

2019 Shopping Guide

For Finding the Healthiest Foods in
Supermarkets, Health Food Stores
and by Mail Order



Education ♦ Research ♦ Activism

THE WESTON A. PRICE
FOUNDATION®
for **Wise Traditions**
IN FOOD, FARMING AND THE HEALING ARTS

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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 also 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.

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

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. 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 throughout the country to support local farmers who are engaged in traditional methods of agriculture. This is known as the Community Supported Agriculture (CSA) movement. Raw milk is often available through cow- or herd-share programs.

We encourage you to support your local farmers by direct purchases, cow-shares and 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 www.westonaprice.org under Local Chapters, or by calling (703) 820-3333.

Shopping Guide App

The Shopping Guide Now 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 using your mobile phone and find stores near you that carry WAPF-approved foods? Subscribe and learn more here: www.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 www.westonaprice.org to purchase the latest guide or to become a member—WAPF members receive the updated 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 in writing to:

THE WESTON A. PRICE FOUNDATION®
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shoppingguide@westonaprice.org

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). Over the past few years, 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 or contact a local chapter of the Weston A. Price Foundation (westonaprice.org or 202-363-4394).

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.

- Atlanta Fresh Artisan Creamery whole milk, whole buttermilk (Southeast)
- Castle Rock Organic Farms (IL, MN and WI)
- Cruze Farm (TN)
- Hartzler Family Dairy (OH and IN)
- Hatcher Family Dairy (TN)
- Hy-Vee Health Market organic whole milk
- Kalona SuperNatural
- Kilby Cream (MD, PA and DE)
- Lazy Meadows (TX, LA and FL)
- Mill-King Market & Creamery (TX)
- Oasis at Bird-in-Hand (Mid-Atlantic)
- Organic Valley whole Grassmilk
- Promised Land Dairy
- Saint Benoit Creamery (CA)
- Sky Top Farms (East Coast)
- Traderspoint Creamery
- Trickling Springs Creamery
- Working Cows Dairy (AL)

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.

- Blue Mountain Meadows fresh raw cow and sheep cheeses (717-423-5680)
- Green Acres Farm raw cottage cheese (717-768-3504)
- King's Creamery raw cottage cheese and cream cheese (717-669-6619)
- Meadow Ridge Farm raw goat chevres, cow cream cheese, cow and goat cottage cheese with cream (717-530-5999)
- Miller's Biodiversity 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)
- Rocky Ridge Dairy raw cottage cheese, cream cheese (717-284-0466)
- The Farm Connection raw creamed cottage cheese; raw fresh cheese curds and mozzarella cheese (812-939-3027)
- Willow Run Dairy raw cow cottage cheese with cream, cream cheese; goat cottage cheese; fresh cow and goat cheeses (except seafood chevre) (717-556-0285)

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)
- Branched Oak Farm fresh cow cheeses (402-783-2124)
- Castle Rock Organic Farms cheese curds (715-597-0085)
- Cedar Grove Cheese quark, fresh water buffalo mozzarella, cheese curds, fresh sheep cheese (800-200-6020)
- 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 (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 (717-314-1373)
- 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)
- Kalona SuperNatural 4% cottage cheese

Kenny's Farmhouse Cheese cheese curds, brie
(888-571-4029)
King's Creamery cottage cheese, goat chevre; cow, goat and
sheep camembert cheeses (717-669-6619)
Laurel Valley Creamery fresh cheeses (740-245-9044)
LoveTree Farmstead fresh sheep cheeses (715-488-2966)
Miller's Organic Farm water buffalo mozzarella cheese
(717-556-0672)
Oasis at Bird-in-Hand cheese curds (717-288-2154)
Old Chatham camembert (sheep and cow), kinderhook creek
sheep cheese (888-743-3760)
Otterbein Acres sheep camembert cheese (717-423-6689)
Saint Benoit Creamery yogurt cheese (CA)
Sierra Nevada Cheese Company goat chevre
(530-934-8660)
Spring Hill Jersey Cheese Co. fresh curds and quark
(707-762-3446)
Sprout Creek Farm fresh cow and goat cheeses
(845-485-9885)
Sweet Grass Dairy fresh cheeses (229-228-6704)
Traderspoint Creamery cottage cheese and fromage blanc
Twilight Dairy, LLC fresh cheese curds and mozzarella
cheese (765-569-5677)
Vermont Creamery quark, fresh goat cheeses
Wolf Meadow Farm fresh cheeses (except ricotta)
(978-201-1606)

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, using animal rennet or non-GMO vegetable rennet. 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 www.cheesesociety.org.

5 Spoke Creamery

Meadow Creek Dairy (888-236-0622)

Rogue Creamery raw cheeses (541-665-1155)

Spring Brook Farm Reading raw cheese (802-484-1226)

Traderspoint Creamery raw cheeses (317-733-1700)

Trickling Springs Creamery

Bellwether Farms raw sheep cheeses (707-763-0993)

Blue Mountain Meadows cow and sheep cheeses
(717-423-5680)

Bobolink Dairy (973-764-4888)

Branched Oak Farm (402-783-2124)

Breezy Meadows Farm goat cheese (717-821-7547)

Cada Dia Cheese (541-788-7723)

Canal Junction (419-399-2350)

Cascade Cheese Co. (509-433-1270)

Castle Rock Organic Farms raw cheeses (715-597-0085)

Cato Corner Farm (860-537-3884)

Chapel's Country Creamery Farm (410-820-6647)

Cherry Grove Farm raw cheeses (609-219-0053)

Clover Creek Cheese Cellar (814-832-3755)

Colonial Classics Farmstead Cheese (740-945-2079)

Colonial Goat Dairy (717-768-7492)

Cricket Creek Farm raw cheeses (413-458-5888)

Dutch Meadows Farm (717-442-9208)

Family Cow Farm (717-786-0131)

Farm Fromage raw cow and sheep cheeses (717-314-1373)

Fields of Athenry Farm raw cheddar (703-300-5765)

Finger Lakes Dexter Creamery kefir cheese (315-364-3581)

Grassfields LLC (616-997-8251)

Green Acres Farm (717-768-3504)

Green Hills Farm raw cheeses (717-786-8093)

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

Hidden Springs Creamery raw sheep cheese (608-606-3840)

Hilltop Meadow Farm (570-345-3305)

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 (888-571-4029)

Keswick Creamery (717-440-4652)

King's Kreamery cow, goat and sheep cheeses (717-669-6619)

Laurel Valley Creamery raw cheeses (740-245-9044)

Life-Enhancing Acres (717-768-7848)

LoveTree Farmstead raw cow and sheep 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 Biodiversity 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)
 Nature's Sunlight Farm (717-776-3417)
 Nittany Valley Organics (570-726-7799)
 Oasis at Bird-in-Hand raw grass-fed cow and sheep cheeses
 (717-288-2154)
 Oliver Farms (810-793-7289)
 Organic Pastures (877-RAW-MILK)
 Otterbein Acres cow and sheep cheeses (717-423-6689)
 P. A. Bowen Farmstead (301-579-2727)
 Paradise Pastures raw cow and sheep cheeses
 (717-687-8576)
 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)
 Rocky Ridge Dairy cow and sheep cheeses (717-284-0466)
 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)
 Sprout Creek Farm raw cow and goat cheeses
 (845-485-9885)
 Steckler Grassfed (812-683-3098)
 Steve-N-Sons Grassfields Cheese (616-997-8251)
 Sunny Crest Pastures raw cheeses (717-768-0101)
 Sweet Grass Dairy raw cow cheeses (229-228-6704)
 SwissLand Cheese Co. raw cow and goat cheeses
 (260-589-2671)
 The Family Cow raw cow and goat cheeses
 (717-491-4004)
 The Farm Connection (812-939-3027)
 Twilight Dairy, LLC (765-569-5677)
 Uplands (888-935-5558)
 Veldhuizen Cheese raw cheeses (except Greens Creek)
 (254-968-3098)
 Welsh Mountain Farm (717-768-3652)
 Wholesome Valley Farm raw cow and goat cheeses
 (330-359-2129)
 Wil-Ar Farm (717-776-6552)
 Willow Run Dairy cow, goat and sheep cheeses
 (717-556-0285)

RAW CHEESE RETAILERS

Artisanal (877-797-1200)
 Farmstead Fresh, Inc. (800-780-7303)

Formaggio Kitchen (888-212-3224)
Fromages.com raw grass-fed French cow, goat and sheep
cheeses
Marky's European raw cheeses (800-522-8427)
Miller's Natural Foods raw cow cheeses (717-768-7582)
Real Milk Cheese (realmilkcheese.com)
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 heated 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
Bellwether Farms (707-763-0993)
Boar's Head (800-352-6277)
Boone Creek Creamery cheese (except those with coffee)
(866-835-2135)
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)
Castle Rock Organic Farms (715-597-0085)
Cedar Grove Cheese (800-200-6020)
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 (717-314-1373)
Fields of Athenry Farm (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 (888-748-2208)
Green Hills Farm mozzarella (717-786-8093)
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)
Kalona SuperNatural
Kenny's Farmhouse Cheese (888-571-4029)
Kerrygold
Landmark
Laurel Valley Creamery (740-245-9044)
LeRaysville
Lykens Valley Creamery raw goat cheese (717-692-4361)
Maple Hill Creamery (518-758-7777)
McCluskey Brothers (608-986-3760)

Miller's Natural Foods (717-768-7582)
 Miller's Organic Farm cow mozzarella (717-556-0672)
 Minerva Dairy (330-868-4196)
 Misty Creek Goat Dairy raw goat cheese (717-656-4628)
 Mt. Sterling goat cheese (866-289-4628)
 Natural Valley goat cheese (608-654-7444)
 Nordic Creamery cow and goat cheeses (608-634-3199)
 Oasis at Bird-in-Hand raw goat cheese (717-288-2154)
 Old Chatham blue sheep cheese (888-743-3760)
 Organic Valley cheese
 Paradise Pastures Swiss and Parmesan cheeses (717-687-8576)
 Pasture Pride Cheese (608-654-7444)
 Point Reyes (800-591-6878)
 Redwood Hill goat cheese (707-823-8250)
 Robinson Farm (413-477-6988)
 Rogue Creamery (541-665-1155)
 Rumiano Cheese Company (707-465-1535)
 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
 Spring Bank Acres mozzarella (814-349-5594)
 Spring Brook Farm (802-484-1226)
 Spring Hill Jersey Cheese Co. (707-762-3446)
 Sunny Crest Pastures mozzarella (717-768-0101)
 Sweet Grass Dairy (229-228-6704)
 SwissLand Cheese Co. (260-589-2671)
 Tom's Amish Dairy Products raw cheese (717-548-4284)
 Trader Joe's monterey jack cheese, raw milk cheddar cheese
 Traderspoint Creamery cheese (317-733-1700)
 Veldhuizen Cheese (254-968-3098)
 Vermont Creamery cheese
 West Wind Farms (855-593-7894)
 Wholesome Valley Farm (330-359-2129)
 Wolf Meadow Farm (978-201-1606)
 Woodstock Foods organic whole milk cheeses

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.

Claravale Dairy raw cream (CA)
Dutch Meadows Farm raw cream (717-442-9208)
Green Hills Harvest raw cream (660-244-5858)
Meadow Ridge Farm raw cow cream, sour cream and
creme fraiche; goat cream and sour cream
(717-530-5999)
Miller's Biodiversity 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)
Nature's Sunlight Farm raw cream (717-776-3417)
Organic Pastures raw cream (CA) (877-RAW-MILK)
Pleasant Pastures raw cream, sour cream (717-768-3437)
Rocky Ridge Dairy raw cream, sour cream (717-284-0466)
Sunny Crest Pastures raw cream (717-768-0101)
Willow Run Dairy raw cow cream and sour cream;
goat cream and sour cream (717-556-0285)

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

Atlanta Fresh Artisan Creamery pasteurized cream (Southeast)
Butterworks pasteurized cream (New England)
Castle Rock Organic Farms pasteurized cream
(IL, MN and WI)
Clover Sonoma pasteurized cream (West)
Kalona SuperNatural pasteurized cream
Kilby Cream pasteurized cream (MD, PA and DE)
Lazy Meadows pasteurized cream (TX, LA and FL)
Lewes Dairy pasteurized cream (East Coast)
Oasis at Bird-in-Hand pasteurized cream (Mid-Atlantic)
Organic Valley pasteurized cream
Paint Valley Farms pasteurized cream (OH)
Seven Stars Farm pasteurized cream (PA)
Sky Top Farms pasteurized cream (East Coast)
Snowville Creamery pasteurized cream
South Mountain Creamery pasteurized cream (East Coast)
The Family Cow pasteurized cream (717-491-4004)
Trickling Springs Creamery pasteurized cream
Working Cows Dairy pasteurized cream (AL)

Bellwether Farms creme fraiche (707-763-0993)
Castle Rock Organic Farms creme fraiche (IL, MN and WI)
Cowgirl Creamery creme fraiche (866-433-7834)
Marky's creme fraiche (800-522-8427)
Vermont Creamery creme fraiche

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 Biodiversity 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)
Nature's Sunlight Farm raw yogurt and kefir (717-776-3417)
Pleasant Pastures raw cow yogurt and kefir; goat yogurt and probiotic drink; Greek style cow and goat yogurt (717-768-3437)
Rocky Ridge Dairy raw cow yogurt and kefir, goat yogurt (717-284-0466)
The Farm Connection raw kefir (812-939-3027)
Willow Run Dairy raw cow, goat and sheep yogurt; cow GreekStyle yogurt; cow, goat and sheep kefir (717-556-0285)

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

Atlanta Fresh Artisan Creamery whole Greek yogurt
Bellwether Farms sheep yogurt
Brown Cow plain cream top yogurt
Butterworks yogurt
Dahlicious Lassi lassi
Dreaming Cow Creamery yogurt
Dutch Meadows Farm yogurt (717-442-9208)
Erivan yogurt
FAGE Total Classic Greek yogurt
Hawthorne Valley Farm yogurt
Kalona SuperNatural yogurt, Greek yogurt
Maple Hill Creamery creamline yogurt
Mohawk Drumlin Creamery Greek sheep yogurt (Northeast) (518-568-7600)
Oasis at Bird-in-Hand yogurt (Mid-Atlantic)
Old Chatham sheep yogurt (888-743-3760)
Oui by Yoplait plain French style yogurt
Redwood Hill goat yogurt and kefir
Saint Benoit Creamery yogurt
Seven Stars Farm yogurt
Sidehill Farm yogurt (MA)
Sierra Nevada Cheese Company plain whole cow yogurt, rich & creamy plain goat yogurt (530-934-8660)
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.

Bareville Creamery raw cultured butter (717-656-4422)
Dutch Meadows Farm raw sweet and cultured butter
(717-442-9208)
Family Cow Farm raw sweet and cultured butter
(717-786-0131)
Goldenhorn Farmstead raw cultured butter (541-267-0699)
Green Hills Harvest raw butter (660-244-5858)
Life-Enhancing Acres raw butter (717-768-7848)
Meadow Ridge Farm raw cow and goat butter (717-530-5999)
Miller's Biodiversity Farm raw goat butter; sweet and
cultured cow butter (717-786-7895)
Miller's Organic Farm raw goat, sheep and water buffalo
butter; sweet and cultured cow butter (717-556-0672)
Narvon Natural Acres raw butter (717-768-3263)
Nature's Sunlight Farm raw butter (717-776-3417)
Organic Pastures raw original and cultured butter
(CA) (877-RAW-MILK)
Paradise Pastures raw butter (717-687-8576)
Pleasant Pastures raw butter (717-768-3437)
Rocky Ridge Dairy raw sweet and cultured butter
(717-284-0466)
Running Water Farm raw butter (717-627-3177)
Sunny Crest Pastures raw butter (717-768-0101)
The Farm Connection raw cultured butter (812-939-3027)
Triangle Organics raw butter (814-349-4890)
Twilight Acres raw butter (717-673-6365)
Willow Run Dairy raw sweet and cultured cow butter;
sweet and cultured goat butter (717-556-0285)

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

Anchor New Zealand butter
Cabot Creamery salted butter (888-792-2268)
Castle Rock Organic Farms churned cream (IL, MN and WI)
Clover Sonoma butter (West)
Double Devon cream butter
Fields of Athenry Farm butter (703-300-5765)
Finlandia butter
Fond O' Foods German butter (209-267-5867)
Green Valley Organics cultured butter (707-823-8250)
Hartzler Family Dairy butter (OH and IN)
Humboldt Creamery organic butter (888-316-6064)
Isigny Ste Mere French butter
Jana Valley New Zealand butter
Kalona SuperNatural organic butter

Kerrygold butter (FoodIreland.com)
 Kilby Cream butter (MD, PA and DE)
 Latta Russian kefir butter (201-512-8400, ext 303)
 Marky's European butter (800-522-8427)
 Meyenberg goat butter (800-891-4628)
 Minerva Dairy butter (except cinnamon butter)
 (330-868-4196)
 Mountain Home Farm cultured butter (802-989-2813)
 Mt. Sterling goat butter (866-289-4628)
 Nordic Creamery butter (except cinnamon-sugar butter)
 (608-634-3199)
 Oasis at Bird-in-Hand butter (717-288-2154)
 Organic Valley butter
 Red Feather canned grass-fed butter
 Rumiano Cheese Company butter
 Sierra Nevada Cheese Company sheep butter, cultured cow
 butter (530-934-8660)
 Simply Balanced (Target) organic salted butter (800-316-6151)
 Smjör Icelandic butter
 Somerdale English butter
 South Mountain Creamery butter (East Coast)
 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
 Trickling Springs Creamery butter
 Tropical Traditions butter (except whipped butter)
 (866-311-2626)
 US Wellness butter (877-383-0051)
 Vermont Creamery butter
 Vital Farms butter
 Welsh Mountain Farm butter (717-768-3652)
 Whole Foods 365 butter
 Wild Things Seafood & Steaks butter (866-360-3474)
 Woodstock Foods organic butter

Ancient Organics organic ghee (510-847-5565)
 Bulletproof grass-fed ghee (800-231-4155)
 Carrington Farms grass-fed organic ghee (800-505-9546)
 Caveman Truck grass-fed ghee (317-674-3346)
 Fatworks grass-fed goat milk ghee, organic grass-fed
 cultured cow milk ghee (303-641-6922)
 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
 (goldnuggetghee.com)
 Grass Fed Gourmet grass-fed organic cocoghee (except those
 with cacao or coffee) (gfgcocoghee.com)
 Jpp Apothecary grass-fed organic cultured ghee
 (602-318-5630)
 Julian Bakery paleo butter (grass-fed ghee) (800-982-7323)
 Kelapo grass-fed ghee (800-230-5952)
 Miller's Biodiversity 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)
Pure Indian Foods grass-fed organic ghee, cultured ghee,
spiced ghee, coconut ghee (877-LUV-GHEE)
Purity Farms grass-fed organic ghee
Radiant Life grass-fed organic ghee (888-593-8333)
Rocky Ridge Dairy grass-fed organic ghee (717-284-0466)
Selina Naturally grass-fed organic ghee (800-867-7258)
Simply Ghee grass-fed organic ghee (717-587-6841)
SVAyurveda organic mum's ghee
The Lamb Shoppe grass-fed organic ghee (320-587-6094)
Thrive Market grass-fed ghee (855-419-9919)
Tin Star Foods grass-fed ghee, cultured ghee (tinstarfoods.com)
Triangle Organics grass-fed organic ghee (814-349-4890)
Willow Run Dairy grass-fed organic ghee (717-556-0285)

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 EcoDairy Farms fertile pastured eggs (CA)
Beneficial Farms free-range eggs
Blue Sky Family Farms pastured eggs
Burroughs Family Farms pastured eggs (CA)
Frenzs 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)
Lily's free-range eggs
Meant To Be Natural Food organic soy-free fertile pastured
kosher white eggs (NY, NJ, PA)
Pete and Gerry's Organics organic free-range eggs
Polyface Farm pastured eggs (VA, MD and DC)
RedHill Farms pastured eggs (CA)
The Happy Egg Co. organic free-range eggs, free-range eggs
Vital Farms pastured eggs

Dutch Meadows Farm pastured duck eggs. soy-free
pastured chicken eggs (717-442-9208)
Fields of Athenry Farm fertile pastured eggs (703-300-5765)
Hershberger Heritage Farm soy-free fertile pastured eggs
(215-500-7301)
Meadow Ridge Farm soy-free fertile pastured eggs
(717-530-5999)
Miller's Biodiversity 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)
 Mint Creek Farm soy-free fertile pastured eggs
 (815-256-2202)
 Mulefoot Farm soy-free fertile pastured eggs (608-462-3715)
 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)
 Rambling River Pastured Farm fertile pastured eggs
 (717-624-2141)
 Rocky Ridge Dairy soy-free fertile pastured eggs
 (717-284-0466)
 Salmon Creek Ranch pastured duck eggs (707-876-1808)
 Sunny Crest Pastures pastured eggs (717-768-0101)
 Thankful Harvest organic soy-free pastured eggs
 (712-830-3281)
 The Family Cow soy-free pastured eggs (717-491-4004)
 Tropical Traditions soy-free pastured eggs (866-311-2626)
 White River Ducks soy-free pastured duck eggs
 (541-258-2002)
 Willow Run Dairy soy-free fertile pastured eggs
 (717-556-0285)

GOOD: Organic or high-omega-3 eggs.

Blue Sky Family Farms organic free-range eggs
 Clover Sonoma organic eggs, organic omega-3 eggs (West)
 Eggland's Best organic eggs
 Farmers' Hen House organic eggs
 Full Circle organic eggs
 Giving Nature
 Glaum Egg Ranch organic cage-free eggs (CA)
 Shelton's
 Simply Balanced (Target) organic cage-free eggs
 (800-316-6151)
 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, avocado, 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)

American Homestead Natural Meats pork fat
(homesteadnaturalmeats.com)

Bices Quality Critter Ranch lard, pork fat, raw
and rendered chicken fat (715-424-5159)

Broth of Life tallow, brelow, lamb broth fat
(brothoflife.com.au)

Burgundy Pasture pork fat (817-866-2247)

Casa Rosa Farms beef suet (casarosafarm.com)

Caw Caw Creek pork fat (803-250-5803)

Christiansen's Family Farm lard (435-839-3482)

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 tallow (512-944-8502)

Fatworks beef, buffalo and lamb tallow; lard, pastured
duck fat, pastured goose fat (303-641-6922)

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

Flying Pigs Farm lard, pork fat (518-854-3844)

Good Earth Farms pork fat (888-941-4343)

GrassRoots Meats beef suet (970-582-0166)

Green Hills Harvest lard (660-244-5858)

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 brelow,
lamb brelow, chicken schmaltz, lard (602-318-5630)

KOL Foods kosher beef suet, unrendered chicken and
duck fats (888-366-3565)

Larga Vista Ranch lard (719-947-0982)

Many Hands Organic Farm lard (978-355-2853)

Meadow Ridge Farm lard, tallow (717-530-5999)

Miller's Biodiversity 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)

Mint Creek Farm lamb and veal suet (815-256-2202)

Mother Linda's lard (motherlindas.com)

Mulefoot Farm pork fat (608-462-3715)

NorthStar Bison lamb fat, beef suet, bison suet, pork fat
(888-295-6332)

PaiDom beef suet and pork fat (806-945-2473)

Paleo on the Go beef tallow, duck fat (855-447-2536)

Pleasant Pastures tallow, lard, pork fat, rendered
chicken fat (717-768-3437)

Pleasant View Farms lard (608-553-0787)

Pre-Made Paleo beef tallow (678-995-5772)
 Rambling River Pastured Farm lard (717-624-2141)
 Rock House Farm lard, pork fat, beef suet (828-391-6881)
 Rocky Mountain Organic Meats pork fat (877-754-4606)
 Rocky Ridge Dairy lard (717-284-0466)
 Salt, Fire & Time lard (503-208-2758)
 Stryker Farm pork fat, lard (570-269-2995)
 Tendergrass Farms pork fat (800-929-1785)
 The Brothery rendered beef marrow & knuckle fat
 (760-727-2058)
 The Family Cow beef suet, pork fat (717-491-4004)
 The Meat Share pork fat (866-535-8018)
 The Naked Pig Meat Co. pork fat, lard (704-485-2258)
 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)
 West Wind Farms pork fat (855-593-7894)
 White Oak Pastures beef suet (229-641-2081)
 Wild Idea Buffalo Co. fat (866-658-6137)
 Willow Run Dairy tallow, lard (717-556-0285)
 Wooly Pigs lard (253-833-7591)

Bariani organic extra virgin unfiltered olive oil
 Bioitalia organic extra virgin olive oil
 Bionaturae organic extra virgin olive oil
 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
 Nash Brothers Trading Company organic extra virgin olive oil
 Newman's Own Organic organic extra virgin olive oil
 Núñez de Prado organic extra virgin unfiltered olive oil
 Oskri organic extra virgin unfiltered olive oil
 Riojana organic extra virgin olive oil
 Rozzano organic extra virgin olive oil
 Simply Balanced (Target) 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 (877-638-3626)
 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)
 Brandless organic extra virgin olive oil (415-237-6640)
 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
 (casarosafarm.com)

Castillo de Canena biodynamic extra virgin olive oil
(425-398-9761)

Chaffin Family Orchards extra virgin unfiltered olive oil
(530-533-1676)

Ciao Organics organic extra virgin olive oil
(845-363-6253, ext 113)

Country Life Natural Foods organic extra virgin olive oil
(800-456-7694)

DeLallo organic extra virgin filtered and unfiltered olive oil
(800-433-9100)

Earth Circle Organics organic extra virgin olive oil
(877-922-FOOD)

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 (604-603-6320)

Enzo's Table organic extra virgin olive oil (888-942-3552)

Equal Exchange organic extra virgin olive oil (774-776-7333)

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)

Healthy Harvest organic extra virgin olive oil (636-405-1960)

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 Limited Reserve Premium Select organic extra
virgin unfiltered olive oil (800-509-8491)

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
(301-703-4116)

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
(855-654-3549)

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 (800-661-3529)
 Phytolove, LLC organic extra virgin unfiltered olive oil
 (202-558-7174)
 Pure Indian Foods organic extra virgin olive oil
 (877-588-4433)
 Puritan's Pride organic extra virgin olive oil (800-645-1030)
 Radiant Life organic extra virgin unfiltered olive oil
 (888-593-8333)
 Rocky Ridge Dairy organic extra virgin unfiltered olive oil
 (717-284-0466)
 Roland organic extra virgin olive oil (800-221-4030)
 Selina Naturally organic extra virgin Nabali tree olive oil
 (800-867-7258)
 Serrv organic extra virgin olive oil (800-422-5915)
 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
 (800-322-6457, ext 230)
 Sunfood Super Foods raw organic extra virgin olive oil
 (888-729-3663)
 The Lamb Shoppe organic extra virgin olive oil
 (320-587-6094)
 The Meadow organic extra virgin olive oil (888-388-4633)
 The Olive Bar organic extra virgin unfiltered olive oil
 (408-370-1901)
 The Pure Olive Laconiko extra virgin unfiltered olive oil
 (571-208-8203)
 The Raw Food World organic extra virgin unfiltered olive oil
 (866-729-3438)
 Thrive Market organic extra virgin olive oil (855-419-9919)
 Tiburtini organic extra virgin unfiltered olive oil
 (888-636-8162)
 Tropical Traditions organic extra virgin olive oil
 (866-311-2626)
 Tudor House Tea & Spice organic extra virgin filtered and
 unfiltered olive oil (269-978-3475)
 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 (800-608-4825)
 Vom Fass organic extra virgin unfiltered olive oil
 (608-204-0300)
 Wildly Organic organic extra virgin olive oil (800-945-3801)
 Zoe organic extra virgin unfiltered olive oil (212-563-2707)

Alaffia palm oil
 Alpha coconut oil
 Barlean's coconut oil
 Garden of Life 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

Simply Balanced (Target) organic virgin coconut oil
 SimplyNature (Aldi) organic virgin coconut oil
 Spectrum virgin coconut oil
 Trader Joe's organic virgin coconut oil

Anjou extra virgin coconut oil (888-456-8468)
 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)
 Brandless organic virgin coconut oil (415-237-6640)
 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)
 Coconoil coconut oil (800-899-3413)
 Coconut Oil Supreme (800-922-1744)
 Coconut Organics cocoblends infused organic coconut oils
 (866-401-2626)
 Coconut Secret raw extra virgin coconut oil (888-369-3393)
 Cocopura raw coconut oil (877-PUR-OILS)
 Country Life Natural Foods organic virgin coconut oil
 (800-456-7694)
 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 (877-922-FOOD)
 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)
 Fields of Athenry Farm coconut ghee (703-300-5765)
 Fuatino's raw virgin fermented coconut oil
 (fuatinoscoconutoil.com)
 Glaser Organic Farms raw coconut oil (305-238-7747)
 Green Pasture virgin coconut oil, coconut ghee
 (402-858-4818)
 Harvest Bay coconut oil (866-646-4266)
 Health From The Sun organic raw virgin coconut oil
 (800-269-2198)
 International Harvest, Inc. raw coconut oil (800-277-4268)
 Jedwards International, Inc. virgin coconut oil
 (617-472-9300)
 Juka's palm oil (855-465-8527)
 Jungle Products coconut and palm oils
 (info@internaturalfoods.com)
 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 (800-258-8337)
 Live Superfoods infused organic coconut oils, raw virgin
 coconut oil (800-481-5074)
 Living Tree raw coconut oil (800-260-5534)
 Love Raw Foods coconut oil (540-745-5040)
 Matyah's raw coconut oil (202-558-7174)
 Meadow Ridge Farm coconut oil (717-530-5999)
 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 (301-703-4116)
 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)
 Ojio raw coconut oil (800-728-2066)
 Okonatur extra virgin coconut and palm oils
 (888-963-9540)
 Omega Nutrition virgin coconut oil (800-661-3529)
 Optimally Organic raw coconut oil (888-211-4263)
 Original Living Coconut raw coconut oil (800-906-3064)
 Pangaia raw coconut oil (808-989-3457)
 Perfect coconut oil (866-802-3860)
 Pleasant Pastures coconut oil, coconut ghee (717-768-3437)
 Pure Indian Foods coconut oil (877-588-4433)
 Pure Planet coconut oil (562-951-1124)
 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
 (800-322-6457, ext 230)
 Something Pure coconut oil; grilling herb, Mediterranean
 herb, herbs de provencal and cinnamon bun coconut
 oils/butters (somethingpure.com)
 Starwest Botanicals virgin coconut oil (800-800-4372)
 Stutzman Farms organic virgin coconut oil
 (330-674-1289, ext 2)
 Sunfood Super Foods raw coconut oil (888-729-3663)
 Swanson extra virgin coconut and palm oils (800-824-4491)
 Terrasoul Superfoods extra virgin coconut oil (855-821-4744)
 The Lamb Shoppe coconut oil (320-587-6094)
 The Olive Bar coconut oil (408-370-1901)
 The Raw Food World raw coconut oil (866-729-3438)
 Thrive Market organic virgin coconut oil (855-419-9919)
 Tropical Traditions virgin organic coconut oil (866-311-2626)
 Tropics Best coconut oil (888-386-9246)

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 (800-608-4825)
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 (360-247-6250)
Wildly Organic virgin coconut oil (800-945-3801)
Willow Run Dairy coconut oil, coconut ghee
(717-556-0285)
Ziggy Marley Organics coco'mon original coconut oil
(866-312-3762)

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
(604-603-6320)
Mountain Rose Herbs organic avocado oil (800-879-3337)
Platteville Sunflower Oil Co. organic sunflower oil
(608-342-7244)
Pure Indian Foods organic almond oil (877-588-4433)
Rejuvenative Foods organic almond oil (800-805-7957)
Sky Organics avocado oil, organic sweet almond oil
(888-899-9305)

Gail's Cupboard mayonnaise (570-561-6970)
Miller's Organic Farm mayonnaise (717-556-0672)
Willow Run Dairy mayonnaise (717-556-0285)

GOOD: Cold pressed or expeller pressed unrefined sesame, sunflower, peanut, macadamia, avocado, 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.

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)
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)
 Chocola Tree extra virgin olive oil, Premier coconut oil
 (928-282-2997)
 Chosen Foods extra virgin avocado and sesame oils
 (877-674-2244)
 Country Life Natural Foods extra virgin olive oil, refined
 coconut oil (800-456-7694)
 Cucina Antica extra virgin olive oil (877-728-2462)
 D'Artagnan duck fat
 DeLallo extra virgin olive oil (800-433-9100)
 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 (604-603-6320)
 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
 (303-641-6922)
 FBomb raw extra virgin olive and avocado oils; 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)
 Foods Alive organic gold flax, black sesame and chia oils
 (260-488-4497)
 Frontera extra virgin olive oil (800-509-4441)
 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)
 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, avocado, sunflower, peanut, pistachio and
 refined coconut oils (866-688-6457)
 Lentz Spelt Farms lena camelina oil (509-717-0015)
 Liberty Ducks unrendered duck fat (800-953-8257)
 Life-flo sesame, sunflower, walnut and avocado oils
 (800-258-8337)
 Loriva cold-pressed oils
 MacNut Oil macadamia oil (866-462-2688)
 Marky's duck fat, goose fat (800-522-8427)
 Marx Foods duck fat (866-588-6279)
 Matiz extra virgin olive oil (425-398-9761)
 Mitoku sesame oil
 Mother Linda's duck fat (motherlindas.com)
 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)
 Nash Brothers Trading Company extra virgin olive oil
 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, extra virgin avocado and
 macadamia oils (888-963-9540)
 Omega Nutrition sesame, sunflower, avocado and flax oils
 (800-661-3529)
 Paeleon extra virgin olive oil (920-359-1796)
 Penna Gourmet Foods extra virgin olive oil (530-865-9810)
 Prairie Pride Farm lard (866-245-7675)
 Pre-Made Paleo duck fat (678-995-5772)
 Premier Research Labs coconut, olive and sesame oils
 (800-325-7734)
 Primal Kitchen extra virgin avocado oil (888-774-6259)
 Pure Indian Foods organic sesame oil (877-588-4433)
 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 (800-805-7957)
 Riojana extra virgin olive oil
 Roland macadamia, hazelnut, pumpkin seed, avocado,
 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)
 Simply Balanced (Target) organic virgin sesame oil
 (800-316-6151)
 Smoking Goose Meatery leaf lard, smoked lard
 (317-638-6328)
 Spectrum organic palm shortening; extra virgin olive,
 refined coconut and unrefined sesame oils
 Spiral Foods refined coconut oil
 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 (760-727-2058)
 The Lamb Shoppe palm oil (320-587-6094)
 The Meadow extra virgin olive oil (888-388-4633)
 The Olive Bar extra virgin unfiltered olive oil (408-370-1901)
 The Real Pantry organic refined coconut oil
 (real-pantry.com)
 Thoughtful Harvest extra virgin olive oil (864-492-1499)
 Trader Joe's premium 100% Greek kalamata,
 California estate and premium extra virgin olive oils
 Tropical Traditions organic palm shortening; virgin palm,
 unrefined sesame and refined coconut oils
 (866-311-2626)

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 (800-945-3801)

Chosen Foods mayonnaise (877-674-2244)
DeLouis Fils mayonnaise
Hain safflower mayonnaise
Primal Kitchen mayonnaise (888-774-6259)
Selina Naturally organic mayonnaise (800-867-7258)
Sir Kensington's avocado oil mayonnaise, organic
mayonnaise (646-450-5735)
Terroirs d'Antan French mayonnaise
Tessemæ's mayonnaise (855-698-3773)
Wildly Organic organic mayonnaise (800-945-3801)

AVOID: Most commercial vegetable 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
Blue Hill Bay wild salmon, wild smoked fish
Cannon Fish Company wild seafood
Echo Falls wild Alaskan smoked sockeye salmon
Eden dried bonito flakes
Henry & Lisa's frozen wild salmon and cod
Icicle Seafoods wild salmon (206-282-0988)
Natural Sea frozen wild salmon
Peter Pan Seafoods wild salmon (206-728-6000)
Raincoast Trading wild smoked salmon lox
Ruby Bay wild smoked salmon
SeaBear fresh and smoked wild seafood
Simply Balanced (Target) frozen wild salmon (800-316-6151)
Spence & Co. wild smoked salmon,
mackerel and trout
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

911caviar.com caviar (except those from China)
 (800-660-0063)
 Alaska Gold Brand wild seafood (360-733-0120)
 Alderspring Ranch wild salmon (alderspring.com)
 Arctic Pride frozen wild shrimp (207-772-2299)
 Balducci's caviar (800-346-8763)
 BLiS wild roe (616-942-7545)
 Cape Cleare wild salmon (360-385-7486)
 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 (907-522-7806)
 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
 (800-982-2377)
 Fields of Athenry Farm wild salmon and cod
 (703-300-5765)
 Fishhugger wild seafood and salmon roe (602-286-9233)
 Grande Premium Meats wild seafood, smoked keta salmon
 (888-338-4581)
 Grow and Behold Foods gefilte fish, wild salmon
 (888-790-5781)
 HarvestBox wild salmon (harvestbox.com)
 Heritage Foods USA wild salmon (718-389-0985)
 I Love Blue Sea fresh wild seafood, smoked
 fish, roe, caviar (415-300-0940)
 Kodiak Island WildSource wild seafood, smoked fish
 (kodiakwildsource.com)
 KOL Foods wild salmon (888-366-3565)
 Krinos tarama carp roe caviar
 Kwee-Jack Fish Co. wild salmon (503-893-5570)
 Loki Fish Co. wild salmon, smoked salmon, roe
 (206-937-1048)
 Lummi Island Wild Co-op wild seafood and caviar; smoked
 salmon and caviar (Info@LummiislandWild.com)
 Marky's caviar (except those from China) (800-522-8427)
 Marx Foods dried roe, fresh caviar and roe
 (all without added colorings), wild seafood, smoked
 salmon (866-588-6279)
 Miller's Biodiversity 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)
 Orca Bay Seafoods wild seafood (800-932-ORCA)
 Otolith Sustainable Seafood (215-426-4266)
 Pleasant Pastures wild salmon (717-768-3437)
 Port Clyde Fresh Catch wild seafood, roe (207-372-1055)
 Pre-Made Paleo wild caught fish (678-995-5772)
 Prime Select wild seafood, smoked salmon
 (888-870-7292)
 Radiant Life dried anchovies (888-593-8333)

Ranch Foods Direct wild seafood, smoked salmon
 (866-866-6328)
 Rocky Ridge Dairy wild salmon and haddock
 (717-284-0466)
 Seafood Producers Cooperative Brand albacore tuna
 (360-733-0120)
 Seattle Caviar Company caviar (888-323-3005)
 Simply Incredible wild smoked salmon (855-772-5666)
 Simply Lobsters (800-796-3189)
 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)
 The Meat Share wild seafood (866-535-8018)
 Tsar Nicoulai Caviar caviar, roe (800-952-2842)
 Uncured Natural Meats wild seafood and smoked salmon
 (920-386-4971)
 US Wellness wild seafood (877-383-0051)
 Vital Choice wild seafood and roe, smoked fish
 (800-608-4825)
 Wild Alaska Salmon & Seafood Co. wild salmon, smoked
 salmon (866-648-9453)
 Wild for Salmon wild seafood and roe, smoked fish
 (570-387-0550)
 Wild Run Salmon wild salmon and cod (907-299-0730)
 Wild Things Seafood & Steaks wild seafood (866-360-3474)
 Wildcatch smoked salmon and cod (907-522-7806)
 Willow Run Dairy wild salmon (717-556-0285)

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*
 American Tuna tuna*
 Angelo Parodi sardines in olive oil
 Bar Harbor canned seafood
 Bela sardines in spring water, tuna, mackerel
 Blue Hill Bay homestyle and spiced matjes herring:
 herring in wine sauce, herring in dill sauce*
 Brunswick sardines in spring water, sardines in olive oil
 Bumble Bee plain canned salmon, mackerel, sardines
 in water
 Cento anchovies and sardines in olive oil
 Cole's sardines, mackerel, tuna*
 Conservas Ortiz tuna, sardines, mackerel and anchovies in
 olive oil**
 Crown Prince Natural canned seafood and clam juice
 (except those from China and those with citric acid)**
 Deming's canned wild salmon*
 Double "Q" canned wild salmon*
 Henry & Lisa's natural shrimp, canned salmon and tuna*
 Kirkland canned salmon and tuna**

Matiz sardines in olive oil, sardinillas, tuna, cockles, octopus, anchovies
 MW Polar anchovies in olive oil, salmon, whole boiled oysters, pieces oysters, sardines in water, kipper snacks, jack mackerel, mussels, tuna
 Natural Sea pouched tuna; canned salmon, tuna and clams**
 Natural Value tuna*
 Pillar Rock wild salmon
 Pastene fancy light tuna, sardines and anchovies in olive oil
 Raincoast Trading wild salmon, tuna, sardines in water, sardines in tomato sauce; smoked salmon, tuna and oysters*
 Reese flat anchovies in glass*
 Romanoff Red (salmon) caviar
 Rubinstein's canned wild salmon
 Safe Catch canned and pouched tuna (except those with citric acid)* (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)*
 Sultan sardines in olive oil
 Tonnino tuna and salmon*
 Trader Joe's Tongol tuna in water*
 Wild Selections tuna, plain salmon in olive oil

 Awers Inc. caviar (888-297-9196)
 BLiS natural and jalapeño spiced albacore tuna (616-942-7545)
 Copper River Seafoods canned, jarred and pouched salmon* (907-522-7806)
 Dave's tuna and salmon (888-454-8862)
 DeLallo anchovies in olive oil (800-433-9100)
 Dr. Mercola canned salmon and sardines** (877-985-2695)
 Ed's Kasilof Seafoods canned salmon (800-982-2377)
 Heritage Foods USA canned tuna (718-389-0985)
 I Love Blue Sea canned salmon and tuna** (415-300-0940)
 Island Trollers albacore tuna (877-253-2761)
 King Oscar sardines (except those with soybean oil), mackerel, kippers, anchovies* (203-221-8008)
 Les Trois Petits Cochons salmon terrine
 Loki Fish Co. canned salmon (206-937-1048)
 Marinella tuna, anchovies* (732-364-1724)
 Napoleon anchovies in olive oil (425-455-3776)
 Oregon's Choice canned seafood** (877-289-8862)
 Patagonia Provisions pouched original smoked salmon* (888-221-8208)
 Prime Select canned salmon** (888-870-7292)
 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)
 Seafood Producers Cooperative Brand canned tuna* (360-733-0120)
 Selina Naturally pouched wild salmon (800-867-7258)
 Sustainable Seas canned tuna (800-998-9946)

Thrive Market canned tuna, salmon, sardines in water
(855-419-9919)
US Wellness canned and pouched wild fish*
(877-383-0051)
Vital Choice canned and pouched wild fish** (800-608-4825)
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)
Wild Things Seafood & Steaks canned tuna* (866-360-3474)
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 www.eatwild.com or localharvest.org, or contact a chapter of the Weston A. Price Foundation, westonaprice.org or 202-363-4394.) 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
Backyard Birds chicken
Bubba Foods grass-fed beef burgers (877-879-2822)
Chiappetti Meats beef (773-733-7110)
D'Artagnan beef, lamb, buffalo, venison, wild boar, wild hare
wild game birds (800-327-8246)
Dakota Beef beef (888-586-2209)
Grateful Harvest organic grass-fed beef
Jones Creek beef
Lamb from New Zealand or Iceland
Mary's pastured chicken (888-666-8244)
Simply Balanced (Target) 100% grass-fed ground beef
(800-316-6151)
SimplyNature (Aldi) organic 100% grass-fed ground beef
(800-325-7894)
Smart organic chicken (402-786-1000)
Sommers Organic beef
Strauss Brands beef, free raised veal, meadow reserve veal,
lamb (800-562-7775)
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)
 American Homestead Natural Meats pork
 (homesteadnaturalmeats.com)
 Anderson Ranches lamb (541-466-5866)
 Arizona Grass Raised Beef Company beef (602-920-9666)
 Ayrshire Farm beef, veal, pork, chicken, turkey
 (540-592-7018)
 Baldwin Charolais Beef (800-896-4857)
 Bane Family Meats beef, pork, lamb, chicken, turkey
 (217-722-2188)
 Bar 10 Ranch beef (800-582-4139)
 Becker Lane Organic pork (563-875-2248)
 Belcampo Meat Co. ground beef (belcampomeatco.com)
 Beltie Beef (877-846-5721)
 Bices Quality Critter Ranch beef, pork, lamb, goat
 poultry (715-424-5159)
 Blackwing, Inc. beef, bison, pork, lamb, goat, elk, venison,
 ostrich, turkey, wild boar (847-838-4888)
 Blue Mountain Meadows beef, pork, lamb, chicken
 (717-423-5680)
 Border Springs Farm lamb (276-952-5485)
 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
 (770-267-0948)
 Casa Rosa Farms beef, lamb, goat (casarosafarm.com)
 Caw Caw Creek pork (803-250-5803)
 Cedar Farms beef (realmilk777@gmail.com)
 Circle C Farm beef, pork, lamb, chicken, turkey, duck
 (239-776-9054)
 Clover Cove Ranch beef (402-925-2431)
 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,
 turkey, bison, rabbit (717-442-9208)
 East of Eden Farm poultry (828-713-1538)
 Emmer & Co. chicken (emmerandco.com)
 Fields of Athenry Farm beef, lamb, pork, poultry
 (703-300-5765)
 Fishhugger beef (602-286-9233)
 Fluit Family Farms beef, pork (541-432-5071)
 Flying Pigs Farm pork (518-854-3844)
 Foxhollow Farm beef (502-241-9674)
 Glacier Grown bison, beef, lamb (406-407-7039)
 Good Earth Farms beef, pork, lamb, poultry (888-941-4343)

Good Shepherd Poultry Ranch chicken, turkey, duck, goose
 (goodshepherdpoultryranch.com)
 Grande Premium Meats elk, venison, wild boar
 (888-338-4581)
 Grass Roots Farmers' Cooperative beef, lamb, pork, chicken,
 turkey (479-310-0037)
 Grass Run Farms beef (563-277-0052)
 GrassRoots Meats beef, lamb (970-582-0166)
 Grassy Way Organics beef (608-753-2399)
 Greatbeef (greatbeef.com)
 Green Acres Farm chicken, beef (717-768-3504)
 Green Hills Harvest beef, lamb, pork (660-244-5858)
 Grow and Behold Foods kosher lamb, chicken, turkey, duck,
 rose veal (888-790-5781)
 Hardwick grass-fed beef (413-477-6500)
 HarvestBox grass-fed beef, pork, chicken (harvestbox.com)
 Heritage Foods USA meats (718-389-0985)
 Hershberger Heritage Farm beef, pork, lamb, chicken, turkey
 (215-500-7301)
 High Sierra beef (530-635-0183)
 Homestead Natural Foods beef, pork, lamb (208-880-8923)
 Hunter Cattle Co. beef, pork (912-823-2333)
 JX Ranch Natural Beef beef (575-403-6904)
 Kettle Range Meat Co. beef, pork (800-608-2334)
 KOL Foods kosher beef, lamb, poultry (888-366-3565)
 La Cense Beef (866-442-BEEF)
 Lasater Grasslands Beef (866-454-2333)
 Lava Lake Lamb lamb (888-528-5253)
 Liberty Ducks duck (800-953-8257)
 Lil' Ponderosa Enterprises beef (717-245-2820)
 Longhorns Head To Tail beef (740-758-5050)
 Marx Foods beef, wild boar, lamb, bison,
 kangaroo, venison, antelope (866-588-6279)
 McCluskey Brothers beef (608-986-3760)
 Meadow Oaks Angus, LLC beef, pork, lamb (219-285-2182)
 Meadow Raised Meats grass-fed meats (315-829-5437)
 Meadow Ridge Farm beef, pork, goat, duck, chicken,
 rabbit (717-530-5999)
 Miller's Biodiversity 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 (608-435-6102)
 Mint Creek Farm lamb, veal, beef, pork, goat, poultry
 (815-256-2202)
 Moink beef, lamb, pork, chicken (217-717-9448)
 Mountain Home Farm beef, pork (802-989-2813)
 Mulefoot Farm beef, pork, lamb, chicken, turkey
 (608-462-3715)
 Nature's Sunlight Farm beef, veal, poultry, lamb
 (717-776-3417)
 Ney's Big Sky beef, buffalo, chicken (414-254-2664)
 Northeast Family Farms beef (800-777-2648)
 Oaklyn Plantation poultry and beef (843-395-0793)
 Oasis at Bird-in-Hand beef, pork, lamb, chicken
 (717-288-2154)
 Organic Grassfed Beef Coalition (605-624-1961)

Organic Prairie grass-fed beef
 Oswald Cattle Company beef (719-942-4361)
 Page River Bottom Farm beef, lamb, poultry (559-638-3124)
 PaiDom Meats beef, lamb, goat, chicken (806-945-2473)
 Pasture Prime Family Farm beef, pork (352-266-9504)
 Peaceful Pastures grass-fed meats (615-683-4291)
 Pineshine Farms beef (239-677-4074)
 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)
 Rambling River Pastured Farm pork, mutton, lamb, beef
 (717-624-2141)
 Ranch Foods Direct lamb, bison (866-866-6328)
 Rock House Farm beef, pork, poultry (828-438-3881)
 Rocky Mountain Organic Meats beef, lamb, pork
 (877-754-4606)
 Rocky Ridge Dairy beef, pork, lamb, poultry (717-284-0466)
 Salmon Creek Ranch beef, goat, goose (707-876-1808)
 Schenker Family Farms beef, veal, pork, lamb, poultry
 (877-632-4470)
 Scott River Ranch beef (530-467-4006)
 Shepherd Song Farm lamb, goat (715-265-7637)
 Shiloh Farms ground beef (800-362-6832)
 Shudde Family Ranch beef (866-392-1510)
 Soaring Eagle Ranch beef (575-588-7424)
 Stemple Creek Ranch beef, lamb (415-883-8253)
 Stryker Farm beef, pork, goat (570-269-2995)
 Sunny Crest Pastures beef (717-768-0101)
 Tallgrass Beef Company beef (tallgrassbeef.com)
 Tara Firma Farms beef, pork, chicken (707-765-1202)
 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)
 The Meat Share beef, bison, lamb, goat, pork, chicken,
 turkey, duck (866-535-8018)
 The Naked Pig Meat Co. beef, pork (704-485-2258)
 Thompson Farms pork (866-463-9218)
 Top of the World Farm beef, pork, lamb (866-866-3287)
 Tropical Traditions beef, bison, lamb, poultry (866-311-2626)
 Uncured Natural Meats beef, lamb, chicken (920-386-4971)
 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 (800-608-4825)
 Waseda Farms beef, pork, chicken (920-632-7271)
 West Wind Farms grass-fed meats (855-593-7894)
 White Oak Pastures beef, poultry, lamb, pork, rabbit
 (229-641-2081)
 White River Lamb Company lamb (541-258-2002)

White Thunder Organics beef, pork (605-452-3233)
Wild Things Seafood & Steaks grass-fed beef, lamb
(866-360-3474)
Willow Run Dairy beef, veal, pork, lamb, poultry, rabbit,
goat (717-556-0285)
Wise Organic Pastures kosher beef, poultry (718-596-0400)
Wooly Pigs pork (253-833-7591)

Buffalo Peak Ranch buffalo (888-208-6360)
Cherokee Bison Farms bison (715-223-3644)
Full Circle Bison Ranch bison, pork (541-846-1351)
Golden Valley buffalo (888-270-7147)
Gunpowder Bison & Trading Co. bison, turkey
(410-343-2277)
High Wire Ranch bison and elk (970-835-7600)
Hutchinson Family Ranch bison, beef (402-273-4574)
Intermountain Bison bison (208-227-9008)
NorthStar Bison beef, bison, lamb, pork, chicken, turkey,
goat, rabbit (888-295-6332)
The Honest Bison bison (thehonestbison.com)
Thunder Heart Bison (210-930-0841)
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
(847-838-4888)
Buffalo Guys buffalo (888-330-8686)
Butcher Box pork, chicken (getbutcherbox.com)
Chapman 3C Cattle Company beef (254-977-4337)
Coleman pork, chicken
Cook Pigs Ranch pork (cookpigs.com)
D'Artagnan pork, rabbit, poultry (800-327-8246)
Diestal turkey
Grande Premium Meats goat, rabbit, bison (888-338-4581)
Grass Run Farms pork (563-277-0052)
GrassRoots Meats chicken (970-582-0166)
Grateful Harvest turkey
Great Range Brand Bison bison (800-327-2706)
Grimaud Farms duck, guinea hen (800-466-9955)
Grow and Behold Foods kosher beef (888-790-5781)
HarvestBox beef (harvestbox.com)
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 (888-295-6332)
Organic Prairie meats
PaiDom Meats pork (806-945-2473)
Pederson's Natural Farms ground bison (254-386-4790)
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)
Prather Ranch Meat Co. bulk beef (West Coast)
(Scott@prmeatco.com)
Ranch Foods Direct beef, pork, poultry, elk, goat, rabbit,
veal (866-866-6328)
Rocky Mountain Natural Meats bison (800-327-2706)
Rocky Mountain Organic Meats poultry (877-754-4606)
Roseda Farm beef (410-962-5530)
Shelton's poultry
Smart chicken (402-786-1000)
Sommers Organic pork, poultry
South Mountain Creamery beef, lamb, pork, chicken
(East Coast) (877-269-2968)
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)
Wild Things Seafood & Steaks beef, pork, chicken
(866-360-3474)

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 (800-562-7775)

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 (belcampomeatco.com)

Beltie Beef summer sausage (877-846-5721)

Bices Quality Critter Ranch bratwursts, breakfast links, beef brats, special orders (715-424-5159)

Blackwing, Inc. bacon, Italian pork sausage, mild Italian and pineapple pork brats; wild boar bacon and pineapple brats; elk tendons and plain brats (847-838-4888)

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 (803-250-5803)

Charlito’s Cocina salamis, sausages, chorizo (917-539-9315)

Circle C Farm pork, lamb, chicken, turkey and duck sausages (239-776-9054)

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)

East of Eden Farm mild chicken sausage (828-713-1538)

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 (518-854-3844)

Full Circle Bison Ranch hot sage breakfast pork sausage (541-846-1351)

Good Earth Farms bacon, ham, sausages, bratwurst

smoked ham hocks, wieners; beef sausage; chicken
 hot dogs (888-941-4343)
 Grass Roots Farmers' Cooperative pork sausage, bratwurst,
 maple links and mesquite lime kielbasa (479-310-0037)
 Grass Run Farms beef bacon, bratwurst and
 Polish sausage (563-277-0052)
 Grow and Behold Foods kosher turkey fennel sausage
 (888-790-5781)
 Homestead Natural Foods hot Italian, sweet Italian breakfast
 and chorizo pork sausages (208-880-8923)
 Hunter Cattle Co. bacon, smoked ham hocks; Vidalia
 onion, southern Italian, hot GA night and mooma's
 original pork sausages (912-823-2333)
 Hutchinson Family Ranch bison summer and breakfast
 sausages, beef summer sausage (402-273-4574)
 KOL Foods kosher beef merguez sausage, hot dogs,
 bratwurst and kielbasa; lamb sausage; roasted turkey
 (888-366-3565)
 La Cense Beef frankfurters, Polish kielbasa, pastrami,
 corned beef (866-442-BEEF)
 La Quercia acorn Tamworth pancetta, spallacia, prosciutto
 and coppa (515-981-1625)
 Lava Lake Lamb lamb sausages (888-528-5253)
 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 (717-530-5999)
 Miller's Biodiversity 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)
 Mint Creek Farm bacon, ham, andouille, Italian, Polish
 and breakfast sausages; lamb chorizo, ham, Italian and
 breakfast sausages (815-256-2202)
 Moink bacon, pork sausage (217-717-9448)
 Mountain Home Farm pork sausages (802-989-2813)
 Mulefoot Farm pork breakfast sausage, brats (608-462-3715)
 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
 (888-295-6332)
 Oasis at Bird-in-Hand bacon, ham, pork sausages
 (717-288-2154)
 PaiDom Meats beef bratwurst and sausages; lamb
 bratwurst and sausages (806-945-2473)
 Pleasant Pastures bacon, ham, bologna, pork sausages
 (717-768-3437)

Pre-Made Paleo sun-dried tomato beef sausage
(678-995-5772)

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

Rocky Ridge Dairy bacon, pork scrapple (717-284-0466)

Salt, Fire & Time lamb burgers with heart (503-208-2758)

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)

Surry Farms smoked hog jowls, Virginia bacon, sausage
links (888-901-4267)

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 (thehonestbison.com)

The Meat Share bacon, ham (866-535-8018)

Thompson Farms fresh and smoked pork country sausages
(866-463-9218)

Tropical Traditions bison hot dogs, brats, sausages, ham;
lamb summer sausage (866-311-2626)

Uncured Natural Meats beef bacon, brats, sausages
weiners (920-386-4971)

US Wellness Meats sugar-free beef bacon tips, sugar-free
beef bacon, franks, Italian and Polish beef sausages,
bologna, braunschweiger, liverwurst, head cheese,
salami, 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)

West Wind Farms bacon, ham, bratwursts (except
andouille, mushroom & swiss cheese, and turkey),
sausages (855-593-7894)

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)

Willow Run Dairy pork sausages, liverwurst; beef kielbasa,
sweet bologna, liverwurst (717-556-0285)

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 (877-243-3557)

Al Fresco country style link chicken sausage, oven
 roasted turkey breast (800-426-6100)
 American Homestead Natural Meats bacon, ham, hot dogs,
 sausages (homesteadnaturalmeats.com)
 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 (belcampomeatco.com)
 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
 (847-838-4888)
 Bolzano Artisan Meats salamis (414-426-6380)
 Broadleaf duck prosciutto; venison, buffalo southwestern,
 pheasant and alligator andouille sausages (800-336-3844)
 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, LLC 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,
 pastrami, andouille; pork sausages, bratwurst, bacon,
 ham (541-998-4697)
 East of Eden Farm garlic/spinach chicken sausage
 (828-713-1538)
 EPIC bacon and chicken bits (512-944-8502)
 Fabrique Délices duck rillettes, pork rillettes
 Fields of Athenry Farm sugar cured ham, lunch meats
 (salami, ham and turkey) (703-300-5765)
 Flying Pigs Farm hot dogs, brats (518-854-3844)
 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)
 Lou's Naturals uncured pepperoni, hickory
 smoked bacon, dry rub bacon (877-467-2331)
 Marky's bresaola (air dried beef) (800-522-8427)
 Miller's Biodiversity Farm pork hot dogs (717-786-7895)
 Mint Creek Farm pork bratwurst, lamb bratwurst
 (815-256-2202)
 Mother Linda's French pork patés and rillettes
 (motherlindas.com)
 Mulefoot Farm bacon (608-462-3715)
 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 (888-295-6332)
 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
 (806-945-2473)
 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 (888-418-1489)
 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)
 Pre-Made Paleo bacon; chorizo, pork and wild boar sausages
 (678-995-5772)
 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)

Rocky Mountain Organic Meats pork bacon, ham
bratwurst, sausages; beef bacon, pastrami, sausages
(877-754-4606)

Shelburne Farms bacon, ham (802-985-8686)

Shelton's turkey sausage and franks

Shiloh Farms beef hot dogs (800-362-6832)

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)

Surry Farms ham, slab bacon (888-901-4267)

Tallgrass Beef Company hot dogs, smoked sausage
(tallgrassbeef.com)

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)

The Meat Share bratwurst links (866-535-8018)

The Naked Pig Meat Co. bacon, ham, hot dogs,
liverwurst, salami, bratwurst, kielbasa, sausages
(except zesty Italian) (704-485-2258)

The Original Brat Hans pork sausages; chicken sausage
and burgers

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; 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 (800-608-4825)

Volpi Foods processed meats (except those with soy, citric
acid or smoke flavoring) (800-288-3439)

Wellshire Farms bacon, scrapple, uncured pepperoni

West Wind Farms braunschweiger, mortadella,
andouille bratwurst; beef hot dogs (855-593-7894)

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)

Willow Run Dairy pork hot dogs (717-556-0285)

- * While not perfect foods, these compromise products may offer benefits to those on a limited income or with limited access to better foods, 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
(belcampomeatco.com)
- Biltong USA grass-fed beef biltong (888-438-2458)
- Caveman Fuel beef jerky (cavemanfuel.com)
- Dutch Meadows Farm beef jerky, sticks, stick bites
(717-442-9208)
- EPIC beef cranberry sriracha, venison sea salt & pepper,
and salmon maple & coconut oil bites; wagyu beef
steak, venison sea salt & pepper, and smoked salmon
maple strips (512-944-8502)
- Gunpowder Bison & Trading Co. bison jerky and snack sticks
(410-343-2277)
- Hutchinson Family Ranch bison jerky (402-273-4574)
- Kodiak Island WildSource wild salmon jerky
(kodiakwildsource.com)
- Local Pastures Blaistix beef sticks (484-326-9956)
- Loki Fish Co. wild salmon jerky (206-937-1048)
- Meliora beef jerky (888-270-7147)
- Miller’s Biodiversity 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)
- Mint Creek Farm lamb jerky, snack sticks; beef jerky,
snack sticks (815-256-2202)
- NorthStar Bison beef jerky; bison jerky, snack sticks (except
BBQ flavor) (888-295-6332)
- Pleasant Pastures beef jerky and sticks (717-768-3437)
- Salt, Fire & Time beef jerky (503-208-2758)
- Sophia’s Survival Food beef jerky chews
(grassfedjerkychews.com)
- Steve’s Original grass-fed beef jerky, chicken jerky
(stevesoriginal.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 (thehonestbison.com)
 The New Primal beef and turkey jerky (866-723-1386)
 Think Jerky beef and Thanksgiving turkey jerky (thinkjerky.com)
 Thunder Heart Bison jerky (210-930-0841)
 Tropical Traditions bison jerky, snack sticks (866-311-2626)
 Uncured Natural Meats beef snack sticks, smoky beef strips (920-386-4971)
 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)
 Willow Run Dairy beef sticks (717-556-0285)

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.

Bices Quality Critter Ranch beef and goat sticks (715-424-5159)
 Biltong USA beef biltong (888-438-2458)
 Buffalo Guys buffalo jerky (888-330-8686)
 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)
 Gary West Meats beef, buffalo and elk jerky (except angus beef teriyaki jerky) (800-833-1820)
 Krave Jerky honey peach barbeque pork jerky; lemon garlic and chardonnay thyme turkey jerky; sea salt original, garlic chili pepper, cabernet rosemary, five peppercorn, and sesame ginger beef jerky (707-939-9176)
 Nick's Sticks beef and turkey snack sticks (319-442-3244)
 NorthStar Bison elk jerky (888-295-6332)
 On The Go Paleo beef and organ snack sticks (onthegopaleo.net)
 Organic Prairie beef jerky
 Paleovalley original, jalapeño, summer sausage and garlic summer sausage beef sticks (autumn@paleovalley.com)
 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)
 Roam pork snack sticks (660-988-8551)
 Rocky Mountain Organic Meats beef jerky and sticks (877-754-4606)
 Shelton's turkey jerky and sticks
 Simply Snackin' signature beef - bold original snacks (800-729-2849)

Steve's Original paleo stix, original beef jerky
 (stevesoriginal.com)
 Sustainapak beef sticks, beef and chicken bites
 (330-302-4082)
 Tanka apple orange peel bison bars, bites and sticks; bison
 jerky (800-416-7212)
 The New Primal beef and turkey sticks (866-723-1386)
 Thousand Hills Cattle Company beef sticks (877-854-8422)
 Tin Star Foods bison, beef, lamb and turkey bars
 (tinstarfoods.com)
 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 (800-608-4825)
 Volpi Foods original and chorizo salame stix (800-288-3439)
 Well Food Company beef carne bar berry (949-500-2167)
 Wellshire Farms pepperoni and turkey snack sticks
 West Wind Farms beef jerky (855-593-7894)
 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 sea vegetables, whole or powdered (not capsules), and not from China. (Lists of organic and biodynamic produce farmers can be found on many websites, such as localharvest.org.)

A Little Nuts organic dried fruit (559-725-1901)
 Anna and Sarah organic dates (annaandsarah.com)
 Aromatica Organics dried mushrooms (775-971-8550)
 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)
 Bare Fruit organic dried fruit (800-940-0019)
 Bella Viva Orchards organic dried fruit (855-888-8482)
 Brandless organic dried mango and apricots (415-237-6640)
 Bright Earth organic dried golden berries (541-201-0420)
 Chaffin Family Orchards citrus (530-533-1676)
 Chocola Tree dried fruit (928-282-2997)
 Country Life Natural Foods organic dried fruit
 (800-456-7694)
 D and S Ranches organic raisins (559-847-0444)
 Debbie Mysiewicz wild fresh and dried mushrooms, coastal
 huckleberries (541-319-7226)
 Divine Organics dried fruit and tomatoes (415-884-4477)
 Dr. Cowan's Garden vegetable powders (415-814-9477)
 Earth Circle Organics dried fruit (877-922-FOOD)
 Earthbound Farms organic dried plums, dates and mangos
 (800-690-3200)

Edison Grainery organic dried fruit (510-382-0202)
 Equal Exchange organic dried fruit (774-776-7333)
 Essential Living Foods dried fruit (310-319-1555)
 Food to Live organic dried fruit and tomatoes (718-717-1029)
 Food to Nourish organic dates (foodtonourish.com.au)
 Futtters organic dried fruit
 Glaser Organic Farms organic dried fruit, tomatoes
 and mushrooms (305-238-7747)
 Gold Mine dried fruit and tomatoes (800-475-3663)
 High Brix Nutrient Dense Foods dried blueberries
 (818-935-9937)
 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
 (800-277-4268)
 Jaffe Bros. organic dried fruits and vegetables (877-975-2333)
 Julian Bakery organic dried fruit (800-982-7323)
 Just Tomatoes, Etc. organic dried fruit and tomatoes
 (800-537-1985)
 La Vigne Organics fresh fruit, dried fruit, fruit leathers
 (760-723-9997)
 Live Superfoods organic dried fruit and tomatoes
 (800-481-5074)
 Living Nutz dried fruit (207-780-1101)
 Living Tree dried fruit and tomatoes (800-260-5534)
 Love Raw Foods dried fruit (540-745-5040)
 Made In Nature dried fruit (800-906-7426)
 Mavuno Harvest organic dried fruit (mavunoharvest.com)
 Mediterranean Organic sun-dried tomatoes - bag
 Miller's Biodiversity 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)
 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
 (301-703-4116)
 Nature's Garden Express organic fresh fruits and vegetables
 (770-441-9976)
 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)
 Ojio dried fruit (800-728-2066)
 Organic Gemini organic raw tigernuts (347-662-2900)
 Organic Living Superfoods organic dried fruit (774-256-5800)
 Organic Traditions dried fruit (888-968-6747)
 Oyler's Organic Farm apples (717-677-8411)
 Pangaia dried fruit and tomatoes (808-989-3457)
 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)
 Raw Revelations organic dried banana flakes (951-677-2222)
 RawGuru dried fruit (800-518-0727)
 Ribbon Road Farm organic garlic (716-326-6150)
 Selina Naturally dried fruit (800-867-7258)
 Shady Acres fresh vegetables (717-361-1640)
 Shields Date Garden organic dates (800-414-2555)
 Shiloh Farms organic dried fruit (800-362-6832)
 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)
 T.G.L. Organic fresh fruits and vegetables (213-814-2289)
 Taste of Southern Maryland fruits and vegetables
 (240-412-8993)
 Terrasoul Superfoods organic dried fruit (855-821-4744)
 The Lamb Shoppe organic dried fruit (320-587-6094)
 The Raw Food World organic dried fruit and tomatoes
 (866-729-3438)
 Thrive Market organic dried fruit (855-419-9919)
 Tierra Farm dried fruit and tomatoes (888-674-6887)
 Tiger Nuts organic raw tigernuts (305-407-3844)
 Tohum Natural Foods wild mulberries (510-717-7614)
 Tropical Traditions fresh produce, freeze-dried fruit
 (866-311-2626)
 Uncle Matt's Organic citrus fruit (877-364-2028)
 United With Earth dates (323-982-9311)
 US Wellness fresh produce (877-383-0051)
 Valley Organic Garlic Farm organic garlic (717-806-0392)
 Vitacost organic dried mango slices (800-381-0759)
 Vital Choice dried apricots (800-608-4825)
 Vivapura organic dried fruit and tomatoes (877-787-6457)
 Wild & Raw organic dried fruit
 Wilderness Poets dried fruit (360-247-6250)
 Wildly Organic organic dried fruit (800-945-3801)
 Woodstock Foods organic dried fruit

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)
 Broth of Life dulse flakes (brothoflife.com.au)
 Divine Organics Irish moss (415-884-4477)
 Dr. Linda's seaweed soup mix (drlindas.com)
 Earth Circle Organics sea vegetables (877-922-FOOD)
 Frontier sea vegetables (800-669-3275)
 GimMe sushi nori (415-479-8272)

Glaser Organic Farms sea vegetables (305-238-7747)
 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)
 Kevala organic kelp powder (877-379-1179)
 Live Superfoods sea vegetables (800-481-5074)
 Living Tree sea vegetables (800-260-5534)
 Maine Coast Sea Vegetables (except those from China)
 (207-565-2907)
 Maine Seaweed Company (207-546-2875)
 Marx Foods sea vegetables (866-588-6279)
 Mitoku sea vegetables (800-324-1878)
 Mountain Rose Herbs seaweed (800-879-3337)
 Natural Zing sea vegetables (301-703-4116)
 Naturespirit Herbs seaweed (541-846-7995)
 Nuts.com seaweed (800-558-6887)
 Ocean Harvest Sea Vegetable Company sea vegetables
 (707-694-9496)
 Ohsawa sea vegetables
 Pangaia seaweed (808-989-3457)
 Rising Tide Sea Vegetables sea vegetables (except those
 from China) (707-964-5663)
 Ryan Drum seaweed (ryandrum.com)
 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)
 Seaweed Pete seaweed (seaweedpete.com)
 Starwest Botanicals sea vegetables (800-800-4372)
 Sunfood Super Foods sea vegetables (888-729-3663)
 Terrasoul Superfoods seaweed (855-821-4744)
 The Raw Food World sea vegetables (866-729-3438)
 VitaminSea Seaweed sea vegetables (207-929-8678)
 Vivapura sea vegetables (877-787-6457)
 Wildly Organic sea vegetables (800-945-3801)

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), country style potatoes and hash browns
 Charlito's Cocina dry fig salami (917-539-9315)
 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
 Middle Earth tomato puree in glass jars
 Miller's Organic Farm chemical-free frozen fruits and
 vegetables (717-556-0672)
 MM Local Foods tomatoes in glass jars (720-235-8320)
 Nash Brothers Trading Company frozen fruits and vegetables
 Natural Zing raw kelp noodles (should be cooked)
 (301-703-4116)
 Organic by Nature frozen vegetables (except edamame)
 (509-542-0018)
 Path of Life frozen organic fruits and vegetables
 (844-248-9997)
 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)
 Rocky Mountain Organic Meats frozen fruits and vegetables
 (877-754-4606)
 Rocky Ridge Dairy organic frozen pumpkin puree
 (717-284-0466)
 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)
 The Raw Food World raw kelp noodles (should be cooked)
 (866-729-3438)
 Tropical Traditions diced tomatoes in glass jars
 (866-311-2626)
 Vital Choice organic frozen berries (800-608-4825)
 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)
 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.

- Ancient Awakenings cultured vegetables (404-310-8100)
Angelica's Garden cultured vegetables (Midwest)
(715-781-4815)
BAO fermented vegetables (718-391-0009)
Beagle Bay Organics cultured vegetables (941-812-2771)
Brassica and Brine cultured vegetables (562-234-2666)
Britt's Pickles organic curry and caraway krauts, preserved
lemons (253-666-6686)
Dutch Meadows Farm fermented vegetables (717-442-9208)
Fab Ferments cultured vegetables (513-562-7531)
Fermented Farmacy fermented vegetables
(fermentedfarmacy.com)
Fermenti Artisan cultured vegetables (317-493-1652)
Firefly Kitchens fermented vegetables (206-436-8399)
Fizzeology Foods cultured vegetables (608-638-3499)
Flack Family Farm lacto-fermented vegetables
(VT) (802-933-7752)
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)
Hidden Pond Farm sauerkrauts, kimchi (765-960-5092)
Immunitrition cultured vegetables (877-773-9229)
Jacob's Raw lacto-fermented sauerkrauts, salsas and salad
dressings (610-286-3077)
Krazy Kraut fermented krauts, kim chee (614-601-2439)
La Vigne Organics Moroccan preserved lemons
(760-723-9997)
Lupa's Kitchen cultured veggie krauts (470-375-4654)
Meadow Ridge Farm fermented vegetables (717-530-5999)
Miller's Biodiversity Farm fermented vegetables
(717-786-7895)
Miller's Organic Farm cultured vegetables, salsa
(717-556-0672)
MM Local Foods fermented vegetables and sauces
(720-235-8320)
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)
Real Pickles cultured vegetables (Northeast) (413-774-2600)
Rejuvenative Foods cultured vegetables (800-805-7957)
Rocky Ridge Dairy fermented vegetables (717-284-0466)
Selina Naturally sauerkraut, kimchi (800-867-7258)
Spirit Creek Farm lacto-fermented vegetables
(715-742-3551)
Sunja's organic fermented beets (802-244-7644)

Sweet Farm Sauerkraut fermented vegetables (240-397-0484)
The Brinery fermented vegetables (734-717-4469)
The Farm Connection cultured vegetables (812-939-3027)
The Lamb Shoppe fermented vegetables (320-587-6094)
Tropical Traditions atchara (fermented green papaya),
sauerkraut veggie mix (866-311-2626)
Wellness Found Organic Foods sauerkrauts (262-305-2141)
Wildbrine organic sauerkrauts and coleslaw (707-657-7607)
Willow Run Dairy cultured vegetables (717-556-0285)
Wills Valley Farm Products fermented vegetables
(717-284-5751)
Wise Goat Organics fermented vegetables (303-905-9723)
Zukay Live Foods lacto-fermented salad dressings
(610-286-3077)

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

Britt's Pickles fermented pickles, kimchi (253-666-6686)
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)
(540-718-3200)
Glaser Organic Farms raw pickled vegetables (305-238-7747)
King's kimchi (kingsasian.com)
Mediterranean Delicacy preserved lemons (267-240-0184)
Morse's cultured vegetables (866-832-5569)
Number 1 Sons fermented vegetables (DC, MD, VA and DE)
(202-570-4453)
Oksana's Produce Farm fermented vegetables
(410-487-1925)
Sonoma Brinery sauerkrauts, Manhattan style fresh pickles
(707-473-0116)
Sunja's kimchee (802-244-7644)
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 (877-566-2824)
- Anahata Balance kombucha mushrooms (231-360-7043)
- Body Ecology kefir and culture starters (800-511-2660)
- Circle C Farm kombucha scobies (239-776-9054)
- 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
- Desert Oasis Farm milk and water kefir grains, kombucha and jun cultures (602-309-9090)
- Dom's Kefir In-Site starter cultures (users.sa.chariot.net.au/~dna/kefirpage.html)
- Dr. Mercola kinetic culture vegetable starter (877-985-2695)
- Fermented Farmacy kombucha brewing kits (fermentedfarmacy.com)
- Free exchange (nourishedkitchen.com/exchange)
- Fruit of the Vine Naturally (fotvn.com/store)
- Garrick's sourdough starter (www.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 (888-425-8827)
- Heritage Grain Conservancy einkorn sourdough starter (growseed.org)
- Homesteader's Supply yogurt culture (928-583-0254)
- Immunitrition kefir and culture starters (877-773-9229)
- KBBK Kombucha kombucha and jun cultures, and kits (917-261-3010)
- 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)
- Marilyn Jarzembski milk and water kefir grains, kombucha cultures (419-237-3095)
- Meadow Ridge Farm kombucha mushrooms (717-530-5999)
- Miller's Biodiversity 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
 (413-628-3808)
 Nick's Natural Nook (stores.ebay.com/Nicks-Natural-Nook)
 Oregon Kombucha kombucha starter kits (503-477-4601)
 Oregon Trail sourdough starter (carlsfriends.net)
 Organic Cultures (231-360-7043)
 Pure Indian Foods vegetable starter culture (877-588-4433)
 Rhapsody Natural Foods koji starter cultures (802-563-2172)
 Selina Naturally kefir and culture starters (800-867-7258)
 Snowville Creamery kefir grains (740-698-2340)
 The CheeseMaker dairy cultures (414-745-5483)
 The Family Cow kombucha mushrooms, kefir grains
 (717-491-4004)
 The Kombucha Shop kombucha cultures and kits
 (thekombuchashop.com)
 The Smart Muffin einkorn sourdough starter
 (thesmartmuffin.com)
 Tibetan Temple Kombucha kombucha and jun scobies, and
 kits (etsy.com/shop/TibetanKombuchaScoby)
 Tribest Yolife yogurt starter (888-254-7336)
 Wildly Organic dairy cultures, cultured vegetable starter
 (800-945-3801)
 Willow Run Dairy kombucha mushrooms, kefir
 grains (717-556-0285)
 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, ruby red rice (415-701-1212)
 Amira organic brown rice (949-852-4468)
 Ancient Harvest quinoa, quinoa flakes (310-217-8140)
 Anna and Sarah organic grains and legumes
 (annaandsarah.com)

Anson Mills grains, legumes (803-467-4122)
 Aurora Products organic legumes (203-375-9956)
 Azure Standard organic grains, legumes and sprouting seeds (except alfalfa) (971-200-8350)
 Bakery On Main organic gluten-free rolled oats (860-895-6622)
 Beeyoutiful organic rolled oats (877-623-3968)
 Bioitalia organic dried legumes
 BKW Farms white sonora wheat (bkwazgrown.com)
 Bluebird Grain Farms grains, hot cereals, pilaf (888-232-0331)
 Brad's Organic organic quinoa and brown rice (bradsorganic.com)
 Brandless organic whole grains, dried legumes, popcorn kernels (415-237-6640)
 Bread Beckers, Inc. organic grains and legumes (770-516-5000)
 Carlton Farms grains (570-396-0886)
 Cayuga Pure Organics grains, dried beans (607-793-0085)
 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) (800-456-7694)
 Cultures for Health sprout seeds (except alfalfa) (800-962-1959)
 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 (510-382-0202)
 Einkorn wheat berries (einkorn.com)
 Farm Girl Fresh organic dried beans (320-434-1510)
 Flyte Family Farm organic dried beans (715-228-2304)
 Food to Live organic whole grains, legumes and sprouting seeds (except alfalfa seeds and those from China) (718-717-1029)
 Freekeh Foods freekeh roasted green wheat (612-240-1408)
 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
 GrandyOats organic rolled oats (207-935-7415)
 Grass Valley Grains grains, legumes (530-210-4216)
 Handy Pantry Sprouting organic sprouting seeds (except alfalfa and soybean) (866-948-4727)
 Heartland Mill grains (800-232-8533)
 Heritage Foods USA organic wild rice (718-389-0985)

Heritage Grain Conservancy heritage wheat berries
(growseed.org)

High Brix Nutrient Dense Foods grains (818-935-9937)

Higher Power sprouted grains (877-684-8763)

Indus Organics 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)

Lentz Spelt Farms grains (509-717-0015)

Living Tree grains (800-260-5534)

Love Raw Foods grains, legumes, sprouting seeds (except
alfalfa and those from China) (540-745-5040)

Manna Organics popcorn (630-795-0500)

Marx Foods organic grains (866-588-6279)

Massa Organics brown rice (530-519-8628)

Miller's Biodiversity 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)

Nash Brothers Trading Company organic grains and
dried legumes

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) (301-703-4116)

Nature's Earthly Choice organic whole grains, legumes
(208-898-4004)

Nature's Legacy organic grains (800-997-7358)

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)

PaiDom organic wheat berries (806-945-2473)

Patz Maple & Honey Farms whole grains (800-897-2488)

Plain Grain Co. organic spelt (248-628-8646)

Pleasant Hill Grain organic grains and legumes (800-321-1073)

Pocono organic buckwheat groats, cream of buckwheat,
kasha (315-536-3311)

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 (877-588-4433)

Puritan's Pride organic grains (800-645-1030)

RiceSelect organic brown rice (800-993-7423)

Rocky Mountain Organic Meats dry beans (877-754-4606)

Rocky Ridge Dairy organic lady finger popcorn
 (717-284-0466)
 Royal Lee Organics grains (844-781-5080)
 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 (717-362-9850)
 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) (877-777-6887)
 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 (marty@sunriseflourmill.com)
 Terrasoul Superfoods organic white quinoa (855-821-4744)
 The Lamb Shoppe whole grains, legumes (320-587-6094)
 The Pasta Shoppe sprouted wheat pasta (800-247-0188)
 The Raw Bakery organic rolled oats (540-745-5040)
 The Raw Food World grains, sprouting seeds (except alfalfa
 and soybean) (866-729-3438)
 The Urban Homemaker organic grains and legumes
 (800-552-7323)
 Thrive Market organic sprouted quinoa and popcorn
 (855-419-9919)
 Timeless Food whole grains, legumes (406-278-5722)
 To Your Health Sprouted Flour Co. organic sprouted popcorn
 (334-584-7875)
 TruRoots whole grains, sprouted grains, sprouted legumes
 (800-288-3637)
 Vedica Organics legumes, ragi (finger millet), wheat
 porridge, brown and red rice (888-290-9312)
 Vitacost organic grains and legumes (800-381-0759)
 Viva Labs organic quinoa (800-921-8482)
 Wheat Montana Farms & Bakery organic grains
 (800-535-2798)
 Wildly Organic organic grains, wildcrafted wild rice
 (800-945-3801)
 With the Grain grains (805-712-3399)
 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.

Gail's Cupboard organic sprouted maple granola
 (570-561-6970)
 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)
Willow Run Dairy organic sprouted grapenuts cereal (717-556-0285)

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)
Brandless organic canned beans (415-237-6640)
Eden organic canned legumes (BPA-free cans)
Field Day organic canned beans (except vegetarian refried beans)
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
Grainaissance organic original, raisin & cinnamon, and sesame garlic mochi (510-922-8856)
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)
La Preferida organic canned beans (773-254-7200)
Nash Brothers Trading Company organic canned beans (except vegetarian refried beans)
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) (855-419-9919)
Timeless Food organic semi-pearled farro (406-278-5722)
Vitacost organic canned beans (BPA-free cans) (800-381-0759)
Walnut Acres organic canned and baked beans
Westbrae organic 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)
 Brandless organic whole wheat spaghetti (415-237-6640)
 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
 (800-456-7694)
 DeLallo organic whole wheat pasta (800-433-9100)
 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)
 Heritage Grain Conservancy organic einkorn pasta
 (growseed.org)
 Jovial organic whole grain einkorn and brown rice pasta
 (877-642-0644)
 Lotus Foods organic whole grain noodles
 Lundberg Family Farms organic brown rice pasta
 Miller's Biodiversity 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)
 Mrs Leeper's organic brown rice and corn pasta
 Nash Brothers Trading Company organic whole wheat pasta
 Nature's Earthly Choice organic whole wheat couscous
 (208-898-4004)
 Nature's Legacy organic whole spelt pasta (800-997-7358)
 Purcell Mountain Farms organic whole wheat, whole spelt
 and brown rice pasta (208-267-0627)
 RiceSelect organic whole wheat couscous (800-993-7423)
 Rizopia organic brown rice pasta and wild rice pasta
 (866-749-6742)
 Spiritual Food for the New Millennium organic whole
 wheat couscous, whole wheat pasta with
 biodynamic flour (301-654-4899)
 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
 Tropical Traditions organic whole grain einkorn, whole wheat
 and brown rice pasta (866-311-2626)
 West Wind Farms organic whole wheat egg noodles
 (855-593-7894)
 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)
- Buenatural organic corn tortillas (800-952-4453)
- Food for Life organic sprouted corn tortillas
- 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)
- Rudolph's 100% rye bread
- 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 and rye caraway flat breads (570-441-4031)
- 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 (growseed.org)
- Mi Rancho Tortilla Factory organic corn tortillas (707-584-8385)

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

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)

The Smart Muffin organic einkorn sourdough bread and
English muffins (thesmartmuffin.com)

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

GOOD: Organic whole grain breads, made without additives such as gluten, soy, bran and partially hydrogenated oils.

Alvarado Street Bakery organic sprouted wheat tortillas

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)

Bread Alone organic whole grain health, whole wheat
catskill and whole wheat sourdough (miche) breads
(800-769-3328)

Chocola Tree organic jalapeño and onion flat breads
(928-282-2997)

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 bible bread, 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) (800-982-7323)

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)

Meadow Ridge Farm organic sprouted wheat bread (717-530-5999)

Mestemacher organic whole rye breads (except those with oat fiber or sugar syrup)

Miller's Biodiversity Farm organic breads (except zucchini and pumpkin) (717-786-7895)

Miller's Organic Farm organic breads (except zucchini and pumpkin) (717-556-0672)

Natural Zing sunflower caraway sprouted bread (301-703-4116)

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)

Rayo De Sol breads (877-478-7486)

Rocky Ridge Dairy organic breads (717-284-0466)

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)

The Maine Sea Kitchen organic einkorn bread (etsy.com/shop/TheMaineSeaKitchen)

The Raw Bakery organic basil, curry and tomato wraps (540-745-5040)

The Raw Food World carrot cake, harvest, apricot, ginger and rye breads; sunflower caraway sprouted bread (866-729-3438)

The Smart Muffin organic einkorn pita bread (thesmartmuffin.com)

Thuro Bread organic sourdough buckwheat bread (651-379-4809)

Whole Foods organic whole wheat sourdough bread, pain de campagne (sourdough), organic corn tortillas

Willow Run Dairy organic breads (except zucchini and pumpkin) (717-556-0285)

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: Freshly ground and then soaked, organic whole grain flours; freshly ground organic sprouted/dehydrated grains; aluminum-free baking powder; organic roasted carob and roasted carob powder.

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

Cultures for Health organic sprouted grains and legumes
(800-962-1959)

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

Love Raw Foods organic sprouted grains and legumes
(except those from China) (540-745-5040)

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

Sol Grains sprouted brown rice (solgrains.com)

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)

Mary Jane's Farm aluminum-free baking powder
(888-750-6004)

Rumford aluminum-free baking powder

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

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

Z Natural Foods, LLC organic roasted carob powder
(888-963-6637)

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.

Acorno acorn flour (802-363-1582)

Arrowhead Mills organic sprouted wheat flour

Baker's Field Flour and Bread organic whole grain flours
(612-545-5555)

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
(800-456-7694)

Cultures for Health organic sprouted flours (800-962-1959)

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

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

Edison Grainery organic almond flour (should be soaked)
(510-382-0202)

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)

Granite Mill Farms organic sprouted flours (406-827-1095)
 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 wheat flour (336-376-3916)
 Live Superfoods organic raw almond flour (should be soaked)
 (800-481-5074)
 Manna Organics organic sprouted almond flour
 (630-795-0500)
 Moon Juice organic raw activated almond flour
 (310-399-2929)
 New Hope Mills organic sprouted flours, organic sprouted
 baking mixes (315-252-2676)
 One Degree Organic Foods organic sprouted flours
 (855-834-2642)
 Organic Gemini organic tigernut flour (347-662-2900)
 Otto's Naturals cassava flour (732-654-6886)
 Palouse Heritage organic landrace whole grain flours
 (palouseheritage.com)
 PureLiving organic sprouted flours (800-362-6832)
 ShaSha Co. organic sprouted flours (416-255-0416)
 Shiloh Farms Essential Eating organic sprouted flours
 (800-362-6832)
 Small Valley Milling organic whole grain flours (717-362-9850)
 Sol Grains sprouted brown rice flour (solgrains.com)
 Stutzman Farms organic sprouted flours (330-674-1289, ext 2)
 Sue's Acorn Cafe & Mill acorn flour (925-372-7177)
 Thrive Market organic sprouted flours (855-419-9919)
 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)
 (800-945-3801)
 Zuvii organic green banana flour (435-640-0265)

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 (717-362-9850)

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.

Doctor in the Kitchen organic flackers flax seed crackers
(flackers.com)

Glaser Organic Farms nori crackers (305-238-7747)

It's Alive! sprouted sauerkraut and kimchi crackers
(503-230-0215)

Jovial organic sourdough einkorn crackers (877-642-0644)

Live Superfoods luna nori and Italian crackers (800-481-5074)

Lydia's Foods luna nori, ginger nori, and Italian crackers
(707-992-0776)

Moon Juice green fermented seed crisps (310-399-2929)

Natural Zing sprouted sauerkraut, kimchi, luna nori, ginger
nori and Italian crackers (301-703-4116)

Stutzman Farms savory sprouted spelt crackers
(330-674-1289, ext 2)

The Raw Food World luna nori and Italian crackers
(866-729-3438)

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

Chocola Tree organic plain chia crackers (928-282-2997)

Edward & Sons organic brown rice snaps (except cheddar and
vegetable)

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 sprouted crackers
(305-238-7747)

Jilz Gluten Free gluten free crackers (805-585-5297)

Julian Bakery paleo thin crackers (800-982-7323)

Keep It Real Food Co. organic grain free seedy crackers
(206-388-4000)

Livin' Spoonful organic sprouted crackers (except kale)
(503-230-8484)

Mauk Family Farm organic raw sprouted crusts and crisps
(714-547-7977)

Natural Zing organic sourdough, caraway, pizza and flax
crackers (301-703-4116)

Paleo Mama Bakery cheddar crisps (608-692-3715)

Potter's organic garlic & baby onion, Midwest seed, rhubarb
graham, hazelnut graham, honey graham, rosemary,
six seed, toasted sesame and Washington Island flax
crackers (608-663-5005)

RW Garcia organic sweet potato crackers (408-287-4616)

Stutzman Farms organic homemade spelt crackers
(330-674-1289, ext 2)

The Raw Bakery organic corn, savory cranberry, sweet potato and simply raw flax crackers (540-745-5040)
 The Raw Food World organic pesto pumpkin seed, caraway, coconut curry, pizza, and sea veg salty chia crackers (866-729-3438)
 The Smart Muffin organic buttery einkorn crackers (thesmartmuffin.com)
 Two Moms in the Raw organic sea crackers (720-221-8555)

AVOID: Crackers made with non-organic grains (most of which 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). 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)
 Anderson Almonds organic raw almonds (209-667-7494)
 Anna and Sarah organic raw nuts and seeds (except those from China) (annaandsarah.com)
 Aunt Patty's organic raw nuts and seeds (800-456-7923)
 Aurora Foods organic raw nuts and seeds (203-375-9956)
 Awesome Foods soaked nuts and seeds (610-757-1048)
 Azure Standard organic raw nuts and seeds (except hemp) (971-200-8350)
 Bella Viva Orchards organic raw nuts (855-888-8482)
 Better Than Roasted sprouted nuts, seeds and butters (except those from China) (540-745-5040)
 Big Tree Farms organic raw cashews (541-488-5605)
 Brad's Organic organic chia seeds (bradsorganic.com)
 Bremner Farms organic raw almonds (530-893-4950)
 Broth of Life chia seeds, activated nuts (brothoflife.com.au)
 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)
 CB's Nuts organic raw pumpkin seeds (360-881-0369)
 Chocola Tree raw nuts and seeds (except hemp), sprouted nut butters (928-282-2997)
 Chosen Foods organic chia seeds (877-674-2244)
 Country Life Natural Foods organic raw nuts and seeds (except those from China) (800-456-7694)
 D and S Ranches organic raw nuts (559-847-0444)
 Dastony sprouted nut and seed butters (800-518-0727)
 Divine Organics raw nuts and seeds (415-884-4477)
 Dr. Cow sprouted b_nuts (718-486-5919)

Dr. Linda's organic almonds and wild pecans soaked with seaweed (drlindas.com)

Dr. Mercola organic sprouted almonds (original and truffle salted) (877-985-2695)

Earth Circle Organics organic raw nuts and seeds (except hemp) (877-922-FOOD)

EatRaw organic raw cashews (866-432-8729)

Edison Grainery organic raw nuts and seeds (510-382-0202)

Enzo's Table organic raw almonds (888-942-3552)

Equal Exchange organic raw nuts (774-776-7333)

Essential Living Foods raw nuts and chia seeds (310-319-1555)

Feel Good Superfoods organic chia and flax seeds (feelgoodsuperfoods.com)

Food to Live organic raw nuts and seeds (except hemp seeds and those from China) (718-717-1029)

Food to Nourish chia seeds, activated nuts, activated spreads (foodtonourish.com.au)

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), sprouted almonds, sprouted sunflower seeds, maple cinnamon walnuts, maple pecans, ginger maple pumpkin seeds (305-238-7747)

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

Go Raw Real Live Food sprouted pumpkin, watermelon, flax and sunflower seeds, sprouted simple and spicy seed mixes (650-962-9299)

Gold Mine organic raw nuts and seeds, soaked pecans (except mesquite smoked) (800-475-3663)

Gopal's sprouted nuts, seeds and butters (866-646-7257)

Hail Merry organic soaked sunflower seeds (877-455-4046)

High Brix Nutrient Dense Foods raw almonds (818-935-9937)

Higher Power raw and soaked nuts and seeds (877-684-8763)

Indus Organics raw nuts (925-895-6535)

International Harvest, Inc. raw nuts and seeds (800-277-4268)

It's Alive! sprouted seeds (503-230-0215)

Jack's Nut Butters nut butters (except cacao cayenne) (510-586-4697)

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

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

Jiva Organics raw nuts and seeds; sprouted nut and seed butters (713-661-2972)

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

Lentz Spelt Farms lena camelina seeds (509-717-0015)

Live Superfoods raw nuts and seeds (except hemp), sprouted pumpkin and sunflower seeds, grainless apple nut/seed cereal, rawtella silk, sprouted nut butters (except those with cacao), sprouted spicy seed mix, Cajun pepper almonds, mesquite pod maple walnuts, sprouted sunflower seeds & greens, Ayurvedic chili pumpkin & sunflower seeds, original and truffle sprouted probiotic almonds (800-481-5074)

Living Intentions mesquite pod maple walnuts, Ayurvedic
 chili pumpkin & sunflower seeds, sprouted pumpkin
 seeds, sprouted sunflower seeds & greens, Cajun
 pepper almonds (415-824-5483)
 Living Nutz organic raw nuts and seeds, soaked nuts and
 seeds (except those containing agave and/or chocolate)
 (207-780-1101)
 Living Tree raw nuts and seeds (except hemp) (800-260-5534)
 Lupa's Kitchen maple bliss sprouted nut clusters
 (470-375-4654)
 Love Raw Foods raw nuts and seeds (except hemp and
 those from China) (540-745-5040)
 Lydia's Foods grainless apple nut/seed cereal
 (707-992-0776)
 Mamma Chia organic chia seeds (855-588-2442)
 Manna Organics raw nuts, sprouted almond butter
 (630-795-0500)
 Marian Farms biodynamic raw almonds (559-276-6185)
 Marx Foods organic raw seeds (866-588-6279)
 Massa Organics raw almonds (530-519-8628)
 Meadow Ridge Farm soaked nuts and seeds (717-530-5999)
 Miller's Biodiversity Farm organic crispy nuts and seeds;
 sweet & spicy nut mix (717-786-7895)
 Miller's Organic Farm soaked nuts, seeds and butters
 (717-556-0672)
 Missouri Northern Pecan Growers organic pecans
 (866-732-2678)
 Moon Juice activated almonds, cashews, maca mesquite
 walnuts, and turmeric, coconut & lime pepitas;
 sprouted almond butter; raw chia seeds (310-399-2929)
 Mt. Olive Organic Farm organic raw nuts (805-237-0147)
 Nate's Raw Harvest organic sprouted nuts and seeds
 (214-546-2023)
 Natierra organic chia seeds (natierra.com)
 Natural Way Mills organic raw seeds (218-222-3677)
 Natural Zing raw nuts and seeds (except hemp), rosemary
 garlic pistachios & almonds, sweet & spicy chipotle
 pistachios, cilantro lime mojo pistachios & pepitas,
 sun-dried marinara almonds & pistachios, mesquite pod
 maple walnuts, sesame teriyaki almonds & cashews;
 soaked almonds, pecans and pesto walnuts; sprouted
 nuts, seeds and butters; grainless apple nut/seed cereal
 (301-703-4116)
 Navitas Organics organic chia seeds, raw cashews
 (888-645-4282)
 Nevermore Farm raw almonds (530-574-3597)
 New Earth soaked almonds (512-354-1140)
 NOW Foods organic raw nuts and seeds (except hemp)
 (888-669-3663)
 Nutiva raw organic chia seeds (800-993-4367)
 Nuts.com organic raw nuts and seeds (except hemp)
 (800-558-6887)
 Organic Living Superfoods organic raw nuts and seeds
 (except hemp, flax and those from China); plain
 sprouted nuts; flavored sprouted nuts (except those
 with kale, hemp or sunflower oil) (774-256-5800)

Organic Traditions raw nuts and seeds (888-968-6747)
 Pangaia organic raw nuts (808-989-3457)
 Pecan Shop raw and sprouted nuts (except mesquite
 smoked pecans) (254-307-9386)
 Pleasant Pastures soaked nuts and seeds (717-768-3437)
 Purcell Mountain Farms organic raw nuts and seeds
 (208-267-0627)
 Pure Indian Foods raw nuts and seeds (877-588-4433)
 Puritan's Pride organic raw nuts and seeds (except hemp)
 (800-645-1030)
 Radiant Life sprouted nuts, seeds and butters (except those
 from China) (888-593-8333)
 RawGuru raw nuts and seeds (except hemp), sprouted nut
 and seed butters (800-518-0727)
 Rawmio Hazelnut Silk (800-518-0727)
 Rawtella Silk (800-518-0727)
 Rocky Ridge Dairy soaked nuts (717-284-0466)
 Selina Naturally organic raw nuts and seeds (except hemp),
 soaked nuts, seeds and butters (800-867-7258)
 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)
 Sprouted Nut Company sprouted nuts and butters
 (sproutednutcompany.com)
 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)
 Sweet Water Baking Co. (in VA) soaked nuts and seeds
 (540-593-3191)
 Terrasoul Superfoods raw nuts and seeds (except hemp and
 those from China) (855-821-4744)
 The Lamb Shoppe raw nuts and seeds (320-587-6094)
 The Philosopher's Stoneground sprouted almond butters
 (thephilosophersstoneground.com)
 The Raw Food World organic raw nuts and seeds (except
 hemp); soaked nuts, seeds and butters; rosemary garlic
 pistachios & almonds, sweet & spicy chipotle pistachios,
 cilantro lime mojo pistachios & pepitas, sun-dried
 marinara almonds & pistachios, mesquite pod maple
 walnuts, garlic and sea salt sprouted sunflower seeds,
 cina-pecans, garlic-onion pistachios, cheezy nuts, orange
 sprouted almonds, pesto walnuts; sprouted sunflower
 and pumpkin seeds; grainless apple nut/seed cereal
 (866-729-3438)
 Thrive Market organic raw nuts and seeds (855-419-9919)
 Tierra Farm raw nuts and seeds (888-674-6887)
 Timeless Food flax seeds (406-278-5722)
 To Your Health Sprouted Flour Co. organic sprouted nuts
 and seeds (334-584-7875)
 TruRoots organic chia seeds (800-288-3637)
 US Wellness raw and soaked nuts (877-383-0051)
 Vitacost organic raw nuts and seeds (except hemp)
 (800-381-0759)
 Vital Choice organic raw nuts (800-608-4825)

Viva Labs organic chia seeds (800-921-8482)
Vivapura raw nuts and seeds (except hemp) (877-787-6457)
Whole Foods 365 organic chia seeds
Wilderness Poets raw nuts and seeds (except hemp)
(360-247-6250)
Wildly Organic raw nuts and seeds; soaked nuts, seeds and
butters (except those with cacao or agave)
(800-945-3801)
Willow Run Dairy soaked nuts, seeds and butters
(717-556-0285)
Woodstock Foods organic raw nuts and seeds

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 con-
tainers. Walnuts should be stored in the refrigerator.

Adams peanut butter
Arrowhead Mills tahini and 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
Field Day organic peanut butter
Full Circle organic almond butter
Futters nut and seed butters
Joyva sesame tahini
Justin's classic peanut, classic almond and maple almond
butters
Kirkland organic peanut butter
MaraNatha tahini and nut butters
Nash Brothers Trading Company almond butter
Natural Value organic tahini
Omega Nutrition pumpkin seed butter
Once Again nut and seed butters (except those with sugar or
safflower oil)
Orchard Valley Harvest raw almonds
Oskri tahini
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

Artisana raw tahini and nut butters (866-237-8688)
Aunt Patty's organic almond butter (800-456-7923)
Brandless organic peanut butter (415-237-6640)
Bremner Farms raw walnuts (530-893-4950)

Burroughs Family Farms organic almond butter
 (209-874-9400)
 CB's Nuts nut butters (360-881-0369)
 Chocola Tree raw tahini, nut butters (928-282-2997)
 Country Life Natural Foods nut and seed butters (except
 those with sugar or safflower oil) (800-456-7694)
 Dansk Farms peanut butter (407-965-5551)
 Dastony raw nut and seed butters (except hemp)
 (800-518-0727)
 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)
 Essential Living Foods wild jungle peanut butter
 (310-319-1555)
 EVOLVe Nuts and Seeds soaked nuts, seeds (603-475-5095)
 FBomb macadamia nut butter, coconut and macadamia nut
 butter blend (844-693-2662)
 Georgia Grinders nut butters (866-327-9301)
 Glaser Organic Farms spicy cashews, nut butters, tahini, patés
 and nut ricotta (305-238-7747)
 Gold Mine tahini, nut butters (800-475-3663)
 Gopal's raw tahini (866-646-7257)
 Graw Foods sprouted nuts and seeds (843-225-2983)
 Hail Merry soaked nuts (877-455-4046)
 International Harvest, Inc. tahini and nut butters
 (800-277-4268)
 Jiva Organics raw tahini and cashew butter (713-661-2972)
 Julian Bakery paleo meenut butter (800-982-7323)
 Kevala nut butters, tahini (877-379-1179)
 Live Superfoods raw tahini, nut and seed butters (except hemp
 and those with cacao), cilantro lime mojo pistachios
 & pepitas, rosemary garlic pistachios & almonds, spicy
 chipotle pistachios & pumpkin seeds (800-481-5074)
 Living Intentions rosemary garlic pistachios & almonds,
 spicy chipotle pistachios & pumpkin seeds, cilantro
 lime mojo pistachios & pepitas, sesame teriyaki almonds
 & cashews, white chia seeds (415-824-5483)
 Living Tree nut and seed butters (except hemp and those with
 cacao) (800-260-5534)
 Love Raw Foods raw nut and seed butters (except hemp
 and those from China) (540-745-5040)
 Manna Organics nut butters (except those with cacao or
 cane juice crystals) (630-795-0500)
 Massa Organics almond butter (530-519-8628)
 Miller's Biodiversity Farm organic peanut butter, roasted
 coconut cashew butter (717-786-7895)
 Miller's Organic Farm organic peanut butter (717-556-0672)
 Nate's Raw Harvest soaked nuts (214-546-2023)
 Natural Zing raw nut and seed butters (301-703-4116)
 NaturAlmond almond butter (866-327-9301)
 Navitas Organics organic maca maple cashews, turmeric
 tamari almonds, chia rosemary pumpkin seeds
 (888-645-4282)
 Nuts.com tahini and nut butters (800-558-6887)

NuttZo original and peanut-free nut and seed butters
 (888-325-0553)
 Organic Living Superfoods organic raw sprouted
 super-berry cashews (774-256-5800)
 Pangaia organic raw nut and seed butters (808-989-3457)
 Punk Rawk Labs cashew cheeses (punkrawklabs.net)
 Raw from the Farm almond butter (510-394-4729)
 RawGuru raw nut and seed butters (except hemp and those
 with cacao) (800-518-0727)
 Rawmio Almond Silk and vanilla halvah (800-518-0727)
 Rejuvenative Foods raw nut and seed butters
 (except hemp and those with cacao) (800-805-7957)
 Roland organic tahini (800-221-4030)
 Sacred Foods raw nut butters (415-883-1311)
 Selina Naturally nut butters (800-867-7258)
 Sprouted Almonds sprouted almonds and almond butter
 (307-673-0601)
 Sunbiotics cheesy sprouted probiotic almonds (800-925-0577)
 SunButter organic sunflower seed spread (800-437-5539)
 SunOrganic Farm nut and seed butters (888-269-9888)
 The Raw Food World raw nut and seed butters (except hemp
 and those with cacao) (866-729-3438)
 The Sprouted Nut Company sprouted nuts (818-424-7528)
 Thrive Market tahini, nut butters (855-419-9919)
 Tohum Natural Foods tahini (510-717-7614)
 Tropical Traditions peanut butter, coconut peanut butter
 (866-311-2626)
 Two Moms in the Raw plain grain free cereal (720-221-8555)
 Vitacost tahini, nut butters, raw nuts (800-381-0759)
 Vivapura raw tahini and nut butters (877-787-6457)
 West Wind Farms nut butters (855-593-7894)
 Wild Friends Foods classic creamy peanut and almond butters
 (971-808-2808)
 Wilderness Poets raw nut and seed butters (except hemp)
 (360-247-6250)
 Willow Run Dairy peanut butter (717-556-0285)

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 (annaandsarah.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)
 Awesome Foods raw coconut spread (610-757-1048)
 Beeyoutiful coconut flour, shredded coconut (877-623-3968)
 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)
 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)
 Coconut Organics toasted plain coconut chips (866-401-2626)
 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 (800-456-7694)
 Dang Foods caramel sea salt and salted unsweetened toasted
 coconut chips (646-450-6501)
 Dastony raw coconut butter (800-518-0727)
 David Wolfe Foods organic freeze-dried coconut cream
 powder (805-870-5756)
 Divine Organics raw coconut butter (415-884-4477)
 Dr. Mercola organic raw coconut butter (877-985-2695)
 Earth Circle Organics coconut flour, coconut flakes, coconut
 chips (877-922-FOOD)
 Edison Grainery organic coconut flour (510-382-0202)
 Exotic Superfoods frozen organic young coconut meat and
 coconut water (917-685-2586)
 Food to Live organic shredded coconut (718-717-1029)
 Food to Nourish coconut flour, coconut chips
 (foodtonourish.com.au)
 Glaser Organic Farms fresh organic coconut water, shredded
 coconut, raw shredded coconut (305-238-7747)
 Gold Mine shredded coconut (800-475-3663)
 Higher Power coconut flakes (877-684-8763)
 Improv'eat raw coconut wraps (800-787-3516)
 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 (800-277-4268)
 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)
 Love Raw Foods raw coconut flakes, coconut butter,
 coconut flour (540-745-5040)
 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 (301-703-4116)
 Nature's Blessings organic coconut flour (626-935-0770)
 Nature's Flavors freeze-dried 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)
 Ojio aminos made from coconuts, raw shredded coconut
 (800-728-2066)
 Organic Traditions shredded coconut (888-968-6747)
 Original Living Coconut organic raw coconut kefir and cream,
 frozen raw vanilla honey coconut cream (800-906-3064)
 Pangaia raw coconut flakes (808-989-3457)
 Radiant Life raw coconut spread, coconut flour,
 raw coconut flakes and chips (888-593-8333)
 RawGuru organic raw frozen young coconut meat, coconut
 butter, coconut flakes (800-518-0727)
 Sacred Foods raw coconut butter (415-883-1311)
 Salt, Fire & Time raw coconut water kefir, coconut yogurt
 (503-208-2758)
 Shiloh Farms coconut flour, shredded coconut (800-362-6832)
 Sunfood Super Foods raw coconut wraps (888-729-3663)
 Terrasoul Superfoods coconut flour, coconut flakes and chips
 (855-821-4744)
 The Lamb Shoppe coconut flakes/shreds (320-587-6094)
 The Philosopher's Stoneground - Ostara organic raw
 coconut butter (ostarafoods.com)
 The Raw Food World coconut aminos; raw coconut
 vinegar, coconut creme, coconut butter, coconut
 wraps, coconut shreds (866-729-3438)
 Thrive Market organic shredded coconut, coconut chips,
 coconut flour, raw coconut butter, coconut aminos,
 coconut wraps, regular coconut milk, coconut cream*
 (855-419-9919)
 Tierra Farm shredded coconut (888-674-6887)
 Tropical Traditions coconut flour, coconut flakes, coconut
 chips, raw coconut water vinegar (866-311-2626)

Tropics Best coconut chips (888-386-9246)
 Vitacost organic shredded coconut (800-381-0759)
 Viva Labs organic coconut flour (800-921-8482)
 Vivapura raw organic coconut flour, coconut chips, coconut flakes (877-787-6457)
 Wilderness Poets raw coconut butter (360-247-6250)
 Wildly Organic raw coconut spread, coconut flour, raw coconut flakes and chips, raw coconut vinegar (800-945-3801)
 Woodstock Foods shredded coconut
 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)
 Coconut Grove organic plain and vanilla coconut yogurt* (707-328-2808)
 Field Day organic classic unsweetened coconut milk
 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*
 C2O canned coconut water in cans (except those with coffee), organic bottled coconut water* (877-295-0873)
 CocoRidge 100% coconut water* (970-368-3272)
 GT's pure, raspberry and ginger turmeric coconut kefir; raw coconut yogurt (pure flavor) (877-735-8423)
 Harmless Harvest raw organic coconut water* (original and cinnamon & clove) (347-467-0733)
 INVO pure coconut water (415-920-1755)
 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)
 Keep It Real Food Co. mighty meal cereal (206-388-4000)
 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)

The Lamb Shoppe coconut creme concentrate
(320-587-6094)

Tropical Traditions coconut creme concentrate
(866-311-2626)

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 arrow-root; 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

Brandless organic balsamic vinegar, raw organic apple cider
vinegar (415-237-6640)

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

Hoskins Berry Farm raw organic blackberry vinegar
(541-929-4376)

Miller’s Biodiversity 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. Capra raw organic apple cider vinegar (877-682-2772)

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

Newman’s Own Organic organic balsamic vinegar

Ohsawa organic mirin

Omega Nutrition organic apple cider and balsamic vinegars

Roland organic balsamic vinegar (800-221-4030)

Selina Naturally raw ume plum vinegar (800-867-7258)

Solana Gold raw organic apple cider vinegar

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 (855-419-9919)
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 (800-608-4825)
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 (301-703-4116)
NYrture New York Natto organic natto (917-306-2640)
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)
The Raw Food World fermented kelp & chlorella miso (866-729-3438)
Westbrae organic miso

Frontier arrowroot powder (800-669-3275)
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
Brandless organic mustard (415-237-6640)
Eden mustard
Gail's Cupboard pesto, fermented kombucha mustard (570-561-6970)
Lou's Famous organic dill mustard (877-467-2331)
Nash Brothers Trading Company mustard
Natural Value mustard
Organicville mustard
Portlandia Foods mustard (503-729-8257)
Primal Kitchen organic spicy brown mustard (888-774-6259)
Punk Rawk Labs mustard (punkrawklabs.net)
Roland organic mustard (800-221-4030)
Simply Balanced (Target) organic mustard (800-316-6151)
Thrive Market organic mustards (855-419-9919)
True Natural Taste organic mustards (800-559-2998)
Westbrae mustard
Whole Foods 365 organic jalapeño mustard
Woodstock Foods mustard

BAO fermented ketchup and hot sauces (718-391-0009)
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 Biodiversity 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)
Pleasant Pastures fermented ketchup (717-768-3437)
Rejuvenative Foods cultured ketchups (800-805-7957)
Willow Run Dairy honey mustard, garlic spread, horseradish,
zucchini relish, fermented ketchup (717-556-0285)

Caldwell cultured organic garlic flowers (819-849-2000)
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
(800-608-4825)

Chaffin Family Orchards green and black olives for home
curing (530-533-1676)
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 (855-654-3549)
Ozuke organic umeboshi plums (Midwest) (ozuke.com)
PhytoLove, LLC organic raw olives (202-558-7174)
Sunfood Super Foods organic raw olives (888-729-3663)
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
Live Superfoods balsamic vinegar (800-481-5074)
Lucini Italia vinegars (800-509-8491)
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
Emperor's Kitchen shoyu (800-334-5809)
Great Eastern Sun shoyu, tamari (800-334-5809)
Kikkoman organic soy sauce
Koyo shoyu, tamari
Miso Master tamari
Mitoku natto miso chutney, pasteurized miso (800-324-1878)
NYrture New York Natto non-GMO natto (917-306-2640)
Ohsawa gluten-free tamari soy sauce
Rhapsody Natural Foods non-GMO natto (802-563-2172)
San-J naturally fermented soy sauce
Westbrae miso, naturally fermented soy sauce

Annie's Naturals ketchup
Brad's Organic ketchup (bradsorganic.com)
Brandless organic ketchup (415-237-6640)
Cucina Antica ketchup (877-728-2462)
De Nigris ketchup
Dr. Fuhrman organic ketchup (800-474-9355)
First Field roasted Jersey ketchup (first-field.com)
Nash Brothers Trading Company ketchup
Oregon Brineworks fermented ketchup and hot sauce
(541-354-1357)
Portlandia Foods ketchup (503-729-8257)
Primal Kitchen organic unsweetened ketchup (888-774-6259)
Simply Balanced (Target) organic ketchup (800-316-6151)
SimplyNature (Aldi) organic ketchup (800-325-7894)
Tessemæ's ketchup (855-698-3773)
Thrive Market organic ketchup (855-419-9919)
Trader Joe's organic ketchup
Wegmans organic ketchup (Mid-Atlantic)
Whole Foods 365 organic ketchup
Woodstock Foods ketchup

Annie's Naturals organic Worcestershire sauce
The Wizard's organic gluten-free Worcestershire sauce

Anton Kozlik's mustard
Busha Browne's Planters steak sauce
Cholula original hot sauce
Crystal hot sauce
Frank's RedHot original cayenne pepper sauce

Frontera red chile hot sauce (800-509-4441)
Grow and Behold Foods horseradish (888-790-5781)
Les Trois Petits Cochons Dijon mustard
McIlhenny Co. Tabasco original red sauce
Pickapeppa Sauce
Sir Kensington's mustard (646-450-5735)
Sky Valley hot sauce, verde sauce
Wildbrine probiotic sriracha (707-657-7607)

Tessemae's honey mustard, hot sauces, BBQ sauce, teriyaki
sauce, garlic spread (855-698-3773)
The Gefilteria horseradish (347-688-8561)
Whole Foods 365 basil pesto, pepper duo hot sauce

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)
Lindsay Naturals California green and black olives
(800-252-3557)
Mae Ploy curry pastes
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 (604-603-6320)
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; 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.

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 (510-382-0202)
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
Klamath Blue-Green Miracle Krystal salt
Maldon sea salt
Matiz flor de sal sea salt (425-398-9761)
Natierra pink and ice salts (natierra.com)
Nature's Cargo 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 (800-518-0727)
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)
SeaAgri Inc. Baja Gold sea salt (678-232-9064)
Sunfood Super Foods salts (888-729-3663)
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)
Tropical Salt Corporation (877-323-6611)

A. Vogel Herbamare and Trocomare seasoning salts
AcroAma Blends seasoning blends (563-552-7415)
Anna and Sarah organic seasoning herbs and spices
(annaandsarah.com)
Aromatica Organics herbs, spices, Cajun spice seasoning &
rub, garlic pepper seasoning & rub, Chinese 5 spice
blend (775-971-8550)
Aunt Patty's herbs, spices, vanilla beans and extract
(800-456-7923)
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)

Brandless organic herbs, spices, blends (except those with sugar) (415-237-6640)
 Branon maple seasoning (802-827-3914)
 Broth of Life seaweed salt, spices (brothoflife.com.au)
 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)
 Ellyndale Foods organic vanilla extract (888-669-3663)
 Fields of Athenry Farm mom's seasoning, stock seasonings (703-300-5765)
 Fishhugger original and New Mexico spice rubs (602-286-9233)
 Flavororganics 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 (540-967-1165)
 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)
 Harvest Eating organic spice blends (864-492-1499)
 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)
 Live Superfoods sea salt, vanilla beans, vanilla bean powder, turmeric powder (800-481-5074)
 Maine Coast Sea Seasonings (seaweed flakes) (207-565-2907)
 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 Biodiversity Farm herbs, spices, blends (except those with brewer's yeast) (717-786-7895)
 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)
 Nash Brothers Trading Company organic spices and vanilla extract
 Natural Zing spices, sea seasonings, sea salts, organic vanilla and peppermint extracts (301-703-4116)
 Navitas Organics organic turmeric powder (888-645-4282)

NOW Foods organic vanilla extract (888-669-3663)
 Nuts.com organic poppy seeds (800-558-6887)
 Obis One organic cracked black garlic, black garlic chili powder, black garlic sea salt, black garlic scape seasoning (609-202-9766)
 Ocean Harvest Sea Vegetable Company sea veggie gomasio (707-694-9496)
 Organic Living Superfoods organic cinnamon, ginger and turmeric powders (774-256-5800)
 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)
 Primal Palate sea salts, spices (primalpalate.com)
 Purcell Mountain Farms spices (208-267-0627)
 Pure Indian Foods organic herbs and spices (877-588-4433)
 R.W. Knudsen organic mulling spices
 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 (800-437-3301)
 Smith & Truslow organic herbs, spices, blends and sea salts (smithandtruslow.com)
 Spiced herbs, spices, blends (except those with sugar, flour, coffee, cacao or granulated honey) (spicedforyou.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)
 Terrasoul Superfoods vanilla bean powder (855-821-4744)
 The Meadow sea salts, spices (888-388-4633)
 The Raw Food World spices, sea seasonings, original salad booster (866-729-3438)
 The Real Pantry sea salt, herbs, spices, seasonings (real-pantry.com)
 The Spice Hunter herbs and spices (except those from China) (800-688-5676)
 Thrive Market organic herbs, spices, blends (except those from China) (855-419-9919)
 Tropical Traditions organic spices (866-311-2626)
 Tudor House Tea & Spice herbs, spices, blends and sea salts (269-978-3475)
 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
(800-945-3801)
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 (347-335-0972)
Hain sea salt
Lima salt
Live Superfoods zesty original salad booster (800-481-5074)
Living Intentions zesty original salad booster (415-824-5483)
Penzeys spice blends with salt (800-741-7787)
Spiced meat tenderizer and vegetable bouillon seasoning
(spicedforyou.com)

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
(602-920-9666)
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)
BrothMasters bone broth (248-733-3899)
Circle C Farm beef and chicken bone broths (239-776-9054)
Dutch Meadows Farm beef, chicken and turkey bone
broths (717-442-9208)
Ed's Kasilof Seafoods salmon and halibut stocks; tomato soup
(800-982-2377)
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)
Hershberger Heritage Farm organic chicken bone broth
(215-500-7301)
Jpp Apothecary beef, lamb, veal, bison, pork, chicken and
turkey broths; fish stock (602-318-5630)
KOL Foods kosher beef, lamb and poultry stocks
(888-366-3565)
Meadow Ridge Farm beef, chicken and goat stocks
(717-530-5999)

Miller's Biodiversity 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 (888-295-6332)
 Osso Good beef and chicken stocks (415-578-0899)
 Paleo on the Go beef and chicken broths; soups (855-447-2536)
 Pre-Made Paleo bone broths, soups (678-995-5772)
 Rocky Ridge Dairy beef, lamb and fish stocks (717-284-0466)
 Salt, Fire & Time beef, lamb and bison stocks (503-208-2758)
 Slim Broth beef and chicken stocks (store.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 (760-727-2058)
 US Wellness Meats beef marrow, chicken and duck stocks (877-383-0051)
 Vital Choice beef, chicken, halibut and salmon broths; soups (800-608-4825)
 Willow Run Dairy chicken liver soup; beef, chicken and lamb stocks (717-556-0285)

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)
 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)
 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 chips cooked in pastured lard, coconut oil or palm oil;
organic popcorn home-popped in pastured lard, coconut oil or palm oil.

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

Barnana organic original, coconut and apple cinnamon
banana bites (barnana.com)

Better Than Roasted island magic and oasis trail mixes;
banana, ginger, pecan and tropical love bites
(540-745-5040)

Broth of Life lemon bliss balls (brothoflife.com.au)

Chocola Tree banana walnut bites (928-282-2997)

Country Life Natural Foods organic date coconut rolls
(800-456-7694)

Food to Nourish lemon bliss balls (foodtonourish.com.au)

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

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

Go Raw Real Live Food spirulina super chips, lime coconut
crisps, salt & vinegar coconut crisps (650-962-9299)

Gopal's Japanese, Mexican, Italian, curry, honey curry,
masala and Texas BBQ power wraps (866-646-7257)

Higher Power trail mixes (877-684-8763)

Jackson's Honest Chips organic sea salt potato chips, purple
heirloom potato chips, sea salt sweet potato chips;
blue corn, red corn, yellow corn and lime sea salt
tortilla chips (all in coconut oil) (303-619-8056)

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

Kessons Kitchen grain free granolas (except those with cacao
or hemp) (kessonskitchen.com)

Live Superfoods spirulina super chips (800-481-5074)

Lydia's Foods spicy beet and super carrot sprouted chips
(707-992-0776)

Manna Organics dates and sprouted almond snack
(630-795-0500)

Meadow Ridge Farm trail mix, seasoned nut mix, sweet &
spicy nut mix; potato chips (in pastured lard)
(717-530-5999)

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

Miller's Organic Farm trail mix, seasoned nut mix, sweet &
spicy nut mix; potato chips and sweet potato chips (in
pastured lard) (717-556-0672)

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 (301-703-1146)

New Earth banana walnut bites (512-354-1140)

NoniLand coconut crisps (805-870-5756)

Nourishing Kitchens grain free granolas and bites
(541-760-5277)

Organic Living Superfoods organic raw spicy Santa Fe trail
mix (774-256-5800)

Pleasant Pastures trail mix, seasoned nut mix, sweet & spicy
nut mix (717-768-3437)

Rocky Ridge Dairy trail mix, potato chips (in pastured lard)
(717-284-0466)

Salt, Fire & Time prune orange and ginger lemon truffles
(503-208-2758)

Selina Naturally pecan love bites (800-867-7258)

Shields Date Garden organic coconut date rolls
(800-414-2555)

Sun Krunch buttery cinnamon grain free granola
(sunkrunch.com)

SunOrganic Farm organic date coconut rolls (888-269-9888)

The Raw Food World Japanese, Mexican, Italian, masala,
Texas BarBQ and raw curry power wraps; coconut crisps,
spirulina super chips (866-729-3438)

Tierra Farm organic date coconut rolls (888-674-6887)

United With Earth organic date coconut rolls (323-982-9311)

US Wellness ginger, pecan and tropical love bites
(877-383-0051)

Willow Run Dairy trail mix, seasoned nut mix; potato chips
and sweet potato chips (both in pastured lard)
(717-556-0285)

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

Alive & Radiant Foods veggie krunch sweet onion chips
(510-238-0128)

Atlas Snacks original and cinnamon no-grain paleo granolas
without dried fruit (atlassnacks.com)

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)

Bare Fruit snacks (800-940-0019)

Better Than Roasted autumn blend and mystic mountain trail
mixes (540-745-5040)

Bewellaby botanical gummies (425-610-7082)

Bob's Red Mill paleo style muesli

Broth of Life paleo's breakfast adventure (brothoflife.com.au)

Chocola Tree nori nachos (928-282-2997)

Cocomo Joe apple pie, vanilla nutmeg and ginger shot
paleo granolas (310-412-9000)

Country Life Natural Foods fruit nut n seed trail mix;
organic date almond coconut rolls, date pecan logs
(800-456-7694)

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)
 Food to Nourish paleo's breakfast adventure
 (foodtonourish.com.au)
 Funky Monkey fruit snacks (800-783-1326)
 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 (650-962-9299)
 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)
 International Harvest, Inc. go tropical trail mix
 (800-277-4268)
 Jaffe Bros. organic trail mixes, date pecan nuggets
 (877-975-2333)
 Keep It Real Food Co. no grain granola (206-388-4000)
 Lundberg Family Farms organic sea salt rice chips
 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) (888-718-1860)
 Mt. Olive Organic Farm organic walnut stuffed dates
 (805-237-0147)
 Natural Zing pecan heaven trail mix (301-703-4116)
 Nuts.com organic pecan date rolls, walnut date rolls
 (800-558-6887)
 Organic banana chips (in health food stores)
 Organic Living Superfoods organic raw sprouted blueberry
 baobao crunch, lemon poppy pomegranate energy
 squares (774-256-5800)
 Paleo Mama Bakery cranberry walnut granola (608-692-3715)
 Peeled Snacks organic apple crunch and cinnamon crunch
 apple clusters (212-706-2001)
 Platayuc organic plantain chips (platayuc.com)
 Pre-Made Paleo paleo trail mix (678-995-5772)
 Primal Island toasted coconut grain free granola
 (360-632-5095)
 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)
 Sensible Foods organic crunch dried snacks: corn and
 apple (888-222-0170)
 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)
 Steve's Original paleokits, paleo MRE's, paleokrunch cereal
 (stevesoriginal.com)

Strength Kizmix trail mix (603-475-5095)
Sun Krunch cranberry apple and flax apple grain free granolas
(sunkrunch.com)
Sustainapak beef and chicken paks (330-302-4082)
The Maine Sea Kitchen sea kitchen crunch
(etsy.com/shop/TheMaineSeaKitchen)
The Raw Bakery coconut mulberry chia delight
(540-745-5040)
The Raw Food World nori nachos (866-729-3438)
Tierra Farm organic date almond rolls (888-674-6887)
United With Earth organic date almond rolls (323-982-9311)
US Wellness mystic mountain and paleo trail mixes
(877-383-0051)
VitaminSea Seaweed seacrunch cranberry kelp snack
(207-929-8678)
Wilderness Poets trail mixes (except those with cacao)
(360-247-6250)
Wildway apple cinnamon, banana nut and coconut cashew
grain-free granolas (wildwayoflife.com)
Zuma Valley coconut balls (310-457-3573)

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)
Galactic hog skins (678-995-5772)
Mac's fried pork skins, original (888-643-8267)
Shearer's plain pork rinds (888-473-2824)
US Wellness pork rinds (877-383-0051)
Utz pork rinds

Kettle Brand Co. organic sea salt potato chips (503-364-0399)

Garden of Eatin' organic corn tortilla chips, strips and
rounds; sunny blues, sesame blues (800-434-4246)
Guiltless Gourmet organic yellow and blue corn tortilla chips
(201-553-1100)
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
Utz organic corn tortilla chips

Brandless organic olive oil & sea salt popcorn (415-237-6640)
Cocomo Joe organic cocomo corn (caramel corn)
(310-412-9000)
G.H. Cretors organic popcorn with olive oil (800-448-6994)
Good Health organic sea salt popcorn (336-285-0735)
Mediterranean Snacks organic popcorn (877-425-2587)
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.

Alive and Radiant Foods raweo cookies and lemon swirls (510-527-8916)
Beccaroons carob, blondie, pumpkin pie and special order macaroons (952-451-0343)
Berkshire Mountain Bakery ginger molasses cookies (413-274-3412)
Gail's Cupboard organic quinoa biscotti (570-561-6970)
Gluten-Free Sourdough Co. sprouted almond cookies (508-733-5399)
Go Raw Real Live Food super cookies (except chocolate), spirulina energy bars (650-962-9299)
Gopal's sesame-mango, walnut-fig, apple-delicious, pumpkin-date and pineapple-nut rawma bars; sprout bars (866-646-7257)
Kessons Kitchen snack bars (except those with cacao) (kessonskitchen.com)
Kuzala Macaroons macaroons (except those with cacao) (612-723-7960)
Live Superfoods original super cookies, ginger snaps, spirulina energy bars, spirulina bars (800-481-5074)
Livin' Spoonful organic ginger snaps (503-230-8484)
Lydia's Foods spirulina bars (707-992-0776)
Meadow Ridge Farm sprouted wheat carob brownies (717-530-5999)
Miller's Biodiversity Farm muffins (gluten-free), carob brownies (717-786-7895)
Miller's Organic Farm muffins (gluten-free) (717-556-0672)
Natural Zing sesame-mango, walnut-fig, apple-delicious, pumpkin-date and pineapple-nut rawma bars; raweo cookies, lemon swirls, spirulina bars, sprout bars (301-703-4116)
Rocky Ridge Dairy muffins (gluten-free) (717-284-0466)
The Raw Food World raweo cookies, lemon swirls, original super cookies, ginger snaps, spirulina, pecan pie and fig bars (866-729-3438)
Veggie-Go's carrot ginger, sweet potato pie and cinnamon spiced beet bars (303-875-5196)
Willow Run Dairy coconut carob cookies, muffins (all gluten-free) (717-556-0285)

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

Awesome Foods almond fig, blueberry cashew, carob super fruit nut and mesquite super fruit nut bars (610-757-1048)
Bearded Brothers organic energy bars (except those with kale, hemp, cocoa or cacao) (512-428-4698)
Berlin Natural Bakery gingersnap spelt cookies (800-686-5334)
Chapul Thai cricket bars (chapul.com)
CharmedBar fruit and nut bars (202-430-5637)
Clif kit's organic peanut butter, cashew and berry almond fruit & nut bars
Cocomo Joe cranberry, fig, green and mango Joebars (310-412-9000)
Equal Exchange organic fruit and nut bars (774-776-7333)
Exo, Inc. blueberry vanilla and apple cinnamon bars (exoprotein.com)
Glaser Organic Farms organic carob fudgy brownies (305-238-7747)
Go Raw Real Live Food organic banana bread flax bars (650-962-9299)
Jennies coconut macaroons in 8 oz. cans, organic coconut macaroons (570-457-2400)
Jovial organic ginger spice cookies (877-642-0644)
Keep It Real Food Co. flourless peanut butter cookies, seed + nut bars (206-388-4000)
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 (503-230-8484)
Lydia's Foods raspberry and tropical mango bars (707-992-0776)
Natural Zing raspberry and tropical mango bars (301-703-4116)
NoGii paleo bars
O Bread Bakery organic ginger molasses and oatmeal raisin cookies (802-985-8771)
Ona Foods organic honey nut and peanut ginger bars (970-800-3957)
Oskri fig and date bars
Paleo Eats chai spice bars (541-815-8908)
Paleo on the Go paleo blondies (855-447-2536)
Patagonia Provisions fruit + almond bars (888-221-8208)
Pre-Made Paleo organic almond coconut bars (678-995-5772)
Raw Crunch cranberry and blueberry bars (704-650-3434)
RxBar peanut butter bars (312-624-8200)
Sejoyia lemon zest and salted caramel coco-thins (855-293-5577)
ShaSha Co. organic spelt ginger snaps (416-255-0416)
Simple Squares organic snack bars (except those with chocolate or coffee) (888-966-7622)
SmartMonkey carob brownie, ginger snap and cinnamon raisin bars
Steve's Original paleokrunch bars (stevesoriginal.com)

Stutzman Farms organic gluten free bars
 (330-674-1289, ext 2)
 That's it. fruit bars (thatsitfruit.com)
 The Family Cow organic oatmeal raisin cookies
 (717-491-4004)
 The Maine Sea Kitchen organic molasses cookies
 (etsy.com/shop/TheMaineSeaKitchen)
 The Raw Food World tropical mango bars, blueberry raw
 crunch bars (866-729-3438)
 The Smart Muffin organic einkorn apple cider donut holes;
 sesame & scallion, carrot cake, pumpkin, blueberry, and
 lemon chia seed muffins (thesmartmuffin.com)
 Thunderbird Energetica cashew fig carrot and pecan
 persistence bars (thunderbirdbar.com)
 Tin Star Foods pecan persistence bars (tinstarfoods.com)
 US Wellness organic almond coconut bars (877-383-0051)
 YAWP! organic naked nutrition bars (919-797-9297)

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 honey, preferably unfiltered. (Note: Raw honey should not be given to babies.)

Ames Farm raw honey (952-955-3348)
 Amish Honey, Inc. raw honey (917-519-1242)
 B and G Honey Farm raw honey (912-852-5124)
 BannerBee raw honey (240-793-0363)
 Bariani raw honey
 Bee Chama Honey (beechamahoney.com)
 Bee Flower and Sun Honey Co. raw honey (908-735-6946)
 Big Tree Farms raw honey (541-488-5605)
 Bluff Wood Creek raw honey (bluffwoodcreek.com)
 Brad's Organic raw honey (bradsorganic.com)
 Chocola Tree raw honey (928-282-2997)
 Circle C Farm raw honey (239-776-9054)
 Country Life Natural Foods raw honey (800-456-7694)
 Diviana Alchemy raw honey nectar (360-981-2328)
 Dr. Mercola raw honey (877-985-2695)
 Dutch Meadows Farm raw honey (717-442-9208)
 Dutchman's Gold raw honey, honeycomb (877-342-6589)
 Earth Circle Organics raw honey (877-922-FOOD)
 Ebeehoney.com raw honey

Fields of Natural Honey raw honey, honeycomb
 (765-425-1940)
 Fishhugger raw honey (602-286-9233)
 Garden of Life organic raw Hawaiian Lehua honey
 (866-465-0051)
 Glacier Grown raw honey (406-407-7039)
 Glaser Organic Farms raw honey (305-238-7747)
 GloryBee Foods raw honey (800-456-7923)
 Grandpa Stan's raw honey (352-593-5082)
 HalleluYah Honey raw honey, creamed honey, cut comb
 honey (775-267-1451)
 Healing Spirits Herb Farm raw honey (607-566-2701)
 Heavenly Honey Farm raw honey (253-232-6483)
 Heavenly Organics raw honey (866-923-2184)
 Honey Gardens raw honey (800-416-2083)
 Honey in the Rough
 Honey Pacifica raw honey, honeycomb, fermented honey,
 habanero honey (562-938-9706)
 Honey Tea Thyme raw honeys without colors and goji
 (honeyteathyme.com)
 Horizontal Hive raw honey, comb honey (815-301-1845)
 Jaffe Bros. raw honey (877-975-2333)
 Julian Bakery organic raw honey (800-982-7323)
 Kahiltna Birchworks raw honey, birched honey
 (800-380-7457)
 Kevala organic raw honey (877-379-1179)
 L.R. Rice raw honey (970-353-6277)
 Lazy Bee Ranch raw honey (720-251-3270)
 Liquid Gold Honey raw honey (608-221-0521)
 Live Superfoods raw honey (800-481-5074)
 Living Honey raw honey (801-368-3870)
 Living Tree raw honey (800-260-5534)
 Madhava raw honey (800-530-2900)
 Maharishi Honey organic raw honey (maharishihoney.com)
 Marshall's Farm Natural Honey raw honey (800-624-4637)
 Meadow Ridge Farm raw honey (717-530-5999)
 Meant To Be Natural Food raw kosher honey
 (845-535-1354)
 Miller's Biodiversity Farm raw honey (717-786-7895)
 Miller's Organic Farm raw honey (717-556-0672)
 Moon Juice organic raw honey (310-399-2929)
 Moonwise Herbs raw honey (920-452-4372)
 Mt. Olive Organic Farm raw honey (805-237-0147)
 Natural Rush honey
 Natural Zing raw honey (301-703-4116)
 Nature Nate's raw honey (469-452-4429)
 NoniLand black gold raw honey (805-870-5756)
 Nuts.com raw honey (800-558-6887)
 Okonatur mangrove raw honey (888-963-9540)
 Once Again raw honey
 Pacific Resources International raw honey (805-684-0624)
 Pangaia raw honey (808-989-3457)
 Patz Maple & Honey Farms all natural raw honey (unflavored),
 comb honey (800-897-2488)
 PJ Ranch raw honey (772-283-1874)
 Pleasant Pastures raw honey and honeycomb (717-768-3437)

Premier Research Labs raw honey (800-325-7734)
 Puremiel organic raw honey (425-398-9761)
 Puritan's Pride organic raw honey (800-645-1030)
 Raw Honey MKE raw honey, honeycomb (844-696-4276)
 Really Raw honey and fermented honey (800-732-5729)
 Rice Family Honey raw honey (970-353-6277)
 Rigoni di Asiago organic raw honey (305-470-7583)
 Rocky Ridge Dairy raw honey (717-284-0466)
 Schenker Family Farms raw honey (877-632-4470)
 Simply Balanced (Target) organic raw honey (800-316-6151)
 South Mountain Creamery raw honey (East Coast)
 (877-269-2968)
 Spiritual Food for the New Millennium raw honey
 (301-654-4899)
 Stakich, Inc. raw honey (248-642-7023)
 Stutzman Farms raw honey (330-674-1289, ext 2)
 Sunflower Organics raw honey (619-263-5203)
 Sunfood Super Foods raw honey (888-729-3663)
 Sweet William of Earlville raw honey (315-691-3000)
 Tassot Apiaries, Inc. raw honey, plain whipped honey
 (908-264-4504)
 The CheeseMaker raw honey (414-745-5483)
 The Family Cow raw honey (717-491-4004)
 The Lamb Shoppe raw honey (320-587-6094)
 The Raw Food World raw honey (866-729-3438)
 The Synergy Company organic raw manuka honey
 (800-723-0277)
 The Wild Bee organic raw honey (336-605-9713)
 Thrive Market organic raw honey (855-419-9919)
 Trader Joe's organic raw honey
 Tropical Traditions organic raw honey (866-311-2626)
 Tudor House Tea & Spice raw creamed honeys
 (269-978-3475)
 US Wellness raw honey (877-383-0051)
 Vitacost raw honey (800-381-0759)
 Walt's Swarbustin' honey (610-384-2384)
 Wedderspoon raw honey (877-296-8403)
 Wee Bee raw honey (585-652-9592)
 Weil Farms organic raw honey, comb honey, honey powder
 (631-680-6897)
 Wholesome Sweeteners organic raw honey
 Wildly Organic raw honey (800-945-3801)
 Willow Run Dairy raw honey (717-556-0285)
 Wisconsin Natural Acres raw honey (920-849-9784)
 Y.S. Organic Bee Farms raw honey

 Eden organic barley malt syrup
 Aunt Patty's organic blackstrap molasses (800-456-7923)
 Country Life Natural Foods organic blackstrap molasses
 (800-456-7694)
 Plantation organic blackstrap molasses
 Simply Balanced (Target) organic blackstrap molasses
 (800-316-6151)
 Wholesome Sweeteners organic blackstrap molasses

Karis Naturals Bolivian raw cane sugar (chancaca)
 (714-522-0700)
 Mascavo organic sugar (800-656-3668)
 Billington's muscovado sugar
 Wildly Organic muscovado sugar (800-945-3801)
 Pure Indian Foods organic jaggery (panela) (877-588-4433)
 Vedica Organics organic jaggery powder (888-290-9312)
 Heavenly Sugar (dehydrated sugar cane juice)
 (866-923-2184)
 Rapadura (dehydrated sugar cane juice)
 Sucanat (dehydrated sugar cane juice)

Alaska Birch Syrup Company birch syrup (907-357-4892)
 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)
 Brad's Organic maple syrup (bradsorganic.com)
 Brandless organic maple syrup (415-237-6640)
 Branon organic maple syrup, sugar and cream
 (802-827-3914)
 Buck Mountain maple syrup (802-370-0219)
 Coombs maple syrup, sugar, granules and powder
 (888-266-6271)
 Country Life Natural Foods maple syrup (800-456-7694)
 Davis Family Sugar Shack organic maple syrup (715-551-1090)
 Dutch Meadows Farm maple syrup (717-442-9208)
 Dutchman's Gold maple syrup (877-342-6589)
 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
 (563-964-9139)
 Highland Sugarworks organic maple syrup (800-452-4012)
 Kahiltna Birchworks birch syrup (800-380-7457)
 Kickapoo Gold maple syrup and cream (866-290-8280)
 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 (800-760-1449)
 McCluskey Brothers maple syrup (608-986-3760)
 Meadow Ridge Farm maple syrup (717-530-5999)
 Miller's Biodiversity Farm maple syrup (717-786-7895)
 Miller's Organic Farm maple syrup (717-556-0672)
 Mother Linda's maple sugar (motherlindas.com)
 Nash Brothers Trading Company maple syrup
 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)
 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)

Rocky Ridge Dairy maple syrup (717-284-0466)

Roth Sugar Bush maple syrup (715-289-3665)

Russell organic maple syrup

Selina Naturally maple syrup (800-867-7258)

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)

Simply Balanced (Target) organic maple syrup (800-316-6151)

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)

The Lamb Shoppe maple syrup, sorghum syrup, date sugar
(320-587-6094)

Thrive Market organic maple syrup (855-419-9919)

Tropical Traditions maple syrup (866-311-2626)

Vermont Highland Cattle Company maple syrup
(888-243-8218)

Vitacost maple syrup (800-381-0759)

Whole Foods organic maple syrup

Wilderness Poets maple crystals (360-247-6250)

Willow Run Dairy maple syrup (717-556-0285)

Coconut or palm sugar (sold in Asian markets)

Aunt Patty's organic coconut sugar (800-456-7923)

Big Tree Farms organic coconut palm sugars, coconut nectars
(541-488-5605)

Bright Earth organic coconut palm sugar (541-201-0420)

Broth of Life organic coconut palm sugar (brothoflife.com.au)

Coconut Organics coconut nectar (866-401-2626)

Coconut Secret raw coconut crystals, coconut nectar
(888-369-3393)

Country Life Natural Foods organic coconut sugar
(800-456-7694)

Divine Organics coconut sugar, crystals and nectar
(415-884-4477)

Earth Circle Organics coconut sugar crystals (877-922-FOOD)

Essential Living Foods organic coconut sugar, coconut nectar
(310-319-1555)

Feel Good Superfoods organic coconut sugar
(feelgoodsuperfoods.com)

Food to Live organic coconut sugar (718-717-1029)

Food to Nourish organic coconut palm sugar
(foodtonourish.com.au)

Foods Alive coconut sugar crystals (260-488-4497)

Live Superfoods organic coconut palm sugar, coconut nectar
(800-481-5074)

Living Tree coconut crystals (800-260-5534)

Madhava organic blonde coconut sugar (800-530-2900)

Mestiza raw blonde coconut sugar, coconut honey, fermented coconut honey (480-639-0652)
 Munkijo organic coconut sugar and nectar (949-861-2798)
 Natural Zing palm sugar, raw coconut crystals, coconut nectar (301-703-4116)
 Nature's Blessings organic coconut sap sugar (626-935-0770)
 Navitas Organics organic raw palm sugar (888-645-4282)
 Nutiva coconut sugar (800-993-4367)
 Nuts.com organic palm sugar (800-558-6887)
 Ojio organic palm sugar (800-728-2066)
 Organic Traditions coconut palm sugar (888-968-6747)
 Pangaia organic coconut sugar (808-989-3457)
 Raw Revelations coconut palm sugar (951-677-2222)
 RawGuru organic coconut sugar (800-518-0727)
 Selina Naturally coconut crystals, coconut nectar (800-867-7258)
 Simply Balanced (Target) organic coconut palm sugar (800-316-6151)
 Sunfood Super Foods coconut sugar, coconut nectar (888-729-3663)
 Shiloh Farms organic coconut sugar (800-362-6832)
 Terrasoul Superfoods organic coconut palm sugar (855-821-4744)
 The Lamb Shoppe coconut sugar and nectar (320-587-6094)
 The Olive Bar coconut sugars (408-370-1901)
 The Raw Food World coconut sugar, raw coconut crystals, coconut nectar (866-729-3438)
 Thrive Market organic coconut sugar, coconut nectar (855-419-9919)
 Vitacost organic coconut sugar (800-381-0759)
 Viva Labs organic coconut sugar (800-921-8482)
 Wholesome Sweeteners organic coconut palm sugar
 Wildly Organic coconut sugar, coconut syrup (800-945-3801)

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)
 The Lamb Shoppe green stevia powder (320-587-6094)
 Tudor House Tea & Spice stevia leaves (269-978-3475)

GOOD: 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.

Bioitalia jams
 Brad's Organic fruit spreads (bradsorganic.com)
 Colorado Mountain Jam jams (970-464-0745)
 Eden fruit butters
 Gold Mine fruit spreads, cherry butter (800-475-3663)
 Kahiltna Birchworks wild mixed berry fruit spread (800-380-7457)
 Miller's Biodiversity 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)

R.W. Knudsen organic apple butter

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 (717-530-5999)

Miller's Biodiversity 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)

Rocky Ridge Dairy raw ice cream (717-284-0466)

Willow Run Dairy raw ice cream (717-556-0285)

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)

Figo! vanilla trio gelato (303-494-0366, ext 1)

Julie's organic vanilla ice cream, simply vanilla coconut ice
cream

Kirkland Super Premium vanilla ice cream

Reed's original ginger ice cream

Steve's Ice Cream vanilla creme fraiche ice cream
(718-412-9393)

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 (718-391-0009)
- Brew Dr. Kombucha kombucha (except those with alfalfa)
(brewdrkombucha.com)
- Buchi Kombucha kombucha without natural flavors
(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)
- Hidden Pond Farm kombucha, beet kvass (765-960-5092)
- High Country Kombucha kombucha (except goji)
(970-328-1827)
- Humm Kombucha original, blueberry, pomegranate,
strawberry, lemon ginger and apple kombucha
(541-306-6329)
- Jacob's Raw cultured tonics (610-286-3077)
- Karma Kombucha origins and masala chai kombucha
(Midwest) (800-557-3127)
- Katalyst Kombucha (413-773-9700)
- Kombucha 2000 (except hemp kombucha) (818-602-2455)
- Kombucha Botanica kombucha (831-425-1320)
- Kombucha Kamp kombucha (424-245-5867)
- Lupa's Kitchen kombucha (470-375-4654)
- Meadow Ridge Farm kombucha, beet kvass, cabbage juice tonic, ginger ale (717-530-5999)
- Miller's Biodiversity 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) (nessalla.com)
- 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)
 Reed's Culture Club kombucha without natural flavors and goji (800-997-3337)
 Rocky Ridge Dairy kombucha, beet kvass (717-284-0466)
 Salt, Fire & Time kombucha, beet kvass (503-208-2758)
 Simply Balanced (Target) kombucha without natural flavors (800-316-6151)
 Suja kombucha (855-879-7852)
 Tapuat Kombucha kombucha (Midwest) (920-854-5066)
 The Lamb Shoppe kombucha (320-587-6094)
 The Rejuvenation Company kombucha and rejuvelac (408-320-4805)
 Trader Joe's kombucha
 Tropical Traditions beet kvass (866-311-2626)
 Wild Tonic non-alcohol jun (except goji) (928-634-5434)
 Willow Run Dairy kombucha, beet kvass, eggnog, ginger ale, grape cooler; fermented cabbage juice and kimchee juice (717-556-0285)
 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)
 Immunitriton Grainfields B.E. Wholegrain and Lemon & Ginger fermented drinks (877-773-9229)
 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)
 Zukay Live Foods vegetable and fruit kvasses (610-286-3077)

Apollinaris sparkling mineral water
 Ferrarelle sparkling mineral water
 Gerolsteiner mineral water (in glass bottles)
 Perrier unflavored sparkling water (in cans or glass bottles)
 San Pellegrino sparkling water (in glass bottles)
 Sanfaustino mineral water
 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)
 Gold Mine roasted barley tea (800-475-3663)
 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
Oskri barley coffee
Pero instant coffee substitute

All Stars Bakery kvass (905-738-9624)
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) (540-718-3200)
GT's veggie kefir probiotic shots (877-735-8423)
KeVita lemon ginger probiotic drink (888-310-6106)
Miller's Biodiversity Farm sourdough kvass (717-786-7895)
Miller's Organic Farm sourdough kvass (717-556-0672)
The Gefilteria beet kvass (347-688-8561)
Wild Tonic 5.6% alcohol jun (except goji) (928-634-5434)
Wildbrine probiotic live shots (fermented vegetable juices)
(707-657-7607)
Willow Run Dairy sourdough kvass (717-556-0285)

Beeyoutiful organic herb teas (except those with caffeine or
alfalfa) (877-623-3968)
Bija organic herb teas
Brandless organic chamomile blend herbal tea (415-237-6640)
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)
(540-967-1165)
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)
Live Superfoods organic herb teas (except those with
caffeine) (800-481-5074)
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 original tulsi tea (877-588-4433)
Rishi Tea organic herb teas (except those with caffeine, cocoa

or natural flavors) (877-552-7977)
 Simply Balanced (Target) organic herbal teas (except those with natural flavors) (800-316-6151)
 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)
 Townshend's Tea Company organic herb teas (except those with caffeine or cacao) (townshendstea.com)
 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 (269-978-3475)
 Two Leaves Tea Company organic herb teas without natural flavors (866-631-7973)
 Urbal Tea organic herb teas (except those with caffeine or natural flavors) (414-916-5088)
 West Wind Farms lemon calm herbal tea (855-593-7894)
 Yogi Tea organic chai rooibos, chamomile, ginger, stomach ease, peppermint, nursing support, throat comfort and raspberry leaf herbal teas (800-964-4832)

Chimay beer

Foret ale

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

Jade ale

Wolaver's Fine Organic Ales ale (except those with coffee) (802-388-0727)

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

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 www.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.

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 obtain a free informational brochure containing membership information and dietary guidelines, as well as details on the local chapter nearest you, contact the Foundation at (202) 363-4394, or visit the website at www.westonaprice.org.

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