



Legals List for shopping

A

allspice
almond butter
almond milk, home made
almond oil
almonds
anchovies
apple cider
apples
apricots
artichoke
ascorbic acid (vitamin C)
Asiago cheese
asparagus
aspartame
aspartic acid
avacado oil
avacadoes

B

baking soda
bananas
basil
bay leaf
beef
beets
berries of all kinds
black beans - aka: black turtle,
turtle, turtle soup bean, mexican
black bean, spanish black bean,
frijole negro.
black radish
Blue cheese
boiled chestnuts
bok choy
bourbon
brazil nuts
Brick cheese
Brie cheese
broccoli
brussel sprouts
butter

C

cabbage
Camembert cheese
canned fish
canola oil
Cantaloupe
capers
carrots
catsup, home made

cauliflower
Celeriac /celery root
celery
Cellulose (in supplements)
chard (red, green, rainbow,
swiss)
Cheddar cheese, medium
Cheddar cheese, mild
Cheddar cheese, sharp
Cherimoya
cherries
chestnuts
cilantro
cinnamon
citric acid
club soda
coconut
coconut flour
coconut milk, home made
coconut oil
coffee, very weak
Colby cheese
collard greens
corn oil
Courgette - aka: zucchini
cranberry juice
cucumbers
custard apple
cyclamate

D

dates
diet soft drink, saccharin
dill pickles
dry curd cottage cheese

E

echinacea
Edam cheese
eggplant
eggs
elemental spices
ethanol

F

Faygo Sparkling Waters
figs
filberts aka: hazelnuts
fish
flax seed oil
fowl

G

garlic

gelatin (unflavored)
ghee
gin
ginger
glycerin
glycerol
Gorgonzola cheese
Gouda cheese
grape juice, white or dark
grapefruit
grapefruit juice
grapefruit juice
grapes
grapeseed oil
green bean
Gruyere cheese

H

hard liquors: gin, rye, scotch,
bourbon, vodka, etc.
hard liquor
haricot beans
Havarti cheese
hazelnuts (filberts)
HN-Zyme
honey
horseradish sauce

J

jalapenos

K

kale
kefir
ketchup, home made
kidney beans - aka: red bean,
Rajma dal
kimchi
kiwi
kumquats

L

lamb
lecithin
leek
lemons
lentils - aka: lens, masoor
lettuce of all kinds
leucine
lima beans - fresh or dried.
Limburger cheese
limes
L-Theanine



M

macadamia nuts
macadamia oil
magnesium citrate
magnesium stearate
manchego cheese
mangoes
Masoor dal (dhal, dahl, daal, daar)
mead - home made
melons - all types
Monterey Jack cheese
Muenster cheese
mushrooms
mustard, plain

N

natural cheeses
navy beans - aka: white, haricot, yankee, white pea bean, boston, small white bean, fagioli
nectarines
nutmeg

O

olive oil
olives
onions
orange juice
oranges
oregano

P

papayas
paprika
Parmesan cheese
parsley
passion fruit
peaches
peanut butter, natural
peanut oil
pears
peas
pecans
peppers
Peptizyde
persimmons
Phosphatidylcholine
pickels, dill
pignoli - aka: pine nuts
pine nuts - aka: pignoli
pineapple juice
pineapples
Pistachio nuts

plums
pork
pork rinds
Port du Salut cheese
Potassium Sorbate
poultry
provolone cheese
prunes
pumpkin

R

raisins
rajma dal (dhal, dahl, daal, daar)
rhubarb
roasted peanuts in the shell
Romano cheese
Roquefort cheese
rosemary
Rutabaga
rye (the drink)

S

saccharin
Saccharine
safflower oil
sage
salt
sashimi
sauerkraut
scotch
seed butters
seeds
sesame oil
sesame seeds
Sharifa
shellfish
silica
Silicon Dioxide
Sodium Benzoate
spinach
split peas
squash
Stilton cheese
string beans
Sulphates
sunflower oil
swede - aka: rutabaga
Swiss cheese

T

Tabasco sauce
tahini - aka: sesame seed butter
tangerines
tarragon

tea, green
tea, peppermint
tea, spearmint
tea, weak
Thyme
tomato juice
tomatoes

U

Uncreamed cottage cheese
aka: dry curd cottage cheese
unflavored gelatin
unroasted cashews

V

Vanillin
Vegetable stearate
vinegar, apple cider - filtered
vinegar, red or white wine
vinegar, white
vodka

W

walnut oil
walnuts
wasabi
watercress
watermelon
wine, very dry

Y

yoghurt, home made

Z

zuchinni - aka: courgette