

FOOD QUESTING LIST

MEATS

BACON
BEEF
BEEF, GROUND
BUFFALO
CHICKEN
DUCK
ELK
GOOSE
HAM
HEART
HENS, CORNISH
KIDNEY
LAMB
LIVER, CALF
LIVER, BEEF
MUTTON
PARTIDGE
PHEASANT
PORK
QUAIL
RABBIT
TONGUE, COW
TURKEY
VEAL
VENISON

OILS AND FATS

CANOLA
COD LIVER
CORN
COTTONSEED
FLAXSEED
OLIVE
PEANUT
SAFFLOWER
SESAME

SEAFOOD

ABALONE
ALBACORE
ANCHOVY
BARRACUDE
BASS, BLUEGILL
BASS, SEA
BASS, STRIPED
BELUGA
BLUEFISH

CALAMARI
CARP
CATFISH
CAVIAR
CLAM
COD
CONCH
CRAB
CRAYFISH
EEL
FLOUNDER
FROG
GROUPE
HADDOCK
HAKE
HALIBUT
HERRING
LOBSTER
LOX
MACKEREL
MAHIMAH
MONKFISH
MUSSELS
OCTOPUS
ORGY
OYSTERS
PERCH, OCEAN
PERCH, SILVER
PERCH, WHITE
PERCH, YELLOW
PICKEREL
PIKE
POLLACK
ROCKFISH
ROUGHY, ORANGE
SAILFISH
SALMON
SARDINE
SCALLOP
SHAD
SHARK
SHRIMP
SMELT
SNAIL
SNAPPER
SNAPPER, RED
SOLE
SOLE, GRAY

SQUID
STURGEON
SWORDFISH
TILEFISH
TROUT, RAINBOW
TROUT, SEA
TURTLE
WEAKFISH
WHITEFISH
YELLOWTAIL

NUTS AND SEEDS

ALMONDS
BRAZIL
BUTTER, ALMOND
BUTTER, PEANUT
BUTTER, SESAME & TAHINI
BUTTER, SUNFLOWER
CASHEW
CHESTNUTS
FILBERT
HICORY
LITCHI
MACADAMIA
PEANUTS
PECANS
PINE
PSITACHIOS
PUMPKIN
SEEDS, POPPY
SEEDS, SESAME
SEEDS, SUNFLOWER
WALNUTS

DAIRY/EGGS

AMERICAN
BLUE
BRIE
BUTTER
BUTTERMILK
CAMEMBERT
CASEIN
CHEDDAR
COLBY
COTTAGE
CREAM
EDAM
EGGS

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DAIRY/EGGS CONTINUED

EMMENTHAL
FARMER
FETA
GHEE
GOAT
GOUDA
GRUYERE
ICE CREAM
JARLSBURG
KEFIR
MILK, GOAT
MILK, SKIM
MILK, SOY
MILK, TWO PERCENT
MILK, WHOLE
MONTERERY JACK
MOZZARELLA
MUNSTER
NEUFCHATEL
PARMESAN
PROVOLOINE
RICOTTA
SOY
STRING
SWISS
WHEY
YOGURT

BEANS

ADUKE
AZUKI
BLACK-EYED
BLACK-EYED
BROAD
CANELLINI
CASZAVA
COPPER
FAVA
GARBANZO
GREEN
JICAMA
KIDNEY
LENTILS, DOMESTIC
LENTILS, GREEN
LENTILS, RED
LIMA
NAVY
NORTHERN

PEAS, GREEN
PEAS, PODS
PINTO
RED
RED SOY
SNAP
STRING
TAMARIND
WHITE

CEREALS

AMATRANTH
BARLEY
BUCKWHEAT
CORNFLAKES
CORNMEAL
CREAM OF RICE
CREAM OF WHEAT
FAMILIA
FARINA
GAPE NUTS
KAMUT
KASHA
MILLET, PUFFED
OAT BRAN
OATMEAL
RICE BRAN
RICE, PUFFED
SEVEN GRAIN
SPELT
WHEAT BRAN
WHEAT GERM
WHEAT, SHREDDED

GRAINS

BUCKWHEAT
FLOUR, BARLEY
FLOUR, BULGUR WHEAT
FLOUR, COUSCOUS
FLOUR, DURUM WHEAT
FLOUR, GLUTEN
FLOUR, GRAHAM
FLOUR, RICE
FLOUR, RYE
FLOUR, SPELT
FLOUR, WHOLE WHEAT
FLOUR, OAT
FLOUR, SPROUTED WHEAT
FLOUR, WHITE

KASHA
NOODLES, SOBA
PASTA, ARTICHOKE
PASTA, SEMOLINA
PASTA, SPINACH
QUINOA
RICE, BASMATI
RICE, BROWN
RICE, WHITE
RICE, WILD

BREADS

BAGELS, WHEAT
BROWN RICE
DURUM
ESSENE
EZEKIEL
FIN CRISPS
GLUTEN-FREE
HIGH PROTEIN
IDEAL FLAT
MATZOS, WHEAT
MILLET
MUFFINS, CORN
MUFFINS, ENGLISH
MUFFINS, OAT BRAN
MUFFINS, WHEAT BRAN
MULTI-GRAIN
PUMPERNICKEL
PURE RYE BREAD
RICE CAKES
RYE CRISPS
RYE VITA
SOY FLOUR
SPELT
SPROUTED WHEAT
WASA
WHOLE WHEAT

VEGETABLES

ARTICHOKE
ARUGULA
ASPARAGUS
AVOCADO
BAMBOO SHOOTS
BEET LEAVES
BEETS
BOK CHOY
BROCCOLI

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VEGETABLES CONTINUED

BROCCOLI RABE
CABBAGE, CHINESE
CABBAGE, RED
CABBAGE, WHITE
CARAWAY
CARROTS
CAULIFLOWER
CELERY
CHERVIL
CHICORY
COLLARD GREENS
CORIANDER
CORN, WHITE
CORN, YELLOW
CUCUMBER
DAIKON
DANDELION
ENDIVE
DILL
EGGPLANT
ESCAROLE
FENNEL
FIDDLEHEADS
GARLIC
GINGER
HORSERADISH
JICAMA
KALE
KOHLRABI
LEEK
LETTUCE, BIB
LETTUCE, BOSTON
LETTUCE, ICEBERG
LETTUCE, MESCLUN
LETTUCE, ROMAINE
LIMA BEANS
MUSHROOM, ABALONE
MUSHROOM, DOMESTIC
MUSHROOM, ENOKI
MUSHROOM, PORTOBELLO
MUSHROOM, SHIITAKE
MUSHROOM, TREE OYSTER
MUSTARD GREENS
OKRA
OLIVES, BLACK
OLIVES, GREEK
OLIVES, GREEN
OLIVES, SPANISH

ONIONS, GREEN
ONIONS, RED
ONIONS, SPANISH
ONIONS, YELLOW
PARSLEY
PARSNIPS
PEPPERS, GREEN
PEPPERS, JALAPENO
PEPPERS, RED
PEPPERS, SWEET
PEPPERS, YELLOW
POTATOES, RED
POTATOES, SWEET
POTATOES, WHITE
PUMPKIN
PURSLANE
RADICCHIO
RADISHES
RAPPINI
RUTABAGA
SCALLION
SEAWEED
SHALLOTS
SNOW PEAS
SPINACH
SPROUTS, ALFALFA
SPROUTS, BRUSSELS
SPROUTS, MUNG
SPROUTS, RADISH
SQUASH, ALL TYPES
SWISS CHARD
TEMPEH
TOFU
TOMATO
TURNIPS
WATER CHESTNUT
WATERCRESS
YAMS
ZUCCHINI

FRUITS

ACIA BERRIES
APPLES
APRICOTS
BANANAS
BLACKBERRIES
BLUEBURRIES
BOYSENBERRIES
CHERRIES

COCONUTS
CRANBERRIES
CURRANTS, BLACK
CURRANTS, RED
DATES, RED
ELDERBERRIES
FIGS
GOOSEBERRIES
GRAPEFRUIT, PINK
GRAPEFRUIT, RED
GRAPEFRUIT, WHITE
GRAPES, BLACK
GRAPES, CONCORD
GRAPES, GREEN
GRAPES, RED
GUAVA
KIWI
KUMQUAT
LEMONS
LIMES
LOGANBERRIES
MANGOES
MELON, CANANG
MELON, CANTALOUPE
MELON, CASABA
MELON, CHRITSMAS
MELON, CRENSHAW
MELON, HONEYDEW
MELON, MUSK
MELON, SPANISH
MELON, WATERMELON
NECTARINES
ORANGES
PAPAYAS
PEACHES
PEAR, PRICKLY
PEARS
PERSIMMONS
PINEAPPLES
PLANTAINS
PLUMS, DARK
PLUMS, GREEN
PLUMS, RED
POMEGRANATES
PRUNES
RAISINS
RASPBERRIES
RHUBARB
STARFRUIT

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FRUITS CONTINUED

STRAWBERRIES
TANGERINES

LIQUIDS

APPLE
APPLE CIDER
APRICOT
BEER
BLACK CHERRY
CABBAGE
CARROT
CELERY
COFFEE, DECAF
COFFEE, REGULAR
CRANBERRY
CUCUMBER
GRAPE
GRAPEFRUITS
LIQUOR, DISTILLED
ORANGE
PAPAYA
PINEAPPLE
PRUNE
SELTZER WATER
SODA, CLUB
SODA, COLA
SODA, DIET
SODA, OTHER
TEA, ACAI BERRY
TEA, AGRIMONY
TEA, ALFALFA
TEA, ALOE
TEA, AMERICAN DONG
QUAI
TEA, ANGELICA
TEA, ANISE
TEA, ARROWROOT
TEA, BARBERRY
TEA, BASIL
TEA, BAY LEAF
TEA, BAYBERRY
TEA, BEE BALM
TEA, BERGAMOT
TEA, BILBERRY
TEA, BLACK COHOSH
TEA, BLACK REGULAR
TEA, BLESSED THISTLE
TEA, BLUE COHOSH

TEA, BLUE DANDELION
TEA, BLUE VERVAIN
TEA, BLUEBERRY
TEA, BONSET
TEA, BROMELAIN
TEA, BURDOCK ROOT
TEA, CALENDULA
TEA, CARDAMOM
TEA, CATNIP
TEA, CAYENNE
TEA, CELERY SEED
TEA, CHAMOMILE
TEA, CHASTEBERRY
TEA, CHICKWEED
TEA, CHICORY
TEA, CHRYSANTHEMUM
TEA, CHURCH STEEPLE
TEA, CINNAMON
TEA, COLTSFOOT
TEA, COMFREY
TEA, CORN SILK
TEA, CRANBERRY
TEA, DAMIANA
TEA, DANDELION
TEA, DEVIL'S CLAW
TEA, DONG QUAI
TEA, DULSE
TEA, ECHINACEA
TEA, ELDER
TEA, EUCALYPTUS
TEA, EUROPEAN
TEA, EYEBRIGHT
TEA, FENNEL
TEA, FENUGREEK
TEA, FEVERFEW
TEA, FEVERWORT
TEA, FLAX
TEA, GARLIC
TEA, GENTIAN
TEA, GERANIUM
TEA, GINGER
TEA, GINKGO
TEA, GINSENG
TEA, GOLDENROD
TEA, GOLDENSEAL
TEA, GOTU KOLA
TEA, GREEN
TEA, GUARANA
TEA, HAWTHORNE

TEA, HIBISCUS
TEA, HONEYSUCKLE
TEA, HOODIA
TEA, HOPS
TEA, HOREHOUND
TEA, HYSSOP
TEA, INDIAN SAGE
TEA, JASMINE
TEA, JOE PYE WEED
TEA, JUNIPER
TEA, KAVA
TEA, LAVENDER
TEA, LEMON BALM
TEA, LICORICE
TEA, LINDEN
TEA, LOBELIA
TEA, MA HUANG
TEA, MALLOW
TEA, MANGOSTEEN
TEA, MARIGOLD
TEA, MEADOWSWEET
TEA, MILKTHISTLE
TEA, MISTLETOE
TEA, MOTHERWORT
TEA, MOUNTAIN
TEA, MOUNTAIN GRAPE
TEA, MULBERRY
TEA, MULLEIN
TEA, NONI
TEA, OATSTRAW
TEA, OLIVE LEAF
TEA, ORANGE FRUITS
TEA, OREGANO
TEA, OREGON GRAPE
TEA, OSMANTHUS
TEA, PARSLEY
TEA, PASSION FLOWER
TEA, PAU D'ARCO
TEA, PENNYROYAL
TEA, PEPPERMINT
TEA, PERSIMMON
TEA, POMEGRANATE
TEA, POT MARIGOLD
TEA, RED CLOVER
BLOSSOM
TEA, RED RASPBERRY LEAF
TEA, RHUBARB
TEA, ROSE HIPS
TEA, ROSE MALLOW

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LIQUIDS CONTINUED

TEA, ROSEMARY
TEA, RUE
TEA, SAGE
TEA, SANDALWOOD
TEA, SARSAPARILLA
TEA, SASSAFRAS
TEA, SAW PALMETTO
TEA, SEA BUCKTHORNE
TEA, SENNA
TEA, SHEPHERD'S PURSE
TEA, SKULLCAP
TEA, SLIPPERY ELM
TEA, SNAKEROOT
TEA, SPEARMINT
TEA, SPIRULINA
TEA, SQUAW ROOT
TEA, ST JOHNS WORT
TEA, STINGING NETTLE
TEA, STRAWBERRY
TEA, THYME
TEA, TREE TREE
TEA, TUMERIC
TEA, TURKEY RHUBARB
TEA, VALERIAN
TEA, VERVAIN
TEA, VITEX
TEA, WAX MYRTLE
TEA, WHITE BIRCH
TEA, WHITE OAK BARK
TEA, WILD CARROT
TEA, WILD HYSSOP
TEA, WILD YAM
TEA, WINTERGREEN
TEA, WITCH HAZEL
TEA, WORMWOOD
TEA, YARROW
TEA, YELLOW DOCK
TEA, YERBA MATE
TEA, YERBA SANTA
TEA, BLACK
DECAFFEINATED
TOMATO
VEGETABLE
WINE, RED
WINE, WHITE

CONDIMENTS

BUTTER, APPLE
JAM

JELLY
KETCHUP
MAYONNAISE
MUSTARD
PICKLES, DILL
PICKLES, KOSHER
PICKLES, SWEET
RELISH
SALAD DRESSING
SAUCE, WORCESTERSHIRE

OTHER

CANE JUICE
GINSENG
HISHI
KASHI
LECITHIN
ROSE HIPS
SANZUKON
YEAST, BREWER'S

SPICES

AGAR
ALLSPICE
ALMOND EXTRACT
ANISE
ARROWROOT
BARLEY MALT
BASIL
BAY LEAF
BERGAMOT
BROWN RICE SYRUP
CAPERS
CARDAMOM
CAROB
CHERVIL
CHIVES
CHOCOLATE
CINNAMON
CLOVE
COMFREY LEAVES
CORIANDER
CORNSTARCH
CREAM OF TARTAR
CUMIN
CURRY
DILL
DULSE
GARLIC

GELATIN
HONEY
HORSERADISH
KELP
MARJORAM
MIN
MISO
MOLASSES
MUSTARD, DRY
NUTMEG
PAPRIKA
PARSLEY
PEPPER, BLACK GROUND
PEPPER, CAYENNE
PEPPER, PEPPERCORN
PEPPER, RED
PEPPER, WHITE
PEPPERMINT
PIMIENTO
ROSEMARY
SAFFRON
SAGE
SALT
SAUCE, SOY
SAVORY
SPEARMINT
STEVIA
SUCANAT
SUGAR, BROWN
SUGAR, RAW
SUGAR, WHITE
SYRUP, CORN
SYRUP, MAPLE
SYRUP, RICE
TAMARI
TAMARIND
TAPIOCA
TARRAGON
THYME
TURMERIC
VANILLA
VINEGAR, APPLE CIDER
VINEGAR, BALSAMIC
VINEGAR, RED WINE
VINEGAR, WHITE
WINTERGREEN

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POWER FOODS

ACAI BERRIES
ALMONDS
ALOE VERA JUICE
APPLE CIDER VINEGAR
AVOCADOS
BARLEY GRASS
BEANS
BEE POLLEN
BEETS
BLACK TEA
BLACKSTRAP MOLASSES
BLUEBERRIES
BROCCOLI
BRUSSELS SPROUTS
BUCKWHEAT (GROATS,
KASHA)
BUTTER
CABBAGE
CALF'S LIVER
CARROTS
CAYENNE PEPPER
CHERRIES
CHLORELLA
CINNAMON
COCONUT
COCONUT OIL
DANDELION
EGGS
EXTRA VIRGIN OLIVE OIL
EZEKIEL BREAD
FLAXSEED OIL
FREE RANGE POULTRY
GARLIC
GHEE
GINGER
GOJI BERRIES
GREEN TEA
GUAVA
HOT CHILE PEPPER
KALE
KIMCHI
KIWIFRUIT
LEEK
LENTILS
MACADAMIA NUT OIL
MUSHROOMS
NONI JUICE
OATMEAL
ONIONS
OREGANO
PECANS
POMEGRANATE JUICE
PROPOLIS
PURSLANE
QUINOA
RAISINS
RASPBERRIES
RAW ORGANIC MILK
RAW UNFILTERED HONEY
ROYAL JELLY
SARDINES
SAUERKRAUT
SEAWEED
SPINACH
SPIRULINA
SPROUTS
STRAWBERRIES
SUNFLOWER SEEDS
SWEET POTATO
SWISS CHARD
TURMERIC
WALNUTS
WATER
WATERCRESS
WATERMELON
WHEAT GRASS
WHEY PROTEIN POWDER
WHITE TEA
WILD ALASKAN SALMON
WILD BLUE-GREEN ALGAE
YOGURT