

# 2023 Shopping Guide

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For Finding the Healthiest Foods in  
Supermarkets, Health Food Stores,  
Directly Purchased from Farms  
and by Mail Order



THE WESTON A. PRICE  
FOUNDATION<sup>®</sup>

for

**Wise Traditions**

IN FOOD, FARMING AND THE  
HEALING ARTS

*Education ♦ Research ♦ Activism*

WESTONAPRICE.ORG (703) 820-3333

## The Wise Traditions Diet for Healthy Families

Good health begins with plants and animals raised in healthy ways on mineral-rich soil; and with meats, eggs, milk products, fish, grains, legumes, fruits and vegetables that are packaged and processed in ways that preserve and enhance their naturally occurring nutrients.

Good health also requires avoiding foods that are devoid of nutrients or that can do us harm, foods like refined sweeteners, industrial liquid vegetable oils, partially hydrogenated vegetable oils, modern soy-based imitation foods and additives like MSG, hydrolyzed protein and artificial sweeteners, and by avoiding the overuse of white flour.

This booklet is designed to serve as a guide for shopping in supermarkets and health food stores. We have provided phone numbers or, when a phone number is not available, Internet addresses for items available primarily by mail order. General guidelines and specific brand names are listed for each food category.

Foods found widely in stores are listed first in some categories, followed by foods available through the Internet and by mail order, or locally.

Use the guidelines to make wise choices from among the brands available to you that are not listed specifically.

We also encourage you to avoid all processed foods and fast foods and to prepare most of what you eat, including children's school lunches, in your own kitchen using the best possible ingredients that you can find and afford.

The best rule is to eat foods that our traditional ancestors ate, prepared in the way they prepared them. Look to the elders in your communities for ancestral dietary wisdom.

# Community Supported Agriculture

Many people are making an effort to consume clean, healthy foods. Unfortunately, some of the healthiest foods are unavailable in stores. Clean raw milk from grass-fed cows usually must be purchased directly from a farm, often through cow- or herd-share programs. The farm may also be the only source available for humanely raised animal products, pastured poultry and eggs, and organic or biodynamic vegetables. For this reason, many people have banded together to support local farmers who are engaged in traditional methods of agriculture. This is known as the Community Supported Agriculture (CSA) movement.

We encourage you to support your local farmers by direct purchases, cow-shares and/or membership in a CSA or similar buying group. For information about cow-shares, CSAs and traditional farms engaged in direct sales in your area, contact a local chapter of the Weston A. Price Foundation listed at [westonaprice.org](http://westonaprice.org) under Find Food, or by calling (703) 820-3333. A good source for finding raw milk is our site [realmilk.com](http://realmilk.com).

## Shopping Guide App

This Shopping Guide is available as a searchable website with store locations, or as a mobile app for your iPhone and Android. Would you like to search this guide online or use your mobile phone to find stores near you that carry WAPF-approved foods? Subscribe and learn more here: [RealFoodMobileApp.com](http://RealFoodMobileApp.com).

## To Our Readers

The Weston A. Price Foundation has no financial interest in the companies listed in the shopping guide.

Our Shopping Guide is updated yearly. Visit our website at [westonaprice.org](http://westonaprice.org) to purchase the latest guide and to become a member—WAPF members receive the updated paper guide every year.

For a list of products that have been reviewed and rejected, along with the reasons why, see <https://goo.gl/btyd8f>.

If you have brand names or sources of high-quality foods that you can recommend, or comments about items that have been included, please submit them to the Weston A. Price Foundation, [westonaprice.org/SGreview](http://westonaprice.org/SGreview).

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# Milk

**BEST:** Clean raw whole milk from certified healthy grass-fed animals, cow milk preferably from old-fashioned breeds that produce high-fat milk, such as Jerseys and Guernseys.

We are pleased to announce that raw milk is available for sale in stores in ten states (CA, WA, AZ, NM, ID, CT, PA, NH, ME and SC). Sources of retail raw milk have become too numerous to list. To find high-quality, unprocessed milk in your area, either in a store or from the farm, visit [realmilk.com](http://realmilk.com) or contact a local chapter of the Weston A. Price Foundation ([westonaprice.org](http://westonaprice.org) or 703-820-3333).

**GOOD:** Full-fat, pasteurized, non-homogenized milk from grass-fed animals, without added vitamins. This milk is best if made into cultured dairy products such as yogurt and kefir.

Alexandre Family Farm (707-487-1000)

Hy-Vee Health Market organic whole milk (800-289-8343)

Oasis at Bird-in-Hand (Mid-Atlantic) (717-288-2154)

Organic Valley whole Grassmilk (888-444-6455)

Promised Land Dairy

Raw Farm raw goat and cow milk ([rawfarmusa.com](http://rawfarmusa.com))

Saint Benoit Creamery (CA) (707-996-4477)

Sky Top Farms (East Coast) (646-859-9333)

Traderspoint Creamery (317-733-1700)

**AVOID:** Lowfat and skim milk; ultra-pasteurized milk; homogenized milk; flavored milk like chocolate milk; milk from animals that are not grass-fed; milk with added vitamins; processed imitation “milk” made from soy, rice, almonds, oats, hemp, etc.

# Fresh Cheese

**BEST:** Raw whole cottage cheese, cream cheese and fresh cheese from grass-fed animals, with no additives.

Green Acres Farm raw cottage cheese (717-768-3504)

Meadow Ridge Farm raw goat chevres, cow cream cheese, cow and goat cottage cheese with cream (717-530-5999)

Miller’s Bio Farm raw cow cottage cheese, cream cheese; goat cottage cheese, chevre (717-786-7895)

Miller’s Organic Farm raw cow cottage cheese with cream, cream cheese; goat, water buffalo and sheep cottage cheese; fresh cow, goat, water buffalo and sheep cheeses; cheese spread (717-556-0672)

Pleasant Pastures raw cottage cheese and cream cheese; goat chevres (717-768-3437)

**GOOD:** Cottage cheese, cream cheese and fresh cheese from pasteurized whole non-homogenized milk, preferably grass-fed, with no additives.

Bellwether Farms fromage blanc, whole Jersey ricotta (707-763-0993)

Cedar Grove Cheese quark, fresh water buffalo mozzarella, cheese curds, fresh sheep cheese (608-546-5284)  
Chapel's Country Creamery Farm cordova white fresh cow cheeses (410-820-6647)  
Cherry Grove Farm cheddar cheese curds, brie, fromage blanc (609-219-0053)  
Colonial Goat Dairy fresh goat cheese (717-768-7492)  
Cowgirl Creamery fresh cow cheeses, fromage blanc, clabbered cottage cheese (866-433-7834)  
Cricket Creek Farm fresh and Berkshire bloom cheeses (413-458-5888)  
Dutch Meadows Farm camembert cheese (717-442-9208)  
Farm Fromage fresh cow, goat and sheep cheeses (484-798-4429)  
Hawthorne Valley Farm quark, bianca and mayhill fresh cow cheeses (518-672-7500)  
Hidden Springs Creamery driftless fresh sheep cheeses (except those with sugar) (608-606-3840)  
Kenny's Farmhouse Cheese cheese curds, brie (270-434-4124)  
Laurel Valley Creamery fresh cheeses (740-245-9044)  
LoveTree Farmstead fresh sheep cheeses (715-488-2966)  
Meadow View Jerseys cheese curds (717-656-2261)  
Miller's Organic Farm water buffalo mozzarella cheese (717-556-0672)  
Oasis at Bird-in-Hand cheese curds (717-288-2154)  
Otterbein Acres sheep camembert cheese (717-423-6689)  
SACH paneer cheese (sachfoods.com)  
Saint Benoit Creamery yogurt cheese (CA) (707-996-4477)  
Sierra Nevada Cheese Company goat chevre (530-934-8660)  
Spring Hill Jersey Cheese Co. fresh curds and quark (707-762-3446)  
Sweet Grass Dairy fresh cheeses (229-227-0752)  
Traderspoint Creamery cottage cheese and fromage blanc (317-733-1700)  
Twilight Dairy fresh cheese curds and mozzarella cheese (765-569-5677)  
Vermont Creamery quark, fresh goat cheeses (833-882-7679)

**AVOID:** All lowfat and fat-free cottage cheese, cream cheese and fresh cheese, and those made with additives; cottage cheese, cream cheese and fresh cheese made from homogenized milk and/or cream.

## Aged Cheese

**BEST:** Whole raw cheese made with milk from grass-fed animals, preferably using animal rennet, and heated no higher than 110°. If smoked, must be naturally smoked. Many imported and artisan cheeses are of this type. Many artisanal cheeses can be found through websites such as [cheesesociety.org](http://cheesesociety.org).

- 5 Spoke Creamery (845-651-7763)
- Meadow Creek Dairy (except Mountaineer Alpine-style cheese) (276-236-2776)
- Raw Farm cow and goat cheeses ([rawfarmusa.com](http://rawfarmusa.com))
- Rogue Creamery raw cheeses (541-200-2353)
- Spring Brook Farm Reading raw cheese (802-484-1226)
- Traderspoint Creamery raw cheeses (317-733-1700)
  
- Bellwether Farms raw sheep cheeses (707-763-0993)
- Bobolink Dairy (908-864-7277)
- Breezy Meadows Farm goat cheese (717-821-7547)
- Bunker Hill Cheese raw milk cheese (330-893-2131)
- Cada Dia Cheese (541-604-1390)
- Canal Junction (419-399-2350)
- Cato Corner Farm (except Alpine-style Dairyere, Dairyere Reserve, and Arietta Estiva) (860-537-3884)
- Chapel's Country Creamery Farm (410-820-6647)
- Cherry Grove Farm raw cheeses (609-219-0053)
- Clover Creek Cheese Cellar (814-515-9873)
- Colonial Classics Farmstead Cheese (412-290-2904)
- Colonial Goat Dairy (717-768-7492)
- Cricket Creek Farm raw cheeses (413-458-5888)
- Dutch Meadows Farm (717-442-9208)
- Farm Fromage raw cow and sheep cheeses (484-798-4429)
- Fields of Athenry Farm raw cheddar (703-300-5765)
- Green Acres Farm (717-768-3504)
- Hawthorne Valley Farm raw cheeses (518-672-7500)
- Hidden Springs Creamery raw sheep cheese (608-606-3840)
- Hilltop Meadow Farm (except smoked cheddar) (570-345-3305)
- Holy Cow Beef artisan cheese (806-777-1302)
- Jacobs and Brichford Farmstead Cheese Ameribella and Briana raw cheeses (765-692-0056)
- James Ranch (970-799-0782)
- Jasper Hill Farm raw cheeses (802-533-2566)
- Kenny's Farmhouse Cheese raw cheeses (270-434-4124)
- Keswick Creamery (717-440-4652)
- Laurel Valley Creamery raw cheeses (740-245-9044)
- Life-Enhancing Acres (717-768-7848)
- LoveTree Farmstead raw cow, goat and sheep blended cheeses (715-488-2966)
- Lykens Valley Creamery raw cow cheese (717-692-4361)
- Meadow Made Farm (330-674-1289)
- Meadow Ridge Farm cow, goat and sheep cheeses (717-530-5999)
- Meadowview Jerseys (717-656-2261)
- Meant To Be Natural Food supervision kosher raw cheese (845-535-1354)
- Miller's Bio Farm raw cow, goat and sheep cheeses

(717-786-7895)  
 Miller's Organic Farm raw cow, goat, water buffalo and sheep cheeses (717-556-0672)  
 Mountain View Dairy (315-858-0536)  
 Nittany Valley Organics (570-726-7799)  
 Oasis at Bird-in-Hand raw grass-fed cow and sheep cheeses (717-288-2154)  
 Oliver Farms cheddar (810-356-1799)  
 Organic Pastures (877-RAW-MILK)  
 Otterbein Acres cow and sheep cheeses (717-423-6689)  
 P. A. Bowen Farmstead raw cow cheese (301-579-2727)  
 Paradise Pastures raw cow and sheep cheeses (717-768-0101)  
 Pleasant Pastures raw cow and goat cheeses (717-768-3437)  
 Pleasant View Farms (608-553-0787)  
 Robinson Farm Swiss, Hardwick Stone and Tekenink Tomme raw cheeses (413-477-6988)  
 Saxon Creamery glacial lakes raw cheese (920-693-8500)  
 Shelburne Farms (802-985-8686)  
 Shepherd's Hollow Farm raw sheep and cow/sheep cheeses (717-529-5500)  
 Spring Bank Acres raw cheeses (814-349-5594)  
 Spring Gap Mountain Creamery (304-947-5414)  
 Steckler Grassfed (812-683-3098)  
 Sweet Grass Dairy raw cow cheeses (229-227-0752)  
 The Family Cow raw cow and goat cheeses (717-491-4004)  
 The Farm Connection (812-939-3027)  
 Twilight Dairy (765-569-5677)  
 Uplands Cheese Company (888-935-5558)  
 Veldhuizen Cheese raw cheeses (except Greens Creek) (254-968-3098)  
 Wil-Ar Farm (717-776-6552)

#### RAW CHEESE RETAILERS

Artisanal (877-797-1200)  
 Farmstead Fresh (800-780-7303)  
 Formaggio Kitchen (888-212-3224)  
 Fromages.com raw grass-fed French cow, goat and sheep cheeses  
 Marky's European raw cheeses (305-758-9288)  
 Miller's Natural Foods raw cow cheeses (717-768-7582)  
 Stryker Farm raw cow cheeses (570-269-2995)  
 US Wellness cow and goat cheeses (877-383-0051)  
 Zingerman's raw cheeses (888-636-8162)

**GOOD:** Whole raw cheese made with milk from animals not grass-fed. Whole milk cheese made from milk heated over 110° or pasteurized milk, preferably from grass-fed animals. If smoked, must be naturally smoked. (Note: Some cheeses labeled "raw" are actually made from milk that has been heated. Some are heated to just below the pasteurizing point. We have included these in the "Good" category rather than "Best.")

Applegate havarti, monterey jack, provolone, muenster and extra sharp cheddar cheeses (708-725-5800)  
 Bellwether Farms (707-763-0993)  
 Boar's Head (800-352-6277)



Boone Creek Creamery cheese (except those with coffee)  
(859-402-2364)

Bravo

Brunkow Dairy (608-776-3716)

Burroughs Family Farms (209-874-9400)

Cabot Creamery (except those with citric acid, canola oil or  
natural flavors) (888-792-2268)

Cato Corner Farm Alpine-style Dairyere, Dairyere Reserve  
and Arietta Estiva (860-537-3884)

Cedar Grove Cheese (608-546-5284)

Cherry Grove Farm (609-219-0053)

Country Castle Limburger cheese (608-325-4343)

Cowgirl Creamery (866-433-7834)

Crowley Cheese Company raw cheese (800-683-2606)

Farm Fromage raw goat cheese (484-798-4429)

Fields of Athenry Farm cheese (703-300-5765)

Finlandia whole milk cheeses

Fromages.com French cow, goat and sheep cheeses

Giving Nature

Grafton Village Cheese (800-472-3866)

Great Hill Blue (888-748-2282)

Hawthorne Valley Farm Alpine cheeses (518-672-7500)

Hidden Springs Creamery sheep and cow cheeses  
(608-606-3840)

Jacobs and Brichford Farmstead Cheese Everton cheese  
(765-692-0056)

Jasper Hill Farm (802-533-2566)

Kenny's Farmhouse Cheese (270-434-4124)

Kerrygold

Landmark

Laurel Valley Creamery (740-339-2001)

LeRaysville (570-744-2221)

Lykens Valley Creamery raw goat cheese (717-692-4361)

Maple Hill Creamery (518-758-7777)

McCluskey Brothers (608-986-3760)

Meadow Creek Dairy Mountaineer Alpine-style cheese  
(276-236-2776)

Miller's Natural Foods (717-768-7582)

Miller's Organic Farm cow mozzarella (717-556-0672)

Misty Creek Goat Dairy raw goat cheese (717-656-4628)

Mt. Sterling goat cheese (608-734-3151)

Natural Valley goat cheese (608-654-7444)

Nordic Creamery cow and goat cheeses (608-634-3276)

Oasis at Bird-in-Hand raw goat cheese (717-288-2154)

Organic Valley cheese (888-444-6455)

Paradise Pastures Swiss and Parmesan cheeses (717-768-0101)

Pasture Pride Cheese (608-654-7444)

Point Reyes (800-591-6878)

Redwood Hill goat cheese (877-238-3543)

Robinson Farm (413-477-6988)

Rogue Creamery (541-200-2353)

Rumiano Cheese Company (866-328-2433)

Salemville Amish blue and Gorgonzola cheese

Saxon Creamery (920-693-8500)

Shiloh Farms goat cheese (800-362-6832)

Sierra Nevada Cheese Company cow, goat and sheep cheeses  
(530-934-8660)

Sonnet Farms (802-221-0547)  
Spring Bank Acres mozzarella (814-349-5594)  
Spring Brook Farm (802-484-1226)  
Spring Hill Jersey Cheese Co. (707-762-3446)  
Sweet Grass Dairy (229-227-0752)  
Tom's Amish Dairy Products raw cheese (717-615-4713)  
Trader Joe's monterey jack cheese, raw milk cheddar cheese  
Traderspoint Creamery cheese (317-733-1700)  
Veldhuizen Cheese (254-968-3098)  
Vermont Creamery cheese (833-882-7679)  
Woodstock Foods organic whole milk cheeses (855-423-2630)

**AVOID:** Lowfat and processed cheese; cheese slices; cheese spreads and other cheese-like substances; imitation cheese made from soy, almonds, hemp, rice, etc.; cheese made from homogenized milk; smoked cheese made with smoke flavoring or liquid smoke.

## Cream

**BEST:** Fresh or cultured raw cream from grass-fed animals. As with raw milk, this usually must be purchased directly from a farmer or through a cow-share program or co-op.

Alexandre Family Farm pasteurized cream (707-487-1000)  
Claravale Dairy raw cream (CA) (831-628-3219)  
Dutch Meadows Farm raw cream (717-442-9208)  
Meadow Ridge Farm raw cow cream, sour cream and creme fraiche; goat cream and sour cream (717-530-5999)  
Miller's Bio Farm raw cow cream, sour cream and creme fraiche; goat cream (717-786-7895)  
Miller's Organic Farm raw cow cream, sour cream and creme fraiche; goat, water buffalo and sheep cream (717-556-0672)  
Organic Pastures raw cream (CA) (877-RAW-MILK)  
Pleasant Pastures raw cream, sour cream (717-768-3437)  
Raw Farm raw cream

**GOOD:** Pasteurized non-homogenized cream, cultured cream and sour cream without additives.

Butterworks pasteurized cream (New England) (802-744-6023)  
Clover Sonoma pasteurized cream (West) (800-237-3315)  
Lewes Dairy pasteurized cream (East Coast) (302-645-6281)  
Oasis at Bird-in-Hand pasteurized cream (Mid-Atlantic) (717-288-2154)  
Organic Valley pasteurized cream (888-444-6455)  
Paint Valley Farms pasteurized cream (OH) (330-231-6834)  
Seven Stars Farm pasteurized cream (PA) (610-935-1949)  
Sky Top Farms pasteurized cream (East Coast) (646-859-9333)  
Snowville Creamery pasteurized cream (740-698-2340)  
South Mountain Creamery pasteurized cream (East Coast) (844-762-6455)

The Family Cow pasteurized cream (717-491-4004)  
Working Cows Dairy pasteurized cream (AL) (334-886-3839)

Bellwether Farms creme fraiche (707-763-0993)  
Cowgirl Creamery creme fraiche (866-433-7834)  
Marky's creme fraiche (305-758-9288)  
Vermont Creamery creme fraiche (833-882-7679)

**AVOID:** Ultra-pasteurized cream; homogenized cream, cultured cream and sour cream; cream, cultured cream and sour cream with additives; canned whipped cream; imitation whipped cream made with vegetable oils; non-dairy creamers.

## Yogurt and Kefir

**BEST:** Raw plain naturally cultured yogurt and kefir without additives, made with whole non-homogenized milk from grass-fed animals.

Desert Farms raw camel milk kefir (800-430-7426)  
Dutch Meadows Farm raw kefir (717-442-9208)  
Green Acres Farm raw yogurt (717-768-3504)  
Meadow Ridge Farm raw cow yogurt and kefir; goat yogurt, kefir and 11-strain probiotic drink (717-530-5999)  
Miller's Bio Farm raw cow, goat and sheep yogurt; Greek style cow and goat yogurt; cow, goat and sheep kefir; goat 11-strain probiotic drink (717-786-7895)  
Miller's Organic Farm raw cow, goat, camel, water buffalo and sheep yogurt; Greek style cow and goat yogurt; cow, goat, water buffalo, camel and sheep kefir; goat 11-strain probiotic drink (717-556-0672)  
Pleasant Pastures raw cow yogurt and kefir; goat yogurt and probiotic drink; Greek style cow and goat yogurt (717-768-3437)  
Raw Farm raw kefir (rawfarmusa.com)

**GOOD:** Plain, whole yogurt and kefir from non-homogenized milk, without added vitamins, preferably grass-fed.

Alexandre Family Farm plain and grass-fed yogurts (707-487-1000)  
Bellwether Farms sheep yogurt (707-763-0993)  
Brown Cow plain cream top yogurt (888-429-5459)  
Butterworks yogurt (New England) (802-744-6023)  
Dahlicious Lassi lassi (978-600-0904)  
Dutch Meadows Farm yogurt (717-442-9208)  
Erivan yogurt (215-887-2009)  
FAGE Total Classic Greek yogurt (866-962-5912)  
Hawthorne Valley Farm yogurt (518-672-7500)  
Kalona SuperNatural kefir (877-378-5990)  
Maple Hill Creamery creamline yogurt (518-758-7777)  
Mohawk Drumlin Creamery Greek sheep yogurt (New England) (518-568-7600)  
Oasis at Bird-in-Hand yogurt (Mid-Atlantic) (717-288-2154)  
Redwood Hill goat yogurt and kefir (877-238-3543)

Saint Benoit Creamery yogurt (707-996-4477)  
Seven Stars Farm yogurt (610-935-1949)  
Sierra Nevada Cheese Company plain whole cow yogurt,  
rich & creamy plain goat yogurt (530-934-8660)  
Simply Nature/Aldi organic whole milk Greek yogurt  
The Family Cow yogurt (717-491-4004)

**AVOID:** Lowfat and sweetened yogurt and kefir; yogurt and kefir from homogenized milk; yogurt and kefir with added vitamins.

## Butter and Ghee

**BEST:** Raw butter from grass-fed animals.

Clearview Farm PMA raw grass-fed butter (717-824-0537)  
Dutch Meadows Farm raw sweet and cultured butter  
(717-442-9208)  
Full Moon Ghee (413-695-5968)  
Life-Enhancing Acres raw butter (717-768-7848)  
Meadow Ridge Farm raw cow and goat butter (519-881-7258)  
Miller's Bio Farm raw goat butter; sweet and cultured  
cow butter (717-786-7895)  
Miller's Organic Farm raw goat and sheep butter; sweet and  
cultured cow butter; sweet and cultured water buffalo  
butter (717-556-0672)  
Organic Pastures raw original and cultured butter  
(CA) (877-RAW-MILK)  
Paradise Pastures raw butter (717-768-0101)  
Pleasant Pastures raw butter (717-768-3437)  
Triangle Organics raw butter (814-349-4890)  
Twilight Acres raw butter (484-930-5908)

**GOOD:** Pasteurized butter and ghee (clarified butter) without natural flavors, preferably grass-fed.

Anchor New Zealand butter (+64 9 369 6002)  
Cabot Creamery salted butter (888-792-2268)  
Clover Sonoma butter (West) (800-237-3315)  
Double Devon cream butter  
Fields of Athenry Farm butter (703-300-5765)  
Finlandia butter  
Fond O' Foods German butter (209-267-5867)  
Full Moon Ghee ghee (413-695-5968)  
Hartzler Family Dairy butter (OH and IN)  
Healthy Traditions butter (except whipped butter)  
(healthytraditions.com)  
Humboldt Creamery organic butter (888-316-6064)  
Isigny Ste Mere French butter  
Jana Valley New Zealand butter  
Kerrygold butter (877-955-9064)  
Latta Russian kefir butter  
Lewis Road Creamery New Zealand butter (lewisroadcream-  
ery.com)  
Marky's European butter (305-758-9288)

Meyenberg goat butter (800-891-4628)  
Minerva Dairy butter (garlic herb butter, smoked maplewood butter) (330-868-4196)  
Mountain Home Farm cultured butter (802-989-2813)  
Mt. Sterling goat butter (608-734-3151)  
Nanak ghee (604-594-9190)  
Nordic Creamery butter (except cinnamon-sugar butter) (608-634-3276)  
Oasis at Bird-in-Hand butter (717-288-2154)  
Organic Valley butter (888-444-6455)  
Red Feather canned grass-fed butter (877-967-3196)  
Rumiano Cheese Company butter (866-328-2433)  
Sierra Nevada Cheese Company sheep butter, cultured cow butter (530-934-8660)  
Smjör Icelandic butter (smjor.is)  
Somerdale English butter (somerdale.com)  
South Mountain Creamery butter (East Coast) (844-762-6455)  
Spring Hill Jersey Cheese Co. butter (707-762-3446)  
Sweet Meadows butter (740-452-9151)  
The Family Cow butter (717-491-4004)  
Trader Joe's organic sweet cream butter  
US Wellness butter (877-383-0051)  
Vermont Creamery butter (833-882-7679)  
Vital Farms butter (vitalfarms.com)  
Welsh Mountain Farm butter (717-768-3652)  
Whole Foods 365 butter  
Woodstock Foods organic butter (855-324-2630)

Ancient Organics organic ghee (510-280-5043)  
Bulletproof grass-fed ghee (206-203-4576)  
Carrington Farms grass-fed organic ghee (800-505-9546)  
Caveman Truck grass-fed ghee (352-213-1855)  
Fatworks cordyceps grass-fed goat milk ghee, organic grass-fed cultured cow milk ghee (888-18-4838)  
Fourth & Heart grass-fed ghee (323-686-2868)  
Gail's Cupboard grass-fed organic ghee, coconut ghee (570-561-6970)  
Gold Nugget Ghee grass-fed organic ghee  
Grass Fed Gourmet grass-fed organic cocoghee (except those with cacao or coffee)  
Julian Bakery paleo butter (grass-fed ghee) (760-721-5200)  
Kelapo grass-fed ghee (800-230-5952)  
Miller's Bio Farm grass-fed organic ghee, cultured ghee (717-786-7895)  
Miller's Organic Farm grass-fed organic ghee (717-556-0672)  
Moon Juice organic mum's ghee (310-399-2929)  
Mt. Capra grass-fed goat milk ghee (877-682-2772)  
Organic India grass-fed organic ghee (888-550-8332)  
Organic Valley grass-fed organic ghee (888-444-6455)  
Pure Indian Foods grass-fed organic ghee, cultured ghee, spiced ghee, coconut ghee (877-LUV-GHEE)  
Pure Traditions grass-fed cultured ghee (puretraditionsfoods.com)  
Radiant Life grass-fed organic ghee (888-593-8333)  
Selina Naturally grass-fed organic ghee (800-867-7258)  
Simply Ghee grass-fed organic ghee (717-587-6841)

SVAyurveda organic mum's ghee (888-324-2634)  
Thrive Market grass-fed ghee (866-419-2174)  
Tin Star Foods grass-fed ghee, cultured ghee (tinstarfoods.com)  
Triangle Organics grass-fed organic ghee (814-349-4890)

**AVOID:** Margarines and spreads; partially hydrogenated vegetable oils; shortenings; spreads combining butter with vegetable oils; whipped butter; butter and ghee containing natural flavors.

## Eggs

**BEST:** Fresh eggs from pastured poultry, preferably soy-free and GMO-free.

Alexandre Family Farm fertile pastured eggs (West Coast)  
(707-487-1000)

Blue Sky Family Farms pastured eggs (DC, MD, VA)  
(574-267-7545)

Burroughs Family Farms pastured eggs (CA) (209-874-9400)  
Frenz New Zealand free-range eggs

Jeremiah Cunningham's World's Best soy-free pastured  
eggs (TX, LA, OK, AR, FL)

Larry Schultz Organic Farm free-range eggs (Midwest)  
(507-455-9362)

Lily's free-range eggs (lilysegs.com)

Meant To Be Natural Food organic soy-free fertile pastured  
kosher white eggs (NY, NJ, PA) (845-535-1354)

Pete and Gerry's Organics organic free-range eggs  
(800-210-6657)

Polyface Farm pastured eggs (VA, MD and DC) (540-885-3590)

RedHill Farms pastured eggs (CA) (760-344-2160)

The Happy Egg Co. organic free-range eggs, free-range eggs  
(479-335-1184)

Vital Farms pastured eggs (VA) (vitalfarms.com)

Dutch Meadows Farm pastured duck eggs. soy-free  
pastured chicken eggs (717-442-9208)

Healthy Traditions soy-free pastured eggs  
(healthytraditions.com)

Meadow Ridge Farm soy-free fertile pastured eggs  
(519-881-7258)

Miller's Bio Farm pastured chicken eggs, soy-free pastured  
chicken eggs, free range duck eggs (717-786-7895)

Miller's Organic Farm soy-free fertile pastured chicken  
eggs, soy-free pastured duck eggs, soy-free pastured  
goose eggs (717-556-0672)

Pleasant Pastures fertile pastured eggs, soy-free fertile  
pastured eggs (717-768-3437)

Pleasant View Farms soy-free fertile pastured eggs  
(608-553-0787)

Rainbow Ranch Farms soy-free corn-free pastured eggs  
(920-349-7675)

Salmon Creek Ranch pastured duck eggs (707-876-1808)

Thankful Harvest organic soy-free pastured eggs

(712-830-3281)

The Family Cow soy-free pastured eggs (717-491-4004)

**GOOD:** Organic or high-omega-3 eggs.

Blue Sky Family Farms organic free-range eggs (574-267-7545)

Clover Sonoma organic eggs, organic omega-3 eggs (West)  
(800-237-3315)

Eggland's Best organic eggs

Farmers' Hen House organic eggs (319-683-2206)

Full Circle organic eggs

Giving Nature

Glaum Egg Ranch organic cage-free eggs (CA) (831-688-3898)

Good & Gather (Target) organic cage-free eggs (800-316-6151)

Organic Valley organic free-range eggs (888-444-6455)

Shelton's

The Country Hen (978-928-5333)

Trader Joe's organic free-range eggs

**AVOID:** Most commercial eggs, but if this is all that is available, buy them anyway, but do not eat them raw.

## Fats and Oils

**BEST:** Organic extra virgin olive oil; organic cold pressed macadamia, almond, high oleic sunflower and high oleic safflower oils; organic virgin coconut oil; unrefined organic palm oil; fat and lard from pigs allowed to graze; tallow and suet from grass-fed cows and sheep; poultry fat from pastured poultry.

Alderspring Ranch beef suet (alderspring.com)

Broth of Life tallow, brelow, lamb broth fat

(brothoflife.com.au)

Burgundy Pasture pork fat (817-866-2247)

Caw Caw Creek pork fat (803-917-0794)

Christiansen's Family Farm lard (385-215-4557)

Corner Post Meats beef suet, pork fat (303-898-0642)

Deck Family Farm beef suet, pork fat (541-998-4697)

Desert Farms camel hump fat (800-430-7426)

Dutch Meadows Farm lard (717-442-9208)

EPIC beef and bison tallow (512-944-8502)

Fatworks beef, buffalo and lamb tallow; lard, pastured duck fat, pastured goose fat (720-438-4530)

Fields of Athenry Farm lard, pork fat, beef suet (703-300-5765)

Flying Pigs Farm lard, pork fat (208-284-1986)

Good Earth Farms pork fat (603-529-2170)

Gourmet Duck Fat chicken and duck fat, duck fat cooking spray, lard, tallow (402-306-5958)

GrassRoots Meats beef suet (970-582-0166)

Heritage Foods USA pork fat (718-389-0985)

Hershberger Heritage Farm lard (215-500-7301)

Hunter Cattle Co. beef suet (912-823-2333)

Jpp Apothecary beef tallow and brelow, bison and lamb brelow, chicken schmaltz, lard (855-552-7684)

KOL Foods kosher beef suet, unrendered chicken and duck fats (888-366-3565)  
Larga Vista Ranch lard (719-947-0982)  
Love Raw Foods coconut oil (540-745-5040)  
Many Hands Organic Farm lard (978-355-2853)  
Meadow Ridge Farm lard, tallow (519-881-7258)  
Miller's Bio Farm lard, pork fat, lamb tallow, beef tallow (717-786-7895)  
Miller's Organic Farm beef suet and tallow; sheep tallow, lard, raw and rendered chicken fat, rendered goose fat, water buffalo tallow, lamb fat and tallow (717-556-0672)  
NorthStar Bison lamb fat, beef suet, bison suet, pork fat (715-458-4300)  
PaiDom beef suet and pork fat (806-570-6328)  
Paleo on the Go beef tallow, duck fat (855-447-2536)  
Pangaia raw coconut oil (808-989-3457)  
Pete's Paleo beef tallow (619-363-7136)  
Pleasant Pastures tallow, lard, pork fat, rendered chicken fat (717-768-3437)  
Pleasant View Farms lard (608-553-0787)  
Rock House Farm lard, pork fat, beef suet (828-438-3881)  
Smoky Mountain Mangalitsa lard (828-246-7372)  
Stryker Farm pork fat, lard (570-269-2995)  
Tendergrass Farms pork fat (800-929-1785)  
The Brothery rendered beef marrow & knuckle fat (226-779-5222)  
The Family Cow beef suet, pork fat (717-491-4004)  
US Wellness Meats beef suet, beef and lamb tallow, bison fat, duck fat (877-383-0051)  
Victorian Farmstead Meat Company beef and lamb suet, pork fat (707-332-4605)  
White Oak Pastures beef suet (229-641-2081)  
Wild Idea Buffalo Co. fat (866-658-6137)

Bariani organic extra virgin unfiltered olive oil  
Bioitalia organic extra virgin olive oil  
Bionaturae organic extra virgin olive oil (844-535-0494)  
Bragg organic extra virgin unfiltered olive oil  
Field Day organic extra virgin olive oil  
Full Circle organic extra virgin olive oil  
Kirkland organic extra virgin olive oil  
Les Moulins Mahjoub organic extra virgin unfiltered olive oil  
Napa Valley Naturals organic extra virgin unfiltered olive oil  
Newman's Own Organic organic extra virgin olive oil  
Núñez de Prado organic extra virgin unfiltered olive oil  
Riojana organic extra virgin olive oil  
Rozzano organic extra virgin olive oil  
Soler Romero organic extra virgin unfiltered olive oil  
Spectrum organic extra virgin filtered and unfiltered olive oil

Apollo organic extra virgin olive oil (877-776-0703)  
Aunt Patty's organic extra virgin olive oil (800-456-7923)  
Bari organic extra virgin olive oil (599-595-9260)  
Berkeley Olive Grove 1913 organic extra virgin filtered and unfiltered olive oil (530-533-1814)  
Brad's Organic organic extra virgin olive oil (bradsorganic.com)  
Burroughs Family Farms flavored and unflavored organic



extra virgin unfiltered olive oil (209-874-9400)  
Canaan Fair Trade organic extra virgin olive oil (360-980-2580)  
Casa Rosa Farms organic extra virgin unfiltered olive oil  
(530-564-6336)  
Castillo de Canena biodynamic extra virgin olive oil  
(425-398-9761)  
Chaffin Family Orchards extra virgin unfiltered olive oil  
(530-533-8239)  
Ciao Organics organic extra virgin olive oil  
(845-363-6253, ext 113)  
Country Life Natural Foods organic extra virgin olive oil  
(269-236-5011)  
DeLallo organic extra virgin filtered and unfiltered olive oil  
(877-335-2556)  
Earth Circle Organics organic extra virgin olive oil  
(888-501-7170)

EatRaw extra virgin unfiltered olive oil (866-432-8729)  
Eliki organic extra virgin filtered and unfiltered olive oil  
(310-756-2465)  
Ellyndale Foods organic extra virgin olive oil (888-669-3663)  
Emile Noel organic extra virgin olive oil (emilenol.com)  
Enzo's Table organic extra virgin olive oil (888-942-3552)  
Essential Living Foods organic extra virgin unfiltered olive oil  
(310-319-1555)  
Flora organic extra virgin olive oil (800-498-3610)  
Flora Fine Foods organic extra virgin olive oil (954-785-3100)  
Gaea organic extra virgin olive oil (954-923-7723)  
Healthy Harvest organic extra virgin olive oil (636-405-1960)  
Healthy Traditions organic extra virgin olive oil  
(healthytraditions.com)  
Jovial organic extra virgin unfiltered olive oil (877-642-0644)  
Kasandrinos organic extra virgin olive oil (888-316-1716)  
Kevala organic extra virgin unfiltered olive oil (877-379-1179)  
La Masia organic extra virgin olive oil (425-398-9761)  
Live Superfoods organic extra virgin unfiltered olive oil  
(800-481-5074)  
Living Tree organic extra virgin unfiltered olive oil  
(800-260-5534)  
Lucini Italia organic extra virgin filtered and unfiltered olive  
oil (530-592-3792)  
McEvoy Ranch organic extra virgin unfiltered olive oil  
(866-617-6779)  
Mediterranean Delicacy organic extra virgin unfiltered olive  
oil (267-240-0184)  
Miller's Organic Farm extra virgin unfiltered olive oil  
(717-556-0672)  
Mountain Rose Herbs organic extra virgin unfiltered olive oil  
(800-879-3337)  
Mt. Olive Organic Farm organic extra virgin filtered and  
unfiltered olive oil (805-237-0147)  
Napoleon organic extra virgin olive oil (425-455-3776)  
Natural Zing organic extra virgin unfiltered olive oil  
(888-729-9646)  
Okonatur organic extra virgin unfiltered olive oil  
(888-963-9540)  
Olea Estates organic extra virgin unfiltered olive oil

(636-405-1960)  
 OliFlix organic extra virgin unfiltered olive oil (oliflix.com/en)  
 Olio Beato organic extra virgin unfiltered olive oil  
 (888-421-6546)  
 Olivar de la Luna organic extra virgin olive oil (425-398-9761)  
 Omega Nutrition organic extra virgin olive oil (604-253-4677)  
 Pitchouline organic extra virgin olive oil (951-234-8164)  
 Pure Indian Foods organic extra virgin olive oil (609-785-9100)  
 Puritan's Pride organic extra virgin olive oil (800-645-1030)  
 Radiant Life organic extra virgin unfiltered olive oil  
 (888-593-8333)  
 Roland organic extra virgin olive oil (800-221-4030)  
 Selina Naturally organic extra virgin Nabali tree olive oil  
 (800-867-7258)  
 Sigona's Fresh Press organic extra virgin olive oil  
 (650-368-6993)  
 Sky Organics organic extra virgin olive oil (888-899-9305)  
 Soaper's Choice organic extra virgin olive oil(833-257-6627)  
 The Meadow organic extra virgin olive oil (888-388-4633)  
 The Olive Bar organic extra virgin unfiltered olive oil  
 (408-370-1901)  
 Thrive Market organic extra virgin olive oil (866-419-2174)  
 Tudor House Tea & Spice organic extra virgin filtered and  
 unfiltered olive oil (269-425-1512)  
 US Wellness organic extra virgin unfiltered olive oil  
 (877-383-0051)  
 Venice Olive Oil Co. organic extra virgin olive oil  
 (941-483-4200)  
 Vitacost organic extra virgin olive oil (800-381-0759)  
 Vital Choice organic extra virgin olive oil (866-482-5887)  
 Vom Fass organic extra virgin unfiltered olive oil  
 (608-204-0300)  
 Wildly Organic organic extra virgin olive oil (218-226-3985)  
 Zoe organic extra virgin unfiltered olive oil (212-563-2707)

Alpha coconut oil (888-826-9625)  
 Barlean's coconut oil (800-445-3529)  
 Garden of Life virgin coconut oil  
 Great Value organic virgin coconut oil  
 Hain virgin coconut oil  
 Jarrow Formulas extra virgin coconut oil  
 Kirkland organic virgin coconut oil  
 Native Forest organic virgin coconut oil  
 NSI coconut oil  
 SimplyNature (Aldi) organic virgin coconut oil  
 Spectrum virgin coconut oil  
 Trader Joe's organic virgin coconut oil  
 Tropical Plantation organic virgin coconut oil (808-244-4800)

Anjou extra virgin coconut oil (888-456-8468)  
 Anthony's Goods organic virgin coconut oil (213-793-8178)  
 Artisana coconut oil (866-237-8688)  
 Aunt Patty's organic virgin coconut and palm oils  
 (800-456-7923)  
 Azure Standard extra virgin coconut oil, virgin coconut oil,  
 coconut ghee (971-200-8350)  
 Beyond A Century coconut oil (800-777-1324)

Brad's Organic extra virgin coconut oil (bradsorganic.com)  
 Bright Earth raw extra virgin coconut oil, vanilla coconut oil  
 (541-201-0420)  
 Carrington Farms extra virgin coconut oil (800-505-9546)  
 Ceylon Pure organic virgin coconut oil (650-752-8865)  
 Chocola Tree pure coconut oil; grilling herb, Mediterranean  
 herb, herbs de provencal and cinnamon bun coconut  
 oils/butters (928-282-2997)  
 Coconut Oil Supreme (800-922-1744)  
 Coconut Secret raw extra virgin coconut oil (888-369-3393)  
 Country Life Natural Foods organic virgin coconut oil  
 (269-236-5011)  
 Dansk Farms coconut oil (407-965-5551)  
 Divine Organics raw coconut oil (415-884-4477)  
 Dr. Bronner's coconut oil (877-786-3649)  
 Dr. Mercola coconut oil (877-985-2695)  
 Dr. Vita coconut oil (800-211-4188)  
 Earth Circle Organics raw virgin coconut oil (888-501-7170)  
 EatRaw coconut oil (866-432-8729)  
 Ellyndale Foods organic virgin coconut oil (888-669-3663)  
 Essential Living Foods organic extra virgin coconut oil  
 (310-319-1555)  
 FBomb raw virgin coconut oil (844-693-2662)  
 Fuatino's raw virgin fermented coconut oil (685-727-5285)  
 Glaser Organic Farms raw coconut oil (305-238-7747)  
 Green Pasture virgin coconut oil, coconut ghee(402-858-4818)  
 Health From The Sun organic raw virgin coconut oil  
 (800-269-2198)  
 Healthy Traditions virgin organic coconut oil  
 (healthytraditions.com)  
 International Harvest, Inc. raw coconut oil (914-699-5600)  
 Jedwards International, Inc. virgin coconut oil (617-472-9300)  
 Juka's palm oil (855-465-8527)  
 Kelapo coconut oil (800-230-5952)  
 Kevala coconut oil (877-379-1179)  
 La Tourangelle organic virgin coconut oil (866-688-6457)  
 Life-flo organic extra virgin coconut and cold pressed  
 macadamia oils (435-655-6000)  
 Live Superfoods infused organic coconut oils, raw virgin  
 coconut oil (800-481-5074)  
 Living Tree raw coconut oil (800-260-5534)  
 Meadow Ridge Farm coconut oil (519-881-7258)  
 Miller's Organic Farm coconut oil, coconut ghee  
 (717-556-0672)  
 Mountain Rose Herbs virgin coconut and palm oils  
 (800-879-3337)  
 Munkijo organic virgin coconut oil (949-861-2798)  
 Natural Zing raw coconut oil (888-729-9646)  
 Nature's Approved coconut oil (914-428-6800)  
 Nature's Blessings coconut oil (626-935-0770)  
 Nature's Way organic extra virgin coconut oil (800-962-8873)  
 NOW Foods organic virgin coconut oil (888-669-3663)  
 NUCO organic extra virgin coconut oil (626-921-6826)  
 Nutiva virgin coconut and palm oils (800-993-4367)  
 Nuts.com organic raw coconut oil (800-558-6887)  
 Okonatur extra virgin coconut and palm oils (786-260-1643)  
 Omega Nutrition virgin coconut oil (604-253-4677)

Optimally Organic raw coconut oil (888-211-4263)  
Original Living Coconut raw coconut oil (800-906-3064)  
Perfect coconut oil (866-802-3860)  
Pleasant Pastures coconut oil, coconut ghee (717-768-3437)  
PuraCoco raw coconut oil  
Pure Indian Foods coconut oil (609-785-9100)  
Pure Planet coconut oil (800-695-2017)  
Puritan's Pride extra virgin coconut oil (800-645-1030)  
Radiant Life coconut and palm oils (888-593-8333)  
Raw Revelations raw virgin coconut oil (951-677-2222)  
Selina Naturally coconut and palm oils, coconut ghee  
(800-867-7258)  
Skinny & Co. raw virgin coconut oil (888-865-4278)  
Sky Organics extra virgin coconut oil (888-899-9305)  
Soaper's Choice organic extra virgin coconut and palm oils  
(833-257-6627)  
Starwest Botanicals virgin coconut oil (800-800-4372)  
Stutzman Farms organic virgin coconut oil (330-674-1289)  
Swanson extra virgin coconut and palm oils (800-824-4491)  
Terrasoul Superfoods extra virgin coconut oil (800-458-8773)  
The Olive Bar coconut oil (408-370-1901)  
Thrive Market organic virgin coconut oil (866-419-2174)  
Virgin Oil de Coco-Creme coconut oil (877-870-1018)  
Vita Coco raw coconut oil (vitacoco.com)  
Vitacost organic extra virgin coconut oil (800-381-0759)  
Vital Choice organic virgin coconut oil (866-482-5887)  
Vitamin Research Products coconut oil (800-877-3292)  
Viva Naturals organic virgin coconut oil (800-921-8482)  
Weil Farms organic virgin coconut oil (631-680-6897)  
Wilderness Poets raw coconut oil (844-945-3649)  
Wildly Organic virgin coconut oil (218-226-3985)

Century Sun Oil organic sunflower oil (866-810-9902)  
Dr. Mercola organic sunflower oil (877-985-2695)  
Driftless Organics organic sunflower oil (608-624-3735)  
Emile Noel organic macadamia and sweet almond oils  
(emilenoel.com)  
Platteville Sunflower Oil Co. organic sunflower oil  
(608-342-7244)  
Pure Indian Foods organic almond oil (609-785-9100)  
Rejuvenative Foods organic almond oil (831-291-4008)  
Sky Organics organic sweet almond oil (888-899-9305)

Gail's Cupboard mayonnaise (570-561-6970)  
Miller's Organic Farm mayonnaise (717-556-0672)

**GOOD:** Cold pressed or expeller pressed unrefined sesame, sunflower, peanut, macadamia, almond, walnut, pecan, pistachio, hazelnut, chia seed, brazil nut, pumpkin seed, camelina, flax and high oleic safflower oils in small amounts; refined palm oil; refined coconut oil; extra virgin olive oil; avocado oil (tested pure and nonoxidized)..

Alpha palm oil  
Andreas Seed Oils organic black sesame, flax, pumpkin and  
sunflower seed oils; 5 seed oil blend  
(andreasseedoils.com)  
Aptera extra virgin olive oil (801-273-8078)

Aunt Patty's extra virgin olive, sunflower and refined coconut oils (800-456-7923)  
 Azure Standard flax oil, Ciranda palmfruit shortening, refined coconut oil (971-200-8350)  
 Bari extra virgin olive oil (877-638-3626)  
 Barlean's flax oil  
 Bioitalia organic sunflower oil  
 Brad's Organic refined coconut oil (bradsorganic.com)  
 CalPure avocado oil  
 California Olive Ranch extra virgin olive oil (530-846-8000)  
 Camelina Gold camelina (wild flax) oil (406-396-1420)  
 Carlini (Aldi) extra virgin olive oil (800-325-7894)  
 Carrington Farms organic chia oil, flax chia oil, pumpkin seed oil, refined coconut oil, coconut oil & ghee blend (800-505-9546)  
 Castillo de Canena extra virgin olive oil (425-398-9761)  
 Catusse goose fat  
 Cherokee Bison Farms sunflower oil (715-223-3644)  
 Chocolate Tree extra virgin olive oil, Premier coconut oil (928-282-2997)  
 Chosen Foods extra virgin sesame oils (877-674-2244)  
 Chosen Foods avocado oil  
 Country Life Natural Foods extra virgin olive oil, refined coconut oil (269-236-5011)  
 D'Artagnan duck fat (800-327-8246)  
 Dancing Goat extra virgin olive oil (dancingfoods.com)  
 DeLallo extra virgin olive oil (877-335-2556)  
 Dietrich's lard (610-756-6344)  
 Eden extra virgin olive and organic unrefined sesame oils  
 Ellyndale Foods organic extra virgin sesame oil (888-669-3663)  
 Emile Noel organic hazelnut, walnut, sesame, sunflower and pumpkin seed oils (emilenoel.com)  
 EPIC pork lard, duck fat (512-944-8502)  
 Essential Living Foods organic coconut oil (310-319-1555)  
 Fabrique Délices duck fat  
 Fatworks cage-free duck fat, organic free-range chicken fat (720-438-4530)  
 FBomb raw extra virgin olive; raw virgin macadamia oil; house blend oil (844-693-2662)  
 Field Day extra virgin olive oil  
 Flora organic almond, pumpkin seed, sunflower and sesame oils (800-498-3610)  
 Flora Fine Foods extra virgin olive oil (954-785-3100)  
 Follow Your Heart Soy-free Vegenaïse  
 Foods Alive organic gold flax, black sesame and chia oils (260-488-4497)  
 Frontera extra virgin olive oil (800-509-4441)  
 Gaea extra virgin olive oil (954-923-7723)  
 Gold Mine refined coconut oil (800-475-3663)  
 Grimaud Farms duck fat (800-466-9955)  
 Grow and Behold Foods kosher beef suet (888-790-5781)  
 Hain cold-pressed oils  
 Health From The Sun flax oil (800-269-2198)  
 Healthy Harvest extra virgin olive oil (636-405-1960)  
 Healthy Traditions organic palm shortening; virgin palm and refined coconut oils (healthytraditions.com)  
 Imlak'esh Organics brazil nut oil (805-689-2269)

Kevala organic sesame oil (877-379-1179)  
 Kirkland extra virgin olive oil  
 La Tourangelle walnut, pumpkin seed, pecan, hazelnut,  
 almond, sunflower, peanut, pistachio and refined  
 coconut oils (866-688-6457)  
 Laconiko extra virgin olive oils (571-292-1394)  
 Liberty Ducks unrendered duck fat (800-953-8257)  
 Life-flo sesame, sunflower and walnut oils (800-258-8337)  
 Loriva cold-pressed oils  
 Lucini Italia extra virgin olive oil (855-972-0555)  
 MacNut Oil macadamia oil (800-605-3734)  
 Marianne's Harvest avocado oil  
 Marky's duck fat, goose fat (305-758-9288)  
 Marx Foods duck fat (866-588-6279)  
 Matiz extra virgin olive oil (425-398-9761)  
 Mitoku sesame oil  
 Mountain Rose Herbs organic sesame, macadamia and  
 refined coconut oils (800-879-3337)  
 Napa Valley Naturals organic sesame oil  
 Napoleon extra virgin olive oil (425-455-3776)  
 Native Forest organic refined coconut oil  
 Nature's Way coconut oil (800-962-8873)  
 Neus extra virgin unfiltered olive oil (425-398-9761)  
 North American Herb & Spice betapalm and cocapalm oils  
 (800-243-5242)  
 NUCO organic refined coconut oil (626-921-6826)  
 Nutiva shortening, refined coconut oil (800-993-4367)  
 Okonatur refined palm oil and extra virgin macadamia oils  
 (888-963-9540)  
 Omega Nutrition sesame, sunflower and flax oils  
 (604-253-4677)  
 Paeleon extra virgin olive oil (920-359-1796)  
 Penna Gourmet Foods extra virgin olive oil (530-865-9810)  
 Peter's Paleo duck fat (619-363-7136)  
 Prairie Pride Farm lard (866-245-7675)  
 Premier Research Labs coconut, olive and sesame oils  
 (800-325-7734)  
 Pure Indian Foods organic sesame oil (609-785-9100)  
 Puritan's Pride organic flax and macadamia oils  
 (800-645-1030)  
 Ranch Foods Direct beef suet, pork fat (866-866-6328)  
 Rejuvenative Foods organic sunflower, sesame, poppy  
 seed and evening primrose oils (831-291-4008)  
 Riojana extra virgin olive oil  
 Roland macadamia, hazelnut, pumpkin seed, walnut and  
 pistachio oils (800-221-4030)  
 Rougié duck fat  
 Schiltz Foods goose fat (877-872-4458)  
 Siberian Tiger Naturals pine nut and camelina (wild flax) oils  
 (877-739-9925)  
 Sigona's Fresh Press extra virgin olive oil (650-368-6993)  
 Smoking Goose Meatery leaf lard, smoked lard(317-638-6328)  
 Spectrum organic palm shortening; extra virgin olive,  
 refined coconut and unrefined sesame oils  
 Sultan extra virgin olive oil  
 Synergistic Nutrition organic black sesame, flax, pumpkin and  
 sunflower seed oils; 5 seed oil blend (888-988-3325)

Terroirs d'Antan duck fat, goose fat  
 The Brothery rendered chicken fat (226-779-5222)  
 The Meadow extra virgin olive oil (888-388-4633)  
 The Olive Bar extra virgin unfiltered olive oil (408-370-1901)  
 Trader Joe's premium 100% Greek kalamata, California estate  
 and premium extra virgin olive oils  
 Tropical Plantation organic refined coconut oil (800-229-5459)  
 US Wellness Meats lard and chicken fat (877-383-0051)  
 Venice Olive Oil Co. extra virgin olive oil (941-483-4200)  
 Vitacost extra virgin coconut oil, refined coconut oil  
 (800-381-0759)  
 Whole Foods 365 organic flax oil  
 Wildly Organic palm, sesame, refined coconut, popcorn  
 and Mary's sauté oils (218-226-3985)

Chosen Foods mayonnaise (except those with citric acid)  
 (877-674-2244)  
 DeLouis Fils mayonnaise  
 Primal Kitchen mayonnaise (888-774-6259)  
 Sir Kensington's organic mayonnaise (646-450-5735)  
 Terroirs d'Antan French mayonnaise  
 Tessemae's mayonnaise (855-698-3773)  
 Thrive Market coconut oil mayonnaise (866-419-2174)

**AVOID:** Most commercial vegetable and seed oils including cottonseed, soy, corn, canola, rice bran, hemp and grapeseed oils; all margarines, spreads and partially hydrogenated vegetable shortenings.

## Seafood

**BEST:** Fresh or smoked caviar and roe without added colorings; fresh or frozen ocean-going fish, especially herring and mackerel; shellfish (crab, lobster, oysters, clams and mussels) in season; fresh or frozen wild shrimp (US shrimp from Maine is wild); Pacific or Alaskan salmon, fresh or frozen; kippered (naturally smoked), dried or pickled herring, eel, mackerel and salmon that have not been canned; dried, salted small fish (available in Asian markets); trout and catfish guaranteed from clean waters; canned cod liver.

Alaskan Leader Seafoods wild Alaska cod (206-965-1881)  
 Blue Hill Bay wild salmon, wild smoked fish  
 Cannon Fish Company wild seafood  
 Echo Falls wild Alaskan smoked sockeye salmon; wild  
 salmon and whitefish caviars (206-285-6800)  
 Eden dried bonito flakes  
 Henry & Lisa's frozen wild salmon and cod  
 Icicle Seafoods wild salmon (206-282-0988)  
 Natural Sea frozen wild salmon (855-423-2630)  
 Peter Pan Seafoods wild salmon (206-728-6000)  
 Raincoast Trading wild smoked salmon lox (866-754-3191)  
 Ruby Bay wild smoked salmon  
 SeaBear fresh and smoked wild seafood (800-654-3474)  
 Spence & Co. wild smoked salmon, mackerel and trout  
 (508-427-5577)

Trident Seafoods wild salmon (800-426-5490)

iCan canned cod liver

King Oscar canned cod liver

Officer canned smoked cod liver

Roland canned smoked cod liver (800-221-4030)

Skansen canned cod liver

Alaska Gold Brand wild seafood, smoked fish (844-833-0120)

Alderspring Ranch wild salmon (alderspring.com)

Balducci's caviar (800-346-8763)

BLiS wild roe (616-942-7545)

Caviar Russe caviar, roe (800-222-8427)

Copper River Fish Market wild salmon, halibut, smoked salmon (907-253-9453)

Copper River Seafoods wild seafood, smoked salmon and cod (907-865-5033)

Corner Post Meats wild salmon (303-898-0642)

Dr. Mercola wild fish, smoked salmon (877-985-2695)

Dutch Meadows Farm wild fish, smoked salmon (717-442-9208)

Ed's Kasilof Seafoods wild seafood, smoked fish (907-262-9572)

Fishhugger wild seafood and salmon roe (602-286-9233)

Grande Premium Meats wild seafood (888-338-4581)

Grow and Behold Foods gefilte fish, wild salmon (888-790-5781)

HarvestBox wild salmon (616-878-1578)

Heritage Foods USA wild salmon (718-389-0985)

Imperia Caviar caviar (323-991-9232)

Japan Gold USA dried bonito flakes (858-486-1707)

Kodiak Island WildSource wild seafood, smoked fish (907-486-4449)

KOL Foods wild salmon (888-366-3565)

Krinos tarama carp roe caviar (718-729-9000)

Kwee-Jack Fish Co. wild salmon, halibut (406-272-2466)

Loki Fish Co. wild salmon, smoked salmon, roe (206-937-1048)

Lummi Island Wild Co-op wild seafood and caviar; smoked salmon and caviar (360-366-8786)

Marky's caviar (except those from China) (305-758-9288)

Marx Foods dried roe, fresh caviar and roe (all without added colorings), wild seafood, smoked salmon (866-588-6279)

Miller's Bio Farm wild fish (717-786-7895)

Miller's Organic Farm wild salmon and haddock (717-556-0672)

Mitoku dried bonito flakes (800-324-1878)

Moink wild salmon (217-717-9448)

MW Polar anchovies in olive oil, salmon, sardines in water, kipper snacks, jack mackerel, mussels, tuna (except oysters from China) (888-496-9187)

Nash Family Fish wild salmon (907-952-7123)

Northern Fish wild seafood, wild smoked salmon (253-475-3858)

Orca Bay Seafoods wild seafood (206-285-7445)

Otolith Sustainable Seafood (215-426-4266)

Pete's Paleo wild caught fish (619-363-7136)



Pleasant Pastures wild salmon (717-768-3437)  
 Port Clyde Fresh Catch wild seafood, roe (207-691-4154)  
 Radiant Life dried anchovies (888-593-8333)  
 Ranch Foods Direct wild seafood, smoked salmon  
 (866-866-6328)  
 Seatopia wild fish and seafood (seatopia.fish)  
 Seattle Caviar Company caviar (888-323-3005)  
 Sena Sea wild seafood, smoked fish (206-486-2344)  
 Solomon Falls wild smoked salmon, salmon caviar  
 (907-835-4874)  
 Sugartown Smoked Specialties, Inc. wild smoked salmon  
 and scallops (610-429-4080)  
 The Gefilteria gefilte fish (347-688-8561)  
 Tsar Nicoulai Caviar caviar, roe (415-543-3007)  
 US Wellness wild seafood (877-383-0051)  
 Vital Choice wild seafood and roe, smoked fish  
 (866-482-5887)  
 Wild Alaska Salmon & Seafood Co. wild salmon, smoked  
 salmon (907-290-0992)  
 Wild Alaskan Company wild salmon and white fish  
 (833-328-9453)  
 Wild for Salmon wild seafood and roe, smoked fish  
 (570-387-0550)  
 Wild Run Salmon wild salmon and cod (907-299-0730)

**GOOD:** Canned tuna without hydrolyzed protein and other additives;  
 canned sardines or anchovies in water or olive oil; canned Alaskan  
 salmon; canned shellfish; canned roe and caviar without added col-  
 orings. \*All products in BPA-free containers. \*\*Some products in  
 BPA-free containers.

Acme Smoked Fish homestyle herring, herring in wine sauce,  
 herring in dill sauce\* (718-383-8585)  
 American Tuna tuna\* (866-817-0497)  
 Angelo Parodi sardines in olive oil  
 Bar Harbor canned seafood (800-632-0580)  
 Bela sardines in spring water, tuna, mackerel  
 Bellino anchovies in glass\* (800-882-3686)  
 Blue Hill Bay homestyle and spiced matjes herring; herring in  
 wine sauce, herring in dill sauce\* (718-383-8585)  
 Brunswick sardines in spring water, sardines in olive oil  
 Bumble Bee plain canned salmon, mackerel, sardines  
 in water (800-800-8572)  
 Cento anchovies and sardines in olive oil (800-882-3686)  
 Cole's sardines, mackerel, tuna\*  
 Crown Prince Natural canned seafood and clam juice  
 (except those from China and those with citric acid)\*\*  
 (800-447-2524)  
 Deming's canned wild salmon\* (206-728-6000)  
 Double "Q" canned wild salmon\* (206-728-6000)  
 Henry & Lisa's natural shrimp, canned salmon and tuna\*  
 Kirkland canned salmon and tuna\*\*  
 Matiz sardines in olive oil, sardinillas, tuna, cockles, octopus,  
 anchovies  
 Natural Sea pouched tuna; canned salmon, tuna and clams\*\*  
 (855-423-2630)  
 Natural Value tuna\* (916-836-3561)

Ortiz tuna, sardines, mackerel and anchovies in olive oil\*\*  
 Pillar Rock wild salmon  
 Pastene fancy light tuna, sardines and anchovies in olive oil  
 (888-727-8363)  
 Raincoast Trading wild salmon, tuna, sardines in water,  
 sardines in tomato sauce; smoked salmon, tuna and  
 oysters\* (866-754-3191)  
 Reese flat anchovies in glass\* (973-338-0300 ext. 1002)  
 Romanoff Red (salmon) caviar (888-254-5423)  
 Rubinstein's canned wild salmon  
 Rustichella d'Abruzzo anchovies\*  
 Safe Catch canned and pouched salmon and tuna (except  
 those with citric acid or vinegar powder)\*\*; sardines\*\*  
 (888-568-4211)  
 SeaBear canned and pouched wild seafood (except smoked  
 oysters with soy)  
 Season sardines, anchovies, kipper snacks, salmon, tuna  
 mackerel, sprats (except those with soybean oil)\*  
 (973-681-9000)  
 Sultan sardines in olive oil  
 Tonnino tuna and salmon\* (833-866-6466)  
 Trader Joe's Tongol tuna in water\*  
 Wild Selections tuna, plain salmon in olive oil (855-813-6419)

Awers Inc. caviar (888-297-9196)  
 Alaska Gold Brand canned tuna and salmon\*\*(844-833-0120)  
 BLiS natural and jalapeño spiced albacore tuna  
 (616-942-7545)  
 Copper River Seafoods canned, jarred and pouched salmon\*  
 (907-865-5033)  
 Dave's Albacore tuna and salmon (206-999-5517)  
 DeLallo anchovies in olive oil (877-335-2556)  
 Dr. Mercola canned salmon and sardines\*\* (877-985-2695)  
 Ed's Kasilof Seafoods canned salmon (907-262-9572)  
 Island Trollers albacore tuna (877-253-2761)  
 King Oscar sardines (except those with soybean oil), kippers,  
 mackerel, anchovies\* (203-221-8008)  
 Les Trois Petits Cochons salmon terrine  
 Loki Fish Co. canned salmon (206-937-1048)  
 Marinella tuna, anchovies\* (800-722-1982)  
 Napoleon anchovies in olive oil (425-455-3776)  
 Oregon's Choice canned seafood\*\* (877-289-8862)  
 Patagonia Provisions pouched original smoked sockeye salmon;  
 Pacific Northwest smoked sockeye salmon; canned  
 mackerel and mussels\* (888-221-8208)  
 Radiant Life sardines, tuna, mackerel\* (888-593-8333)  
 Sea Fare Pacific pouched tuna and salmon\* (except jalapeño  
 tuna) (541-266-TUNA)  
 Seafood Connection albacore tuna (360-268-1328)  
 Sustainable Seas canned tuna (800-998-9946)  
 Thrive Market canned tuna, salmon, sardines in water  
 (866-419-2174)  
 US Wellness canned and pouched wild fish\* (877-383-0051)  
 Vital Choice canned and pouched wild fish\*\* (866-482-5887)  
 Wild for Salmon canned and pouched salmon (570-387-0550)  
 Wild Planet canned and pouched wild seafood (except  
 those with citric acid or aqueous (liquid) smoke)\*\*

(800-998-9946)

Zoe canned tuna and sardines\*\* (212-563-2707)

**AVOID:** Farmed salmon, catfish and trout; seafood containing soy oil, vegetable oil, hydrolyzed protein, citric acid, smoke flavoring or liquid smoke; seafood from China.

## Fresh Meat

**BEST:** Fresh or frozen beef, veal, lamb, poultry, goat and pork, including fat and organ meats, from (preferably soy-free and GMO-free) animals allowed to graze; venison and other game meat. (For a list of farmers providing grass-fed animal products, see [eatwild.com](http://eatwild.com) or [localharvest.org](http://localharvest.org), or contact a chapter of the Weston A. Price Foundation, [westonaprice.org](http://westonaprice.org) or 703-820-3333.) Note: It is important to consume organ meats and meat with the fat. Consumption of lean meats can lead to deficiencies.

Applegate grass-fed beef burgers

Atkins Ranch New Zealand lamb, venison (510-440-8700)

Australian Lamb

Bubba Foods grass-fed beef burgers (877-879-2822)

Chiappetti Meats beef (773-733-7110)

Cosgray Grass-fed Beef (346-257-3257)

D'Artagnan beef, lamb, buffalo, venison, wild boar, wild hare  
wild game birds (800-327-8246)

Dakota Beef beef (888-586-2209)

Jones Creek beef

Lamb from New Zealand or Iceland

Mary's pastured chicken (888-666-8244)

SimplyNature (Aldi) organic 100% grass-fed ground beef  
(800-325-7894)

Smart organic chicken (402-786-1000)

Strauss Brands beef, free raised veal, meadow reserve veal,  
lamb (414-421-5250)

Thankful Harvest organic grass-fed beef (712-830-3281)

Thousand Hills Cattle Company beef (877-854-8422)

Wegmans organic grass-fed beef (Mid-Atlantic)

5 Bar Beef beef (714-749-5717)

Alderspring Ranch beef, lamb ([alderspring.com](http://alderspring.com))

Anderson Ranches lamb (541-466-5866)

Arizona Grass Raised Beef Company beef (480-569-3330)

Ayrshire Farm beef, veal, pork, chicken, turkey(540-592-7018)

Baldwin Charolais Beef (336-694-1620)

Bane Family Meats beef, pork, lamb, chicken, turkey  
(217-722-2188)

Bar 10 Ranch beef (435-680-8206)

Barney Creek Livestock grass-fed beef ([barneycreek.com](http://barneycreek.com))

Becker Lane Organic pork (563-543-4513)

Belcampo Meat Co. ground beef (510-250-7810)

Beltie Beef (906-282-9240)

Blackwing, Inc. beef, bison, pork, lamb, goat, elk, venison,  
ostrich, turkey, wild boar (800-326-7874)

Border Springs Farm lamb (276-229-7598)

Broadleaf grass-fed beef, buffalo, venison, elk, lamb, wild boar (800-336-3844)

Broken Arrow Ranch venison, elk, antelope, wild boar (800-962-4263)

Burgundy Pasture beef, pork, lamb (817-866-2247)

Butcher Box beef (getbutcherbox.com)

Carrell Farms water buffalo, lamb, alpaca, venison (770-846-4432)

Caw Caw Creek pork (803-917-0794)

Cedar Farms beef (800-727-BEEF)

Circle C Farm beef, pork, lamb, chicken, turkey, duck (239-776-5802)

Corner Post Meats beef, pork, lamb, chicken, turkey (303-898-0642)

Deck Family Farm beef, pork, chicken, lamb, goat (541-998-4697)

Double Diamond Ranch beef, lamb (541-853-2320)

Dr. Mercola beef (877-985-2695)

Drakes Bay Family Farms beef (415-669-1149)

Dutch Meadows Farm beef, veal, pork, lamb, chicken, bison, turkey, rabbit (717-442-9208)

Farmers Cart beef, chicken (800-281-0614)

Fields of Athenry Farm beef, lamb, pork, poultry (703-300-5765)

Fishhugger beef (602-286-9233)

Flying Pigs Farm pork (208-284-1986)

Foxhollow Farm beef (502-241-9674)

Four Mile River Farm beef, pork, chicken, sausage NE (860-468-4040)

Glacier Grown bison, beef (406-407-7039)

Good Earth Farms beef, pork, lamb, poultry (715-652-3520)

Grande Premium Meats elk, venison, wild boar (888-338-4581)

Grass Roots Farmers' Cooperative beef, lamb, pork, chicken, turkey (501-613-0184)

Grass Run Farms beef (563-277-0052)

GrassRoots Meats beef, lamb (970-582-0166)

Green Acres Farm chicken, beef (717-768-3504)

Grow and Behold Foods kosher lamb, chicken, turkey, duck, rose veal (888-790-5781)

Hardwick grass-fed beef (860-434-9402)

HarvestBox grass-fed beef, pork, chicken (616-878-1578)

Health Hero Farm beef (802-378-5246)

Healthy Traditions beef, bison, lamb, poultry (healthytraditions.com)

Heritage Foods USA meats (718-389-0985)

High Sierra beef (530-635-0183)

Holy Cow Beef grass-fed/finished beef, pork, chicken (806-777-1302)

Hunter Cattle Co. beef, pork (912-823-2333)

JX Ranch Natural Beef beef (575-403-6904)

Kettle Range Meat Co. beef, lamb, pork (414-882-7000)

KOL Foods kosher beef, lamb, poultry (888-366-3565)

Lasater Grasslands Beef (866-454-2333)

Lava Lake Lamb lamb (208-788-1710)

Liberty Ducks duck (800-953-8257)

Lil' Ponderosa Enterprises beef (717-245-2820)

Longhorns Head To Tail beef (740-758-5050)  
 Maypop Farm poultry and pork (843-395-0793)  
 Marx Foods beef, wild boar, lamb, bison, kangaroo, venison,  
 antelope (866-588-6279)  
 McCluskey Brothers beef (608-986-3760)  
 Meadow Oaks Angus beef, pork, lamb (219-285-2182)  
 Meadow Ridge Farm beef, pork, goat, duck, chicken, rabbit  
 (519-881-7258)  
 Miller's Bio Farm beef, pork, lamb, goat, chicken, turkey, duck  
 (717-786-7895)  
 Miller's Organic Farm beef, veal, pork, lamb, mutton, goat,  
 poultry, rabbit, water buffalo (717-556-0672)  
 Millstone Mountain Farm beef, chicken (203-843-2605)  
 Moink beef, lamb, pork, chicken (217-717-9448)  
 Ney's Big Sky beef, buffalo, chicken (414-254-2664)  
 Northeast Family Farms beef (781-935-1234)  
 Oasis at Bird-in-Hand beef, pork, lamb, chicken  
 (717-288-2154)  
 Organic Prairie grass-fed beef (877-662-6328)  
 Oswald Cattle Company beef (719-942-4361)  
 PaiDom Meats beef, lamb, goat, chicken (806-570-6328)  
 Pasture Prime Family Farm beef, pork (352-266-9504)  
 Pastures of Grace pastured pork (pasturesofgrace.com)  
 Peaceful Pastures grass-fed meats (615-683-4291)  
 Pineshine Farms beef, pork (561-374-9261)  
 Pleasant Pastures beef, pork, poultry (717-768-3437)  
 Pleasant View Farms beef, pork, chicken, turkey  
 (608-553-0787)  
 Prairie Pride Farm beef, chicken (866-245-7675)  
 Rain Crow Ranch beef, pork, poultry (866-255-5002)  
 Rainbow Ranch Farms chicken, turkey (920-349-7675)  
 Ranch Foods Direct lamb, bison (866-866-6328)  
 Rock House Farm beef, pork (828-438-3881)  
 Salmon Creek Ranch beef, goat, goose (707-876-1808)  
 Schenker Family Farms beef, veal, pork, lamb, poultry  
 (620-632-4470)  
 Shepherd Song Farm lamb, goat (715-265-7637)  
 Stemple Creek Ranch beef, lamb (415-883-8253)  
 Stryker Farm beef, pork, goat (570-269-2995)  
 Tallgrass Beef Company beef (312-846-1361)  
 Tendergrass Farms beef, pork, chicken, turkey (800-929-1785)  
 Teton Waters Ranch beef (720-340-4590)  
 Thankful Harvest beef, lamb, poultry (712-830-3281)  
 The Family Cow poultry, beef, pork (717-491-4004)  
 The Grass Fed Cattle Company beef (612-581-7787)  
 Thompson Farms pork (229-263-9074)  
 US Wellness Meats beef, lamb, bison, chicken (except free  
 roam cutlets and ground chicken), whole turkeys, duck  
 (877-383-0051)  
 Vermont Highland Cattle Company beef (888-243-8218)  
 Victorian Farmstead Meat Company beef, pork, lamb, veal,  
 chicken, turkey (707-332-4605)  
 Vital Choice beef, chicken, bison (866-482-5887)  
 Waseda Farms beef, pork, chicken (920-632-7271)  
 White Oak Pastures beef, poultry, lamb, pork, rabbit  
 (229-641-2081)  
 Wise Organic Pastures kosher beef, poultry (718-596-0400)

Golden Valley buffalo (888-270-7147)  
Great Range Brand Bison bison (800-327-2706)  
High Wire Ranch bison (970-835-7600)  
Intermountain Bison bison (208-227-9008)  
NorthStar Bison beef, bison, lamb, pork, chicken, turkey,  
goat, rabbit (715-458-4300)  
Straight Arrow Bison bison (308-870-4045)  
The Honest Bison bison (360-399-6363)  
Wild Idea Buffalo Co. buffalo (866-658-6137)

**GOOD:** Organic or naturally raised poultry, pork, veal and rabbit;  
beef, bison, lamb and goat.

Applegate turkey burgers  
Bell & Evans chicken, turkey, duck, cornish hen  
Blackwing, Inc. chicken, quail, duck, guinea hen, pheasant  
(800-326-7874)  
Buffalo Guys buffalo (888-330-8686)  
Butcher Box pork, chicken (getbutcherbox.com)  
Chapman 3C Cattle Company beef (254-977-4337)  
Coleman pork, chicken  
D'Artagnan pork, rabbit, poultry (800-327-8246)  
Diestal turkey (888-446-2253)  
Grande Premium Meats goat, rabbit, bison (888-338-4581)  
Grass Run Farms pork (563-277-0052)  
GrassRoots Meats chicken (970-582-0166)  
Grimaud Farms duck, guinea hen (800-466-9955)  
Grow and Behold Foods kosher beef (888-790-5781)  
HarvestBox beef (616-878-1578)  
Manchester Farms quail (800-845-0421)  
Marx Foods pork, poultry, free-range veal (866-588-6279)  
Mary's free-range poultry (888-666-8244)  
Murray's Chicken chicken, turkey (800-588-5051)  
Niman Ranch pork, beef, lamb, chicken  
NorthStar Bison elk (715-458-4300)  
Organic Prairie meats (877-662-6328)  
PaiDom Meats pork (806-570-6328)  
Petaluma Poultry Rosie, Rocky and Rocky Jr. chicken  
(800-556-6789)  
Pinn-Oak Ridge Farms lamb (262-728-9629)  
Plainville Farms organic chicken and turkey (800-724-0206)  
Prairie Pride Farm pork (866-245-7675)  
Ranch Foods Direct beef, pork, poultry, elk, goat, rabbit, veal  
(866-866-6328)  
Roseda Farm beef (410-800-8035)  
Shelton's poultry  
Smart chicken (402-786-1000)  
South Mountain Creamery beef, lamb, pork, chicken  
(East Coast) (844-762-6455)  
Springer Mountain Farms chicken (877-826-2322)  
Straka Meats Inc. beef, pork, poultry (608-546-3301)  
Trader Joe's meats and poultry  
US Wellness Meats pork, rabbit, free roam chicken cutlets,  
ground chicken, ground turkey (877-383-0051)

**AVOID:** Most commercial chicken, turkey and pork, which is raised  
in confinement on industrial farms.

## Processed Meat

**BEST:** Sausage, bacon and processed meats from (preferably soy-free and GMO-free) animals allowed to graze, processed without additives such as mono-sodium glutamate (MSG). (Note: Products containing hydrolyzed protein, citric acid, “spices,” or “natural flavors” usually contain MSG.) Pastured meats cured with salt, a small amount of sugar and naturally smoked. Also fine, pastured meats cured with sodium nitrite and added sodium erythorbates or ascorbates, which are antioxidants required by the USDA.

- D’Artagnan lamb sausage, Mangalica ham, wild boar prosciutto and sausage (800-327-8246)  
Olli Salumeria prosciutto (877-OLLI-YES)  
Smart chicken sweet Italian, breakfast maple and country breakfast sausages (402-786-1000)  
Strauss Brands free raised veal chorizo (414-421-5250)
- 5 Bar Beef beef organ meat sausage, steak & liver sausage (714-749-5717)  
Alderspring Ranch lamb sausages (alderspring.com)  
Anderson Ranches Moroccan lamb sausage (541-466-5866)  
Ayrshire Farm ham, sausages (except bangers) (540-592-7018)  
Belcampo Meat Co. lamb merguez sausage, bratwurst, pork sausages (except jalapeño-cheese), head cheese (510-250-7810)  
Beltie Beef summer sausage (906-282-9240)  
Blackwing, Inc. bacon, Italian pork sausage, mild Italian and pineapple pork brats; wild boar bacon and pineapple brats; elk tendons and plain brats (800-326-7874)  
Broadleaf lamb Italian sausage (800-336-3844)  
Broken Arrow Ranch venison and wild boar summer sausages (800-962-4263)  
Burgundy Pasture pork bratwurst and sausages (817-866-2247)  
Caw Caw Creek ham, sausages, bacon, cured fatback (803-917-0794)  
Charlito’s Cocina salamis, sausages, chorizo (718-482-7890)  
Circle C Farm pork, lamb, chicken, turkey and duck sausages (239-776-5802)  
Corner Post Meats bacon, ham, pork sausages (303-898-0642)  
Deck Family Farm fresh garlic pork sausage, lamb link sausages; goat sausages, links (541-998-4697)  
Dutch Meadows Farm pork sausages (717-442-9208)  
Edwards Virginia Smokehouse smoked hog jowls, Virginia bacon, sausage links (800-222-4267)  
Fields of Athenry Farm bacon, country ham, pork sausages pork sausages, kielbasa, lamb sausages (703-300-5765)  
Flying Pigs Farm bacon, ham, ham steaks, smoked chops, smoked hocks, sausages (208-284-1986)  
Good Earth Farms bacon, ham, sausages, bratwurst smoked ham hocks, wieners; beef sausage; chicken hot dogs (715-652-3520)  
Grass Roots Farmers’ Cooperative pork sausage, bratwurst, maple links and mesquite lime kielbasa (501-613-0184)  
Grass Run Farms beef bacon, bratwurst and Polish sausage (563-277-0052)

Grow and Behold Foods kosher turkey fennel sausage  
(888-790-5781)

Healthy Traditions bison hot dogs, brats, sausages, ham;  
lamb summer sausage (healthytraditions.com)

Holy Cow Beef beef, chicken & pork breakfast sausage; beef  
& pork breakfast sausage patties; German sausage (spicy  
& not spicy); beef summer sausage (806-777-1302)

Hunter Cattle Co. bacon, smoked ham hocks; Vidalia  
onion, southern Italian, hot GA night and mooma's  
original pork sausages (912-823-2333)

KOL Foods kosher beef merguez sausage, hot dogs,  
bratwurst and kielbasa; lamb sausage; roasted turkey  
(888-366-3565)

La Quercia acorn Tamworth pancetta, spallacia, prosciutto  
and coppa (515-981-1625)

Lava Lake Lamb lamb sausages (208-788-1710)

Let's be Frank bratwurst, Italian sausage (888-Be-Frank)

Marx Foods wild boar bacon and Italian sausage, lamb  
merguez and fennel sausages (866-588-6279)

Meadow Ridge Farm bacon, beef bologna, pork and goat  
sausages (519-881-7258)

Miller's Bio Farm bacon, bacon burgers, ham, sausages,  
liverwurst, scrapple, smoked pork roll; dried beef,  
sweet beef bologna, beef liverwurst, kielbasa beef  
sausage; chicken and goat sausages (717-786-7895)

Miller's Organic Farm bacon, ham, sausages, liverwurst,  
scrapple, spare ribs, bologna; beef sausage and bologna;  
turkey sausage and scrapple; smoked chicken and turkey;  
mutton sausage; water buffalo bacon (717-556-0672)

Moink bacon, pork sausage (217-717-9448)

Ney's Big Sky beef bacon, brats; beef/pork brats, buffalo brats  
(414-254-2664)

NorthStar Bison bison hot dogs, plain bratwurst, onion leek  
bratwurst, salt free bratwurst, sausages, braunschweiger;  
beef hot dogs, plain bratwurst, summer sausage; lamb  
bratwurst; pork bacon, bratwurst, breakfast sausage  
(715-458-4300)

Oasis at Bird-in-Hand bacon, ham, pork sausages  
(717-288-2154)

Oui Charcuterie salami (203-901-3099)

PaiDom Meats beef bratwurst and sausages; lamb bratwurst  
and sausages (806-570-6328)

Pete's Paleo sun-dried tomato beef sausage (619-363-7136)

Pleasant Pastures bacon, ham, bologna, pork sausages  
(717-768-3437)

Rain Crow Ranch bacon, bratwurst, pork sausages  
(866-255-5002)

Smoking Goose Meatery beef pastrami (317-638-6328)

Stryker Farm bacon, scrapple, pork franks, beer bratwurst;  
breakfast, sweet Italian, hot Italian and Nancy's  
country sausages (570-269-2995)

Sugartown Smoked Specialties, Inc. pastured pork loin  
(610-429-4080)

Tendergrass Farms pork breakfast sausage, sausage breakfast  
links, Italian sausage and franks (800-929-1785)

Thankful Harvest breakfast and Italian sausages  
(712-830-3281)



- The Family Cow bacon, ham, kielbasa, sausages, scrapple; beef bologna, sausages (717-491-4004)
- The Honest Bison bison onion leek bratwurst, breakfast sausage (360-399-6363)
- Thompson Farms fresh and smoked pork country sausages (229-263-9074)
- US Wellness Meats sugar-free beef bacon tips, sugar-free beef bacon, Italian and Polish beef sausages, salami, braunschweiger, liverwurst, head cheese, summer sausage, sliders; chicken braunschweiger; bison chorizo sausage (877-383-0051)
- Victorian Farmstead Meat Company thick sliced bacon, ham, smoked hocks, chorizo, corned beef; pork, lamb and chicken sausages (707-332-4605)
- White Oak Pastures pickled beef tongue, beef sausages, ham, pork sausages (except andouille); lamb, duck, goose, turkey, guinea and rabbit sausages; herb turkey breast (229-641-2081)
- Wild Idea Buffalo Co. Italian, chorizo and breakfast sausages (866-658-6137)

**GOOD:** Sausage, bacon and processed meats made with the help of celery juice, celery powder, celery seed, spinach juice, spinach powder, carrot juice, carrot powder, beet juice, beet powder, sodium nitrate or sodium phosphate but without MSG and other questionable additives.

- Aidells chorizo, Cajun andouille, garlic & gruyere, spinach & feta, and tomato with mozzarella sausages; tomato & garlic salame (800-546-5795)
- Al Fresco country style link chicken sausage, oven roasted turkey breast (800-426-6100)
- Applegate salami
- Ayrshire Farm bangers (540-592-7018)
- Beeler's bacon, ham, wieners, li'l bites, sausage links, Italian hot pork and breakfast sausages (877-378-8520)
- Belcampo Meat Co. bacon, ham, kielbasa, jalapeño-cheese pork sausage, beef hot dogs (510-250-7810)
- Bices Quality Critter Ranch bacon, sugar free bacon, ham, sugar free ham; beef summer sausage, landjaeger, hot dogs, bacon; goat summer sausage, landjaeger; special orders (715-424-5159)
- Bilinski's chicken sausages (877-873-9102)
- Blackwing, Inc. ham, elk hot dogs, Kobe beef franks (800-326-7874)
- Buffalo Guys buffalo hot dogs and sausages (888-330-8686)
- Burgundy Pasture beef frankfurters (817-866-2247)
- Citterio salami
- Coleman bacon, chicken sausages
- Continental Sausage, Inc. bacons (except stuffed bacon), hams, landjaegersmoked German bratwurst, headcheese, chicken sausages, liverwursts, blood and tongue luncheon meat (866-794-7727)
- Creminelli Fine Meats salamis, deli meats (except mortadella), hams (801-428-1820)
- D'Artagnan patés, 100% corn-fed duck foie gras, terrines, beef hot dogs, sausages (except French garlic and chorizo), bacon, ham, prosciutto, pancetta, saucisson

sec, duck hot dogs, smoked chicken breast  
(800-327-8246)

Deck Family Farm beef hot dogs, salami, pepperoni, ham,  
pastrami, andouille; pork sausages, bratwurst, bacon,  
(541-998-4697)

Edwards Virginia Smokehouse ham, slab bacon  
(800-222-4267)

EPIC bacon and chicken bits (512-944-8502)

Fabrique Délices duck rillettes, pork rillettes (510-441-9500)

Fields of Athenry Farm sugar cured ham, lunch meats  
(salami, ham and turkey) (703-300-5765)

Flying Pigs Farm hot dogs, brats (208-284-1986)

Garrett Valley pork bacon (except those with yeast extract),  
bacon bits (856-769-8933)

Goya corned beef\*

Grass Run Farms pork bacon; beef hot dogs, brisket and  
bologna (563-277-0052)

Grimaud Farms duck confit, natural smoked duck breast  
(800-466-9955)

Grow and Behold Foods kosher beef sausages, kosher for  
Passover hot dogs (888-790-5781)

Hénaff pork paté and rillettes

Heritage Foods USA maple sugar cured ham (718-389-0985)

Hormel corned beef\*

Hunter Cattle Co. southbound beer brats (912-823-2333)

KOL Foods kosher roast beef, corned beef (888-366-3565)

La Quercia cured pork products (515-981-1625)

Les Trois Petits Cochons patés, mousses, cooked ham,  
sausages, duck leg confit, duck rillettes (except those  
processed meats with nonfat dry milk)

Let's be Frank hot dogs (888-Be-Frank)

Libby's corned beef\*

Longhorns Head To Tail beef hot dogs; canned beef, pork and  
turkey (740-758-5050)

Marky's bresaola (air dried beef) (305-758-9288)

Miller's Bio Farm pork hot dogs (717-786-7895)

Neese's liver pudding, liver mush, scrapple, souse, fresh pork  
sausages (800-632-1010)

Ney's Big Sky beef hot dogs and summer sausage; buffalo  
hot dogs (414-254-2664)

Niman Ranch bratwurst, salami, sausages, ham, bacon, franks,  
pastrami, corned beef

NorthStar Bison elk hot dogs, summer sausage; bison bacon  
and ham; pork ham and hocks (715-458-4300)

Nueske's smoked bacon (800-392-2266)

Olli Salumeria cured pork products (877-OLLI-YES)

Organic Prairie processed meats (except deli meats and  
turkey bacon)

PaiDom pork bratwurst, bacon, sausages; beef bacon  
(806-570-6328)

Palacios Autentico Chorizo

Paleo on the Go no sugar bacon, no sugar kielbasa smoked  
sausage (855-447-2536)

Pederson's Natural Farms beef bacon and hot dogs without  
natural flavors; chicken andouille sausage and feta &  
spinach sausage; pork bacon, chorizo, kielbasa, original  
German sausage, jalapeño sausage, bacon & pork

sausage, seasoned pork burger (254-386-4790)  
 Pete's Paleo bacon; chorizo, pork and wild boar sausages  
 (619-363-7136)  
 Plainville Farms organic turkey breasts (not pre-sliced)  
 (800-724-0206)  
 Pleasant View Farms bacon, ham (608-553-0787)  
 Prairie Pride Farm bacon, ham, ham links, pork sausages,  
 brats, weiners; chicken spinach feta and mango jalapeño  
 sausages; blueberry and cranberry summer sausages  
 (866-245-7675)  
 Rain Crow Ranch beef summer sausage, hot dogs  
 (866-255-5002)  
 Ranch Foods Direct ham, pork bratwursts, liverwurst and  
 sausages; beef hot dogs and chorizo sausage; chicken  
 sausages (866-866-6328)  
 Shelburne Farms bacon, ham (802-985-8686)  
 Shelton's turkey sausage and franks  
 Singing Pastures salami, chorizo (singingpastures.com)  
 Siskiyou Alpaca alpaca landjaeger (541-415-2614)  
 Smart chicken andouille, hot smoked and Polish sausages  
 (402-786-1000)  
 Smoking Goose Meatery bacon, pancetta, tasso, lardo, pig  
 and fig terrine, sausages, salumi; lamb bacon, sausage  
 and salumi; elk terrine and salumi; veal bratwurst; duck  
 prosciutto, sausage, smoked breast (317-638-6328)  
 Spam\*  
 Stiglmeier Sausage Co. processed meats (except those  
 containing soy) (800-451-8199)  
 Sugartown Smoked Specialties, Inc. poultry, pork  
 (610-429-4080)  
 Tallgrass Beef Company hot dogs, smoked sausage  
 (312-846-1361)  
 Tendergrass Farms pork bratwurst (800-929-1785)  
 Teton Waters Ranch beef frankfurters; andouille, Polish and  
 Thuringer beef sausages (720-340-4590)  
 Thankful Harvest beef bacon, bratwurst, hot dogs, Polish  
 sausage, summer sausage (712-830-3281)  
 Thousand Hills Cattle Company beef hot dogs, franks,  
 summer sausage, cocktail weiners (877-854-8422)  
 Underground Butcher processed meats (608-338-3421)  
 US Wellness Meats pork bacon, ham, bratwurst sausages;  
 beef franks and bologna; chicken and turkey sausages  
 (877-383-0051)  
 Valley Fresh organic canned chicken (800-523-4635)  
 Vermont Smoke & Cure maple brined bacon, ham, pork  
 sausages, blue cheese and hard cider bratwursts, summer  
 sausage (802-482-4666)  
 Victorian Farmstead Meat Company no added nitrate  
 bacon, beef hot dogs, hot Italian sausage (707-332-4605)  
 Vital Choice bison hot dogs (866-482-5887)  
 Volpi Foods processed meats (except those with soy, citric  
 acid or smoke flavoring) (800-288-3439)  
 Wellshire Farms bacon, scrapple, uncured pepperoni  
 (856-769-8933)  
 Whole Foods 365 mild Italian chicken and pork sausages;  
 organic applewood smoked and cracked black pepper  
 turkey breast

Wild Idea Buffalo Co. brats, salami, kielbasa (866-658-6137)  
Wild Planet organic canned chicken (800-998-9946)

\* While not perfect foods, these compromise products may offer benefits to those on a limited income or with limited access to better foods (including prisoners), and serve as a source of animal fat, gelatin and meat when nothing else is available.

**AVOID:** Most commercial sausage, bacon and processed meats containing MSG, smoke flavoring, liquid smoke, torula yeast, sodium lactate, dry milk powder or high levels of additives; processed meats that are high-pressure treated.

## Pemmican and Jerky

**BEST:** Pemmican, jerky and other meat snacks made from (preferably soy-free and GMO-free) animals allowed to graze, processed without additives such as monosodium glutamate (MSG). (Note: Products containing hydrolyzed protein, citric acid, “spices,” or “natural flavors” usually contain MSG.) Pastured meats cured with salt, a small amount of sugar and naturally smoked. Also fine, pastured meats cured with sodium nitrite and added sodium erythorbates or ascorbates, which are antioxidants required by the USDA.

Belcampo Meat Co. peppered beef jerky (510-250-7810)

Biltong USA grass-fed beef biltong (888-438-2458)

Dutch Meadows Farm beef jerky, sticks, stick bites  
(717-442-9208)

EPIC beef cranberry sriracha, venison sea salt & pepper,  
venison beef and salmon maple & coconut oil bites;  
wagyu beef steak, venison sea salt & pepper, and smoked  
salmon maple strips (512-944-8502)

Kodiak Island WildSource wild salmon jerky (907-486-4449)

Loki Fish Co. wild salmon jerky (206-937-1048)

Miller’s Bio Farm beef jerky and stix, Aaron’s signature meat  
stix (717-786-7895)

Miller’s Organic Farm beef jerky, water buffalo jerky and stix  
(717-556-0672)

NorthStar Bison beef jerky; bison jerky, snack sticks (except  
BBQ flavor) (715-458-4300)

Paleovalley fermented grass fed beef sticks (paleovalley.com)

Pleasant Pastures beef jerky and sticks (717-768-3437)

Sophia’s Survival Food beef jerky chews  
(grassfedjerkychews.com)

Tanka slow smoked original, spicy pepper and onnit warrior  
bison bars; slow smoked original and spicy pepper bison  
bites (800-416-7212)

The Family Cow beef jerky and sticks (717-491-4004)

The Honest Bison bison jerky, snack sticks (360-399-6363)

The New Primal beef jerky and thins (866-723-1386)

Think Jerky beef and Thanksgiving turkey jerky  
(thinkjerky.com)

US Wellness Meats beef pemmican, jerky, snack sticks;  
bison jerky (877-383-0051)

White Oak Pastures duck jerky, gluten and soy-free beef jerky  
(229-641-2081)

**GOOD:** Pemmican, jerky and other meat snacks made with the help of celery juice, celery powder, celery seed, spinach juice, spinach powder, carrot juice, carrot powder, beet juice, beet powder, sodium nitrate or sodium phosphate but without MSG and other questionable additives.

Biltong USA beef biltong (888-438-2458)

Buffalo Guys buffalo jerky (888-330-8686)

Chomps beef, turkey and venison sticks (312-871-3889)

EPIC bison, beef, lamb, pork, wild boar, venison, salmon, chicken and turkey bars (except chicken sesame BBQ bars); beef liver, bison, pork, chicken and turkey bites; turkey cranberry sage strips (512-944-8502)

Farmers Box beef sticks (800-281-0614)

Gary West Meats beef, buffalo and elk jerky (except angus beef teriyaki jerky) (800-833-1820)

Krave Jerky honey peach barbecue pork jerky; lemon garlic and chardonnay thyme turkey jerky; sea salt original, garlic chili pepper, cabernet rosemary, five peppercorn, and sesame ginger beef jerky (877-208-8433)

Mighty Organic black pepper chicken bars, beef bars, original beef sticks, beef jerky (except teriyaki) (877-662-6328)

Nick's Sticks beef and turkey snack sticks (319-442-3244)

NorthStar Bison elk jerky (715-458-4300)

Patagonia Provisions original buffalo jerky (888-221-8208)

Prairie Pride Farm pepperjack and cheddar snack sticks  
(866-245-7675)

Rain Crow Ranch beef sticks (866-255-5002)

Shelton's turkey jerky and sticks

Simply Snackin' signature beef - bold original snacks  
(800-729-2849)

Tanka apple orange peel bison bars, bites and sticks; bison jerky (800-416-7212)

The New Primal beef and turkey sticks, turkey and chicken snack mates (866-723-1386)

Thousand Hills Cattle Company beef sticks (877-854-8422)

Trader Joe's organic beef jerky

US Wellness Meats turkey jerky (877-383-0051)

Vermont Smoke & Cure bacon pork, spicy Italian pork, ancho pepper turkey and honey mustard turkey sticks  
(802-482-4666)

Vital Choice bison jerky (866-482-5887)

Volpi Foods original and chorizo salame stix (800-288-3439)

Wellshire Farms pepperoni and turkey snack sticks  
(856-769-8933)

Wild Idea Buffalo Co. buffalo jerky (866-658-6137)

**AVOID:** Most commercial pemmican, jerky and other meat snacks containing MSG, smoke flavoring, liquid smoke, torula yeast, sodium lactate, dry milk powder or high levels of additives.

## Fruits and Vegetables

**BEST:** Fresh organic, biodynamic or wild fruits and vegetables, preferably local and in season. Dried organic, biodynamic or wild fruits and vegetables with no added sugar, oil, additives and preservatives, and not from China. Unsprayed whole sea vegetables not from China. (Lists of organic and biodynamic produce farmers can be found on many websites, such as [localharvest.org](http://localharvest.org).)

- A Little Nuts organic dried fruit (559-725-1901)
- Anna and Sarah organic dried fruit (848-229-2235)
- Anthony's Goods organic dried fruit, tigernuts (213-793-8178)
- Aunt Patty's organic dried fruit (800-456-7923)
- Aurora Products organic dried fruit (203-375-9956)
- Azure Standard organic dried fruit (971-200-8350)
- Bella Viva Orchards organic dried fruit (855-888-8482)
- Burgie's Berry Farm organic dried aronia berries  
(262-388-0054)
- Chaffin Family Orchards citrus (530-533-8239)
- Chocola Tree dried fruit (928-282-2997)
- Country Life Natural Foods organic dried fruit (269-236-5011)
- Date Lady organic dates (417-414-2282)
- Divine Organics dried fruit and tomatoes (415-884-4477)
- Earth Circle Organics dried fruit (888-501-7170)
- Earthbound Farms organic dried plums, dates and mangos  
(800-690-3200)
- Equal Exchange organic dried fruit (774-776-7333)
- Food to Live organic dried fruit and tomatoes (718-717-1029)
- Glaser Organic Farms organic dried fruit, tomatoes and  
mushrooms (305-238-7747)
- Gold Mine dried fruit and tomatoes (800-475-3663)
- Grain Place Foods organic dried fruit (888-714-7246)
- Healthy Traditions fresh produce, freeze-dried fruit  
([healthytraditions.com](http://healthytraditions.com))
- Healthy Truth organic dried fruit (774-256-5800)
- Higher Power organic dried fruit (877-684-8763)
- Imlak'esh Organics golden berries (805-689-2269)
- Indus Organics organic dried fruit (925-895-6535)
- International Harvest, Inc. dried fruit and tomatoes  
(914-699-5600)
- Jaffe Bros. organic dried fruit (877-975-2333)
- Just Dates Syrup organic dates ([justdatesyrup.com](http://justdatesyrup.com))
- Karen's Naturals organic dried fruit and tomatoes  
(800-537-1985)
- Live Superfoods organic dried fruit and tomatoes  
(800-481-5074)
- Living Tree dried fruit and tomatoes (800-260-5534)
- Made In Nature dried fruit (800-906-7426)
- Mavuno Harvest organic dried fruit ([mavunoharvest.com](http://mavunoharvest.com))
- Mediterranean Organic sun-dried tomatoes - bag  
(855-423-2630)
- Miller's Bio Farm chemical-free fresh vegetables  
(717-786-7895)
- Miller's Organic Farm chemical-free fresh fruits and vegetables  
(717-556-0672)
- Moon Juice organic dried mango (310-399-2929)
- Morning Glory organic prunes (530-695-3750)

Mt. Olive Organic Farm organic dried fruit (805-237-0147)  
Natierra organic freeze-dried fruits (except those with chocolate), beets, roasted corn (natierra.com)  
Natural Zing dried fruit, tomatoes, peppers and mushrooms (888-729-9646)  
Navitas Organics organic dried golden berries and mulberries (888-645-4282)  
Newman's Own Organics dried fruit  
NOW Foods organic dried apricots (888-669-3663)  
Nuts.com organic freeze-dried fruit, dried fruit and tomatoes, raspberry and noni fruit leathers (800-558-6887)  
Obis One organic garlic bulbs (609-202-9766)  
Organic Gemini organic raw tigernuts (347-662-2900)  
Organic Traditions dried fruit (888-968-6747)  
Pangaia dried fruit and tomatoes (808-989-3457)  
Patagonia Provisions organic dried chile mango (888-221-8208)  
Peeled Snacks dried fruit (212-706-2001)  
Puritan's Pride organic dried fruit and tomatoes (800-645-1030)  
Raisin Valley Farms organic raisins (559-846-8138)  
Ranch Foods Direct fruits and vegetables (866-866-6328)  
Rhythm Superfoods organic dried beets (naked and sea salt), carrots (naked and sea salt), watermelon (512-441-5667)  
Shields Date Garden organic dates (800-414-2555)  
Shiloh Farms organic dried fruit (800-362-6832)  
Sol Simple organic dried fruit (312-637-9831)  
Solely organic dried fruit, fruit jerky (except those with nuts or cacao) (888-776-5359)  
Spiritual Food for the New Millennium biodynamic fresh and dried fruit; organic dried fruit (301-654-4899)  
Sunfood Super Foods dried fruit and tomatoes (888-729-3663)  
SunOrganic Farm dried fruit (888-269-9888)  
Sunset Valley Organics dried berries (541-752-0460)  
Terrasoul Superfoods organic dried fruit (800-458-8773)  
Thrive Market organic dried fruit (866-419-2174)  
Tierra Farm dried fruit and tomatoes (888-674-6887)  
Tiger Nuts organic raw tigernuts (305-407-3844)  
Trader Joe's organic dehydrated carrots  
United With Earth dates (510-210-4359)  
US Wellness fresh produce (877-383-0051)  
Vitacost organic dried mango slices (800-381-0759)  
Vital Choice dried apricots (866-482-5887)  
Vivapura organic dried fruit (520-394-0200)  
Wild & Raw organic dried fruit  
Wilderness Poets dried fruit (844-945-3649)  
Wildly Organic organic dried fruit (218-226-3985)  
Woodstock Foods organic dried fruit (855-423-2630)

#### SEA VEGETABLES

Atlantic Mariculture dulse  
Eden sea vegetables  
Emerald Cove sea vegetables (except those from China)  
Izumi raw nori

BC Kelp sea vegetables (250-622-7085)  
Brittany Sea Salt sea spaghetti (866-671-7451)

Bright Earth raw nori sheets (541-201-0420)  
Dr. Linda's seaweed soup mix (drlindas.com)  
GimMe sushi nori (415-479-8272)  
Gold Mine sea vegetables (except those from China)  
(800-475-3663)  
Great Eastern Sun sea vegetables (800-334-5809)  
Healing Spirits Herb Farm kelp (607-566-2701)  
Live Superfoods sea vegetables (800-481-5074)  
Maine Coast Sea Vegetables (except those from China)  
(207-412-0094)  
Maine Seaweed Company (207-546-2875)  
Mitoku sea vegetables (800-324-1878)  
Mountain Rose Herbs seaweed (800-879-3337)  
Natural Zing sea vegetables (888-729-9646)  
Naturespirit Herbs seaweed (541-846-7995)  
Ocean Harvest Sea Vegetable Company sea vegetables  
(707-714-0090)  
Ocean Balance kelp puree, dulse, kombu, wakame  
(207-671-7946)  
Ohsawa sea vegetables  
Pangaia seaweed (808-989-3457)  
Rising Tide Sea Vegetables sea vegetables (except those from  
China) (707-964-5663)  
Sea Tangle Noodle Company mixed sea vegetables  
(408-966-3109)  
SeaMama seaweed (310-882-5503)  
SeaSnax organic raw nori (310-882-5503)  
SeaVegi seaweed salad mix (310-882-5503)  
Starwest Botanicals sea vegetables (800-800-4372)  
Terrasoul Superfoods seaweed (800-458-8773)  
VitaminSea Seaweed sea vegetables (207-929-8678)

**GOOD:** Fresh fruits and vegetables in season. (Note: wash well to remove as much pesticide residue as possible.) Frozen organic fruits and vegetables without ascorbic acid and citric acid, and not from China. Canned organic tomato products without sugar and citric acid in BPA-free containers that are not aseptic boxes.

Aurora Products organic oat floured dates (203-375-9956)  
Bioitalia tomato products in glass jars  
Bionaturae tomato products in glass jars  
Cascadian Farm frozen fruits (except those with citric acid),  
plain vegetables (except edamame and those from  
China), hash browns  
Ciao Organics tomato sauce, sun-dried tomatoes and  
cherry tomatoes in glass jars (845-363-6253, ext 113)  
Columbia Fruit organic frozen fruits (except those with citric  
acid) (360-225-9575)  
Dr. Mercola organic frozen wild blueberries (877-985-2695)  
Earthbound Farms organic frozen fruits and vegetables (except  
those with citric acid or canola oil) (800-690-3200)  
Eden crushed tomatoes in glass jars  
Glaser Organic Farms raw kelp noodles (should be cooked)  
(305-238-7747)  
Gold Mine kelp noodles (should be cooked) (800-475-3663)  
Jovial tomatoes in glass jars (877-642-0644)  
Kirkland organic tomato paste (BPA-free cans)



Lucini tomatoes in glass jars  
 Miller's Organic Farm chemical-free frozen fruits and vegetables, tomato puree in glass jars (717-556-0672)  
 Natural Zing raw kelp noodles (should be cooked) (888-729-9464)  
 Pleasant Hill Farm frozen blueberries (269-561-2850)  
 Prunotto organic tomato puree in glass jars  
 Puritan's Pride organic dried apricots (with rice flour) (800-645-1030)  
 Rhythm Superfoods organic sea salt cauliflower bites (512-441-5667)  
 Safeway O Organics frozen fruits and vegetables  
 San Marzano tomato products in glass jars  
 Sea Tangle Noodle Company raw kelp noodles (should be cooked) (408-966-3109)  
 SimplyNature (Aldi) organic frozen blueberries, strawberries, peas and green beans (800-325-7894)  
 SnoPac frozen fruits, vegetables (except edamame, Midwest soup mix and soy cutash) and hash browns  
 Sunset Valley Organics frozen berries (541-752-0460)  
 Vital Choice organic frozen berries (866-482-5887)  
 Whole Foods 365 frozen organic fruits (except those with ascorbic acid or citric acid) and vegetables  
 Woodstock Foods frozen organic fruits (except those with ascorbic acid or citric acid) and vegetables (except edamame and those from China) (855-423-2630)  
 Yellow Barn tomato puree and concentrate in glass jars (607-324-2200)

**AVOID:** Most canned fruits and vegetables; most Hawaiian papaya (which is genetically engineered); goji berries. Fruits, vegetables and seaweed (even organic) from China. Any fruits and vegetables coated with Apeel. (Apeel is often used on organic fruits and vegetables.)

## Lacto-Fermented Vegetables

**BEST:** Unheated, organic lacto-fermented vegetables (in glass jars) made with unrefined salt and/or a culture, not vinegar.

Alive & Well fermented olives (except those with vinegar) (aliveandwellolives.com)  
 Ancient Awakenings cultured vegetables (404-310-8100)  
 Angelica's Garden cultured vegetables (Midwest) (715-781-4815)  
 Brassica and Brine cultured vegetables (323-284-6268)  
 Dutch Meadows Farm fermented vegetables (717-442-9208)  
 Fab Ferments cultured vegetables (513-562-7531)  
 Farmland Organics fermented vegetables and sauces (970-872-2256)  
 Fermenti Artisan cultured vegetables (317-493-1652)  
 FinAllie Ferments fermented vegetables (802-380-5185)  
 Firefly Kitchens fermented vegetables (206-436-8399)  
 Fizeology Foods cultured vegetables (608-606-9573)  
 Gail's Cupboard fermented vegetables, salsa (570-561-6970)

Glaser Organic Farms sauerkrauts, kimchi, ginger  
(305-238-7747)  
Gold Mine sauerkrauts, kimchi (800-475-3663)  
Hawthorne Valley Farm lacto-fermented vegetables  
(518-672-7500)  
Healthy Traditions atchara (fermented green papaya),  
sauerkraut veggie mix (healthytraditions.com)  
HEX Ferments fermented vegetables and miso kimchi  
(410-775-5044)  
Hidden Pond Farm sauerkrauts, kimchi (765-960-5092)  
Meadow Ridge Farm fermented vegetables (519-881-7258)  
Miller's Bio Farm fermented vegetables (717-786-7895)  
Miller's Organic Farm cultured vegetables, salsa  
(717-556-0672)  
Obis One organic fermented black garlic (609-202-9766)  
Oregon Brineworks lacto-fermented vegetables  
(541-354-1357)  
Ozuke fermented kraut, kimchi and beets (Midwest)  
(ozuke.com)  
Pickled Planet cultured vegetables (pickledplanet.com)  
Pleasant Pastures fermented vegetables (717-768-3437)  
PureLiving fermented vegetables (800-362-6832)  
Real Pickles cultured vegetables (Northeast) (413-774-2600)  
Rejuvenative Foods cultured vegetables (831-291-4008)  
Spirit Creek Farm lacto-fermented vegetables (715-742-3551)  
Steve's Paleogoods krauts, kimchi (856-356-2258)  
Sunja's organic fermented beets (802-244-7644)  
The Brinery fermented vegetables (734-717-4469)  
The Farm Connection cultured vegetables (812-939-3027)  
Wellness Found Organic Foods sauerkrauts (262-305-2141)  
Wildbrine organic sauerkrauts and coleslaw (707-657-7607)  
Wise Goat Organics fermented vegetables (303-905-9723)

**GOOD:** Unheated, non-organic lacto-fermented vegetables made with unrefined salt and/or a culture; vegetables cultured with raw vinegar.

Alive & Well fermented olives with vinegar  
(aliveandwellolives.com)  
Big Picture Foods organic olives with vinegar (bigpicturefoods.com)  
Caldwell/Deep Root cultured vegetables (819-849-2000)  
Cleveland Kraut sauerkrauts (except gnar gnar)  
(216-264-6895)  
Farmhouse Culture sauerkrauts (831-466-0499)  
Farmstead Ferments fermented vegetables (VA, MD, SC)  
(434-286-3302)  
Glaser Organic Farms raw pickled vegetables (305-238-7747)  
King's kimchi (415-222-6100)  
Mediterranean Delicacy preserved lemons (267-240-0184)  
Morse's cultured vegetables (207-832-5569)  
Number 1 Sons fermented vegetables (DC, MD, VA and DE)  
(202-570-4453)  
Sonoma Brinery sauerkrauts, Manhattan style fresh pickles  
(707-473-0116)  
Sunja's kimchee (802-244-7644)  
Whole Foods 365 old fashioned sauerkraut

Wildbrine sauerkrauts, kimchis, salsas (707-657-7607)  
Zymbiotics fermented vegetables (414-881-8017)

**AVOID:** All pasteurized or heated pickles and sauerkraut. Lacto-fermented vegetables containing additives such as calcium chloride.

## Lacto-Fermentation Starters

**BEST:** Natural culturing starters for kombucha, dairy products, bread and vegetables, except those containing maltodextrin.

A.F. Kombucha mushrooms (818-602-2455)  
Anahata Balance kombucha mushrooms (231-360-7043)  
Body Ecology kefir and culture starters (800-511-2660)  
Cultured Food Life (culturedfoodlife.com)  
Cultures for Health (except those with maltodextrin)  
(800-962-1959)  
Custom Probiotics yogurt starters (800-219-8405)  
Cutting Edge Cultures kefir and vegetable starter cultures  
(cuttingedgecultures.com)  
Dairy Connection dairy cultures (608-242-9030)  
Danisco dairy cultures (dupontnutritionandbiosciences.com)  
Dom's Kefir In-Site starter cultures  
(users.sa.chariot.net.au/~dna/kefirpage.html)  
Dr. Mercola kinetic culture vegetable starter (877-985-2695)  
Garrick's sourdough starter (realsourdoughbreadrecipe.com)  
GEM Cultures bread, soy, kombucha and dairy cultures  
(253-588-2922)  
GetKombucha.com kombucha cultures (888-542-4448)  
Glengarry Cheesemaking and Dairy Supply Ltd. dairy cultures  
(888-816-0903)  
Gluten-Free Sourdough Co. sourdough starters(508-733-5399)  
Happy Herbalist (919-518-3336)  
Homesteader's Supply yogurt culture (928-583-0254)  
Kefir Lady milk and water kefir grains, kombucha cultures  
(517-610-8366)  
King Arthur classic fresh sourdough starter (800-827-6836)  
Kombucha Kamp kombucha and jun cultures, milk and water  
kefir grains (424-245-5867)  
Live Superfoods kefir and culture starters (800-481-5074)  
Meadow Ridge Farm kombucha mushrooms (519-881-7258)  
Miller's Bio Farm kombucha mushroom kits, kefir grains  
(717-786-7895)  
Miller's Organic Farm kombucha mushrooms, kefir grains  
(717-556-0672)  
Mitoku koji and natto starter spores (800-324-1878)  
Moonwise Herbs piima, kefir and sourdough cultures  
(920-452-4372)  
Natren yogurt starter (866-462-8736)  
New England Cheesemaking Supply dairy cultures  
(413-397-2012)  
Nick's Natural Nook (stores.ebay.com/Nicks-Natural-Nook)  
Oregon Kombucha kombucha starter kits (503-477-4601)  
Oregon Trail sourdough starter (carlsfriends.net)

Pastures of Grace wild sourdough starter (pasturesofgrace.com)  
Pure Indian Foods vegetable starter culture (609-785-9100)  
Rhapsody Natural Foods koji starter cultures (802-563-2172)  
Ridgemeade Farm sourdough starter (412-760-5180)  
Selina Naturally kefir and culture starters (800-867-7258)  
The CheeseMaker dairy cultures (877-424-3393)  
The Family Cow kombucha mushrooms, kefir grains  
(717-491-4004)  
The Kombucha Shop kombucha cultures and kits  
(thekombuchashop.com)  
Tribest Yolife yogurt starter (888-254-7336)  
YemoosNourishing Clutures (512-819-1561)  
Yogourmet yogurt and kefir starters (800-863-5606)

## Grains and Legumes

**BEST:** Organic dried beans (except soybeans unless used for making fermented foods such as natto), lentils, whole grain rice, whole grains (except bulgur) and whole grain hot cereals (which must be soaked before cooking); wildcrafted wild rice; organic popcorn (to pop at home); organic sprouting seeds except alfalfa and soybean. All grains should be soaked in an acidic medium to minimize enzyme inhibitors and phytic acid. Purchase brown rice and hot cereals in sealed packages, not from bins, to avoid rancidity.

Alford organic oatmeal  
Arrowhead Mills organic grains, legumes; rice & shine,  
quinoa rice & shine, bear mush and 4 grains plus flax  
hot cereals  
Bob's Red Mill organic grains, legumes and hot cereals  
except high fiber and white wheat farina  
Country Choice organic Irish style steel cut oats, old fashioned  
oats, multigrain hot cereal  
Lotus Foods organic whole grain rice  
Lundberg Family Farms organic brown, red and wild rice;  
sprouted rice  
Ohsawa organic brown rice  
SimplyNature (Aldi) organic quinoa, organic dried green lentils  
  
Alter Eco quinoa (415-701-1212)  
Amira organic brown rice (949-852-4468)  
Ancient Grains organic whole grains (208-557-4351)  
Ancient Harvest quinoa, quinoa flakes (310-217-8140)  
Anna and Sarah organic amaranth (848-229-2235)  
Anson Mills grains, legumes (803-467-4122)  
Anthony's Goods organic whole grains, popcorn  
(213-793-8178)  
Aurora Products organic legumes (203-375-9956)  
Azure Standard organic grains, legumes and sprouting seeds  
(except alfalfa) (971-200-8350)  
Back Roads Food Company organic gluten-free rolled oats  
(802-579-1135)  
Bakery On Main organic gluten-free rolled oats  
(860-895-6622)

Bioitalia organic dried legumes  
 BKW Farms white sonora wheat (bkwazgrown.com)  
 Blue Mountain Organics organic rolled oats (540-283-9589)  
 Bluebird Grain Farms grains, hot cereals, pilaf (888-232-0331)  
 Brad's Organic organic quinoa and brown rice  
 (bradsorganic.com)  
 Bread Beckers, Inc. organic grains and legumes(770-516-5000)  
 Carlton Farms grains (770-655-1503)  
 Central Milling Company organic whole grains; steel cut  
 cracked rye, wheat and 6-grain (707-778-1073)  
 Ceylon Pure organic whole grain rice (650-752-8865)  
 Chosen Foods organic quinoa (877-674-2244)  
 Country Life Natural Foods organic grains, 7 grain cereal,  
 legumes and sprouting seeds (except alfalfa)  
 (269-236-5011)  
 Dragon Herbs organic black and red rice (888-558-6642)  
 Dutch Meadows Farm chemical-free popcorn (717-442-9208)  
 Eden wildcrafted wild rice; organic grains, dried legumes,  
 sprouted brown rice mochi  
 Edison Grainery organic whole grains and legumes  
 (707-590-7010)  
 Einkorn wheat berries (einkorn.com)  
 Farm Girl Fresh organic dried beans (320-434-1510)  
 Farmer Direct Organic whole grains, legumes (306-352-2444)  
 Food to Live organic whole grains, legumes and sprouting  
 seeds (except alfalfa seeds and those from China)  
 (718-717-1029)  
 Gardens of Grace pre-soaked oatmeal cereals (except cashew  
 berry crunch; all must be cooked) (262-443-7522)  
 GF Harvest organic gluten-free oats (888-941-9922)  
 Glaser Organic Farms grains, legumes; sprouting grains,  
 legumes and seeds (except alfalfa) (305-238-7747)  
 Gold Mine organic grains, legumes and sprouted brown rice  
 (except those from China) (800-475-3663)  
 Golden Prairie Oats organic gluten-free oats (970-897-2505)  
 Goya organic quinoa and brown rice  
 Grain Place Foods organic grains, legumes, popcorn  
 (888-714-7246)  
 GrandyOats organic rolled oats (207-935-7415)  
 Handy Pantry Sprouting organic sprouting seeds (except alfalfa  
 and soybean) (801-491-8700)  
 Heartland Mill grains (800-232-8533)  
 Heritage Foods USA organic wild rice (718-389-0985)  
 Heritage Grain Conservancy organic einkorn berries, cracked  
 einkorn (growseed.org)  
 Indus Organics quinoa, sprouting seeds (925-895-6535)  
 Jaffe Bros. grains, legumes, sprouting seeds (except alfalfa and  
 those from China) (877-975-2333)  
 Jiva Organics legumes (713-661-2972)  
 Jovial einkorn wheat berries (877-642-0644)  
 Lindley Mills yellow corn grits (336-376-3916)  
 Living Tree grains (800-260-5534)  
 Marx Foods organic grains (866-588-6279)  
 Massa Organics brown rice (530-519-8628)  
 Miller's Bio Farm chemical-free popcorn (717-786-7895)  
 Miller's Organic Farm chemical-free popcorn (717-556-0672)  
 Montana Flour & Grains organic grains (800-622-5790)

Mountain Rose Herbs sprouting seeds (except alfalfa)  
 (800-879-3337)  
 Mumm's Sprouting Seeds grains, legumes, sprouting seeds  
 (except alfalfa and those from China) (sprouting.com)  
 Natal wild rice  
 Native Harvest wild rice (218-375-4602)  
 Natural Value organic popcorn  
 Natural Way Mills organic whole grains, legumes and hot  
 cereals (218-222-3677)  
 Natural Zing sprouting seeds (except alfalfa) (888-729-9646)  
 Nature's Earthly Choice organic whole grains, legumes  
 (208-898-4004)  
 Nature's Legacy organic grains (517-448-2050)  
 New Hope Mills organic rolled oats (315-252-2676)  
 NOW Foods organic grains (888-669-3663)  
 Nuts.com organic grains, legumes, 6 grain hot cereal, kamut  
 hot cereal, popcorn (except those from China)  
 (800-558-6887)  
 One Degree Organic Foods grains, legumes (855-834-2642)  
 Organic Traditions sprouted risotta mix and quinoa  
 (888-968-6747)  
 Our Fathers Foods crushed quinoa, rolled oats, wheat #3 and  
 #4 (419-790-8868)  
 PaiDom organic wheat berries (806-570-6328)  
 Patz Maple & Honey Farms whole grains (800-897-2488)  
 Pleasant Hill Grain organic grains and legumes (866-467-6123)  
 Purcell Mountain Farms organic grains, legumes and sprouting  
 seeds (except alfalfa); organic whole wheat farina,  
 organic hot brown rice cereal (208-267-0627)  
 Pure Indian Foods raw whole grains, legumes (609-785-9100)  
 Pure Living organic sprouted popcorn (800-362-6832)  
 Puritan's Pride organic grains (800-645-1030)  
 RiceSelect organic brown rice (800-226-9522)  
 Royal Lee Organics grains (844-781-5080)  
 Second Spring Foods sprouted grains, lentils and beans  
 Serrv wild rice (800-422-5915)  
 ShaSha Co. grains, legumes; sprouted grains and legumes  
 (416-255-0416)  
 Shiloh Farms organic grains and legumes (800-362-6832)  
 Small Valley Milling organic whole grains (717-362-6455)  
 Spiritual Food for the New Millennium biodynamic grains;  
 organic grains and legumes (301-654-4899)  
 Sproutman organic sprouting seeds (800-695-2241)  
 Sproutpeople sprouting grains, legumes, nuts and seeds  
 (except alfalfa and soybean) (800-777-6881)  
 Starwest Botanicals organic sprouting seeds (except alfalfa)  
 (800-800-4372)  
 Stutzman Farms organic grains and legumes, 7 whole grain  
 mix (330-674-1289, ext 2)  
 SunOrganic Farm grains, legumes, sprouting seeds (except  
 alfalfa and those from China) (888-269-9888)  
 Sunrise Flour Mill grains (651-674-8050)  
 Terrasoul Superfoods organic white quinoa (800-458-8773)  
 The Birkett Mills organic buckwheat groats, cream of  
 buckwheat, kasha (315-536-3311)  
 The Pasta Shoppe sprouted wheat pasta (800-247-0188)  
 The Urban Homemaker organic grains and legumes

(800-552-7323)  
Thrive Market organic sprouted quinoa, brown rice and popcorn (866-419-2174)  
Timeless Food whole grains, legumes (406-866-3340)  
To Your Health Sprouted Flour Co. organic sprouted popcorn (334-584-7875)  
TruRoots whole grains, sprouted grains, sprouted legumes (800-288-3637)  
Vitacost organic grains and legumes (800-381-0759)  
Viva Naturals organic quinoa (800-921-8482)  
Wheat Montana Farms & Bakery organic grains (800-535-2798)  
Wildly Organic organic grains, wildcrafted wild rice (218-226-3985)  
Zocalo Gourmet kaniwa grain, pussac punay dried beans (425-398-9761)

**GOOD:** Organic soaked granola; organic canned legumes (except soybeans unless used for making fermented foods such as natto), eaten only once or twice a month; organic whole grain, buckwheat, corn, brown rice and legume pasta.

Gardens of Grace organic pre-soaked oatmeal cereals (262-443-7522)  
Miller's Organic Farm organic soaked granola (717-556-0672)  
Spiritual Food for the New Millennium organic soaked granolas (301-654-4899)  
Stutzman Farms organic sprouted spelt maple crunch, sprouted spelt granola (330-674-1289, ext 2)  
Sweet Water Baking Co. (in PA) organic soaked granola (610-935-1060)  
Sweet Water Baking Co. (in VA) organic soaked coconutty, swamp mix and tropical daydream granolas (540-593-3191)

Amy's organic refried and baked beans  
Bearitos organic fat free refried beans (800-434-4246)  
Bioitalia organic canned legumes (except baked beans)  
Brad's Organic organic canned legumes (except those with canola oil) (BPA-free cans) (bradsorganic.com)  
Cascadian Farm organic frozen grains and beans  
Eden organic canned legumes (BPA-free cans)  
Field Day organic canned beans (except those with canola oil or sugar) (BPA-free cans)  
Fig Food Co. organic pouched beans (BPA-free pouches) (855-344-3663)  
Furmano's organic canned chick peas (877-877-6032)  
Goya organic canned beans  
Hayden Flour Mills whole grains (480-557-0031)  
Jovial organic canned beans in glass jars (877-642-0644)  
Jyoti organic pouched beans (BPA-free pouches) (610-522-2650)  
Karine & Jeff organic canned chickpeas in glass jars (karinejeff.us)  
La Preferida organic canned beans (773-254-7200)  
Natural Value organic canned legumes, fat free refried beans (BPA-free cans)

Omena Organics organic canned legumes (BPA-free cans)  
(231-386-9795)  
SimplyNature (Aldi) organic canned kidney, black and  
garbanzo beans (800-325-7894)  
Stahlbush Island Farms organic frozen grains and legumes  
(541-757-1497)  
Thrive Market organic pouched beans (BPA-free pouches)  
(866-419-2174)  
Timeless Food organic semi-pearled farro (406-866-3340)  
Vitacost organic canned beans (BPA-free cans) (800-381-0759)  
Walnut Acres organic canned and baked beans  
Westbrae Canned Legumes  
Whole Foods 365 organic canned beans

Azure Standard organic whole wheat and brown rice pasta  
(971-200-8350)  
Berlin Natural Bakery whole spelt pasta (800-686-5334)  
Bioitalia organic whole wheat pasta  
Bionaturae organic whole wheat pasta  
Brad's Organic organic whole wheat pasta (bradsorganic.com)  
Bread Beckers, Inc. organic brown rice pasta (770-516-5000)  
Canaan Fair Trade organic whole wheat couscous  
(360-980-2580)  
Country Life Natural Foods organic whole wheat, spelt and  
brown rice pasta; whole wheat couscous (269-236-5011)  
DeLallo organic whole wheat pasta (877-335-2556)  
Eden organic whole grain pasta (except pasta with quinoa),  
organic sweet brown rice mochi  
Explore Asian organic black bean spaghetti, mung bean  
fettuccini (888-208-9471)  
Field Day organic whole wheat and brown rice pasta  
Food to Live organic whole wheat couscous (718-717-1029)  
Garden Time Organic organic whole wheat pasta  
Gold Mine organic whole grain pasta (800-475-3663)  
Healthy Traditions organic whole grain einkorn, whole wheat  
and brown rice pasta (healthytraditions.com)  
Heritage Grain Conservancy organic einkorn pasta  
(growseed.org)  
Japan Gold USA organic 100% whole buckwheat soba noodles  
(858-486-1707)  
Jovial organic whole grain einkorn and brown rice pasta (made  
with soaked flour) (877-642-0644)  
Lotus Foods organic whole grain noodles  
Lundberg Family Farms organic brown rice pasta  
Miller's Bio Farm organic soaked spelt noodles (717-786-7895)  
Miller's Organic Farm organic sprouted spelt noodles  
(717-556-0672)  
Mitoku organic whole grain pasta (800-324-1878)  
Nature's Earthly Choice organic whole wheat couscous  
(208-898-4004)  
Nature's Legacy organic whole spelt pasta (517-448-2050)  
Purcell Mountain Farms organic whole wheat, whole spelt  
and brown rice pasta (208-267-0627)  
RiceSelect organic whole wheat couscous (800-226-9522)  
Rizopia organic brown rice pasta and wild rice pasta  
(866-749-6742)  
Rustichella d'Abruzzo organic whole wheat, brown rice and



red lentil pasta  
Spiritual Food for the New Millennium organic whole wheat  
couscous, whole wheat pasta with biodynamic flour  
(301-654-4899)  
The Pasta Shoppe organic whole spelt and kamut pasta  
(800-247-0188)  
Tinkyada organic brown rice pasta (619-609-0016)  
Tolerant organic red lentil and black bean pasta  
Trader Joe's organic sprouted wheat pappardelle pasta and  
brown rice pasta  
Whole Foods 365 organic whole wheat pasta

**AVOID:** All non-organic grains and legumes (most of which are sprayed with Roundup); extruded cold breakfast cereals; unsoaked granola; bulgur; quick cooking grains; white rice and white flour products including pasta; quinoa pasta; non-organic canned baked beans and similar products; puffed grain products, such as rice cakes; factory-made modern soy foods; soybeans unless used for making fermented foods such as natto; soybean sprouting seeds and sprouts; alfalfa seeds and sprouts. Grains, legumes and sprouting seeds (even organic) from China.

## Bread

**BEST:** Sourdough, soaked or sprouted breads made from freshly ground organic whole grain flour, without additives such as gluten, soy, bran and partially hydrogenated oils.

Berlin Natural Bakery sourdough and sprouted spelt breads  
(800-686-5334)  
Bread of Heaven sourdough breads and tortillas (219-883-  
5126)  
Buenatural organic corn tortillas (800-952-4453)  
Food for Life organic sprouted corn tortillas (800-797-5090)  
La Tortilla Factory organic corn tortillas (800-446-1516)  
Le Pain Quotidien levain breads  
Manna Organics sourdough breads; sprouted breads (except  
banana walnut hemp and multigrain) (630-795-0500)  
Sonoma organic corn tortillas (800-446-1516)  
Traditional organic pumpernickel breads from Germany  
(without yeast)  
Acme Bakery sourdough rye and pain au levain  
(510-524-1327)  
Berkshire Mountain Bakery spelt and whole meal spelt  
breads (413-274-3412)  
Bernhard's Bread Bakery organic whole grain sourdough  
breads (farmers, German, Russian, rustic rye, spelt harvest,  
spelt millet) (770-218-1153)  
Columbia County Bread & Granola panko; country wheat  
and pocket pita breads; sesame cumin, pretzel crisps,  
hearty spelt, garlic pepper, ancient grains, kernza and rye  
caraway flat breads (570-441-4031)  
Cow and Clementine biodynamic sourdough breads  
(heritage wheat and rye) (304-322-2138)

Dimpflmeier Bakery organic spelt bread with wild rice, organic 100% rye breads (800-268-2421)

Glaser Organic Farms sprouted breads (305-238-7747)

Gluten-Free Sourdough Co. teff sourdough muffin tops and English muffins (508-733-5399)

Grindstone Bakery breads (except those containing brown rice syrup or cocoa) (707-515-6666)

Hawthorne Valley Farm plain, spelt, fruited and old world rye sourdough breads; spelt and honey raisin walnut sourdough breads (518-672-7500)

Heritage Grain Conservancy einkorn sourdough sprout bread, croutons (growseed.org)

Mi Rancho Tortilla Factory organic corn tortillas (707-584-8385)

Miller's Organic Farm sourdough heritage wheat bread (717-556-0672)

Modern Stone Age Kitchen sourdough bread, tortillas, focaccia, bagels (410-996-4776)

O Bread Bakery whole rye, whole spelt and multi grain breads (802-985-8771)

Orchard Hill Breadworks whole wheat, whole spelt, currant rye and six seed and grain breads (603-835-7845)

Pleasant Pastures prairie brown and 100% spelt breads (717-768-3437)

Pleasanton Brick Oven Bakery spelt kamut bread (231-941-1964)

Serenity Farm whole wheat sourdough bread and focaccia; whole spelt sourdough bread and focaccia(870-447-2211)

ShaSha Co. sourdough spelt breads, multigrain and spelt bread crumbs, spelt pizza crust (416-255-0416)

Spiritual Food for the New Millennium biodynamic 100% whole wheat, rye and spelt sourdough breads (301-654-4899)

Sweet Water Baking Co. (in VA) mountain brown, prairie brown, spelt and sunflower rye breads (540-593-3191)

The Family Cow organic whole wheat sourdough bread (717-491-4004)

Vital Vittles sourdough rye and Russian sourdough (510-644-2022)

**GOOD:** Breads made with organic flour, at least 50% organic whole grain flour, without additives such as gluten, soy, bran and partially hydrogenated oils.

Alvarado Street Bakery organic sprouted wheat tortillas (707-789-6700)

Berlin Natural Bakery whole grain spelt, raisin spelt, flaxseed spelt and heirloom spelt bistro breads; whole spelt stuffing (800-686-5334)

Bernhard's Bread Bakery organic country sunflower, Finnish rye, harvest festival, hazelnut, lucky linen, monastery, prairie, sesame star, spelt whole grain, and whole wheat breads (770-218-1153)

Blue Mountain Organics organic basil, curry and tomato wraps (540-283-9589)

Bread Alone organic whole grain health, whole wheat catskill and whole wheat sourdough (miche) breads

- (845-657-3328)  
 Columbia County Bread & Granola organic orange poppyseed, cinnamon toast and almond biscotti flat breads (570-441-4031)  
 DeLand Bakery all natural organic millet breads, flats, buns, dinner rolls and bagels (386-734-7553)  
 Delba organic whole rye breads (except those with sugar beet syrup)  
 Garden of Eatin' organic taco shells (800-434-4246)  
 Gluten-Free Sourdough Co. focaccia; corn, coconut and banana breads (508-733-5399)  
 Hawthorne Valley Farm organic peasant, sunflower flax, olive rosemary and sesame sourdough breads; seven grain, millet sunflower, sesame sunflower and yeasted spelt breads; peasant and sunflower flax sourdough rolls (518-672-7500)  
 Julian Bakery organic paleo coconut, honey and cinnamon raisin breads (all gluten-free) (760-721-5200)  
 La Tortilla Factory organic whole wheat tortillas (800-446-1516)  
 Live Superfoods sunflower caraway sprouted bread (800-481-5074)  
 Lydia's Foods sunflower caraway sprouted bread (707-992-0776)  
 Manna Organics organic gluten-free breads (630-795-0500)  
 Maria and Ricardo organic yellow corn tortillas (781-828-0848)  
 Meadow Ridge Farm organic sprouted wheat bread (519-881-7258)  
 Mestemacher organic whole rye breads (except those with oat fiber or sugar syrup)  
 Miller's Bio Farm organic breads (except zucchini and pumpkin) (717-786-7895)  
 Miller's Organic Farm organic breads (except zucchini and pumpkin) (717-556-0672)  
 Paleo Mama Bakery cassava pizza crust (608-692-3715)  
 Pleasant Pastures organic multigrain bread (717-768-3437)  
 Pleasanton Brick Oven Bakery organic manna grain, manna seed and whole wheat breads (231-941-1964)  
 Serenity Farm organic sourdough rye bread (870-447-2211)  
 Spiritual Food for the New Millennium biodynamic mountain brown, seed, multigrain, oatmeal, sesame French, walnut raisin and sunflower rye sourdough breads (301-654-4899)  
 Stone Sisters Organics sprouted spelt pizza crust (405-823-1029)  
 The Maine Sea Kitchen organic einkorn bread (etsy.com/shop/TheMaineSeaKitchen)  
 Thuro Bread organic sourdough buckwheat bread (651-379-4809)  
 Whole Foods organic whole wheat sourdough bread, pain de campagne (sourdough), organic corn tortillas

**AVOID:** Breads made with non-organic grains (most of which are sprayed with Roundup); most commercial breads based on white flour and containing partially hydrogenated vegetable oils, soy, bran, added gluten, or numerous additives. Breads containing ascorbic acid, hemp, brown rice syrup, sugar syrup, oat fiber, chocolate, cocoa or cacao.

## Flour and Baking Supplies

**BEST:** Organic whole grains which are freshly ground and soaked; organic sprouted/dehydrated grains which are freshly ground (not packaged and sold after being ground); aluminum-free baking powder; organic roasted carob and roasted carob powder.

Central Milling Company organic sprouted grains  
(707-778-1073)

Granite Mill Farms organic sprouted grains (406-827-1095)

One Degree Organic Foods organic sprouted grains  
(855-834-2642)

PureLiving organic sprouted grains and legumes(800-362-6832)

Stutzman Farms organic sprouted grains (330-674-1289, ext 2)

To Your Health Sprouted Flour Co. organic sprouted grains  
and legumes (334-584-7875)

Bob's Red Mill aluminum-free baking powder

Frontier aluminum-free baking powder (800-669-3275)

Rumford aluminum-free baking powder

Frontier organic roasted carob powder (800-669-3275)

Mountain Rose Herbs organic roasted carob (800-879-3337)

**GOOD:** Organic sprouted flours and baking mixes made with them; organic whole grain flours (which should be soaked); limited use of organic unbleached white flour, almond flour (should be soaked).

Ancient Grains Organics whole grain flours (208-557-4351)

Anthony's Goods organic tigernut flour([anthonysgoods.com](http://anthonysgoods.com))

Arrowhead Mills organic sprouted wheat flour

Baker's Field Flour and Bread organic whole grain flours  
(612-314-9167)

Berlin Natural Bakery whole spelt flour (800-686-5334)

Central Milling Company organic whole grain flours  
(707-778-1073)

Country Life Natural Foods organic sprouted spelt flour  
(269-236-5011)

Divine Organics organic raw almond flour (should be soaked)  
(415-884-4477)

Dowd & Rogers chestnut flour (800-669-8877)

Essential Eating organic sprouted flours (570-586-1557)

Flour of Life organic sprouted flours (except those from China)  
(540-745-5040)

Food to Live organic whole grain flours (718-717-1029)

Gluten-Free Sourdough Co. sourdough bread mixes  
(508-733-5399)

Grain Place Foods organic whole grain flours (888-714-7246)

Granite Mill Farms organic sprouted flours (406-827-1095)

Heritage Grain Conservancy organic einkorn flour  
([growseed.org](http://growseed.org))

Janie's Mill organic milled products and grains (815-953-1073)

Jovial organic einkorn whole wheat and sprouted flours  
(877-642-0644)

Let's Do...Organic organic green banana flour (805-684-8500)

Lindley Mills organic sprouted flours, whole grain flours  
(336-376-3916)

Live Superfoods organic raw almond flour (should be soaked)  
(800-481-5074)  
Manna Organics organic sprouted almond flour(630-795-0500)  
One Degree Organic Foods organic sprouted flours  
Organic Gemini organic tigernut flour (347-662-2900)  
Otto's Naturals cassava flour (732-654-6886)  
Our Fathers Foods crushed wheat #1 and #2 (419-790-8868)  
Palouse Heritage organic landrace whole grain flours  
(palouseheritage.com)  
PureLiving organic sprouted flours (800-362-6832)  
ShaSha Co. organic sprouted flours (416-255-0416)  
Second Spring Foods sprouted flours (secondspringfoods.com)  
Shiloh Farms Essential Eating organic sprouted flours  
(800-362-6832)  
Small Valley Milling organic whole grain flours (717-362-6455)  
Stutzman Farms organic sprouted flours (330-674-1289, ext 2)  
Thrive Market organic sprouted flours (866-419-2174)  
Tiger Nuts organic tigernut flour (305-407-3844)  
To Your Health Sprouted Flour Co. organic sprouted flours  
and baking mixes (334-584-7875)  
Wildly Organic organic almond flour (should be soaked)  
(218-226-3985)

Bob's Red Mill organic masa harina  
Gold Mine organic corn masa (800-475-3663)

Bob's Red Mill organic unbleached white flour  
King Arthur organic unbleached white flour  
Small Valley Milling organic unbleached white spelt flour  
(717-362-6455)

**AVOID:** Unsoaked whole grain flours, bleached white flour, soy flour and baking mixes made with them; baking powder containing aluminum; chocolate, cocoa and cacao. Sprouted grains, legumes and flours (even organic) from China.

## Crackers

**BEST:** Sourdough, soaked or sprouted crackers made from freshly ground organic whole grain flour, without additives, added gluten, soy flour, unsoaked quinoa, partially hydrogenated oils and agave.

Jovial organic sourdough einkorn crackers (877-642-0644)  
Keep It Real Food Co. organic grain free seedy crackers  
(206-388-4000)  
Modern Stone Age Kitchen everything crackers(410-996-4776)  
Moon Juice green fermented seed crisps (310-399-2929)  
Rustic Bakery organic sourdough flatbread bites  
(rusticbakery.com)  
Stutzman Farms savory sprouted spelt crackers  
(330-674-1289, ext 2)

**GOOD:** Organic whole grain crackers, made without additives, added gluten, soy flour, unsoaked quinoa, partially hydrogenated oils and agave.

- Ak-Mak organic whole wheat crackers, whole wheat round and country style cracker breads
- Blue Mountain Organics organic corn, savory cranberry, sweet potato and simply raw flax crackers (540-283-9589)
- Chocola Tree organic plain chia crackers (928-282-2997)
- Doctor in the Kitchen organic flackers flax seed crackers (flackers.com)
- Edward & Sons organic brown rice snaps (except cheddar and vegetable)
- FBomb cheddar and buffalo cheese crisps (844-693-2662)
- Finn Crisp organic rye crispbread
- Foods Alive organic onion garlic, Mexican harvest, Italian zest, and maple & cinnamon flax crackers (260-488-4497)
- Genmai Life organic brown rice crackers (800-475-3663)
- Glaser Organic Farms organic flax seed and nori crackers (305-238-7747)
- Higher Power crackers (except those with hemp) (877-684-8763)
- It's Alive! sprouted sauerkraut and kimchi crackers (503-230-0215)
- Jilz Gluten Free gluten-free crackers (805-585-5297)
- Julian Bakery paleo thin crackers (760-721-5200)
- Livin' Spoonful organic sprouted crackers (except kale) (503-230-8484)
- Lydia's Foods luna nori, ginger nori, and Italian crackers (707-992-0776)
- Mauk Family Farm organic raw sprouted crusts and crisps (310-527-0011)
- Paleo Mama Bakery cheddar crisps (608-692-3715)
- Potter's organic crackers and crisps (608-663-5005)
- Raw Food Central flax crackers (855-632-8729)
- Rustic Bakery organic sourdough crackers, rusticbakery.com
- RW Garcia organic sweet potato crackers (408-287-4616)
- Stutzman Farms organic homemade spelt crackers (330-674-1289, ext 2)

**AVOID:** Crackers made with non-organic grains (most are sprayed with Roundup); most commercial crackers based on white flour and containing partially hydrogenated vegetable oils, soy flour or additives. Crackers containing unsoaked quinoa, agave, chocolate, cocoa or cacao.

## Nuts and Seeds

**BEST:** Fresh organic or wild raw nuts and seeds (except hemp) in sealed packages (not from bins); organic raw almonds by mail order (as store-bought organic raw almonds have been heat-treated); soaked/sprouted organic or wild raw nuts, seeds and butters (except hemp). Soaked/sprouted nuts and seeds must be soaked in salted water. Nut and seed butters must be made with nuts and seeds soaked/sprouted in salted water. Note: Soak raw nuts and seeds in salted water for 6-8 hours and dry in a dehydrator or in an oven at a warm setting. Store in airtight containers. Walnuts should be stored in the refrigerator.

- A Little Nuts organic raw and soaked nuts (559-725-1901)
- Ancient Grains organic chia seeds (208-557-4351)
- Anderson Almonds organic raw almonds (209-667-7494)
- Anna and Sarah organic raw nuts and seeds (848-229-2235)
- Anthony's Goods organic raw nuts and seeds  
(anthonysgoods.com)
- Aurora Foods organic raw nuts and seeds (203-375-9956)
- Azure Standard organic raw nuts and seeds (except hemp)  
(971-200-8350)
- Bella Viva Orchards organic raw nuts (855-888-8482)
- Big Tree Organic Farms organic raw almonds (209-669-3678)
- Blue Mountain Organics organic raw, sprouted nuts and seeds  
(540-283-9589)
- Brad's Organic organic chia seeds (bradsorganic.com)
- Bremner Farms organic raw almonds (530-893-4950)
- Burroughs Family Farms organic raw almonds (209-874-9400)
- Capay Canyon Ranch organic raw almonds (530-662-2372)
- Carrington Farms organic chia and whole flax seeds  
(800-505-9546)
- Chocola Tree raw nuts and seeds (except hemp)  
(928-282-2997)
- Chosen Foods organic chia seeds (877-674-2244)
- Country Life Natural Foods organic raw nuts and seeds  
(except those from China) (269-236-5011)
- Divine Organics raw nuts and seeds (415-884-4477)
- Dr. Linda's organic almonds and wild pecans soaked with  
seaweed (drlindas.com)
- Earth Circle Organics organic raw nuts and seeds (except  
hemp) (888-501-7170)
- EatRaw organic raw cashews (866-432-8729)
- Edison Grainery organic raw nuts and seeds (707-590-7010)
- Enzo's Table organic raw almonds (888-942-3552)
- Equal Exchange organic raw nuts (774-776-7333)
- Farmer Direct Organic flax seeds (306-352-2444)
- Feel Good Superfoods organic chia and flax seeds  
(800-555-8518)
- Food to Live organic raw nuts and seeds (except hemp seeds  
and those from China) (718-717-1029)
- Foods Alive raw nuts and seeds (except hemp) (260-488-4497)
- Frontier organic seeds (800-669-3275)
- Garden of Life raw organic chia seeds
- Gardens of Grace raw nuts; soaked nuts, seeds and butters  
(except those with stevia extract) (262-443-7522)
- Glaser Organic Farms raw nuts and seeds (except hemp)  
(305-238-7747)

Gluten-Free Sourdough Co. sprouted nuts and seeds  
 (508-733-5399)

Go Raw sprouted organic pumpkin seeds

Gold Mine organic raw nuts and seeds (800-475-3663)

Grain Place Foods organic raw seeds (888-714-7246)

Handy Farms organic red livermore walnuts (530-588-1877)

Healthy Truth organic raw nuts and seeds (except hemp, flax  
 and those from China); plain sprouted nuts; flavored  
 sprouted nuts (except those with kale, sunflower or  
 hemp oil) (774-256-5800)

Higher Power raw nuts, salted sprouted pumpkin seeds  
 (877-684-8763)

Indus Organics organic chia seeds (925-895-6535)

International Harvest, Inc. raw nuts and seeds (914-699-5600)

Jaffe Bros. raw nuts and seeds (except hemp) (877-975-2333)

JEM sprouted nut butters (except those with cacao or coffee)  
 (541-728-3844)

Jiva Organics raw nuts and seeds (713-661-2972)

Kevala organic raw sesame seeds (877-379-1179)

Lark Ellen Farm raw sprouted almonds (805-272-8448)

Live Superfoods raw nuts and seeds (except hemp)  
 (800-481-5074)

Living Nutz organic raw nuts and seeds (207-780-1101)

Living Tree raw nuts and seeds (except hemp) (800-260-5534)

Love Raw Foods raw nuts and seeds; raw nut and seed butters  
 (except hemp and those from China) (540-745-5040)

Lupa's Kitchen maple bliss sprouted nut clusters  
 (404-664-4209)

Mamma Chia organic chia seeds (855-588-2442)

Manna Organics raw nuts (630-795-0500)

Marian Farms biodynamic raw almonds (559-276-6185)

Massa Organics raw almonds (530-519-8628)

Meadow Ridge Farm soaked nuts and seeds; seasoned nut  
 mix, sweet & spicy nut mix (519-881-7258)

Miller's Bio Farm organic crispy nuts and seeds; sweet & spicy  
 nut mix (717-786-7895)

Miller's Organic Farm soaked nuts, seeds and cashew butter;  
 honey & spice nuts, seasoned nut mix, sweet & spicy nut  
 mix (717-556-0672)

Missouri Northern Pecan Growers organic pecans  
 (417-667-3501)

Modern Stone Age Kitchen soaked peanut butter (410-996-  
 4776)

Moon Juice activated almonds, cashews, maca mesquite  
 walnuts, and turmeric, coconut & lime pepitas;  
 sprouted almond butter (310-399-2929)

Mt. Olive Organic Farm organic raw nuts (805-237-0147)

Nate's Raw Harvest organic raw nuts, sprouted nut butters,  
 sprouted nuts and seeds (214-546-2023)

Natierra organic chia seeds (natierra.com)

Natural Zing organic raw nuts and seeds (except hemp)  
 (888-729-9464)

Navitas Organics organic chia seeds, raw cashews  
 (888-645-4282)

NOW Foods organic raw nuts and seeds (except hemp)  
 (888-669-3663)

Nussli118 organic sprouted nuts (857-242-4188)



Nutiva raw organic chia seeds (800-993-4367)  
 Nuts.com organic raw nuts and seeds (except hemp)  
 (800-558-6887)  
 Old Dog Ranch organic raw walnuts (707-849-4439)  
 One Degree Organic Foods flax seeds (855-834-2642)  
 Organic Traditions raw nuts and seeds (888-968-6747)  
 Pangaia organic raw nuts (808-989-3457)  
 Pecan Shop raw nuts, sprouted nuts and seeds (except  
 mesquite smoked pecans, unsalted pecans and unsalted  
 walnuts) (254-307-9386)  
 Philosopher Foods sprouted almond butters (except with  
 cacao) (philosopherfoods.com)  
 Pili Hunters sprouted pili nuts (except those with cacao),  
 sprouted pili nut butters (Himalayan salt & coconut oil  
 and pumpkin spice with lion's mane) (628-227-7454)  
 Pleasant Pastures soaked nuts and seeds, seasoned nut mix,  
 sweet & spicy nut mix (717-768-3437)  
 Purcell Mountain Farms organic raw nuts and seeds  
 (208-267-0627)  
 Pure Indian Foods raw nuts and seeds (609-785-9100)  
 Pure Traditions sprouted pili nuts (puretraditionsfoods.com)  
 RawGuru raw almonds, cashews, hazelnuts and sesame seeds  
 (800-925-0577)  
 Puritan's Pride organic raw nuts and seeds (except hemp)  
 (800-645-1030)  
 Shiloh Farms raw nuts and seeds (800-362-6832)  
 Spiritual Food for the New Millennium biodynamic raw nuts  
 and seeds; organic raw nuts and seeds (301-654-4899)  
 Stutzman Farms organic flax seed (330-674-1289, ext 2)  
 Sunbiotics original and truffle sprouted probiotic almonds  
 (800-925-0577)  
 Sunfood Super Foods raw and soaked nuts and seeds (except  
 hemp) (888-729-3663)  
 SunOrganic Farm raw nuts and seeds (888-269-9888)  
 Terrasoul Superfoods raw nuts and seeds (except hemp and  
 those from China) (800-458-8773)  
 Thrive Market organic raw nuts and seeds (866-419-2174)  
 Tierra Farm raw nuts and seeds (888-674-6887)  
 Timeless Food flax seeds (406-866-3340)  
 TruRoots organic chia seeds (800-288-3637)  
 Vitacost organic raw nuts and seeds (except hemp)  
 (800-381-0759)  
 Vital Choice organic raw nuts (866-482-5887)  
 Viva Naturals organic chia seeds (800-921-8482)  
 Vivapura raw nuts and seeds (except hemp) (520-394-0200)  
 Whole Foods 365 organic chia seeds  
 Wilderness Poets raw nuts and seeds (except hemp)  
 (844-945-3649)  
 Wildly Organic raw nuts and seeds (218-226-3985)  
 Woodstock Foods organic raw nuts and seeds (855-423-2630)

**GOOD:** Fresh raw and dry roasted nuts and seeds (except hemp); peanut butter made from roasted peanuts, and other nut and seed butters (except hemp) without partially hydrogenated vegetable oils, sugar, agave, chocolate, cocoa, cacao, flavorings or other additives. Note: Soak raw nuts and seeds in salted water for 6-8 hours and dry in a dehydrator or in an oven at a warm setting. Store in airtight containers. Walnuts should be stored in the refrigerator.

Adams peanut butter  
Barney Butter bare and raw + chia almond butters  
Brad's Naturals nut butters (bradsorganic.com)  
Brad's Organic nut butters and tahini (except those with sugar, milk powder or cocoa) (bradsorganic.com)  
Crazy Richard's peanut butter  
East Wind Nut Butters nut butters and tahini (417-679-4682)  
Field Day organic peanut butter  
Good & Gather (Target) organic stir nut butters (800-316-6151)  
Joyva sesame tahini  
Justin's classic peanut, classic almond and maple almond butters  
Kirkland organic peanut butter  
MaraNatha tahini and nut butters  
Natural Value organic tahini  
Omega Nutrition pumpkin seed butter (604-253-4677)  
Once Again nut and seed butters (except those with sugar)  
Orchard Valley Harvest raw almonds (847-289-1800)  
Pangaia organic raw nut and seed butters (808-989-3457)  
Redmond's almond butter  
Santa Cruz Organic peanut butter  
Smucker's peanut butter (except those with sugar or maltodextrin)  
Trader Joe's almond butter  
Whole Foods almond butter, raw almonds, organic peanut butter  
Woodstock Foods tahini and nut butters (855-423-2630)

Artisana raw tahini and nut butters (866-237-8688)  
Aunt Patty's organic almond butter (800-456-7923)  
Better Than Roasted sprouted nuts, seeds and butters (except those from China) (540-745-5040)  
Bremner Farms raw walnuts (530-893-4950)  
Burroughs Family Farms organic almond butter (209-874-9400)  
CB's Nuts peanut butters (360-881-0369)  
Chocola Tree raw tahini, nut butters, sprouted almonds (928-282-2997)  
Country Life Natural Foods nut and seed butters (except those with sugar or safflower oil) (269-236-5011)  
Dastony raw nut and seed butters (except hemp), sprouted nut and seed butters (800-925-0577)  
Divine Organics nut butters (415-884-4477)  
Dr. Cow cashew cream cheese, aged nut cheeses (except those with hemp) (718-486-5919)  
Dutch Meadows Farm nut butters (except those with chocolate) (717-442-9208)  
Enzo's Table almond butter (888-942-3552)  
FBomb macadamia, macadamia coconut and macadamia

pecan nut butters (844-693-2662)  
 Georgia Grinders nut butters (except those with cocoa or natural flavors) (866-327-9301)  
 Glaser Organic Farms spicy cashews, nut butters, tahini, patés, nut ricotta, sprouted almonds, sprouted sunflower seeds, maple cinnamon walnuts, maple pecans, ginger maple pumpkin seeds (305-238-7747)  
 Go Raw Real Live Food sprouted pumpkin, watermelon, flax and sunflower seeds, sprouted simple and spicy seed mixes (408-272-4722)  
 Gopal's sprouted nuts, seeds, butters; raw tahini(866-646-7257)  
 Higher Power soaked nuts and seeds (877-684-8763)  
 International Harvest, Inc. tahini and nut butters (914-699-5600)  
 It's Alive! sprouted seeds (503-230-0215)  
 JEM cashew curry tahini (541-728-3844)  
 Jiva Organics raw tahini and cashew butter; sprouted nut and seed butters (713-661-2972)  
 Kevala nut butters, tahini (877-379-1179)  
 Live Superfoods raw tahini, sprouted pumpkin seeds, sprouted almond butter (800-481-5074)  
 Living Intentions rosemary garlic pistachios & almonds, spicy chipotle pistachios & pumpkin seeds, cilantro lime mojo pistachios & pepitas, sesame teriyaki almonds & cashews, mesquite pod maple walnuts, Ayurvedic chili pumpkin & sunflower seeds, sprouted pumpkin seeds, sprouted sunflower seeds & greens, Cajun pepper almonds; sprouted almonds, pecans and walnuts (415-824-5483)  
 Living Nutz soaked nuts and seeds (except those containing agave or chocolate) (207-780-1101)  
 Living Tree nut and seed butters (except hemp and those with cacao) (800-260-5534)  
 Longhurst Farms sprouted almonds (except those with chocolate), almond butter, sunflower and pumpkin seeds (307-673-0601)  
 Lydia's Foods sprouted nuts and seeds (707-992-0776)  
 Manna Organics nut butters (except those with cacao or cane juice crystals), sprouted almond butter (630-795-0500)  
 Massa Organics almond butter (530-519-8628)  
 Miller's Bio Farm organic peanut butter, roasted coconut cashew butter (717-786-7895)  
 Miller's Organic Farm organic almond and peanut butters (717-556-0672)  
 Miyoko's Creamery cashew cream cheeses (415-521-5313)  
 Nate's Raw Harvest raw and sprouted pecans, sprouted pecan butters (214-546-2023)  
 NaturAlmond almond butter (866-327-9301)  
 Nuts.com tahini and nut butters (800-558-6887)  
 NuttZo original and peanut-free nut and seed butters (888-325-0553)  
 Old Dog Ranch organic just walnut butter, raw honey & sea salt walnut butter (707-849-4439)  
 Pecan Shop unsalted sprouted pecans and walnuts (254-307-9386)  
 Pili Hunters turmeric & ashwagandha sprouted pili nut butter (628-227-7454)  
 PureLiving organic sprouted nuts and seeds (800-362-6832)

Radiant Life sprouted nuts, seeds and butters (except those from China) (888-593-8333)  
 RawGuru organic sprouted sunflower (800-925-0577)  
 Rejuvenative Foods raw nut and seed butters (except hemp and those with cacao) (831-291-4008)  
 Roland organic tahini (800-221-4030)  
 Sacred Foods raw nut butters (415-883-1311)  
 Selina Naturally pumpkin seed butter (800-867-7258)  
 Steve's Paleogoods original and cinnamon paleonutbutters (856-356-2258)  
 Sunbiotics cheesy sprouted probiotic almonds (800-925-0577)  
 SunButter organic sunflower seed spread (877-873-4501)  
 SunOrganic Farm nut and seed butters (888-269-9888)  
 The Sprouted Nut Company sprouted nuts (818-424-7528)  
 Thrive Market tahini, nut butters (866-419-2174)  
 To Your Health Sprouted Flour Co. organic sprouted nuts and seeds (334-584-7875)  
 Tohum Natural Foods tahini (510-717-7614)  
 US Wellness sprouted nuts (877-383-0051)  
 Vitacost tahini, nut butters, raw nuts (800-381-0759)  
 Vivapura raw tahini and nut butters (520-394-0200)  
 Wild Friends Foods classic creamy peanut and almond butters (971-808-2808)  
 Wilderness Poets raw nut and seed butters (except hemp) (844-945-3649)  
 Wildly Organic soaked nuts, seeds and butters (except those with cacao or agave) (218-226-3985)

**AVOID:** Peanut butter, other nut and seed butters, and nut mixtures containing partially hydrogenated vegetable oils, sugar, agave, chocolate, cocoa, cacao, flavorings or other additives; hemp seeds and products. Nuts and seeds (even organic) from China.

## Coconut Products

**BEST:** “Water,” “milk” and “cream” extracted from fresh coconuts; whole canned (not in aseptic boxes) coconut milk without additives; canned (not in aseptic boxes) coconut cream without additives; unsweetened desiccated coconut meat; raw coconut butter; raw coconut spread; raw creamed coconut; raw coconut creme; coconut vinegar. All canned products preferably in BPA-free containers. \*Available in BPA-free containers.

Desiccated coconut (in most health food stores)  
 Alpha coconut flour  
 Anna and Sarah organic coconut chips (848-229-2235)  
 Anthony's Goods organic coconut flour, unsweetened shredded coconut, toasted coconut chips with muscovado sugar (anthonysgoods.com)  
 Aroy-D whole coconut milk in cans, coconut cream in cans\*  
 Arrowhead Mills coconut flour  
 Artisana organic raw coconut butter (866-237-8688)  
 Aunt Patty's shredded coconut (800-456-7923)

Big Tree Farms organic coco aminos (541-488-5605)  
 Bob's Red Mill fine macaroon coconut, shredded coconut,  
 coconut flakes, coconut flour  
 Body Ecology coconut water kefir (800-511-2660)  
 Brad's Organic coconut flour (bradsorganic.com)  
 Bragg organic coconut aminos (800-446-1990)  
 Burgie's Organics coconut kefir (920-349-3154)  
 Carrington Farms organic coconut flour (800-505-9546)  
 Ceylon Pure coconut flour, raw creamed coconut, coconut  
 flakes and chips, toasted coconut chips (650-752-8865)  
 Chocola Tree organic raw coconut creme (928-282-2997)  
 Coco Symbiosis frozen organic young coconut meat, coconut  
 jerky and coconut water (917-685-2586)  
 Coconut Secret raw coconut flour, raw coconut vinegar,  
 coconut aminos, coconut aminos garlic and teriyaki  
 sauces, original coconut ungranola bars (888-369-3393)  
 Coconut Supreme coconut flakes, coconut chips, coconut  
 flour (800-922-1744)  
 Cocopura raw organic coconut cremes (877-PUR-OILS)  
 Country Life Natural Foods coconut flakes and chips, organic  
 coconut flour (269-236-5011)  
 Dang Foods caramel sea salt and salted unsweetened toasted  
 coconut chips (646-450-6501)  
 Dastony raw coconut butter (800-925-0577)  
 Dr. Mercola organic raw coconut butter (877-985-2695)  
 Earth Circle Organics coconut flour, coconut flakes, coconut  
 chips (888-501-7170)  
 Edison Grainery organic coconut flour (707-590-7010)  
 Food to Live organic shredded coconut (718-717-1029)  
 Glaser Organic Farms fresh organic coconut water, shredded  
 coconut, raw shredded coconut (305-238-7747)  
 Healthy Traditions coconut flour, coconut flakes, coconut  
 chips, raw coconut water vinegar, coconut cream  
 (healthytraditions.com)  
 Higher Power coconut flakes (877-684-8763)  
 Inner-eco original plain fresh coconut water probiotic, frozen  
 young coconut meat (844-341-1776)  
 Indus Organics raw coconut flakes (925-895-6535)  
 International Harvest, Inc. raw shredded coconut, coconut  
 chunks (914-699-5600)  
 Jaffe Bros. coconut flakes, coconut chips (877-975-2333)  
 Latta organic coconut water kefir, organic coconut milk kefir  
 (201-512-8400, ext 303)  
 Let's Do...Organic coconut flakes, toasted coconut flakes,  
 shredded coconut, coconut flour, heavy coconut  
 cream\* (805-684-8500)  
 Live Superfoods raw coconut flour, coconut butter, coconut  
 flakes and chips, toasted plain coconut chips, coconut  
 vinegar; coconut aminos, coconut aminos garlic and  
 teriyaki sauces (800-481-5074)  
 Living Tree coconut vinegar, coconut flakes, coconut chips  
 (800-260-5534)  
 Made In Nature cinnamon, maple vanilla and ginger masala  
 chai toasted coconut chips (800-906-7426)  
 Mavuno Harvest organic dried coconut (mavunoharvest.com)  
 Mountain Rose Herbs coconut flakes (800-879-3337)  
 Munkijo raw natural coconut vinegar (949-861-2798)

Native Forest organic simple whole coconut milk\*  
 Natural Value organic whole coconut milk, coconut cream\*  
 Natural Zing coconut aminos; raw coconut vinegar, coconut flour, coconut butter, shredded coconut, paleo coconut wraps (888-729-9464)  
 Nature's Blessings organic coconut flour (626-935-0770)  
 Nature's Flavors organic coconut shreds (714-744-3700)  
 Nature's Way organic raw whole coconut (800-962-8873)  
 NOW Foods organic shredded coconut (888-669-3663)  
 NUCO organic coconut cider vinegars, organic raw coconut wraps (626-921-6826)  
 Nutiva coconut flour (800-993-4367)  
 Nuts.com organic coconut flour, shredded coconut, coconut chips (800-558-6887)  
 Organic Traditions shredded coconut (888-968-6747)  
 Original Living Coconut organic raw coconut cream (plain and lime) (800-906-3064)  
 Radiant Life raw coconut spread, coconut flour, raw coconut flakes and chips (888-593-8333)  
 RawGuru organic Dastony coconut flakes (800-925-0577)  
 Sacred Foods raw coconut butter (415-883-1311)  
 Shiloh Farms coconut flour, shredded coconut (800-362-6832)  
 Terrasoul Superfoods coconut flour, coconut flakes and chips (800-458-8773)  
 The Coconut Cult coconut yogurt (except those with matcha, cacao or chocolate) (thecoconutcult.com)  
 The New Primal coconut aminos (866-723-1386)  
 The Philosopher's Stoneground - Ostara organic raw coconut butter (ostarafoods.com)  
 Thrive Market organic shredded coconut, coconut chips, coconut flour, raw coconut butter, coconut aminos, coconut wraps, regular coconut milk, coconut cream\* (866-419-2174)  
 Tierra Farm shredded coconut (888-674-6887)  
 Trader Joe's organic whole coconut milk, coconut cream\*  
 Vitacost organic shredded coconut (800-381-0759)  
 Viva Naturals organic coconut flour (800-921-8482)  
 Vivapura raw organic coconut flour, coconut chips, coconut flakes (520-394-0200)  
 Wilderness Poets raw coconut butter (844-945-3649)  
 Wildly Organic raw coconut spread, coconut flour, raw coconut flakes and chips, raw coconut vinegar (218-226-3985)  
 Woodstock Foods shredded coconut (855-423-2630)  
 Zuma Valley organic frozen young coconut meat and cream (310-457-3573)

**GOOD:** Canned (not in aseptic boxes) whole coconut milk and cream with emulsifiers; canned (not in aseptic boxes) coconut water.

\*Available in BPA-free containers.

A Taste of Thai whole coconut milk  
 Brad's Organic whole coconut milk (bradsorganic.com)  
 Cocojune organic pure coconut yogurt (cocojune.co)  
 Field Day organic classic unsweetened coconut milk  
 GT's pure, raspberry and ginger turmeric coconut kefir;  
 raw coconut yogurt (pure flavor) (877-735-8423)

Kame whole coconut milk  
Native Forest organic classic whole coconut milk, coconut cream\*  
Natural Value whole coconut milk, coconut cream\*  
Roland organic coconut milk (800-221-4030)  
Thai Kitchen whole coconut milk

Amy & Brian canned coconut water\* (17.5 oz cans)  
Blue Monkey 100% canned coconut water\* (604-336-3977)  
C2O canned coconut water in cans (except those with coffee), organic bottled coconut water\* (877-295-0873)  
CocoRidge 100% coconut water\* (970-368-3272)  
Eliya organic king coconut water\* (551-226-1977)  
Harmless Harvest raw organic coconut water\* (original and cinnamon & clove) (347-467-0733)  
Nature Factor organic canned coconut water\*  
Taste Nirvana coconut water\*  
Zola canned coconut water\* (17.5 oz cans) (888-879-9652)

Aunt Patty's creamed coconut (800-456-7923)  
Healthy Traditions coconut creme concentrate (healthytraditions.com)  
Kevala organic coconut butter (877-379-1179)  
Living Tree coconut butter (800-260-5534)  
Munkijo organic coconut spread (949-861-2798)  
Nikki's Coconut Butter vanilla cake batter, honey pecan pie and macadamia nut cookie coconut butters (nikkiscoconutbutter.com)  
NUCO raw coconut wraps, organic coconut crunch cereal (626-921-6826)  
Nutiva coconut manna (800-993-4367)  
P.A. Products creamed coconut (718-763-5888)

**AVOID:** "Lite" coconut milk; sweetened coconut meat; coconut products containing preservatives; coconut products in aseptic boxes.

## Condiments

**BEST:** Organic raw vinegars; organic aged balsamic vinegars; organic raw naturally fermented soy sauce, tamari and miso; organic arrowroot; organic mustard; organic flavoring mixes; organic mirin; organic fermented ketchup and sauces; organic natto; fresh gelatin made from animals fed non-GMO feed.

Aceto Beato DeMarco organic balsamic vinegar(888-421-6546)  
Acetum raw organic apple cider vinegar  
Aunt Patty's raw organic apple cider vinegar (800-456-7923)  
Bionaturae organic balsamic vinegar  
Brad's Organic organic balsamic vinegar, raw organic apple cider vinegar (bradsorganic.com)  
Bragg raw organic apple cider vinegar (800-446-1990)  
De Nigris organic balsamic vinegar  
Dynamic Health Laboratories raw organic apple cider vinegar (800-396-2114)

Eden raw organic apple cider  
Emperor's Kitchen organic mirin (800-334-5809)  
Enzo's Table organic balsamic vinegar (888-942-3552)  
Field Day organic balsamic vinegar  
Harmony Farms raw organic apple cider vinegar  
Healthy Traditions organic balsamic and organic apple cider vinegars (healthytraditions.com)  
Hoskins Berry Farm raw organic blackberry vinegar (541-929-4376)  
Miller's Bio Farm raw apple cider vinegar (717-786-7895)  
Miller's Organic Farm raw apple cider vinegar (717-556-0672)  
Mitoku organic mirin (800-324-1878)  
Mt. Olive Organic Farm organic balsamic vinegar (805-237-0147)  
Napa Valley Naturals organic private reserve and organic golden balsamic vinegars  
Napoleon organic balsamic vinegar (425-455-3776)  
Nature's Intent raw organic apple cider vinegar (866-819-2323)  
Newman's Own Organic organic balsamic vinegar  
Ohsawa organic mirin  
Omega Nutrition organic apple cider and balsamic vinegars (604-253-4677)  
Roland organic balsamic vinegar (800-221-4030)  
Solana Gold raw organic apple cider vinegar (310-864-5830)  
Soler Romero organic balsamic and raw organic apple cider vinegars  
Spectrum organic balsamic and raw organic apple cider vinegars  
Thrive Market raw organic apple cider vinegar, organic balsamic vinegar (866-419-2174)  
Vermont Village raw organic apple cider vinegar (802-479-2558)  
Vitacost organic balsamic and raw apple cider vinegar (800-381-0759)  
Vital Choice organic balsamic vinegar (866-482-5887)  
Viva Naturals raw organic apple cider vinegar (800-921-8482)  
Whole Foods 365 organic balsamic vinegar

Gold Mine miso (800-475-3663)  
Great Eastern Sun organic miso (800-334-5809)  
MegumiNATTO organic natto (707-827-1788)  
Miso Master organic miso  
Mitoku unpasteurized miso, shoyu, tamari (800-324-1878)  
Natural Zing nama shoyu unpasteurized soy sauce (888-729-9464)  
NYrture New York Natto organic natto (833-696-2886)  
Ohsawa nama shoyu unpasteurized soy sauce, miso  
Organicville miso  
Rhapsody Natural Foods organic natto and miso (802-563-2172)  
Sea Clear fermented kelp & chlorella miso (310-956-1988)  
South River organic miso and tamari (413-369-4057)

Anthony's Goods organic arrowroot powder (anthonysgoods.com)  
Let's Do...Organic organic arrowroot powder (805-684-8500)



Spicely organic arrowroot powder (510-440-1044)  
 Starwest Botanicals organic arrowroot powder (800-800-4372)

Annie's Naturals mustard  
 Eden mustard  
 Gail's Cupboard pesto, fermented kombucha mustard  
 (570-561-6970)  
 Lou's Famous organic dill mustard (877-467-2331)  
 Natural Value mustard  
 Organicville mustard  
 Portlandia Foods mustard (503-729-8257)  
 Primal Kitchen organic spicy brown mustard (888-774-6259)  
 Roland organic mustard (800-221-4030)  
 The Sweet Farm cultured mustards (240-397-0484)  
 Thrive Market organic mustards (866-419-2174)  
 Whole Foods 365 organic jalapeño mustard  
 Woodstock Foods mustard (855-423-2630)

Date Lady organic barbecue sauce (417-414-2282)  
 Fab Ferments cultured hot pepper sauce (513-562-7531)  
 Hawthorne Valley Farm fermented hot pepper sauce  
 (518-672-7500)  
 Hidden Pond Farm fermented ketchup and BBQ sauce  
 (765-960-5092)  
 Miller's Bio Farm honey mustard, zucchini relish, fermented  
 ketchup (717-786-7895)  
 Miller's Organic Farm honey mustard, garlic spread,  
 horseradish, zucchini relish, fermented ketchup  
 (717-556-0672)  
 Modern Stone Age Kitchen ketchup and whole grain mustard  
 (410-996-4776)  
 Pleasant Pastures fermented ketchup (717-768-3437)  
 Rejuvenative Foods cultured ketchups (831-291-4008)

Cultures for Health cultured organic garlic flowers  
 (800-962-1959)  
 Real Pickles fermented tomatillo hot sauce (Northeast)  
 (413-863-9063)  
 Vital Choice organic raw cultured garlic flowers  
 (866-482-5887)

Chaffin Family Orchards green and black olives for home  
 curing (530-533-8239)  
 Essential Living Foods organic raw olives (310-319-1555)  
 Healthy Harvest organic olives (636-405-1960)  
 Live Superfoods organic raw olives and tapenades  
 (800-481-5074)  
 Mediterranean Organic organic black and kalamata olives  
 (in glass jars)  
 Mitoku organic umeboshi plums and paste (800-324-1878)  
 Ohsawa organic umeboshi plums  
 Olea Estates organic raw black olives (636-405-1960)  
 OliFlix organic raw olives (oliflix.com/en)  
 Ozuke organic umeboshi plums (Midwest) (ozuke.com)  
 Zocalo Gourmet chili pastes (425-398-9761)

BLiS fish sauce (616-942-7545)

Red Boat fish sauce (925-858-0508)

US Wellness beef and chicken gelatin (877-383-0051)

**GOOD:** Pasteurized naturally fermented soy sauce, tamari and miso without preservatives; ketchup sweetened with organic sugar or natural sweeteners; sauces with natural ingredients and without MSG; pasteurized vinegar without natural flavors or caramel; sheet gelatin and gelatin powder made from animals fed non-GMO feed.

Bariani balsamic vinegar

BLiS sherry vinegars (616-942-7545)

Brad's Organic organic red and white wine vinegars,  
balsamic glaze (bradsorganic.com)

Colavita vinegars (888-265-2848)

De Nigris aged balsamic vinegar; organic red and white wine  
vinegars

EatRaw balsamic vinegar (866-432-8729)

Eden vinegars, mirin

Emperor's Kitchen umeboshi vinegar (800-334-5809)

Field Day apple cider vinegar

Gaea organic olives (954-923-7723)

Japan Gold USA organic umeboshi puree (858-486-1707)

Laconiko balsamic vinegars (except those with chocolate)  
(571-292-1394)

Live Superfoods balsamic vinegar (800-481-5074)

Lucini Italia vinegars (855-972-0555)

Mitoku vinegars (800-324-1878)

Napa Valley Naturals vinegars (without natural flavors)

Napoleon balsamic, sherry, organic red wine and organic  
white wine vinegars (425-455-3776)

Ohsawa vinegars

Soler Romero organic sherry vinegar

Spectrum organic vinegars (except distilled and those  
containing natural flavors)

Vom Fass vinegars (608-204-0300)

Cold Mountain miso (626-962-9633)

Eden miso, naturally fermented soy sauce, tekka

Emperor's Kitchen shoyu (800-334-5809)

Great Eastern Sun shoyu, tamari (800-334-5809)

Kikkoman organic soy sauce

Miso Master tamari

Mitoku natto miso chutney, pasteurized miso (800-324-1878)

NYrture New York Natto non-GMO natto (833-696-2886)

Ohsawa gluten-free tamari soy sauce

Rhapsody Natural Foods non-GMO natto (802-563-2172)

San-J naturally fermented soy sauce

Annie's Naturals ketchup

Brad's Organic ketchup (bradsorganic.com)

Cucina Antica ketchup (877-728-2462)

De Nigris ketchup

Dr. Fuhrman organic ketchup (800-474-9355)

First Field roasted Jersey ketchup (first-field.com)

Portlandia Foods ketchup (503-729-8257)

Primal Kitchen organic unsweetened ketchup (888-774-6259)

SimplyNature (Aldi) organic ketchup (800-325-7894)  
Steve's Paleogoods ketchup (856-356-2258)  
Tessemæ's ketchup (855-698-3773)  
The New Primal ketchup (866-723-1386)  
Thrive Market organic ketchup (866-419-2174)  
Trader Joe's organic ketchup  
True Made Foods ketchup and mustard  
Wegmans organic ketchup (Mid-Atlantic)  
Whole Foods 365 organic ketchup  
Woodstock Foods ketchup (855-423-2630)

Annie's Naturals organic Worcestershire sauce

Anton Kozlik's mustard (416-361-9788)  
Busha Browne's Planters steak sauce  
Cholula original hot sauce  
Coconut Secret hoisin, ginger-turmeric and gochujang sauces  
(888-369-3393)  
Crystal hot sauce  
Frank's RedHot original cayenne pepper sauce  
Frontera red chile hot sauce (800-509-4441)  
Les Trois Petits Cochons Dijon mustard  
McIlhenny Co. Tabasco original red sauce  
Pickapeppa Sauce  
Pili Hunters fermented lauyo chili sauces (628-227-7454)  
Primal Kitchen organic steak sauce (888-774-6259)  
Sir Kensington's mustard (646-450-5735)  
Sky Valley hot sauce, verde sauce  
Steve's Paleogoods sriracha and wing sauces (856-356-2258)  
Tessemæ's honey mustard, hot sauces, BBQ sauce, teriyaki  
sauce, garlic spread (855-698-3773)  
Whole Foods 365 basil pesto, pepper duo hot sauce  
Wildbrine probiotic sriracha (707-657-7607)

Penna Gourmet Foods cheese and olive spreads  
(530-865-9810)

The Olive Bar cheese and olive spreads (408-370-1901)

Eden umeboshi plums and paste  
Emperor's Kitchen umeboshi plums and paste (800-334-5809)  
Japan Gold USA organic umami ginger and chili purees  
(858-486-1707)  
Lindsay Naturals California green and black olives  
(800-252-3557)  
Mae Ploy curry pastes  
Mekhala organic pastes (mekhalaliving.com)  
Mitoku sweet and sour plum chutney (800-324-1878)  
Ohsawa umeboshi plum paste  
Thai Kitchen red and green curry pastes

Squid Brand fish sauce  
Thai Kitchen fish sauce  
Tiparos fish sauce  
Tra Chang fish sauce

Eden toasted sesame oil  
Emile Noel organic toasted sesame oil (emilenoel.com)

Emperor's Kitchen organic toasted sesame oil (800-334-5809)  
Kevala organic toasted sesame oil (877-379-1179)  
La Tourangelle toasted sesame oil (866-688-6457)  
Napa Valley Naturals organic toasted sesame oil  
Spectrum organic toasted sesame oil

Bernard Jensen beef gelatin (760-471-9977)  
Custom Collagen pork sheet gelatin (630-628-8082)  
GoBio! organic pork gelatin (519-853-2958)  
Great Lakes Gelatin Company beef and pork gelatin  
(800-232-0328)  
Perfect pasture-raised beef gelatin (866-802-3860)  
Trim Healthy Mama pasture-raised beef gelatin  
(931-996-4283)  
Vital Proteins pasture-raised beef gelatin (224-544-9110)  
Zint pasture-raised beef gelatin (877-290-4346)

**AVOID:** Most commercial sauces, ketchup and other condiments; liquid amino acids (including coconut); bouillon cubes; distilled vinegar; gelatin made from animals fed GMO feed.

## Salt and Spices

**BEST:** Unrefined salt (which is light grey, pink, red or beige in color); fresh seasoning herbs; non-irradiated dried seasoning herbs, spices and blends without additives. If smoked, must be naturally smoked.

Ava Jane's Kitchen Colima Sea Salt (844-282-5263)  
Baja Gold Sea Salt, Inc. sea salt (678-232-9064)  
Big Tree Farms Balinese sea salt (541-488-5605)  
Bright Earth Himalayan sea salt (541-201-0420)  
Brittany Sea Salt sea salt (866-671-7451)  
Celtic sea salt (800-867-7258)  
Earth Salt (888-725-8386)  
Eden sea salt  
Edison Grainery Himalayan pink salt (707-590-7010)  
Essential Living Foods Himalayan pink sea salt (310-319-1555)  
Field Day Mediterranean sea salt  
Hawaiian red salt  
Himalayan crystal salt  
Karis Naturals pink salt (714-522-0700)  
Kirkland pure sea salt  
Korean Bamboo Salt (213-388-8861)  
Power Organics mineral mountain (877-769-3795)  
Maldon sea salt  
Matiz flor de sal sea salt (425-398-9761)  
Natierra pink and ice salts (natierra.com)  
Nature's Cargo Himalayan pink sea salt (888-725-8386)  
Noirmoutier sea salt  
Pacific Resources International Pacific sea salt (805-684-0624)  
Premier Research Labs pink salt blend (800-325-7734)  
RawGuru crystal Himalayan salt (800-925-0577)  
Redmond Real Salt sea salts; season, garlic and onion salts

(800-367-7258)

Roland coarse sea salt, grey sea salt (800-221-4030)  
SaltWorks sea salt (800-353-7258)  
San Francisco Salt Company (800-480-4540)  
The Real Co. Himalayan pink rock salt (347-433-8945)  
Trader Joe's coarse sea salt from Noirmoutier  
Trim Healthy Mama Himalayan mineral salt (931-996-4283)

A. Vogel Herbamare and Trocomare seasoning salts  
Anthony's Goods organic spices (anthonysgoods.com)  
Azure Standard herbs, spices (971-200-8350)  
Beanilla organic vanilla extract (888-261-3384)  
Beeyoutiful seasoning herbs, spices (877-623-3968)  
BLiS Tuscan and Moroccan spice rubs (616-942-7545)  
Bragg sprinkle and sea kelp delight seasonings (800-446-1990)  
Branon maple seasoning (802-827-3914)  
Canaan Fair Trade organic thyme (360-980-2580)  
Carlton Farms herb and flower salts (570-396-0886)  
Celeste Longacre's Farm dried herbs and edible flowers  
(603-756-4152)  
Ceylon Pure pink Himalayan salt, cinnamon (650-752-8865)  
Dr. Fuhrman cinnamon (800-474-9355)  
Dr. Linda's seaweed seasonings (drlindas.com)  
Dr. Mercola organic vanilla extract (877-985-2695)  
EatRaw organic poppy seeds (866-432-8729)  
Eden gomasios (sesame salts)  
Fishhugger original and New Mexico spice rubs  
(602-286-9233)  
Flavorganics organic almond, peppermint and vanilla extracts  
(866-972-6879)  
Food to Live coarse sea salt, spices (except those from China)  
(718-717-1029)  
Forrest Green Farm herbs, spices (434-882-2648)  
Frontier seasoning herbs and spices (except those from China);  
sea salts, organic vanilla extract (800-669-3275)  
Glaser Organic Farms organic poppy seeds (305-238-7747)  
Grain Place Foods organic vanilla extract (888-714-7246)  
Harvest Eating organic spice blends (864-492-1499)  
Healthy Traditions organic spices (healthytraditions.com)  
Healthy Truth organic cinnamon, ginger and turmeric  
powders (774-256-5800)  
High Quality Organics Express herbs, spices, Cajun spice  
seasoning & rub, garlic pepper seasoning & rub, Chinese  
5 spice blend (775-234-8560)  
HimalaSalt pink sea salt, garlic salt, peppercorns  
(413-528-5141)  
Indus Organics seasoning herbs, spices and blends  
(925-895-6535)  
Jaffe Bros. organic poppy seeds (877-975-2333)  
Jiva Organics spices (713-661-2972)  
Kevala seasoning herbs and spices (877-379-1179)  
Laconiko oregano (571-292-1394)  
Live Superfoods sea salt, vanilla beans, vanilla bean powder,  
turmeric powder (800-481-5074)  
Maine Coast Sea Seasonings (seaweed flakes) (207-412-0094)  
Marx Foods organic fresh seasoning herbs (866-588-6279)  
McCormick Gourmet Collection organic herbs and spices

(except those from China); organic vanilla extract  
(800-632-5847)

Miller's Bio Farm herbs, spices, blends (except those with  
brewer's yeast) (717-786-7895)

Miller's Organic Farm saffron (717-556-0672)

Modern Stone Age Kitchen everything (but oxalates) spice  
(410-996-4776)

Moon Juice organic pink salt, raw vanilla, spices(310-399-2929)

Morton & Bassett herbs and spices; vanilla extract  
(800-646-8530)

Mountain Rose Herbs seasoning herbs, spices and sea salts  
(800-879-3337)

Natural Zing spices, sea seasonings, sea salts, organic vanilla  
and peppermint extracts (888-729-9464)

Navitas Organics organic turmeric powder (888-645-4282)

NorthEast Seasonings organic herbs, spices, blends (except  
those from China) (northeastseasonings.com)

NOW Foods organic vanilla extract (888-669-3663)

Nussli118 turmeric and vanilla chai superfood blends  
(857-242-4188)

Nuts.com organic poppy seeds (800-558-6887)

Obis One organic cracked black garlic, black garlic sea salt,  
black garlic chili powder, black garlic scape seasoning  
(609-202-9766)

Ocean Harvest Sea Vegetable Company sea veggie gomasio  
(707-694-9496)

Organic Traditions spices (888-968-6747)

Penzeys herbs, spices and blends (except those with salt and  
those from China); vanilla and almond extracts  
(800-741-7787)

Pluck Organ Meat Seasoning (eatpluck.com)

Primal Palate sea salts, spices, blends (except those from  
China) (primalpalate.com)

Purcell Mountain Farms spices (208-267-0627)

Pure Indian Foods black salt, herbs, spices (except those with  
gum arabic, rice or salt), vanilla extract (609-785-9100)

Raw Food Central turmeric and cinnamon powders  
(855-632-8729)

Raw Revelations organic cinnamon (951-677-2222)

Red Ape Cinnamon organic cinnamon, turmeric, Buddha  
shake curry mix, Mardi Gras shake (855-733-2731)

Rodelle Organics organic vanilla, lemon and almond extracts  
(800-898-5457)

Seagreens organic mineral salt and Seagreens Culinary  
(800-899-3413)

Shiloh Farms organic poppy seeds (800-362-6832)

Simply Organic spices, vanilla extract (800-669-3275)

Singing Dog Vanilla vanilla beans, pure and double fold vanilla  
extracts (888-343-0002)

Smith & Truslow organic herbs, spices, blends and sea salts  
(smithandtruslow.com)

Spicely herbs, spices, seasoning blends, almond and vanilla  
extracts (510-440-1044)

Spiritual Food for the New Millennium biodynamic gourmet  
finishing salts (301-654-4899)

Starwest Botanicals seasoning herbs and spices

(800-800-4372)  
Swanson organic spices (800-824-4491)  
Teeny Tiny Spice Co. of Vermont organic spice blends (except those with cocoa or coffee) (802-598-6800)  
The Meadow sea salts, spices (503-305-3388)  
The Spice Hunter herbs and spices (except those from China) (800-444-3061)  
The Vanilla Company saffron, vanilla beans and powder, 3-fold vanilla paste; pure vanilla, coconut, almond, lemon and orange extracts (831-476-9111)  
Thrive Market organic herbs, spices, blends (except those from China) (866-419-2174)  
Vanns Spices herbs, spices, sea salts (except those with corn flour) (800-583-1693)  
Vedica Organics spices (888-290-9312)  
Vitacost Himalayan pink salt, spices (800-381-0759)  
VitaminSea Seaweed dulse seasonings (207-929-8678)  
Weil Farms organic cinnamon, turmeric powder (631-680-6897)  
Whole Foods 365 organic pumpkin pie spice  
Wildly Organic seasoning herbs, spices, blends and salts (218-226-3985)  
Zocalo Gourmet dried chile pepper pods (425-398-9761)

**GOOD:** Non-iodized salt; dried seasoning herbs, spices and blends without additives; blends containing salt.

Arora Creations Indian spice blends (except those with citric acid) (917-476-9942)  
Hain sea salt  
Lima salt  
Live Superfoods zesty original salad booster (800-481-5074)  
Living Intentions zesty original salad booster (415-824-5483)  
Pure Indian Foods hing powder (609-785-9100)  
Penzeys spice blends with salt (800-741-7787)

**AVOID:** Iodized salt; MSG; salts, herbs, spices and blends containing MSG, citric acid, hydrolyzed protein or other additives. Spices and herbs (even organic) from China.

## Soups and Stocks

**BEST:** Stock made with bones of pastured poultry, beef, veal, water buffalo, lamb, goat, game meats and pork fed non-GMO feed; stock made with wild seafood or bonito flakes; GMO-free homemade soups based on homemade stock (bone broth).

Arizona Grass Raised Beef Company beef bone broth (480-569-3330)  
Au Bon Broth organic pure low sodium bone broth (800-453-6007)  
Bonafide Provisions chicken, beef, turkey and frontier blend bone broths; soups (bonafideprovisions.com)  
Brodo Broth Co. hearth, chicken and beef bone broths

(646-844-1862, ext 5)  
 BrothMasters bone broth (248-733-3899)  
 Circle C Farm beef and chicken bone broths (239-776-5802)  
 Dutch Meadows Farm beef, chicken and turkey bone broths  
 (717-442-9208)  
 Ed's Kasilof Seafoods salmon and halibut stocks; tomato soup  
 (907-262-9572)  
 Fields of Athenry Farm chicken and mixed lamb/beef stocks  
 (703-300-5765)  
 Green Acres Farm beef and chicken stocks (717-768-3504)  
 Grow and Behold Foods kosher chicken stock (888-790-5781)  
 Hale Life Broth beef bone broth (781-844-4418)  
 KOL Foods kosher beef, lamb and poultry stocks  
 (888-366-3565)  
 Meadow Ridge Farm beef, chicken and goat stocks  
 (519-881-7258)  
 Miller's Bio Farm beef bone broth, chicken liver soup  
 (717-786-7895)  
 Miller's Organic Farm chicken liver soup; beef, veal, pork,  
 chicken, turkey, goose, duck, lamb, water buffalo, goat  
 and fish stocks (717-556-0672)  
 NorthStar Bison beef, bison, chicken and turkey stocks  
 (715-458-4300)  
 Osso Good beef and chicken stocks; tomato basil and super  
 green soup (415-578-0899)  
 Paleo on the Go beef and chicken broths; soups  
 (855-447-2536)  
 Pete's Paleo bone broths, soups (619-363-7136)  
 Slim Broth beef and chicken broths, coconut ginger and mint,  
 chicken bone broth soup (drkellyann.com)  
 Stock Options beef, chicken and fish stocks; beef demi-glace  
 (503-236-7610)  
 The Brothery beef and chicken broths, coconut ginger mint  
 and lemon soup, short cook chicken meat broth  
 (226-779-5222)  
 US Wellness Meats beef marrow, chicken and duck stocks  
 (877-383-0051)  
 Vital Choice beef, chicken, halibut and salmon broths; soups  
 (866-482-5887)

**GOOD:** GMO-free canned broth or stock without additives. Add 1-2 teaspoons gelatin (recommended brands) to these canned broths and stocks.

Amy's organic canned soups (except those with flour, pasta,  
 white rice or tofu)  
 Bar Harbor clam, lobster, seafood and fish stocks  
 (800-962-6258)  
 Belcampo Meat Co. original and chicken bone broths  
 (510-250-7810)  
 Brodo Broth Co. seaweed mushroom broth (646-844-1862)  
 Broth of Life dehydrated beef, chicken and lamb stocks  
 (brothoflife.com.au)  
 EPIC beef, bison, chicken and turkey broths (512-944-8502)  
 Fig Food Co. organic chickpea, tomato & thyme soup  
 (BPA-free pouches) (855-344-3663)  
 Healthy Traditions beef and bison stocks



(healthytraditions.com)

Karine & Jeff organic soups (karinejeff.us)

Kettle & Fire beef and chicken bone broths (415-857-0024)

Miller's Organic Farm chicken noodle soup (717-556-0672)

More Than Gourmet classic seafood and classic fish stocks  
(800-860-9385)

White Oak Pastures beef, chicken, duck, turkey and guinea  
stocks; canned beef, chicken and turkey bases; beef  
and lamb demi glaze, duck demi glaze (229-641-2081)

**AVOID:** Most canned and all dehydrated soups, which are loaded  
with MSG; stock sold in high-temperature aseptic boxes; bouillon  
cubes. Soups and stocks that are not GMO-free.

## Snack Foods

**BEST:** Organic potato chips, plantain chips and popcorn cooked in  
pastured lard, ghee, coconut oil or palm oil; organic popcorn home-  
popped in pastured lard, ghee, coconut oil or palm oil.

Azure Standard organic coconut rolled dates (971-200-8350)

Barnana organic original and coconut banana bites; pink  
sea salt plantain chips (barnana.com)

Country Life Natural Foods organic date coconut rolls  
(269-236-5011)

Gardens of Grace vanilla and happy harvest snack mixes  
(262-443-7522)

Glaser Organic Farms date-coconut rolls (305-238-7747)

Grassland Nutrition carnivore snacks (grasslandnutrition.net)

Healthy Truth organic raw spicy Santa Fe trail mix  
(774-256-5800)

Jackson's Honest Chips organic sea salt potato chips, purple  
heirloom potato chips, sea salt sweet potato chips  
(all in coconut oil) (303-619-8056)

Jaffe Bros. organic date coconut rolls (877-975-2333)

Lark Ellen Farm vanilla cinnamon, berrylicious and pumpkin  
fig grain free bites; cumin crunch trail mix; grain free  
maple raisin cereal (805-272-8448)

LesserEvil organic Himalayan pink and ghee popcorn  
(203-529-3551)

Masa Traditional Tortilla Chips nixtamalized corn chips in tal-  
low (masachips.com)

Meadow Ridge Farm trail mix, potato chips (in pastured lard)  
(519-881-7258)

Miller's Bio Farm organic crispy trail mix, potato chips (in  
pastured lard) (717-786-7895)

Miller's Organic Farm trail mix; potato chips and sweet  
potato chips (both in pastured lard) (717-556-0672)

Modern Stone Age Kitchen nix 'nacks, tortilla chips, butter  
bites (410-996-4776)

Nate's Raw Harvest organic sprouted trail mix and wow! bites  
(214-546-2023)

Natural Zing Japanese, Mexican, Italian, curry and Texas

BarBQ power wraps (888-729-9664)  
Nourishing Kitchens grain free granolas and bites  
(541-760-5277)  
Nussli118 gluten-free ginger bites, sprouted nut granolas,  
sprouted nut mix; maple and salted caramel nut clusters  
(857-242-4188)  
Pleasant Pastures trail mix (717-768-3437)  
Shields Date Garden organic coconut date rolls(800-414-2555)  
SunOrganic Farm organic date coconut rolls (888-269-9888)  
Tierra Farm organic date coconut rolls (888-674-6887)  
United With Earth organic date coconut rolls (510-210-4359)  
Veggie-Go's beet apple and carrot apple strips; beet apple  
and carrot apple ends & bits (888-297-9426)  
Xochitl white corn tortilla chips (214-800-3551)

**GOOD:** Organic chips and popcorn cooked in lard (but may contain additives), olive, palm, high oleic sunflower or high oleic safflower oil; plain pork rinds.

Aunt Patty's Mt. Rainier, Mt. Baker and Mt. St. Helens trail mixes (800-456-7923)  
Aurora Products organic cranberry frontier, cranberry health and nuts & berries trail mixes (203-375-9956)  
Awesome Foods dried zucchini tempuraw and onion rings; cashew and pistachio sticks; almond butter fudge, coconut cashew and carob coconut balls (610-757-1048)  
Azure Standard organic almond date rolls (971-200-8350)  
Back Roads Food Company paleo granolas (802-579-1135)  
Bare Fruit snacks (800-940-0019)  
Barnana tropical banana bites (barnana.com)  
Better Than Roasted island magic, autumn blend, mystic mountain and oasis trail mixes; banana, ginger, pecan and tropical love bites (540-745-5040)  
Bewellaby botanical gummies (425-610-7082)  
Blue Mountain Organics coconut mulberry chia delight (540-283-9589)  
Bob's Red Mill paleo style muesli  
Chocola Tree nori nachos (928-282-2997)  
Country Life Natural Foods fruit nut n seed trail mix; organic date almond coconut rolls, date pecan logs (269-236-5011)  
Dancing Star organic lemon pomegranate, chia orange, cinnamon fig superfood+, and date flax with turmeric chunks of energy (413-625-8300)  
Divine Organics golden princess and wild macmulberry trail mixes (415-884-4477)  
EPIC coconut carnivore, honest harvest, bacon lust and mountain medley trail mixes (512-944-8502)  
Essential Living Foods enlighten trail mix (310-319-1555)  
Farmhouse Culture dill pickle, sea salt and zesty garden veggie kraut krisps (831-466-0499)  
Gardens of Grace trail mix (262-443-7522)  
GimMe organic olive oil, sea salt and sesame roasted seaweed snacks (415-479-8272)  
Glaser Organic Farms banana, mamey, mango, strawberry and sapodilla-banana rawies; banana, snow and temple balls; date-almond rolls; orange cranberry granola;

- a walk in the park, Himalayan delight and go for it trail mixes (305-238-7747)
- Go Raw Real Live Food flax snax, spirulina super chips, lime coconut crisps, salt & vinegar coconut crisps (408-272-4722)
- Gopal's Japanese, Mexican, Italian, curry, honey curry, masala and Texas BarBQ power wraps (866-646-7257)
- Gorilly Goods jungle and sweet curry cashew fruit & nut snacks (262-423-8000)
- GrandyOats organic grain-free original coconola (coconut granola); classic and apple cranberry trail mixes (207-935-7415)
- Healthy Truth organic raw sprouted blueberry baobao crunch, lemon poppy pomegranate energy squares (774-256-5800)
- Higher Power trail mixes, chips (877-684-8763)
- International Harvest, Inc. go tropical trail mix (914-699-5600)
- Jaffe Bros. organic trail mixes, date pecan nuggets (877-975-2333)
- Lundberg Family Farms organic sea salt rice chips
- Lydia's Foods spicy beet and super carrot sprouted chips; apple crunch and ancient power sprouted cereals (707-992-0776)
- MamaSezz organic gram's granola (grain free) (800-212-8913)
- Manna Organics trail mix (630-795-0500)
- Matt's Munchies fruit snacks (except those containing chocolate) (714-836-5825)
- Mt. Olive Organic Farm organic walnut stuffed dates (805-237-0147)
- Natural Zing Japanese, Mexican, Italian, curry and Texas BarBQ power wraps; pecan heaven trail mix (888-729-9664)
- Nuts.com organic pecan date rolls, walnut date rolls (800-558-6887)
- Organic banana chips (in health food stores)
- Paleo Mama Bakery cranberry walnut granola (608-692-3715)
- Paleonola grain-free granola (except those with cacao) (833-476-3733)
- Peeled Snacks organic apple crunch and cinnamon crunch apple clusters (212-706-2001)
- Pete's Paleo paleo trail mix (619-363-7136)
- Primal Island toasted coconut grain free granola(360-632-5095)
- Raw Food Central onion rings (855-632-8729)
- Rayo De Sol sweet rolls (877-478-7486)
- Rising Tide Sea Vegetables sea crunchies (707-964-5663)
- SeaSnax organic roasted seaweed snacks (except wasabi and BBQ) (310-882-5503)
- Shields Date Garden organic almond, apple cinnamon, banana, almond date coconut confection, pecan and walnut date rolls (800-414-2555)
- Shiloh Farms datelet nut rolls (800-362-6832)
- Solely organic banana pecan fruit jerky (888-776-5359)
- Stretch Island organic grape and apple fruit strips (800-700-9687)
- The Maine Sea Kitchen sea kitchen crunch (etsy.com/shop/TheMaineSeaKitchen)
- United With Earth organic date almond rolls (510-210-4359)

US Wellness mystic mountain and paleo trail mixes; ginger, pecan and tropical love bites (877-383-0051)  
VitaminSea Seaweed seacrunch cranberry kelp snack (207-929-8678)  
Wilderness Poets trail mixes (except those with cacao) (844-945-3649)  
Wildmade fruit rolls (888-297-9426)  
Wildway apple cinnamon, banana nut and coconut cashew grain-free granolas (wildwayoflife.com)

4505 Meats sea salt and classic chili & salt fried pork rinds (415-255-3094)  
Baken-Ets fried pork skins, traditional (800-352-4477)  
Brim's pork rinds, original and plain soft cracklins (brimsnacks.com)  
El Sabroso pork cracklins, original  
EPIC pork rinds (except those with citric acid) (512-944-8502)  
Mac's fried pork skins, original (888-643-8267)  
US Wellness pork rinds (877-383-0051)  
Utz pork rinds

Kettle Brand Co. organic sea salt potato chips (503-364-0399)  
Luke's Organic kettle style sea salt potato chips (lukesorganic.com)

Garden of Eatin' organic corn tortilla chips, strips and rounds; sunny blues, sesame blues (800-434-4246)  
Jackson's Honest Chips blue corn, red corn, yellow corn and lime sea salt tortilla chips (all in coconut oil) (303-619-8056)  
Late July restaurant style sea salt, sea salt & lime, and purple corn tortilla chips; sweet potato, sublime and red hot mojo multigrain snack chips; clasico crispy yellow corn tortilla chips  
Thrive Market organic sprouted tortilla chips (866-419-2174)  
Utz organic corn tortilla chips

G.H. Cretors organic popcorn with olive oil (800-448-6994)  
Trader Joe's organic popcorn with olive oil  
Whole Foods 365 organic popcorn

Essential Eating organic sprouted pretzel puffs (570-586-1557)  
Shiloh Farms organic sprouted whole wheat pretzels w/sea salt, sprouted whole wheat pretzels w/chia (800-362-6832)  
Unique Essential Eating organic sprouted pretzels (888-477-5487)

**AVOID:** All chips, popcorn and snack foods cooked in partially hydrogenated vegetable oils; microwave popcorn; snack foods containing agave, citric acid, unsoaked quinoa, chocolate, cocoa or cacao; snack foods made with non-organic grains (most of which are sprayed with Roundup); non-organic chips and popcorn.

## Cookies, Bars and Muffins

**BEST:** Cookies, bars and muffins made with organic natural sweeteners, soaked or sprouted whole grain flour, soaked/dried nuts and seeds, and butter, coconut oil or other traditional fats.

- Berkshire Mountain Bakery ginger molasses cookies (413-274-3412)
- Gail's Cupboard organic quinoa biscotti (570-561-6970)
- Gluten-Free Sourdough Co. vanilla spice and ginger power cookies (508-733-5399)
- Meadow Ridge Farm sprouted wheat carob brownies (519-881-7258)
- Miller's Bio Farm muffins (gluten-free), carob brownies (717-786-7895)
- Miller's Organic Farm muffins (gluten-free) (717-556-0672)
- Nourishality Organic sprouted superfood Snacks (except those with chocolate), pistachio cardamom rose, floret superbites (714-794-8367)
- Second Spring Foods sprouted flour gingerbread cookie mix

**GOOD:** Cookies, bars and muffins made with organic whole grain flour, butter, palm oil or coconut oil.

- Bearded Brothers organic energy bars (except those with kale, hemp, cocoa or cacao) (512-428-4698)
- Equal Exchange organic fruit and nut bars (774-776-7333)
- Glaser Organic Farms organic carob fudgy brownies (305-238-7747)
- Go Raw Real Live Food super cookies (except chocolate), spirulina energy bars, banana bread flax bars (408-272-4722)
- Gopal's sesame-mango, walnut-fig, apple-delicious, pumpkin-date and pineapple-nut rawma bars; sprout bars (866-646-7257)
- Jennies coconut macaroons in 8 oz. cans, organic coconut macaroons (570-457-2400)
- Jovial organic ginger spice cookies (877-642-0644)
- Larabar fruit bars (except those with coffee, chocolate, cocoa, cacao, hemp, kale or natural flavors) (877-LARABAR)
- Live Superfoods raspberry, tropical mango and banana bread flax bars (800-481-5074)
- Livin' Spoonful organic lemon chia cookies, ginger snaps (503-230-8484)
- Lydia's Foods spirulina and tropical mango bars (707-992-0776)
- Miller's Organic Farm oatmeal raisin cookies (717-556-0672)
- Natural Zing sesame-mango, walnut-fig, apple-delicious, pumpkin-date and pineapple-nut rawma bars; spirulina and tropical mango bars, sprout bars (888-729-9464)
- O Bread Bakery organic ginger molasses and oatmeal raisin cookies (802-985-8771)
- Paleo on the Go paleo blondies (855-447-2536)
- Patagonia Provisions fruit + almond bars (except those with cacao) (888-221-8208)
- Raw Crunch cranberry and blueberry bars (704-650-3434)
- ShaSha Co. organic spelt ginger snaps (416-255-0416)

Skout Organic peanut butter, coconut, apple pie and blueberry blast bars (201-874-4835)  
Stutzman Farms organic gluten-free bars (330-674-1289)  
That's it. fruit bars (thatsitfruit.com)  
The Family Cow organic oatmeal raisin cookies (717-491-4004)  
Thunderbird Energetica cashew fig carrot and pecan persistence bars (thunderbirdbar.com)

**AVOID:** Cookies, bars and muffins made with non-organic grains (most of which are sprayed with Roundup); most commercial cookies, bars and muffins made with partially hydrogenated vegetable oils or refined sweeteners like sugar, high-fructose corn syrup and agave; granola bars; energy bars, especially those containing soy protein; cookies, bars and muffins containing natural flavors, coffee, chocolate, cocoa or cacao.

## Sweeteners

**BEST:** Organic natural sweeteners such as molasses, green stevia leaves and green stevia powder, dehydrated sugar cane juice, malt syrups, coconut sugar, palm sugar, date sugar and sorghum syrup; maple syrup, maple sugar; organic sugar for making kombucha; raw, unfiltered honey from hives that are free of pesticides, antibiotics and non-organic sugars. (Note: Raw honey should not be given to babies.)

Amish Honey, Inc. raw honey (917-519-1242)  
Bariani raw honey (415-864-1917)  
Chocola Tree raw honey (928-282-2997)  
Dr. Mercola raw honey (877-985-2695)  
Dutch Meadows Farm raw honey (717-442-9208)  
Glaser Organic Farms raw honey (305-238-7747)  
GloryBee Foods raw honey (800-456-7923)  
Good & Gather (Target) organic raw honey (800-316-6151)  
Hawai'i Harvest organic raw honey (808-339-5226)  
Healing Spirits Herb Farm raw honey (607-566-2701)  
Healthy Traditions organic raw honey (healthytraditions.com)  
Horizontal Hive raw honey, comb honey (417-962-0707)  
Kevala organic raw honey (877-379-1179)  
Kirkland organic raw honey  
Living Tree organic raw honey (800-260-5534)  
Madhava organic raw honey (800-530-2900)  
Maharishi Honey organic raw honey (maharishihoney.com)  
Moonwise Herbs raw honey (920-452-4372)  
Natural Zing raw honey (888-729-9464)  
Nature Nate's organic raw honey (469-452-4429)  
Once Again organic raw honey (585-360-2295)  
Patagonia Provisions organic raw honey (888-221-8208)  
Pili Hunters wild raw honey (628-227-7454)  
Puremiel organic raw honey (puremiel.com)  
Puritan's Pride organic raw honey (800-645-1030)  
Really Raw honey and fermented honey (800-732-5729)  
Rigoni di Asiago organic raw honey  
Schenker Family Farms raw honey (620-632-4470)

Sunny Acres Honey Farm raw honey (660-945-3874)  
The CheeseMaker raw honey (877-424-3393)  
The Family Cow raw honey (717-491-4004)  
Thrive Market organic raw honey (866-419-2174)  
Trader Joe's organic raw honey  
US Wellness raw honey (877-383-0051)  
Vitacost organic raw honey (800-381-0759)  
Wee Bee raw honey (585-652-9592)  
Weil Farms organic raw honey, comb honey, honey powder  
(631-680-6897)  
Wholesome Sweeteners organic raw honey  
Y.S. Organic Bee Farms raw honey (800-654-4593)

Eden organic barley malt syrup (517-456-7424)  
Aunt Patty's organic blackstrap molasses (800-456-7923)  
Country Life Natural Foods organic blackstrap molasses  
(269-236-5011)  
Plantation organic blackstrap molasses  
Wholesome Sweeteners organic blackstrap molasses

Billington's muscovado sugar  
Wildly Organic muscovado sugar (218-226-3985)  
Pure Indian Foods organic jaggery (panela) (609-785-9100)  
Rapadura (dehydrated sugar cane juice)  
Sucanat (dehydrated sugar cane juice)

Alaska Birch Syrup Company birch syrup (907-353-1309)  
Aunt Patty's maple sugar, date sugar (800-456-7923)  
B&E's Trees organic maple syrup (608-799-9380)  
Back Creek maple syrup (540-499-2302)  
BLiS maple syrup (616-942-7545)  
Branon organic maple syrup, sugar and cream (802-827-3914)  
Buck Mountain maple syrup (802-370-0219)  
Cherokee Bison Farms maple syrup (715-223-3644)  
Coombs maple syrup, sugar, granules and powder  
(888-266-6271)  
Country Life Natural Foods maple syrup (269-236-5011)  
Date Lady organic date sugar and syrup (417-414-2282)  
Davis Family Sugar Shack organic maple syrup (715-551-1090)  
Dutch Meadows Farm maple syrup (717-442-9208)  
Dutchman's Gold maple syrup (844-773-8824)  
Eagle's Sugar Camp maple syrup (540-396-6126)  
Field Day organic maple syrup  
Glaser Organic Farms maple crystals, date sugar  
(305-238-7747)  
Great River Maple organic maple syrup and cream  
(319-830-5882)  
Healthy Traditions maple syrup (healthytraditions.com)  
Just Date Syrup organic date syrup (justdatesyrup.com)  
Kirkland maple syrup  
Living Tree maple syrup, date sugar (800-260-5534)  
Maple Hill Farm maple syrup, sugar and cream  
(800-543-5379)  
Maple Syrup Producers' Cooperative maple syrup and sugar  
(819-362-3241)  
Maple Valley maple syrup, sugar and cream (608-654-7319)  
McCluskey Brothers maple syrup (608-986-3760)

Meadow Ridge Farm maple syrup (519-881-7258)  
Miller's Bio Farm maple syrup (717-786-7895)  
Miller's Organic Farm maple syrup (717-556-0672)  
Native Harvest maple syrup (218-375-4602)  
Natural Value maple syrup  
New Hope Mills organic maple syrup (315-252-2676)  
NOW Foods maple syrup (888-669-3663)  
Patterson Sugar Bush organic maple syrup, maple sugar  
(603-225-7864)  
Patz Maple & Honey Farms sorghum syrup; maple syrup,  
sugar and cream (800-897-2488)  
Plummer's Sugar House maple syrup, sugar and cream spread  
(802-843-2207)  
Primal Woods maple syrup (269-222-0101)  
Rocky Ridge Dairy maple syrup (585-394-4122)  
Roth Sugar Bush maple syrup (715-289-3820)  
Runamok Maple organic maple syrups (except those with  
cacao or coffee) (802-849-7943)  
Russell organic maple syrup  
Shady Maple Farms organic maple syrup, sugar and maple  
butter  
Shields Date Garden organic date sugar and date butter  
(800-414-2555)  
Shiloh Farms maple syrup, maple sugar and date sugar  
(800-362-6832)  
Specially Selected (Aldi) maple syrup (800-325-7894)  
Spring Brook Farm maple syrup (802-484-1236)  
Spring Tree organic maple syrup  
Stannard Farm maple syrup and sugar (stannardfarmvt.com)  
Stryker Farm maple syrup (570-269-2995)  
SunOrganic Farm organic date sugar (888-269-9888)  
Thrive Market organic maple syrup (866-419-2174)  
Vermont Highland Cattle Company maple syrup  
(888-243-8218)  
Vitacost maple syrup (800-381-0759)  
Whole Foods organic maple syrup  
Wilderness Poets maple crystals (844-945-3649)

Coconut or palm sugar (sold in Asian markets)  
Anthony's Goods organic coconut sugar (anthonysgoods.com)  
Aunt Patty's organic coconut sugar (800-456-7923)  
Big Tree Farms organic coconut palm sugars, coconut nectars  
(833-324-8733)  
Bright Earth organic coconut palm sugar (541-201-0420)  
Coconut Secret raw coconut crystals, coconut nectar  
(888-369-3393)  
Country Life Natural Foods organic coconut sugar  
(269-236-5011)  
Divine Organics coconut sugar, crystals and nectar  
(415-884-4477)  
Earth Circle Organics coconut sugar crystals (888-501-7170)  
Food to Live organic coconut sugar (718-717-1029)  
Foods Alive coconut sugar crystals (260-488-4497)  
Healthy Goods organic coconut palm sugar (800-481-5074)  
Living Tree coconut crystals (800-260-5534)  
Madhava organic blonde coconut sugar (800-530-2900)  
Munkijō organic coconut sugar and nectar (949-861-2798)



Natural Zing palm sugar, raw coconut crystals, coconut nectar  
 (888-729-9464)  
 Nutiva coconut sugar (800-993-4367)  
 Nuts.com organic palm sugar (800-558-6887)  
 Organic Traditions coconut palm sugar (888-968-6747)  
 Original Living Coconut coconut sugar (800-906-3064)  
 Raw Revelations coconut palm sugar (951-677-2222)  
 RawGuru organic coconut sugar (800-925-0577)  
 Terrasoul Superfoods organic coconut palm sugar  
 (800-458-8773)  
 Thrive Market organic coconut sugar, coconut nectar  
 (866-419-2174)  
 Vitacost organic coconut sugar (800-381-0759)  
 Viva Naturals organic coconut sugar (800-921-8482)  
 Wholesome Sweeteners organic coconut palm sugar  
 Wildly Organic coconut syrup (218-226-3985)

Frontier green stevia powder (800-669-3275)  
 Mountain Rose Herbs stevia leaves and green powder  
 (800-879-3337)  
 Organic Traditions green stevia powder (888-968-6747)  
 Starwest Botanicals stevia leaves (800-800-4372)  
 Tudor House Tea & Spice stevia leaves (269-425-1512)

**GOOD:** Raw, unadulterated honey, preferably unfiltered. Organic jams made with natural sweeteners, and without ascorbic acid and citric acid. Water-extracted pure monk fruit that is not combined with sugar alcohols.

Alaska Birch Syrup raw honey (907-373-1309)  
 Ames Farm raw honey (952-955-3348)  
 B and G Honey Farm raw honey (912-852-5124)  
 BannerBee raw honey (240-793-0363)  
 Bee Chama Honey (beechamahoney.com)  
 Bee Flower and Sun Honey Co. raw honey (908-735-6946)  
 Bluff Wood Creek raw honey (bluffwoodcreek.com)  
 Brad's Organic organic raw honey (bradsorganic.com)  
 Circle C Farm raw honey (239-776-5802)  
 Cognitive Function raw reishi honey (cognitivefunction.net)  
 Country Life Natural Foods raw honey (269-236-5011)  
 Crystal's Honey raw honey (978-667-2337)  
 Dutchman's Gold raw honey, honeycomb (844-773-8824)  
 Ebeehoney.com raw honey (419-289-6701)  
 Fields of Natural Honey raw honey, honeycomb  
 (765-425-1940)  
 Fishhugger raw honey (602-286-9233)  
 Grandpa Stan's raw honey (352-593-5082)  
 HalleluYah Honey raw honey, creamed honey, cut comb  
 honey (209-409-5600)??  
 Heavenly Honey Farm raw honey (253-232-6483)??  
 Heavenly Organics organic raw honey (303-656-6700)  
 Honey Gardens raw honey (800-538-5888)  
 Honey in the Rough  
 Honey Pacifica raw honey, honeycomb, fermented honey,  
 habanero honey (562-803-4300)  
 L.R. Rice raw honey (970-353-6277)  
 Lazy Bee Ranch raw honey (720-251-3270)

Liquid Gold Honey raw honey (561-221-3828)  
 Living Honey raw honey (801-368-3870)  
 Marshall's Farm Natural Honey raw honey (707-556-8088)  
 Marsolen's Pure Honey raw honey, honey comb  
 (608-838-3992)  
 Meadow Ridge Farm raw honey (519-881-7258)  
 Meant To Be Natural Food raw kosher honey (845-535-1354)  
 Miller's Bio Farm raw honey (717-786-7895)  
 Miller's Organic Farm raw honey (717-556-0672)  
 Mt. Olive Organic Farm raw honey (805-237-0147)  
 Nuts.com raw honey (800-558-6887)  
 Patz Maple & Honey Farms all natural raw honey (unflavored),  
 comb honey (800-897-2488)  
 PJ Farms raw honey (856-498-8368)  
 Pleasant Pastures raw honey and honeycomb  
 (717-768-3437)  
 Premier Research Labs raw honey (800-325-7734)  
 Raw Honey MKE raw honey, honeycomb (844-696-4276)  
 Rice Family Honey raw honey (970-353-6277)  
 South Mountain Creamery raw honey (East Coast)  
 (844-762-6455)  
 Stakich, Inc. raw honey (248-642-7023)  
 Stutzman Farms raw honey (330-674-1289, ext 2)  
 Tudor House Tea & Spice raw creamed honeys  
 (269-425-1512)  
 Walt's Swarbustin' honey (610-384-2384)  
 Wedderspoon raw honey (877-296-8403)  
 Wisconsin Natural Acres raw honey (920-849-9784)

Alaska Birch Syrup fruit spread (907-373-1309)  
 Bioitalia jams  
 Brad's Organic fruit spreads (bradsorganic.com)  
 Colorado Mountain Jam jams (970-464-0745)  
 Eden fruit butters  
 Miller's Bio Farm apple butter (717-786-7895)  
 Miller's Organic Farm apple butter (717-556-0672)  
 Natural Value organic fruit spreads  
 Oyler's Organic Farm unsweetened apple butter  
 (717-677-8411)  
 Rigoni di Asiago Fiordifrutta fruit spreads (305-470-7583)  
 Selina Naturally fruit spreads (800-867-7258)

Lakanto pure monk fruit extracts (800-513-7936)

**AVOID:** White sugar, corn syrup, high-fructose corn syrup, brown rice syrup, fructose, agave, yacon syrup, imitation syrups, heated honey, concentrated fruit juices, monk fruit that is not water-extracted; stevia extracts (liquid and powder), artificial sweeteners such as sucralose (Splenda) and aspartame (Nutra-Sweet and Equal), sugar alcohols, such as xylitol; jams made with sugar, ascorbic acid or citric acid.

## Ice Cream

**BEST:** Homemade ice cream (except chocolate and those with natural flavors) made with cream from grass-fed animals (preferably raw), egg yolks, real vanilla and natural sweeteners.

Meadow Ridge Farm raw ice cream (519-881-7258)

Miller's Bio Farm raw ice cream (717-786-7895)

Miller's Organic Farm raw cow and water buffalo ice creams  
(717-556-0672)

Pleasant Pastures raw ice cream (717-768-3437)

**GOOD:** Simple flavors (such as vanilla or pistachio) of commercial ice cream made with rBGH-free milk, cream, egg yolks and real vanilla. (Note: Unfortunately, all commercial ice cream is made with homogenized cream and milk.)

Alden's organic ice cream

Ben & Jerry's vanilla ice cream

Ciao Bella vanilla gelato, coconut sorbetto (800-343-5286)

Kirkland Super Premium vanilla ice cream

Talenti vanilla and coconut gelatos (214-526-3600)

Trader Joe's Super Premium French vanilla ice cream

**AVOID:** All commercial ice cream brands contain a form of antifreeze called propylene glycol which is not listed on the labels. Commercial ice cream brands should only be eaten in very moderate amounts. Avoid ice cream made without cream and those containing extenders, soy products, powdered milk, powdered egg yolks, agave, artificial or natural flavors, vanilla flavor, chocolate, cocoa, cacao or additives.

## Beverages

**BEST:** Organic lacto-fermented beverages (in glass jars) such as kombucha (made with organic black tea) and kvass; plain mineral water in cans or glass bottles without added sweeteners and flavorings.

Angelica's Garden beet and lime kvasses (Midwest)  
(715-781-4815)

Ann Payne's Caveman Foods water kefir (except those with coffee) (416-665-4949)

Aqua Vitea kombucha (Northeast) (802-453-8590)

BAO kombucha (917-818-1226)

Biotic Beverages kvasses (West Coast) (707-583-9812)

Buchi Kombucha kombucha without natural flavors, kefir soda  
(except those with coffee or cocoa) (Southeast)  
(828-484-8229)

Burgie's Organics kefir soda (920-349-3154)

Capital Kombucha cucumber melon kombucha (Mid-Atlantic)  
(617-755-0801)

Celestial Organics concord grape kombucha (800-351-8175)

Doctor D's water kefir (303-775-0064)

Dutch Meadows Farm kombucha, beet kvass (717-442-9208)

Fab Ferments beet kvass (513-562-7531)  
 Farmhouse Culture gut shots (fermented vegetable juices)  
 (831-466-0499)  
 Gail's Cupboard beet kvass, kombucha (except goji),  
 fermented lemonade, jun, almond milk (570-561-6970)  
 GetKombucha.com kombucha (888-542-4448)  
 GT's organic raw kombucha and synergy (except koffee  
 kombucha) (877-735-8423)  
 Hawthorne Valley Farm beet kvass, fermented sauerkraut and  
 kimchee juices (518-672-7500)  
 Health-Ade kombucha (844-337-6368)  
 Healthy Traditions beet kvass (healthytraditions.com)  
 Hidden Pond Farm kombucha, beet kvass (765-960-5092)  
 High Country Kombucha kombucha (except goji)  
 (970-328-1827)  
 Katalyst Kombucha (413-773-9700)  
 Kirkland kombucha  
 Kombucha 2000 (except hemp kombucha) (818-602-2455)  
 Kombucha Botanica kombucha (831-425-1320)  
 Kombucha Kamp kombucha (424-245-5867)  
 Lupa's Kitchen kombucha (404-664-4209)  
 Meadow Ridge Farm kombucha, beet kvass, cabbage juice  
 tonic, ginger ale (519-881-7258)  
 Miller's Bio Farm kombucha, beet kvass; fermented ginger  
 ale, lemonade and cabbage juice (717-786-7895)  
 Miller's Organic Farm kombucha, beet kvass, water kefir,  
 eggnog; fermented ginger ale, lemonade, limeade,  
 cabbage juice, kimchee juice and daikon radish juice  
 (717-556-0672)  
 NessAlla kombucha (Midwest) (608-628-4250)  
 Oregon Brineworks beet kvass (541-354-1357)  
 Pleasant Pastures kombucha, beet kvass; fermented ginger  
 ale, grape cooler and sauerkraut juice (717-768-3437)  
 ProNatura kombucha tea (800-555-7580)  
 Real Pickles beet kvass (Northeast) (413-774-2600)  
 Steve's Paleogoods gut power shots (fermented vegetable  
 juices) (856-356-2258)  
 Suja kombucha (855-879-7852)  
 Tapuat Kombucha kombucha (Midwest) (920-854-5066)  
 The Rejuvenation Company kombucha and rejuvelac  
 (408-320-4805)  
 Trader Joe's kombucha  
 Wild Tonic non-alcohol jun (except goji) (928-634-5434)  
 Wise Goat Organics golden and beet kvasses, fermented  
 cabbage juice (303-905-9723)  
 Grainfields B.E. Wholegrain and Lemon & Ginger fermented  
 drinks (718-788-8783)  
 Kanne organic bread drink (800-400-7772)  
 Selina Naturally Grainfields B.E. Wholegrain fermented drink  
 (800-867-7258)  
 Vita Biosa fermented beverage (905-357-0800)

Apollinaris sparkling mineral water  
 Ferrarelle sparkling mineral water  
 Perrier unflavored sparkling water (in cans or glass bottles)  
 Topo Chico unflavored sparkling mineral water (in glass bottles)

**GOOD:** Herbal coffee substitutes; organic herb teas without natural flavors, alfalfa, cocoa, chocolate, cacao, citric acid and caffeine, in moderation (and be careful of herb teas, some can have drug-like effects); organic unpasteurized beer and organic wine.

Cafix instant coffee substitute

Dandy Blend instant coffee substitute (800-697-4858)

Faux Joe organic caffeine-free roasted grain beverage  
(FarmatCoventry.com)

Frontier organic roasted chicory root (800-669-3275)

Lydia's Foods organic herbal coffee (707-992-0776)

Maya Superfoods no-es café and maya powder coffee  
substitutes (970-275-4065)

Mountain Rose Herbs herbal coffee (800-879-3337)

Orleans Coffee Exchange 100% pure American chicory and  
100% pure French chicory (504-827-0878)

Pero instant coffee substitute

Caldwell/Deep Root cultured vegetable juices (819-849-2000)

Capital Kombucha (except those containing agave)  
(Mid-Atlantic) (617-755-0801)

Farmstead Ferments water kefir sodas, fermented kraut and  
kimchi juices (VA, MD, SC) (434-286-3302)

GT's veggie kefir probiotic shots (877-735-8423)

KeVita lemon ginger probiotic drink (888-310-6106)

Miller's Bio Farm sourdough kvass (717-786-7895)

Miller's Organic Farm sourdough kvass (717-556-0672)

Wild Tonic 5.6% alcohol jun (except goji) (928-634-5434)

Wildbrine probiotic live shots (fermented vegetable juices)  
(707-657-7607)

Anthony's Goods organic herb teas (213-793-8178)

Beeyoutiful organic herb teas (except those with caffeine or  
alfalfa) (877-623-3968)

Bija organic herb teas

Brew Dr. Tea Company organic herb teas (except those with  
caffeine or cacao) (brewdrtea.com)

Burgie's Berry Farm organic aronia berry tea (262-388-0054)

Celestial Organics organic herb teas (except those with natural  
flavors or sugar) (800-351-8175)

Choice organic herb teas without natural flavors

Forrest Green Farm herb teas (except those with caffeine)  
(434-882-2648)

Four Elements Herbals organic herb teas (except those with  
alfalfa) (608-522-4492)

Frontier organic herb teas (except those with citric acid or  
caffeine) (800-669-3275)

Healing Spirits Herb Farm organic herb teas (607-566-2701)

Kombucha Kamp organic herb teas (except those with  
caffeine) (424-245-5867)

Leigh's Bees harmonizing herbal tea blend (802-874-7214)

Live Superfoods organic herb teas (except those with  
caffeine) (800-481-5074)

Lydia's Foods organic herb teas (except those with caffeine  
or cacao) (707-992-0776)

Mighty Leaf Tea Company organic herb teas without natural  
flavors (877-698-5323)

Mountain Rose Herbs organic herb teas (except those with caffeine) (800-879-3337)  
Nourished Earth Apothecary organic wellness tea (nourishedearthapothecary.com)  
NOW Foods organic dandelion and hibiscus herbal teas (888-669-3663)  
Numi Organic Tea organic herbal teas (except those with caffeine or cacao) (888-404-6864)  
Organic India organic herb teas (except those with caffeine, cocoa or natural flavors) (888-550-8332)  
Pukka Herbs organic herb teas (except those with caffeine, cocoa or natural flavors)  
Pure Indian Foods cumin coriander fennel tea (609-785-9100)  
Rishi Tea organic herb teas (except those with caffeine, cocoa or natural flavors) (877-552-7977)  
Soothin' Infusion organic herbal teas (800-250-4718)  
Spicely organic herbal teas (510-440-1044)  
Starwest Botanicals organic herb teas (except those with caffeine) (800-800-4372)  
Tea for the People organic herbal teas (except those with caffeine or cacao) (608-538-3459)  
The Republic of Tea organic herb teas (except those with caffeine, cocoa or natural flavors) (800-298-4832)  
Traditional Medicinals organic herb teas (except those with caffeine, chocolate or alfalfa) (800-543-4372)  
Tudor House Tea & Spice organic herb teas without natural flavors (269-425-1512)  
Two Leaves Tea Company organic herb teas without natural flavors (866-631-7973)  
Yogi Tea organic chai rooibos, chamomile, ginger, detox, peppermint, Egyptian licorice mint, original yogi, throat comfort and raspberry leaf herbal teas (800-964-4832)

Chimay beer

Foret ale

Great Lakes Brewing Company beer (216-771-4404)

Jade ale

Casa Barranca organic wines (805-640-1255)

Chartrand Imports wines (207-594-7300)

Coturri Winery wines (866-268-8774)

Frey Vineyards biodynamic wines, organic wines (800-760-3739)

La Rocca Vineyards organic wines (800-808-9463)

Organic Wine Company French wines (888-326-9463)

**AVOID:** Soft drinks; diet drinks; fruit and vegetable juices; fluoridated water; coffee; tea (except for organic black tea used to make kombucha); water in plastic bottles; beverages containing fructose, high-fructose corn syrup, agave, artificial sweeteners, sugar alcohols, stevia leaf extract, natural flavors, hemp, alfalfa, citric acid, caffeine, ascorbic acid, added vitamins or minerals, chocolate, cocoa or cacao.

## Fish Liver Oils

**BEST:** High-vitamin fermented cod liver oil and fermented skate liver oil; unheated cod liver oil with natural vitamins retained.

Green Pasture (402-858-4818)

Dropi cod liver oil

NutraPro International virgin cod liver oil (435-554-1161)

Rosita Real Foods extra virgin cod liver oil (888-524-6585)

Note: Many WAPF Chapter Leaders sell cod liver oil and skate liver oil in the Best category. See [westonaprice.org/health-topics/fermented-cod-liver-oil-available-from-chapter-leaders-and-members](http://westonaprice.org/health-topics/fermented-cod-liver-oil-available-from-chapter-leaders-and-members).

**GOOD:** Processed cod liver oil with synthetic vitamins in the right proportions: ten or fewer units vitamin A to one unit vitamin D, and with at least 2,500 IU's of vitamin A and 250 IU's of vitamin D per teaspoon.

Engelvaer cod liver oil

Garden of Life cod liver oil

NOW Foods double strength cod liver oil capsules  
(888-669-3663)

Pharmax cod liver oil

Sonne's cod liver oil

Swanson double strength cod liver oil capsules

Twin Labs non-emulsified liquid cod liver oil

**AVOID:** Cod liver oil with low levels of vitamin A and/or low levels of vitamin D.

PLEASE NOTE: The many good superfoods and supplements on the market are beyond the scope of this shopping guide.









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## About the Weston A. Price Foundation

The Weston A. Price Foundation is a member-supported nonprofit nutrition education foundation dedicated to providing consumers with accurate information about diet and health. The Foundation has many local chapters to help people find the best quality whole foods available in their area. It also publishes a quarterly journal, *Wise Traditions in Food, Farming and the Healing Arts*, which provides up-to-date commentary on a variety of nutrition issues and helps consumers find foods directly from farms through its advertising section. To request a free informational brochure containing dietary guidelines and membership information, as well as find details on the local chapter nearest you, visit the Foundation's website at [westonaprice.org](http://westonaprice.org) or contact the Foundation at (703) 820-3333.

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**NUTRIENT-DENSE FOODS  
TRADITIONAL FATS  
LACTO-FERMENTATION  
BROTH IS BEAUTIFUL  
A CAMPAIGN FOR REAL MILK  
TRUTH IN LABELING  
PREPARED PARENTING  
SOY ALERT!  
LIFE-GIVING WATER  
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PASTURE-FED LIVESTOCK  
NURTURING THERAPIES  
COMMUNITY SUPPORTED AGRICULTURE**