olive, Organic Extra Virgin	03/09 03/12	P,S,Sf,Sy ALL	F,Sf F
Napa Valley Naturals Olive, Organic Extra Virgin	01/10	D,E,F,G,M,P,S,Sy	F,P
Napa Valley Naturals Safflower, Organic	12/10	D,E,F,H,M,Ms,P,S,Sf,Sy	Sf

Napa Valley Originals Olive, Organic Extra Virgin	04/14	ALL	F
Napa Valley Originals Safflower, Organic	04/14	ALL	N
Napoleon Extra Virgin Olive, Premium First Cold Press	11/09	ALL	F,P
Natural Factors Evening Primrose	03/08	F,G,P,S,Sf	Sf
Nature Made Flaxseed	03/09	Sf	G,Sf
Natures Life Evening Primrose Seed	06/08	ALL	N
Nature's Way Evening Primrose Cold Pressed	06/10	ALL	F,M
Now Evening Primrose	01/09	ALL	F,M
Now Jojoba Oil	04/12	ALL	N
Nutiva Organic Hemp Oil Cold- Pressed	09/12	ALL	N
Nutiva Organic Red Palm	03/14	ALL	F
Oleo de Srisola Olive	06/13	ALL	F
Oleo de Srisola Sunflower Seed	06/13	ALL	G
Omega Nutrition Olive Certified Organic Extra Virgin	02/14	ALL	F
Omega Nutrition Flax, Organic	04/14 06/14	ALL ALL	F,G ALL
Omega Nutrition Pumpkin Seed Organic	02/14	ALL	N
Rapunzel Safflower	04/08	ALL	N
Rapunzel Sesame	03/08	F,G,P	G
Rapunzel Sunflower, Organic	01/07		G
Saffola Safflower	02/11	ALL	F
Shay and Company Sunflower (Expellor)	09/13	ALL	G
Spectrum Almond	03/09	ALL	N
**Spectrum Canola	04/10	ALL	N
Spectrum Canola, Organic	03/08	ALL	N
**Spectrum Canola Spray, High Heat	03/09	D,E,F,G,P,S,Sf	E,F
Spectrum Coconut, Organic	05/10	E,F,P,S,Sf	F
Spectrum Flax, Organic With DHA	01/09	E,F,G,P	G
Spectrum Safflower, Organic, High Heat	05/09 07/10	ALL ALL	N N

<b>Pasta:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Andean Dream Fusilli Quinoa Pasta, 8 oz. box	05/10	D,F,P,S,Sf	F,G
Bella Terra Whole Wheat Spaghetti	04/09	ALL	G,P
Bionature Durum Semolina Spaghetti	12/08	ALL	G,P
Bionaturae Organic 100% Durum Semolina Spaghetti	10/13	ALL	E,G
Bionature Organic 100% Whole Wheat Spaghetti	10/08 10/13	ALL ALL	F,G E,F,G,P
Bionaturae Traditional Egg Pasta Pappardelle	10/13	ALL	E,G
DeBole's Rice Fettuccini	09/09	ALL	E,G,P
DeBole's Rice Spaghetti	02/09	ALL	F,G,P
DeBoles Rice Spaghetti Style Pasta Gluten Free	02/13	ALL	F,G
Delallo Organic Whole Wheat Capellini	11/09	D,F,P,S,Sf	E,F,G,P
Dreamfields Healthy Carb Pasta	05/09	ALL	E,F,G,P
Fred Meyer Whole Grain Thin Spaghetti	10/09	ALL	E,G,P
Foulds Pasta Organic Whole Wheat Elbows (from Midwest region)	06/12	ALL	G,P
Garden Time Organic Linguine	11/09	ALL	F,G
Garden Time Organic Penne	06/09	ALL	F,G,P
Garden Time Organic Whole Wheat Spaghetti	01/09	E,P,S,Sf,Sy	E,G,P
Garofalo Spaghetti (Costco)	06/12	ALL	G,P
Gemelli Organic Garofalo Pasta	04/10	ALL	G
Goldbaum's Brown Rice Pasta, Gluten Free	09/09	ALL	G,P,Sy
Hakubaku Organic Soba, Authentic Japanese Buckwheat Noodles (No Salt Added)	05/11	ALL	G
Koyo Organic Udon Asian Pasta (Fine or Regular Style)	01/11	ALL	G
Lundberg Elbow Organic Brown Rice Pasta	10/09	ALL	G,P
Maestri Pastai "Orecchiette"	03/08	ALL	E,G,P

Montebello Artisan Organic Pasta from Italy, Spaghetti	06/10	ALL	F,G,P
Montebello Organic Strozzapreti	06/11	ALL	G,P
Natural Directions Organic Whole Wheat Penne Rigate	11/09	D,F,P,S,Sf	E,F,G
Naturally Preferred Organic Whole Wheat Rotini	10/08	D,E,F,P,S,Sf	E,G,P
Pagodas Quinoa Pasta	02/08	D,E,F,G,P,S,Sf,Sy	G
Sam Mills 100% Corn Pasta Pasta d'oro	08/14	ALL	G
Simple Truth Organic Rotini Organic Macaroni Product	07/13	ALL	G,P
Simple Truth Organic Rotini Organic Macaroni Product	09/13	ALL	G
365 Organic Whole Wheat Penne Rigate	11/09	ALL	F,G,P
Tasty Traditions 100% Whole Wheat Homemade Noodles	12/11	ALL	E,F,G
Thai Kitchen Stir-Fry Rice Noodles 14 oz.	10/12	ALL	G,P
Tinkyada Brown Rice Fettuccini with Rice Bran	06/09	ALL	E,G
Tinkyada Brown Rice Pasta - All styles Without Rice Bran	01/11	ALL	G
Tinkyada Brown Rice Spaghetti with Rice Bran	02/09	E,P,S,Sf,Sy	G,Sy
Tinkyada Brown Rice Spaghetti, Bulk, Organic (Azure Standard)	01/10	D,F,P,S,Sf,Sy	G
Tinkyada Brown Rice Elbows	01/10	D,F,P,S,Sf,Sy	G
Tinkyada Pasta Joy Brown Rice Pasta Elbow (With Rice Bran)	11/12	ALL	G
Trader Joe's Organic Brown Rice Penne Pasta	08/13	ALL	G
Trader Joe's Organic Whole Wheat Rotelle	07/08	F,P,S	G,P
Vita Spelt Organic White Spelt Rotini	07/08	F,P,S	F,G
Vita Spelt Whole Grain Rotini	04/08	ALL	G

**Pickles:**

<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Ba-Tampte Half-Sour Pickles	06/13	ALL	F,Ms,P,Sf
Bubbies Pure Kosher Dills	06/13	ALL	F,G,Ms,P
Full Circle Organic Sweet Bread And Butter Pickle Slices	09/10	E,F,G,P,S	F,G,Ms,P,S
Trader Joe's Organic Kosher Sandwich Pickles	10/11	ALL	F,G,M,P

**Popcorn:**

**BRAND/ITEM NAME**

**DATE EVALUATED**

**EVALUATED FOR**

**RESULTS**

SEE GRAINS

<b>Prepared Foods &amp; Mixes:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
365 Organic Buttermilk Pancake And Waffle Mix	03/13	ALL	D,G,P,S
Amy's Bowls Pasta Shells	03/13	ALL	D,F,G,P,(Sy?)
Amy's Bowls Ravioli Cheese Ravioli With Sauce	03/13	ALL	D,F,G,P,(Sy?)
Amy's Burrito Non Dairy Made With Beans and Rice	07/10	F,G,S,Sf	F,G,Ss
Amy's Burrito Organic Beans & Rice, Non-Dairy	03/13	ALL	G,P
Amy's Organic Chili (Light in Sodium)	06/07		D,G,Sf,Sy
Amy's Organic Medium Chili	06/07		D,G,Sf,Sy
Arrowhead Mills Organic Buckwheat Pancake and Waffle Mix	03/08	ALL	E,F,G,P,S
Bearitos Low Fat Black Refried Beans, Organic	02/08	ALL	N
Bearitos Low Fat Traditional Refried Beans	01/10	F,G,P	N
Blue Dragon Spring Rool Wrapper	03/08	ALL	E,D,F,P,S,Sf
Bob's Red Mill: Buckwheat Pancake and Waffle Whole Grain Mix	04/08	ALL	E,F,G,P,S
Don Lee Farms Veggie Patties	03/11	ALL	F,G,M,Ms,P,Sf,Sy
Dr Draeger's California Veggie Burgers	10/11	ALL	F,G,P,Sy
Hodgson Mill Buckwheat Pancake Mix	03/08	ALL	ALL
Grandma Nunweilers Whole Grain Pancake & Waffle Mix	07/08	ALL	E,F,G,P
Kavam's Hummus Original All Natural Good Taste	06/13	ALL	F,G,Ms,P
Keebler Ready Crust Graham	12/10	E,F,M,Ms,P	D,F,G,Ms,P,S
Kitchen Basics Natural Vegetable Cooking Stock 8oz Box	03/08	ALL	F,G,P
Let's Do...Organic Sugar Cones	10/08	ALL	G,S
Libby's 100% Pure Pumpkin (also under Vegetables, Legumes..)	01/11	ALL	N
Libby Canned Pumpkin	10/08	D,E,F,G,P,S,Sf	N

Meza Hummus Traditional	12/10	ALL	F,G,P,Sf
McCormick Creamy Garlic Alfredo Sauce Mix	05/11	ALL	D,F,G,Ms,P,Sf
McDonald's Deep-fried French Fries	02/09	ALL	D,F,G,P,Sy
Middle Eastern Specialty Food by Dreamland Baba Gannouj	06/13	ALL	F,G,Ms,P
Middle Eastern Specialty Food by Dreamland Hummos	06/13	ALL	F,G,Ms,P
Pacific Natural Foods Organic Traditional 9" Pie Shells	12/10	ALL	D,G,Ss
Pickled Planet Beet Kraut	07/10	ALL	D,F,G,P
Pita Pal Organic Hummus Spicy Red Pepper	03/13	ALL	F,G,P
Seeds of Change Quinoa & Brown Rice With Garlic Certified Organic	08/13	ALL	F,G,P,Sy
Sunshine Burgers Organic Barbeque (also listed under <b>Frozen Foods</b> )	12/13	ALL	F,G,P
Sunshine Burgers Organic Garden Herb	12/13	ALL	G
Sunshine Burgers Organic Black Bean South West	12/13	ALL	F,G
TJ's Premium All Natural Sweet Potato Fries	03/10	ALL	F,P
Trader Joe's: Chunky Olive Hummus	10/07	F,P,S	F,P,S
Tucson Tamale Company "Berkeley" Black Beans, Fresh Roasted Corn and Spices in Red Chile Masa	03/13	ALL	F,G,P
Tucson Tamale Company "Tucson" Cheese in GrilledJalapeño Masa	03/13	ALL	D,F,G,P
Huckleberry's Uncle Dan's Classic Ranch Seasoning and Salad Dressing Mix	12/10	ALL	F,G,Ms,P
Walnut Acres Organic Marinara & Herbs Pasta Sauce	05/14	ALL	F
Wing Hing Egg Roll Wraps	04/13	ALL	E,G,P
<b>ALSO SEE <a href="#">TOMATO PRODUCTS</a></b>			

<b>Salsa:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Banditos Home Style Salsa (Cool, Warm, or Hot)	10/11	ALL	P
Frontera Jalapeno Cilantro	03/08	ALL	G,Ms
Frontera Jalapeno Cilantro Salsa Medium	05/08	ALL	N
Granny D's Homestyle Hot Salsa	01/10	ALL	F,G,P
Green Mountain Gringo Roasted Garlic Salsa	06/11	ALL	F,Sf,Sy
Guy Fieri Chipotle Salsa	03/13	ALL	F,P,(Sy?)
La Victoria Salsa Brava Hot Sauce	06/13	ALL	F,G,P,Sf



Newman's Own All Natural Chunky Medium Salsa	07/10	F,G,P	F,G,P,S
OrganicVille Organic Medium Salsa (with agave nectar)	05/10	F,G,P	F,G
Pace Picante Sauce, Mild	12/10	ALL	F,G,Ms,P,Sf
Pace Picante Medium Salsa	01/10	D,F,P,S,Sf,Sy	F,G,Sf,P
Salsa De Rosa Medium	06/13	ALL	F,G,Ms,P,Sf
Salsa De Rosa Verde	06/13	ALL	F,G,Ms,P,Sf
Trader Joe's Salsa Autentica	07/12	ALL	G,P
Trader Joe's Salsa Verde	12/11 10/13	ALL ALL	P F,G,P,Sf

<b>Salt:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Baleine Fine Crystals Sea Salt	03/13	ALL	N
Celtic Sea Salt®, Fine Ground	06/09 09/09	F,G,P,Sf ALL	N N
Celtic Sea Salt® Light Grey Celtic, Vital Mineral Brand, Coarse	01/11	ALL	N
Crossroads Pure Pacific Sea Salt	01/07		N
Culligan Rock Salt	07/10	F,G,Ms,P,S,Sf	Ms,P
Eden Sea Salt Hand Harvested French Celtic, 14 oz.	02/11	ALL	N
Edison Grainery Himalayan Pink Salt Fine Granulation	04/14	ALL	N
Grain and Salt Society Celtic Sea Salt Fine Ground	10/09	ALL	N
Hain Pure Foods Sea Salt (not iodized)	08/10	D,E,F,G,H,M,P,S,Sy	P
Kirkland (Costco) Pure Sea Salt	03/10 03/11	ALL ALL	Ms,P,Ss F
Kirkland Signature (Costco) Himalayan Pink	02/14	ALL	N
Morton Coarse Sea Salt	03/08	ALL	F,P,Sf
Morton Natural Sea Salt All-Purpose	10/13	ALL	F,Ms,P
Morton Salt	07/10	F,G,Ms,P,S,Sf	Ms,P,Sf
Redmond RealSalt (Bulk)	11/09 05/13	ALL ALL	F,Sf Ms
Redmond RealSalt Ancient All Natural Sea Salt*	05/10	ALL	Ms

Winco Sea Salt	10/07	F,P,S	Ss
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<b>Seafood:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Bay Beauty Pink Salmon	07/10	ALL	F,P,Sf
Brunswick Sardines in Spring Water no salt added	05/10	ALL	F,P,Sf
Bumble Bee Chub Mackerel (Also Called Jack Mackerel)	05/11	ALL	D,Ms,P,Sf
*Bumble Bee Sardines in Mustard *Read package ingredients. Some include soy and sugar. This sample did not.	06/10	ALL	G,Ms,P,Sf
Bumble Bee Tuna in Oil	07/10	ALL	ALL
Chicken of The Sea Chunk Light Tuna in Water	05/11	ALL	F,G,Ms,P,Sf,Sy
Crown Prince Kipper Snacks, Naturally Smoked, Fillets of Herring	08/11	ALL	Sf
Crown Prince Natural Boiled Baby Clams, Wild Caught, Packed in Water	08/11	ALL	F,Sf
Crown Prince Natural Naturally Smoked Oysters, Hand Packed In Pure Olive Oil	08/11	ALL	F,Sf
Crown Prince Natural Wild Caught Brisling Sardines	05/09	ALL	Sf
Crown Prince Solid White Albacore Tuna No Salt Added, in Spring Water	07/08	ALL	F,Sf
Day Island Fish Co. Albacore Tuna	07/08	ALL	Sf
Fred Meyer Canned Pink Salmon	08/10	ALL	P,Sf
Kirkland Signature (Costco) Solid White Albacore Tuna, In Water	06/14	ALL	M,Ms,P,Sf
Kirkland Signature Tilapia Loins (at Costco)	03/11	ALL	F,P,Sf
Kirkland Solid White Albacore (Canned) (at Costco)	08/11	ALL	Ms,P,Sf
Kirkland Wild Alaskan Smoked Sockeye Salmon (at Costco)	06/10	ALL	F,P,S,Sf
Marine Coast Kelp Atlantic Kombi Sea Vegetables	03/08	F,P,S	Sf
Natural Sea Brisling Sardines	05/08	ALL	F,Sf
Pink Pride Canned Wild Alaska Pink Salmon	03/09	ALL	Sf

Red Rambler Coho Salmon	03/09	ALL	Sf
Roland Anchovy Paste	04/13	ALL	F,P,Sf
Sea Watch Chopped Sea Clams	10/10	ALL	D,F,P,Sf
Sustainable Seas Solid Albacore Tuna in Water, No Salt Added	11/13	ALL	P,Sf
Trader Joe's Albacore Solid White Tuna in Water, No Salt Added	03/14	ALL	Sf
Trader Joe's Anchovy Fillets in Olive Oil	01/14	ALL	F,Sf
Trader Joe's Sardines Unsalted in Spring Water	01/14	ALL	Sf
Walmart Ocean Perch Fillets	12/10	ALL	P,Sf
Whole Foods Market 365 Everyday Value Solid White Albacore Tuna in Spring Water, No Salt Added	06/10	ALL	Sf
Wild Planet Wild Sardines in Spring Water	07/11	ALL	Sf

<b>Seasonings and Spices:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Bill's Best Chik'Nish Seasoning	05/11	ALL	F,Ms,P,S,Sy
Carroll Shelby's Chili Seasoning	05/08	ALL	F,G,P,Sf
The Coeur d'Alene Dressing Company Premium Sausage Seasoning (specific one not yet verified)	01/13	ALL	F,P,Sf
El Guapo Ground Pasilla Chili	12/10	ALL	N
Exotic Pepper, Bulk at Huckleberry's	12/10	F,G,P,S	F
Fiesta Chili Powder	09/08	ALL	F,P,Sy
Frontier Adobo Seasoning, Organic	07/13	ALL	N
Frontier (Bulk) Black Peppercorns Whole, Non-Organic	08/12	ALL	N
Frontier (Bulk) Cinnamon Sticks	11/09	D,F,G,P,S,Sf	N
Frontier (Bulk) Red Chili Peppers Medium Roasted Organic	11/12	ALL	N
Frontier (Bulk) Chili Powder	11/12	ALL	N
Frontier Chipotle Chili Pepper (Bulk) Organic Ground	02/14	ALL	F,G,P
Frontier Cumin Seasoning	02/08	D,E,F,G,P,S,Sf,Sy	F,P,Sf
Frontier Curry Seasoning	02/08	D,E,F,P,S,Sf,Sy	F,P
Frontier Organic Black Peppercorns Whole	08/12	ALL	N
Frontier Organic Cardamom Seed (Whole Pods)	02/13	ALL	N

Frontier Organic Fennel Seed Whole	02/13	ALL	N
Frontier Organic Mustard Seed, Ground	07/14	ALL	N
Frontier Organic Onion Flakes	02/13	ALL	N
Frontier Organic Paprika Ground	05/11	ALL	F
Frontier Organic Sweet Basil Cut & Sifted	02/13	ALL	N
Frontier Garlic Powder	07/13	ALL	N
Frontier Ground Cinnamon	02/08	D,F,G,P,S,Sf	F
Frontier White Pepper, Ground	07/14	ALL	P

**2009 ~ Avoid the following Frontier herbs in jars. The plastic lids are toxic: Allspice, Cayenne, Cinnamon Stick, Clove, Oregano, Parsley, Rosemary, Sage and Thyme.**

Herb Company Organic Rosemary	03/09	D,F,G,P,S	N
Herb Company Organic Sage	03/09	D,F,G,P,S	F
Herb Company Organic Thyme	03/09	D,F,G,P,S	N
Huckleberry's (Bulk) Celery Seed	09/12	ALL	P
Huckleberry's (Bulk) Chipotle Powder (located @ Rosauers)	04/13	ALL	G
Huckleberry's (Bulk) Exotic Peppercorns	11/10	ALL	F
Huckleberry's (Bulk) Turmeric Root, Dried	10/12	ALL	N
Huckleberry's (Bulk) Yellow Mustard Seed	09/14	ALL	F
Kirkland Cinnamon Powder	02/09	E,F,P,S,Sf,Sy	F
Kirkland Granulated California Garlic	11/10	ALL	F,P
Kirkland Signature Cinnamon Ground Saigon	09/12	ALL	F
Kirkland Signature Garlic Salt	12/09	D,F,S,Sf	F
Kirkland Signature Saigon Ground Cinnamon	12/10	ALL	F,P
Kitchen Bouquet Browning and Seasoning Sauce	10/07	F,P,S	S
Lorien's Whole Cloves	12/10	ALL	N
McCormick Basil Leaves	11/10	ALL	F
McCormick Cinnamon Sugar	07/13	ALL	F,S
McCormick White Pepper, Ground	12/13	ALL	F,P
McCormick Whole Black Peppercorns	08/12	ALL	F
Mountain Rose Herbs Cinnamon Powder Organic	02/14	ALL	N
Mountain Rose Herbs Cumin Seed Powder Organic	02/14	ALL	N

Mountain Rose Herbs Parsley Leaf Organic	02/14	ALL	N
O Organics Dill Weed	11/09	F,P, S	N
O Organics Garlic Powder	11/09	F,P,S	P
Red Ape Cinnamon, Ground	01/11	ALL	N
Simply Organic All Purpose Seasoning	11/10	ALL	F,P
Simply Organic Basil	01/11	ALL	N
Simply Organic Black Pepper	08/10	D,E,F,G,M,P,S,Sy	P
Simply Organic Cilantro	01/11	ALL	N
Simply Organic Coriander (Seed Ground)	05/11	ALL	N
Simply Organic Crushed Red Peppers	03/08	ALL	F
Simply Organic Cumin	01/11	ALL	N
Simply Organic Dried Basil	10/09	ALL	N
Simply Organic Garlic Powder	03/09 07/10	D,E,F,G,P,S,Sf ALL	F,P F,P
Simply Organic Garlic Salt	09/14	ALL	N
Simply Organic Ginger	11/12	ALL	N
Simply Organic Grilling Seasons Chicken Seasoning	11/09	ALL	F,P
Simply Organic grind to a salt	09/14	ALL	N
Simply Organic Ground Cinnamon	03/09	D,E,F,G,P,S,Sf	F
Simply Organic Italian Seasoning	10/09	D,E,F,G,S,Sf	F
Simply Organic Onion Powder	11/13	ALL	N
Simply Organic Oregano	05/10 01/11	ALL ALL	N N
Simply Organic Parsley	01/11	ALL	N
Simply Organic Rosemary	01/11	ALL	N
Simply Organic Sage	01/11 11/12	ALL ALL	N N
Simply Organic Sesame Seed	01/11	ALL	G

Simply Organic Thyme	01/11	ALL	N
Simply Organic Turmeric	11/12	ALL	N
Spice Islands Curry Powder	06/10 02/13	F,P,S ALL	F,P N
Spice Island Ground Cumin Seed	02/09	D,F,G,P,S	N
Spice Islands Ground Mustard	03/09	D,E,F,G,P,S,Sf	D,F
Spice Island Tarragon	02/09	D,F,P,S	F
Spice World Garlic, Organic Minced	05/14	ALL	D,F,M,Ms,P
Spice World Minced Garlic	06/09	E,F,P,S,Sf,Sy	F
Starlight Herb & Spice Co. Chipotle Powder	01/14	ALL	N
Sunluck Chinese Style Five Spice, All Natural	01/11	ALL	N
The Spice Hunter Cinnamon Ground 100% Organic	10/11	ALL	F
The Spice Hunter Yellow Mustard Ground	04/09	D,E,F,G,P,S,Sf	F,Sf
The Spice Hunter Salt Free Mexican Seasoning Blend	03/10	F,G,P	F,G
Trader Joe's Everyday Seasoning	05/11	ALL	F,P
Uncle Dan's Classic Ranch Seasoning & Salad Dressing Mix	11/10	ALL	F,G,P
Victoria Taylor's Mediterranean Seasoning	11/09	ALL	F,G,P
Wild Harvest Organic Cayenne Pepper, Ground	07/14	ALL	N
Wild Harvest Organic Italian Seasoning	11/11	ALL	N

<b>Seeds:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Azure Farm Organic Golden Flax Seeds	09/11	ALL	G
Azure Standard Organic Raw Unsalted Sunflower Seeds	03/08	ALL	G
Azure Standard Whole Chia	10/09 03/11	ALL ALL	F N
Bob's Red Mill Chia Whole Seed	03/13	ALL	N
Fred Meyer (Bulk) Brown Flax Seed (Unbranded)	10/08	ALL	N
Fred Meyer Sunflower Seeds (Bulk) Raw, Hulled, Unsalted	09/13	ALL	G

Golden Flax Seed (Bulk at Winco)	09/10	ALL	F,G
Good Grains Flax Whole Linaza Integral	04/13	ALL	G
Huckleberry's Bulk Dark Flax Seeds	03/09	D,E,F,P,S,Sf	G
Huckleberry's (Bulk) Sunflower Seeds	10/08	D,E,F,G,P,S,Sf	G
Now Healthy Foods Raw Pumpkin Seeds	09/12	ALL	Sf
Nutiva Chia Seed Organic	06/13	ALL	N
Simply Organic Sesame Seed (Also listed under Grains and under Seasonings & Spices)	01/11	ALL	G
Spectrum Cold Milled Organic Ground Premium Flaxseed	04/13 06/13	ALL ALL	G G
Spectrum Essentials Chia Seed	04/14	ALL	G
Trader Joe's Nuts Sunflower Seeds Roasted & Unsalted	06/13	ALL	G
Wildcraft Harvest Wild Lands Fennel Seed (Bulk)	02/13	ALL	N

**Soaps:**

BRAND/ITEM NAME	DATE EVALUATED	EVALUATED FOR	RESULTS
	See <a href="#">Toiletries</a>		

<b>Soaps:</b>			
BRAND/ITEM NAME	DATE EVALUATED	EVALUATED FOR	RESULTS
Amy's Organic Fat Free Chunky Vegetable	02/09	D,E,F,P,S	F,P,S
Amy's Organic Low Fat Minestrone Soup	02/09	ALL	F,G,P,Ss
Amy's Organic Soups Chunky Tomato Bisque	03/13	ALL	D,P,S
Amy's Organic Soup Low Fat Vegetable Barley	08/08	ALL	D,F,G,P,Sf
Bob's Red Mill 13 Bean Soup Mix	01/09	ALL	G
Edwards & Sons Miso-Cup Golden Vegetable Soup	08/07		F,G,P,Sy
Huckleberry's (no name) Split Pea Soup, Dry Mix, Bulk	09/08	E,P,S,Sf,Sy	F,P,Sf,Sy
Imagine Creamy Garden Tomato Organic Light in Sodium	04/13	ALL	F,G,P
Imagine Organic Beef Broth	09/10 03/10	E,F,S,Sf,Sy ALL	F G,M,Ms,P
Imagine Organic Creamy Sweet Potato Soup	03/13	ALL	G,P
Imagine Organic Creamy Tomato (new package)	01/09	ALL	G,Ss
Imagine Organic Free Range Chicken Broth	06/11	ALL	G,M,S
Kitchen Basics Unsalted ChickenCooking Stock (Also under MEAT & MEAT BOUILLON)	03/11	ALL	E,F,G,M,P,Sf
Muir Glen Organic Savory Lentil Soup	07/08	ALL	F,G,P,Sy
Nagatanien Matsutake-no Aji Instant Soup Mix	10/07	F,P,S	N
"O" Organics Chicken Broth	05/07		F,M,P
Oregon Spice Organic Chicken Flavored Broth	01/09	D,F,S	F,M
Pacific Natural Foods Organic Creamy Tomato Soup	07/08	ALL	F,S
Pacific Organic Chicken broth	05/08	ALL	G,M,P,S

Pacific Organic Vegetable Broth	06/07		P,Ss
Rachel Ray All Natural Beef Flavored Stock	03/09	D,E,F,P,S,Sf	M,P
Rachael Ray Chicken Stock	02/09	D,E,F,P,S,Sf	F,M,P,S,Sf
Seitenbacher Vegetarian Vegetable Broth and Seasoning	03/11	ALL	F,G,P
Taste Adventure Dehydrated Split Pea Soup	01/10	ALL	ALL
Wolfgang's Egg and Noodle	03/07		E,G,P,S

<b>Soy Products:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Bragg Liquid Aminos	03/08	F,P	P,Sy
Eden Organic Tamari Soy Sauce	05/11	ALL	G,P,Sy
Ohsawa Organic Nama Shoyu	05/10	ALL	G,P,Sy
San-J Organic Shoyu Naturally Brewed Soy Sauce	08/13	ALL	G,Sy
San J Organic Tamari Gluten Free Soy Sauce	12/10	ALL	F,G,Ms,Sy
Small Planet Organic Firm Tofu	08/10	ALL	F,P,Sy
Tofurky Italian Sausage	06/10	ALL	ALL
Trader Joe's Organic Tofu	03/08	F,P,S	Sy
Trader Joe's Reduced Sodium Soy Sauce	03/08	F,P	Sy
Wildwood Organics SprouTofu High Protein Super Firm Tofu	06/10	All	P,Sf,Sy
Yamasa Less Salt Soy Sauce	10/10	F,P	D,G,P,Sy
Yamasa Less Sodium Soy Sauce	03/08	F,P,S	Sy
Yamasa Soy Sauce	11/09 07/10 03/11 03/14	D,E,F,G,P,S,Sf ALL D,E,F,G,H,P,S,Sf,Sy ALL	G,Sy G,P,Sf,Sy G,P,Sf,Sy G,Sy
<b>ALSO SEE <u>NON-DAIRY MILK</u>, <u>MARGARINE</u> AND <u>CONDIMENTS</u></b>			

<b>Sweeteners:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Amazon Therapeutic Laboratories Yacon Organic Syrup	08/12	ALL	P
Aunt Patty's Date Sugar	10/09	ALL	F,S
Aunt Patty's Fructose, Dry Natural Sweeteners	10/09	ALL	F,S
Azure Fruit Sweetener	02/11	ALL	F
Azure Standard Evaporated Cane Juice Crystals	03/08	F,P	S
Azure Standard Old Fashioned Molasses	01/13	ALL	S
Azure Turbinado Sugar	02/08	ALL	F,S
Bob's Red Mill Date Sure Pure & Natural	06/13	ALL	F,G
Brer Rabbit Mild Molasses	10/08	D,E,F,G,P,S,Sf	S
Coconut Secret Raw Coconut Crystals	06/13	ALL	F
C&H Pure Cane Sugar Golden Brown	02/14	ALL	S
C&H Pure Cane Sugar, Granulated White	06/10 12/10	F,G,P ALL	S M,S
Fred Meyer Bulk Organic Cane Sugar	05/10	F,P	S



Frontier Spice Xylitol (Bulk at Huckleberry's)	08/10	ALL	G,P
Fructose (Bulk at Rosauers Mkt, Spokane WA)	12/09	ALL	F,S
HoneyTree Pure Agave Nectar Organic	05/11	ALL	N
KAL Pure Stevia Extract Powder	09/12	ALL	F
KAL Pure Stevia Natural Extract	05/13	ALL	F
Lundberg Organic Brown Rice Syrup	12/09	D,E,F,G,H,M,P,S,Sf,Sy	F,G,P
Lundberg Organic Brown Rice Syrup Sweet Dreams	12/09	D,E,F,G,M,P,S,Sy	F,G,P
Madhava Agave Nectar Light	12/10	ALL	N
Madhava Agave Nectar Amber, Organic	08/10	ALL	N
Madhava Organic Coconut Sugar	08/12	ALL	F
Naturally Bland Sugar in The Raw	05/08	D,F,P,S,Sf	S
Navitas Naturals Coconut Palm Sugar Organic	06/13	ALL	F
NOW Healthy Foods Barley Malt Sweetener	05/11	ALL	F,G
Now Healthy Foods Fructose	02/13	ALL	F,G
Now Stevia Extract Organic 2 oz.	01/10	ALL	F,G,Sy
Now Stevia Extract Packets	05/10	ALL	F,G,M,Ms,Sf
NuNaturals Stevia	05/08 07/10	ALL ALL	N D,F,P,S
Plantation Unsulphured Blackstrap Molasses	12/11	ALL	F,M,S
Private Selection Organic Powdered Sugar	01/11	ALL	G,S
Select Organic Corn Syrup (Safeway brand)	01/11	ALL	G
Starwest Botanicals Stevia Leaf	08/12	ALL	N
Stevia Extract In The Raw	05/10	ALL	F,M,Ms,P,Sf
SweetLeaf® 100% Natural Stevia Sweetener	06/12 01/13	ALL ALL	F,G ALL
Sweet Leaf Sweetener All Natural Stevia Plus	06/10	D,F,P,S,Sf	F,Sf
Sweet Tree Coconut Palm Sugar Blonde Organic	06/13	ALL	F
Trader Joe's Stevia Extract	03/13	ALL	G
Truvia Sweetener	06/10	ALL	P,S
Western Family Pure Granulated Sugar	07/13	ALL	S
Wholesome Sweeteners Evaporated Cane Juice Organic Sugar	03/09 01/11	ALL ALL	S S
Wholesome Sweeteners Organic Blue Agave Syrup	11/09 05/10 01/13 02/13	P ALL ALL ALL	N N C N
Wholesome Sweeteners Organic Coconut Palm Sugar	06/13	ALL	F
Wholesome Sweeteners Organic Dark Brown Sugar	01/11	ALL	S
Wholesome Sweeteners Organic Molasses Unsulphured	07/12	ALL	S

Wholesome Sweeteners Organic Powdered Sugar	05/11 12/13	ALL ALL	F,P,S P,S
Wholesome Sweeteners Organic Raw Blue Agave Syrup	05/09 01/10	F,G,P ALL	N N
Wholesome Sweeteners Organic Sugar	03/09	ALL	S
Young Living Blue Agave	12/09	ALL	N
<b>ALSO SEE <a href="#">MAPLE SYRUP &amp; SUGAR AND HONEY</a></b>			

<b>Teas</b> <b>(Tea bags generally analyze positive for fruit):</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Arbor Teas Organic Cinnamon Rooibos, Loose Tea (arborteach.com)	05/11	ALL	F,P
Arbor Teas Organic Decaf Green, Loose Tea	05/11	ALL	N
Arbor Teas Organic Earl Grey Rooibos, Loose Tea	05/11	ALL	F,P
Arbor Teas Organic Vanilla Almond Rooibos, Loose Tea	05/11	ALL	F
Ayush RU-Ved Himalayan Green (Bag included in test)	05/08	ALL	N
Bigelow Cozy Chamomile	06/07		Tea=N Bag=F
Bigelow Earl Grey	05/09	ALL	F
Celestial Seasonings Caffeine Free Chamomile	07/08	F,G,P,S	F
Celestial Seasonings Tension Tamer	03/11	ALL	F,P
Choice Organic Earl Grey	12/10	ALL	F,P
Choice Organic Peppermint Tea Bags	06/13	ALL	N
CO2 Decaffeinated Ceylon Black Loose	10/10	F,P	N
Eco-Teas Organic Yerba Mate, Loose Tea	09/14	ALL	N
Frontier (Bulk) Darjeeling Black	08/14	ALL	N
Frontier (Bulk) Irish Breakfast Organic	03/14	ALL	M
Frontier (Bulk) Peppermint Leaves	06/10	F,G,P	N
Frontier Bulk Se Chung Special Oolong Organic	02/14	ALL	N
Frontier Fair Trade Gunpowder Green Loose Leaf	05/13	ALL	N
Frontier Fair Trade Organic Assam Tea Leaves	11/10	ALL	N
Frontier Fair Trade Organic Hibiscus Tea (loose)	06/10	F,G,P	N
Frontier Hibiscus Flowers, Bulk at Huckleberry's	12/10	F,P	F
Good Earth Green	07/08	F,G,P,S	F
Good Earth White, Vanilla Blend	05/09	ALL	F
Honest Tea Jasmine Green Energy	06/14	ALL	F
Huckleberry's (Bulk) Irish Breakfast Organic	02/14	ALL	F
Kirkland Japanese Green	03/09	ALL	F,P
Living Tea Raw Organic Kombucha	02/09	ALL	ALL
Lorien's (Bulk) Pure Cleanse	11/10	ALL	F
Lorien's (Bulk) Red Rooibos	12/10	ALL	F,P
Lyston English Breakfast	07/07		P

Market Spice Black Northwest Breakfast (Tea bags)	05/09	ALL	F
Mountain Rose Herbs Assam Organic	03/14	ALL	F
Mountain Rose Herbs Fidnemed Nighttime Tea	09/14	ALL	N
Mountain Rose Herbs Winter Spice Tea	09/14	ALL	F
Nile Delta Loose Leaf Chamomile Tea (Source Unknown, purchased on line)	10/10	F,P	N
Numi Bushman's Brew Honeybush Organic Loose	11/09	ALL	F
Numi Organic Tea Rooibos Chai	07/13	ALL	F
Numi Rooibos Organic	11/09 12/13	ALL ALL	ALL F
Paradise Tropical	05/09	ALL	ALL
Private Selection Rooibos Red	01/10	ALL	ALL
Pyrastry 100% Green	03/09	ALL	F
San Francisco Herb Co. Peppermint Tea Bags	05/11	ALL	N
Star West Botanicals (Bulk) Peppermint Leaf Organic	05/13	ALL	F
Stash Moroccan Mint Green	05/10	F,G,P	F
Stash Premium Chai Green	07/13	ALL	F
Stash Premium Chamomile Caffeine-Free Herbal	06/13	ALL	N
Stash Premium Chocolate Mint Oolong	07/13	ALL	F
Stash Premium Green (Bag not tested)	03/08	D,F,G,P,S	F
Stash Premium English Breakfast Black	07/13	ALL	F
Stash Premium Moroccan Mint Green	07/13	ALL	N
The Republic of Tea Coconut Cocoa Cuppa Chocolate Tea	05/13	ALL	F
The Republic of Tea Red Tea Good Hope Vanilla	12/10	ALL	F
Trader Joe's English Breakfast	05/13	ALL	N
Trader Joe's Organic Chamomile	08/12	ALL	N
Traditional Medicinals Chocolate Smooth Move	06/10	ALL	ALL
Traditional Medicinals Organic Roasted Dandelion Root	11/09 08/12	ALL ALL	N N
Triple Leaf Green Decaf	11/09 12/11 02/13	ALL ALL ALL	N N N
Twinings Earl Grey Loose Leaf	03/08	ALL	N
Twinings English Breakfast Tea	10/10	ALL	F
Twinings Pure Peppermint	06/13	ALL	N
Wisdom of The Ancients Yerba Mate Unsweetened	08/12	ALL	N
Yogi Green Tea, Super Antioxidant	03/09	ALL	F,P
Yogi Organic Ginger	03/09	ALL	F
Yogi Tea Pure Green Decaf	10/09 12/11	ALL ALL	F,Sf N
Zhena's Gypsy Raspberry Earl Grey Black	05/13	ALL	F,P,Sy

<b>Tofu:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
<b>SEE <a href="#">SOY PRODUCTS</a></b>			

<b>Toiletries:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Christopher's Herbal Tooth and Gum Powder	07/10	ALL	F,G,P,Sf
Clearly Natural Vitamin E Glycerin Soap	05/08	ALL	F,Sf,Sy
Earth Science Fragrance-Free Shampoo	03/09	ALL	ALL
Home Health Almond Glow, Unscented (Peanut oil, Olive Oil, Lanolin, Vitamin E)	02/08	ALL	F,Sf
Jason Sea Fresh Toothpaste	01/10	F,M,P,S	F,Sf
Tom's of Main Natural Antiplaque, Fennel Toothpaste	11/09	E,F,S	F
Uncle Harry's Tooth Powder	04/10	ALL	D,F,Ss
Xlear Spry Toothpaste Peppermint Fluoride Free With Xylitol & Aloe	09/12	ALL	F,G,Sf

Most shampoos usually evaluate positive for fruit. The following products appear "safe" for fruit-intolerant people:

- Herbal Essence Shampoo
- Tom's toothpastes
- Sensodyne Toothpaste

All we can suggest is to do the best you can!

<b>Tomato Products:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Amy's Organic Family Marinara Spaghetti Sauce	01/09	ALL	ALL
Bionature Strained Tomatoes, Organic No Salt Added	01/11	ALL	N
Bionature Tomato Paste, Organic	07/08 02/09	ALL F	F N
Bionature Tomato Paste, Organic No Salt Added	04/10 10/10	ALL ALL	N N
Del Cabo Organic Tomatoes	02/09	F	N
Fred Meyer Tomato Paste, No Salt	10/08	D,E,F,G,P,S,Sf	F
Fred Meyer Tomato Puree	03/10	ALL	F,Ms
Great Value Tomato Puree	03/09	ALL	F,P
Huckleberry's Muir Glen Organic Garlic Roasted Pasta Sauce	02/09	D,F,S	F,S
Hunt's Tomato Paste 8 oz. No Salt Added	05/11	ALL	F,P
Imagine Tomato Soup	03/08	ALL	G,Ss
Kirkland Organic Diced Tomatoes	07/13	ALL	F
Kirkland Signature Organic Tomato Paste	07/13	ALL	N
Lucini Tuscan Marinara With Roasted Garlic Sauce	02/09	D,E,F,P,S,Sf,Ss	F,P,S,Sf,Ss
Medi Heranean Organic Sun Dried Tomatoes	07/09	ALL	F,Sf,P
Mezzetta Napa Valley Bistro Homemade Style Marinara	12/10	ALL	F,P,S

Mezzetta Napa Valley Bistro Roasted Garlic Pasta Sauce	06/11	ALL	F,P,S
Middle Earth Organic Tomato & Basil Sauce	02/09	D,F,S	F
Middle Earth Organic Tomato Sauce with Grilled Zucchini	05/09	D,E,F,S	F,S
Middle Earth Organic Tomato Sauce with Olives & Capers	05/09	ALL	F,Sf
Muir Glen Organic Diced Tomatoes	02/11	ALL	F
Muir Glen Organic Diced Tomatoes with Basil And Garlic	06/10	F,P,S	F,P
Muir Glen Organic Pizza Sauce	02/14	ALL	F,P
Muir Glen Organic Stewed Tomatoes	02/11	D,E,F,M,Ms,P,S	F,P
Muir Glen Organic Tomato Paste	02/13	ALL	F
Muir Glen Organic Tomato Sauce, Chunky	05/12	ALL	F,P
Muir Glen Organic Tomato Sauce, No Salt Added	04/08	ALL	F
Natural Directions Organic Tomato Sauce	02/09	D,E,F,P,S,Sf	F,P,S
O Organics Whole Peeled Tomatoes	05/09	ALL	F
Pomi All Natural Strained Tomatoes, No Sodium	11/08	D,E,F,P,S,Sf	N
Pomi Chopped Tomatoes	10/10 06/11	ALL ALL	N N
Private Selection Tomato Paste	03/10	ALL	N
Private Selection Tomato Paste, Organic	03/10	F,Ms,P	F,Ms,P
Safeway Select Garlic Basil Pasta Sauce	02/09	D,E,F,P,S,Sf	F,P,S,Sf
S & W Tomato Paste,Organic*	04/10	ALL	F(inconsistent)
S & W Tomatoes, Organic Ready Cut Diced	05/09	D,E,F,G,M,P,S,Sy	M,P
S & W Tomatoes, Premium Ready Cut Italian Recipe	05/11	ALL	F,Ms,P,Sf
S & W Tomato Sauce	01/09	ALL	F,P
Trader Giotto's Traditional Marinara Sauce	12/11	ALL	Ms,P,Sy
Tully's Italian Meatless Pasta Sauce	02/09	D,E,F,S	F,S

**\* This product was evaluated from 2 different batches, a week apart. The second batch resulted as neutral. Consider this product = inconsistent.**

<b>Tortillas:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Alvarado's Organic Sprouted Wheat Tortilla Shells	10/08	E,P,S,Sf,Sy	G
Alvarado Street Bakery Sprouted Wheat Tortillas (Burrito size)	01/08	ALL	G,Ss
	05/08	ALL	G
	01/11	ALL	G
Alvarado Street Bakery Wheat Tortillas	03/09	P,F,G,S,Sf,sy	G
Buenatural Organic Whole Wheat Tortillas	10/09	ALL	G,P
Ezekiel Sprouted Grain Tortillas	03/08	ALL	G
Food For Life Brown Rice Tortillas	05/11	ALL	F,G,P
Food For Life Ezekiel 4:9 Sprouted Grain Tortillas	07/12	ALL	F,G,Sy
	02/14	ALL	G,Sy
Garden of Eatin Blue Corn Taco Shells	01/11	ALL	G
Garden of Eatin Taco Shells	02/09	F,G,S	G
Garden of Eatin Yellow Corn Taco Shells	10/09	F,G,P,S	G
La Banderita Corn	04/13	ALL	F,G,P

La Burrita Corn Tortillas	05/11	ALL	F,G,P,Sf
La Tortilla Factory Smart & Delicious White Whole Wheat Tortillas	05/12	ALL	D,F,G,P,Sy
Leona's de Chimayo White Flour	12/12	ALL	F,G,Sy
Mission Tortilla Strips	05/11	ALL	F,G,Ms,P
Sonoma Organic Wraps Multi-Grain with Flax	05/11	ALL	F,G,P,Sy
Trader Joe's Corn Tortillas	03/08	F,P,S	G
Tumaro's Honey Wheat Tortillas	09/08	D,E,F,P,S	G,F,P,S
Whole Foods 365 Organic Corn Tortillas	03/08	F,P,S	G,P

<b>Vegetables, Legumes &amp; Mushrooms:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Azure Standard Broccoli Florets Bulk Frozen Organic	02/14	ALL	N
The Berry Ranch Green Acorn Squash	04/13	ALL	N
Birds Eye Steamfresh Fresh Frozen Vegetables, Mixed Vegetables	12/10	ALL	F,G
Bolthouse Farms Raw Carrots	02/09	F	N
Bubbies Sauerkraut	05/11	ALL	Ms,P
Bunny-Luv Organic Peeled Baby Carrots	11/13	ALL	N
ByBee Foods Frozen Organic Sweet Baby Peas	11/13	ALL	N
ByBee Foods Frozen Organic White Sweetcorn	11/13	ALL	F,G
Del Monte Cut Green Beans No Salt Added (in can)	09/12	ALL	P
Dole Cantaloupe	03/11	ALL	N
Earthbound Farms Organic Cauliflower	01/10	F,G,P	N
Earthbound Farms Organic Carrots	01/09	F	F
Earthbound Farms Organic Celery	01/10	F,G,P	N
Earthbound Farms Organic Mini Peeled Carrots (bought at Costco)	10/11	ALL	F
Earthbound Farms Organic Scallions	03/09	ALL	N
Farmer's Market Organic Pumpkin (Canned)	01/14	ALL	N
Fresh Express Hearts of Romaine	09/12	ALL	N
FungusAmongUs Organic Chanterelle Dried Mushrooms	02/11	ALL	N
Gedney Organic Selections Kosher Dill Whole Pickles	03/09	ALL	F,G,Ms,P,Sf,Sy
Genesis Farm Organic Yellow Onion	03/09	ALL	N
Great Value Chopped Green Chiles	12/10	ALL	F,P
Hy-Top Carrots Crinkle Cut Frozen (at Winco)	09/12	ALL	N
Hy-Top Green Beans Cut Frozen (at Winco)	09/12	ALL	F
<i>(NOTE: The frozen vegetables will also be listed under FROZEN FOODS in The Food Resource List)</i>			
Libby's 100% Pure Pumpkin (also under Prepared Foods & Mixes)	01/11	ALL	N
Marketside Broccoli Slaw	02/13	ALL	N

Natural Directions Organic Cut Green Beans	09/12	ALL	N
Organic Girl Baby Spinach Washed3	02/11	ALL	N
Private Selection Organic Peas	10/08	D,E,F,G,P,S,Sf	F
Rosauers Russet Potatoes	09/12	ALL	P
Safeway Canned Cut Green Beans	04/09	F,P,S,Sf,Sy	N
Santiam Canned Green Beans, No Salt	02/09	ALL	ALL
Santiam Whole Kernel Corn	02/09	ALL	ALL
Shelf Reliance Thrive Red Bell Peppers Premium Freeze Dried	11/12	ALL	N
Shelf Reliance Thrive Sweet Corn Freeze Dried	11/12	ALL	G
Shiitake-Ya Naturally Healthy Gourmet Mushroom Blend	12/10	D,E,F,G,P,S	N
Sun Luck Sliced Peeled Water Chestnuts (canned)	11/12	ALL	N
Taylor Farms Sugar Snap Peas	03/10	ALL	N
Trader Joe's Organic Frozen Green Beans	10/08	ALL	N
Trader Joe's Organic Sugar Sweet Cut Corn (frozen)	07/12	ALL	G,S
Uncle Henry's Natural Produce Organic Raw Maca Root	06/11	ALL	N
Walla Walla Sweet Onion	09/12	ALL	N
Western Family Green Split Peas	12/10	F,G,P,S	N
Wild Harvest Organic Sweet Grape Tomatoes	11/12	ALL	N
Woodstock Farms Organic Kosher Baby Dill Pickles	05/11	ALL	F,G,Ms,P,Sf
Yoke's Organic Bulk Carrots	02/09	D,F,G,P,S	N

<b>Vinegar:</b>			
<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
365 Whole Foods Distilled White	06/13	ALL	G
Azure Apple Cider Raw Organic	03/14	ALL	F
Bragg Organic Apple Cider	05/13	ALL	F
Eden Selected Red Wine	06/12	ALL	F
Fred Meyer Distilled White	10/09	E,F,P,S	F,G,P
Four Monks White Distilled	08/13	ALL	F,G
Hain Apple Cider Raw Unpasteurized	10/11	ALL	F
Heinz Distilled White	11/09 08/10 04/14	ALL ALL ALL	G F,G F,G
Hy-Top (at Winco) White Distilled	07/13	ALL	G
Kirkland Balsamic	02/09	E,P,S,Sf,Sy	F,P,Sf
Marukan Organic Seasoned Rice	05/10	F,P	G,P
Moto Distilled	06/13	ALL	G

Napa Valley Naturals Balsamic	06/10	F,P,S	F
Napa Valley Naturals Organic Red Wine	08/14	ALL	F
Napa Valley Naturals White Wine	04/08	ALL	F,G,P,S
Newmans Own Organic Balsamic	01/12	ALL	F,P
Omega Nutrition Apple Cider Organic "With Mother"	02/14	ALL	F
Omega Nutrition Balsamic Organic	02/14	ALL	F,P
Pompeian Balsamic	07/13	ALL	F
Solana Gold Organic Apple Cider	09/09	D,E,F,G,M,P,S,Sy	F
Spectrum Naturals Organic Brown Rice	12/10	ALL	G
Spectrum Naturals Organic Brown Rice Seasoned	02/13	ALL	F,G,P (Awaiting verification for sugar on this)
Spectrum Naturals Organic Brown Rice Vinegar Unseasoned	08/12	ALL	F,G
Spectrum Naturals Organic Red Wine	11/09	D,E,F,G,M,P,S,Sy	F
Spectrum Naturals Organic White Distilled (Company is Spectrum Naturals. Bottle may not say "Naturals".)	09/10 01/11	F,G,P ALL	G G
Star Italian Kitchen Red Wine	01/09 08/09	ALL D,E,F,G,M,P,S,Sy	F F,M
Trader Joe's Balsamic Vinegar of Modena	05/13	ALL	ALL

**Vitamins, Health Care Products and Nutritional Supplements:**

BRAND/ITEM NAME	DATE EVALUATED	EVALUATED FOR	RESULTS
Allergy Research Group DIM*	04/09	ALL	F,G,Sf,Sy
Allergy Research Group Earth Dragon	06/08	All	F,G
Allergy Research Group Modified Citrus Pectin Powder*	04/09	ALL	F
Ayush Herbs Arjuna Heart	06/09	ALL	G
Ayush Herbs Eleg Fem Capsules	05/08	ALL	G
Ayush Probiotic 10B	05/08	ALL	D,G
Ayush Probiotic 30B	05/08	ALL	D,G
Ayush Purush	08/08	ALL	F,G
DigestaCure	07/10	ALL	F,G,P,Sf
Fearn Liquid Lecithin	06/09	D,E,F,G,P,S,Sf,Sy	Sy
Frontier Spirulina Powder	02/09	ALL	F,Sf
Gaia Herb Phyto Caps Eleuthero Root	03/10	F,G,P	F,G
Garden Of Life: Optimal Women's Formula Vitamin	09/08	ALL	ALL
Garden of Life: Primal Defense	06/08	ALL	F,P,S,Sf
Green Supreme with Barley Power	04/09	D,F,P	F,G
Hydrilla Green Food Vitamin	03/09	ALL	G
Juice Plus Chewables Garden Blend (Green)	10/09	ALL	F,G,P,Sf
Juice Plus Chewables Orchard Blend (Red)	10/09	ALL	F,G,Sf
KAL Nutritional Yeast Flakes Unsweetened, Gluten Free	04/14	ALL	P,S
LaSante Chromium Picolinate from Levine	08/08	ALL	G,M
Levine Health LaSante Magnesium Citrate	10/08	ALL	G
Levine LaSant Chewable Calcium	02/09	ALL	F,G,Sf



Lewis Labs Brewers Yeast	12/10	ALL	ALL
Mega Food Blood Builder	11/08	ALL	F,G,Sf
Natural Factors PGX Daily Ultra Matrix Softgels (fiber)	05/09	ALL	F,G,H,M,Sy
Nature Made Prenatal Vitamins	03/08	F,P,S	F
Nature's Bounty Super Strength Vitamin D-2000 IU	07/10	F,G,S,Sf	F
Natures Life Magnesium 500mg	02/09	ALL	F,Sf
Nature's Plus Animal Parade Kid Greenz Tropical Flavor	09/08	ALL	ALL
Nature's Plus Children's Chewable Calcium, Natural Vanilla Sundae Flavor	09/08	ALL	ALL
Nature Throid NT-1 1grain (60mg)	08/08	ALL	M
Nature's Way Calcium Mag & Zinc	10/10	D,F,G,M,Sf	F,G,M
Natures Way Vitamin B-12	01/09	E,F,S	F,S
Nature's Way Vitamin D-400	11/08	D,F,S,Sf	F,Sf
Nordic Naturals Nordic Berries Multi Vitamin	09/08	ALL	ALL
Now Beef Gelatin	11/09	ALL	M
Now High Potency Vitamin D-3 2000IU Softgels	05/08	F,G,P,Sf	F,Sf
Now Vitamin D-3 5000IU	07/10	E,F,S,Sf	F
Organic India Turmeric Formula	10/13	ALL	G
Power Organics Klamath Blue Green Algae	02/09	ALL	Sf
Rich's Enzymes & Intestinal Flora	10/07	E,F,S	F,S
Rich's For-N	10/07	E,F,S	S
Royal Brittany Evening Primrose Oil (Gel cap not specified at this time)	02/13	ALL	F
Show Me The Whey Protein Powder	12/09	F,P,S,Sy	D,F
Solaray Calcium-Magnesium-Zinc	11/09	ALL	G,M,Sf
Solaray Glucosamine	04/08	F,S	F,Sf
Soloray Mega B-Stress	01/09	E,F,S	F
Soloray Rose Hips 550mg	01/09	ALL	F,G
Soloray Vitamin C	01/09	E,F,S	F
Solaray Women's Golden (Multi-Vita-Min)	08/08	ALL	F,M,P,Sf
Solaray Zinc 50mg	09/09	ALL	F,G,M
Source Of Life Animal Parade Children's Multi Vitamin	09/08	ALL	ALL
Standard Process Ginkgo Synergy	01/09	ALL	F,G,Sy
Standard Process Immuplex	04/09	ALL	E,G
Standard Process Trace Minerals - B12	10/08	ALL	G,M
Super Greens Powder	06/08	D,F,G,P,S,Sf	D,F,G,P,Sf
Swanson Bromelain	10/07	E,F,S	F
Swanson Ester-C	10/07	E,F,S	F
Swanson GreenFoods Formulas Veggies4Life	10/07	E,F,S	F
Systane Dry Eye Therapy Eye Drops	02/08	F,G,P	F
Systane Preservative-Free Eye Drop Vials	02/08	F,G,P	P
Tahoma Clinic Strontium Support II	08/08	ALL	F,G,M
Thompson D3 400lu (New bottle is now orange)	03/08	ALL	M,Sf
Thorne Basic Pre-Natal	02/09	ALL	F,G,P,Sf
Thorne B Complex #12	11/09	ALL	D,F,G,P
Thorne Copper Picolinate	03/09	ALL	G
Thorne D-1000 Windrose Clinic	11/08	ALL	F,G,M
Thorne D-5000	03/09	ALL	G,Sf



<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
Brown Cow Plain Greek Yogurt	10/09	F,G,P,S	D,F,P
Brown Cow Plain Low Fat Yogurt	07/09 08/13	ALL ALL	D,F D,F
Cascade Fresh Fat Free Marionberry Yogurt	01/09	ALL	D,F,P,S
Cascade Fresh Fat Free Strawberry Yogurt	02/08	ALL	D,F,P,S
Chobani Non-Fat Greek, Plain Yogurt	11/09	ALL	D,F,Sf
Dannon All Natural Plain Yogurt	02/09	F,P	D,F
Fage Total All Natural Greek Strained Yogurt	03/08 3/10	ALL F,P,S	D,F D,F
Fage Total 2% Lowfat Greek Strained Yogurt	01/12	ALL	D,F
Fage Total 2% Authentic Greek Strained Yogurt	03/10	F,P,S	D,F
Fage Total 0% All Natural Nonfat Greek Strained Yogurt	06/10 06/13	F,P,S ALL	D,F,P D,F
Mountain High Lowfat Plain Yogurt	06/09	ALL	D,F,M,Ms,P
Nancy's Lowfat Strawberry Yogurt	11/12	ALL	D,F,H,Sf
Nancy's Nonfat Yogurt, any fruit flavor	01/11	ALL	D,F,H
Nancy's Organic Cultured Soy, Plain Yogurt	06/09	ALL	D,F,P,S,Sy
Nancy's Organic Nonfat Yogurt Plain	02/09	ALL	D,F,P
Nancy's Organic Nonfat Yogurt Vanilla	05/11	ALL	D,F,H,M,P
Nancy's Organic Raspberry Low Fat Kefir	12/09	E,F,S	D,F
Nancy's Organic Whole Milk Plain Yogurt	11/08 11/09	F,P,S D,E,F,G,M,P,S,Sy	D,F,P D,F
Norris Yogurt	10/07	F,P,S	D,F
Omega Nutrition Kefir Cultured Milk Starter	05/13	ALL	D,F
Redwood Hill Farm Cultured Goat Milk Kefir, Plain	08/11	ALL	D,P
Ricera Rice Yogurt, Organic Blueberry	12/09	D,F,P,S	D,F,G,P
Siggi's Icelandic Style Skyr Strained Non-Fat Yogurt, Acai, or Mixed Berries	02/11	ALL	D,F,P
Siggi's Icelandic Style Skyr Strained Non-Fat Yogurt Plain	02/11	ALL	D,F,P
Straus Organic Plain Whole Milk Yogurt	11/09 04/10	ALL E,P,S,Sy	D,F,Sf D,F
The Greek Gods Traditional Yogurt	12/09	F,P,S,Sy	D,F,H,S
The Greek Gods Traditional Greek Honey Flavor Yogurt	10/08	ALL	ALL
Wallaby Organic Lowfat Plain Yogurt	03/08	ALL	D,F,Sf
Wallaby Organic Lowfat Strawberry Yogurt	01/09	ALL	D,F,G,P,S
Yogourmet Freeze-Dried Kefir Starter, Plain	11/09	D,E,F,S,Sy	D,F,P

**Miscellaneous Products:**

<b>BRAND/ITEM NAME</b>	<b>DATE EVALUATED</b>	<b>EVALUATED FOR</b>	<b>RESULTS</b>
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FoodSaver® Vacuum- Sealing Bags	12/10	ALL	F,P
Fred Meyer Brand Zip Lock Bags	10/10	ALL	N
Kirkland Saran Wrap	10/10	E,F,G,P,S,M	F,P
Purity Beauty Dead Sea Mud	03/12	ALL	G,P
Rainsoft Water Softener	08/08	F,P	F,P
Seal-a-Meal® Vacuum Storage Bags	12/10	ALL	N
Solo Paper Cups	03/09	ALL	F
Systane Dry Eye Therapy Eye Drops	02/08	F,G,P	F
Systane Preservative-Free Eye Drop Vials	02/08	F,G,P	P
Tilia Vacuumpack Foodsaver Roll (Costco)	07/08	D,E,F,P,S,Sf	F
Trellis Earth Produce Bags	09/08	ALL	M,P

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

