2027 Shopping Guide

For Finding the Healthiest Foods in Supermarkets, Health Food Stores, and Shipped from Farms and Artisan Food Producers



The Weston A. Price Foundation®

for

WiseTraditions

in Food, Farming and the Healing Arts

Education • Research • Activism

WESTONAPRICE.ORG (703) 820-3333

The Wise Traditions Diet for Healthy Families

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

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

This booklet is designed to serve as a guide for shopping in supermarkets and health food stores. We have provided phone numbers or, when a phone number is not available, website addresses for items available primarily by mail.

General guidelines and specific brand names are listed for each food category. Use the guidelines to make wise choices from among the brands available to you that are not listed specifically.

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

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.

The 50 Percent Campaign

Many people are making an effort to consume clean, healthy foods. Unfortunately, some of the healthiest foods are unavailable in stores. Clean raw milk from grass-fed cows usually must be purchased directly from a farm, often through cow- or herd-share programs. A farm may also be the only source available for other humanely raised animal products including grass-fed meats, pastured poultry and eggs, as well as organic or biodynamic vegetables.

We encourage our members and all conscientious consumers to "take the pledge"! That is, pledge to spend at least 50 percent of your food budget on direct purchases from farmers and artisan food producers. (With the other 50 percent, you can celebrate how small the world has become and enjoy exotic foods like rice, bananas and pineapple.)

To make things easy, many farmers have organized deliveries and drop-off locations, as well as various types of buying groups. For information about buying groups and traditional farms engaged in direct sales in your area, contact a local chapter of the Weston A. Price Foundation. Find your nearest local chapter at westonaprice.org/find-nutrient-dense-foods, or by calling (703) 820-3333. A good source for finding raw milk is our website realmilk.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 westonaprice.org to purchase THE LATEST GUIDE AND TO BECOME a member—WAPF members receive the paper guide every year.

If you have brand names or sources of high-quality foods that you can recommend, or comments about items currently in the guide, please submit them to the Weston A. Price Foundation, info@westonaprice.org.

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Milk

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

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

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

Alexandre Family Farm (707-487-1000)
Kalona SuperNatural Cream-Top Whole Milk (kalonasupernatural.com)
Raw Farm raw goat and cow milk (rawfarmusa.com)
Sky Top Farms (East Coast) (646-859-9333)
Snowville Creamery Whole Milk
Straus Cream Top Whole Milk (707-776-2887)

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.

Miller's Bio Farm raw cow cottage 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)
Noble Pastures A2/A2 Raw Cheese (223-221-0040)
Nourish Food Club raw cow and goat cottage cheese, cream cheese, goat chevre
Simply Grassfed raw A2/A2 cheeses (717-318-7764)
Willow Run raw cottage cheese (717-556-0285)

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

Cedar Grove Cheese quark, fresh water buffalo mozzarella, cheese curds, fresh sheep cheese (608-546-5284)
Chapel's Country Creamery Farm cordova white fresh cow cheeses (410-820-6647)

Cherry Grove Farm cheddar cheese curds, brie, fromage blanc (609-219-0053)
Cowgirl Creamery fresh cow cheeses, fromage blanc, clabbered cottage cheese (866-433-7834)
Dutch Meadows Farm camembert cheese (717-442-9208)
Hidden Springs Creamery driftless fresh sheep cheeses (except those with sugar) (608-606-3840)
Kenny's Farmhouse Cheese cheese curds, brie (270-434-4124)
Meadow View Jerseys cheese curds (717-656-2261)
Miller's Organic Farm water buffalo mozzarella cheese (717-556-0672)
Raw Farm raw goat and cow milk (rawfarmusa.com)
SACH paneer cheese (sachfoods.com)
Sierra Nevada Cheese Company goat chevre (530-934-8660)
Spring Hill Jersey Cheese Co. fresh curds and quark (707-762-3446)
Sweet Grass Dairy fresh cheeses (229-227-0752)
Traderspoint Creamery cottage cheese, and fromage blanc (317-733-1700)
Vermont Creamery quark, fresh goat cheeses (833-882-7679)

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

Aged Cheese

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

FOUND WIDELY AT STORES
Meadow Creek Dairy (except Mountaineer Alpine-style cheese) (276-236-2776)
Spring Brook Farm Reading raw cheese (802-484-1226)
Traderspoint Creamery raw cheeses (317-733-1700)

FOUND AT STORES, ONLINE AND BY PHONE
Bobolink Dairy (908-864-7277)
Cato Corner Farm (except Alpine-style Dairyere, Dairyere Reserve, and Arietta Estiva) (860-537-3884)
Cherry Grove Farm raw cheeses (609-219-0053)
Clover Creek Cheese Cellar (814-515-9873)
Colonial Classics Farmstead Cheese (412-290-2904)
Dutch Meadows Farm (717-442-9208)
Family Cow raw cow and goat cheeses (717-491-4004)
Hilltop Meadow Farm (570-345-3305)
Jasper Hill Farm raw cheeses (802-533-2566)
Meaow Ridge Farm cow, goat and sheep cheeses (717-530-5999)

Miller's Bio Farm raw cow and goat 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)
Northstar Bison raw cheese (715-458-4300)
PA Bowne Farmstead raw cheeses (301-579-2727)
Simply Grassfed raw A2/A2 aged cheeses (717-318-7764)
Shelburne Farms (802-985-8686)
Spring Gap Mountain Creamery (304-947-5414)
Steckler Grassfed (812-683-3098)
Sweet Grass Dairy raw cow cheeses (229-227-0752)
Uplands Cheese Company (888-935-5558)
Veldhuizen Cheese raw cheeses (except Greens Creek) (254-968-3098)

RAW CHEESE RETAILERS

Formaggio Kitchen (888-212-3224)
Fromages.com raw grass-fed French cow, goat and sheep cheeses
Marky's European raw cheeses (305-758-9288)
Miller's Natural Foods raw cow cheeses (717-768-7582)
Northstar Bison raw cheese (715-458-4300)
US Wellness cow and goat cheeses (877-383-0051)
Zingerman's raw cheeses (888-636-8162)

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

5 Spoke Creamery (845-651-7763)
Applegate havarti, monterey jack, provolone, extra sharp cheddar and muenster cheese (708-725-5800)
Boar's Head (800-352-6277)
Boone Creek Creamery cheese (except those with coffee) (859-402-2364)
Breezy Meadows Farm goat cheese (717-821-7547)
Cabot Creamery (except those with citric acid, canola oil or natural flavors) (888-792-2268)
Cato Corner Farm Alpine-style Dairyere, Dairyere Reserve and Arietta Estiva (860-537-3884)
Cedar Grove Cheese (608-546-5284)
Chapel's Country Creamery Farm (410-820-6647)
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)
Finlandia whole milk cheeses
Fromages.com French cow, goat and sheep cheeses
Grafton Village Cheese (800-472-3866)
Great Hill Blue (888-748-2282)
Hidden Springs Creamery sheep and cow cheeses (608-606-3840)

Jacobs and Brichford Farmstead Cheese Everton cheese (765-692-0056)
Jasper Hill Farm (802-533-2566)
Kenny's Farmhouse Cheese (270-434-4124)
Kerrygold
Landmark
London 1856 cheese
Lye Cross Farm cheese (lyecrossfarm.co.uk)
Lykens Valley Creamery raw cow, goat cheese (717-692-4361)
Mainland cheese
McCluskey Brothers (608-986-3760)
Meadow Creek Dairy Mountaineer Alpine-style cheese (276-236-2776)
Miller's Natural Foods (717-768-7582)
Miller's Organic Farm cow mozzarella (717-556-0672)
Mt. Sterling goat cheese (608-734-3151)
Natural Valley goat cheese (608-654-7444)
Nordic Creamery cow and goat cheeses (608-634-3276)
Nourish Food Club raw cow, goat and sheep cheeses (nourishfoodclub.com)
Nuna cheese (organicnuna.com)
Organic Valley cheese (888-444-6455)
Pasture Pride Cheese (608-654-7444)
Point Reyes (800-591-6878)
Raw Farm cow and goat cheeses (rawfarmusa.com)
Redwood Hill goat cheese (877-238-3543)
Rogue Creamery (541-200-2353)
Rumiano Cheese Company (866-328-2433)
Salemville Amish blue and Gorgonzola cheese
Saxon Creamery (920-693-8500)
Sierra Nevada Cheese Company cow, goat and sheep cheeses (530-934-8660)
Snowville Creamery cheese (740-698-2340)
Somerdale cheeses
Sonnet Farms (802-221-0547)
Spring Brook Farm (802-484-1226)
Spring Hill Jersey Cheese Co. (707-762-3446)
Sweet Grass Dairy (229-227-0752)
Trader Joe's monterey jack cheese, raw milk cheddar cheese
Triple E Farms raw cheeses (304-790-2918)
Traderspoint Creamery cheese (317-733-1700)
Truly Grass Fed cheese (trulygrassfed.com)
Veldhuizen Cheese (254-968-3098)
Vermont Creamery cheese (833-882-7679)
Westminster cheeses (westminstercheddar.com)

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

Cream

BEST: Fresh or cultured raw cream from grass-fed animals. As with raw milk, this usually must be purchased directly from a farmer or

through a cow-share program or co-op.

Alexandre Family Farm pasteurized cream (707-487-1000)
Dutch Meadows Farm raw cream (717-442-9208)
Meadow Ridge Farm raw cow cream, sour cream and creme
Miller's Bio Farm raw cow cream and sour 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)
Nourish Food Club raw cow cream and sour cream (nourishfoodclub.com)
fraiche; goat cream and sour cream (717-530-5999
Raw Farm raw cream

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

CREAM

Clover Sonoma pasteurized cream (West) (800-237-3315)
Family Cow pasteurized cream (717-491-4004)
Lewes Dairy pasteurized cream (East Coast) (302-645-6281)
Organic Valley pasteurized cream (888-444-6455)
Seven Stars Farm pasteurized cream (PA) (610-935-1949)
Sky Top Farms pasteurized cream (East Coast) (646-859-9333)
Snowville Creamery pasteurized cream (740-698-2340)
Working Cows Dairy pasteurized cream (334-886-3839)

CREAM FRAICHE

Cowgirl Creamery creme fraiche (866-433-7834)
Marky's creme fraiche (305-758-9288)
Traderspoint Creamery frais
Vermont Creamery creme fraiche (833-882-7679)

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

Yogurt and Kefir

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

Desert Farms raw camel milk kefir (800-430-7426)
Dutch Meadows Farm raw kefir (717-442-9208)
Meadow Ridge Farm raw cow yogurt and kefir; goat yogurt, kefir and 11-strain probiotic drink (717-530-5999)
Miller's Bio Farm raw cow and goat yogurt; Greek style cow and goat yogurt; cow and goat kefir; (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)
Raw Farm raw kefir (rawfarmusa.com)
Simply Grassfed raw cow yogurt (717-318-7764)
Willow Run raw kefir, yogurt (717-556-0285)

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

Alexandre Family Farm plain and grass-fed yogurts (707-487-1000)
Brown Cow plain cream top yogurt (888-429-5459)
Butterworks yogurt (New England) (802-744-6023)
Dahlicious Lassi lassi (978-600-0904)
Dutch Meadows Farm yogurt (717-442-9208)
Erivan yogurt (215-887-2009)
FAGE Total Classic Greek yogurt (866-962-5912)
Family Cow yogurt (717-491-4004)
Kalona SuperNatural kefir (877-378-5990)
Mohawk Drumlin Creamery Greek sheep yogurt (New England) (518-568-7600)
Redwood Hill goat yogurt and kefir (877-238-3543)
Seven Stars Farm yogurt (610-935-1949)
Sierra Nevada Cheese Company Graziers grass-fed cream whole milk yogurt and Capretta whole goat yogurt (530-934-8660)
Simply Nature/Aldi organic whole milk Greek yogurt
Trimona bulgarian A2/A2 plain yogurt and yogurt drink (trimonafoods.com)

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.

Creamline Acres raw butter
Dutch Meadows Farm raw sweet and cultured butter (717-442-9208)
Meadow Ridge Farm raw cow and goat butter (519-881-7258)
Miller's Organic Farm raw goat and sheep butter; sweet and cultured cow butter; sweet and cultured water buffalo butter (717-556-0672)
Triangle raw organic butter (814-349-4890)
Willow Run raw butter (717-556-0285)

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

BUTTER
Anchor New Zealand butter (+64 9 369 6002)
Cabot Creamery salted butter (888-792-2268)
Clover Sonoma butter (West) (800-237-3315)
Double Devon cream butter
Dr. Cowan's Garden ghee (866-270-3093)

Family Cow butter (717-491-4004)
Finlandia butter
Fond O' Foods German butter (209-267-5867)
Full Moon Ghee ghee (413-695-5968)
Greenfields butter
Hartzler Family Dairy butter (OH and IN)
Healthy Traditions butter (except whipped butter) (healthytraditions.com)
Isigny Ste Mere French butter
Jana Valley New Zealand butter
Kalona SuperNatural butter
Kerrygold butter (877-955-9064)
Kirkland grass-fed butter
Latta Russian kefir butter
Lewis Road Creamery New Zealand butter (lewisroadcreamery.com)
Maple Hill Creamery butter (518-758-7777)
Marky's European butter (305-758-9288)
Meyenberg goat butter (800-891-4628)
Minerva Dairy butter (garlic herb butter, smoked maplewood butter) (330-868-4196)
Mt. Sterling goat butter (608-734-3151)
Nanak ghee (604-594-9190)
Nellie's grass-fed butter
Nordic Creamery butter (except cinnamon-sugar butter) (608-634-3276)
Nourish Food Club cow and goat butter (nourishfoodclub.com)
Organic Valley butter (888-444-6455)
Red Feather canned grass-fed butter (877-967-3196)
Rumiano Cheese Company butter (866-328-2433)
Sierra Nevada Cheese Company sheep butter, cultured cow butter (530-934-8660)
Smjör Icelandic butter (smjor.is)
Somerdale English butter (somerdale.com)
South Mountain Creamery butter (East Coast) (844-762-6455)
Spring Hill Jersey Cheese Co. butter (707-762-3446)
Strauss butter
Trader Joe's organic sweet cream butter
Traderspoint Creamery (317-313-4048)
Truly Grass Fed butter
US Wellness butter (877-383-0051)
Vermont Creamery butter (833-882-7679)
Vital Farms butter (vitalfarms.com)
Welsh Mountain Farm butter (717-768-3652)
Westgold grass-fed butter (westgold.com/us)
Whole Foods 365 butter
Woodstock Foods organic butter (855-324-2630)

GHEE

Ancient Organics organic ghee (510-280-5043)
Bulletproof grass-fed ghee (206-203-4576)
Carrington Farms grass-fed organic ghee (800-505-9546)
Caveman Truck grass-fed ghee (352-213-1855)
Fatworks grass-fed goat milk ghee (720-438-4530)

Fourth & Heart grass-fed ghee (323-686-2868)
Full Moon Ghee (413-695-5968)
Gail's Cupboard grass-fed organic ghee, coconut ghee (570-561-6970)
Geeta ghee
Gold Nugget Ghee grass-fed organic ghee
Kelapo grass-fed ghee (800-230-5952)
Miller's Bio Farm A2/A2 grass-fed cow salted and unsalted butter, grass-fed organic ghee, cultured ghee (717-786-7895)
Miller's Organic Farm grass-fed organic ghee (717-556-0672)
Mt. Capra grass-fed goat milk ghee (877-682-2772)
Organic Valley grass-fed organic ghee (888-444-6455)
Pure Indian Foods grass-fed organic ghee, cultured ghee, spiced ghee, coconut ghee (877-LUV-GHEE)
Pure Traditions grass-fed cultured ghee (puretraditionsfoods.com)
Radiant Life grass-fed organic ghee (888-593-8333)
Selina Naturally grass-fed organic ghee (800-867-7258)
Servio ghee (305-333-3045)
Spring Sunrise organic ghee (springsunrise.com)
SVAyurveda organic mum's ghee (888-324-2634)
Thrive Market grass-fed ghee (866-419-2174)
Tin Star Foods grass-fed ghee, cultured ghee (tinstarfoods.com)

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.

FOUND WIDELY IN STORES

Alexandre Family Farm fertile pastured eggs (West Coast) (707-487-1000)
Chino Valley Ranchers organic pasture raised eggs (800-354-4503)
Crosswinds Farm & Creamery pastured eggs (607-327-0363)
Frenz New Zealand free-range eggs
Handsome Brook Farm eggs
Happy Egg Co. organic free-range eggs, free-range eggs (479-335-1184)
Helpful Hens pasture raised eggs
Larry Schultz Organic Farm free-range eggs (Midwest) (507-455-9362)
Lily's free-range eggs (lilyseggs.com)
Noble Pastures free range, GMO/corn/soy free eggs (223-221-0040)
Organic Valley pasture raised eggs
Pete and Gerry's Organics organic free-range eggs (800-210-6657)
Utopihen pasture raised soy-free eggs

Family Cow soy-free pastured eggs (717-491-4004)
Healthy Traditions soy-free pastured eggs (healthytraditions.com)
Meadow Haven Farm soy-free pasture raised eggs
Meadow Ridge Farm soy-free fertile pastured eggs (717-530-5999)
Miller's Bio Farm pastured chicken eggs, corn/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)
Nourish Food Club soy-free corn-free pasture-raised low PUFA eggs (nourishfoodclub.com/collections/egg)
Pleasant View Farms soy-free fertile pastured eggs (608-553-0787)
Rainbow Ranch Farms soy-free corn-free pastured eggs (920-349-7675)
Timberline Delites corn-, soy- and seed oil-free fertile pastured eggs (farmfreshfreezer.com/shipping.com)
Triple E Farms pastured chicken and duck eggs (304-790-2918)

GOOD: Organic or high-omega-3 eggs.

Blue Sky Family Farms organic free-range eggs (574-267-7545)
Clover Sonoma organic eggs, organic omega-3 eggs (West) (800-237-3315)
Country Hen (978-928-5333) Eggland's Best organic eggs
Farmers' Hen House organic eggs (319-683-2206)
Good & Gather (Target) organic cage-free eggs (800-316-6151)
Organic Valley organic free-range eggs (888-444-6455)
Trader Joe's organic free-range eggs
Vital Farms pastured eggs (vitalfarms.com)

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: Lard from pigs raised outdoors; tallow and suet from grass-fed cows and sheep; poultry fat from pastured poultry; organic olive oil, organic virgin coconut oil; unrefined organic palm oil.

*WAPF has tested some olive oils for omega-6 content. Brands tested so far and found to have satisfactory levels are marked with an asterisk.

ANIMAL FATS
Alderspring Ranch beef suet (alderspring.com)
Broth of Life tallow, brellow, lamb broth fat (brothoflife.com.au)

Brothery rendered beef marrow & knuckle fat (226-779-5222)
Burgundy Pasture pork fat (817-866-2247)
Caw Caw Creek pork fat (803-917-0794)
Christiansen's Family Farm lard (385-215-4557)
Corner Post Meats beef suet, pork fat (303-898-0642)
Deck Family Farm beef suet, pork fat (541-998-4697)
Desert Farms camel hump fat (800-430-7426)
Dutch Meadows Farm lard (717-442-9208)
EPIC beef and bison tallow (512-944-8502)
Family Cow beef suet, pork fat (717-491-4004)
Fatworks beef, bison, lamb, elk and venison tallow; pastured lard, wild boar lard, pastured goose fat (720-438-4530)
First Light Farms grass-fed wagyu tallow (firstlight.farm)
Flying Pigs Farm lard, pork fat (208-284-1986)
Good Earth Farms pork fat (603-529-2170)
Gourmet Duck Fat chicken and duck fat, duck fat cooking spray, lard, tallow (402-306-5958)
GrassRoots Meats beef suet (970-582-0166)
Heritage Foods USA pork fat (718-389-0985)
Hershberger Heritage Farm lard (215-500-7301)
Hunter Cattle Co. beef suet (912-823-2333)
Jpp Apothercary beef tallow and brellow, bison and lamb brellow, chicken schmaltz, lard (855-552-7684)
KOL Foods kosher beef suet, unrendered chicken and duck fats (888-366-3565)
Larga Vista Ranch lard (719-671-2406)
Leroy's Rocky Mountain tallow (leroysrockymountain.com)
Lineage Provisions grass-fed tallow (lineageprovisions.com)
Many Hands Organic Farm lard (978-355-2853)
Meadow Ridge Farm lard, tallow (717-530-5999)
Miller's Bio Farm lard, beef tallow (717-786-7895)
Miller's Organic Farm beef suet and tallow; sheep tallow, lard, raw and rendered chicken fat, rendered goose fat, water buffalo tallow, lamb fat and tallow (717-556-0672)
NorthStar Bison beef tallow, bison tallow, pork lard (715-458-4300)
Nourish Food Club lard and beef tallow (nourishfoodclub.com)
PaiDom beef suet and pork fat (806-570-6328)
Pangaia raw coconut oil (808-989-3457)
Pete's Paleo beef tallow (619-363-7136)
Pleasant View Farms lard (608-553-0787)
Providence Pastures lard and leaf lard (providencepastures.org)
Rock House Farm lard, pork fat, beef suet (828-438-3881)
Simply Grassfed grass-fed suet and pastured lard (717-318-7764)
Smoky Mountain Mangalitsa lard (828-246-7372)
Stryker Farm pork fat, lard (570-269-2995)
Tendergrass Farms pork fat (800-929-1785)
US Wellness Meats beef suet, beef and lamb tallow, bison fat, duck fat (877-383-0051)
Victorian Farmstead Meat Company beef and lamb suet, pork fat (707-332-4605)

White Oak Pastures beef suet (229-641-2081)
Wild Idea Buffalo Co. fat (866-658-6137)

OLIVE OIL FOUND WIDELY IN STORES

Bariani organic extra virgin unfiltered olive oil*
Bioitalia organic extra virgin olive oil
Bionaturae organic extra virgin olive oil* (844-535-0494)
Bragg organic extra virgin unfiltered olive oil*
Cobram Estate extra virgin olive oil (844-626-2726)
Dr. Cowan's Garden extra virgin olive oil (888-270-3093)
Field Day organic extra virgin olive oil
Full Circle organic extra virgin olive oil
Jovial organic extra virgin olive oil
Les Moulins Mahjoub organic extra virgin unfiltered olive oil
Madhava organic extra virgin olive oil
Napa Valley Naturals organic extra virgin unfiltered olive oil
Newman's Own Organic organic extra virgin olive oil
Núñez de Prado organic extra virgin unfiltered olive oil
Riojana organic extra virgin olive oil
Rozzano organic extra virgin olive oil
Soler Romero organic extra virgin unfiltered olive oil
Spectrum organic extra virgin filtered and unfiltered olive oil
Terra Delyssa organic extra virgin olive oil

OLIVE OIL FOUND IN STORES, ONLINE AND BY PHONE

Apollo organic extra virgin olive oil* (877-776-0703)
Aunt Patty's organic extra virgin olive oil (800-456-7923)
Bari organic extra virgin olive oil* (599-595-9260)
Berkeley Olive Grove 1913 organic extra virgin filtered and unfiltered olive oil (530-533-1814)
Brad's Organic organic extra virgin olive oil* (bradsorganic.com)
Burroughs Family Farms flavored and unflavored organic extra virgin unfiltered olive oil (209-874-9400)
Canaan Fair Trade organic extra virgin olive oil (360-980-2580)
Casa Rosa Farms organic extra virgin unfiltered olive oil (530-564-6336)
Castillo de Canena biodynamic extra virgin olive oil (425-398-9761)
Chaffin Family Orchards extra virgin unfiltered olive oil (530-533-8239)
Ciao Organics organic extra virgin olive oil (845-363-6253)
Country Life Natural Foods organic extra virgin olive oil (269-236-5011)
DeLallo organic extra virgin filtered and unfiltered olive oil* (877-335-2556)
Donika organic extra virgin olive oil (donikaoliveoil.com)
Earth Circle Organics organic extra virgin olive oil (888-501-7170)
EatRaw extra virgin unfiltered olive oil (866-432-8729)
Eliki organic extra virgin filtered and unfiltered olive oil (310-756-2465)
Ellyndale Foods organic extra virgin olive oil (888-669-3663)
Emile Noel organic extra virgin olive oil (emilenoel.com)
Enzo's Table organic extra virgin olive oil* (888-942-3552)

Essential Living Foods organic extra virgin unfiltered olive oil (310-319-1555)
Faith Farm cold-pressed olive oil (goodfaithfarm.com)
Flora organic extra virgin olive oil (800-498-3610)
Flora Fine Foods organic extra virgin olive oil (954-785-3100)
Gaea organic extra virgin olive oil* (954-923-7723)
Healthy Harvest organic extra virgin olive oil (636-405-1960)
Healthy Traditions organic extra virgin olive oil (healthytraditions.com)
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)
Love Raw Foods coconut oil (540-745-5040)
Lucini Italia organic extra virgin filtered and unfiltered olive oil* (530-592-3792)
McEvoy Ranch organic extra virgin unfiltered olive oil (866-617-6779)
Meadow organic extra virgin olive oil (888-388-4633)
Mediterranean Delicacy organic extra virgin unfiltered olive oil (267-240-0184)
Miller's Organic Farm extra virgin unfiltered olive oil (717-556-0672)
Mountain Rose Herbs organic extra virgin unfiltered olive oil (800-879-3337)
Mt. Olive Organic Farm organic extra virgin filtered and unfiltered olive oil (805-237-0147)
Napoleon organic extra virgin olive oil (425-455-3776)
Natural Zing organic extra virgin unfiltered olive oil (888-729-9646)
Okonatur organic extra virgin unfiltered olive oil (888-963-9540)
Olea Estates organic extra virgin unfiltered olive oil (636-405-1960)
OliFlix organic extra virgin unfiltered olive oil (oliflix.com/en)
Olio Beato organic extra virgin unfiltered olive oil* (888-421-6546)
Olivar de la Luna organic extra virgin olive oil (425-398-9761)
Olive Bar organic extra virgin unfiltered olive oil (408-370-1901)
Omega Nutrition organic extra virgin olive oil (604-253-4677)
Pitchouline organic extra virgin olive oil (951-234-8164)
Primal Kitchen organic extra virgin olive oil (888-774-6259)
Puritan's Pride organic extra virgin olive oil (800-645-1030)
Radiant Life organic extra virgin unfiltered olive oil (888-593-8333)
Roland organic extra virgin olive oil (800-221-4030)
Selina Naturally organic extra virgin Nabali tree olive oil (800-867-7258)

Sigona's Fresh Press organic extra virgin olive oil (650-368-6993)
Sky Organics organic extra virgin olive oil (888-899-9305)
Soaper's Choice organic extra virgin olive oil (833-257-6627)
Thrive Market organic extra virgin olive oil (866-419-2174)
Tudor House Tea & Spice organic extra virgin filtered and unfiltered olive oil (269-425-1512)
US Wellness organic extra virgin unfiltered olive oil (877-383-0051)
Venice Olive Oil Co. organic extra virgin olive oil (941-483-4200)
Vitacost organic extra virgin olive oil (800-381-0759)
Vital Choice organic extra virgin olive oil (866-482-5887)
Vom Fass organic extra virgin unfiltered olive oil (608-204-0300)
Wildly Organic organic extra virgin olive oil (218-226-3985)
Zoe organic extra virgin unfiltered olive oil* (212-563-2707)

COCONUT OIL FOUND WIDELY AT STORES

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

COCONUT OIL FOUND IN STORES, ONLINE AND BY PHONE

Anjou extra virgin coconut oil (888-456-8468)
Anthony's Goods organic virgin coconut oil (213-793-8178)
Artisana coconut oil (866-237-8688)
Aunt Patty's organic virgin coconut and palm oils (800-456-7923)
Azure Standard extra virgin coconut oil, virgin coconut oil, coconut ghee (971-200-8350)
Beyond A Century coconut oil (800-777-1324)
Brad's Organic extra virgin coconut oil (bradsorganic.com)
Bright Earth raw extra virgin coconut oil, vanilla coconut oil (541-201-0420)
Carrington Farms extra virgin coconut oil (800-505-9546)
Ceylon Pure organic virgin coconut oil (650-752-8865)
ChocolaTree pure coconut oil; grilling herb, Mediterranean herb, herbs de provencal and cinnamon bun coconut oils/butters (928-282-2997)
Coconut Oil Supreme (800-922-1744)
Coconut Secret raw extra virgin coconut oil (888-369-3393)
Country Life Natural Foods organic virgin coconut oil (269-236-5011)

Dansk Farms coconut oil (407-965-5551)
Divine Organics raw coconut oil (415-884-4477)
Dr. Bronner's coconut oil (877-786-3649)
Dr. Mercola coconut oil (877-985-2695)
Dr. Vita coconut oil (800-211-4188)
Earth Circle Organics raw virgin coconut oil (888-501-7170)
EatRaw coconut oil (866-432-8729)
Ellyndale Foods organic virgin coconut oil (888-669-3663)
Essential Living Foods organic extra virgin coconut oil (310-319-1555)
FBomb raw virgin coconut oil (844-693-2662)
Fuatino's raw virgin fermented coconut oil (685-727-5285)
Glaser Organic Farms raw coconut oil (305-238-7747)
Green Pasture virgin coconut oil, coconut ghee(402-858-4818)
Health From The Sun organic raw virgin coconut oil (800-269-2198)
Healthy Traditions virgin organic coconut oil (healthytraditions.com)
International Harvest, Inc. raw coconut oil (914-699-5600)
Jedwards International, Inc. virgin coconut oil (617-472-9300)
Juka's palm oil (855-465-8527)
Kelapo coconut oil (800-230-5952)
Kevala coconut oil (877-379-1179)
La Tourangelle organic virgin coconut oil (866-688-6457)
Life-flo organic extra virgin coconut and cold pressed macadamia oils (435-655-6000)
Live Superfoods infused organic coconut oils, raw virgin coconut oil (800-481-5074)
Living Tree raw coconut oil (800-260-5534)
Miller's Organic Farm coconut oil, coconut ghee (717-556-0672)
Mountain Rose Herbs virgin coconut and palm oils (800-879-3337)
Munkijo organic virgin coconut oil (949-861-2798)
Natural Zing raw coconut oil (888-729-9646)
Nature's Approved coconut oil (914-428-6800)
Nature's Blessings coconut oil (626-935-0770)
Nature's Way organic extra virgin coconut oil (800-962-8873)
NOW Foods organic virgin coconut oil (888-669-3663)
NUCO organic extra virgin coconut oil (626-921-6826)
Nutiva virgin coconut and palm oils (800-993-4367)
Nuts.com organic raw coconut oil (800-558-6887)
Okonatur extra virgin coconut and palm oils (786-260-1643)
Olive Bar coconut oil (408-370-1901)
Omega Nutrition virgin coconut oil (604-253-4677)
Optimally Organic raw coconut oil (888-211-4263)
Original Living Coconut raw coconut oil (800-906-3064)
Perfect coconut oil (866-802-3860)
PuraCoco raw coconut oil
Pure Indian Foods organic coconut oil, MCT oil, red palm oil (609-785-9100)
Pure Planet coconut oil (800-695-2017)

Puritan's Pride extra virgin coconut oil (800-645-1030)
Radiant Life coconut and palm oils (888-593-8333)
Raw Revelations raw virgin coconut oil (951-677-2222)
Selina Naturally coconut and palm oils, coconut ghee (800-867-7258)
Skinny & Co. raw virgin coconut oil (888-865-4278)
Sky Organics extra virgin coconut oil (888-899-9305)
Soaper's Choice organic extra virgin coconut and palm oils (833-257-6627)
Starwest Botanicals virgin coconut oil (800-800-4372)
Stutzman Farms organic virgin coconut oil (330-674-1289)
Swanson extra virgin coconut and palm oils (800-824-4491)
Terrasoul Superfoods extra virgin coconut oil (800-458-8773)
Thrive Market organic virgin coconut oil (866-419-2174)
Virgin Oil de Coco-Creme coconut oil (877-870-1018)
Vita Coco raw coconut oil (vitacoco.com)
Vitacost organic extra virgin coconut oil (800-381-0759)
Vital Choice organic virgin coconut oil (866-482-5887)
Vitamin Research Products coconut oil (800-877-3292)
Viva Naturals organic virgin coconut oil (800-921-8482)
Weil Farms organic virgin coconut oil (631-680-6897)
Wilderness Poets raw coconut oil (844-945-3649)
Wildly Organic virgin coconut oil (218-226-3985)

GOOD: Cold pressed or expeller pressed sesame, high-oleic sunflower, peanut, macadamia, almond, walnut, pecan, pistachio, hazelnut, chia seed, Brazil nut, pumpkin seed, camelina, flax and high oleic safflower oils in small amounts; refined palm oil; refined coconut oil; extra virgin olive oil.

OLIVE OIL

Aptera extra virgin olive oil (801-273-8078)
Bari extra virgin olive oil (877-638-3626)
California Olive Ranch extra virgin olive oil (530-846-8000)
Carlini (Aldi) extra virgin olive oil (800-325-7894)
Castillo de Canena extra virgin olive oil* (425-398-9761)
ChocolaTree extra virgin olive oil (928-282-2997)
Country Life Natural Foods extra virgin olive oil, refined coconut oil (269-236-5011)
Eden extra virgin olive
FBomb raw extra virgin olive (844-693-2662)
Field Day extra virgin olive oil
Flora Fine Foods extra virgin olive oil (954-785-3100)
Frontera extra virgin olive oil (800-509-4441)
Gaea extra virgin olive oil (954-923-7723)
Healthy Harvest extra virgin olive oil (636-405-1960)
Kirkland extra virgin olive oil
Laconiko extra virgin olive oils (571-292-1394)
Lucini Italia extra virgin olive oil (855-972-0555)
Matiz extra virgin olive oil (425-398-9761)
Meadow extra virgin olive oil (888-388-4633)
Mission olive oil*
Napoleon extra virgin olive oil (425-455-3776)
Neus extra virgin unfiltered olive oil (425-398-9761)
Olive Bar extra virgin unfiltered olive oil (408-370-1901)

Paeleon extra virgin olive oil (920-359-1796)
Penna Gourmet Foods extra virgin olive oil (530-865-9810)
Riojana extra virgin olive oil
Sigona's Fresh Press extra virgin olive oil (650-368-6993)
Simpli extra virgin olive oil* (eatsimpli.com)
Spectrum organic extra virgin olive*
Sultan extra virgin olive oil
Trader Joe's premium 100% Greek kalamata, California estate and premium extra virgin olive oils, Trader Giotto's extra virgin olive oil*
Venice Olive Oil Co. extra virgin olive oil (941-483-4200)

OTHER OILS (in small amounts)
Alpha palm oil
Andreas Seed Oils organic black sesame, flax, pumpkin and sunflower seed oils; 5 seed oil blend (andreasseedoils.com)
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)
Barlean's flax oil
Bioitalia organic sunflower oil
Brad's Organic refined coconut oil (bradsorganic.com)
Camelina Gold camelina (wild flax) oil (406-396-1420)
Carrington Farms organic chia oil, flax chia oil, pumpkin seed oil, refined coconut oil, coconut oil & ghee blend (800-505-9546)
Catusse goose fat
Century Sun Oil organic sunflower oil (866-810-9902)
Cherokee Bison Farms sunflower oil (715-223-3644)
ChocolaTree premier coconut oil (928-282-2997)
Chosen Foods extra virgin sesame oils (877-674-2244)
Country Life Natural Foods refined coconut oil (269-236-5011)
D'Artagnan duck fat (800-327-8246)
Dancing Goat extra virgin olive oil (dancingfoods.com)
DeLallo extra virgin olive oil (877-335-2556)
Dietrich's lard (610-756-6344)
Dr. Mercola organic sunflower oil (877-985-2695)
Driftless Organics organic sunflower oil (608-624-3735)
Eden organic unrefined sesame oils
Ellyndale Foods organic extra virgin sesame oil (888-669-3663)
Emile Noel organic hazelnut, walnut, sesame, sunflower, macadamia, sweet almond oils and pumpkin seed oils (emilenoel.com)
EPIC pork lard, duck fat (512-944-8502)
Essential Living Foods organic coconut oil (310-319-1555)
Fabrique Délices duck fat
Fatworks cage-free duck fat, organic free-range chicken fat, organic lard, Wagyu beef tallow (720-438-4530)
FBomb raw virgin macadamia oil; house blend oil (844-693-2662)
Flora organic almond, pumpkin seed, sunflower and

sesame oils (800-498-3610)
Foods Alive organic gold flax, black sesame and chia oils (260-488-4497)
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 Traditions organic palm shortening; virgin palm and refined coconut oils (healthytraditions.com)
Imlak'esh Organics brazil nut oil (805-689-2269)
Kevala organic sesame oil (877-379-1179)
La Tourangelle walnut, pumpkin seed, pecan, hazelnut, almond, sunflower, peanut, pistachio and refined coconut oils (866-688-6457)
Liberty Ducks unrendered duck fat (800-953-8257)
Life-flo sesame, sunflower and walnut oils (800-258-8337)
Loriva cold-pressed oils
MacNut Oil macadamia oil (800-605-3734)
Marky's duck fat, goose fat (305-758-9288)
Marx Foods duck fat (866-588-6279)
Mitoku sesame oil
Mountain Rose Herbs organic sesame, macadamia and refined coconut oils (800-879-3337)
Napa Valley Naturals organic sesame oil
Native Forest organic refined coconut oil
Nature's Way coconut oil (800-962-8873)
North American Herb & Spice betapalm and cocapalm oils (800-243-5242)
NUCO organic refined coconut oil (626-921-6826)
Nutiva shortening, refined coconut oil (800-993-4367)
Okonatur refined palm oil and extra virgin macadamia oils (888-963-9540)
Omega Nutrition sesame, sunflower and flax oils (604-253-4677)
Peter's Paleo duck fat (619-363-7136)
Platteville Sunflower Oil Co. organic sunflower oil (608-342-7244)
Prairie Pride Farm lard (866-245-7675)
Premier Research Labs coconut, olive and sesame oils (800-325-7734)
Pure Indian Foods organic sesame and almond oils (609-785-9100)
Puritan's Pride organic flax and macadamia oils (800-645-1030)
Radiant Life organic sunflower oil (888) 593-9595)
Ranch Foods Direct beef suet, pork fat (866-866-6328)
Rejuvenative Foods organic almond, sunflower, sesame, poppy seed and evening primrose oils (831-291-4008)
Roland macadamia, hazelnut, pumpkin seed, walnut and pistachio oils (800-221-4030)
Rougié duck fat
Schiltz Foods goose fat (877-872-4458)
Siberian Tiger Naturals pine nut and camelina (wild flax) oils (877-739-9925)
Sky Organics organic sweet almond oil (888-899-9305)

Smoking Goose Meatery leaf lard, smoked lard(317-638-6328)
Spectrum organic palm shortening, refined coconut and unrefined sesame oils
Synergistic Nutrition organic black sesame, flax, pumpkin and sunflower seed oils; 5 seed oil blend (888-988-3325)
Terroirs d'Antan duck fat, goose fat
The Brothery rendered chicken fat (226-779-5222)
Tropical Plantation organic refined coconut oil (800-229-5459)
US Wellness Meats lard and chicken fat (877-383-0051)
Vitacost extra virgin coconut oil, refined coconut oil (800-381-0759)
Whole Foods 365 organic flax oil
Wildly Organic palm, sesame, refined coconut, popcorn and Mary's sauté oils (218-226-3985)

AVOID: Most commercial vegetable and seed oils including cottonseed, soy, corn, canola, rice bran, hemp, avocado 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.

FOUND WIDELY IN STORES
Alaskan Leader Seafoods wild Alaska cod (206-965-1881)
Blue Hill Bay wild salmon, wild smoked fish
Cannon Fish Company wild seafood
Echo Falls wild Alaskan smoked sockeye salmon; wild salmon and whitefish caviars (206-285-6800)
Eden dried bonito flakes
Henry & Lisa's frozen wild salmon and cod
Icicle Seafoods wild salmon (206-282-0988)
Natural Sea frozen wild salmon (855-423-2630)
Peter Pan Seafoods wild salmon (206-728-6000)
Raincoast Trading wild smoked salmon lox (866-754-3191)
Ruby Bay wild smoked salmon
SeaBear fresh and smoked wild seafood (800-654-3474)
Spence & Co. wild smoked salmon, mackerel and trout (508-427-5577)
Trident Seafoods wild salmon (800-426-5490)
Whole Foods wild caught caviar

CANNED COD LIVER
Belveder canned cod liver
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

FOUND IN STORES, ONLINE AND BY PHONE

Alaska Gold Brand wild seafood, smoked fish (844-833-0120)
Alderspring Ranch wild salmon (alderspring.com)
Balducci's caviar (800-346-8763)
BLiS wild roe (616-942-7545)
Caviar Russe caviar, roe (800-222-8427)
Copper River Fish Market wild salmon, halibut, smoked salmon (907-253-9453)
Copper River Seafoods wild seafood, smoked salmon and cod (907-865-5033)
Corner Post Meats wild salmon (303-898-0642)
Dr. Mercola wild fish, smoked salmon (877-985-2695)
Dutch Meadows Farm wild fish, smoked salmon (717-442-9208)
Ed's Kasilof Seafoods wild seafood, smoked fish (907-262-9572)
Fishhugger wild seafood and salmon roe (602-286-9233)
Grande Premium Meats wild seafood (888-338-4581)
Grow and Behold Foods gefilte fish, wild salmon (888-790-5781)
HarvestBox wild salmon (616-878-1578)
Heritage Foods USA wild salmon (718-389-0985)
Imperia Caviar caviar (323-991-9232)
Japan Gold USA dried bonito flakes (858-486-1707)
Kenai Fish raw wild Alaskan salmon, halibut (907-283-3474)
Kodiak Island WildSource wild seafood, smoked fish (907-486-4449)
KOL Foods wild salmon (888-366-3565)
Krinos tarama carp roe caviar (718-729-9000)
Kwee-Jack Fish Co. wild salmon, halibut (406-272-2466)
Loki Fish Co. wild salmon, smoked salmon, roe (206-937-1048)
Lummi Island Wild Co-op wild seafood and caviar; smoked salmon and caviar (360-366-8786)
Marky's caviar (except those from China) (305-758-9288)
Marx Foods dried roe, fresh caviar and roe (all without added colorings), wild seafood, smoked salmon (866-588-6279)
Miller's Bio Farm wild fish (717-786-7895)
Miller's Organic Farm wild salmon and haddock (717-556-0672)
Mitoku dried bonito flakes (800-324-1878)
Moink wild salmon (217-717-9448)
MW Polar anchovies in olive oil, salmon, sardines in water, kipper snacks, jack mackerel, mussels, tuna (except oysters from China) (888-496-9187)
Nash Family Fish wild salmon (907-952-7123)
Northern Fish wild seafood, wild smoked salmon (253-475-3858)
Northstar Bison wild Alaskan salmon, smoked salmon
Orca Bay Seafoods wild seafood (206-285-7445)

Otolith Sustainable Seafood (215-426-4266)
Port Clyde Fresh Catch wild seafood, roe (207-691-4154)
Ranch Foods Direct wild seafood, smoked salmon (866-866-6328)
Seatopia wild fish and seafood (seatopia.fish)
Seattle Caviar Company caviar (888-323-3005)
Sena Sea wild seafood, smoked fish (206-486-2344)
Simply Grassfed wild caught Alaskan salmon and haddock (717-318-7764)
Smoke in Chimneys trout (smokeinchimneys.com)
Solomon Falls wild smoked salmon, salmon caviar (907-835-4874)
Sugartown Smoked Specialties, Inc. wild smoked salmon and scallops (610-429-4080)
The Gefilteria gefilte fish (347-688-8561)
Tsar Nicoulai Caviar caviar, roe (415-543-3007)
US Wellness wild seafood (877-383-0051)
Vital Choice wild seafood and roe, smoked fish (866-482-5887)
Wild Alaska Salmon & Seafood Co. wild salmon, smoked salmon (907-290-0992)
Wild Alaskan Company wild salmon and white fish (833-328-9453)
Wild for Salmon wild seafood and roe, smoked fish (570-387-0550)
Wild Run Salmon wild salmon and cod (907-299-0730)
Wild Pastures wild caught Alaskan sockeye salmon and cod (wildpastures.com)

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 colorings. *All products in BPA-free containers. **Some products in BPA-free containers.

FOUND WIDELY IN STORES

Acme Smoked Fish homestyle herring, herring in wine sauce, herring in dill sauce* (718-383-8585)
American Tuna tuna* (866-817-0497)
Angelo Parodi sardines in olive oil
Bar Harbor canned seafood (800-632-0580)
Bela sardines in spring water, tuna, mackerel
Bellino anchovies in glass* (800-882-3686)
Blue Hill Bay homestyle and spiced matjes herring; herring in wine sauce, herring in dill sauce* (718-383-8585)
Brunswick sardines in spring water, sardines in olive oil
Bumble Bee plain canned salmon, mackerel, sardines in water (800-800-8572)
Cento anchovies and sardines in olive oil (800-882-3686)
Cole's sardines, mackerel, tuna*
Crown Prince Natural canned seafood and clam juice (except those from China and those with citric acid)** (800-447-2524)
Deming's canned wild salmon* (206-728-6000)
Double "Q" canned wild salmon* (206-728-6000)
Fishwife Tinned Seafood Company canned fish

Henry & Lisa's natural shrimp, canned salmon and tuna*
Kirkland canned salmon and tuna**
Matiz sardines in olive oil, sardinillas, tuna, cockles, octopus, anchovies
Natural Sea pouched tuna; canned salmon, tuna and clams** (855-423-2630)
Natural Value tuna* (916-836-3561)
Ortiz tuna, sardines, mackerel and anchovies in olive oil**
Pillar Rock wild salmon
Pastene fancy light tuna, sardines and anchovies in olive oil (888-727-8363)
Raincoast Trading wild salmon, tuna, sardines in water, sardines in tomato sauce; smoked salmon, tuna and oysters* (866-754-3191)
Rebel Pastures wild caught salmon (616 818-7198
Reese flat anchovies in glass* (973-338-0300 ext. 1002)
Romanoff Red (salmon) caviar (888-254-5423)
Rubinstein's canned wild salmon
Rustichella d'Abruzzo anchovies*
Safe Catch canned and pouched salmon and tuna (except those with citric acid or vinegar powder)**; sardines** (888-568-4211)
Scout canned and pouched seafood (enjoyscout.com)
SeaBear canned and pouched wild seafood (except smoked oysters with soy)
Season sardines, anchovies, kipper snacks, salmon, tuna mackerel, sprats (except those with soybean oil)* (973-681-9000)
Sultan sardines in olive oil
Tonnino tuna and salmon* (833-866-6466)
Trader Joe's Tongol tuna in water*
Wild Selections tuna, plain salmon in olive oil (855-813-6419)

FOUND IN STORES, ONLINE AND BY PHONE

Awers Inc. caviar (888-297-9196)
Alaska Gold Brand canned tuna and salmon**(844-833-0120)
BLiS natural and jalapeño spiced albacore tuna (616-942-7545)
Copper River Seafoods canned, jarred and pouched salmon* (907-865-5033)
Dave's Albacore tuna and salmon (206-999-5517)
DeLallo anchovies in olive oil (877-335-2556)
Dr. Mercola canned salmon and sardines** (877-985-2695)
Ed's Kasilof Seafoods canned salmon (907-262-9572)
Island Trollers albacore tuna (877-253-2761)
King Oscar sardines (except those with soybean oil), kippers, mackerel, anchovies* (203-221-8008)
Les Trois Petits Cochons salmon terrine
Loki Fish Co. canned salmon (206-937-1048)
Marinella tuna, anchovies* (800-722-1982)
Napoleon anchovies in olive oil (425-455-3776)
Natural Catch Seafoods white albacore and yellowfin tuna fish, mackarel (naturalcatchtuna.com)
Oregon's Choice canned seafood** (877-289-8862)

Patagonia Provisions pouched original smoked sockey salmon; Pacific Northwest smoked sockeye salmon; canned mackerel and mussels* (888-221-8208)
Radiant Life sardines, tuna, mackerel* (888-593-8333)
Sea Fare Pacific pouched tuna and salmon* (except jalapeño tuna) (541-266-TUNA)
Seafood Connection albacore tuna (360-268-1328)
Sustainable Seas canned tuna (800-998-9946)
Thrive Market canned tuna, salmon, sardines in water (866-419-2174)
US Wellness canned and pouched wild fish* (877-383-0051)
Vital Choice canned and pouched wild fish** (866-482-5887)
Wild for Salmon canned and pouched salmon (570-387-0550)
Wild Planet canned and pouched wild seafood (except those with citric acid or aqueous (liquid) smoke)** (800-998-9946)
Zoe canned tuna and sardines** (212-563-2707)

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

Fresh Meat

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

FOUND WIDLEY IN STORES

1984 Farms pastured and grass finished meats: beef, lamb, pork (435-224-4593)
Applegate grass-fed beef burgers
Atkins Ranch New Zealand lamb, venison (510-440-8700)
Australian Lamb
Bubba Foods grass-fed beef burgers (877-879-2822)
Chiappetti Meats beef (773-733-7110)
Cosgray Grass-fed Beef (346-257-3257)
D'Artagnan beef, lamb, buffalo, venison, wild boar, wild hare, wild game birds (800-327-8246)
David's Pasture grass-fed meats: beef, poultry, pork (816-633-2411)
Goodness Grazcious organic grass-fed ground beef
Jones Creek beef
Lamb from New Zealand or Iceland
Mary's pastured chicken (888-666-8244)
SimplyNature (Aldi) organic 100% grass-fed ground beef (800-325-7894)
Smart organic chicken (402-786-1000)

Strauss Brands beef, free raised veal, meadow reserve veal, lamb (414-421-5250)
Thankful Harvest organic grass-fed beef (712-830-3281)
Thousand Hills Cattle Company beef (877-854-8422)
Wegmans organic grass-fed beef (Mid-Atlantic)

FOUND IN STORES, ONLINE AND BY PHONE

5 Bar Beef beef (714-749-5717)
50/50 Foods grass-fed burger (5050foods.com)
Alderspring Ranch beef, lamb (alderspring.com)
Ancestral Foods pastured soy- and corn-free chicken and pork; grass-fed beef (210-557-3475)
Anderson Ranches lamb (541-466-5866)
Arizona Grass Raised Beef Company beef (480-569-3330)
Ayrshire Farm beef, veal, pork, chicken, turkey (540-592-7018)
Baldwin Charolais Beef (336-694-1620)
Bane Family Meats beef, pork, lamb, chicken, turkey (217-722-2188)
Bar 10 Ranch beef (435-680-8206)
Barney Creek Livestock grass-fed beef (barneycreek.com)
BDA Meats grass-fed meats: beef, pork, lamb (334-624-4660)
Becker Lane Organic pork (563-543-4513)
Beltie Beef (906-282-9240)
Blackwing, Inc. beef, bison, pork, lamb, goat, elk, venison, ostrich, turkey, wild boar (800-326-7874)
Blue Nest beef (519-617-1898)
Border Springs Farm lamb (276-229-7598)
Broadleaf grass-fed beef, buffalo, venison, elk, lamb, wild boar (800-336-3844)
Broken Arrow Ranch venison, elk, antelope, wild boar (800-962-4263)
Bubba grass-fed beef burgers (bubbafoods.com)
Burgundy Pasture beef, pork, lamb (817-866-2247)
Butcher Box beef (getbutcherbox.com)
Carrell Farms water buffalo, lamb, alpaca, venison (770-846-4432)
Caw Caw Creek pork (803-917-0794)
Cedar Farms beef (800-727-BEEF)
Circle C Farm beef, pork, lamb, chicken, turkey, duck (239-776-5802)
Cooks Venture chicken (cooksventure.com)
Corner Post Meats beef, pork, lamb, chicken, turkey (303-898-0642)
Crosswinds Farm & Creamery grass-fed beef, pastured pork
Crown Cattle Company beef (crowncattlecompany.com)
Cylon Rolling Acres goat meat (cylonrollingacres.com)
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)
Durham Ranch elk and venison (800-444-5687)
Dutch Meadows Farm beef, veal, pork, lamb, chicken, bison, turkey, rabbit (717-442-9208)

Eel RIver beef (eelriverorganicbeef.com)
Family Cow poultry, beef, pork (717-491-4004)
Farmers Cart beef, chicken (800-281-0614)
Farmer's Provisions grass-fed beef (farmersprovisions.com)
First Light beef and venison
Fishhugger beef (602-286-9233)
Flying Pigs Farm pork (208-284-1986)
Force of Nature ground meats and ancestral blends (forceofnature.com)
Foxhollow Farm beef (502-241-9674)
Four Mile River Farm beef, pork, chicken, sausage NE (860-468-4040)
Frankie's Free Range meats (frankiesfreerangemeat.com)
Glacier Grown bison, beef (406-407-7039)
Good Earth Farms beef, pork, lamb, poultry (715-652-3520)
Grande Premium Meats elk, venison, wild boar (888-338-4581)
Grass Roots Farmers' Cooperative beef, lamb, pork, chicken, turkey (501-613-0184)
Grass Run Farms beef (563-277-0052)
GrassRoots Meats beef, lamb (970-582-0166)
Grow and Behold Foods kosher lamb, chicken, turkey, duck, rose veal (888-790-5781)
Hardwick grass-fed beef (860-434-9402)
HarvestBox grass-fed beef, pork, chicken (616-878-1578)
Health Hero Farm beef (802-378-5246)
Healthy Traditions beef, bison, lamb, poultry (healthytraditions.com)
Heritage Foods USA meats (718-389-0985)
Hickory Nut Gap pastured beef, pork, chicken (hickory-nutgap.com)
High Sierra beef (530-635-0183)
Holy Cow Beef grass-fed/finished beef, pork, chicken (806-777-1302)
Hunter Cattle Co. beef, pork (912-823-2333)
JX Ranch Natural Beef beef (575-403-6904)
Kettle Range Meat Co. beef, lamb, pork (414-882-7000)
KOL Foods kosher beef, lamb, poultry (888-366-3565)
Lasater Grasslands Beef (866-454-2333)
Lava Lake Lamb lamb (208-788-1710)
Liberty Ducks duck (800-953-8257)
Lil' Ponderosa Enterprises beef (717-245-2820)
Longhorns Head To Tail beef (740-758-5050)
Maypop Farm poultry and pork (843-395-0793)
Marx Foods beef, wild boar, lamb, bison, kangaroo, venison, antelope (866-588-6279)
McCluskey Brothers beef (608-986-3760)
Meadow Haven Farm beef, lamb, chicken, pork
Meadow Oaks Angus beef, pork, lamb (219-285-2182)
Miller's Bio Farm beef, pork, lamb, goat, chicken, turkey, duck (717-786-7895)
Miller's Organic Farm beef, veal, pork, lamb, mutton, goat, poultry, rabbit, water buffalo (717-556-0672)
Millstone Mountain Farm beef, chicken (203-843-2605)
Meadow Ridge Farm beef, pork, goat, duck, chicken, rabbit (717-530-5999)

Moink beef, lamb, pork, chicken (217-717-9448)
Ney's Big Sky beef, buffalo, chicken (414-254-2664)
Northeast Family Farms beef (781-935-1234)
Nourish Food Club beef, chicken, lamb, turkey, pork (nourishfoodclub.com)
Nurture Ranch beef (nurtureranch.com)
Organic Prairie grass-fed beef (877-662-6328)
Oswald Cattle Company beef (719-942-4361)
PaiDom Meats beef, lamb, goat, chicken (806-570-6328)
Painted Quarters pasture raised meats (paintedquarters.com)
Panorama Meats beef
Parker Pastures beef, pork, chicken (parkerpastures.com)
Pasturebird chicken
Pasture Prime Family Farm beef, pork (352-266-9504)
Pastures of Grace pastured pork (pasturesofgrace.com)
Peaceful Pastures grass-fed meats (615-683-4291)
Pineshine Farms beef, pork (561-374-9261)
Prairie Pride Farm beef, chicken (866-245-7675)
Pre beef (844-PRE-FOOD)
Providence Pastures pastured poultry, beef and pork (providencepastrures.org)
Rain Crow Ranch beef, pork, poultry (866-255-5002)
Rainbow Ranch Farms chicken, turkey (920-349-7675)
Raise American beef (833-445-1573)
Ranch Foods Direct lamb, bison (866-866-6328)
Rebel Pastures pastured beef, bison, lamb (616 818-7198)
Rep Provisions beef, bison, chicken, lamb, pork (806-683-795)
Rock House Farm beef, pork (828-438-3881)
Salmon Creek Ranch beef, goat, goose (707-876-1808)
Schenker Family Farms beef, veal, pork, lamb, poultry (620-632-4470)
Seven Sons Farm (sevensons.net)
Shepherd Song Farm lamb, goat (715-265-7637)
Simply Grassfed grass-fed beef, lamb, goat and poultry (717-318-7764)
SK Prime Pastures GMO/soy/corn free pastured beef and chicken (409-350-9738)
Stemple Creek Ranch beef, lamb (415-883-8253)
Stryker Farm beef, pork, goat (570-269-2995)
Sunfed beef (530-723-5373)
Tallgrass Beef Company beef (312-846-1361)
Tendergrass Farms beef, pork, chicken, turkey (800-929-1785)
Teton Waters Ranch beef (720-340-4590)
Thankful Harvest beef, lamb, poultry (712-830-3281)
The Grass Fed Cattle Company beef (612-581-7787)
The Log Cabin Ranch grass-fed/grass-finished beef and woodland pork (618-927-7711)
Thomas Farms pastured lamb, veal, goat, beef, pork (thomasfarms.com)
Thompson Farms pork (229-263-9074)
Timberline Delites grass-fed beef and lamb; corn- and soy-free pasture chicken (farmfreshfreezer.com/shipping.com)

Triple E Farms beef, chicken, turkey, pork (304-790-2918)
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)
Verde Beef organic beef (617-221-8922)
Victorian Farmstead Meat Company beef, pork, lamb, veal, chicken, turkey (707-332-4605)
Vital Choice beef, chicken, bison (866-482-5887)
Waseda Farms beef, pork, chicken (920-632-7271)
White Oak Pastures beef, poultry, lamb, pork, rabbit (229-641-2081)
Wild Pastures beef, chicken, pork (wildpastures.com)
Willow Run beef, chicken, pork, lamb, goat (717-556-0285)
Wise Organic Pastures kosher beef, poultry (718-596-0400)

BISON

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

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

Applegate turkey burgers
Bell & Evans chicken, turkey, duck, cornish hen
Blackwing, Inc. chicken, quail, duck, guinea hen, pheasant (800-326-7874)
Buffalo Guys buffalo (888-330-8686)
Butcher Box pork, chicken (getbutcherbox.com)
Chapman 3C Cattle Company beef (254-977-4337)
Coleman pork, chicken
D'Artagnan pork, rabbit, poultry (800-327-8246)
Diestal turkey (888-446-2253)
Farmer Focus chicken
Grande Premium Meats goat, rabbit, bison (888-338-4581)
Grass Run Farms grass-fed beef (800-727-beef)
GrassRoots Meats chicken (970-582-0166)
Grimaud Farms duck, guinea hen (800-466-9955)
Grow and Behold Foods kosher beef (888-790-5781)
HarvestBox beef (616-878-1578)
Heritage Meats beef, chicken and pork (440-635-6812)
Manchester Farms quail (800-845-0421)
Marx Foods pork, poultry, free-range veal (866-588-6279)
Mary's free-range poultry (888-666-8244)
Murray's Chicken chicken, turkey (800-588-5051)
Niman Ranch pork, beef, lamb, chicken
NorthStar Bison elk (715-458-4300)
Organic Prairie meats (877-662-6328)
PaiDom Meats pork (806-570-6328)

Petaluma Poultry Rosie, Rocky and Rocky Jr. chicken (800-556-6789)
Pinn-Oak Ridge Farms lamb (262-728-9629)
Plainville Farms organic chicken, turkey (800-724-0206)
Prairie Pride Farm pork (866-245-7675)
Ranch Foods Direct beef, pork, poultry, elk, goat, rabbit, veal (866-866-6328)
Roseda Farm beef (410-800-8035)
Shelton's poultry
Smart chicken (402-786-1000)
South Mountain Creamery beef, lamb, pork, chicken (East Coast) (844-762-6455)
Springer Mountain Farms chicken (877-826-2322)
Straka Meats Inc. beef, pork, poultry (608-546-3301)
Trader Joe's meats and poultry
US Wellness Meats pork, rabbit, free roam chicken cutlets, ground chicken, ground turkey (877-383-0051)
Wagner Frontier Ranch grass-fed beef (5093221790)

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.

FOUND WIDELY IN STORES

D'Artagnan lamb sausage, Mangalica ham, wild boar prosciutto, sausage (800-327-8246)
Smart chicken sweet Italian, breakfast maple and country breakfast sausages (402-786-1000)
Strauss Brands free raised veal chorizo (414-421-5250)

FOUND IN STORES, ONLINE AND BY PHONE

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)
Beltie Beef summer sausage (906-282-9240)
Blackwing, Inc. bacon, Italian pork sausage, mild Italian and pineapple pork brats; wild boar bacon and pineapple brats; elk tendons and plain brats (800-326-7874)
Broadleaf lamb Italian sausage (800-336-3844)
Broken Arrow Ranch venison and wild boar summer sausages (800-962-4263)
Burgundy Pasture pork bratwurst and sausages (817-866-2247)

Caw Caw Creek ham, sausages, bacon, cured fatback (803-917-0794)
Charlito's Cocina salamis, sausages, chorizo (718-482-7890)
Circle C Farm pork, lamb, chicken, turkey and duck sausages (239-776-5802)
Corner Post Meats bacon, ham, pork sausages (303-898-0642)
Deck Family Farm fresh garlic pork sausage, lamb link sausages; goat sausages, links (541-998-4697)
Dutch Meadows Farm pork sausages (717-442-9208)
Edwards Virginia Smokehouse smoked hog jowls, Virginia bacon, sausage links (800-222-4267)
Family Cow bacon, ham, kielbasa, sausages, scrapple; beef bologna, sausages (717-491-4004)
Flying Pigs Farm bacon, ham, ham steaks, smoked chops, smoked hocks, sausages (208-284-1986)
Good Earth Farms bacon, ham, sausages, bratwurst smoked ham hocks, wieners; beef sausage; chicken hot dogs (715-652-3520)
Grass Roots Farmers' Cooperative pork sausage, bratwurst, maple links and mesquite lime kielbasa (501-613-0184)
Grass Run Farms beef bacon, bratwurst and Polish sausage (563-277-0052)
Grow and Behold Foods kosher turkey fennel sausage (888-790-5781)
Healthy Traditions bison hot dogs, brats, sausages, ham; lamb summer sausage (healthytraditions.com)
Hunter Cattle Co. bacon, smoked ham hocks; Vidalia onion, southern Italian, hot GA night and mooma's original pork sausages (912-823-2333)
KOL Foods kosher beef merguez sausage, hot dogs, bratwurst and kielbasa; lamb sausage; roasted turkey (888-366-3565)
La Quercia acorn Tamworth pancetta, spallacia, prosciutto and coppa (515-981-1625)
Lava Lake Lamb lamb sausages (208-788-1710)
Let's be Frank bratwurst, Italian sausage (888-Be-Frank)
Marx Foods wild boar bacon and Italian sausage, lamb merguez and fennel sausages (866-588-6279)
Miller's Bio Farm bacon, bacon burgers, ham, sausages, liverwurst, scrapple, smoked pork roll; dried beef, sweet beef bologna, beef liverwurst, kielbasa beef sausage; chicken and goat sausages (717-786-7895)
Miller's Organic Farm bacon, ham, sausages, liverwurst, scrapple, spare ribs, bologna; beef sausage and bologna; turkey sausage and scrapple; smoked chicken and turkey; mutton sausage; water buffalo bacon (717-556-0672)
Meadow Ridge Farm bacon, beef bologna, pork and goat sausages (717-530-5999)
Moink bacon, pork sausage (217-717-9448)
Ney's Big Sky beef bacon, brats; beef/pork brats, buffalo brats (414-254-2664)
NorthStar Bison bison hot dogs, plain bratwurst, onion leek bratwurst, salt free bratwurst, sausages, braunschweiger;

beef hot dogs, plain bratwurst, summer sausage; lamb bratwurst; pork bacon, bratwurst, breakfast sausage (715-458-4300)

Oui Charcuterie salami (203-901-3099)

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

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

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

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

Simply Grassfed smoked bacon, pork beef, goat and lamb sausage, hot dogs, bologna (717-318-7764)

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

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

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

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

The Honest Bison bison onion leek bratwurst, breakfast sausage (360-399-6363)

Thompson Farms fresh and smoked pork country sausages (229-263-9074)

US Wellness Meats sugar-free beef bacon tips, sugar-free beef bacon, Italian and Polish beef sausages, salami, braunschweiger, liverwurst, head cheese, summer sausage, sliders; chicken braunschweiger; bison chorizo sausage (877-383-0051)

Victorian Farmstead Meat Company thick sliced bacon, ham, smoked hocks, chorizo, corned beef; pork, lamb and
chicken sausages (707-332-4605)

White Oak Pastures pickled beef tongue, beef sausages, ham,
pork sausages (except andouille); lamb, duck, goose, turkey, guinea and rabbit sausages; herb turkey breast (229-641-2081)

Wild Idea Buffalo Co. Italian, chorizo and breakfast sausages (866-658-6137)

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

BACON

Applegate Farms bacon

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

Meyer Market Applewood smoked uncure no sugar bacon (888-586-2208)

Nature's Rancher bacon

Nimen Ranch bacon

North Country bacon (800-258-4304)
Nueske's smoked bacon (800-392-2266)
Paleo on the Go no sugar bacon (855-447-2536)
Pederson's Natural Farms beef bacon and pork bacon (254-386-4790)
Pete's Real Food Paleo bacon (619-363-7136)
Shelburne Farms bacon (802-985-8686)
Smoking Goose Meatery bacon (317-638-6328)
US Wellness Meats pork bacon (877-383-0051)
Wellshire Farms bacon (856-769-8933)
Whole Foods bacon

OTHER PROCESSED MEATS

Aidells chorizo, Cajun andouille, garlic & gruyere, spinach & feta, and tomato with mozzarella sausages; tomato & garlic salame (800-546-5795)
Al Fresco country style link chicken sausage, oven roasted turkey breast (800-426-6100)
Applegate salami
Ayrshire Farm bangers (540-592-7018)
Beeler's bacon, ham, wieners, li'l bites, sausage links, Italian hot pork and breakfast sausages (877-378-8520)
Bices Quality Critter Ranch bacon, sugar free bacon, ham, sugar free ham; beef summer sausage, landjaeger, hot dogs, bacon; goat summer sausage, landjaeger; special orders (715-424-5159)
Bilinski's chicken sausages (877-873-9102)
Blackwing, Inc. ham, elk hot dogs, Kobe beef franks (800-326-7874)
Buffalo Guys buffalo hot dogs and sausages (888-330-8686)
Burgundy Pasture beef frankfurters (817-866-2247)
Citterio salami
CharcutNuvo sausages and hot dogs
Coleman bacon, chicken sausages
Continental Sausage, Inc. bacons (except stuffed bacon), hams, landjaegersmoked German bratwurst, head-cheese, chicken sausages, liverwursts, blood and tongue luncheon meat (866-794-7727)
Coro Salami (253-236-8300)
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)
Dakota hot dogs (grassfedbeef.com)
Deck Family Farm beef hot dogs, salami, pepperoni, ham, pastrami, andouille; pork sausages, bratwurst, bacon, (541-998-4697)
Edwards Virginia Smokehouse ham, slab bacon (800-222-4267)
Eel River sausages and hot dogs (eelriverorganicbeef.com)
EPIC bacon and chicken bits (512-944-8502)
Fabrique Délices duck rillettes, pork rillettes (510-441-9500)
Fields of Athenry Farm sugar cured ham, lunch meats (salami, ham and turkey) (703-300-5765)
Flying Pigs Farm hot dogs, brats (208-284-1986)

Force of Nature hot dogs (forceofnature.com)
Goya corned beef*
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)
Keller Crafted Meats hot dogs (510-981-1334)
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)
Maestri prosciutto (maestriditalia.com)
Marky's bresaola (air dried beef) (305-758-9288)
Miller's Bio Farm pork hot dogs (717-786-7895)
Neese's liver pudding, liver mush, scrapple, souse, fresh pork sausages (800-632-1010)
Ney's Big Sky beef hot dogs and summer sausage; buffalo hot dogs (414-254-2664)
Niman Ranch bratwurst, salami, sausages, ham, franks, pastrami, corned beef
North Country sausuages (800-258-4304)
NorthStar Bison elk hot dogs, summer sausage; bison bacon and ham; pork ham and hocks (715-458-4300)
Nurture Ranch hot dogs (nutureranch.com)
Organic Prairie processsed meats (except deli meats and turkey bacon)
PaiDom pork bratwurst, bacon, sausages; beef bacon (806-570-6328)
Palacios Autentico Chorizo
Paleo on the Go no sugar kielbasa smoked sausage (855-447-2536)
Panorama Meats hot dogs
Parker Pastures hot dogs (parkerpastures.com)
Pederson's Natural Farms and hot dogs without natural flavors; chicken andouille sausage and feta & spinach sausage; pork bacon, chorizo, kielbasa, original German sausage, jalapeño sausage, & pork sausage, seasoned pork burger (254-386-4790)
Pete's Paleo chorizo, pork and wild boar sausages (619-363-7136)
Plainville Farms organic turkey breasts (not pre-sliced) (800-724-0206)
Prairie Pride Farm bacon, ham, ham links, pork sausages, brats, weiners; chicken spinach feta and mango jalapeño sausages; blueberry and cranberry summer sausages (866-245-7675)

Rain Crow Ranch beef summer sausage, hot dogs (866-255-5002)
Raise American hot dogs (833-445-1573)
Ranch Foods Direct ham, pork bratwursts, liverwurst and sausages; beef hot dogs and chorizo sausage; chicken sausages (866-866-6328)
Rapa liver scrapple (rapascrapple.com)
Shelburne Farms ham (802-985-8686)
Shelton's turkey sausage and franks
Singing Pastures salami, chorizo (singingpastures.com)
Siskiyou Alpaca alpaca landjaeger (541-415-2614)
Smart chicken andouille, hot smoked and Polish sausages (402-786-1000)
Smoking Goose Meatery 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)
Strauss grass-fed hot dogs
Sugartown Smoked Specialties, Inc. poultry, pork (610-429-4080)
Tallgrass Beef Company hot dogs, smoked sausage (312-846-1361)
Tendergrass Farms pork bratwurst (800-929-1785)
Teton Waters Ranch beef frankfurters; andouille, Polish and Thuringer beef sausages (720-340-4590)
Thankful Harvest beef bacon, bratwurst, hot dogs, Polish sausage, summer sausage (712-830-3281)
Thousand Hills Cattle Company beef hot dogs, franks, summer sausage, cocktail weiners (877-854-8422)
Three Little Pigs prosciutto (3pigs.com)
True Story Foods hot dogs, bacon, prosciutto (truestory-foods.com)
Underground Butcher processed meats (608-338-3421)
US Wellness Meats ham, bratwurst sausages; beef franks and bologna; chicken and turkey sausages (877-383-0051)
Valley Fresh organic canned chicken (800-523-4635)
Vermont Smoke & Cure maple brined bacon, ham, pork sausages, blue cheese and hard cider bratwursts, summer sausage (802-482-4666)
Victorian Farmstead Meat Company no added nitrate bacon, beef hot dogs, hot Italian sausage (707-332-4605)
Vital Choice bison hot dogs (866-482-5887)
Volpi Foods processed meats (except those with soy, citric acid or smoke flavoring) (800-288-3439)
Wellshire Farms scrapple, uncured pepperoni (856-769-8933)
Whole Foods 365 mild Italian chicken and pork sausages; organic applewood smoked and cracked black pepper turkey breast
Wild Idea Buffalo Co. brats, salami, kielbasa (866-658-6137)
Wild Planet organic canned chicken (800-998-9946)

Zoe's Meats hot dogs (707-545-9637)

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

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

Pemmican and Jerky

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

Bobolinks beef sticks (bluenestbeef.com)
Dutch Meadows Farm beef jerky, sticks, stick bites (717-442-9208)
Carnivore Snax meat chips (carnivoresnax.com)
EPIC beef cranberry sriracha, venison sea salt & pepper, venison beef and salmon maple & coconut oil bites; wagyu beef steak, venison sea salt & pepper, and smoked salmon maple strips (512-944-8502)
Family Cow beef jerky and sticks (717-491-4004)
Figure 8 Foods biltong air dried beef (figureatefoods.com)
Kodiak Island WildSource wild salmon jerky (907-486-4449)
Loki Fish Co. wild salmon jerky (206-937-1048)
Maui Nui venison sticks (mauinuivenison.com)
Miller's Organic Farm beef jerky, water buffalo jerky and stix (717-556-0672)
NorthStar Bison beef jerky; bison jerky, snack sticks (except BBQ flavor) (715-458-4300)
Paleo Ranch beef jerky except sweet bbq
Paleovalley fermented grass-fed beef sticks (paleovalley.com)
Pleasant Pastures beef jerky and sticks (717-768-3437)
Prevail beef jerky (prevailjerky.com)
Simply Grassfed beef jerky and beef sticks (717-318-7764)
Sophia's Survival Food beef jerky chews (grassfedjerkychews.com)
Tanka slow smoked original, spicy pepper and onnit warrior bison bars; slow smoked original and spicy pepper bison bites (800-416-7212)
The Honest Bison bison jerky, snack sticks (360-399-6363)
Think Jerky beef and Thanksgiving turkey jerky (thinkjerky.com)

US Wellness Meats beef pemmican, jerky, snack sticks; bison jerky (877-383-0051)
White Oak Pastures duck jerky, gluten and soy-free beef jerky (229-641-2081)
Wild Zora meat and veggie bars (970-541-9672)

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.

Ayoba Biltong (202-796-8554)
Brooklyn Biltong (202-796-8554)
Buffalo Guys buffalo jerky (888-330-8686)
Chomps beef, turkey and venison sticks (312-871-3889)
EPIC bison, beef, lamb, pork, wild boar, venison, salmon, chicken and turkey bars (except chicken sesame BBQ bars); beef liver, bison, pork, chicken and turkey bites; turkey cranberry sage strips (512-944-8502)
Farmers Box beef sticks (800-281-0614)
Gary West Meats beef, buffalo and elk jerky (except angus beef teriyaki jerky) (800-833-1820)
Krave Jerky honey peach 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 (877-208-8433)
Nick's Sticks beef and turkey snack sticks (319-442-3244)
NorthStar Bison elk jerky (715-458-4300)
Patagonia Provisions original buffalo jerky (888-221-8208)
Prairie Pride Farm pepperjack and cheddar snack sticks (866-245-7675)
Rain Crow Ranch beef sticks (866-255-5002)
Roam Free buffalo bites (goroamfree.com)
Shelton's turkey jerky and sticks
Simply Snackin' signature beef - bold original snacks (800-729-2849)
Stryve dried meat snacks (stryve.com)
Tanka apple orange peel bison bars, bites and sticks; bison jerky (800-416-7212)
The Carnivore Bar grass-fed beef bars (carnivorebar.com)
Think Jerky beef jerky and beef sticks (thinkjerky.com)
Thousand Hills Cattle Company beef sticks (877-854-8422)
Trader Joe's organic beef jerky
US Wellness Meats turkey jerky (877-383-0051)
Vermont Smoke & Cure bacon pork, spicy Italian pork, ancho pepper turkey and honey mustard turkey sticks (802-482-4666)
Vital Choice bison jerky (866-482-5887)
Volpi Foods original and chorizo salame stix (800-288-3439)
Wellshire Farms pepperoni and turkey snack sticks (856-769-8933)
Wild Idea Buffalo Co. buffalo jerky (866-658-6137)

AVOID: Most commercial pemmican, jerky and other meat snacks containing MSG, smoke flavoring, liquid smoke, torula yeast, so-

dium lactate, dry milk powder or high levels of additives.

Fruits and Vegetables

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

DRIED FRUITS

- A Little Nuts organic dried fruit (559-725-1901)
- Anna and Sarah organic dried fruit (848-229-2235)
- Anthony's Goods organic dried fruit, tigernuts (213-793-8178)
- Avocado Monthly fresh organic avocado and citrus (760-802-4252)
- Aunt Patty's organic dried fruit (800-456-7923)
- Aurora Products organic dried fruit (203-375-9956)
- Azure Standard organic dried fruit (971-200-8350)
- Bella Viva Orchards organic dried fruit (855-888-8482)
- Burgie's Berry Farm organic dried aronia berries (262-388-0054)
- Chaffin Family Orchards citrus (530-533-8239)
- ChocolaTree dried fruit (928-282-2997)
- Country Life Natural Foods organic dried fruit (269-236-5011)
- Date Lady organic dates (417-414-2282)
- Delreal organic dates (831-229-9489)
- Divine Organics dried fruit and tomatoes (415-884-4477)
- Earth Circle Organics dried fruit (888-501-7170)
- Earthbound Farms organic dried plums, dates and mangos (800-690-3200)
- Equal Exchange organic dried fruit (774-776-7333)
- Food to Live organic dried fruit and tomatoes (718-717-1029)
- Glaser Organic Farms organic dried fruit, tomatoes and mushrooms (305-238-7747)
- Gold Mine dried fruit and tomatoes (800-475-3663)
- Grain Place Foods organic dried fruit (888-714-7246)
- Healthy Traditions fresh produce, freeze-dried fruit (healthytraditions.com)
- Healthy Truth organic dried fruit (774-256-5800)
- Higher Power organic dried fruit (877-684-8763)
- Imlak'esh Organics golden berries (805-689-2269)
- Indus Organics organic dried fruit (925-895-6535)
- International Harvest, Inc. dried fruit and tomatoes (914-699-5600)
- Jaffe Bros. organic dried fruit (877-975-2333)
- Just Dates Syrup organic dates (justdatesyrup.com)
- Karen's Naturals organic dried fruit and tomatoes (800-537-1985)
- Live Superfoods organic dried fruit and tomatoes (800-481-5074)
- Living Tree dried fruit and tomatoes (800-260-5534)

Made In Nature dried fruit (800-906-7426)
Mavuno Harvest organic dried fruit (mavunoharvest.com)
Mediterranean Organic sun-dried tomatoes - bag (855-423-2630)
Miller's Bio Farm chemical-free fresh vegetables (717-786-7895)
Miller's Organic Farm chemical-free fresh fruits and vegetables (717-556-0672)
Moon Juice organic dried mango (310-399-2929)
Morning Glory organic prunes (530-695-3750)
Mt. Olive Organic Farm organic dried fruit (805-237-0147)
Natierra organic freeze-dried fruits (except those with chocolate), beets, roasted corn (natierra.com)
Natural Zing dried fruit, tomatoes, peppers and mushrooms (888-729-9646)
Navitas Organics organic dried golden berries and mulberries (888-645-4282)
Newman's Own Organics dried fruit
Next Organics organic dried figs, mango, coconut, apricots (877-756-6831)
NOW Foods organic dried apricots (888-669-3663)
Nuts.com organic freeze-dried fruit, dried fruit and tomatoes, raspberry and noni fruit leathers (800-558-6887)
Obis One organic garlic bulbs (609-202-9766)
Organic Gemini organic raw tigernuts (347-662-2900)
Organic Traditions dried fruit (888-968-6747
Pangaia dried fruit and tomatoes (808-989-3457)
Patagonia Provisions organic dried chile mango (888-221-8208)
Peeled Snacks dried fruit (212-706-2001)
Puritan's Pride organic dried fruit and tomatoes (800-645-1030)
Raisin Valley Farms organic raisins (559-846-8138)
Ranch Foods Direct fruits and vegetables (866-866-6328)
Rhythm Superfoods organic dried beets (naked and sea salt), carrots (naked and sea salt), watermelon (512-441-5667)
Shields Date Garden organic dates (800-414-2555)
Shiloh Farms organic dried fruit (800-362-6832)
Sol Simple organic dried fruit (312-637-9831)
Solely organic dried fruit, fruit jerky (except those with nuts or cacao) (888-776-5359)
Spiritual Food for the New Millennium biodynamic fresh and dried fruit; organic dried fruit (301-654-4899)
Sunfood Super Foods dried fruit and tomatoes (888-729-3663)
SunOrganic Farm dried fruit (888-269-9888)
Sunset Valley Organics dried berries (541-752-0460)
Terrasoul Superfoods organic dried fruit (800-458-8773)
Thrive Market organic dried fruit (866-419-2174)
Tierra Farm dried fruit and tomatoes (888-674-6887)
Tiger Nuts organic raw tigernuts (305-407-3844)
Trader Joe's organic dehydrated carrots
United With Earth dates (510-210-4359)
US Wellness fresh produce (877-383-0051)
Vitacost organic dried mango slices (800-381-0759)

Vital Choice dried apricots (866-482-5887)
Vivapura organic dried fruit (520-394-0200)
Wild & Raw organic dried fruit
Wilderness Poets dried fruit (844-945-3649)
Wildly Organic organic dried fruit (218-226-3985)
Woodstock Foods organic dried fruit (855-423-2630)

SEA VEGETABLES FOUND WIDELY IN STORES

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

SEA VEGETABLES FOUND IN STORES, ONLINE AND BY PHONE

BC Kelp sea vegetables (250-622-7085)
Brittany Sea Salt sea spaghetti (866-671-7451)
Bright Earth raw nori sheets (541-201-0420)
Dr. Linda's seaweed soup mix (drlindas.com)
GimMe sushi nori (415-479-8272)
Gold Mine sea vegetables (except those from China) (800-475-3663)
Great Eastern Sun sea vegetables (800-334-5809)
Healing Spirits Herb Farm kelp (607-566-2701)
Live Superfoods sea vegetables (800-481-5074)
Maine Coast Sea Vegetables (except those from China) (207-412-0094)
Maine Seaweed Company (207-546-2875)
Mitoku sea vegetables (800-324-1878)
Mountain Rose Herbs seaweed (800-879-3337)
Natural Zing sea vegetables (888-729-9646)
Naturespirit Herbs seaweed (541-846-7995)
Ocean Harvest Sea Vegetable Company sea vegetables (707-714-0090)
Ocean Balance kelp puree, dulse, kombu, wakame (207-671-7946)
Ohsawa sea vegetables
Pangaia seaweed (808-989-3457)
Rising Tide Sea Vegetables sea vegetables (except those from China) (707-964-5663)
Sea Tangle Noodle Company mixed sea vegetables (408-966-3109)
SeaMama seaweed (310-882-5503)
SeaSnax organic raw nori (310-882-5503)
SeaVegi seaweed salad mix (310-882-5503)
Starwest Botanicals sea vegetables (800-800-4372)
Terrasoul Superfoods seaweed (800-458-8773)
VitaminSea Seaweed sea vegetables (207-929-8678)

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

Aurora Products organic oat floured dates (203-375-9956)

Bioitalia tomato products in glass jars
Bionaturae tomato products in glass jars
Cascadian Farm frozen fruits (except those with citric acid), plain vegetables (except edamame and those from China), hash browns
Ciao Organics tomato sauce, sun-dried tomatoes and cherry tomatoes in glass jars (845-363-6253, ext 113)
Columbia Fruit organic frozen fruits (except those with citric acid) (360-225-9575)
Dr. Mercola organic frozen wild blueberries (877-985-2695)
Earthbound Farms organic frozen fruits and vegetables (except those with citric acid or canola oil) (800-690-3200)
Eden crushed tomatoes in glass jars
Glaser Organic Farms raw kelp noodles (should be cooked) (305-238-7747)
Gold Mine kelp noodles (should be cooked) (800-475-3663)
Jesse and Ben's beef tallow frozen fries (jesseandben.com)
Jovial tomatoes in glass jars (877-642-0644)
Kirkland organic tomato paste (BPA-free cans)
Lucini tomatoes in glass jars
Miller's Organic Farm chemical-free frozen fruits and vegetables, tomato puree in glass jars (717-556-0672)
Natural Zing raw kelp noodles (should be cooked) (888-729-9464)
Pleasant Hill Farm frozen blueberries (269-561-2850)
Prunotto organic tomato puree in glass jars
Puritan's Pride organic dried apricots (with rice flour) (800-645-1030)
Rhythm Superfoods organic sea salt cauliflower bites (512-441-5667)
Safeway O Organics frozen fruits and vegetables
San Marzano tomato products in glass jars
Sea Tangle Noodle Company raw kelp noodles (should be cooked) (408-966-3109)
SimplyNature (Aldi) organic frozen blueberries, strawberries, peas and green beans (800-325-7894)
SnoPac frozen fruits, vegetables (except edamame, Midwest soup mix and soycutash) and hash browns
Sunset Valley Organics frozen berries (541-752-0460)
Vital Choice organic frozen berries (866-482-5887)
Whole Foods 365 frozen organic fruits (except those with ascorbic acid or citric acid) and vegetables
Woodstock Foods frozen organic fruits (except those with ascorbic acid or citric acid) and vegetables (except edamame and those from China) (855-423-2630)
Yellow Barn tomato puree and concentrate in glass jars (607-324-2200)

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

Lacto-Fermented Vegetables

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

Ancient Awakenings cultured vegetables (404-310-8100)
Angelica's Garden cultured vegetables (Midwest) (715-781-4815)
Brassica and Brine cultured vegetables (323-284-6268)
Brinery fermented vegetables (734-717-4469)
Dutch Meadows Farm fermented vegetables (717-442-9208)
Fab Ferments cultured vegetables (513-562-7531)
Farm Connection cultured vegetables (812-939-3027)
Farmland Organics fermented vegetables and sauces (970-872-2256)
Fermenti Artisan cultured vegetables (317-493-1652)
Fermenting Fairy sauerkraut (fermentingfairy.com)
FinAllie Ferments fermented vegetables (802-380-5185)
Firefly Kitchens fermented vegetables (206-436-8399)
Fizzeology Foods cultured vegetables (608-606-9573)
Gail's Cupboard fermented vegetables, salsa (570-561-6970)
Glaser Organic Farms sauerkrauts, kimchi, ginger (305-238-7747)
Gold Mine sauerkrauts, kimchi (800-475-3663)
Hawthorne Valley Farm lacto-fermented vegetables (518-672-7500)
Healthy Traditions atchara (fermented green papaya), sauerkraut veggie mix (healthytraditions.com)
HEX Ferments fermented vegetables and miso kimchi (410-775-5044)
Hidden Pond Farm sauerkrauts, kimchi (765-960-5092)
Local Chulture ferments (530-802-7306)
Miller's Bio Farm fermented vegetables (717-786-7895)
Miller's Organic Farm cultured vegetables, salsa (717-556-0672)
Obis One organic fermented black garlic (609-202-9766)
Olykraut sauerkraut (olykraut.com)
Oregon Brineworks lacto-fermented vegetables (541-354-1357)
Ozuke fermented kraut, kimchi and beets (Midwest) (ozuke.com)
Pickled Planet cultured vegetables (pickledplanet.com)
Pleasant Pastures fermented vegetables (717-768-3437)
PureLiving fermented vegetables (800-362-6832)
Real Pickles cultured vegetables (Northeast) (413-774-2600)
Rejuvenative Foods cultured vegetables (831-291-4008)
Spirit Creek Farm lacto-fermented vegetables (715-742-3551)
Steve's Paleogoods krauts, kimchi (856-356-2258)
Sunja's organic fermented beets (802-244-7644)
Wellness Found Organic Foods sauerkrauts (262-305-2141)
Wild West Ferments sauerkraut (wildwestferments.com)
Wise Goat Organics fermented vegetables (303-905-9723)

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

Alive & Well fermented olives with vinegar (aliveandwellolives.com)
Big Picture Foods organic olives with vinegar (bigpicture-foods.com)
Britt's Fermented Foods pickles and sauerkruat (brittsfermentedfoods.com)
Caldwell/Deep Root cultured vegetables (819-849-2000)
Cleveland Kraut sauerkrauts (except gnar gnar) (216-264-6895)
Good Faith Farm cured olives (goodfaithfarm.com)
Farmhouse Culture sauerkrauts (831-466-0499)
Farmstead Ferments fermented vegetables (VA, MD, SC) (434-286-3302)
Glaser Organic Farms raw pickled vegetables (305-238-7747)
King's kimchi (415-222-6100)
Mediterranean Delicacy preserved lemons (267-240-0184)
Morse's cultured vegetables (207-832-5569)
Olive My Pickles olives, pickles, sauerkraut (olivemypickle.com)
Sonoma Brinery sauerkrauts, Manhattan style fresh pickles (707-473-0116)
Sunja's kimchee (802-244-7644)
Whole Foods 365 old fashioned sauerkraut
Wildbrine sauerkrauts, kimchis, salsas (707-657-7607)
Zymbiotics salsa, fermented vegetables (except miso horseradish kimchi) (757-657-7607)

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

Lacto-Fermentation Starters

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

A.F. Kombucha mushrooms (818-602-2455)
Anahata Balance kombucha mushrooms (231-360-7043)
Body Ecology kefir and culture starters (800-511-2660)
CheeseMaker dairy cultures (877-424-3393)
Cultured Food Life (culturedfoodlife.com)
Cultures for Health (except those with maltodextrin) (800-962-1959)
Custom Probiotics yogurt starters (800-219-8405)
Cutting Edge Cultures kefir and vegetable starter cultures (cuttingedgecultures.com)
Dairy Connection dairy cultures (608-242-9030)
Danisco dairy cultures (dupontnutritionandbiosciences.com)
Dom's Kefir In-Site starter cultures (users.sa.chariot.net.au/~dna/kefirpage.html)
Dr. Mercola kinetic culture vegetable starter (877-985-2695)

Family Cow kombucha mushrooms, kefir grains (717-491-4004)
Garrick's sourdough starter (realsourdoughbreadrecipe.com)
GEM Cultures bread, soy, kombucha and dairy cultures (253-588-2922)
GetKombucha.com kombucha cultures (888-542-4448)
Glengarry Cheesemaking and Dairy Supply Ltd. dairy cultures (888-816-0903)
Gluten-Free Sourdough Co. sourdough starters (508-733-5399)
Happy Herbalist (919-518-3336)
Homesteader's Supply yogurt culture (928-583-0254)
Kefir Lady milk and water kefir grains, kombucha cultures (517-610-8366)
King Arthur classic fresh sourdough starter (800-827-6836)
Kombucha Kamp kombucha and jun cultures, milk and water kefir grains (424-245-5867)
Kombucha Shop kombucha cultures and kits (thekombuchashop.com)
Live Superfoods kefir and culture starters (800-481-5074)
Meadow Ridge Farm kombucha mushrooms (519-881-7258)
Miller's Organic Farm kombucha mushrooms, kefir grains (717-556-0672)
Mitoku koji and natto starter spores (800-324-1878)
Moonwise Herbs piima, kefir and sourdough cultures (920-452-4372)
Natren yogurt starter (866-462-8736)
New England Cheesemaking Supply dairy cultures (413-397-2012)
Nick's Natural Nook (stores.ebay.com/Nicks-Natural-Nook)
Oregon Kombucha kombucha starter kits (503-477-4601)
Oregon Trail sourdough starter (carlsfriends.net)
Pastures of Grace wild sourdough starter (pasturesofgrace.com)
Pure Indian Foods vegetable starter culture (609-785-9100)
Rhapsody Natural Foods koji starter cultures (802-563-2172)
Ridgemeade Farm sourdough starter (412-760-5180)
Selina Naturally kefir and culture starters (800-867-7258)
Tribest Yolife yogurt starter (888-254-7336)
YemoosNourishing Clutures (512-819-1561)
Yogourmet yogurt and kefir starters (800-863-5606)

Grains and Legumes

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

FOUND WIDELY IN STORES

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
Doudlah Farms Organics dried beans, popcorn kernels (doudlahfarms.com)
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

FOUND IN STORES, ONLINE AND BY PHONE

Alter Eco quinoa (415-701-1212)
Amira organic brown rice (949-852-4468)
Ancient Grains organic whole grains (208-557-4351)
Ancient Harvest quinoa, quinoa flakes (310-217-8140)
Anna and Sarah organic amaranth (848-229-2235)
Anson Mills grains, legumes (803-467-4122)
Anthony's Goods organic whole grains, popcorn (213-793-8178)
Aurora Products organic legumes (203-375-9956)
Azure Standard organic grains, legumes and sprouting seeds (except alfalfa) (971-200-8350)
Back Roads Granola organic gluten-free rolled oats (802-579-1135)
Bioitalia organic dried legumes (+39 081-530-2305)
Birkett Mills organic buckwheat groats, cream of buckwheat, kasha (315-536-3311)
BKW Farms white sonora wheat and grains (520-682-2516)
BLEU Flour European flour (bleuflour.com)
Blue Mountain Organics organic rolled oats and organic grains (540-283-9589)
Bluebird Grain Farms grains, hot cereals, pilaf (888-232-0331)
Brad's Organic organic quinoa and brown rice (bradsorganic.com)
Bread Beckers organic grains and legumes (770-516-5000)
Brian Severson Farms organic oats and grains (815-584-1850)
Carlton Farms grains (770-655-1503)
Central Milling Company organic whole grains; steel cut cracked rye, wheat and 6-grain (707-778-1073)
Ceylon Pure organic whole grain rice (ceylonpure.com)
Country Life Natural Foods organic grains, 7 grain cereal, legumes and sprouting seeds (except alfalfa) (269-236-5011)
Dragon Herbs organic black and red rice (888-558-6642)
Eden wildcrafted wild rice; organic grains, dried legumes, sprouted brown rice mochi (888-424-3336)

Edison Grainery organic whole grains and legumes (edisongrainery.com)
Einkorn wheat berries (208-557-4351)
Farm Girl Fresh organic dried beans (320-434-1510)
Farmer Direct Organic whole grains, legumes (306-352-2444)
Food to Live organic whole grains, legumes and sprouting seeds (except alfalfa seeds and those from China) (718-717-1029)
Gardens of Grace pre-soaked oatmeal cereals (except cashew berry crunch; all must be cooked) (gardensofgrace.us)
GF Harvest organic gluten-free oats (307-754-7041)
Glaser Organic Farms grains, legumes; sprouting grains, legumes and seeds (except alfalfa) (305-238-7747)
Gold Mine organic grains and sprouted brown rice (except those from China) (858 486-1707)
Golden Prairie Oats organic gluten-free oats (goldenprairieoats.com)
Goya organic quinoa and brown rice
Grain Place Foods organic grains, popcorn (402-854-3195)
Grandy Organics organic rolled oats (207-935-7415)
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 (heritagefoods.com)
Heritage Grain Conservancy organic einkorn berries, cracked einkorn (growseed.org)
Hummingbird organic grains and legumes (541-686-0921)
Indus Organics quinoa, sprouting seeds (925-895-6535)
Jaffe Bros. grains, legumes, sprouting seeds (except alfalfa and those from China) (877-975-2333)
Jiva Organics legumes (713-661-2972)
Jovial einkorn wheat berries (877-642-0644)
Lindley Mills yellow corn grits (336-376-3916)
Living Tree grains (800-260-5534)
Marx Foods organic grains (866-588-6279)
Massa Organics brown rice (530-519-8628)
Miller's Bio Farm chemical-free popcorn (717-786-7895)
Miller's Organic Farm chemical-free popcorn (717-556-0672)
Montana Flour & Grains organic grains (800-622-5790)
Mountain Rose Herbs sprouting seeds (except alfalfa) (800-879-3337)
Mumm's Sprouting Seeds grains, legumes, sprouting seeds (except alfalfa and those from China) (sprouting.com)
Natal wild rice
Native Harvest wild rice (218-375-4602)
Natural Value organic popcorn
Natural Way Mills organic whole grains, legumes and hot cereals (218-222-3677)
Natural Zing sprouting seeds (except alfalfa) (888-729-9646)
Nature's Earthly Choice organic whole grains, legumes (208-898-4004)
Nature's Legacy organic grains (517-448-2050)

New Hope Mills organic rolled oats (315-252-2676)
NOW Foods organic grains (888-669-3663)
Nuts.com organic grains, legumes, 6 grain hot cereal, kamut hot cereal, popcorn (except those from China) (800-558-6887)
One Degree Organic Foods grains, legumes (855-834-2642)
Organic Traditions sprouted risotta mix and quinoa (888-968-6747)
Our Fathers Foods crushed quinoa, rolled oats, wheat #3 and #4 (419-790-8868)
PaiDom organic wheat berries (806-570-6328)
Pasta Shoppe sprouted wheat pasta (800-247-0188)
Patz Maple & Honey Farms whole grains (800-897-2488)
Pleasant Hill Grain organic grains and legumes (866-467-6123)
Purcell Mountain Farms organic grains, legumes and sprouting seeds (except alfalfa); organic whole wheat farina, organic hot brown rice cereal (208-267-0627)
Pure Indian Foods raw whole grains, legumes (609-785-9100)
Pure Living organic sprouted popcorn (800-362-6832)
Puritan's Pride organic grains (800-645-1030)
RiceSelect organic brown rice (800-226-9522)
Royal Lee Organics grains (844-781-5080)
Second Spring Foods sprouted grains, lentils and beans
Serrv wild rice (800-422-5915)
ShaSha Co. grains, legumes; sprouted grains and legumes (416-255-0416)
Shiloh Farms organic grains and legumes (800-362-6832)
Small Valley Milling organic whole grains (717-362-6455)
Spiritual Food for the New Millennium biodynamic grains; organic grains and legumes (301-654-4899)
Sproutman organic sprouting seeds (800-695-2241)
Sproutpeople sprouting grains, legumes, nuts and seeds (except alfalfa and soybean) (800-777-6881)
Starwest Botanicals organic sprouting seeds (except alfalfa) (800-800-4372)
Stutzman Farms organic grains and legumes, 7 whole grain mix (330-674-1289, ext 2)
SunOrganic Farm grains, legumes, sprouting seeds (except alfalfa and those from China) (888-269-9888)
Sunrise Flour Mill grains (651-674-8050)
Terrasoul Superfoods organic white quinoa (800-458-8773)
Thrive Market organic sprouted quinoa, brown rice and popcorn (866-419-2174)
Timeless Food whole grains, legumes (406-866-3340)
TruRoots whole grains, sprouted grains, sprouted legumes (800-288-3637)
Uncle Crumble organic gluten-free rolled oats (860-258-4880)
Urban Homemaker organic grains and legumes (800-552-7323)
Vitacost organic grains and legumes (800-381-0759)
Viva Naturals organic quinoa (800-921-8482)
Wheat Montana Farms & Bakery organic grains (800-535-2798)

Wildly Organic organic grains, wildcrafted wild rice (218-226-3985)
Zocalo Gourmet kaniwa grain, pussac punay dried beans (425-398-9761)

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

SOAKED GRANOLAS AND CEREALS

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)

CANNED LEGUMES

Amy's organic refried and baked beans
Bearitos organic fat free refried beans (800-434-4246)
Bioitalia organic canned legumes (except baked beans)
Brad's Organic organic canned legumes (except those with canola oil) (BPA-free cans) (bradsorganic.com)
Cascadian Farm organic frozen grains and beans
Eden organic canned legumes (BPA-free cans)
Field Day organic canned beans (except those with canola oil or sugar) (BPA-free cans)
Fig Food Co. organic pouched beans (BPA-free pouches) (855-344-3663)
Furmano's organic canned chick peas (877-877-6032)
Goya organic canned beans
Hayden Flour Mills whole grains (480-557-0031)
Jovial organic canned beans in glass jars (877-642-0644)
Jyoti organic pouched beans (BPA-free pouches) (610-522-2650)
Karine & Jeff organic canned chickpeas in glass jars (karinejeff.us)
La Preferida organic canned beans (773-254-7200)
Natural Value organic canned legumes, fat free refried beans (BPA-free cans)
Omena Organics organic canned legumes (BPA-free cans) (231-386-9795)
SimplyNature (Aldi) organic canned kidney, black and garbanzo beans (800-325-7894)
Stahlbush Island Farms organic frozen grains and legumes (541-757-1497)
Thrive Market organic pouched beans (BPA-free pouches) (866-419-2174)

Timeless Food organic semi-pearled farro (406-866-3340)
Vitacost organic canned beans (BPA-free cans) (800-381-0759)
Walnut Acres organic canned and baked beans
Westbrae Canned Legumes
Whole Foods 365 organic canned beans

PASTA

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 sourdough pasta, organic whole wheat pasta
Brad's Organic organic whole wheat pasta (bradsorganic.com)
Bread Beckers, Inc. organic brown rice pasta (770-516-5000)
Canaan Fair Trade organic whole wheat couscous (360-980-2580)
Country Life Natural Foods organic whole wheat, spelt and brown rice pasta; whole wheat couscous (269-236-5011)
DeLallo organic whole wheat pasta (877-335-2556)
Eden organic whole grain pasta (except pasta with quinoa), organic sweet brown rice mochi
Explore Asian organic black bean spaghetti, mung bean fettuccini (888-208-9471)
Field Day organic whole wheat and brown rice pasta
Food to Live organic whole wheat couscous (718-717-1029)
Garden Time Organic organic whole wheat pasta
Gold Mine organic whole grain pasta (800-475-3663)
Healthy Traditions organic whole grain einkorn, whole wheat and brown rice pasta (healthytraditions.com)
Heritage Grain Conservancy organic einkorn pasta (growseed.org)
Japan Gold USA organic 100% whole buckwheat soba noodles (858-486-1707)
Jovial organic whole grain einkorn and brown rice pasta (made with soaked flour) (877-642-0644)
Lotus Foods organic whole grain noodles
Lundberg Family Farms organic brown rice pasta
Miller's Organic Farm organic sprouted spelt noodles (717-556-0672)
Mitoku organic whole grain pasta (800-324-1878)
Nature's Earthly Choice organic whole wheat couscous (208-898-4004)
Nature's Legacy organic whole spelt pasta (517-448-2050)
Pasta Shoppe organic whole spelt and kamut pasta (800-247-0188)
Purcell Mountain Farms organic whole wheat, whole spelt and brown rice pasta (208-267-0627)
RiceSelect organic whole wheat couscous (800-226-9522)
Rizopia organic brown rice pasta and wild rice pasta (866-749-6742)
Rustichella d'Abruzzo organic whole wheat, brown rice and red lentil pasta

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

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

Bread

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

FOUND WIDELY IN STORES

Berlin Natural Bakery sourdough and sprouted spelt breads (800-686-5334)
Bread of Heaven sourdough breads and tortillas (219-883-5126)
Buenatural organic corn tortillas (800-952-4453)
Food for Life organic sprouted corn tortillas (800-797-5090)
La Tortilla Factory organic corn tortillas (800-446-1516)
Le Pain Quotidien levain breads
Live Pacha sourdough (livepacha.com)
Manna Organics sourdough breads; sprouted breads (except banana walnut hemp and multigrain) (630-795-0500)
Sonoma organic corn tortillas (800-446-1516)
Traditional organic pumpernickel breads from Germany (without yeast)

FOUND IN STORES, ONLINE AND BY PHONE

Acme Bakery sourdough rye and pain au levain (510-524-1327)
Berkshire Mountain Bakery spelt and whole meal spelt breads (413-274-3412)
Columbia County Bread & Granola panko; country wheat and pocket pita breads; sesame cumin, pretzel crisps, hearty spelt, garlic pepper, ancient grains, kernza and rye caraway flat breads (570-441-4031)
Cow and Clementine biodynamic sourdough breads (heritage wheat and rye) (304-322-2138)
Dimpflmeier Bakery organic spelt bread with wild rice, organic 100% rye breads (800-268-2421)
Essential Baking Company sourdough (essentialbaking.com)

Glaser Organic Farms sprouted breads (305-238-7747)
Gluten-Free Sourdough Co. teff sourdough muffin tops and English muffins (508-733-5399)
Grindstone Bakery breads (except those containing brown rice syrup or cocoa) (707-515-6666)
Hawthorne Valley Farm plain, spelt, fruited and old world rye sourdough breads; spelt and honey raisin walnut sourdough breads (518-672-7500)
Heritage Grain Conservancy einkorn sourdough sprout bread, croutons (growseed.org)
Masienda Bodega corn tortillas (masienda.com)
Mi Rancho Tortilla Factory organic corn tortillas (707-584-8385)
Miller's Organic Farm sourdough heritage wheat bread (717-556-0672)
Modern Stone Age Kitchen sourdough bread, tortillas, focaccia, bagels (410-996-4776)
Noble Pastures einkorn, spelt, sourdough bread, bagels, muffins (223-221-0040)
O Bread Bakery whole rye, whole spelt and multi grain breads (802-985-8771)
Paz sourdough tacos (sourdoughtacos.com)
Pleasant Pastures prairie brown and 100% spelt breads (717-768-3437)
Serenity Farm organic sourdough bread (serenityfarmbread.com)
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)
To Your Health Sprouted Flour Company sprouted organic flours (334-584-7875)
Vermont Tortilla Company organic stone ground tortillas (802-999-4823)
Vital Vittles sourdough rye and Russian sourdough (510-644-2022)
Young Kobras gluten-free sourdough bread (youngkobras.com)

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

Alvarado Street Bakery organic sprouted wheat tortillas (707-789-6700)
Berlin Natural Bakery whole grain spelt, raisin spelt, flaxseed spelt and heirloom spelt bistro breads; whole spelt stuffing (800-686-5334)
Bernhard's Bread Bakery organic country sunflower, Finnish rye, harvest festival, hazelnut, lucky linen, monastery, prairie, sesame star, spelt whole grain, and whole wheat breads (770-218-1153)
Blue Mountain Organics organic basil, curry and tomato

wraps (540-283-9589)

Bread Alone organic whole grain health, whole wheat catskill and whole wheat sourdough (miche) breads (845-657-3328)

Columbia County Bread & Granola organic orange poppyseed, cinnamon toast and almond biscotti flat breads (570-441-4031)

DeLand Bakery all natural organic millet breads, flats, buns, dinner rolls and bagels (386-734-7553)

Delba organic whole rye breads (except those with sugar beet syrup)

Garden of Eatin' organic taco shells (800-434-4246)

Gluten-Free Sourdough Co. focaccia; corn, coconut and banana breads (508-733-5399)

Hawthorne Valley Farm organic peasant, sunflower flax, olive, rosemary and sesame sourdough breads; seven grain, millet sunflower, sesame sunflower and yeasted spelt breads; peasant and sunflower flax sourdough rolls (518-672-7500)

Izzio Bakery sourdough breads (izziobakery.com)

Julian Bakery organic paleo coconut, honey and cinnamon raisin breads (all gluten-free) (760-721-5200)

La Tortilla Factory organic whole wheat tortillas (800-446-1516)

Live Superfoods sunflower caraway sprouted bread (800-481-5074)

Lydia's Foods sunflower caraway sprouted bread (707-992-0776)

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

Manna Organics organic gluten-free breads (630-795-0500)

Maria and Ricardo organic yellow corn tortillas (781-828-0848)

Meadow Ridge Farm organic sprouted wheat bread (519-881-7258)

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

Miller's Organic Farm organic breads (717-556-0672)

Paleo Mama Bakery cassava pizza crust (608-692-3715)

Pleasant Pastures organic multigrain bread (717-768-3437)

Pleasanton Brick Oven Bakery organic manna grain, manna seed and whole wheat breads (231-941-1964)

Spiritual Food for the New Millennium biodynamic mountain brown, seed, multigrain, oatmeal, sesame French, walnut raisin and sunflower rye sourdough breads (301-654-4899)

Stone Sisters Organics sprouted spelt pizza crust (405-823-1029)

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

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

AVOID: Breads made with non-organic grains (most of which are sprayed with Roundup); most commercial breads based on white flour and containing partially hydrogenated vegetable oils, soy, bran,

added gluten, or numerous additives. Breads containing ascorbic acid, hemp, brown rice syrup, sugar syrup, oat fiber, chocolate, cocoa or cacao.

Flour and Baking Supplies

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

SPROUTED GRAINS AND LEGUMES

- Central Milling Company organic sprouted grains (707-778-1073)
- Granite Mill Farms organic sprouted grains (406-827-1095)
- One Degree Organic Foods organic sprouted grains (855-834-2642)
- PureLiving organic sprouted grains and legumes(800-362-6832)
- Stutzman Farms organic sprouted grains (330-674-1289, ext 2)
- To Your Health Sprouted Flour Co. organic sprouted grains and legumes (334-584-7875)

BAKING POWDER

- Bob's Red Mill aluminum-free baking powder
- Frontier aluminum-free baking powder (800-669-3275)
- Rumford aluminum-free baking powder

CAROB POWDER

- Frontier organic roasted carob powder (800-669-3275)
- Mountain Rose Herbs organic roasted carob (800-879-3337)

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

- Ancient Grains Organics whole grain flours (208-557-4351)
- Anthony's Goods organic tigernut flour(anthonysgoods.com)
- Arrowhead Mills organic sprouted wheat flour
- Baker's Field Flour and Bread organic whole grain flours (612-314-9167)
- Berlin Natural Bakery whole spelt flour (800-686-5334)
- Central Milling Company organic whole grain flours (707-778-1073)
- Country Life Natural Foods organic sprouted spelt flour (269-236-5011)
- Divine Organics organic raw almond flour (should be soaked) (415-884-4477)
- Doudlah Farms Organics milled flour products (doudlahfarms.com)
- Dowd & Rogers chestnut flour (800-669-8877)
- Essential Eating organic sprouted flours (570-586-1557)

Flour of Life organic sprouted flours (except those from China) (540-745-5040)
Food to Live organic whole grain flours (718-717-1029)
Gluten-Free Sourdough Co. sourdough bread mixes (508-733-5399)
Grain Place Foods organic whole grain flours (888-714-7246)
Granite Mill Farms organic sprouted flours (406-827-1095)
Heartland Craft Grains whole grain flours, ancient and heritage grains, grain berries, non-GMO corn (heartlandcraftgrains.com)
Heritage Grain Conservancy organic einkorn flour (growseed.org)
Hummingbird organic flours (541-686-0921)
Janie's Mill organic milled products and grains (815-953-1073)
Jovial organic einkorn whole wheat and sprouted flours (877-642-0644)
Let's Do...Organic organic green banana flour (805-684-8500)
Lindley Mills organic sprouted flours, whole grain flours (336-376-3916)
Live Superfoods organic raw almond flour (should be soaked) (800-481-5074)
Manna Organics organic sprouted almond flour (630-795-0500)
One Degree Organic Foods organic sprouted flours
Organic Gemini organic tigernut flour (347-662-2900)
Otto's Naturals cassava flour (732-654-6886)
Our Fathers Foods crushed wheat #1 and #2 (419-790-8868)
Palouse Heritage organic landrace whole grain flours (palouseheritage.com)
PureLiving organic sprouted flours (800-362-6832)
ShaSha Co. organic sprouted flours (416-255-0416)
Second Spring Foods sprouted flours (secondspringfoods.com)
Shiloh Farms Essential Eating organic sprouted flours (800-362-6832)
Small Valley Milling organic whole grain flours (717-362-6455)
Stutzman Farms organic sprouted flours (330-674-1289, ext 2)
Thrive Market organic sprouted flours (866-419-2174)
Tiger Nuts organic tigernut flour (305-407-3844)
To Your Health Sprouted Flour Co. organic sprouted flours and baking mixes (334-584-7875)
Wildly Organic organic almond flour (should be soaked) (218-226-3985)

MASA

Bob's Red Mill organic masa harina
Gold Mine organic corn masa (800-475-3663)
Three Sisters Nixtamal organic corn masa (503-626-0853)

WHITE FLOUR

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

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

Crackers

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

Georgia Sourdough crackers (770-676-9219)
Jovial organic sourdough einkorn crackers (877-642-0644)
Keep It Real Food Co. organic grain free seedy crackers (206-388-4000)
Modern Stone Age Kitchen everything crackers (410-996-4776)
Moon Juice green fermented seed crisps (310-399-2929)
Rustic Bakery organic sourdough flatbread bites (rusticbakery.com)
Stutzman Farms savory sprouted spelt crackers (330-674-1289)
The Sourdough Project organic sourdough crackers (sourdoughproject.org)

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
ChocolaTree organic plain chia crackers (928-282-2997)
Doctor in the Kitchen organic flackers flax seed crackers (flackers.com)
Edward & Sons organic brown rice snaps (except cheddar and vegetable)
FBomb cheddar and buffalo cheese crisps (844-693-2662)
Foods Alive organic onion garlic, Mexican harvest, Italian zest, and maple & cinnamon flax crackers (260-488-4497)
Genmai Life organic brown rice crackers (800-475-3663)
Glaser Organic Farms organic flax seed and nori crackers (305-238-7747)
Higher Power crackers (except those with hemp) (877-684-8763)
Hu Kitchen gluten free crackers
It's Alive! sprouted sauerkraut and kimchi crackers (503-230-0215)
Jilz Gluten Free gluten-free crackers (805-585-5297)
Julian Bakery paleo thin crackers (760-721-5200)

Livin' Spoonful organic sprouted crackers (except kale) (503-230-8484)
Lydia's Foods luna nori, ginger nori, and Italian crackers (707-992-0776)
Mauk Family Farm organic raw sprouted crusts and crisps (310-527-0011)
Moon Shot Crackers organic sourdough crackers
Norwegian Baked crispbreads (norwegianbaked.com)
Paleo Mama Bakery cheddar crisps (608-692-3715)
Potter's organic crackers and crisps (608-663-5005)
Raw Food Central flax crackers (855-632-8729)
Rustic Bakery organic sourdough crackers, rusticbakery.com
RW Garcia organic sweet potato crackers (408-287-4616)
Stutzman Farms organic homemade spelt crackers (330-674-1289, ext 2)
The Greater Good organic gluten free crackers
Top Seedz organic flax seed crackers

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

Nuts and Seeds

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

A Little Nuts organic raw and soaked nuts (559-725-1901)
Ancient Grains organic chia seeds (208-557-4351)
Anderson Almonds organic raw almonds (209-667-7494)
Anna and Sarah some organic raw nuts and seeds (848-229-2235)
Anthony's Goods organic raw nuts and seeds (anthonysgoods.com)
Aurora Foods organic raw nuts and seeds (203-375-9956)
Azure Standard organic raw nuts and seeds (except hemp) (971-200-8350)
Bella Viva Orchards organic raw nuts (855-888-8482)
Big Tree Organic Farms organic raw almonds (209-669-3678)
Blue Mountain Organics organic raw, sprouted nuts and seeds (540-283-9589)
Brad's Organic organic chia seeds (bradsorganic.com)
Bremner Farms organic raw almonds (530-893-4950)
Burroughs Family Farms organic raw almonds (209-874-9400)

Capay Canyon Ranch organic raw almonds (530-662-2372)
Carrington Farms organic chia and whole flax seeds (800-505-9546)
ChocolaTree raw nuts and seeds (except hemp) (928-282-2997)
Chosen Foods organic chia seeds (877-674-2244)
Country Life Natural Foods organic raw nuts and seeds (except those from China) (269-236-5011)
Divine Organics raw nuts and seeds (415-884-4477)
Dr. Cowan's Garden sprouted nuts and nut butters (888-270-3093)
Dr. Linda's organic almonds and wild pecans soaked with seaweed (drlindas.com)
Earth Circle Organics organic raw nuts and seeds (except hemp) (888-501-7170)
EatRaw organic raw cashews (866-432-8729)
Edison Grainery organic raw nuts and seeds (707-590-7010)
Enzo's Table organic raw almonds (888-942-3552)
Equal Exchange organic raw nuts (774-776-7333)
Farmer Direct Organic flax seeds (306-352-2444)
Feel Good Superfoods organic chia and flax seeds (800-555-8518)
Filmore Farms raw walnuts (530-846-5598)
Food to Live organic raw nuts and seeds (except hemp seeds and those from China) (718-717-1029)
Foods Alive raw nuts and seeds (except hemp) (260-488-4497)
Frontier organic seeds (800-669-3275)
Garden of Life raw organic chia seeds
Gardens of Grace raw nuts; soaked nuts, seeds and butters (except those with stevia extract) (262-443-7522)
Glaser Organic Farms raw nuts and seeds (except hemp) (305-238-7747)
Gluten-Free Sourdough Co. sprouted nuts and seeds (508-733-5399)
Go Raw sprouted organic pumpkin seeds
Gold Mine organic raw nuts and seeds (800-475-3663)
Grain Place Foods organic raw seeds (888-714-7246)
Gut Nuts fermented cashews, almonds (philospherfoods.com)
Handy Farms organic red livermore walnuts (530-588-1877)
Healthy Truth organic raw nuts and seeds (except hemp, flax and those from China); plain sprouted nuts; flavored sprouted nuts (except those with kale, sunflower or hemp oil) (774-256-5800)
Higher Power raw nuts, salted sprouted pumpkin seeds (877-684-8763)
Indus Organics organic chia seeds (925-895-6535)
International Harvest, Inc. raw nuts and seeds (914-699-5600)
Jaffe Bros. raw nuts and seeds (except hemp) (877-975-2333)
JEM sprouted nut butters (except those with cacao or coffee) (541-728-3844)
Jiva Organics raw nuts and seeds (713-661-2972)
Kevala organic raw sesame seeds (877-379-1179)

Lark Ellen Farm raw sprouted nuts and seeds (805-272-8448)
Live Superfoods raw nuts and seeds (except hemp) (800-481-5074)
Living Nutz organic raw nuts and seeds (207-780-1101)
Living Tree raw nuts and seeds (except hemp) (800-260-5534)
Love Raw Foods raw nuts and seeds; raw nut and seed butters (except hemp and those from China) (540-745-5040)
Lupa's Kitchen maple bliss sprouted nut clusters (404-664-4209)
Luvmaman functional pistachio ghee spread (715-794-8367)
Mamma Chia organic chia seeds (855-588-2442)
Manna Organics raw nuts (630-795-0500)
Marian Farms biodynamic raw almonds (559-276-6185)
Massa Organics raw almonds (530-519-8628)
Meadow Ridge Farm soaked nuts and seeds; seasoned nut mix, sweet & spicy nut mix (519-881-7258)
Miller's Organic Farm soaked nuts, seeds and cashew butter; honey & spice nuts, seasoned nut mix, sweet & spicy nut mix (717-556-0672)
Missouri Northern Pecan Growers organic pecans (417-667-3501)
Modern Stone Age Kitchen soaked peanut butter (410-996-4776)
Moon Juice activated almonds, cashews, maca mesquite walnuts, and turmeric, coconut & lime pepitas; sprouted almond butter (310-399-2929)
Mt. Olive Organic Farm organic raw nuts (805-237-0147)
Nate's Raw Harvest organic raw nuts, sprouted nut butters, sprouted nuts and seeds (214-546-2023)
Natierra organic chia seeds (natierra.com)
Natural Zing organic raw nuts and seeds (except hemp) (888-729-9464)
Navitas Organics organic chia seeds, raw cashews (888-645-4282)
Northwest Wild Foods organic raw nuts (866-945-3232)
NOW Foods organic raw nuts and seeds (except hemp) (888-669-3663)
Nussli118 organic sprouted nuts (857-242-4188)
Nutiva raw organic chia seeds (800-993-4367)
Nuts.com organic raw nuts and seeds (except hemp) (800-558-6887)
Old Dog Ranch organic raw walnuts (707-849-4439)
One Degree Organic Foods flax seeds (855-834-2642)
Organic Traditions raw nuts and seeds (888-968-6747)
Pangaia organic raw nuts (808-989-3457)
Pecan Shop raw nuts, sprouted nuts and seeds (except mesquite smoked pecans, unsalted pecans and u n - salted walnuts) (254-307-9386)
Philosopher Foods sprouted almond butters (except with cacao) (philosopherfoods.com)
Pili Hunters sprouted pili nuts (except those with cacao), sprouted pili nut butters (Himalayan salt & coconut oil

and pumpkin spice with lion's mane) (628-227-7454)
Pleasant Pastures soaked nuts and seeds, seasoned nut mix, sweet & spicy nut mix (717-768-3437)
Purcell Mountain Farms organic raw nuts and seeds (208-267-0627)
Pure Indian Foods raw nuts and seeds (609-785-9100)
Pure Traditions sprouted pili nuts (puretraditionsfoods.com)
Puritan's Pride organic raw nuts and seeds (except hemp) (800-645-1030)
RawGuru raw almonds, cashews, hazelnuts and sesame seeds (800-925-0577)
Rich Nuts sprouted nuts (richnuts.com)
Shiloh Farms raw nuts and seeds (800-362-6832)
Spiritual Food for the New Millennium biodynamic raw nuts and seeds; organic raw nuts and seeds (301-654-4899)
Stutzman Farms organic flax seed (330-674-1289, ext 2)
Sunbiotics original and truffle sprouted probiotic almonds (800-925-0577)
Sunfood Super Foods raw and soaked nuts and seeds (except hemp) (888-729-3663)
SunOrganic Farm raw nuts and seeds (888-269-9888)
Superseedz raw and roasted pumpkin seeds (superseedz.com)
Tata Raw sprouted, organic walnuts (tataraw.org)
Terrasoul Superfoods raw nuts and seeds (except hemp and those from China) (800-458-8773)
Thrive Market organic raw nuts and seeds (866-419-2174)
Tierra Farm raw nuts and seeds (888-674-6887)
Timeless Food flax seeds (406-866-3340)
TruRoots organic chia seeds (800-288-3637)
Vitacost organic raw nuts and seeds (except hemp) (800-381-0759)
Vital Choice organic raw nuts (866-482-5887)
Viva Naturals organic chia seeds (800-921-8482)
Vivapura raw nuts and seeds (except hemp) (520-394-0200)
Whole Foods 365 organic chia seeds
Wilderness Poets raw nuts and seeds (except hemp) (844-945-3649)
Wildly Organic raw nuts and seeds (218-226-3985)
Woodstock Foods organic raw nuts and seeds (855-423-2630)

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

FOUND WIDELY IN STORES

Adams peanut butter
Barney Butter bare and raw + chia almond butters
Brad's Naturals nut butters (bradsorganic.com)
Brad's Organic nut butters and tahini (except those with sugar, milk powder or cocoa) (bradsorganic.com)

Crazy Richard's peanut butter
Double Q Brand Pecans organic pecans (except praline flavor) (478-901-2890)
East Wind Nut Butters nut butters and tahini (417-679-4682)
Field Day organic peanut butter
Good & Gather (Target) organic stir nut butters (800-316-6151)
Joyva sesame tahini
Justin's classic peanut, classic almond and maple almond butters
Kirkland organic peanut butter
MaraNatha tahini and nut butters
Natural Value organic tahini
Omega Nutrition pumpkin seed butter (604-253-4677)
Once Again nut and seed butters (except those with sugar)
Orchard Valley Harvest raw almonds (847-289-1800)
Pangaia organic raw nut and seed butters (808-989-3457)
Redmond's almond butter
Santa Cruz Organic peanut butter
Smucker's peanut butter (except those with sugar or maltodextrin)
Trader Joe's almond butter
Whole Foods almond butter, raw almonds, organic peanut butter
Woodstock Foods tahini and nut butters (855-423-2630)

FOUND IN STORES, ONLINE AND BY PHONE
Artisana raw tahini and nut butters (866-237-8688)
Aunt Patty's organic almond butter (800-456-7923)
Better Than Roasted sprouted nuts, seeds and butters (except those from China) (540-745-5040)
Bremner Farms raw walnuts (530-893-4950)
Burroughs Family Farms organic almond butter (209-874-9400)
CB's Nuts peanut butters (360-881-0369)
ChocolaTree raw tahini, nut butters, sprouted almonds (928-282-2997)
Country Life Natural Foods nut and seed butters (except those with sugar or safflower oil) (269-236-5011)
Dastony raw nut and seed butters (except hemp), sprouted nut and seed butters (800-925-0577)
Divine Organics nut butters (415-884-4477)
Dr. Cow cashew cream cheese, aged nut cheeses (except those with hemp) (718-486-5919)
Dutch Meadows Farm nut butters (except those with chocolate) (717-442-9208)
Enzo's Table almond butter (888-942-3552)
FBomb macadamia, macadamia coconut and macadamia pecan nut butters (844-693-2662)
Georgia Grinders nut butters (except those with cocoa or natural flavors) (866-327-9301)
Glaser Organic Farms spicy cashews, nut butters, tahini, patés, nut ricotta, sprouted almonds, sprouted sunflower seeds, maple cinnamon walnuts, maple pecans, ginger maple pumpkin seeds (305-238-7747)

Go Raw Real Live Food sprouted pumpkin, watermelon, flax and sunflower seeds, sprouted simple and spicy seed mixes (408-272-4722)

Gopal's sprouted nuts, seeds, butters; raw tahini (866-646-7257)

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

Hummingbird organic sprouted nuts (541-686-0921)

International Harvest, Inc. tahini and nut butters (914-699-5600)

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

JEM cashew curry tahini (541-728-3844)

Jiva Organics raw tahini and cashew butter; sprouted nut and seed butters (713-661-2972)

Kevala nut butters, tahini (877-379-1179)

Live Superfoods raw tahini, sprouted pumpkin seeds, sprouted almond butter (800-481-5074)

Living Intentions rosemary garlic pistachios & almonds, spicy chipotle pistachios & pumpkin seeds, cilantro lime mojo pistachios & pepitas, sesame teriyaki almonds & cashews, mesquite pod maple walnuts, Ayurvedic chili pumpkin & sunflower seeds, sprouted pumpkin seeds, sprouted sunflower seeds & greens, Cajun pepper almonds; sprouted almonds, pecans and walnuts (415-824-5483)

Living Nutz soaked nuts and seeds (except those containing agave or chocolate) (207-780-1101)

Living Tree nut and seed butters (except hemp and those with cacao) (800-260-5534)

Longhurst Farms sprouted almonds (except those with chocolate), almond butter, sunflower and pumpkin seeds (307-673-0601)

Lydia's Foods sprouted nuts and seeds (707-992-0776)

Manna Organics nut butters (except those with cacao, cane juice crystals or hemp), sprouted almond butter (except those with espresso) (630-795-0500)

Massa Organics almond butter (530-519-8628)

Miller's Organic Farm organic almond and peanut butters (717-556-0672)

Miyoko's Creamery cashew cream cheeses (415-521-5313)

Nate's Raw Harvest raw and sprouted pecans, sprouted pecan butters (214-546-2023)

NaturAlmond almond butter (866-327-9301)

NutRaw pistachios, bars and butter (nutrawfarms.com)

Nuts.com tahini and nut butters (800-558-6887)

NuttZo original and peanut-free nut and seed butters (888-325-0553)

Old Dog Ranch organic just walnut butter, raw honey & sea salt walnut butter (707-849-4439)

Pecan Shop unsalted sprouted pecans and walnuts (254-307-9386)

Pili Hunters turmeric & ashwagandha sprouted pili nut butter (628-227-7454)

PureLiving organic sprouted nuts and seeds (800-362-6832)

Radiant Life sprouted nuts, seeds and butters (except those from China) (888-593-8333)

Rich Nuts organic sprouted nuts (richnuts.com)

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

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

Coconut Products

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

Desiccated coconut (in most health food stores)
Alpha coconut flour
Anna and Sarah organic coconut chips (848-229-2235)
Anthony's Goods organic coconut flour, unsweetened shredded coconut, toasted coconut chips with muscovado sugar (anthonysgoods.com)
Arrowhead Mills coconut flour
Artisana organic raw coconut butter (866-237-8688)
Aunt Patty's shredded coconut (800-456-7923)
Big Tree Farms organic coco aminos (541-488-5605)
Bob's Red Mill fine macaroon coconut, shredded coconut, coconut flakes, coconut flour
Body Ecology coconut water kefir (800-511-2660)
Brad's Organic coconut flour (bradsorganic.com)

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

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

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

COCONUT MILK, CREAM, YOGURT
A Taste of Thai whole coconut milk
Brad's Organic whole coconut milk (bradsorganic.com)
Cocojune organic pure coconut yogurt (cocojune.co)

Field Day organic classic unsweetened coconut milk
GT's pure, raspberry and ginger turmeric coconut kefirs; raw coconut yogurt (pure flavor) (877-735-8423)
Kame whole coconut milk
Native Forest organic classic whole coconut milk, coconut cream*
Natural Value whole coconut milk, coconut cream*
Roland organic coconut milk (800-221-4030)
Thai Kitchen whole coconut milk

COCONUT WATER

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

OTHER COCONUT

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

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

Condiments

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

VINEGAR (see coconut vinegar under coconut products)

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
De Nigris organic balsamic vinegar
Dynamic Health Laboratories raw organic apple cider vinegar (800-396-2114)
Eden raw organic apple cider vinegar
Emperor's Kitchen organic mirin (800-334-5809)
Enzo's Table organic balsamic vinegar (888-942-3552)
Fairchild's raw organic apple cider vinegar (fairchildsvinegar.com)
Field Day organic balsamic vinegar
Fizzeology Foods organic raw fermented chili sauce (608-606-9573)
Harmony Farms raw organic apple cider vinegar
Healthy Traditions organic balsamic and organic apple cider vinegars (healthytraditions.com)
Hoskins Berry Farm raw organic blackberry vinegar (541-929-4376)
Miller's Organic Farm raw apple cider vinegar (717-556-0672)
Mitoku organic mirin (800-324-1878)
Mt. Olive Organic Farm organic balsamic vinegar (805-237-0147)
Napa Valley Naturals organic private reserve and organic golden balsamic vinegars
Napoleon organic balsamic vinegar (425-455-3776)
Nature's Intent raw organic apple cider vinegar (866-819-2323)
Newman's Own Organic organic balsamic vinegar
Ohsawa organic mirin
Omega Nutrition organic apple cider and balsamic vinegars (604-253-4677)
Primal Kitchen organic balsamic vinegar (888-774-6259)
Roland organic balsamic vinegar (800-221-4030)
Solana Gold raw organic apple cider vinegar (310-864-5830)
Soler Romero organic balsamic and raw organic apple cider vinegars
Spectrum organic balsamic and raw organic apple cider vinegars
Thrive Market raw organic apple cider vinegar, organic balsamic vinegar (866-419-2174)
Vermont Village raw organic apple cider vinegar (802-479-2558)
Vitacost organic balsamic and raw apple cider vinegar (800-381-0759)
Vital Choice organic balsamic vinegar (866-482-5887)
Viva Naturals raw organic apple cider vinegar (800-921-8482)
Whole Foods 365 organic balsamic vinegar

MISO, NATTO, SOY, TAMARI
Gold Mine miso (800-475-3663)
Great Eastern Sun organic miso (800-334-5809)

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

ARROWROOT POWDER

Anthony's Goods organic arrowroot powder (anthonysgoods.com)
Let's Do...Organic organic arrowroot powder (805-684-8500)
Spicely organic arrowroot powder (510-440-1044)
Starwest Botanicals organic arrowroot powder (800-800-4372)

MUSTARD AND PESTO

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

KETCHUP, SAUCES, GARLIC FLOWERS

Date Lady organic barbecue sauce (417-414-2282)
Fab Ferments cultured hot pepper sauce (513-562-7531)
Hawthorne Valley Farm fermented hot pepper sauce (518-672-7500)
Hidden Pond Farm fermented ketchup and BBQ sauce (765-960-5092)
Miller's Organic Farm honey mustard, garlic spread, horseradish, zucchini relish, fermented ketchup (717-556-0672)
Modern Stone Age Kitchen ketchup and whole grain mustard (410-996-4776)
Pleasant Pastures fermented ketchup (717-768-3437)
Rejuvenative Foods cultured ketchups (831-291-4008)
Cultures for Health cultured organic garlic flowers (800-962-1959)

Real Pickles fermented tomatillo hot sauce (Northeast) (413-863-9063)
Vital Choice organic raw cultured garlic flowers (866-482-5887)

MAYONNAISE

DeLouis Fils mayonnaise
Follow Your Heart Soy-free Vegenaise
Gail's Cupboard mayonnaise (570-561-6970)
Miller's Organic Farm mayonnaise (717-556-0672)
Sir Kensington's organic mayonnaise (646-450-5735)
Terroirs d'Antan French mayonnaise
Thrive Market coconut oil mayonnaise (866-419-2174)
Truff mayonnaise

OLIVES, UMEBOSHI PASTE, CHILI PASTE

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

FISH SAUCE

BLiS fish sauce (616-942-7545)
Red Boat fish sauce (925-858-0508)

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.

VINEGAR

Bariani aged 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 Le Rosa Real Foods organic vinegars (718-333-0333)
De Nigris aged balsamic vinegar; organic red and white wine vinegars
EatRaw balsamic vinegar (866-432-8729)
Eden vinegars, mirin
Emperor's Kitchen umeboshi vinegar (800-334-5809)
Field Day apple cider vinegar
Gaea organic olives (954-923-7723)

Japan Gold USA organic umeboship puree (858-486-1707)
Kirkland apple cider vinegar
Laconiko balsamic vinegars (except those with chocolate) (571-292-1394)
Live Superfoods balsamic vinegar (800-481-5074)
Lucini Italia vinegars (855-972-0555)
Mitoku vinegars (800-324-1878)
Napa Valley Naturals vinegars (without natural flavors)
Napoleon balsamic, sherry, organic red wine and organic white wine vinegars (425-455-3776)
Ohsawa vinegars
Soler Romero organic sherry vinegar
Spectrum organic vinegars (except distilled and those containing natural flavors)
Vom Fass vinegars (608-204-0300)

MISO, NATTO, SOY SAUCE, TAMARI

Cold Mountain miso (626-962-9633)
Eden miso, naturally fermented soy sauce, tekka
Emperor's Kitchen shoyu (800-334-5809)
Great Eastern Sun shoyu, tamari (800-334-5809)
Kikkoman organic soy sauce
Miso Master tamari
Mitoku natto miso chutney, pasteurized miso (800-324-1878)
NYrture New York Natto non-GMO natto (833-696-2886)
Ohsawa gluten-free tamari soy sauce
Rhapsody Natural Foods non-GMO natto (802-563-2172)
San-J naturally fermented soy sauce

KETCHUP

Annie's Naturals ketchup
Brad's Organic ketchup (bradsorganic.com)
Cucina Antica ketchup (877-728-2462)
De Nigris ketchup
Dr. Fuhrman organic ketchup (800-474-9355)
First Field roasted Jersey ketchup (first-field.com)
Portlandia Foods ketchup (503-729-8257)
Primal Kitchen organic unsweetened ketchup (888-774-6259
SimplyNature (Aldi) organic ketchup (800-325-7894)
Steve's Paleogoods ketchup (856-356-2258)
Tessemae's ketchup (855-698-3773)
The New Primal ketchup (866-723-1386)
Thrive Market organic ketchup (866-419-2174)
Trader Joe's organic ketchup
True Made Foods ketchup and mustard
Wegmans organic ketchup (Mid-Atlantic)
Whole Foods 365 organic ketchup
Woodstock Foods ketchup (855-423-2630)

SAUCES, MUSTARD

Annie's Naturals organic Worcestershire sauce
Anton Kozlik's mustard (416-361-9788)
Busha Browne's Planters steak sauce
Cholula original hot sauce

Coconut Secret hoisin, ginger-turmeric and gochujang sauces (888-369-3393)
Crystal hot sauce
Date Lady BBQ organic sauce (ilovedatelady.com)
Frank's RedHot original cayenne pepper sauce
Frontera red chile hot sauce (800-509-4441)
Good Food for Good organic ketchup and BBQ sauce
Les Trois Petits Cochons Dijon mustard
McIlhenny Co. Tabasco original red sauce
Noble Made ketchup and barbeque sauce
Pickapeppa Sauce
Pili Hunters fermented lauyo chili sauces (628-227-7454)
Primal Kitchen organic unsweetened cocktail sauce (888-774-6259)
Pure Indian Foods organic Kick Ketchup, organic Worcestershire sauce, organic tamarind paste, organic date chutney, organic alphonso mango puree (609-785-9100)
Red Duck BBQ sauce (except ones with distilled vinegar)
Sir Kensington's mustard (646-450-5735)
Sky Valley hot sauce, verde sauce
Steve's Paleogoods sriracha and wing sauces (856-356-2258)
Tessemae's honey mustard, hot sauces, BBQ sauce, teriyaki sauce, garlic spread (855-698-3773)
Whole Foods 365 basil pesto, pepper duo hot sauce
Wildbrine probiotic sriracha (707-657-7607)

CHEESE,OLIVE SPREADS

Penna Gourmet Foods cheese and olive spreads (530-865-9810)
The Olive Bar cheese and olive spreads (408-370-1901)

OLIVES, UMEBOSHI PLUMS, CURRY PASTE

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

FISH SAUCE

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

SESAME OIL

Eden toasted sesame oil
Emile Noel organic toasted sesame oil (emilenoel.com)
Emperor's Kitchen organic toasted sesame oil (800-334-5809)

Kevala organic toasted sesame oil (877-379-1179)
La Tourangelle toasted sesame oil (866-688-6457)
Napa Valley Naturals organic toasted sesame oil
Spectrum organic toasted sesame oil

GELATIN

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

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

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.

SALT

Ava Jane's Kitchen Colima Sea Salt (844-282-5263)
Baja Gold Sea Salt, Inc. sea salt (678-232-9064)
Balanced Bites spices except those with coffee and sugar (balancedbites.com)
Bali Pyramid Balinese Salt
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 and organic seasonings (800-867-7258)
Crucial Four Icelandic sea salt (crucialfour.com)
Cyprus Black Mediterranean sea salt
Earth Salt (888-725-8386)
Eden sea salt
Edison Grainery Himalayan pink salt (707-590-7010)
Essential Living Foods Himalayan pink sea salt (310-319-1555)
Feral Foods full spectrum salt (feralfuture.com)
Field Day Mediterranean sea salt
Fusion Matcha salt
Hawaiian red salt
Himalayan crystal salt
Jacobsen Salt Co. kosher sea salt (jacobsensalt.com)
Karis Naturals pink salt (714-522-0700)
Kirkland pure sea salt
Korean Bamboo Salt (213-388-8861)
Power Organics mineral mountain (877-769-3795)

Maldon sea salt
Matiz flor de sal sea salt (425-398-9761)
Natierra pink and ice salts (natierra.com)
Nature's Cargo Himalayan pink sea salt (888-725-8386)
Noblemade seasonings (shopnoblemade.com)
Noirmoutier sea salt
Pacific Resources International Pacific sea salt (805-684-0624)
Paleo Powder seasonings (paleopowderseasonings.com)
Premier Research Labs pink salt blend (800-325-7734)
RawGuru crystal Himalayan salt (800-925-0577)
Reason 2 Season seasoning blends (reason2season.com)
Redmond Real Salt sea salts; season, garlic and onion salts (800-367-7258)
Roland coarse sea salt, grey sea salt (800-221-4030)
Saltverk Icelandic Salt (saltverk.com)
SaltWorks sea salt (800-353-7258)
San Francisco Salt Company (800-480-4540)
The Real Co. Himalayan pink rock salt (347-433-8945)
Trader Joe's coarse sea salt from Noirmoutier
Trim Healthy Mama Himalayan mineral salt (931-996-4283)

SPICES

A. Vogel Herbamare and Trocomare seasoning salts
Anthony's Goods organic spices (anthonysgoods.com)
Azure Standard herbs, spices (971-200-8350)
Beanilla organic vanilla extract (888-261-3384)
Beeyoutiful seasoning herbs, spices (877-623-3968)
BLiS Tuscan and Moroccan spice rubs (616-942-7545)
Bragg sprinkle and sea kelp delight seasonings (800-446-1990)
Branon maple seasoning (802-827-3914)
Burlap and Barrel single origin spices and seasonings (burlapandbarrel.com)
Canaan Fair Trade organic thyme (360-980-2580)
Carlton Farms herb and flower salts (570-396-0886)
Celeste Longacre's Farm dried herbs and edible flowers (603-756-4152)
Ceylon Pure pink Himalayan salt, cinnamon (650-752-8865)
Dr. Fuhrman cinnamon (800-474-9355)
Dr. Linda's seaweed seasonings (drlindas.com)
Dr. Mercola organic vanilla extract (877-985-2695)
EatRaw organic poppy seeds (866-432-8729)
Eden gomasios (sesame salts)
Fishhugger original and New Mexico spice rubs (602-286-9233)
Flavorganics organic almond, peppermint and vanilla extracts (866-972-6879)
Food to Live coarse sea salt, spices (except those from China) (718-717-1029)
Forrest Green Farm herbs, spices (434-882-2648)
Frontier seasoning herbs and spices (except those from China); sea salts, organic vanilla extract (800-669-3275)
Glaser Organic Farms organic poppy seeds (305-238-7747)

Good Faith Farm organic hache olive seasoning (goodfaithfarm.com)
Grain Place Foods organic vanilla extract (888-714-7246)
Harvest Eating organic spice blends (864-492-1499)
Healthy Traditions organic spices (healthytraditions.com)
Healthy Truth organic cinnamon, ginger and turmeric powders (774-256-5800)
High Quality Organics Express herbs, spices, Cajun spice seasoning & rub, garlic pepper seasoning & rub, Chinese 5 spice blend (775-234-8560)
HimalaSalt pink sea salt, garlic salt, peppercorns (413-528-5141)
Indus Organics seasoning herbs, spices and blends (925-895-6535)
Jaffe Bros. organic poppy seeds (877-975-2333)
Jiva Organics spices (713-661-2972)
Kevala seasoning herbs and spices (877-379-1179)
Laconiko oregano (571-292-1394)
Live Superfoods sea salt, vanilla beans, vanilla bean powder, turmeric powder (800-481-5074)
Maine Coast Sea Seasonings (seaweed flakes) (207-412-0094)
Marx Foods organic fresh seasoning herbs (866-588-6279)
McCormick Gourmet Collection organic herbs and spices (except those from China); organic vanilla extract (800-632-5847)
Midwest Mermaid Muse seasonings (midwestmermaidmuse.com)
Miller's Bio Farm herbs, spices, blends (except those with brewer's yeast) (717-786-7895)
Miller's Organic Farm saffron (717-556-0672)
Modern Stone Age Kitchen everything (but oxalates) spice (410-996-4776)
Moon Juice organic pink salt, raw vanilla, spices(310-399-2929)
Morton & Bassett herbs and spices; vanilla extract (800-646-8530)
Mountain Rose Herbs seasoning herbs, spices and sea salts (800-879-3337)
Natural Zing spices, sea seasonings, sea salts, organic vanilla and peppermint extracts (888-729-9464)
Navitas Organics organic turmeric powder (888-645-4282)
NorthEast Seasonings organic herbs, spices, blends (except those from China) (northeastseasonings.com)
NOW Foods organic vanilla extract (888-669-3663)
Nussli118 turmeric and vanilla chai superfood blends (857-242-4188)
Nuts.com organic poppy seeds (800-558-6887)
Obis One organic cracked black garlic, black garlic sea salt, black garlic chili powder, black garlic scape seasoning (609-202-9766)
Ocean Harvest Sea Vegetable Company sea veggie gomasio (707-694-9496)
Organic Traditions spices (888-968-6747)
Penzeys herbs, spices and blends (except those with salt and those from China); vanilla and almond extracts

(800-741-7787)
Pluck Organ Meat Seasoning (eatpluck.com)
Primal Palate sea salts, spices, blends (except those from China) (primalpalate.com)
Purcell Mountain Farms spices (208-267-0627)
Pure Indian Foods organic black salt, himalayan pink salt, herbs, spices (except those with gum arabic, rice or salt), vanilla extract (609-785-9100)
Raw Food Central turmeric and cinnamon powders (855-632-8729)
Raw Revelations organic cinnamon (951-677-2222)
Red Ape Cinnamon organic cinnamon, turmeric, Buddha shake curry mix, Mardi Gras shake (855-733-2731)
Rodelle Organics organic vanilla, lemon and almond extracts (800-898-5457)
Seagreens organic mineral salt and Seagreens Culinary (800-899-3413)
Shiloh Farms organic poppy seeds (800-362-6832)
Simply Organic spices, vanilla extract (800-669-3275)
Singing Dog Vanilla vanilla beans, pure and double fold vanilla extracts (888-343-0002)
Smith & Truslow organic herbs, spices, blends and sea salts (smithandtruslow.com)
Spicely herbs, spices, seasoning blends, almond and vanilla extracts (510-440-1044)
Spiritual Food for the New Millennium biodynamic gourmet finishing salts (301-654-4899)
Starwest Botanicals seasoning herbs and spices (800-800-4372)
Swanson organic spices (800-824-4491)
Teeny Tiny Spice Co. of Vermont organic spice blends (except
those with cocoa or coffee) (802-598-6800)
The Meadow sea salts, spices (503-305-3388)
The Spice Hunter herbs and spices (except those from China) (800-444-3061)
The Vanilla Company saffron, vanilla beans and powder, 3-fold vanilla paste; pure vanilla, coconut, almond, lemon and orange extracts (831-476-9111)
Thrive Market organic herbs, spices, blends (except those from China) (866-419-2174)
Vanns Spices herbs, spices, sea salts (except those with corn flour) (800-583-1693)
Vedica Organics spices (888-290-9312)
Vitacost Himalayan pink salt, spices (800-381-0759)
VitaminSea Seaweed dulse seasonings (207-929-8678)
Watkins 1868 spices
Weil Farms organic cinnamon, turmeric powder (631-680-6897)
Whole Foods 365 organic pumpkin pie spice
Wildly Organic seasoning herbs, spices, blends and salts (218-226-3985)
Zocalo Gourmet dried chile pepper pods (425-398-9761)

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

Arora Creations Indian spice blends (except those with citric acid (917-476-9942)
Hain sea salt
Lima salt
Live Superfoods zesty original salad booster (800-481-5074)
Living Intentions zesty original salad booster (415-824-5483)
Land and Seasoning original seasoning blends (816-363-7711)
Pure Indian Foods hing powder (609-785-9100)
Penzeys spice blends with salt (800-741-7787)

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

Soup, Stock and Broth

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

Arizona Grass Raised Beef Company beef bone broth (480-569-3330)
Au Bon Broth organic pure low sodium bone broth (800-453-6007)
Barebones broth (833-746-3597)
Bonafide Provisions frozen chicken, beef, turkey and frontier blend bone broths (bonafideprovisions.com)
Brodo Broth Co. hearth, chicken and beef bone broths (646-844-1862, ext 5)
BrothMasters bone broth (248-733-3899)
Circle C Farm beef and chicken bone broths (239-776-5802)
Dr. Kellyann organic chicken broth (888-871-2155)
Dutch Meadows Farm beef, chicken and turkey bone broths (717-442-9208)
Ed's Kasilof Seafoods salmon and halibut stocks; tomato soup (907-262-9572)
Fields of Athenry Farm chicken and mixed lamb/beef stocks (703-300-5765)
Grow and Behold Foods kosher chicken stock (888-790-5781)
Grass Run Farms grass fed beef bone broth (800-727-BEEF)
Hale Life Broth beef bone broth (781-844-4418)
KOL Foods kosher beef, lamb and poultry stocks (888-366-3565)
Meadow Ridge Farm beef, chicken and goat stocks (519-881-7258)
Miller's Bio Farm beef bone broth (717-786-7895)
Miller's Organic Farm chicken liver soup; beef, veal, pork, chicken, turkey, goose, duck, lamb, water buffalo, goat and fish stocks (717-556-0672)

NorthStar Bison beef, bison, chicken and turkey stocks (715-458-4300)
Nourish Food Club bone broths (nourishfoodclub.com)
Osso Good beef and chicken stocks; tomato basil and super green soup (415-578-0899)
Paleo on the Go beef and chicken broths; soups (855-447-2536)
Pete's Paleo bone broths, soups (619-363-7136)
Roli Roti Butcher's Organic Chicken Bone Broth
Slim Broth beef and chicken broths, coconut ginger and mint, chicken bone broth soup (drkellyann.com)
Stock Options beef, chicken and fish stocks; beef demi-glace (503-236-7610)
The Brothery beef and chicken broths, coconut ginger mint and lemon soup, short cook chicken meat broth (226-779-5222)
Triple E Farms chicken and beef bone broth
US Wellness Meats beef marrow bone broth and chicken stock (877-383-0051)
Vital Choice beef and chicken, halibut and salmon broths; soups (866-482-5887)

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

Amy's organic canned soups (except those with flour, pasta, white rice or tofu)
Bar Harbor clam, lobster, seafood and fish stocks (800-962-6258)
Brodo Broth Co. seaweed mushroom broth (646-844-1862)
Broth of Life dehydrated beef, chicken and lamb stocks (brothoflife.com.au)
EPIC beef, bison, chicken and turkey broths (512-944-8502)
Fig Food Co. organic chickpea, tomato & thyme soup (BPA-free pouches) (855-344-3663)
Fond bone broth
Healthy Traditions beef and bison stocks (healthytraditions.com)
Karine & Jeff organic soups (karinejeff.us)
Kettle & Fire beef and chicken bone broths (415-857-0024)
Miller's Organic Farm chicken noodle soup (717-556-0672)
More Than Gourmet classic seafood and classic fish stocks (800-860-9385)
True Primal Roasted Chicken Soup (trueprimal.com)
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, plain (not flavored except salt) potato chips, tortilla chips, plantain chips and popcorn cooked in lard and tallow, ghee, coconut oil or palm oil; organic popcorn home-popped in pastured lard, ghee, coconut oil or palm oil.

CHIPS

Artisan Tropic cassava strips (artisantropic.com)
Barnana organic cassava chips (barnana.com)
Kiwa potato, plantain, & vegetable chips (kiwalife.com/)
Masa Traditional Tortilla Chips nixtamilized corn chips in tallow (masachips.com)
Meadow Ridge Farm trail mix, potato chips (in pastured lard) (519-881-7258)
Miller's Bio Farm potato chips (in pastured lard) (717-786-7895)
Miller's Organic Farm trail mix; potato chips and sweet potato chips (both in pastured lard) (717-556-0672)
Modern Stone Age Kitchen nix 'nacks, tortilla chips, butter bites (410-996-4776)
Teddy's organic nixtamalized tallow sea salt tortilla chips
Xochitl white corn tortilla chips (214-800-3551)

OTHER SNACK FOODS

Azure Standard organic coconut rolled dates (971-200-8350)
Barnana organic original and coconut banana bites; pink sea salt plantain chips (barnana.com)
Country Life Natural Foods organic date coconut rolls (269-236-5011)
Gardens of Grace vanilla and happy harvest snack mixes (262-443-7522)
Glaser Organic Farms date-coconut rolls (305-238-7747)
Grassland Nutrition carnivoer snacks (grasslandnutrition.net)
Healthy Truth organic raw spicy Santa Fe trail mix (774-256-5800)
Jaffe Bros. organic date coconut rolls (877-975-2333)
Lark Ellen Farm vanilla cinnamon, berrylicious and pumpkin fig grain free bites; cumin crunch trail mix; grain free maple raisin cereal (805-272-8448)
LesserEvil organic Himalayan pink and ghee popcorn (203-529-3551)
Nate's Raw Harvest organic sprouted trail mix and wow! bites (214-546-2023)
Natural Zing Japanese, Mexican, Italian, curry and Texas BarBQ power wraps (888-729-9664)
Nourishing Kitchens grain free granolas and bites (541-760-5277)
Nussli118 gluten-free ginger bites, sprouted nut granolas, sprouted nut mix; maple and salted caramel nut clusters (857-242-4188)
Pleasant Pastures trail mix (717-768-3437)
Shields Date Garden organic coconut date rolls (800-414-2555)
SunOrganic Farm organic date coconut rolls (888-269-9888)

Three Sisters Nixtamal organic tortillas (503-626-0853)
Tierra Farm organic date coconut rolls (888-674-6887)
United With Earth organic date coconut rolls (510-210-4359)
Veggie-Go's beet apple and carrot apple strips; beet apple and carrot apple ends & bits (888-297-9426)

GOOD: Organic, plain (not flavored except salt) chips and popcorn cooked in lard (but may contain additives), olive, palm, high oleic sunflower or high oleic safflower oil; plain pork rinds.

Aunt Patty's Mt. Rainier, Mt. Baker and Mt. St. Helens trail mixes (800-456-7923)
Aurora Products organic cranberry frontier, cranberry health and nuts & berries trail mixes (203-375-9956)
Azure Standard organic almond date rolls (971-200-8350)
Back Roads Food Company paleo granolas (802-579-1135)
Bare Fruit snacks (800-940-0019)
Barnana tropical banana bites (barnana.com)
Better Than Roasted island magic, autumn blend, mystic mountain and oasis trail mixes; banana, ginger, pecan and tropical love bites (540-745-5040)
Bewellaby botanical gummies (425-610-7082)
Bob's Red Mill paleo style muesli
Boulder Canyon beef tallow classic potato chips
ChocolaTree nori nachos (928-282-2997)
Country Life Natural Foods fruit nut n seed trail mix; organic date almond coconut rolls, date pecan logs (269-236-5011)
Dancing Star organic lemon pomegranate, chia orange, cinnamon fig superfood+, and date flax with turmeric chunks of energy (413-625-8300)
Divine Organics golden princess and wild macmulberry trail mixes (415-884-4477)
EPIC coconut carnivore, honest harvest, bacon lust and mountain medley trail mixes (512-944-8502)
Essential Living Foods enlighten trail mix (310-319-1555)
Farmhouse Culture dill pickle, sea salt and zesty garden veggie kraut krisps (831-466-0499)
Gardens of Grace trail mix (262-443-7522)
GimMe organic olive oil, sea salt and sesame roasted seaweed snacks (415-479-8272)
Glaser Organic Farms banana, mamey, mango, strawberry and sapodilla-banana rawies; banana, snow and temple balls; date-almond rolls; orange cranberry granola; a walk in the park, Himalayan delight and go for it trail mixes (305-238-7747)
Go Raw Real Live Food flax snax, spirulina super chips, lime coconut crisps, salt & vinegar coconut crisps (408-272-4722)
Gopal's Japanese, Mexican, Italian, curry, honey curry, masala and Texas BarBQ power wraps (866-646-7257)
Gorilly Goods jungle and sweet curry cashew fruit & nut snacks (262-423-8000)
GrandyOats organic grain-free original coconola (coconut

granola); classic and apple cranberry trail mixes (207-935-7415)
Healthy Truth organic raw sprouted blueberry baobao crunch, lemon poppy pomegranate energy squares (774-256-5800)
Higher Power trail mixes, chips (877-684-8763)
International Harvest, Inc. go tropical trail mix (914-699-5600)
Jaffe Bros. organic trail mixes, date pecan nuggets (877-975-2333)
Lundberg Family Farms organic sea salt rice chips
Lydia's Foods spicy beet and super carrot sprouted chips; apple crunch and ancient power sprouted cereals (707-992-0776)
MamaSezz organic gram's granola (grain free) (800-212-8913)
Manna Organics trail mix (630-795-0500)
Matt's Munchies fruit snacks (except those containing chocolate) (714-836-5825)
Mt. Olive Organic Farm organic walnut stuffed dates (805-237-0147)
Natural Zing Japanese, Mexican, Italian, curry and Texas BarBQ power wraps; pecan heaven trail mix (888-729-9664)
Nuts.com organic pecan date rolls, walnut date rolls (800-558-6887)
Organic banana chips (in health food stores)
Paleo Mama Bakery cranberry walnut granola (608-692-3715)
Paleonola grain-free granola (except those with cacao) (833-476-3733)
Peeled Snacks organic apple crunch and cinnamon crunch apple clusters (212-706-2001)
Pete's Paleo paleo trail mix (619-363-7136)
Primal Island toasted coconut grain free granola (360-632-5095)
Raw Food Central onion rings (855-632-8729)
Rayo De Sol sweet rolls (877-478-7486)
Rising Tide Sea Vegetables sea crunchies (707-964-5663)
SeaSnax organic roasted seaweed snacks (except wasabi and BBQ) (310-882-5503)
Shields Date Garden organic almond, apple cinnamon, banana, almond date coconut confection, pecan and walnut date rolls (800-414-2555)
Shiloh Farms datelet nut rolls (800-362-6832)
Solely organic banana pecan fruit jerky (888-776-5359)
Stretch Island organic grape and apple fruit strips (800-700-9687)
The Maine Sea Kitchen sea kitchen crunch (etsy.com/shop/TheMaineSeaKitchen)
United With Earth organic date almond rolls (510-210-4359)
US Wellness mystic mountain and paleo trail mixes; ginger, pecan and tropical love bites (877-383-0051)
VitaminSea Seaweed seacrunch cranberry kelp snack (207-929-8678)

Wilderness Poets trail mixes (except those with cacao) (844-945-3649)
Wildmade fruit rolls (888-297-9426)
Wildway apple cinnamon, banana nut and coconut cashew grain-free granolas (wildwayoflife.com)

PORK RINDS, SKINS, CRACKLINS

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

POTATO CHIPS

Kettle Brand Co. organic sea salt potato chips (503-364-0399)
Luke's Organic kettle style sea salt potato chips (lukesorganic.com)
Siete potato chips (except those with citric acid)
Vandy Crisps tallow potato chips (vandycrisps.com)

CORN CHIPS

Jackson's Chips blue corn, red corn, yellow corn and lime sea salt tortilla chips (all in coconut oil) (303-619-8056)
Late July restaurant style sea salt, sea salt & lime, and purple corn tortilla chips; sweet potato, sublime and red hot mojo multigrain snack chips; clasico crispy yellow corn tortilla chips
Siete corn and cassava tortilla chips
Thrive Market organic sprouted tortilla chips (866-419-2174)
Utz organic corn tortilla chips
Xochiti tortilla chips

POPCORN

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

PRETZELS

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

AVOID: All chips, popcorn and snack foods cooked in partially hydrogenated vegetable oils; microwave popcorn; snack foods

containing agave, citric acid, unsoaked quinoa, chocolate, cocoa or cacao; snack foods made with non-organic grains (most of which are sprayed with Roundup); non-organic chips and popcorn.

Cookies, Bars and Muffins

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

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

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

Bahamii date and almond bars (except chocolate flavors) (bahamii.com)
Bearded Brothers organic energy bars (except those with kale, hemp, cocoa or cacao) (512-428-4698)
Equal Exchange organic fruit and nut bars (774-776-7333)
Glaser Organic Farms organic carob fudgy brownies (305-238-7747)
Go Raw Real Live Food super cookies (except chocolate), spirulina energy bars, banana bread flax bars (408-272-4722)
Gopal's sesame-mango, walnut-fig, apple-delicious, pumpkin-date and pineapple-nut rawma bars; sprout bars (866-646-7257)
Jennies coconut macaroons in 8 oz. cans, organic coconut macaroons (570-457-2400)
Jovial organic ginger spice cookies (877-642-0644)
Larabar fruit bars (except those with coffee, chocolate, cocoa, cacao, hemp, kale or natural flavors) (877-LARABAR)
Live Superfoods raspberry, tropical mango and banana bread flax bars (800-481-5074)
Livin' Spoonful organic lemon chia cookies, ginger snaps (503-230-8484)
Lydia's Foods spirulina and tropical mango bars (707-992-0776)
Miller's Organic Farm oatmeal raisin cookies (717-556-0672)
Natural Zing sesame-mango, walnut-fig, apple-delicious, pumpkin-date and pineapple-nut rawma bars; spirulina

and tropical mango bars, sprout bars (888-729-9464)
O Bread Bakery organic ginger molasses and oatmeal raisin cookies (802-985-8771)
Ona Cookies (trueprimal.com/ona)
Paleo on the Go paleo blondies (855-447-2536)
Patagonia Provisions fruit + almond bars (except those with cacoa) (888-221-8208)
Raw Crunch cranberry and blueberry bars (704-650-3434)
ShaSha Co. organic spelt ginger snaps (416-255-0416)
Skout Organic peanut butter, coconut, apple pie and blueberry blast bars (201-874-4835)
Stutzman Farms organic gluten-free bars (330-674-1289)
That's it. fruit bars (thatsitfruit.com)
Thunderbird Energetica cashew fig carrot and pecan persistence bars (thunderbirdbar.com)

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

Sweeteners

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

HONEY

Amish Honey, Inc. raw honey (917-519-1242)
Bariani raw honey (415-864-1917)
ChocolaTree raw honey (928-282-2997)
Cloverfield Farm raw honey (cloverfieldfarm.us)
Dutch Meadows Farm raw honey (717-442-9208)
Family Cow raw honey (717-491-4004)
Glaser Organic Farms raw honey (305-238-7747)
GloryBee Foods raw honey (800-456-7923)
Good & Gather (Target) organic raw honey (800-316-6151)
Hawai'i Harvest organic raw honey (808-339-5226)
Healing Spirits Herb Farm raw honey (607-566-2701)
Healthy Traditions organic raw honey (healthytraditions.com)
Horizontal Hive raw honey, comb honey (417-962-0707)
Kevala organic raw honey (877-379-1179)
Kirkland organic raw honey
Living Tree organic raw honey (800-260-5534)
Madhava organic raw honey (800-530-2900)
Maharishi Honey organic raw honey (maharishihoney.com)
Moonwise Herbs raw honey (920-452-4372)
Natural Zing raw honey (888-729-9464)

Nature Nate's organic raw honey (469-452-4429)
Once Again organic raw honey (585-360-2295)
Patagonia Provisions organic raw honey (888-221-8208)
Pili Hunters wild raw honey (628-227-7454)
Puremiel organic raw honey (puremiel.com)
Puritan's Pride organic raw honey (800-645-1030)
Pu'u O Hoku raw honey (puuohokustore.com)
Really Raw honey and fermented honey (800-732-5729)
Rigoni di Asiago organic raw honey
Schenker Family Farms raw honey (620-632-4470)
Sioux Honey raw honey (712-258-0638)
Solpsring raw honey
Sunny Acres Honey Farm raw honey (660-945-3874)
The CheeseMaker raw honey (877-424-3393)
Thrive Market organic raw honey (866-419-2174)
Trader Joe's organic raw honey
US Wellness raw honey (877-383-0051)
Vitacost organic raw honey (800-381-0759)
Wee Bee raw honey (585-652-9592)
Weil Farms organic raw honey, comb honey, honey powder (631-680-6897)
Wholesome Sweeteners organic raw honey
Y.S. Organic Bee Farms raw honey (800-654-4593)

MOLASSES, BARLEY MALT SYRUP

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

SUGAR, JAGGERY

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

SYRUPS, DATE SUGAR

Alaska Birch Syrup Company birch syrup (907-353-1309)
Aunt Patty's maple sugar, date sugar (800-456-7923)
B&E's Trees organic maple syrup (608-799-9380)
Back Creek maple syrup (540-499-2302)
BLiS maple syrup (616-942-7545)
Branon organic maple syrup, sugar and cream (802-827-3914)
Buck Mountain maple syrup (802-370-0219)
Cherokee Bison Farms maple syrup (715-223-3644)
Coombs maple syrup, sugar, granules and powder (888-266-6271)
Country Life Natural Foods maple syrup (269-236-5011)
Date Lady organic date sugar and syrup (417-414-2282)
Davis Family Sugar Shack organic maple syrup (715-551-1090)

Dutch Meadows Farm maple syrup (717-442-9208)
Dutchman's Gold maple syrup (844-773-8824)
Eagle's Sugar Camp maple syrup (540-396-6126)
Fat Stone Farm organic maple syrup (fat-stone-farm.com)
Field Day organic maple syrup
Glaser Organic Farms maple crystals, date sugar (305-238-7747)
Great River Maple organic maple syrup and cream (319-830-5882)
Healthy Traditions maple syrup (healthytraditions.com)
Just Date Syrup organic date syrup (justdatesyrup.com)
Kirkland maple syrup
Living Tree maple syrup, date sugar (800-260-5534)
Maple Hill Farm maple syrup, sugar and cream (800-543-5379)
Maple Syrup Producers' Cooperative maple syrup and sugar (819-362-3241)
Maple Valley maple syrup, sugar and cream (608-654-7319)
McCluskey Brothers maple syrup (608-986-3760)
Meadow Ridge Farm maple syrup (519-881-7258)
Miller's Bio Farm maple syrup (717-786-7895)
Miller's Organic Farm maple syrup (717-556-0672)
Native Harvest maple syrup (218-375-4602)
Natural Value maple syrup
New Hope Mills organic maple syrup (315-252-2676)
NOW Foods maple syrup (888-669-3663)
Patterson Sugar Bush organic maple syrup, maple sugar (603-225-7864)
Patz Maple & Honey Farms sorghum syrup; maple syrup, sugar and cream (800-897-2488)
Plummer's Sugar House maple syrup, sugar and cream spread (802-843-2207)
Primal Woods maple syrup (269-222-0101)
Providence Pastures maple syrup (providencepastures.org)
Roth Sugar Bush maple syrup (715-289-3820)
Runamok Maple organic maple syrups (except those with cacao or coffee) (802-849-7943
Russell organic maple syrup
Shady Maple Farms organic maple syrup, sugar and maple butter
Shields Date Garden organic date sugar and date butter (800-414-2555)
Shiloh Farms maple syrup, maple sugar and date sugar (800-362-6832)
Specially Selected (Aldi) maple syrup (800-325-7894)
Spring Brook Farm maple syrup (802-484-1236)
Spring Tree organic maple syrup
Stannard Farm maple syrup and sugar (stannardfarmvt.com)
Stryker Farm maple syrup (570-269-2995)
SunOrganic Farm organic date sugar (888-269-9888)
Thrive Market organic maple syrup (866-419-2174)
Vermont Highland Cattle Company maple syrup (888-243-8218)
Vitacost maple syrup (800-381-0759)
Whole Foods organic maple syrup
Wilderness Poets maple crystals (844-945-3649)

COCONUT SWEETENERS

Coconut or palm sugar (sold in Asian markets)
Anthony's Goods organic coconut sugar (anthonysgoods.com)
Aunt Patty's organic coconut sugar (800-456-7923)
Big Tree Farms organic coconut palm sugars, coconut nectars (833-324-8733)
Bright Earth organic coconut palm sugar (541-201-0420)
Coconut Secret raw coconut crystals, coconut nectar (888-369-3393)
Country Life Natural Foods organic coconut sugar (269-236-5011)
Divine Organics coconut sugar, crystals and nectar (415-884-4477)
Earth Circle Organics coconut sugar crystals (888-501-7170)
Food to Live organic coconut sugar (718-717-1029)
Foods Alive coconut sugar crystals (260-488-4497)
Healthy Goods organic coconut palm sugar (800-481-5074)
Living Tree coconut crystals (800-260-5534)
Madhava organic blonde coconut sugar (800-530-2900)
Munkijo organic coconut sugar and nectar (949-861-2798)
Natural Zing palm sugar, raw coconut crystals, coconut nectar (888-729-9464)
Nutiva coconut sugar (800-993-4367)
Nuts.com organic palm sugar (800-558-6887)
Organic Traditions coconut palm sugar (888-968-6747)
Original Living Coconut coconut sugar (800-906-3064)
Raw Revelations coconut palm sugar (951-677-2222)
RawGuru organic coconut sugar (800-925-0577)
Terrasoul Superfoods organic coconut palm sugar (800-458-8773)
Thrive Market organic coconut sugar, coconut nectar (866-419-2174)
Vitacost organic coconut sugar (800-381-0759)
Viva Naturals organic coconut sugar (800-921-8482)
Wholesome Sweeteners organic coconut palm sugar
Wildly Organic coconut syrup (218-226-3985)

STEVIA

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

GOOD: Raw, unadulterated honey, preferably unfiltered. Organic jams made with natural sweeteners and without ascorbic acid and citric acid.

HONEY

African Bronze Honey Company organic raw honey (844-545-5372)
Alaska Birch Syrup raw honey (907-373-1309)
Ames Farm raw honey (952-955-3348)
B and G Honey Farm raw honey (912-852-5124)

BannerBee raw honey (240-793-0363)
Bee Chama Honey (beechamahoney.com)
Bee Flower and Sun Honey Co. raw honey (908-735-6946)
Bee Harmony organic raw honey
Bee Seasonal organic raw honey (beeseasonal.com)
Bluff Wood Creek raw honey (bluffwoodcreek.com)
Brad's Organic organic raw honey (bradsorganic.com)
Circle C Farm raw honey (239-776-5802)
Cognitive Function raw reishi honey (congnitivefunction.net)
Country Life Natural Foods raw honey (269-236-5011)
Crystal's Honey raw honey (978-667-2337)
Dutchman's Gold raw honey, honeycomb (844-773-8824)
Ebeehoney.com raw honey (419-289-6701)
Fields of Natural Honey raw honey, honeycomb (765-425-1940)
Fishhugger raw honey (602-286-9233)
Grandpa Stan's raw honey (352-593-5082)
HalleluYah Honey raw honey, creamed honey, cut comb honey (209-409-5600)??
Heavenly Honey Farm raw honey (253-232-6483)??
Heavenly Organics organic raw honey (303-656-6700)
Honey Gardens raw honey (800-538-5888)
Honey in the Rough
Honey Pacifica raw honey, honeycomb, fermented honey, habanero honey (562-803-4300)
L.R. Rice raw honey (970-353-6277)
Lazy Bee Ranch raw honey (720-251-3270)
Liquid Gold Honey raw honey (561-221-3828)
Living Honey raw honey (801-368-3870)
Manuka raw honey (manukahoneyusa.com)
Marshall's Farm Natural Honey raw honey (707-556-8088)
Marsolen's Pure Honey raw honey, honey comb (608-838-3992)
Meadow Ridge Farm raw honey (519-881-7258)
Meant To Be Natural Food raw kosher honey (845-535-1354)
Miller's Bio Farm raw honey (717-786-7895)
Miller's Organic Farm raw honey (717-556-0672)
Mt. Olive Organic Farm raw honey (805-237-0147)
Nourish Food Club raw honey, raw whipped honey
Nuts.com raw honey (800-558-6887)
Patz Maple & Honey Farms all natural raw honey (unflavored), comb honey (800-897-2488)
PJ Farms raw honey (856-498-8368)
Pleasant Pastures raw honey and honeycomb (717-768-3437)
Premier Research Labs raw honey (800-325-7734)
Raw Honey MKE raw honey, honeycomb (844-696-4276)
Rice Family Honey raw honey (970-353-6277)
South Mountain Creamery raw honey (East Coast) (844-762-6455)
Stakich, Inc. raw honey (248-642-7023)
Stutzman Farms raw honey (330-674-1289, ext 2)
Triple E Farms raw honey (304-790-2918)

Tudor House Tea & Spice raw creamed honeys (269-425-1512)
Walt's Swarmbustin' honey (610-384-2384)
Wedderspoon raw honey (877-296-8403)
Wisconsin Natural Acres raw honey (920-849-9784)

FRUIT SPREADS

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

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; white 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.

Ice Cream for Bears (icecreamforbears.com)
Meadow Ridge Farm raw ice cream (519-881-7258)
Miller's Bio Farm raw ice cream (717-786-7895)
Miller's Organic Farm raw cow and water buffalo ice creams (717-556-0672)
Pleasant Pastures raw ice cream (717-768-3437)
Traderspoint Creamery (317-313-4048)

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
Ciao Bella vanilla gelato, coconut sorbetto (800-343-5286)
Cosmic Bliss ice cream
Jeni's Ice Cream (jenis.com)
Kirkland Super Premium vanilla ice cream
Straus Family Creamery ice cream
Talenti vanilla and coconut gelatos (214-526-3600)
Van Leeuwen 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.

FERMENTED BEVERAGES

- Ann Payne's Caveman Foods water kefir (except those with coffee) (416-665-4949)
- Aqua Vitea kombucha (Northeast) (802-453-8590)
- Better Booch kombucha
- Biotic Beverages kvasses (West Coast) (707-583-9812)
- Brew Doctor kombucha
- Buchi Kombucha kombucha without natural flavors, kefir soda (except those with coffee or cocoa) (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)
- Fab Ferments beet kvass (513-562-7531)
- Farmhouse Culture gut shots (fermented vegetable juices) (831-466-0499)
- Forage kombucha (drinkforage.com)
- Gail's Cupboard beet kvass, kombucha (except goji), fermented lemonade, jun, almond milk (570-561-6970)
- Garden Goddess beet kvass (480-239-8561)
- GetKombucha.com kombucha (888-542-4448)
- GT's Synergy Kombucha
- Health-Ade kombucha (844-337-6368)
- Hidden Pond Farm kombucha, beet kvass (765-960-5092)
- High Country Kombucha kombucha (except goji) (970-328-1827)
- Katalyst Kombucha (413-773-9700)
- Kirkland kombucha
- Kombucha 2000 (except hemp kombucha) (818-602-2455)
- Kombucha Botanica kombucha (831-425-1320)
- Kombucha Kamp kombucha (424-245-5867)
- Lupa's Kitchen kombucha (404-664-4209)
- Marin Kombucha (marinkombucha.com)
- Meadow Ridge Farm kombucha, beet kvass, cabbage juice tonic, ginger ale (519-881-7258)
- Miller's Bio Farm kombucha, beet kvass (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)

Mortal kombucha
Noble Pastures sourdough kvass (223-221-0040)
Oregon Brineworks beet kvass (541-354-1357)
Owl Spoon Water Kefir Co (owlspoonkefir.com)
Pleasant Pastures kombucha, beet kvass; fermented ginger ale, grape cooler and sauerkraut juice (717-768-3437)
ProNatura kombucha tea (800-555-7580)
Steve's Paleogoods gut power shots (fermented vegetable juices) (856-356-2258)
Suja kombucha (855-879-7852)
Tapuat Kombucha kombucha (Midwest) (920-854-5066)
Tea-Biotics kombucha
The Bu kombucha
The Rejuvenation Company kombucha and rejuvelac (408-320-4805)
Trader Joe's kombucha
Tribucha kombucha flavors controlled bum, brainiac, flowers of life (919-455-8310)
Wild Tonic non-alcohol jun (except goji) (928-634-5434)
Wise Goat Organics golden and beet kvasses, fermented cabbage juice (303-905-9723)
Grainfields B.E. Wholegrain and Lemon & Ginger fermented drinks (718-788-8783)
Kanne organic bread drink (800-400-7772)
Selina Naturally Grainfields B.E. Wholegrain fermented drink (800-867-7258)
Vita Biosa fermented beverage (905-357-0800)

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

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

COFFEE SUBSTITUTES
Cafix instant coffee substitute
Dandy Blend instant coffee substitute (800-697-4858)
Faux Joe organic caffeine-free roasted grain beverage (FarmatCoventry.com)
Frontier organic roasted chicory root (800-669-3275)
Lydia's Foods organic herbal coffee (707-992-0776)
Maya Superfoods no-es café and maya powder coffee substitutes (970-275-4065)
Mountain Rose Herbs herbal coffee (800-879-3337)
Orleans Coffee Exchange 100% pure American chicory and 100% pure French chicory (504-827-0878)
Pero instant coffee substitute

FERMENTED BEVERAGES
Ancient Drinks switchel (ancientdrinks.com)

Caldwell/Deep Root cultured vegetable juices (819-849-2000)
Capital Kombucha (except those containing agave) (Mid-Atlantic) (617-755-0801)
Champagne Tea kombucha (champagnetea.com)
Farmstead Ferments water kefir sodas, fermented kraut and kimchi juices (VA, MD, SC) (434-286-3302)
GT's veggie kefir probiotic shots (877-735-8423)
KeVita lemon ginger probiotic drink (888-310-6106)
Miller's Bio Farm sourdough kvass (717-786-7895)
Miller's Organic Farm sourdough kvass (717-556-0672)
Soul Brew kombucha (except those with coffee or cocao) (414-215-9282)
Wild Tonic 5.6% alcohol jun (except goji) (928-634-5434)

HERBAL TEAS

Anthony's Goods organic herb teas (213-793-8178)
Beeyoutiful organic herb teas (except those with caffeine or alfalfa) (877-623-3968)
Bija organic herb teas
Brew Dr. Tea Company organic herb teas (except those with caffeine or cacao) (brewdrtea.com)
Burgie's Berry Farm organic aronia berry tea (262-388-0054)
Celestial Organics organic herb teas (except those with natural flavors or sugar) (800-351-8175)
Choice organic herb teas without natural flavors
Forrest Green Farm herb teas (except those with caffeine) (434-882-2648)
Four Elements Herbals organic herb teas (except those with alfalfa) (608-522-4492)
Frontier organic herb teas (except those with citric acid or caffeine) (800-669-3275)
Healing Spirits Herb Farm organic herb teas (607-566-2701)
Kombucha Kamp organic herb teas (except those with caffeine) (424-245-5867)
Leigh's Bees harmonizing herbal tea blend (802-874-7214)
Live Superfoods organic herb teas (except those with caffeine) (800-481-5074)
Lydia's Foods organic herb teas (except those with caffeine or cacao) (707-992-0776)
Midwest Mermaid Muse tea concetrate (816-363-7711)
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)
Nature's Rare herbal teas (naturesrare.com)
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 organic cumin coriander fennel tea, organic immune support tea (609-785-9100)
Rishi Tea organic herb teas (except those with caffeine, cocoa or natural flavors) (877-552-7977)
Soothin' Infusion organic herbal teas (800-250-4718)
Spicely organic herbal teas (510-440-1044)
Starwest Botanicals organic herb teas (except those with caffeine) (800-800-4372)
Tea for the People organic herbal teas (except those with caffeine or cacao) (608-538-3459)
The Republic of Tea organic herb teas (except those with caffeine, cocoa or natural flavors) (800-298-4832)
Traditional Medicinals organic herb teas (except those with caffeine, chocolate or alfalfa) (800-543-4372)
Tudor House Tea & Spice organic herb teas without natural flavors (269-425-1512)
Two Leaves Tea Company organic herb teas without natural flavors (866-631-7973)
Yogi Tea organic chai rooibos, chamomile, ginger, detox, peppermint, Egyptian licorice mint, original yogi, throat comfort and raspberry leaf herbal teas (800-964-4832)

BEER

Chimay beer
Foret ale
Great Lakes Brewing Company beer (216-771-4404)
Jade ale

WINE

Casa Barranca organic wines (805-640-1255)
Chartrand Imports wines (207-594-7300)
Coturri Winery wines (866-268-8774)
Dry Farm Wines (dryfarmwines.com)
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)
Primal Wine (primalwine.com)
Scout and Cellar Wines clean crafted wines(scoutandcellar.com)

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.

Nutrient-Dense Oils

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

Droppi high vitamin cod liver oil (dropi.com)
Green Pasture cod liver oil, skate oil and butter oil (402-858-4818)
Rosita Real Foods extra virgin cod liver oil and ratfish liver oil (1-888-778-3179)
Smidge Austrailian emu oil (888-524-6585)
Vassaburg liquid cod liver oil (vassaburg.com)
Walkabout emu oil (715-305-2526)

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

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

Engelvaer cod liver oil
Garden of Life cod liver oil
NOW Foods double strength cod liver oil capsules (888-669-3663)
Pharmax cod liver oil
Sonne's cod liver oil
Swanson double strength cod liver oil capsules
Twin Labs non-emulsified liquid cod liver oil

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

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

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About the Weston A. Price Foundation

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

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