

# 8 Common Food Allergen-Free Shopping List

## Alphabetical List

Acorn squash	Figs	Pomegranate
Agave syrup	Flax seed	Potatoes
Amaranth	Flax seed oil	Poultry
Apple	Fowl	Pumpkin seed butter
Apricot	Fruit juices	Pumpkin seeds
Artichokes	Garbanzo beans	Quince
Asparagus	Garlic	Quinoa
Blackberries	Ginger	Rabbit
Bamboo shoots	Grapefruit	Radishes
Basmati rice	Grapes	Raspberries
Bean sprouts	Green beans	Red leaf lettuce
Beef	Green leaf lettuce	Rice
Beet greens	Green tea	Rice syrup
Beets	Herbal tea	Romaine lettuce
Bell peppers	Herbs	Rutabaga
Berries, all types	Honey	Sea salt
Black beans	Honeydew melon	Seaweed
Blueberries	Horseradish	Seltzer water
Bok choy	Jasmine rice	Sesame seeds and oil
Broccoli	Kale	Snow peas
Broccoli	Kidney beans	Spaghetti squash
Brown rice	Kiwi	Spices
Brussels sprouts	Lamb	Spinach
Buckwheat	Leeks	Split peas
Butternut squash	Lemon	Sprouts
Cabbage	Lentils	Strawberries
Cane juice	Lettuce	Summer squash
Cane sugar	Lima beans	Sunflower seed butter
Cantaloupe	Lime	Sunflower seeds
Cannellini beans	Mango	Sweet green peas
Canola oil	Millet	Sweet potatoes
Carrots	Molasses	Swiss chard
Casaba melon	Mulberries	Tahini
Cauliflower	Mung beans	Tangerine
Celery	Mushrooms	Teff
Cherries	Mustard	Tomatillos
Chicken	Mustard greens	Tomatoes
Chives	Navy beans	Turkey
Cilantro	Nectarine	Turnips
Cinnamon	Oatmeal	Vanilla
Cocoa powder	Oats	Vinegar
Coffee	Okra	Water
Collard greens	Olives and olive oil	Water chestnuts
Cornish hen	Onion	Watercress
Cucumber	Orange	Watermelon
Dandelion greens	Parsley	White beans
Date sugar	Parsnips	White rice
Dates	Peach	Wild rice
Eggplant	Pear	Winter squash
Endive	Peppers	Yams
Escarole	Pinto beans	Yellow squash
Extra virgin olive oil	Plum	Zucchini

*When purchasing pre-packaged foods, it is important to read labels carefully in order to avoid foods to which you may be allergic or sensitive as ingredients or cross-contaminants.*

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## Categorical List

Beans and legumes: black beans, cannellini beans, garbanzo beans/chick peas, kidney beans, lentils, lima beans, mung beans, navy beans, pinto beans, split peas, white beans

Beverages: club soda, coffee, fruit juices, green tea, herbal tea, seltzer water, water

Fruits: apple, apricot, blackberries, berries, all types; blueberries, cantaloupe, casaba melon, cherries, dates, grapefruit, grapes, honeydew melon, kiwi, lemon, lime, mango, mulberries, nectarine, olives, orange, peach, pear, plum, pomegranate, quince, raspberries, strawberries, tangerine, watermelon

Grains: amaranth, basmati rice, brown rice, buckwheat, allergen-free flours, jasmine rice, millet, oatmeal, oats, quinoa, rice, teff, white rice, wild rice

Herbs, spices, and condiments: angelica, basil, bay leaf, bergamot, black pepper, borage, burdock, calendula, caraway, catnip, cayenne, chervil, chives, cilantro, cinnamon, cocoa powder, coriander, cumin, dill, echinacea, fennel, feverfew, French sorrel, French tarragon, garlic, garlic chives, German chamomile, ginger, horseradish, lavender, lemon balm, lemon bergamot, lemongrass, lovage, marjoram, milk thistle, mint, mustard, nasturtium, oregano, parsley, peppermint, rosemary, saffron, sage, salad burnet, savory, St. John's wort, sea salt, sweet basil, sweet bay, sweet cicely, sweet marjoram, tansy, tarragon, thyme, valerian, vanilla, vinegar, yarrow

Oils: Canola oil, extra virgin olive oil, flax seed oil, sesame seed oil

Protein sources: beef, chicken, Cornish hen, fowl, game, goat, lamb, organ meats, poultry, rabbit, turkey, venison

Seeds and seed butters: flax seed, pumpkin seed butter, pumpkin seeds, sesame seeds, sunflower seed butter, sunflower seeds, tahini

Sweeteners: agave syrup, cane juice, cane syrup, date sugar, honey, molasses, rice syrup

Vegetables: acorn squash, artichokes, asparagus, bamboo shoots, bean sprouts, beet greens, beets, bell peppers, bok choy, broccoflower, broccoli, Brussels sprouts, butternut squash, cabbage, carrots, cauliflower, celery, collard greens, cucumber, dandelion greens, eggplant, endive, escarole, green beans, green leaf lettuce, kale, leeks, lettuce, mushrooms, mustard greens, okra, onion, parsnips, peppers, potatoes, radishes, red leaf lettuce, romaine lettuce, rutabaga, seaweed, snow peas, spaghetti squash, spinach, sprouts, summer squash, sweet green peas, sweet potatoes, Swiss chard, tomatillos, tomatoes (technically a fruit,) turnips, water chestnuts, watercress, winter squash, yams, yellow squash, zucchini

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