

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
Kiwifruit
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)
Worcesterchire (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 crunchy (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
Iodium

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