

GREEN VEGETABLES

Artichokes
Asparagus
Avocados
Beans
Bell peppers
Bockchoy
Broccoli
Brussell Sprouts
Cabbage
Celery
Collard greens
Jalapeno peppers
Kale
Leeks
Lettuce
Mustard greens
Okra
Olives
Parsley
Shallots
Snow Peas
Spinach
Swiss chard
Zucchini

OTHER VEGETABLES

Baked Beans (Bush's)
Baked Beans (Heinz)
Baked Beans (VanCamps)
Beets
Button Squash
Carrots
Cauliflower
Corn
Cucumbers
Eggplant
Fennel
Mushrooms (all)
Onion
Parsnip
Peas
Potatoes
Pumpkin
Rhubarb
Sweet Potato
Tomato
Turnips
Zucchini

MEATS

Bacon
Beef
Chicken
Duck
Ham
Lamb
Pork
Turkey

SEEDS

Caraway
Flax
Poppy
Pumpkin
Sesame
Sunflower

FRUIT

Apples
Apricots
Bananas
Cantaloupe
Cherries
Coconuts
Dates
Figs
Guavas
Grapefruit
Grapes
Honey Dew Melon
Kiwi fruit
Lemons
Limes
Mandarines
Mangos
Nectarines
Oranges
Passionfruit
Peaches
Pears
Persimmons
Pineapple
Plums
Prunes
Raisins/Currants
Watermelon

OILS / FATS

Avocado oil
Coconut oil
Ghee
Grape Seed Oil
Macadamia oil
Olive Oil
Rice Bran Oil
Sesame oil
Sunflower

SEAFOOD

Calamari
Fish (white)
Salmon
Sardine in oil
Shellfish (All)
Tuna

BERRIES Fresh & Frozen

Blackberries
Blueberries
Boysenberries
Cranberries
Raspberries
Strawberries

SPROUTS

Alfalfa sprouts
Bean sprouts
Green-leaf sprouts

NUTS

Almonds/meal
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

ALCOHOL

Beer
Bourbon
Brandy
Gin
Kahlua
Rum
Tequila
Tia Maria
Vodka
Whiskey
Wine Red
Wine White/champagne

OTHER DRINKS

Coffee (all)
Cola (all)
Cranberry Juice
Drinking Choc (Cadbury)
Fanta (Orange)
Ginger Ale
Milo
Ovaltine
Pelligrino
Perrier
Soda Water
Tonic water

HERBAL TEAS/OTHER

Black Tea
Chamomile Tea
Dandelion Tea
Green Tea
Olive Leaf Tea
Peppermint Tea

COOKIES

Chips Ahoy (Nabisco)
Classic Chocolate Chip (Great Value)
Double Choc Nantucket (Pepperidge Farms)
Ginger (Great Value)
Ginger (Nabisco)
Ginger Snaps (Nabisco)
Macaroons (Homeklist)
Oatmeal Raisin (Pepperidge Farms)
Oreo (Nabisco)
Shortbread (Great Value)
Shortbread (Lorna Doone)

HERBS/dried & fresh

Basil
Chives
Cilantro
Coriander
Dill
Mixed Herbs
Oregano
Rosemary
Thyme
Sage

SAUCES

B.B.Q. Sauce (Kraft)
Chili (Heinz)
Cocktail (Heinz)
Dijon (Grey Poupon)
Hoi Sin (Dynasty)
Horseradish (Kraft)
Ketchup (Heinz)
Marinara (Prego)
Mayonnaise (Best Foods)
Oyster (Dynasty)
Pesto (Classico)
Ranch Dressing (Hidden Valley)
Soy (All)
Steak (A1)
Tarter (Heinz)
Tomato (Hunts)
Worcestershire (Lea & Perrins)
Yellow Mustard (French's)

DRIED VEGETABLES

Chick Peas
Dried Beans
Lentils
Split Peas

STOCK

Beef Stock (Campbell's)
Beef Stock (Kitchen Basics)
Beef Stock (Knorr)
Beef Stock (Swanson)
Better Than Bouillon (Beef, chicken, vegetable)
Chicken Stock (Campbell's)
Chicken Stock (Kitchen Basics)
Chicken Stock (Knorr)
Chicken Stock (Swanson)
Seafood Stock (Bar Harbor)
Seafood Stock (Kitchen Basics)
Vegetable Stock (Knorr)
Vegetable Stock (Campbell's)
Vegetable Stock (Kitchen Basics)
Vegetable Stock (Swanson)

SUGARS/ Sweeteners

Agave
Golden Syrup
Honey
Manuka Honey
Maple Syrup
Palm Sugar
Stevia
Sugar Brown
Sugar Raw
Sugar White

OTHER MILKS

Almond milk (Blue Diamond)
Rice Milk (Rice Dream)
Soy Milk (Silk)
Lactose Free milk (Lactaid)

FLOUR / GRAINS

Cornflour [wheat free]
Rice Brown (ALL)
Rice White (ALL)
Rice noodles
White Flour (plain & S.R.)
Wholemeal Flour (ALL)

HERB-SPICE-CONDIMENT

Allspice
Arrowroot
Basil
Bay Leaf
Baking Soda
Baking Powder
Cajun Spices
Celery seeds
Chilli
Cinnamon
Cloves
Cream of Tartar
Cumin
Curry Powder
Dill
Fennel Seeds
Garam Masala
Garlic
Gelatine
Ginger
Homus
Mustard
Nutmeg
Onion powder
Oregano
Paprika
Parsley
Pepper (black and white)
Pepper Cayenne
Rosemary
Saffron
Salt Himalayan
Salt (Kosher)
Salt (Mrs Dash Original Blend)
Salt Celtic sea salt
Sesame Seeds
Tabouli
Tarragon
Thyme
Turmeric
Vanilla (pure)
Vinegar (all types)
Vinegar Apple Cider

SOY PRODUCTS

Tofu
Tempey

SPREADS

Jelly Grape (Smucker's)
Nutella
Peanut Butter (Jif)
Peanut Butter cruncy (Skippy)
Strawberry (Smucker's)
Sugar free Strawberry (Smucker's)

BREAKFAST CEREALS

Oatmeal (Quaker)
Oatmeal Steel cut (Quaker)
Grits (Quaker)
Cream of Wheat (Quaker)

Supermarket BREADS

Country Potato
Cracker Bread
Rye
White
Whole wheat

HAIR/FIBRES

Cotton
Mixed Feathers
Polyester
Rayon
Silk
Spandex
Wool

DAIRY

Butter
Buttermilk
Cows Cheese
Cows Yoghurt
Eggs
Fetta Cheese (goat)
Goats Cheese
Goats Milk
Cows milk (ALL)
Cows cream (ALL)
Ice Cream (Ben&Jerry's)
Ice Cream (Dreyer's)
Ice Cream (Sunnyside)
Ice Cream (Haagen-Dazs)
Margarine (Country Crock)
Margarine (Imperial)

Health Shop BREADS

Alvarado (Sprouted Barley)
Alvarado (Complete Protein)
Alvarado (Essential Flaxseed)
Canyon Bakehouse (7 grain)
Dave's Killer Bread (Powerseed)
Rudi's (Double Fiber)
Silver Hills (Squirrelly Sesame)

CANDY

Butterfinger candy bar
Gummy Bears
Hershey Bar
Hershey's Kiss
Kit Kats
Liquorice (Red)
Liquorice (Black)
Reese's Peanut Butter Cup
Snickers candy bar
Twix candy bar
Twizzlers

PICKLES

dill Pickles (Claussen)
dill Pickles (Vlasic)
dill Pickles Mt. Olive)

SWEET RELISH

Sunny Select
Del Monte

JERKY

Beef Jerky (Jack Link's)
Beef Jerky (365 Organic)
Beef Jerky (Matador)

GLUTEN FREE

Amy's Black Bean & Corn (Salsa)
Ancient Harvest (pasta)
Dandie's marshmallows
Emerald Cove (Spicy Nori Snack)
Emerald Cove seaweed (Pacific Wakame)
EnerG Egg Replacer
Jovial G.F. brown rice pasta
Mary's chocolate chip (cookies)
Mary's gingersnaps (cookies)
Mary's HotnSpicy (crackers)
McDougall's Asian Noodles (Pad Thai)
Nature's Path (granola bars)
Nature's Path corn flakes
Nature's Path oatmeal
Nature's Path Whole O's
Pamela's shortbread (pecan cookies)
Pure Pantry (Chocolate cake mix)
Quinoa Milk Beverage (unsweetened)
Road's End Organic (gravy)
Yehuda soup crackers

DEODORANTS

Degree (men/women)
Right Guard (men)
Secret (women)
Speed Stick (men)
Suave (women)

METALS

Aluminium
Gold
Mercury
Silver

PETRO CHEMICALS

Cigarette Smoke
Diesel
Engine oil
Kerosene
Methylated Spirits
Petrol

CHEMIST PRODUCTS

Advil
Aleve
Bayer Aspirin
Gas-X
Imodium

HEALTH SHOP/ ORGANIC

Barley Grain
 Bean Adzuki
 Bean Borlotti
 Bean Broad
 Bean Cannellini
 Bean Kidney
 Bean Lima
 Carob
 Chickpea Splits
 Coconut water
 Cous Cous
 Cranberries Dried
 Falafel
 Flour Amaranth
 Flour BESAN
 Flour Buckwheat
 Flour Coconut
 Flour Kamut
 Flour Maize
 Flour Rye
 Flour Soy
 Flour Spelt
 Flour Tapioca
 Gogi Berries
 Hazelnut Meal
 Maca Powder
 Millet Grain
 Moong Dahl
 Nori
 Potato Flour
 Psyllium
 Quinoa Flakes
 Rapadura Sugar
 raw cacao
 Red Lentils

Supermarket CEREALS

Cheerios
 Corn Chex
 Corn Flakes
 Fiber One
 Frosted Flakes
 Lucky Charms
 Oatmeal Squares
 Raisin Bran
 Rice Crispies
 Shredded Wheat
 Wheaties

SUNSCREEN

Bain de Soleil
 Banana Boat
 Coppertone
 CVS
 Hawaiian Tropic
 Neutrogena

BATHROOM CHEMICALS

Bar soap Dial
 Bar soap Iris Spring
 Bar soap Ivory
 Bath & Body wash
 Dove body wash
 Garnier Fructis Shampoo V05
 Hair removal cream Nair
 Hair removal cream Veet
 Olay body wash
 Shampoo (Baby) Johnsons
 Shampoo Head & Shoulders
 Shampoo Herbal Essences
 Shampoo Pantene
 Shampoo Vidal Sassoon
 Shaving Foam Gillette
 Shaving Gel Gillette Satin Care

COMMON SUPPLEMENTS

Acidophilus
 Amino acids
 Bilberry
 Black cohosh
 Co Q-10
 DHEA
 Echinacea
 Evening Primrose
 Fish Oil/Omega fatty acid
 Garlic
 Gelatin
 Ginkgo Biloba
 Ginger
 Ginseng
 Glucosamine/chondroitin Glucose
 Grape seed
 Kava Kava
 Lecithin
 Melatonin
 Milk Thistle
 Pycnogenol
 St. John's wart
 Saw Palmetto
 Shark cartilage
 Soy
 Valerian

CREAMS AND OINTMENTS

Aspercreme pain reliever
 Bengay Muscle rub
 Cortizone 10 anti-itch
 Gold Bond anti-itch
 Lamisil anti-fungal
 Tinactin anti-fungal

KITCHEN/Cleaning Products

Bartenter's Friend
 Cascade dishwasher powder
 Clorox mold
 Comet
 Dawn dish liquid
 Kaboom
 Lysol
 Palmolive dish liquid
 Raid insect spray
 S.O.S. pads
 Shower Power

TOOTHPASTE

Aim
 Aquafresh
 Arm & Hammer
 Colgate
 Crest
 Pronamel
 Sensodyne
 Tom's

LAUNDRY Products

All
 Arm & Hammer
 Bounce Fabric Softener
 Downey
 Gain
 Oxi Clean
 Snuggle
 Sun
 Tide
 Woolite for delicates