

2021 Shopping Guide

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



Education ♦ Research ♦ Activism

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

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The Wise Traditions Diet for Healthy Families

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

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

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

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

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

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

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

Community Supported Agriculture

Many people are making an effort these days 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. The farm may also be the only source available for humanely raised animal products, pastured poultry and eggs, and organic or biodynamic vegetables. For this reason, many people have banded together throughout the country to support local farmers who are engaged in traditional methods of agriculture. This is known as the Community Supported Agriculture (CSA) movement. Raw milk is often available through cow- or herd-share programs.

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

Shopping Guide App

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

To Our Readers

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

Our Shopping Guide is updated yearly. Visit our website at westonaprice.org to purchase the latest guide or to become a member—WAPF members receive the updated guide every year.

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

If you have brand names or sources of high-quality foods that you can recommend, or comments about items that have been included, please submit them to the Weston A. Price Foundation (contact information below).

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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). Over the past few years, sources of retail raw milk have become too numerous to list. To find high-quality, unprocessed milk in your area, either in a store or from the farm, visit realmilk.com or contact a local chapter of the Weston A. Price Foundation (westonaprice.org or 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
Cruze Farm (TN)
Hartzler Family Dairy (OH and IN)
Hatcher Family Dairy (TN)
Hy-Vee Health Market organic whole milk
Kilby Cream (MD, PA and DE)
Mill-King Market & Creamery (TX)
Oasis at Bird-in-Hand (Mid-Atlantic)
Organic Valley whole Grassmilk
Promised Land Dairy
Saint Benoit Creamery (CA)
Sky Top Farms (East Coast)
Traderspoint Creamery
Working Cows Dairy (AL)

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

Fresh Cheese

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

- Blue Mountain Meadows fresh raw cow and sheep cheeses (717-423-5680)
- Buttercup Farm grass-fed raw cottage cheese (717-548-2982)
- Green Acres Farm raw cottage cheese (717-768-3504)
- Meadow Ridge Farm raw goat chevres, cow cream cheese, cow and goat cottage cheese with cream (717-530-5999)
- Miller's Bio Farm raw cow cottage cheese, cream cheese; goat cottage cheese, chevre (717-786-7895)
- Miller's Organic Farm raw cow cottage cheese with cream, cream cheese; goat, water buffalo and sheep cottage cheese; fresh cow, goat, water buffalo and sheep cheeses; cheese spread (717-556-0672)
- Pleasant Pastures raw cottage cheese and cream cheese; goat chevres (717-768-3437)
- Rocky Ridge Dairy raw cottage cheese, cream cheese (717-284-0466)
- The Farm Connection raw creamed cottage cheese; raw fresh cheese curds and mozzarella cheese (812-939-3027)
- Willow Run Dairy raw cow cottage cheese with cream, cream cheese; goat cottage cheese; fresh cow and goat cheeses (except seafood chevre) (717-556-0285)

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

- Bellwether Farms fromage blanc, whole Jersey ricotta (707-763-0993)
- Branched Oak Farm fresh cow cheeses (402-783-2124)
- Cedar Grove Cheese quark, fresh water buffalo mozzarella, cheese curds, fresh sheep cheese (800-200-6020)
- Chapel's Country Creamery Farm cordova white fresh cow cheeses (410-820-6647)
- Cherry Grove Farm cheddar cheese curds, brie, fromage blanc (609-219-0053)
- Colonial Goat Dairy fresh goat cheese (717-768-7492)
- Cowgirl Creamery fresh cow cheeses, fromage blanc, clabbered cottage cheese (866-433-7834)
- Cricket Creek Farm fresh and Berkshire bloom cheeses (413-458-5888)
- Dutch Meadows Farm camembert cheese (717-442-9208)
- Farm Fromage fresh cow, goat and sheep cheeses (717-314-1373)
- Hawthorne Valley Farm quark, bianca and mayhill fresh cow cheeses (518-672-7500)
- Hidden Springs Creamery driftless fresh sheep cheeses (except those with sugar) (608-606-3840)
- Kenny's Farmhouse Cheese cheese curds, brie (888-571-4029)
- Laurel Valley Creamery fresh cheeses (740-245-9044)

LoveTree Farmstead fresh sheep cheeses (715-488-2966)
 Meadow View Jerseys cheese curds (717-656-2261)
 Miller's Organic Farm water buffalo mozzarella cheese
 (717-556-0672)
 Oasis at Bird-in-Hand cheese curds (717-288-2154)
 Old Chatham Creamery camembert (sheep and cow),
 kinderhook creek sheep cheese (800-570-8397)
 Otterbein Acres sheep camembert cheese (717-423-6689)
 Saint Benoit Creamery yogurt cheese (CA)
 Sierra Nevada Cheese Company goat chevre (530-934-8660)
 Spring Hill Jersey Cheese Co. fresh curds and quark
 (707-762-3446)
 Sprout Creek Farm fresh cow and goat cheeses
 (845-485-9885)
 Sweet Grass Dairy fresh cheeses (229-228-6704)
 Traderspoint Creamery cottage cheese and fromage blanc
 Twilight Dairy, LLC fresh cheese curds and mozzarella cheese
 (765-569-5677)
 Vermont Creamery quark, fresh goat cheeses
 Wolf Meadow Farm fresh cheeses (except ricotta)
 (978-201-1606)

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

Aged Cheese

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

5 Spoke Creamery (845-651-7763)
 Meadow Creek Dairy (except Mountaineer Alpine-style
 cheese) (888-236-0622)
 Rogue Creamery raw cheeses (541-665-1155)
 Spring Brook Farm Reading raw cheese (802-484-1226)
 Traderspoint Creamery raw cheeses (317-733-1700)
 Bellwether Farms raw sheep cheeses (707-763-0993)
 Blue Mountain Meadows cow and sheep cheeses
 (717-423-5680)
 Bobolink Dairy (973-764-4888)
 Branched Oak Farm (402-783-2124)
 Breezy Meadows Farm goat cheese (717-821-7547)
 Buttercup Farm (717-548-2982)
 Cada Dia Cheese (541-604-1390)
 Canal Junction (419-399-2350)
 Cato Corner Farm (except Alpine-style Dairyere, Dairyere
 Reserve, and Arietta Estiva) (860-537-3884)
 Chapel's Country Creamery Farm (410-820-6647)
 Cherry Grove Farm raw cheeses (609-219-0053)
 Clover Creek Cheese Cellar (814-832-3755)

Colonial Goat Dairy (717-768-7492)
 Cricket Creek Farm raw cheeses (413-458-5888)
 Dutch Meadows Farm (717-442-9208)
 Farm Fromage raw cow and sheep cheeses (717-314-1373)
 Fields of Athenry Farm raw cheddar (703-300-5765)
 Green Acres Farm (717-768-3504)
 Green Hills Farm raw cheeses (717-786-8093)
 Hawthorne Valley Farm raw cheeses (518-672-7500)
 Hidden Springs Creamery raw sheep cheese (608-606-3840)
 Hilltop Meadow Farm (except smoked cheddar)
 (570-345-3305)
 Jacobs and Brichford Farmstead Cheese Ameribella and
 Briana raw cheeses (765-692-0056)
 James Ranch (970-799-0782)
 Jasper Hill Farm raw cheeses (802-533-2566)
 Kenny's Farmhouse Cheese raw cheeses (888-571-4029)
 Keswick Creamery (717-440-4652)
 Laurel Valley Creamery raw cheeses (740-245-9044)
 Life-Enhancing Acres (717-768-7848)
 LoveTree Farmstead raw cow, goat and sheep blended cheeses
 (715-488-2966)
 Lykens Valley Creamery raw cow cheese (717-692-4361)
 Meadow Made Farm (330-674-1289)
 Meadow Ridge Farm cow, goat and sheep cheeses
 (717-530-5999)
 Meadowview Jerseys (717-656-2261)
 Meant To Be Natural Food supervision kosher raw cheese
 (845-535-1354)
 Miller's Bio Farm raw cow, goat and sheep cheeses
 (717-786-7895)
 Miller's Organic Farm raw cow, goat, water buffalo and
 sheep cheeses (717-556-0672)
 Mountain View Dairy (315-858-0536)
 Nature's Sunlight Farm (717-776-3417)
 Nittany Valley Organics (570-726-7799)
 Oasis at Bird-in-Hand raw grass-fed cow and sheep cheeses
 (717-288-2154)
 Oliver Farms cheddar (810-793-7289)
 Organic Pastures (877-RAW-MILK)
 Otterbein Acres cow and sheep cheeses (717-423-6689)
 P. A. Bowen Farmstead raw cow cheese (301-579-2727)
 Pleasant Pastures raw cow and goat cheeses (717-768-3437)
 Pleasant View Farms (608-553-0787)
 Robinson Farm Swiss, Hardwick Stone and Tekenink Tomme
 raw cheeses (413-477-6988)
 Rocky Ridge Dairy cow and sheep cheeses (717-284-0466)
 Saxon Creamery glacial lakes raw cheese (920-693-8500)
 Shelburne Farms (802-985-8686)
 Shepherd's Hollow Farm raw sheep and cow/sheep cheeses
 (717-529-5500)
 Spring Bank Acres raw cheeses (814-349-5594)
 Spring Gap Mountain Creamery (304-947-5414)
 Sprout Creek Farm raw cow and goat cheeses (845-485-9885)
 Steckler Grassfed (812-683-3098)
 Sunny Crest Pastures raw cheeses (717-768-0101)
 Sweet Grass Dairy raw cow cheeses (229-228-6704)
 The Family Cow raw cow and goat cheeses (717-491-4004)

The Farm Connection (812-939-3027)
Twilight Dairy, LLC (765-569-5677)
Uplands Cheese Company (888-935-5558)
Veldhuizen Cheese raw cheeses (except Greens Creek)
(254-968-3098)
Wil-Ar Farm (717-776-6552)
Willow Run Dairy cow, goat and sheep cheeses
(717-556-0285)

RAW CHEESE RETAILERS

Artisanal (877-797-1200)
Farmstead Fresh, Inc. (800-780-7303)
Formaggio Kitchen (888-212-3224)
Fromages.com raw grass-fed French cow, goat and sheep
cheeses
Marky's European raw cheeses (800-522-8427)
Miller's Natural Foods raw cow cheeses (717-768-7582)
Real Milk Cheese (realmilkcheese.com)
Stryker Farm raw cow cheeses (570-269-2995)
US Wellness cow and goat cheeses (877-383-0051)
Zingerman's raw cheeses (888-636-8162)

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

Applegate havarti, monterey jack, provolone,
muenster and extra sharp cheddar cheeses
Bellwether Farms (707-763-0993)
Boar's Head (800-352-6277)
Boone Creek Creamery cheese (except those with coffee)
(866-835-2135)
Bravo
Brunkow Dairy (608-776-3716)
Burroughs Family Farms (209-874-9400)
Cabot Creamery (except those with citric acid, canola oil or
natural flavors) (888-792-2268)
Cato Corner Farm Alpine-style Dairyere, Dairyere Reserve
and Arietta Estiva (860-537-3884)
Cedar Grove Cheese (800-200-6020)
Cherry Grove Farm (609-219-0053)
Country Castle Limburger cheese (608-325-4343)
Cowgirl Creamery (866-433-7834)
Crowley Cheese Company raw cheese (800-683-2606)
Farm Fromage raw goat cheese (717-314-1373)
Fields of Athenry Farm (703-300-5765)
Finlandia whole milk cheeses
Fromages.com French cow, goat and sheep cheeses
Giving Nature
Grafton Village Cheese (800-472-3866)
Great Hill Blue (888-748-2208)
Green Hills Farm mozzarella (717-786-8093)
Hawthorne Valley Farm Alpine cheeses (518-672-7500)

Hidden Springs Creamery sheep and cow cheeses
 (608-606-3840)
 Jacobs and Brichford Farmstead Cheese Everton cheese
 (765-692-0056)
 Jasper Hill Farm (802-533-2566)
 Kenny's Farmhouse Cheese (888-571-4029)
 Kerrygold
 Landmark
 Laurel Valley Creamery (740-339-2001)
 LeRaysville
 Lykens Valley Creamery raw goat cheese (717-692-4361)
 Maple Hill Creamery (518-758-7777)
 McCluskey Brothers (608-986-3760)
 Meadow Creek Dairy Mountaineer Alpine-style cheese
 (888-236-0622)
 Miller's Natural Foods (717-768-7582)
 Miller's Organic Farm cow mozzarella (717-556-0672)
 Misty Creek Goat Dairy raw goat cheese (717-656-4628)
 Mt. Sterling goat cheese (866-289-4628)
 Natural Valley goat cheese (608-654-7444)
 Nordic Creamery cow and goat cheeses (608-634-3199)
 Oasis at Bird-in-Hand raw goat cheese (717-288-2154)
 Old Chatham Creamery blue sheep cheese (800-570-8397)
 Organic Valley cheese
 Paradise Pastures Swiss and Parmesan cheeses (717-687-8576)
 Pasture Pride Cheese (608-654-7444)
 Point Reyes (800-591-6878)
 Redwood Hill goat cheese (707-823-8250)
 Robinson Farm (413-477-6988)
 Rogue Creamery (541-665-1155)
 Rumiano Cheese Company (707-465-1535)
 Salemville Amish blue and Gorgonzola cheese
 Saxon Creamery (920-693-8500)
 Shiloh Farms goat cheese (800-362-6832)
 Sierra Nevada Cheese Company cow, goat and sheep cheeses
 (530-934-8660)
 Sonnet Farms
 Spring Bank Acres mozzarella (814-349-5594)
 Spring Brook Farm (802-484-1226)
 Spring Hill Jersey Cheese Co. (707-762-3446)
 Sunny Crest Pastures mozzarella (717-768-0101)
 Sweet Grass Dairy (229-228-6704)
 Tom's Amish Dairy Products raw cheese (717-615-4713)
 Trader Joe's monterey jack cheese, raw milk cheddar cheese
 Traderspoint Creamery cheese (317-733-1700)
 Veldhuizen Cheese (254-968-3098)
 Vermont Creamery cheese
 Wolf Meadow Farm (978-201-1606)
 Woodstock Foods organic whole milk cheeses

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

Cream

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

Alexandre Family Farm pasteurized cream
Buttercup Farm raw cream, sour cream (717-548-2982)
Claravale Dairy raw cream (CA)
Dutch Meadows Farm raw cream (717-442-9208)
Green Hills Harvest raw cream (660-244-5858)
Meadow Ridge Farm raw cow cream, sour cream and
creme fraiche; goat cream and sour cream
(717-530-5999)
Miller's Bio Farm raw cow cream, sour cream and
creme fraiche; goat cream (717-786-7895)
Miller's Organic Farm raw cow cream, sour cream and
creme fraiche; goat, water buffalo and sheep cream
(717-556-0672)
Nature's Sunlight Farm raw cream (717-776-3417)
Organic Pastures raw cream (CA) (877-RAW-MILK)
Pleasant Pastures raw cream, sour cream (717-768-3437)
Rocky Ridge Dairy raw cream, sour cream (717-284-0466)
Sunny Crest Pastures raw cream (717-768-0101)
Willow Run Dairy raw cow cream and sour cream;
goat cream and sour cream (717-556-0285)

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

Butterworks pasteurized cream (New England)
Clover Sonoma pasteurized cream (West)
Kilby Cream pasteurized cream (MD, PA and DE)
Lewes Dairy pasteurized cream (East Coast)
Oasis at Bird-in-Hand pasteurized cream (Mid-Atlantic)
Organic Valley pasteurized cream
Paint Valley Farms pasteurized cream (OH)
Seven Stars Farm pasteurized cream (PA)
Sky Top Farms pasteurized cream (East Coast)
Snowville Creamery pasteurized cream
South Mountain Creamery pasteurized cream (East Coast)
The Family Cow pasteurized cream (717-491-4004)
Working Cows Dairy pasteurized cream (AL)

Bellwether Farms creme fraiche (707-763-0993)
Cowgirl Creamery creme fraiche (866-433-7834)
Marky's creme fraiche (800-522-8427)
Vermont Creamery creme fraiche

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

Yogurt and Kefir

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

Buttercup Farm raw yogurt, kefir (717-548-2982)
Desert Farms raw camel milk kefir (800-430-7426)
Dutch Meadows Farm raw kefir (717-442-9208)
Green Acres Farm raw yogurt (717-768-3504)
Meadow Ridge Farm raw cow yogurt and kefir; goat yogurt, kefir and 11-strain probiotic drink (717-530-5999)
Miller's Bio Farm raw cow, goat and sheep yogurt; Greek style cow and goat yogurt; cow, goat and sheep kefir; goat 11-strain probiotic drink (717-786-7895)
Miller's Organic Farm raw cow, goat, camel, water buffalo and sheep yogurt; Greek style cow and goat yogurt; cow, goat, water buffalo, camel and sheep kefir; goat 11-strain probiotic drink (717-556-0672)
Nature's Sunlight Farm raw yogurt and kefir (717-776-3417)
Pleasant Pastures raw cow yogurt and kefir; goat yogurt and probiotic drink; Greek style cow and goat yogurt (717-768-3437)
Rocky Ridge Dairy raw cow yogurt and kefir, goat yogurt (717-284-0466)
The Farm Connection raw kefir (812-939-3027)
Willow Run Dairy raw cow, goat and sheep yogurt; cow, goat and sheep kefir; GreekStyle 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
Bellwether Farms sheep yogurt
Brown Cow plain cream top yogurt
Butterworks yogurt
Dahlicious Lassi lassi
Dreaming Cow Creamery yogurt
Dutch Meadows Farm yogurt (717-442-9208)
Erivan yogurt
FAGE Total Classic Greek yogurt
Hawthorne Valley Farm yogurt
Kalona SuperNatural kefir
Maple Hill Creamery creamline yogurt
Mohawk Drumlin Creamery Greek sheep yogurt (Northeast) (518-568-7600)
Oasis at Bird-in-Hand yogurt (Mid-Atlantic)
Old Chatham Creamery sheep yogurt (800-570-8397)
Redwood Hill goat yogurt and kefir
Saint Benoit Creamery yogurt
Seven Stars Farm yogurt
Sidehill Farm yogurt (MA)
Sierra Nevada Cheese Company plain whole cow yogurt, rich & creamy plain goat yogurt (530-934-8660)
The Family Cow yogurt (717-491-4004)

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

Butter and Ghee

BEST: Raw butter from grass-fed animals.

Bareville Creamery raw cultured butter (717-656-4422)
Buttercup Farm raw sweet and cultured butter (717-548-2982)
Dutch Meadows Farm raw sweet and cultured butter
(717-442-9208)
Goldenhorn Farmstead raw cultured butter (541-267-0699)
Green Hills Harvest raw butter (660-244-5858)
Life-Enhancing Acres raw butter (717-768-7848)
Meadow Ridge Farm raw cow and goat butter (717-530-5999)
Miller's Bio Farm raw goat butter; sweet and cultured
cow butter (717-786-7895)
Miller's Organic Farm raw goat and sheep butter; sweet and
cultured cow butter; sweet and cultured water buffalo
butter (717-556-0672)
Narvon Natural Acres raw butter (717-768-3263)
Nature's Sunlight Farm raw butter (717-776-3417)
Organic Pastures raw original and cultured butter
(CA) (877-RAW-MILK)
Paradise Pastures raw butter (717-687-8576)
Pleasant Pastures raw butter (717-768-3437)
Rocky Ridge Dairy raw sweet and cultured butter
(717-284-0466)
Sunny Crest Pastures raw butter (717-768-0101)
The Farm Connection raw cultured butter (812-939-3027)
Triangle Organics raw butter (814-349-4890)
Twilight Acres raw butter (717-673-6365)
Willow Run Dairy raw sweet and cultured cow butter;
sweet and cultured goat butter (717-556-0285)

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

Anchor New Zealand butter
Cabot Creamery salted butter (888-792-2268)
Clover Sonoma butter (West)
Double Devon cream butter
Fields of Athenry Farm butter (703-300-5765)
Finlandia butter
Fond O' Foods German butter (209-267-5867)
Hartzler Family Dairy butter (OH and IN)
Healthy Traditions butter (except whipped butter)
(866-311-2626)
Humboldt Creamery organic butter (888-316-6064)
Isigny Ste Mere French butter
Jana Valley New Zealand butter
Kerrygold butter (FoodIreland.com)
Kilby Cream butter (MD, PA and DE)
Latta Russian kefir butter (201-512-8400, ext 303)
Marky's European butter (800-522-8427)
Meyenberg goat butter (800-891-4628)
Minerva Dairy butter (garlic herb butter, smoked maplewood
butter) (330-868-4196)
Mountain Home Farm cultured butter (802-989-2813)
Mt. Sterling goat butter (866-289-4628)

Nordic Creamery butter (except cinnamon-sugar butter)
 (608-634-3199)
 Oasis at Bird-in-Hand butter (717-288-2154)
 Organic Valley butter
 Red Feather canned grass-fed butter
 Rumiano Cheese Company butter
 Sierra Nevada Cheese Company sheep butter, cultured cow
 butter (530-934-8660)
 Smjör Icelandic butter
 Somerdale English butter
 South Mountain Creamery butter (East Coast)
 Spring Hill Jersey Cheese Co. butter (707-762-3446)
 Sweet Meadows butter (740-452-9151)
 The Family Cow butter (717-491-4004)
 Trader Joe's organic sweet cream butter
 US Wellness butter (877-383-0051)
 Vermont Creamery butter
 Vital Farms butter
 Welsh Mountain Farm butter (717-768-3652)
 Whole Foods 365 butter
 Woodstock Foods organic butter

Ancient Organics organic ghee (510-847-5565)
 Bulletproof grass-fed ghee (800-231-4155)
 Carrington Farms grass-fed organic ghee (800-505-9546)
 Caveman Truck grass-fed ghee (317-674-3346)
 Cognitive Function Fatworks cordyceps grass-fed goat milk
 ghee, organic grass-fed cultured cow milk ghee
 (303-641-6922)
 Fourth & Heart grass-fed ghee (323-686-2868)
 Gail's Cupboard grass-fed organic ghee, coconut ghee
 (570-561-6970)
 Gold Nugget Ghee grass-fed organic ghee
 (goldnuggetghee.com)
 Grass Fed Gourmet grass-fed organic cocoghee (except those
 with cacao or coffee) (gfgcocoghee.com)
 Jpp Apothecary grass-fed organic cultured ghee
 (602-318-5630)
 Julian Bakery paleo butter (grass-fed ghee) (800-982-7323)
 Kelapo grass-fed ghee (800-230-5952)
 Miller's Bio Farm grass-fed organic ghee, cultured ghee
 (717-786-7895)
 Miller's Organic Farm grass-fed organic ghee
 (717-556-0672)
 Moon Juice organic mum's ghee (310-399-2929)
 Mt. Capra grass-fed goat milk ghee (877-682-2772)
 Organic India grass-fed organic ghee (888-550-8332)
 Organic Valley grass-fed organic ghee
 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)
 Rocky Ridge Dairy grass-fed organic ghee (717-284-0466)
 Selina Naturally grass-fed organic ghee (800-867-7258)
 Simply Ghee grass-fed organic ghee (717-587-6841)
 SVAyurveda organic mum's ghee

The Lamb Shoppe grass-fed organic ghee (320-587-6094)
Thrive Market grass-fed ghee (866-419-2174)
Tin Star Foods grass-fed ghee, cultured ghee (tinstarfoods.com)
Triangle Organics grass-fed organic ghee (814-349-4890)
Willow Run Dairy grass-fed organic ghee (717-556-0285)

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

Eggs

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

Alexandre Family Farm fertile pastured eggs (West Coast)
Beneficial Farms free-range eggs
Blue Sky Family Farms pastured eggs
Burroughs Family Farms pastured eggs (CA)
Frenzs New Zealand free-range eggs
Jeremiah Cunningham's World's Best soy-free pastured eggs (TX, LA, OK, AR, FL)
Larry Schultz Organic Farm free-range eggs (Midwest)
Lily's free-range eggs
Meant To Be Natural Food organic soy-free fertile pastured kosher white eggs (NY, NJ, PA)
Pete and Gerry's Organics organic free-range eggs
Polyface Farm pastured eggs (VA, MD and DC)
RedHill Farms pastured eggs (CA)
The Happy Egg Co. organic free-range eggs, free-range eggs
Vital Farms pastured eggs

Buttercup Farm soy-free pastured eggs (717-548-2982)
Dutch Meadows Farm pastured duck eggs. soy-free pastured chicken eggs (717-442-9208)
Fields of Athenry Farm fertile pastured eggs (703-300-5765)
Healthy Traditions soy-free pastured eggs (866-311-2626)
Meadow Ridge Farm soy-free fertile pastured eggs (717-530-5999)
Miller's Bio Farm pastured chicken eggs, soy-free pastured chicken eggs, free range duck eggs (717-786-7895)
Miller's Organic Farm soy-free fertile pastured chicken eggs, soy-free pastured duck eggs, soy-free pastured goose eggs (717-556-0672)
Mint Creek Farm soy-free fertile pastured eggs (815-256-2202)
Pleasant Pastures fertile pastured eggs, soy-free fertile pastured eggs (717-768-3437)
Pleasant View Farms soy-free fertile pastured eggs (608-553-0787)
Rainbow Ranch Farms soy-free corn-free pastured eggs (920-349-7675)
Rambling River Pastured Farm fertile pastured eggs (717-624-2141)
Rocky Ridge Dairy soy-free fertile pastured eggs

(717-284-0466)
Salmon Creek Ranch pastured duck eggs (707-876-1808)
Sunny Crest Pastures pastured eggs (717-768-0101)
Thankful Harvest organic soy-free pastured eggs
(712-830-3281)
The Family Cow soy-free pastured eggs (717-491-4004)
Willow Run Dairy soy-free fertile pastured eggs
(717-556-0285)

GOOD: Organic or high-omega-3 eggs.

Blue Sky Family Farms organic free-range eggs
Clover Sonoma organic eggs, organic omega-3 eggs (West)
Eggland's Best organic eggs
Farmers' Hen House organic eggs
Full Circle organic eggs
Giving Nature
Glaum Egg Ranch organic cage-free eggs (CA)
Good & Gather (Target) organic cage-free eggs
(800-316-6151)
Organic Valley organic free-range eggs
Shelton's
The Country Hen (978-928-5333)
Trader Joe's organic free-range eggs

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

Fats and Oils

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

Alderspring Ranch beef suet (alderspring.com)
Bices Quality Critter Ranch lard, pork fat, raw
and rendered chicken fat (715-424-5159)
Broth of Life tallow, brelow, lamb broth fat
(brothoflife.com.au)
Burgundy Pasture pork fat (817-866-2247)
Casa Rosa Farms beef suet (casarosafarm.com)
Caw Caw Creek pork fat (803-250-5803)
Christiansen's Family Farm lard (435-839-3482)
Corner Post Meats beef suet, pork fat (303-898-0642)
Deck Family Farm beef suet, pork fat (541-998-4697)
Desert Farms camel hump fat (800-430-7426)
Dutch Meadows Farm lard (717-442-9208)
EPIC beef and bison tallow (512-944-8502)
Fatworks beef, buffalo and lamb tallow; lard, pastured
duck fat, pastured goose fat (303-641-6922)
Fields of Athenry Farm lard, pork fat, beef suet
(703-300-5765)
Flying Pigs Farm lard, pork fat (518-854-3844)

Good Earth Farms pork fat (888-941-4343)
 GrassRoots Meats beef suet (970-582-0166)
 Green Hills Harvest lard (660-244-5858)
 Heritage Foods USA pork fat (718-389-0985)
 Hershberger Heritage Farm lard (215-500-7301)
 Hunter Cattle Co. beef suet (912-823-2333)
 Jpp Apothecary beef tallow and brelow, bison brelow,
 lamb brelow, chicken schmaltz, lard (602-318-5630)
 KOL Foods kosher beef suet, unrendered chicken and
 duck fats (888-366-3565)
 Larga Vista Ranch lard (719-947-0982)
 Many Hands Organic Farm lard (978-355-2853)
 Meadow Ridge Farm lard, tallow (717-530-5999)
 Miller's Bio Farm lard, pork fat, lamb tallow, beef tallow
 (717-786-7895)
 Miller's Organic Farm beef suet and tallow; sheep tallow,
 lard, raw and rendered chicken fat, rendered goose fat,
 water buffalo tallow, lamb fat and tallow (717-556-0672)
 Mint Creek Farm lamb and veal suet (815-256-2202)
 Mother Linda's lard (motherlindas.com)
 NorthStar Bison lamb fat, beef suet, bison suet, pork fat
 (888-295-6332)
 PaiDom beef suet and pork fat (806-945-2473)
 Paleo on the Go beef tallow, duck fat (855-447-2536)
 Pete's Paleo beef tallow (619-363-7136)
 Pleasant Pastures tallow, lard, pork fat, rendered chicken fat
 (717-768-3437)
 Pleasant View Farms lard (608-553-0787)
 Rambling River Pastured Farm lard (717-624-2141)
 Rock House Farm lard, pork fat, beef suet (828-391-6881)
 Rocky Ridge Dairy lard (717-284-0466)
 Smoky Mountain Mangalitsa lard (smokymangapig.com)
 Stryker Farm pork fat, lard (570-269-2995)
 Tendergrass Farms pork fat (800-929-1785)
 The Brothery rendered beef marrow & knuckle fat
 (760-727-2058)
 The Family Cow beef suet, pork fat (717-491-4004)
 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)
 Willow Run Dairy tallow, lard (717-556-0285)

Bariani organic extra virgin unfiltered olive oil
 Bioitalia organic extra virgin olive oil
 Bionaturae organic extra virgin olive oil
 Bragg organic extra virgin unfiltered olive oil
 Field Day organic extra virgin olive oil
 Full Circle organic extra virgin olive oil
 Kirkland organic extra virgin olive oil
 Les Moulins Mahjoub organic extra virgin unfiltered olive oil
 Napa Valley Naturals organic extra virgin unfiltered olive oil
 Newman's Own Organic organic extra virgin olive oil
 Núñez de Prado organic extra virgin unfiltered olive oil
 Riojana organic extra virgin olive oil

Rozzano organic extra virgin olive oil
Soler Romero organic extra virgin unfiltered olive oil
Spectrum organic extra virgin filtered and unfiltered olive oil

Apollo organic extra virgin olive oil (877-776-0703)
Aunt Patty's organic extra virgin olive oil (800-456-7923)
Bari organic extra virgin olive oil (877-638-3626)
Berkeley Olive Grove 1913 organic extra virgin filtered and unfiltered olive oil (530-533-1814)
Brad's Organic organic extra virgin olive oil
(bradsorganic.com)
Burroughs Family Farms flavored and unflavored organic extra virgin unfiltered olive oil (209-874-9400)
Canaan Fair Trade organic extra virgin olive oil
(360-980-2580)
Casa Rosa Farms organic extra virgin unfiltered olive oil
(casarosafarm.com)
Castillo de Canena biodynamic extra virgin olive oil
(425-398-9761)
Chaffin Family Orchards extra virgin unfiltered olive oil
(530-533-1676)
Ciao Organics organic extra virgin olive oil
(845-363-6253, ext 113)
Country Life Natural Foods organic extra virgin olive oil
(800-456-7694)
DeLallo organic extra virgin filtered and unfiltered olive oil
(800-433-9100)
Earth Circle Organics organic extra virgin olive oil
(877-922-FOOD)

EatRaw extra virgin unfiltered olive oil (866-432-8729)
Eliki organic extra virgin filtered and unfiltered olive oil
(310-756-2465)
Ellyndale Foods organic extra virgin olive oil (888-669-3663)
Emile Noel organic extra virgin olive oil (emilenoe.com)
Enzo's Table organic extra virgin olive oil (888-942-3552)
Equal Exchange organic extra virgin olive oil (774-776-7333)
Essential Living Foods organic extra virgin unfiltered olive oil
(310-319-1555)
Flora organic extra virgin olive oil (800-498-3610)
Flora Fine Foods organic extra virgin olive oil (954-785-3100)
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
(866-311-2626)
Jovial organic extra virgin unfiltered olive oil (877-642-0644)
Kasandrinos organic extra virgin olive oil (888-316-1716)
Kevala organic extra virgin unfiltered olive oil (877-379-1179)
La Masia organic extra virgin olive oil (425-398-9761)
Live Superfoods organic extra virgin unfiltered olive oil
(800-481-5074)
Living Tree organic extra virgin unfiltered olive oil
(800-260-5534)
Lucini Italia organic extra virgin filtered and unfiltered olive oil
(855-972-0555)
McEvoy Ranch organic extra virgin unfiltered olive oil
(866-617-6779)

Mediterranean Delicacy organic extra virgin unfiltered olive oil (267-240-0184)
 Miller's Organic Farm extra virgin unfiltered olive oil (717-556-0672)
 Mountain Rose Herbs organic extra virgin unfiltered olive oil (800-879-3337)
 Mt. Olive Organic Farm organic extra virgin filtered and unfiltered olive oil (805-237-0147)
 Napoleon organic extra virgin olive oil (425-455-3776)
 Natural Zing organic extra virgin unfiltered olive oil (301-703-4116)
 Okonatur organic extra virgin unfiltered olive oil (888-963-9540)
 Olea Estates organic extra virgin unfiltered olive oil (636-405-1960)
 OliFlix organic extra virgin unfiltered olive oil (oliflix.com/en)
 Olio Beato organic extra virgin unfiltered olive oil (888-421-6546)
 Olivar de la Luna organic extra virgin olive oil (425-398-9761)
 Omega Nutrition organic extra virgin olive oil (800-661-3529)
 Phytolove, LLC organic extra virgin unfiltered olive oil (202-558-7174)
 Pitchouline organic extra virgin olive oil (805-305-8108)
 Pure Indian Foods organic extra virgin olive oil (877-588-4433)
 Puritan's Pride organic extra virgin olive oil (800-645-1030)
 Radiant Life organic extra virgin unfiltered olive oil (888-593-8333)
 Rocky Ridge Dairy organic extra virgin unfiltered olive oil (717-284-0466)
 Roland organic extra virgin olive oil (800-221-4030)
 Selina Naturally organic extra virgin Nabali tree olive oil (800-867-7258)
 Serrv organic extra virgin olive oil (800-422-5915)
 Sigona's Fresh Press organic extra virgin olive oil (650-368-6993)
 Sky Organics organic extra virgin olive oil (888-899-9305)
 Soaper's Choice organic extra virgin olive oil (800-322-6457, ext 230)
 Sunfood Super Foods raw organic extra virgin olive oil (888-729-3663)
 The Lamb Shoppe organic extra virgin olive oil (320-587-6094)
 The Meadow organic extra virgin olive oil (888-388-4633)
 The Olive Bar organic extra virgin unfiltered olive oil (408-370-1901)
 The Raw Food World organic extra virgin unfiltered olive oil (866-729-3438)
 Thrive Market organic extra virgin olive oil (866-419-2174)
 Tudor House Tea & Spice organic extra virgin filtered and unfiltered olive oil (269-978-3475)
 US Wellness organic extra virgin unfiltered olive oil (877-383-0051)
 Venice Olive Oil Co. organic extra virgin olive oil (941-483-4200)
 Vitacost organic extra virgin olive oil (800-381-0759)
 Vital Choice organic extra virgin olive oil (800-608-4825)

Vom Fass organic extra virgin unfiltered olive oil
 (608-204-0300)
 Wildly Organic organic extra virgin olive oil (800-945-3801)
 Zoe organic extra virgin unfiltered olive oil (212-563-2707)

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

Anjou extra virgin coconut oil (888-456-8468)
 Anthony's Goods organic virgin coconut oil
 (anthonysgoods.com)
 Artisana coconut oil (866-237-8688)
 Aunt Patty's organic virgin coconut and palm oils
 (800-456-7923)
 Azure Standard extra virgin coconut oil, virgin coconut oil,
 coconut ghee (971-200-8350)
 Beyond A Century coconut oil (800-777-1324)
 Brad's Organic extra virgin coconut oil (bradsorganic.com)
 Bright Earth raw extra virgin coconut oil, vanilla coconut oil
 (541-201-0420)
 Carrington Farms extra virgin coconut oil (800-505-9546)
 Ceylon Pure organic virgin coconut oil (650-752-8865)
 Chocola Tree pure coconut oil; grilling herb,
 Mediterranean herb, herbs de provencal and
 cinnamon bun coconut oils/butters (928-282-2997)
 Coconoil coconut oil (800-899-3413)
 Coconut Oil Supreme (800-922-1744)
 Coconut Secret raw extra virgin coconut oil (888-369-3393)
 Cocopura raw coconut oil (877-PUR-OILS)
 Country Life Natural Foods organic virgin coconut oil
 (800-456-7694)
 Dansk Farms coconut oil (407-965-5551)
 Divine Organics raw coconut oil (415-884-4477)
 Dr. Bronner's coconut oil (877-786-3649)
 Dr. Mercola coconut oil (877-985-2695)
 Dr. Vita coconut oil (800-211-4188)
 Earth Circle Organics raw virgin coconut oil (877-922-FOOD)
 EatRaw coconut oil (866-432-8729)
 Ellyndale Foods organic virgin coconut oil (888-669-3663)
 Essential Living Foods organic extra virgin coconut oil
 (310-319-1555)
 FBomb raw virgin coconut oil (844-693-2662)
 Fields of Athenry Farm coconut ghee (703-300-5765)
 Fuatino's raw virgin fermented coconut oil
 (fuatinoscoconutoil.com)

Glaser Organic Farms raw coconut oil (305-238-7747)
 Green Pasture virgin coconut oil, coconut ghee
 (402-858-4818)
 Harvest Bay coconut oil (866-646-4266)
 Health From The Sun organic raw virgin coconut oil
 (800-269-2198)
 International Harvest, Inc. raw coconut oil (800-277-4268)
 Jedwards International, Inc. virgin coconut oil
 (617-472-9300)
 Juka's palm oil (855-465-8527)
 Kelapo coconut oil (800-230-5952)
 Kevala coconut oil (877-379-1179)
 La Tourangelle organic virgin coconut oil (866-688-6457)
 Life-flo organic extra virgin coconut and cold pressed
 macadamia oils (800-258-8337)
 Live Superfoods infused organic coconut oils, raw virgin
 coconut oil (800-481-5074)
 Living Tree raw coconut oil (800-260-5534)
 Love Raw Foods coconut oil (540-745-5040)
 Meadow Ridge Farm coconut oil (717-530-5999)
 Miller's Organic Farm coconut oil, coconut ghee
 (717-556-0672)
 Mountain Rose Herbs virgin coconut and palm oils
 (800-879-3337)
 Munkijo organic virgin coconut oil (949-861-2798)
 Natural Zing raw coconut oil (301-703-4116)
 Nature's Approved coconut oil (914-428-6800)
 Nature's Blessings coconut oil (626-935-0770)
 Nature's Way organic extra virgin coconut oil (800-962-8873)
 NOW Foods organic virgin coconut oil (888-669-3663)
 NUCO organic extra virgin coconut oil (626-921-6826)
 Nutiva virgin coconut and palm oils (800-993-4367)
 Nuts.com organic raw coconut oil (800-558-6887)
 Okonatur extra virgin coconut and palm oils
 (888-963-9540)
 Omega Nutrition virgin coconut oil (800-661-3529)
 Optimally Organic raw coconut oil (888-211-4263)
 Original Living Coconut raw coconut oil (800-906-3064)
 Pangaia raw coconut oil (808-989-3457)
 Perfect coconut oil (866-802-3860)
 Pleasant Pastures coconut oil, coconut ghee (717-768-3437)
 Pure Indian Foods coconut oil (877-588-4433)
 Pure Planet coconut oil (562-951-1124)
 Puritan's Pride extra virgin coconut oil (800-645-1030)
 Radiant Life coconut and palm oils (888-593-8333)
 Raw Revelations raw virgin coconut oil (951-677-2222)
 Selina Naturally coconut and palm oils, coconut ghee
 (800-867-7258)
 Skinny & Co. raw virgin coconut oil (888-865-4278)
 Sky Organics extra virgin coconut oil (888-899-9305)
 Soaper's Choice organic extra virgin coconut and palm oils
 (800-322-6457, ext 230)
 Starwest Botanicals virgin coconut oil (800-800-4372)
 Stutzman Farms organic virgin coconut oil
 (330-674-1289, ext 2)
 Sunfood Super Foods raw coconut oil (888-729-3663)
 Swanson extra virgin coconut and palm oils (800-824-4491)

Terrasoul Superfoods extra virgin coconut oil (855-821-4744)
The Lamb Shoppe coconut oil (320-587-6094)
The Olive Bar coconut oil (408-370-1901)
The Raw Food World raw coconut oil (866-729-3438)
Thrive Market organic virgin coconut oil (866-419-2174)
Tropical Traditions virgin organic coconut oil (866-311-2626)
Tropics Best coconut oil (888-386-9246)
Virgin Oil de Coco-Creme coconut oil (877-870-1018)
Vita Coco raw coconut oil (vitacoco.com)
Vitacost organic extra virgin coconut oil (800-381-0759)
Vital Choice organic virgin coconut oil (800-608-4825)
Vitamin Research Products coconut oil (800-877-3292)
Viva Naturals organic virgin coconut oil (800-921-8482)
Weil Farms organic virgin coconut oil (631-680-6897)
Wilderness Poets raw coconut oil (360-247-6250)
Wildly Organic virgin coconut oil (800-945-3801)
Willow Run Dairy coconut oil, coconut ghee (717-556-0285)

Century Sun Oil organic sunflower oil (866-810-9902)
Dr. Mercola organic sunflower oil (877-985-2695)
Driftless Organics organic sunflower oil (608-624-3735)
Emile Noel organic macadamia and sweet almond oils
(emilenobel.com)
Mountain Rose Herbs organic avocado oil (800-879-3337)
Platteville Sunflower Oil Co. organic sunflower oil
(608-342-7244)
Pure Indian Foods organic almond oil (877-588-4433)
Rejuvenative Foods organic almond oil (800-805-7957)
Sky Organics organic sweet almond oil (888-899-9305)

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

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

Alpha palm oil
Andreas Seed Oils organic black sesame, flax, pumpkin and sunflower seed oils; 5 seed oil blend
(andreasseedoils.com)
Aptera extra virgin olive oil (801-273-8078)
Aunt Patty's extra virgin olive, sunflower and refined coconut oils (800-456-7923)
Azure Standard flax oil, Ciranda palmfruit shortening, refined coconut oil (971-200-8350)
Bari extra virgin olive oil (877-638-3626)
Barlean's flax oil
Bioitalia organic sunflower oil
Brad's Organic refined coconut oil (bradsorganic.com)
Buttercup Farm lard (717-548-2982)
California Olive Ranch extra virgin olive oil (530-846-8000)
CalPure avocado oil
Camelina Gold camelina (wild flax) oil (406-396-1420)

Carlini (Aldi) extra virgin olive oil (800-325-7894)
 Carrington Farms organic chia oil, flax chia oil, pumpkin seed oil, refined coconut oil, coconut oil & ghee blend (800-505-9546)
 Castillo de Canena extra virgin olive oil (425-398-9761)
 Catusse goose fat
 Cherokee Bison Farms sunflower oil (715-223-3644)
 Chocola Tree extra virgin olive oil, Premier coconut oil (928-282-2997)
 Chosen Foods extra virgin avocado and sesame oils (877-674-2244)
 Country Life Natural Foods extra virgin olive oil, refined coconut oil (800-456-7694)
 D'Artagnan duck fat
 DeLallo extra virgin olive oil (800-433-9100)
 Dietrich's lard (610-756-6344)
 Eden extra virgin olive and organic unrefined sesame oils
 Ellyndale Foods organic extra virgin sesame oil (888-669-3663)
 Emile Noel organic hazelnut, walnut, sesame, sunflower and pumpkin seed oils (emilenoe.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 (303-641-6922)
 FBomb raw extra virgin olive; raw virgin macadamia oil; house blend oil (844-693-2662)
 Field Day extra virgin olive oil
 Flora organic almond, pumpkin seed, sunflower and sesame oils (800-498-3610)
 Flora Fine Foods extra virgin olive oil (954-785-3100)
 Foods Alive organic gold flax, black sesame and chia oils (260-488-4497)
 Frontera extra virgin olive oil (800-509-4441)
 Gaea extra virgin olive oil (954-923-7723)
 Gold Mine refined coconut oil (800-475-3663)
 Grimaud Farms duck fat (800-466-9955)
 Grow and Behold Foods kosher beef suet (888-790-5781)
 Hain cold-pressed oils
 Health From The Sun flax oil (800-269-2198)
 Healthy Harvest extra virgin olive oil (636-405-1960)
 Imlak'esh Organics brazil nut oil (805-689-2269)
 Kevala organic sesame oil (877-379-1179)
 Kirkland extra virgin olive oil
 La Tourangelle walnut, pumpkin seed, pecan, hazelnut, almond, sunflower, peanut, pistachio and refined coconut oils (866-688-6457)
 Laconiko extra virgin olive oils (571-292-1394)
 Liberty Ducks unrendered duck fat (800-953-8257)
 Life-flo sesame, sunflower and walnut oils (800-258-8337)
 Loriva cold-pressed oils
 Lucini Italia extra virgin olive oil (855-972-0555)
 MacNut Oil macadamia oil (800-605-3734)
 Marky's duck fat, goose fat (800-522-8427)
 Marianne's Harvest Brands avocado oil
 Marx Foods duck fat (866-588-6279)

Matiz extra virgin olive oil (425-398-9761)
 Mitoku sesame oil
 Mother Linda's duck fat (motherlindas.com)
 Mountain Rose Herbs organic sesame, macadamia and refined coconut oils (800-879-3337)
 Napa Valley Naturals organic sesame oil
 Napoleon extra virgin olive oil (425-455-3776)
 Native Forest organic refined coconut oil
 Nature's Way coconut oil (800-962-8873)
 Neus extra virgin unfiltered olive oil (425-398-9761)
 North American Herb & Spice betapalm and cocapalm oils (800-243-5242)
 NUCO organic refined coconut oil (626-921-6826)
 Nutiva shortening, refined coconut oil (800-993-4367)
 Okonatur refined palm oil and extra virgin macadamia oils (888-963-9540)
 Omega Nutrition sesame, sunflower and flax oils (800-661-3529)
 Paeleon extra virgin olive oil (920-359-1796)
 Penna Gourmet Foods extra virgin olive oil (530-865-9810)
 Peter's Paleo duck fat (619-363-7136)
 Prairie Pride Farm lard (866-245-7675)
 Premier Research Labs coconut, olive and sesame oils (800-325-7734)
 Pure Indian Foods organic sesame oil (877-588-4433)
 Puritan's Pride organic flax and macadamia oils (800-645-1030)
 Ranch Foods Direct beef suet, pork fat (866-866-6328)
 Rejuvenative Foods organic sunflower, sesame, poppy seed and evening primrose oils (800-805-7957)
 Riojana extra virgin olive oil
 Roland macadamia, hazelnut, pumpkin seed, walnut and pistachio oils (800-221-4030)
 Rougié duck fat
 Schiltz Foods goose fat (877-872-4458)
 Siberian Tiger Naturals pine nut and camelina (wild flax) oils (877-739-9925)
 Sigona's Fresh Press extra virgin olive oil (650-368-6993)
 Smoking Goose Meatery leaf lard, smoked lard (317-638-6328)
 Spectrum organic palm shortening; extra virgin olive, refined coconut and unrefined sesame oils
 Sultan extra virgin olive oil
 Synergistic Nutrition organic black sesame, flax, pumpkin and sunflower seed oils; 5 seed oil blend (888-988-3325)
 Terroirs d'Antan duck fat, goose fat
 The Brothery rendered chicken fat (760-727-2058)
 The Lamb Shoppe palm oil (320-587-6094)
 The Meadow extra virgin olive oil (888-388-4633)
 The Olive Bar extra virgin unfiltered olive oil (408-370-1901)
 Trader Joe's premium 100% Greek kalamata, California estate and premium extra virgin olive oils
 Tropical Plantation organic refined coconut oil (800-229-5459)
 Tropical Traditions organic palm shortening; virgin palm and refined coconut oils (866-311-2626)
 US Wellness Meats lard and chicken fat (877-383-0051)

Venice Olive Oil Co. extra virgin olive oil (941-483-4200)
Vitacost extra virgin coconut oil, refined coconut oil
(800-381-0759)
Whole Foods 365 organic flax oil
Wildly Organic palm, sesame, refined coconut, popcorn
and Mary's sauté oils (800-945-3801)

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

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

Seafood

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

Alaskan Leader Seafoods wild Alaska cod
Blue Hill Bay wild salmon, wild smoked fish
Cannon Fish Company wild seafood
Echo Falls wild Alaskan smoked sockeye salmon; wild
salmon and whitefish caviars
Eden dried bonito flakes
Henry & Lisa's frozen wild salmon and cod
Icicle Seafoods wild salmon (206-282-0988)
Natural Sea frozen wild salmon
Peter Pan Seafoods wild salmon (206-728-6000)
Raincoast Trading wild smoked salmon lox
Ruby Bay wild smoked salmon
SeaBear fresh and smoked wild seafood
Spence & Co. wild smoked salmon, mackerel and trout
Trident Seafoods wild salmon (800-426-5490)

iCan canned cod liver
King Oscar canned cod liver
Officer canned smoked cod liver
Roland canned smoked cod liver (800-221-4030)
Skansen canned cod liver

911caviar.com caviar (except those from China)
 (800-660-0063)
 Alaska Gold Brand wild seafood, smoked fish (844-833-0120)
 Alderspring Ranch wild salmon (alderspring.com)
 Arctic Pride frozen wild shrimp (207-772-2299)
 Balducci's caviar (800-346-8763)
 BLIS wild roe (616-942-7545)
 Buttercup Farm wild haddock (717-548-2982)
 Caviar Russe caviar, roe (800-222-8427)
 Copper River Fish Market wild salmon, halibut, smoked
 salmon (907-253-9453)
 Copper River Seafoods wild seafood, smoked salmon and
 cod (907-522-7806)
 Corner Post Meats wild salmon (303-898-0642)
 Dr. Mercola wild fish, smoked salmon (877-985-2695)
 Dutch Meadows Farm wild fish, smoked salmon
 (717-442-9208)
 Ed's Kasilof Seafoods wild seafood, smoked fish
 (800-982-2377)
 Fields of Athenry Farm wild salmon and cod (703-300-5765)
 Fishhugger wild seafood and salmon roe (602-286-9233)
 Grande Premium Meats wild seafood (888-338-4581)
 Grow and Behold Foods gefilte fish, wild salmon
 (888-790-5781)
 HarvestBox wild salmon (harvestbox.com)
 Heritage Foods USA wild salmon (718-389-0985)
 I Love Blue Sea fresh wild seafood, smoked fish, roe, caviar
 (415-300-0940)
 Imperia Caviar caviar (323-991-7087)
 Japan Gold USA dried bonito flakes (858-486-1707)
 Kodiak Island WildSource wild seafood, smoked fish
 (kodiakwildsource.com)
 KOL Foods wild salmon (888-366-3565)
 Krinos tarama carp roe caviar
 Kwee-Jack Fish Co. wild salmon, halibut (503-893-5570)
 Loki Fish Co. wild salmon, smoked salmon, roe
 (206-937-1048)
 Lummi Island Wild Co-op wild seafood and caviar; smoked
 salmon and caviar (Info@LummiislandWild.com)
 Marky's caviar (except those from China) (800-522-8427)
 Marx Foods dried roe, fresh caviar and roe (all without added
 colorings), wild seafood, smoked salmon (866-588-6279)
 Miller's 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)
 Northern Fish wild seafood, wild smoked salmon
 (253-475-3858)
 Orca Bay Seafoods wild seafood (800-932-ORCA)
 Otolith Sustainable Seafood (215-426-4266)
 Pete's Paleo wild caught fish (619-363-7136)
 Pleasant Pastures wild salmon (717-768-3437)
 Port Clyde Fresh Catch wild seafood, roe (207-372-1055)
 Radiant Life dried anchovies (888-593-8333)
 Ranch Foods Direct wild seafood, smoked salmon
 (866-866-6328)

Rocky Ridge Dairy wild salmon and haddock
 (717-284-0466)
 Seattle Caviar Company caviar (888-323-3005)
 Sena Sea wild seafood, smoked fish (206-486-2344)
 Simply Lobsters (800-796-3189)
 Solomon Falls wild smoked salmon, salmon caviar
 (907-835-4874)
 Sugartown Smoked Specialties, Inc. wild smoked salmon
 and scallops (610-429-4080)
 The Gefilteria gefilte fish (347-688-8561)
 Tsar Nicoulai Caviar caviar, roe (800-952-2842)
 Uncured Natural Meats wild seafood and smoked salmon
 (920-386-4971)
 US Wellness wild seafood (877-383-0051)
 Vital Choice wild seafood and roe, smoked fish
 (800-608-4825)
 Wild Alaska Salmon & Seafood Co. wild salmon, smoked
 salmon (866-648-9453)
 Wild 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)
 Wildcatch smoked salmon and cod (907-522-7806)
 Willow Run Dairy wild salmon (717-556-0285)

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

Acme Smoked Fish homestyle herring, herring in wine sauce,
 herring in dill sauce*
 American Tuna tuna*
 Angelo Parodi sardines in olive oil
 Bar Harbor canned seafood
 Bela sardines in spring water, tuna, mackerel
 Bellino anchovies in glass*
 Blue Hill Bay homestyle and spiced matjes herring:
 herring in wine sauce, herring in dill sauce*
 Brunswick sardines in spring water, sardines in olive oil
 Bumble Bee plain canned salmon, mackerel, sardines
 in water
 Cento anchovies and sardines in olive oil
 Cole's sardines, mackerel, tuna*
 Crown Prince Natural canned seafood and clam juice
 (except those from China and those with citric acid)**
 Deming's canned wild salmon*
 Double "Q" canned wild salmon*
 Henry & Lisa's natural shrimp, canned salmon and tuna*
 Kirkland canned salmon and tuna**
 Matiz sardines in olive oil, sardinillas, tuna, cockles, octopus,
 anchovies
 MW Polar anchovies in olive oil, salmon, whole boiled
 oysters, pieces oysters, sardines in water, kipper snacks,
 jack mackerel, mussels, tuna

Natural Sea pouched tuna; canned salmon, tuna and clams**
 Natural Value tuna*
 Ortiz tuna, sardines, mackerel and anchovies in
 olive oil**
 Pillar Rock wild salmon
 Pastene fancy light tuna, sardines and anchovies in olive oil
 Raincoast Trading wild salmon, tuna, sardines in water,
 sardines in tomato sauce; smoked salmon, tuna and
 oysters*
 Reese flat anchovies in glass*
 Romanoff Red (salmon) caviar
 Rubinstein's canned wild salmon
 Rustichella d'Abruzzo anchovies*
 Safe Catch canned and pouched salmon and tuna (except
 those with citric acid or vinegar powder)**; sardines**
 (888-568-4211)
 SeaBear canned and pouched wild seafood (except
 smoked oysters with soy)
 Season sardines, anchovies, kipper snacks, salmon, tuna
 mackerel, sprats (except those with soybean oil)*
 Sultan sardines in olive oil
 Tonnino tuna and salmon*
 Trader Joe's Tongol tuna in water*
 Wild Selections tuna, plain salmon in olive oil

Awers Inc. caviar (888-297-9196)
 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* (907-522-7806)
 Dave's tuna and salmon (888-454-8862)
 DeLallo anchovies in olive oil (800-433-9100)
 Dr. Mercola canned salmon and sardines** (877-985-2695)
 Ed's Kasilof Seafoods canned salmon (800-982-2377)
 Heritage Foods USA canned tuna (718-389-0985)
 I Love Blue Sea canned salmon and tuna**
 (415-300-0940)
 Island Trollers albacore tuna (877-253-2761)
 King Oscar sardines (except those with soybean oil),
 mackerel, kippers, anchovies* (203-221-8008)
 Les Trois Petits Cochons salmon terrine
 Loki Fish Co. canned salmon (206-937-1048)
 Marinella tuna, anchovies* (732-364-1724)
 Napoleon anchovies in olive oil (425-455-3776)
 Oregon's Choice canned seafood** (877-289-8862)
 Patagonia Provisions pouched original smoked sockeye salmon;
 Pacific Northwest smoked sockeye salmon; canned
 mackerel and mussels* (888-221-8208)
 Prime Select canned salmon** (888-870-7292)
 Radiant Life sardines, tuna, mackerel* (888-593-8333)
 Sea Fare Pacific pouched tuna and salmon*
 (except jalapeño tuna) (541-266-TUNA)
 Seafood Connection albacore tuna (360-268-1328)
 Selina Naturally pouched wild salmon (800-867-7258)
 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** (800-608-4825)
Wild for Salmon canned and pouched salmon
(570-387-0550)
Wild Planet canned and pouched wild seafood (except
those with citric acid or aqueous (liquid) smoke)**
(800-998-9946)
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 202-363-4394.) Note: It is important to consume organ meats and meat with the fat. Consumption of lean meats can lead to deficiencies.

Applegate grass-fed beef burgers
Atkins Ranch New Zealand lamb, venison (510-440-8700)
Australian Lamb
Backyard Birds chicken
Bubba Foods grass-fed beef burgers (877-879-2822)
Chiappetti Meats beef (773-733-7110)
D'Artagnan beef, lamb, buffalo, venison, wild boar, wild hare
wild game birds (800-327-8246)
Dakota Beef beef (888-586-2209)
Grateful Harvest organic grass-fed beef
Jones Creek beef
Lamb from New Zealand or Iceland
Mary's pastured chicken (888-666-8244)
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 (800-562-7775)
Thousand Hills Cattle Company beef (877-854-8422)
Wegmans organic grass-fed beef (Mid-Atlantic)

5 Bar Beef beef (714-749-5717)
Alderspring Ranch beef, lamb (alderspring.com)
Anderson Ranches lamb (541-466-5866)
Arizona Grass Raised Beef Company beef (602-920-9666)
Ayrshire Farm beef, veal, pork, chicken, turkey
(540-592-7018)
Baldwin Charolais Beef (800-896-4857)

Bane Family Meats beef, pork, lamb, chicken, turkey
 (217-722-2188)
 Bar 10 Ranch beef (800-582-4139)
 Becker Lane Organic pork (563-875-2248)
 Belcampo Meat Co. ground beef (510-250-7810)
 Beltie Beef (877-846-5721)
 Bices Quality Critter Ranch beef, pork, lamb, goat, poultry
 (715-424-5159)
 Blackwing, Inc. beef, bison, pork, lamb, goat, elk, venison,
 ostrich, turkey, wild boar (847-838-4888)
 Blue Mountain Meadows beef, pork, lamb, chicken
 (717-423-5680)
 Border Springs Farm lamb (276-952-5485)
 Broadleaf grass-fed beef, buffalo, venison, elk, lamb,
 wild boar (800-336-3844)
 Broken Arrow Ranch venison, elk, antelope, wild boar
 (800-962-4263)
 Burgundy Pasture beef, pork, lamb (817-866-2247)
 Butcher Box beef (getbutcherbox.com)
 Buttercup Farm beef, chicken, turkey (717-548-2982)
 Carrell Farms water buffalo, lamb, alpaca, venison
 (770-267-0948)
 Casa Rosa Farms beef, lamb, goat (casarosafarm.com)
 Caw Caw Creek pork (803-250-5803)
 Cedar Farms beef (realmilk777@gmail.com)
 Circle C Farm beef, pork, lamb, chicken, turkey, duck
 (239-776-9054)
 Clover Cove Ranch beef (402-925-2431)
 Corner Post Meats beef, pork, lamb, chicken, turkey
 (303-898-0642)
 Deck Family Farm beef, pork, chicken, lamb, goat
 (541-998-4697)
 Double Diamond Ranch beef, lamb (541-853-2320)
 Dr. Mercola beef (877-985-2695)
 Drakes Bay Family Farms beef (415-669-1149)
 Dutch Meadows Farm beef, veal, pork, lamb, chicken, bison,
 turkey, rabbit (717-442-9208)
 East of Eden Farm poultry (828-713-1538)
 Emmer & Co. chicken (emmerandco.com)
 Farmers Box beef, chicken (800-281-0614)
 Fields of Athenry Farm beef, lamb, pork, poultry
 (703-300-5765)
 Fishhugger beef (602-286-9233)
 Fluit Family Farms beef, pork (541-432-5071)
 Flying Pigs Farm pork (518-854-3844)
 Foxhollow Farm beef (502-241-9674)
 Glacier Grown bison, beef (406-407-7039)
 Good Earth Farms beef, pork, lamb, poultry (888-941-4343)
 Good Shepherd Poultry Ranch chicken, turkey, duck, goose
 (goodshepherdpoultryranch.com)
 Grande Premium Meats elk, venison, wild boar
 (888-338-4581)
 Grass Roots Farmers' Cooperative beef, lamb, pork, chicken,
 turkey (479-310-0037)
 Grass Run Farms beef (563-277-0052)
 GrassRoots Meats beef, lamb (970-582-0166)
 Grassy Way Organics beef (608-753-2399)

Greatbeef (greatbeef.com)
 Green Acres Farm chicken, beef (717-768-3504)
 Green Hills Harvest beef, lamb, pork (660-244-5858)
 Grow and Behold Foods kosher lamb, chicken, turkey, duck,
 rose veal (888-790-5781)
 Hardwick grass-fed beef (413-477-6500)
 HarvestBox grass-fed beef, pork, chicken (harvestbox.com)
 Health Hero Farm beef (802-378-5246)
 Healthy Traditions beef, bison, lamb, poultry (866-311-2626)
 Heritage Foods USA meats (718-389-0985)
 High Sierra beef (530-635-0183)
 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 (888-528-5253)
 Liberty Ducks duck (800-953-8257)
 Lil' Ponderosa Enterprises beef (717-245-2820)
 Longhorns Head To Tail beef (740-758-5050)
 Maypop Farm poultry and pork (843-395-0793)
 Marx Foods beef, wild boar, lamb, bison, kangaroo, venison,
 antelope (866-588-6279)
 McCluskey Brothers beef (608-986-3760)
 Meadow Oaks Angus, LLC beef, pork, lamb (219-285-2182)
 Meadow Ridge Farm beef, pork, goat, duck, chicken, rabbit
 (717-530-5999)
 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 (608-435-6102)
 Mint Creek Farm lamb, veal, beef, pork, goat, poultry
 (815-256-2202)
 Moink beef, lamb, pork, chicken (217-717-9448)
 Nature's Sunlight Farm beef, veal, poultry, lamb
 (717-776-3417)
 Ney's Big Sky beef, buffalo, chicken (414-254-2664)
 Northeast Family Farms beef (800-777-2648)
 Oasis at Bird-in-Hand beef, pork, lamb, chicken
 (717-288-2154)
 Organic Grassfed Beef Coalition (605-624-1961)
 Organic Prairie grass-fed beef
 Oswald Cattle Company beef (719-942-4361)
 PaiDom Meats beef, lamb, goat, chicken (806-945-2473)
 Pasture Prime Family Farm beef, pork (352-266-9504)
 Peaceful Pastures grass-fed meats (615-683-4291)
 Pineshine Farms beef, pork (239-677-4074)
 Pleasant Pastures beef, pork, poultry (717-768-3437)
 Pleasant View Farms beef, pork, chicken, turkey
 (608-553-0787)
 Prairie Pride Farm beef, chicken (866-245-7675)
 Rain Crow Ranch beef, pork, poultry (866-255-5002)
 Rainbow Ranch Farms chicken, turkey (920-349-7675)
 Rambling River Pastured Farm pork, mutton, lamb, beef
 (717-624-2141)
 Ranch Foods Direct lamb, bison (866-866-6328)

Rock House Farm beef, pork (828-438-3881)
 Rocky Ridge Dairy beef, pork, lamb, poultry (717-284-0466)
 Salmon Creek Ranch beef, goat, goose (707-876-1808)
 Schenker Family Farms beef, veal, pork, lamb, poultry
 (877-632-4470)
 Scott River Ranch beef (530-467-4006)
 Shepherd Song Farm lamb, goat (715-265-7637)
 Shiloh Farms ground beef (800-362-6832)
 Soaring Eagle Ranch beef (575-588-7424)
 Stemple Creek Ranch beef, lamb (415-883-8253)
 Stryker Farm beef, pork, goat (570-269-2995)
 Sunny Crest Pastures beef (717-768-0101)
 Tallgrass Beef Company beef (tallgrassbeef.com)
 Tendergrass Farms beef, pork, chicken, turkey (800-929-1785)
 Teton Waters Ranch beef (720-340-4590)
 Thankful Harvest beef, lamb, poultry (712-830-3281)
 The Family Cow poultry, beef, pork (717-491-4004)
 The Grass Fed Cattle Company beef (612-581-7787)
 Thompson Farms pork (866-463-9218)
 Uncured Natural Meats beef, lamb, chicken (920-386-4971)
 US Wellness Meats beef, lamb, bison, chicken (except free
 roam cutlets and ground chicken), whole turkeys, duck
 (877-383-0051)
 Vermont Highland Cattle Company beef (888-243-8218)
 Victorian Farmstead Meat Company beef, pork, lamb, veal,
 chicken, turkey (707-332-4605)
 Vital Choice beef, chicken, bison (800-608-4825)
 Waseda Farms beef, pork, chicken (920-632-7271)
 White Oak Pastures beef, poultry, lamb, pork, rabbit
 (229-641-2081)
 Willow Run Dairy beef, veal, pork, lamb, poultry, rabbit, goat
 (717-556-0285)
 Wise Organic Pastures kosher beef, poultry (718-596-0400)

Buffalo Peak Ranch buffalo (888-208-6360)
 Full Circle Bison Ranch bison, pork (541-846-1351)
 Golden Valley buffalo (888-270-7147)
 Great Range Brand Bison bison (800-327-2706)
 High Wire Ranch bison (970-835-7600)
 Hutchinson Family Ranch bison, beef (402-273-4574)
 Intermountain Bison bison (208-227-9008)
 NorthStar Bison beef, bison, lamb, pork, chicken, turkey,
 goat, rabbit (888-295-6332)
 Straight Arrow Bison bison (308-870-4045)
 The Honest Bison bison (thehonestbison.com)
 Wild Idea Buffalo Co. buffalo (866-658-6137)

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

Applegate turkey burgers
 Bell & Evans chicken, turkey, duck, cornish hen
 Blackwing, Inc. chicken, quail, duck, guinea hen, pheasant
 (847-838-4888)
 Buffalo Guys buffalo (888-330-8686)
 Butcher Box pork, chicken (getbutcherbox.com)
 Buttercup Farm pork (717-548-2982)

Chapman 3C Cattle Company beef (254-977-4337)
 Coleman pork, chicken
 Cook Pigs Ranch pork (cookpigs.com)
 D'Artagnan pork, rabbit, poultry (800-327-8246)
 Diestal turkey
 Grande Premium Meats goat, rabbit, bison (888-338-4581)
 Grass Run Farms pork (563-277-0052)
 GrassRoots Meats chicken (970-582-0166)
 Grateful Harvest turkey
 Grimaud Farms duck, guinea hen (800-466-9955)
 Grow and Behold Foods kosher beef (888-790-5781)
 HarvestBox beef (harvestbox.com)
 Manchester Farms quail (800-845-0421)
 Marx Foods pork, poultry, free-range veal (866-588-6279)
 Mary's free-range poultry (888-666-8244)
 Murray's Chicken chicken, turkey (800-588-5051)
 Niman Ranch pork, beef, lamb, chicken
 NorthStar Bison elk (888-295-6332)
 Organic Prairie meats
 PaiDom Meats pork (806-945-2473)
 Pederson's Natural Farms ground bison (254-386-4790)
 Petaluma Poultry Rosie, Rocky and Rocky Jr. chicken
 (800-556-6789)
 Pinn-Oak Ridge Farms lamb (262-728-9629)
 Plainville Farms organic chicken and turkey (800-724-0206)
 Prairie Pride Farm pork (866-245-7675)
 Ranch Foods Direct beef, pork, poultry, elk, goat, rabbit,
 veal (866-866-6328)
 Roseda Farm beef (410-962-5530)
 Shelton's poultry
 Smart chicken (402-786-1000)
 South Mountain Creamery beef, lamb, pork, chicken
 (East Coast) (877-269-2968)
 Springer Mountain Farms chicken (877-826-2322)
 Straka Meats Inc. beef, pork, poultry (608-546-3301)
 Trader Joe's meats and poultry
 US Wellness Meats pork, rabbit, free roam chicken cutlets,
 ground chicken, ground turkey (877-383-0051)

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

Processed Meat

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

D'Artagnan lamb sausage, Mangalica ham, wild boar
 prosciutto and sausage (800-327-8246)
 Olli Salumeria prosciutto (877-OLLI-YES)

Smart chicken sweet Italian, breakfast maple and country breakfast sausages (402-786-1000)

Strauss Brands free raised veal chorizo (800-562-7775)

5 Bar Beef beef organ meat sausage, steak & liver sausage (714-749-5717)

Alderspring Ranch lamb sausages (alderspring.com)

Anderson Ranches Moroccan lamb sausage (541-466-5866)

Ayrshire Farm ham, sausages (except bangers) (540-592-7018)

Belcampo Meat Co. lamb merguez sausage, bratwurst, pork sausages (except jalapeño-cheese), head cheese (510-250-7810)

Beltie Beef summer sausage (877-846-5721)

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

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

Broadleaf lamb Italian sausage (800-336-3844)

Broken Arrow Ranch venison and wild boar summer sausages (800-962-4263)

Burgundy Pasture pork bratwurst and sausages (817-866-2247)

Caw Caw Creek ham, sausages, bacon, cured fatback (803-250-5803)

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

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

Corner Post Meats bacon, ham, pork sausages (303-898-0642)

Deck Family Farm fresh garlic pork sausage, lamb link sausages; goat sausages, links (541-998-4697)

Dutch Meadows Farm pork sausages (717-442-9208)

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

Edwards Virginia Smokehouse smoked hog jowls, Virginia bacon, sausage links (800-222-4267)

Fields of Athenry Farm bacon, country ham, pork sausages pork sausages, kielbasa, lamb sausages (703-300-5765)

Flying Pigs Farm bacon, ham, ham steaks, smoked chops, smoked hocks, sausages (518-854-3844)

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

Good Earth Farms bacon, ham, sausages, bratwurst smoked ham hocks, wieners; beef sausage; chicken hot dogs (888-941-4343)

Grass Roots Farmers' Cooperative pork sausage, bratwurst, maple links and mesquite lime kielbasa (479-310-0037)

Grass Run Farms beef bacon, bratwurst and Polish sausage (563-277-0052)

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

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

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

Hutchinson Family Ranch bison summer and breakfast

sausages, beef summer sausage (402-273-4574)

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

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

Lava Lake Lamb lamb sausages (888-528-5253)

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

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

Meadow Ridge Farm bacon, beef bologna, pork and goat sausages (717-530-5999)

Miller's 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)

Mint Creek Farm bacon, ham, andouille, Italian, Polish and breakfast sausages; lamb chorizo, ham, Italian and breakfast sausages (815-256-2202)

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

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

NorthStar Bison bison hot dogs, plain bratwurst, onion leek bratwurst, salt free bratwurst, sausages, braunschweiger; beef hot dogs, plain bratwurst, summer sausage; lamb bratwurst; pork bacon, bratwurst, breakfast sausage (888-295-6332)

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

PaiDom Meats beef bratwurst and sausages; lamb bratwurst and sausages (806-945-2473)

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

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

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

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

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

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

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

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

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

The Family Cow bacon, ham, kielbasa, sausages, scrapple; beef bologna, sausages (717-491-4004)

The Honest Bison bison onion leek bratwurst, breakfast sausage (thehonestbison.com)

Thompson Farms fresh and smoked pork country sausages

- (866-463-9218)
- Uncured Natural Meats beef bacon, brats, sausages
weiners (920-386-4971)
- 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)
- Willow Run Dairy pork sausages, liverwurst; beef kielbasa,
sweet bologna, liverwurst (717-556-0285)

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

- Aidells chorizo, Cajun andouille, garlic & gruyere,
spinach & feta, and tomato with mozzarella sausages;
tomato & garlic salame (877-243-3557)
- Al Fresco country style link chicken sausage, oven
roasted turkey breast (800-426-6100)
- Applegate salami
- Ayrshire Farm bangers (540-592-7018)
- Beeler's bacon, ham, wieners, li'l bites, sausage links, Italian
hot pork and breakfast sausages (877-378-8520)
- Belcampo Meat Co. bacon, ham, kielbasa, jalapeño-cheese
pork sausage, beef hot dogs (510-250-7810)
- Bices Quality Critter Ranch bacon, sugar free bacon, ham,
sugar free ham; beef summer sausage, landjaeger, hot
dogs, bacon; goat summer sausage, landjaeger;
special orders (715-424-5159)
- Bilinski's chicken sausages (877-873-9102)
- Blackwing, Inc. ham, elk hot dogs, Kobe beef franks
(847-838-4888)
- Bolzano Artisan Meats salamis (414-426-6380)
- Broadleaf duck prosciutto; venison, buffalo southwestern,
pheasant and alligator andouille sausages (800-336-3844)
- Buffalo Guys buffalo hot dogs and sausages (888-330-8686)
- Burgundy Pasture beef frankfurters (817-866-2247)
- Buttercup Farm bacon, ham, ham hocks, sausages,
scrapple, pork roll; beef bologna (717-548-2982)
- Citterio salami
- Coleman bacon, chicken sausages
- Continental Sausage, Inc. bacons (except stuffed bacon),
hams, landjaegersmoked German bratwurst, headcheese,
chicken sausages, liverwursts, blood and tongue luncheon
meat (866-794-7727)
- Creminelli Fine Meats, LLC salamis, deli meats (except

mortadella), hams (801-428-1820)
 D'Artagnan patés, 100% corn-fed duck foie gras, terrines,
 beef hot dogs, sausages (except French garlic and
 chorizo), bacon, ham, prosciutto, pancetta, saucisson
 sec, duck hot dogs, smoked chicken breast
 (800-327-8246)
 Deck Family Farm beef hot dogs, salami, pepperoni, ham,
 pastrami, andouille; pork sausages, bratwurst, bacon,
 (541-998-4697)
 East of Eden Farm garlic/spinach chicken sausage
 (828-713-1538)
 Edwards Virginia Smokehouse ham, slab bacon
 (800-222-4267)
 EPIC bacon and chicken bits (512-944-8502)
 Fabrique Délices duck rillettes, pork rillettes
 Fields of Athenry Farm sugar cured ham, lunch meats
 (salami, ham and turkey) (703-300-5765)
 Flying Pigs Farm hot dogs, brats (518-854-3844)
 Garrett Valley pork bacon (except those with yeast extract),
 bacon bits (856-769-8933)
 Goya corned beef*
 Grass Run Farms pork bacon; beef hot dogs, brisket
 and bologna (563-277-0052)
 Grimaud Farms duck confit, natural smoked duck breast
 (800-466-9955)
 Grow and Behold Foods kosher beef sausages, kosher for
 Passover hot dogs (888-790-5781)
 Hénaff pork paté and rillettes
 Heritage Foods USA maple sugar cured ham (718-389-0985)
 Hormel corned beef*
 Hunter Cattle Co. southbound beer brats (912-823-2333)
 KOL Foods kosher roast beef, corned beef (888-366-3565)
 La Quercia cured pork products (515-981-1625)
 Les Trois Petits Cochons patés, mousses, cooked ham,
 sausages, duck leg confit, duck rillettes (except those
 processed meats with nonfat dry milk)
 Let's be Frank hot dogs (888-Be-Frank)
 Libby's corned beef*
 Longhorns Head To Tail beef hot dogs; canned beef,
 pork and turkey (740-758-5050)
 Lou's Naturals uncured pepperoni, hickory
 smoked bacon, dry rub bacon (877-467-2331)
 Marky's bresaola (air dried beef) (800-522-8427)
 Miller's Bio Farm pork hot dogs (717-786-7895)
 Mint Creek Farm pork bratwurst, lamb bratwurst
 (815-256-2202)
 Mother Linda's French pork patés and rillettes
 (motherlindas.com)
 Neese's liver pudding, liver mush, scrapple, souse,
 fresh pork sausages (800-632-1010)
 Ney's Big Sky beef hot dogs and summer sausage; buffalo
 hot dogs (414-254-2664)
 Niman Ranch bratwurst, salami, sausages, ham, bacon, franks,
 pastrami, corned beef
 NorthStar Bison elk hot dogs, summer sausage; bison
 bacon and ham; pork ham and hocks (888-295-6332)
 Nueske's smoked bacon (800-392-2266)

Olli Salumeria cured pork products (877-OLLI-YES)
 Organic Prairie processed meats (except deli meats and turkey bacon)
 PaiDom pork bratwurst, bacon, sausages; beef bacon (806-945-2473)
 Palacios Autentico Chorizo
 Paleo on the Go no sugar bacon, no sugar kielbasa smoked sausage (855-447-2536)
 Pederson's Natural Farms beef bacon and hot dogs without natural flavors; chicken andouille sausage and feta & spinach sausage; pork bacon, chorizo, kielbasa, original German sausage, jalapeño sausage, bacon & pork sausage, seasoned pork burger (254-386-4790)
 Pete's Paleo bacon; chorizo, pork and wild boar sausages (619-363-7136)
 Plainville Farms organic turkey breasts (not pre-sliced) (800-724-0206)
 Pleasant View Farms bacon, ham (608-553-0787)
 Prairie Pride Farm bacon, ham, ham links, pork sausages, brats, weiners; chicken spinach feta and mango jalapeño sausages; blueberry and cranberry summer sausages (866-245-7675)
 Rain Crow Ranch beef summer sausage, hot dogs (866-255-5002)
 Ranch Foods Direct ham, pork bratwursts, liverwurst and sausages; beef hot dogs and chorizo sausage; chicken sausages (866-866-6328)
 Shelburne Farms bacon, ham (802-985-8686)
 Shelton's turkey sausage and franks
 Shiloh Farms beef hot dogs (800-362-6832)
 Siskiyou Alpaca alpaca landjaeger (541-415-2614)
 Smart chicken andouille, hot smoked and Polish sausages (402-786-1000)
 Smoking Goose Meatery bacon, pancetta, tasso, lardo, pig and fig terrine, sausages, salumi; lamb bacon, sausage and salumi; elk terrine and salumi; veal bratwurst; duck prosciutto, sausage, smoked breast (317-638-6328)
 Spam*
 Stiglmeier Sausage Co. processed meats (except those containing soy) (800-451-8199)
 Sugartown Smoked Specialties, Inc. poultry, pork (610-429-4080)
 Swinging Pastures salami, chorizo (singingpastures.com)
 Tallgrass Beef Company hot dogs, smoked sausage (tallgrassbeef.com)
 Tendergrass Farms pork bratwurst (800-929-1785)
 Teton Waters Ranch beef frankfurters; andouille, Polish and Thuringer beef sausages (720-340-4590)
 Thankful Harvest beef bacon, bratwurst, hot dogs Polish sausage, summer sausage (712-830-3281)
 Thousand Hills Cattle Company beef hot dogs, franks, summer sausage, cocktail weiners (877-854-8422)
 Underground Butcher processed meats (608-338-3421)
 US Wellness Meats pork bacon, ham, bratwurst sausages; beef franks and bologna; chicken and turkey sausages (877-383-0051)

Valley Fresh organic canned chicken (800-523-4635)
 Vermont Smoke & Cure maple brined bacon, ham, pork
 sausages, blue cheese and hard cider bratwursts, summer
 sausage (802-482-4666)
 Victorian Farmstead Meat Company no added nitrate
 bacon, beef hot dogs, hot Italian sausage (707-332-4605)
 Vital Choice bison hot dogs (800-608-4825)
 Volpi Foods processed meats (except those with soy, citric
 acid or smoke flavoring) (800-288-3439)
 Wellshire Farms bacon, scrapple, uncured pepperoni
 Whole Foods 365 mild Italian chicken and pork sausages;
 organic applewood smoked and cracked black pepper
 turkey breast
 Wild Idea Buffalo Co. brats, salami, kielbasa (866-658-6137)
 Wild Planet organic canned chicken (800-998-9946)
 Willow Run Dairy pork hot dogs (717-556-0285)

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

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

Pemmican and Jerky

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

Belcampo Meat Co. peppered beef jerky (510-250-7810)
 Biltong USA grass-fed beef biltong (888-438-2458)
 Dutch Meadows Farm beef jerky, sticks, stick bites
 (717-442-9208)
 EPIC beef cranberry sriracha, venison sea salt & pepper,
 venison beef and salmon maple & coconut oil bites;
 wagyu beef steak, venison sea salt & pepper, and smoked
 salmon maple strips (512-944-8502)
 Healthy Traditions bison jerky, snack sticks (866-311-2626)
 Hutchinson Family Ranch bison jerky (402-273-4574)
 Kodiak Island WildSource wild salmon jerky
 (kodiakwildsource.com)
 Loki Fish Co. wild salmon jerky (206-937-1048)
 Miller’s Bio Farm beef jerky and stix, Aaron’s signature
 meat stix (717-786-7895)
 Miller’s Organic Farm beef jerky, water buffalo jerky and stix
 (717-556-0672)

Mint Creek Farm lamb jerky, snack sticks; beef jerky, snack sticks (815-256-2202)
 NorthStar Bison beef jerky; bison jerky, snack sticks (except BBQ flavor) (888-295-6332)
 Pleasant Pastures beef jerky and sticks (717-768-3437)
 Sophia's Survival Food beef jerky chews (grassfedjerkychews.com)
 Tanka slow smoked original, spicy pepper and onnit warrior bison bars; slow smoked original and spicy pepper bison bites (800-416-7212)
 The Family Cow beef jerky and sticks (717-491-4004)
 The Honest Bison bison jerky, snack sticks (thehonestbison.com)
 The New Primal beef jerky and thins (866-723-1386)
 Think Jerky beef and Thanksgiving turkey jerky (thinkjerky.com)
 Uncured Natural Meats beef snack sticks, smoky beef strips (920-386-4971)
 US Wellness Meats beef pemmican, jerky, snack sticks; bison jerky (877-383-0051)
 White Oak Pastures duck jerky, gluten and soy-free beef jerky (229-641-2081)
 Willow Run Dairy beef sticks (717-556-0285)

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

Bices Quality Critter Ranch beef and goat sticks (715-424-5159)
 Biltong USA beef biltong (888-438-2458)
 Buffalo Guys buffalo jerky (888-330-8686)
 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 (707-939-9176)
 Mighty Organic black pepper chicken bars, beef bars, original beef sticks, beef jerky (except teriyaki) (877-662-6328)
 Nick's Sticks beef and turkey snack sticks (319-442-3244)
 NorthStar Bison elk jerky (888-295-6332)
 Patagonia Provisions original buffalo jerky (888-221-8208)
 Prairie Pride Farm pepperjack and cheddar snack sticks (866-245-7675)
 Pure Traditions mountain sticks (puretraditionsfoods.com) Rain Crow Ranch beef sticks (866-255-5002)
 Shelton's turkey jerky and sticks
 Simply Snackin' signature beef - bold original snacks

(800-729-2849)

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

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

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

Tin Star Foods bison, beef, lamb and turkey bars
(tinstarfoods.com)

Trader Joe's organic beef jerky

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

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

Vital Choice bison jerky (800-608-4825)

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

Wellshire Farms pepperoni and turkey snack sticks

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

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

Fruits and Vegetables

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

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
(anthonymsgoods.com)

Aunt Patty's organic dried fruit (800-456-7923)

Aurora Products organic dried fruit (203-375-9956)

Azure Standard organic dried fruit (971-200-8350)

Bare Fruit organic dried fruit (800-940-0019)

Bella Viva Orchards organic dried fruit (855-888-8482)

Bright Earth organic dried golden berries (541-201-0420)

Burgie's Berry Farm organic dried aronia berries
(262-388-0054)

Buttercup Farm chemical-free fresh vegetables
(717-548-2982)

Chaffin Family Orchards citrus (530-533-1676)

Chocola Tree dried fruit (928-282-2997)

Country Life Natural Foods organic dried fruit
(800-456-7694)

D and S Ranches organic raisins (559-847-0444)

Date Lady organic dates (417-414-2282)

Debbie Mysiewicz wild fresh and dried mushrooms, coastal
huckleberries (541-319-7226)

Divine Organics dried fruit and tomatoes (415-884-4477)

Earth Circle Organics dried fruit (877-922-FOOD)

Earthbound Farms organic dried plums, dates and mangos
 (800-690-3200)
 Edison Grainery organic dried fruit (510-382-0202)
 Equal Exchange organic dried fruit (774-776-7333)
 Essential Living Foods dried fruit (310-319-1555)
 Food to Live organic dried fruit and tomatoes (718-717-1029)
 Futtters organic dried fruit
 Glaser Organic Farms organic dried fruit, tomatoes
 and mushrooms (305-238-7747)
 Gold Mine dried fruit and tomatoes (800-475-3663)
 Grain Place Foods organic dried fruit (888-714-7246)
 Healthy Traditions fresh produce, freeze-dried fruit
 (866-311-2626)
 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
 (800-277-4268)
 Jaffe Bros. organic dried fruit (877-975-2333)
 Julian Bakery organic dried fruit (800-982-7323)
 Just Dates Syrup organic dates (justdatesyrup.com)
 Karen's Naturals organic dried fruit and tomatoes
 (800-537-1985)
 La Vigne Organics fresh fruit, dried fruit, fruit leathers
 (760-723-9997)
 Live Superfoods organic dried fruit and tomatoes
 (800-481-5074)
 Living Tree dried fruit and tomatoes (800-260-5534)
 Love Raw Foods dried fruit (540-745-5040)
 Made In Nature dried fruit (800-906-7426)
 Mavuno Harvest organic dried fruit (mavunoharvest.com)
 Mediterranean Organic sun-dried tomatoes - bag
 Miller's 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)
 Mt. Olive Organic Farm organic dried fruit (805-237-0147)
 Natierra organic freeze-dried fruits (except those with
 chocolate), beets, roasted corn (natierra.com)
 Natural Zing dried fruit, tomatoes, peppers and mushrooms
 (301-703-4116)
 Navitas Organics organic dried golden berries and
 mulberries (888-645-4282)
 Newman's Own Organics dried fruit
 NOW Foods organic dried apricots (888-669-3663)
 Nuts.com organic freeze-dried fruit, dried fruit and tomatoes,
 raspberry and noni fruit leathers (800-558-6887)
 Obis One organic garlic bulbs (609-202-9766)
 Organic Gemini organic raw tigernuts (347-662-2900)
 Organic Traditions dried fruit (888-968-6747)
 Oyler's Organic Farm apples (717-677-8411)
 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)
Raw Revelations organic dried banana flakes (951-677-2222)
Rhythm Superfoods organic dried beets (naked and sea salt),
carrots (naked and sea salt), watermelon (512-441-5667)
Ribbon Road Farm organic garlic (716-326-6150)
Selina Naturally dried fruit (800-867-7258)
Shady Acres fresh vegetables (717-361-1640)
Shields Date Garden organic dates (800-414-2555)
Shiloh Farms organic dried fruit (800-362-6832)
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)
T.G.L. Organic fresh fruits and vegetables (213-814-2289)
Terrasoul Superfoods organic dried fruit (855-821-4744)
The Lamb Shoppe organic dried fruit (320-587-6094)
The Raw Food World organic dried fruit and tomatoes
(866-729-3438)
Thrive Market organic dried fruit (866-419-2174)
Tierra Farm dried fruit and tomatoes (888-674-6887)
Tiger Nuts organic raw tigernuts (305-407-3844)
Tohum Natural Foods wild mulberries (510-717-7614)
Trader Joe's organic dehydrated carrots
Uncle Matt's Organic citrus fruit (877-364-2028)
United With Earth dates (323-982-9311)
US Wellness fresh produce (877-383-0051)
Vitacost organic dried mango slices (800-381-0759)
Vital Choice dried apricots (800-608-4825)
Vivapura organic dried fruit and tomatoes (877-787-6457)
Wild & Raw organic dried fruit
Wilderness Poets dried fruit (360-247-6250)
Wildly Organic organic dried fruit (800-945-3801)
Woodstock Foods organic dried fruit

SEA VEGETABLES

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

BC Kelp sea vegetables (250-622-7085)
Brittany Sea Salt sea spaghetti (866-671-7451)
Bright Earth raw nori sheets (541-201-0420)
Broth of Life dulse flakes (brothoflife.com.au)
Divine Organics Irish moss (415-884-4477)
Dr. Linda's seaweed soup mix (drlindas.com)
Earth Circle Organics sea vegetables (877-922-FOOD)
Frontier sea vegetables (800-669-3275)
GimMe sushi nori (415-479-8272)

Glaser Organic Farms sea vegetables (305-238-7747)
 Gold Mine sea vegetables (except those from China)
 (800-475-3663)
 Great Eastern Sun sea vegetables (800-334-5809)
 Healing Spirits Herb Farm kelp (607-566-2701)
 Live Superfoods sea vegetables (800-481-5074)
 Living Tree sea vegetables (800-260-5534)
 Maine Coast Sea Vegetables (except those from China)
 (207-565-2907)
 Maine Seaweed Company (207-546-2875)
 Marx Foods sea vegetables (866-588-6279)
 Mitoku sea vegetables (800-324-1878)
 Mountain Rose Herbs seaweed (800-879-3337)
 Natural Zing sea vegetables (301-703-4116)
 Naturespirit Herbs seaweed (541-846-7995)
 Nuts.com seaweed (800-558-6887)
 Ocean Harvest Sea Vegetable Company sea vegetables
 (707-694-9496)
 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)
 Sunfood Super Foods sea vegetables (888-729-3663)
 Terrasoul Superfoods seaweed (855-821-4744)
 The Raw Food World sea vegetables (866-729-3438)
 VitaminSea Seaweed sea vegetables (207-929-8678)
 Vivapura sea vegetables (877-787-6457)
 Wildly Organic sea vegetables (800-945-3801)

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

Aurora Products organic oat floured dates (203-375-9956)
 Bioitalia tomato products in glass jars
 Bionaturae tomato products in glass jars
 Cascadian Farm frozen fruits (except those with citric acid),
 plain vegetables (except edamame and those from
 China), hash browns
 Charlito's Cocina dry fig salami (917-539-9315)
 Ciao Organics tomato sauce, sun-dried tomatoes and
 cherry tomatoes in glass jars (845-363-6253, ext 113)
 Columbia Fruit organic frozen fruits (except those with citric
 acid) (360-225-9575)
 Dr. Mercola organic frozen wild blueberries (877-985-2695)
 Earthbound Farms organic frozen fruits and vegetables (except
 those with citric acid or canola oil) (800-690-3200)

Eden crushed tomatoes in glass jars
 Farmland Organics tomatoes in glass jars (720-235-8320)
 Glaser Organic Farms raw kelp noodles (should be cooked) (305-238-7747)
 Gold Mine kelp noodles (should be cooked) (800-475-3663)
 Healthy Traditions diced tomatoes in glass jars (866-311-2626)
 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) (301-703-4116)
 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)
 Rocky Ridge Dairy organic frozen pumpkin puree (717-284-0466)
 Rushmore Essentials organic frozen 3-berry blend
 Safeway O Organics frozen fruits and vegetables
 San Marzano tomato products in glass jars
 Sea Tangle Noodle Company raw kelp noodles (should be cooked) (408-966-3109)
 SimplyNature (Aldi) organic frozen blueberries, strawberries, peas and green beans (800-325-7894)
 SnoPac frozen fruits, vegetables (except edamame, Midwest soup mix and soy cutash) and hash browns
 Sunset Valley Organics frozen berries (541-752-0460)
 The Raw Food World raw kelp noodles (should be cooked) (866-729-3438)
 Vital Choice organic frozen berries (800-608-4825)
 Whole Foods 365 frozen organic fruits (except those with ascorbic acid or citric acid) and vegetables
 Woodstock Foods frozen organic fruits (except those with ascorbic acid or citric acid) and vegetables (except edamame and those from China)
 Yellow Barn tomato puree and concentrate in glass jars (607-324-2200)

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

Lacto-Fermented Vegetables

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

- Alive & Well fermented olives (except those with vinegar)
(aliveandwellolives.com)
- Ancient Awakenings cultured vegetables (404-310-8100)
- Angelica's Garden cultured vegetables (Midwest)
(715-781-4815)
- BAO fermented vegetables (718-391-0009)
- Brassica and Brine cultured vegetables (562-234-2666)
- Buttercup Farm fermented vegetables (717-548-2982)
- Dutch Meadows Farm fermented vegetables (717-442-9208)
- Fab Ferments cultured vegetables (513-562-7531)
- Farmland Organics fermented vegetables and sauces
(720-235-8320)
- Fermented Farmacy fermented vegetables
(fermentedfarmacy.com)
- Fermenti Artisan cultured vegetables (317-493-1652)
- FinAllie Ferments fermented vegetables (802-874-4172)
- Firefly Kitchens fermented vegetables (206-436-8399)
- Fizzeology Foods cultured vegetables (608-638-3499)
- Flack Family Farm lacto-fermented vegetables (VT)
(802-933-7752)
- Gail's Cupboard fermented vegetables, salsa (570-561-6970)
- Glaser Organic Farms sauerkrauts, kimchi, ginger
(305-238-7747)
- Gold Mine sauerkrauts, kimchi (800-475-3663)
- Hawthorne Valley Farm lacto-fermented vegetables
(518-672-7500)
- Healthy Traditions atchara (fermented green papaya),
sauerkraut veggie mix (866-311-2626)
- HEX Ferments fermented vegetables (except miso kimchi)
(410-775-5044)
- Hidden Pond Farm sauerkrauts, kimchi (765-960-5092)
- La Vigne Organics Moroccan preserved lemons
(760-723-9997)
- Lupa's Kitchen cultured veggie krauts (470-375-4654)
- Meadow Ridge Farm fermented vegetables (717-530-5999)
- Miller's Bio Farm fermented vegetables (717-786-7895)
- Miller's Organic Farm cultured vegetables, salsa
(717-556-0672)
- Obis One organic fermented black garlic (609-202-9766)
- Oregon Brineworks lacto-fermented vegetables
(541-354-1357)
- Ozuke fermented kraut, kimchi and beets (Midwest)
(ozuke.com)
- Pickled Planet cultured vegetables (pickledplanet.com)
- Pleasant Pastures fermented vegetables (717-768-3437)
- PureLiving fermented vegetables (800-362-6832)
- Real Pickles cultured vegetables (Northeast) (413-774-2600)
- Rejuvenative Foods cultured vegetables (800-805-7957)
- Rocky Ridge Dairy fermented vegetables (717-284-0466)
- Selina Naturally sauerkraut, kimchi (800-867-7258)
- Spirit Creek Farm lacto-fermented vegetables
(715-742-3551)

Steve's Paleogoods krauts, kimchi (856-356-2258)
 Sunja's organic fermented beets (802-244-7644)
 The Brinery fermented vegetables (734-717-4469)
 The Farm Connection cultured vegetables (812-939-3027)
 The Lamb Shoppe fermented vegetables (320-587-6094)
 The Sweet Farm fermented vegetables (except cucumber kimchi) (240-397-0484)
 Wellness Found Organic Foods sauerkrauts (262-305-2141)
 Wildbrine organic sauerkrauts and coleslaw (707-657-7607)
 Willow Run Dairy cultured vegetables (717-556-0285)
 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)
 Caldwell/Deep Root cultured vegetables (819-849-2000)
 Cleveland Kraut sauerkrauts (except gnar gnar)
 (216-264-6895)
 Farmhouse Culture sauerkrauts (831-466-0499)
 Farmstead Ferments fermented vegetables (VA, MD, SC)
 (540-718-3200)
 Glaser Organic Farms raw pickled vegetables (305-238-7747)
 HEX Ferments miso kimchi (410-775-5044)
 King's kimchi (kingsasian.com)
 Mediterranean Delicacy preserved lemons (267-240-0184)
 Morse's cultured vegetables (866-832-5569)
 Number 1 Sons fermented vegetables (DC, MD, VA and DE)
 (202-570-4453)
 Sonoma Brinery sauerkrauts, Manhattan style fresh pickles
 (707-473-0116)
 Sunja's kimchee (802-244-7644)
 The Sweet Farm cucumber kimchi (240-397-0484)
 Whole Foods 365 old fashioned sauerkraut
 Wildbrine sauerkrauts, kimchis, salsas (707-657-7607)
 Zymbiotics fermented vegetables (414-881-8017)

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

Lacto-Fermentation Starters

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

A.F. Kombucha mushrooms (877-566-2824)
 Anahata Balance kombucha mushrooms (231-360-7043)
 Body Ecology kefir and culture starters (800-511-2660)
 Circle C Farm kombucha scobies (239-776-9054)
 Cultured Food Life (culturedfoodlife.com)
 Cultures for Health (except those with maltodextrin)
 (800-962-1959)
 Custom Probiotics yogurt starters (800-219-8405)
 Cutting Edge Cultures kefir and vegetable starter cultures

(cuttingedgecultures.com)
 Dairy Connection dairy cultures (608-242-9030)
 Danisco dairy cultures
 Desert Oasis Farm milk and water kefir grains, kombucha
 and jun cultures (602-309-9090)
 Dom's Kefir In-Site starter cultures
 (users.sa.chariot.net.au/~dna/kefirpage.html)
 Dr. Mercola kinetic culture vegetable starter (877-985-2695)
 Fermented Farmacy kombucha brewing kits
 (fermentedfarmacy.com)
 Free exchange (nourishedkitchen.com/exchange)
 Fruit of the Vine Naturally (fotvn.com/store)
 Garrick's sourdough starter (realsourdoughbreadrecipe.com)
 GEM Cultures bread, soy, kombucha and dairy cultures
 (253-588-2922)
 GetKombucha.com kombucha cultures (888-542-4448)
 Glengarry Cheesemaking and Dairy Supply Ltd. dairy cultures
 (888-816-0903)
 Gluten-Free Sourdough Co. sourdough starters
 (508-733-5399)
 Happy Herbalist (888-425-8827)
 Homesteader's Supply yogurt culture (928-583-0254)
 Immunitrition kefir and culture starters (877-773-9229)
 King Arthur classic fresh sourdough starter (800-827-6836)
 Kombucha Kamp kombucha and jun cultures, milk and
 water kefir grains (424-245-5867)
 Live Superfoods kefir and culture starters (800-481-5074)
 Marilyn Jarzembski milk and water kefir grains, kombucha
 cultures (419-237-3095)
 Meadow Ridge Farm kombucha mushrooms (717-530-5999)
 Miller's Bio Farm kombucha mushroom kits, kefir grains
 (717-786-7895)
 Miller's Organic Farm kombucha mushrooms, kefir grains
 (717-556-0672)
 Mitoku koji and natto starter spores (800-324-1878)
 Moonwise Herbs piima, kefir and sourdough cultures
 (920-452-4372)
 Natren yogurt starter (866-462-8736)
 New England Cheesemaking Supply dairy cultures
 (413-628-3808)
 Nick's Natural Nook (stores.ebay.com/Nicks-Natural-Nook)
 Oregon Kombucha kombucha starter kits (503-477-4601)
 Oregon Trail sourdough starter (carlsfriends.net)
 Organic Cultures (231-360-7043)
 Pure Indian Foods vegetable starter culture (877-588-4433)
 Rhapsody Natural Foods koji starter cultures (802-563-2172)
 Selina Naturally kefir and culture starters (800-867-7258)
 Snowville Creamery kefir grains (740-698-2340)
 The CheeseMaker dairy cultures (414-745-5483)
 The Family Cow kombucha mushrooms, kefir grains
 (717-491-4004)
 The Kombucha Shop kombucha cultures and kits
 (thekombuchashop.com)
 Tibetan Temple Kombucha kombucha and jun scobies, and
 kits (etsy.com/shop/TibetanKombuchaScoby)
 Tribest Yolife yogurt starter (888-254-7336)
 Wildly Organic dairy cultures, cultured vegetable starter

(800-945-3801)
Willow Run Dairy kombucha mushrooms, kefir grains
(717-556-0285)
Yemoos Nourishing Clutures (512-819-1561)
Yogourmet yogurt and kefir starters (800-863-5606)

Grains and Legumes

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

Alford organic oatmeal
Arrowhead Mills organic grains, legumes; rice & shine,
quinoa rice & shine, bear mush and 4 grains plus
flax hot cereals
Bob's Red Mill organic grains, legumes and hot cereals
except high fiber and white wheat farina
Country Choice organic Irish style steel cut oats, old fashioned
oats, multigrain hot cereal
Lotus Foods organic whole grain rice
Lundberg Family Farms organic brown, red and wild rice;
sprouted rice
Ohsawa organic brown rice
SimplyNature (Aldi) organic quinoa, organic dried green lentils

Alter Eco quinoa, ruby red rice (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
(anthonysgoods.com)
Aurora Products organic legumes (203-375-9956)
Azure Standard organic grains, legumes and sprouting seeds
(except alfalfa) (971-200-8350)
Back Roads Food Company organic gluten-free rolled oats
(802-579-1135)
Bakery On Main organic gluten-free rolled oats
(860-895-6622)
Beeyoutiful organic rolled oats (877-623-3968)
Bioitalia organic dried legumes
BKW Farms white sonora wheat (bkwazgrown.com)
Bluebird Grain Farms grains, hot cereals, pilaf (888-232-0331)
Brad's Organic organic quinoa and brown rice
(bradsorganic.com)
Bread Beckers, Inc. organic grains and legumes
(770-516-5000)
Buttercup Farm chemical-free popcorn (717-548-2982)

Carlton Farms grains (570-396-0886)
 Cayuga Pure Organics grains, dried beans (607-793-0085)
 Central Milling Company organic whole grains; steel cut cracked rye, wheat and 6-grain (707-778-1073)
 Ceylon Pure organic whole grain rice (650-752-8865)
 Chosen Foods organic quinoa (877-674-2244)
 Country Life Natural Foods organic grains, 7 grain cereal, legumes and sprouting seeds (except alfalfa) (800-456-7694)
 Dragon Herbs organic black and red rice (888-558-6642)
 Dutch Meadows Farm chemical-free popcorn (717-442-9208)
 Eden wildcrafted wild rice; organic grains, dried legumes, sprouted brown rice mochi
 Edison Grainery organic whole grains and legumes (510-382-0202)
 Einkorn wheat berries (einkorn.com)
 Farm Girl Fresh organic dried beans (320-434-1510)
 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)
 Freekeh Foods freekeh roasted green wheat (612-240-1408)
 Gardens of Grace pre-soaked oatmeal cereals (except cashew berry crunch; all must be cooked) (262-443-7522)
 GF Harvest organic gluten-free oats (888-941-9922)
 Glaser Organic Farms grains, legumes; sprouting grains, legumes and seeds (except alfalfa) (305-238-7747)
 Gold Mine organic grains, legumes and sprouted brown rice (except those from China) (800-475-3663)
 Golden Prairie Oats organic gluten-free oats (970-897-2505)
 Goya organic quinoa and brown rice
 Grain Place Foods organic grains, legumes, popcorn (888-714-7246)
 GrandyOats organic rolled oats (207-935-7415)
 Grass Valley Grains grains, legumes (530-210-4216)
 Handy Pantry Sprouting organic sprouting seeds (except alfalfa and soybean) (866-948-4727)
 Heartland Mill grains (800-232-8533)
 Heritage Foods USA organic wild rice (718-389-0985)
 Heritage Grain Conservancy organic einkorn berries, cracked einkorn (growseed.org)
 Higher Power sprouted grains (877-684-8763)
 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)
 Lindlers Mills yellow corn grits (336-376-3916)
 Living Tree grains (800-260-5534)
 Love Raw Foods grains, legumes, sprouting seeds (except alfalfa and those from China) (540-745-5040)
 Manna Organics popcorn (630-795-0500)
 Marx Foods organic grains (866-588-6279)
 Massa Organics brown rice (530-519-8628)
 Miller's 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) (301-703-4116)
 Nature's Earthly Choice organic whole grains, legumes
 (208-898-4004)
 Nature's Legacy organic grains (800-997-7358)
 New Hope Mills organic rolled oats (315-252-2676)
 NOW Foods organic grains (888-669-3663)
 Nuts.com organic grains, legumes, 6 grain hot cereal, kamut
 hot cereal, popcorn (except those from China)
 (800-558-6887)
 One Degree Organic Foods grains, legumes (855-834-2642)
 Organic Traditions sprouted risotta mix and quinoa
 (888-968-6747)
 Our Fathers Foods crushed quinoa, rolled oats, wheat #3 and
 #4 (419-790-8868)
 PaiDom organic wheat berries (806-945-2473)
 Patz Maple & Honey Farms whole grains (800-897-2488)
 Pleasant Hill Grain organic grains and legumes (800-321-1073)
 Pocono organic buckwheat groats, cream of buckwheat, kasha
 (315-536-3311)
 Purcell Mountain Farms organic grains, legumes and sprouting
 seeds (except alfalfa); organic whole wheat farina,
 organic hot brown rice cereal (208-267-0627)
 Pure Indian Foods raw whole grains, legumes (877-588-4433)
 Pure Living organic sprouted popcorn (800-362-6832)
 Puritan's Pride organic grains (800-645-1030)
 RiceSelect organic brown rice (800-993-7423)
 Rocky Ridge Dairy organic lady finger popcorn
 (717-284-0466)
 Royal Lee Organics grains (844-781-5080)
 Serrv wild rice (800-422-5915)
 ShaSha Co. grains, legumes; sprouted grains and legumes
 (416-255-0416)
 Shiloh Farms organic grains and legumes (800-362-6832)
 Small Valley Milling organic whole grains (717-362-9850)
 Spiritual Food for the New Millennium biodynamic grains;
 organic grains and legumes (301-654-4899)
 Sproutman organic sprouting seeds (800-695-2241)
 Sproutpeople sprouting grains, legumes, nuts and
 seeds (except alfalfa and soybean) (877-777-6887)
 Starwest Botanicals organic sprouting seeds (except alfalfa)
 (800-800-4372)
 Stutzman Farms organic grains and legumes, 7 whole grain
 mix (330-674-1289, ext 2)
 SunOrganic Farm grains, legumes, sprouting seeds (except
 alfalfa and those from China) (888-269-9888)
 Sunrise Flour Mill grains (marty@sunriseflourmill.com)
 Terrasoul Superfoods organic white quinoa (855-821-4744)
 The Lamb Shoppe whole grains, legumes (320-587-6094)

The Pasta Shoppe sprouted wheat pasta (800-247-0188)
 The Raw Bakery organic rolled oats (540-745-5040)
 The Raw Food World grains, sprouting seeds (except alfalfa and soybean) (866-729-3438)
 The Urban Homemaker organic grains and legumes (800-552-7323)
 Thrive Market organic sprouted quinoa, brown rice and popcorn (866-419-2174)
 Timeless Food whole grains, legumes (406-278-5722)
 To Your Health Sprouted Flour Co. organic sprouted popcorn (334-584-7875)
 TruRoots whole grains, sprouted grains, sprouted legumes (800-288-3637)
 Vedica Organics legumes, ragi (finger millet), wheat porridge, brown and red rice (888-290-9312)
 Vitacost organic grains and legumes (800-381-0759)
 Viva Labs organic quinoa (800-921-8482)
 Wheat Montana Farms & Bakery organic grains (800-535-2798)
 Wildly Organic organic grains, wildcrafted wild rice (800-945-3801)
 With the Grain grains (805-712-3399)
 Zocalo Gourmet kaniwa grain, pussac punay dried beans (425-398-9761)

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

Gardens of Grace organic pre-soaked oatmeal cereals (262-443-7522)
 Miller's Organic Farm organic soaked granola (717-556-0672)
 Spiritual Food for the New Millennium organic soaked granolas (301-654-4899)
 Stutzman Farms organic sprouted spelt maple crunch, sprouted spelt granola (330-674-1289, ext 2)
 Sweet Water Baking Co. (in PA) organic soaked granola (610-935-1060)
 Sweet Water Baking Co. (in VA) organic soaked coconutty, swamp mix and tropical daydream granolas (540-593-3191)
 Willow Run Dairy organic sprouted grapenuts cereal (717-556-0285)

Amy's organic refried and baked beans
 Bearitos organic fat free refried beans (800-434-4246)
 Bioitalia organic canned legumes (except baked beans)
 Brad's Organic organic canned legumes (except those with canola oil) (BPA-free cans) (bradsorganic.com)
 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 (406-278-5722)
Vitacost organic canned beans (BPA-free cans) (800-381-0759)
Walnut Acres organic canned and baked beans
Westbrae organic canned legumes
Whole Foods 365 organic canned beans

Azure Standard organic whole wheat and brown rice pasta
(971-200-8350)
Berlin Natural Bakery whole spelt pasta (800-686-5334)
Bioitalia organic whole wheat pasta
Bionaturae organic whole wheat pasta
Brad's Organic organic whole wheat pasta (bradsorganic.com)
Bread Beckers, Inc. organic brown rice pasta (770-516-5000)
Canaan Fair Trade organic whole wheat couscous
(360-980-2580)
Country Life Natural Foods organic whole wheat, spelt and
brown rice pasta; whole wheat couscous (800-456-7694)
DeLallo organic whole wheat pasta (800-433-9100)
Eden organic whole grain pasta (except pasta with quinoa),
organic sweet brown rice mochi
Explore Asian organic black bean spaghetti, mung bean
fettuccini (888-208-9471)
Field Day organic whole wheat and brown rice pasta
Food to Live organic whole wheat couscous (718-717-1029)
Garden Time Organic organic whole wheat pasta
Gold Mine organic whole grain pasta (800-475-3663)
Healthy Traditions organic whole grain einkorn, whole wheat
and brown rice pasta (866-311-2626)
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
(877-642-0644)
Lotus Foods organic whole grain noodles
Lundberg Family Farms organic brown rice pasta
Miller's Bio Farm organic soaked spelt noodles (717-786-7895)
Miller's Organic Farm organic sprouted spelt noodles
(717-556-0672)

Mitoku organic whole grain pasta (800-324-1878)
 Nature's Earthly Choice organic whole wheat couscous
 (208-898-4004)
 Nature's Legacy organic whole spelt pasta (800-997-7358)
 Purcell Mountain Farms organic whole wheat, whole spelt
 and brown rice pasta (208-267-0627)
 RiceSelect organic whole wheat couscous (800-993-7423)
 Rizopia organic brown rice pasta and wild rice pasta
 (866-749-6742)
 Rustichella d'Abruzzo organic whole wheat, brown rice and
 red lentil pasta
 Spiritual Food for the New Millennium organic whole wheat
 couscous, whole wheat pasta with biodynamic flour
 (301-654-4899)
 The Pasta Shoppe organic whole spelt and kamut pasta
 (800-247-0188)
 Tinkyada organic brown rice pasta (619-609-0016)
 Tolerant organic red lentil and black bean pasta
 Trader Joe's organic sprouted wheat pappardelle pasta and
 brown rice pasta
 Whole Foods 365 organic whole wheat pasta
 Willow Run Dairy organic soaked spelt noodles
 (717-556-0285)

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

Bread

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

Berlin Natural Bakery sourdough and sprouted spelt breads
 (800-686-5334)
 Buenatural organic corn tortillas (800-952-4453)
 Food for Life organic sprouted corn tortillas
 La Tortilla Factory organic corn tortillas (800-446-1516)
 Le Pain Quotidien levain breads
 Manna Organics sourdough breads; sprouted breads (except
 banana walnut hemp and multigrain) (630-795-0500)
 Sonoma organic corn tortillas (800-446-1516)
 Traditional organic pumpernickel breads from Germany
 (without yeast)
 Acme Bakery sourdough rye and pain au levain
 (510-524-1327)
 Berkshire Mountain Bakery spelt and whole meal spelt
 breads (413-274-3412)

Bernhard's Bread Bakery organic whole grain sourdough breads (farmers, German, Russian, rustic rye, spelt harvest, spelt millet) (770-218-1153)

Columbia County Bread & Granola pankos; country wheat and pocket pita breads; sesame cumin, pretzel crisps, hearty spelt, garlic pepper, ancient grains, kernza and rye caraway flat breads (570-441-4031)

Cow and Clementine biodynamic sourdough breads (heritage wheat and rye) (304-322-2138)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Alvarado Street Bakery organic sprouted wheat tortillas

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

Bernhard's Bread Bakery organic country sunflower, Finnish

rye, harvest festival, hazelnut, lucky linen, monastery, prairie, sesame star, spelt whole grain, and whole wheat breads (770-218-1153)

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

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

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

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

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

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

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

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

Julian Bakery organic paleo coconut, honey and cinnamon raisin breads (all gluten-free) (800-982-7323)

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

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

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

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

Maria and Ricardo organic yellow corn tortillas (800-881-7040)

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

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

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

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

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

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

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

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

Rayo De Sol breads (877-478-7486)

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

Serenity Farm organic sourdough rye bread (870-447-2211)

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

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

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

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

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

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

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

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

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

Flour and Baking Supplies

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

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

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

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

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

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

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

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

Bob's Red Mill aluminum-free baking powder

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

Rumford aluminum-free baking powder

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

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

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

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

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
 (612-545-5555)
 Berlin Natural Bakery whole spelt flour (800-686-5334)
 Central Milling Company organic whole grain flours
 (707-778-1073)
 Country Life Natural Foods organic sprouted spelt flour
 (800-456-7694)
 Divine Organics organic raw almond flour (should be soaked)
 (415-884-4477)
 Dowd & Rogers chestnut flour (800-669-8877)
 Edison Grainery organic almond flour (should be soaked)
 (510-382-0202)
 Essential Eating organic sprouted flours (570-586-1557)
 Flour of Life organic sprouted flours (except those from
 China) (540-745-5040)
 Food to Live organic whole grain flours (718-717-1029)
 Gluten-Free Sourdough Co. sourdough bread mixes
 (508-733-5399)
 Grain Place Foods organic whole grain flours (888-714-7246)
 Granite Mill Farms organic sprouted flours (406-827-1095)
 Heritage Grain Conservancy organic einkorn flour
 (growseed.org)
 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)
 Moon Juice organic raw activated almond flour
 (310-399-2929)
 One Degree Organic Foods organic sprouted flours
 (855-834-2642)
 Organic Gemini organic tigernut flour (347-662-2900)
 Otto's Naturals cassava flour (732-654-6886)
 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)
 Shiloh Farms Essential Eating organic sprouted flours
 (800-362-6832)
 Small Valley Milling organic whole grain flours (717-362-9850)
 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)
 (800-945-3801)

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

Bob's Red Mill organic unbleached white flour

King Arthur organic unbleached white flour
Small Valley Milling organic unbleached white spelt flour
(717-362-9850)

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

Crackers

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

Jovial organic sourdough einkorn crackers (877-642-0644)
Moon Juice green fermented seed crisps (310-399-2929)
Stutzman Farms savory sprouted spelt crackers
(330-674-1289, ext 2)

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

Ak-Mak organic whole wheat crackers, whole wheat
round and country style cracker breads
Chocola Tree organic plain chia crackers (928-282-2997)
Doctor in the Kitchen organic flackers flax seed crackers
(flackers.com)
Edward & Sons organic brown rice snaps (except cheddar and
vegetable)
FBomb cheddar and buffalo cheese crisps (844-693-2662)
Finn Crisp organic rye crispbread
Foods Alive organic onion garlic, Mexican harvest, Italian zest,
and maple & cinnamon flax crackers (260-488-4497)
Genmai Life organic brown rice crackers (800-475-3663)
Glaser Organic Farms organic flax seed and nori crackers
(305-238-7747)
Higher Power crackers (except those with hemp)
(877-684-8763)
It's Alive! sprouted sauerkraut and kimchi crackers
(503-230-0215)
Jilz Gluten Free gluten-free crackers (805-585-5297)
Julian Bakery paleo thin crackers (800-982-7323)
Keep It Real Food Co. organic grain free seedy crackers
(206-388-4000)
Livin' Spoonful organic sprouted crackers (except kale)
(503-230-8484)
Lydia's Foods luna nori, ginger nori, and Italian crackers
(707-992-0776)
Mauk Family Farm organic raw sprouted crusts and crisps
(714-547-7977)
Natural Zing organic sourdough, caraway, pizza, flax, sprouted
sauerkraut, kimchi, luna nori, ginger nori and Italian
crackers (301-703-4116)

Paleo Mama Bakery cheddar crisps (608-692-3715)
 Potter's organic garlic & baby onion, Midwest seed, rhubarb
 graham, hazelnut graham, honey graham, rosemary,
 six seed, toasted sesame and Washington Island flax
 crackers (608-663-5005)
 Raw Food Central flax crackers (855-632-8729)
 RW Garcia organic sweet potato crackers (408-287-4616)
 Stutzman Farms organic homemade spelt crackers
 (330-674-1289, ext 2)
 The Raw Bakery organic corn, savory cranberry, sweet
 potato and simply raw flax crackers (540-745-5040)
 The Raw Food World organic luna nori, Italian, pesto pumpkin
 seed, caraway, coconut curry, pizza, and sea veg salty chia
 crackers (866-729-3438)

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

Nuts and Seeds

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

A Little Nuts organic raw and soaked nuts (559-725-1901)
 Ancient Grains organic chia seeds (208-557-4351)
 Anderson Almonds organic raw almonds (209-667-7494)
 Anna and Sarah organic raw nuts and seeds (848-229-2235)
 Anthony's Goods organic raw nuts and seeds
 (anthonysgoods.com)
 Aunt Patty's organic raw nuts and seeds (800-456-7923)
 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)
 Brad's Organic organic chia seeds (bradsorganic.com)
 Bremner Farms organic raw almonds (530-893-4950)
 Burroughs Family Farms organic raw almonds (209-874-9400)
 Capay Canyon Ranch organic raw almonds (530-662-2372)
 Carrington Farms organic chia and whole flax seeds
 (800-505-9546)
 Chocola Tree raw nuts and seeds (except hemp)
 (928-282-2997)
 Chosen Foods organic chia seeds (877-674-2244)

Country Life Natural Foods organic raw nuts and seeds
(except those from China) (800-456-7694)

D and S Ranches organic raw nuts (559-847-0444)

Divine Organics raw nuts and seeds (415-884-4477)

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

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

EatRaw organic raw cashews (866-432-8729)

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

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

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

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

Farmer Direct Organic flax seeds (306-352-2444)

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

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

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)

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

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

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 (800-277-4268)

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

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

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

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

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

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

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

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

Lupa's Kitchen maple bliss sprouted nut clusters
(470-375-4654)

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

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

Manna Organics raw nuts (630-795-0500)

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

Marx Foods organic raw seeds (866-588-6279)

Massa Organics raw almonds (530-519-8628)

Meadow Ridge Farm soaked nuts and seeds; seasoned nut

mix, sweet & spicy nut mix (717-530-5999)
 Miller's Bio Farm organic crispy nuts and seeds; sweet & spicy
 nut mix (717-786-7895)
 Miller's Organic Farm soaked nuts, seeds and cashew
 butter; honey & spice nuts, seasoned nut mix, sweet &
 spicy nut mix (717-556-0672)
 Missouri Northern Pecan Growers organic pecans
 (866-732-2678)
 Moon Juice activated almonds, cashews, maca mesquite
 walnuts, and turmeric, coconut & lime pepitas;
 sprouted almond butter (310-399-2929)
 Mount Mayon coconut curry chilli lime and Himalayan pink
 salted sprouted pili nuts; natural pili nut butter salt in
 water (mountmayon.com)
 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 Way Mills organic raw seeds (218-222-3677)
 Natural Zing organic raw nuts and seeds (except hemp)
 (301-703-4116)
 Navitas Organics organic chia seeds, raw cashews
 (888-645-4282)
 NOW Foods organic raw nuts and seeds (except hemp)
 (888-669-3663)
 Nussli118 organic sprouted nuts (857-242-4188)
 Nutiva raw organic chia seeds (800-993-4367)
 Nuts.com organic raw nuts and seeds (except hemp)
 (800-558-6887)
 Old Dog Ranch organic raw walnuts (707-849-4439)
 One Degree Organic Foods flax seeds (855-834-2642)
 Organic Traditions raw nuts and seeds (888-968-6747)
 Pangaia organic raw nuts (808-989-3457)
 Pecan Shop raw nuts, sprouted nuts and seeds (except
 mesquite smoked pecans, unsalted pecans and unsalted
 walnuts) (254-307-9386)
 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 (877-588-4433)
 Pure Traditions sprouted pili nuts (puretraditionsfoods.com)
 RawGuru raw almonds, cashews, hazelnuts and sesame seeds
 (800-518-0727)
 Puritan's Pride organic raw nuts and seeds (except hemp)
 (800-645-1030)
 Rocky Ridge Dairy soaked nuts (717-284-0466)
 Selina Naturally organic chia seeds (800-867-7258)
 Shiloh Farms raw nuts and seeds (800-362-6832)
 Spiritual Food for the New Millennium biodynamic raw nuts
 and seeds; organic raw nuts and seeds (301-654-4899)
 Stutzman Farms organic flax seed (330-674-1289, ext 2)
 Sunbiotics original and truffle sprouted probiotic almonds
 (800-925-0577)

Sunfood Super Foods raw and soaked nuts and seeds (except hemp) (888-729-3663)
 SunOrganic Farm raw nuts and seeds (888-269-9888)
 Terrasoul Superfoods raw nuts and seeds (except hemp and those from China) (855-821-4744)
 The Lamb Shoppe raw nuts and seeds (320-587-6094)
 The Philosopher's Stoneground sprouted almond butters (except with cacao) (thephilosophersstoneground.com)
 The Raw Food World organic raw nuts and seeds (except hemp) (866-729-3438)
 Thrive Market organic raw nuts and seeds (866-419-2174)
 Tierra Farm raw nuts and seeds (888-674-6887)
 Timeless Food flax seeds (406-278-5722)
 TruRoots organic chia seeds (800-288-3637)
 Vitacost organic raw nuts and seeds (except hemp) (800-381-0759)
 Vital Choice organic raw nuts (800-608-4825)
 Viva Labs organic chia seeds (800-921-8482)
 Vivapura raw nuts and seeds (except hemp) (877-787-6457)
 Whole Foods 365 organic chia seeds
 Wilderness Poets raw nuts and seeds (except hemp) (360-247-6250)
 Wildly Organic raw nuts and seeds (800-945-3801)
 Willow Run Dairy soaked nuts, seeds and butters; seasoned nut mix (717-556-0285)
 Woodstock Foods organic raw nuts and seeds

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

Adams peanut butter
 Arrowhead Mills tahini and peanut butter
 Barney Butter bare and raw + chia almond butters
 Brad's Naturals nut butters (bradsorganic.com)
 Brad's Organic nut butters and tahini (except those with sugar, milk powder or cocoa) (bradsorganic.com)
 Crazy Richard's peanut butter
 East Wind Nut Butters nut butters and tahini
 Field Day organic peanut butter
 Full Circle organic almond butter
 Futters nut and seed butters
 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
 Once Again nut and seed butters (except those with sugar)
 Orchard Valley Harvest raw almonds
 Redmond's almond butter

Santa Cruz Organic peanut butter
 Smucker's peanut butter (except those with sugar or maltodextrin)
 Trader Joe's almond butter
 Whole Foods almond butter, raw almonds, organic peanut butter
 Woodstock Foods tahini and nut butters

Artisana raw tahini and nut butters (866-237-8688)
 Aunt Patty's organic almond butter (800-456-7923)
 Awesome Foods soaked nuts and seeds (610-757-1048)
 Better Than Roasted sprouted nuts, seeds and butters (except those from China) (540-745-5040)
 Bremner Farms raw walnuts (530-893-4950)
 Burroughs Family Farms organic almond butter (209-874-9400)
 CB's Nuts peanut butters (360-881-0369)
 Chocola Tree raw tahini, nut butters, sprouted almonds (928-282-2997)
 Country Life Natural Foods nut and seed butters (except those with sugar or safflower oil) (800-456-7694)
 Dansk Farms peanut butter (407-965-5551)
 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)
 Essential Living Foods wild jungle peanut butter (310-319-1555)
 EVOLVe Nuts and Seeds soaked nuts, seeds (603-475-5095)
 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)
 Gold Mine tahini, nut butters (800-475-3663)
 Gopal's sprouted nuts, seeds and butters; raw tahini (866-646-7257)
 Healthy Traditions peanut butter, coconut peanut butter (866-311-2626)
 Higher Power soaked nuts and seeds (877-684-8763)
 International Harvest, Inc. tahini and nut butters (800-277-4268)
 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)
 Julian Bakery paleo meenut butter (800-982-7323)
 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
 (307-752-6883)
 Love Raw Foods raw nut and seed butters (except hemp and
 those from China) (540-745-5040)
 Lydia's Foods sprouted nuts and seeds (707-992-0776)
 Manna Organics nut butters (except those with cacao or cane
 juice crystals), sprouted almond butter (630-795-0500)
 Massa Organics almond butter (530-519-8628)
 Miller's Bio Farm organic peanut butter, roasted coconut
 cashew butter (717-786-7895)
 Miller's Organic Farm organic almond and peanut butters
 (717-556-0672)
 Miyoko's Creamery cashew cream cheeses (415-521-5313)
 Nate's Raw Harvest raw and sprouted pecans, sprouted pecan
 butters (214-546-2023)
 Natural Zing raw nut and seed butters (301-703-4116)
 NaturAlmond almond butter (866-327-9301)
 Navitas Organics organic maca maple cashews, turmeric
 tamari almonds, chia rosemary pumpkin seeds
 (888-645-4282)
 Nuts.com tahini and nut butters (800-558-6887)
 NuttZo original and peanut-free nut and seed butters
 (888-325-0553)
 Old Dog Ranch organic just walnut butter, raw honey & sea
 salt walnut butter (707-849-4439)
 Pangaia organic raw nut and seed butters (808-989-3457)
 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)
 Raw from the Farm almond butter (510-394-4729)
 RawGuru organic sprouted sunflower and China seeds
 (800-518-0727)
 Rejuvenative Foods raw nut and seed butters (except hemp
 and those with cacao) (800-805-7957)
 Rick Nuts organic sprouted nuts (except those with goji berries
 (310-818-3112)
 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 (800-437-5539)

SunOrganic Farm nut and seed butters (888-269-9888)

The Raw Food World raw nut and seed butters (except hemp and those with cacao), sprouted sunflower and pumpkin seeds (866-729-3438)

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 (877-787-6457)

West Wind Farms nut butters (855-593-7894)

Wild Friends Foods classic creamy peanut and almond butters (971-808-2808)

Wilderness Poets raw nut and seed butters (except hemp) (360-247-6250)

Wildly Organic soaked nuts, seeds and butters (except those with cacao or agave) (800-945-3801)

Willow Run Dairy peanut butter (717-556-0285)

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

Coconut Products

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

Desiccated coconut (in most health food stores)

Alpha coconut flour

Anna and Sarah organic coconut chips (848-229-2235)

Anthony’s Goods organic coconut flour, unsweetened shredded coconut, toasted coconut chips with muscovado sugar (anthonysgoods.com)

Aroy-D whole coconut milk in cans, coconut cream in cans*

Arrowhead Mills coconut flour

Artisana organic raw coconut butter (866-237-8688)

Aunt Patty’s shredded coconut (800-456-7923)

Awesome Foods raw coconut spread (610-757-1048)

Beeyoutiful coconut flour, shredded coconut (877-623-3968)

Big Tree Farms organic coco aminos (541-488-5605)

Bob’s Red Mill fine macaroon coconut, shredded coconut, coconut flakes, coconut flour

Body Ecology coconut water kefir (800-511-2660)

Brad's Organic coconut flour (bradsorganic.com)
 Bragg organic coconut aminos (800-446-1990)
 Burgie's Organics coconut kefir (920-349-3154)
 Carrington Farms organic coconut flour (800-505-9546)
 Ceylon Pure coconut flour, raw creamed coconut, coconut flakes and chips, toasted coconut chips (650-752-8865)
 Chocola Tree organic raw coconut creme (928-282-2997)
 Coconut Secret raw coconut flour, raw coconut vinegar, coconut aminos, coconut aminos garlic and teriyaki sauces, original coconut ungranola bars (888-369-3393)
 Coconut Supreme coconut flakes, coconut chips, coconut flour (800-922-1744)
 Cocopura raw organic coconut cremes (877-PUR-OILS)
 Country Life Natural Foods coconut flakes and chips, organic coconut flour (800-456-7694)
 Dang Foods caramel sea salt and salted unsweetened toasted coconut chips (646-450-6501)
 Dastony raw coconut butter (800-925-0577)
 Divine Organics raw coconut butter (415-884-4477)
 Dr. Mercola organic raw coconut butter (877-985-2695)
 Earth Circle Organics coconut flour, coconut flakes, coconut chips (877-922-FOOD)
 Edison Grainery organic coconut flour (510-382-0202)
 Exotic Superfoods frozen organic young coconut meat and coconut water (917-685-2586)
 Food to Live organic shredded coconut (718-717-1029)
 Glaser Organic Farms fresh organic coconut water, shredded coconut, raw shredded coconut (305-238-7747)
 Gold Mine shredded coconut (800-475-3663)
 Higher Power coconut flakes (877-684-8763)
 Improv'eat raw coconut wraps (800-787-3516)
 Inner-eco original plain fresh coconut water probiotic, frozen young coconut meat (844-341-1776)
 Indus Organics raw coconut flakes (925-895-6535)
 International Harvest, Inc. raw shredded coconut, coconut chunks (800-277-4268)
 Jaffe Bros. coconut flakes, coconut chips (877-975-2333)
 Latta organic coconut water kefir, organic coconut milk kefir (201-512-8400, ext 303)
 Let's Do...Organic coconut flakes, toasted coconut flakes, shredded coconut, coconut flour, heavy coconut cream* (805-684-8500)
 Live Superfoods raw coconut flour, coconut butter, coconut flakes and chips, toasted plain coconut chips, coconut vinegar; coconut aminos, coconut aminos garlic and teriyaki sauces (800-481-5074)
 Living Tree coconut vinegar, coconut flakes, coconut chips (800-260-5534)
 Love Raw Foods raw coconut flakes, coconut butter, coconut flour (540-745-5040)
 Made In Nature cinnamon, maple vanilla and ginger masala chai toasted coconut chips (800-906-7426)
 Mavuno Harvest organic dried coconut (mavunoharvest.com)
 Mountain Rose Herbs coconut flakes (800-879-3337)
 Munkijo raw natural coconut vinegar (949-861-2798)
 Native Forest organic simple whole coconut milk*
 Natural Value organic whole coconut milk, coconut cream*

Natural Zing coconut aminos; raw coconut vinegar, coconut flour, coconut butter, shredded coconut, paleo coconut wraps (301-703-4116)
 Nature's Blessings organic coconut flour (626-935-0770)
 Nature's Flavors 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)
 Pangaia raw coconut flakes (808-989-3457)
 Radiant Life raw coconut spread, coconut flour, raw coconut flakes and chips (888-593-8333)
 RawGuru organic Dastony coconut flakes (800-518-0727)
 Sacred Foods raw coconut butter (415-883-1311)
 Shiloh Farms coconut flour, shredded coconut (800-362-6832)
 Sunfood Super Foods raw coconut wraps (888-729-3663)
 Terrasoul Superfoods coconut flour, coconut flakes and chips (855-821-4744)
 The Coconut Cult coconut yogurt (except those with matcha, cacao or chocolate) (thecoconutcult.com)
 The Lamb Shoppe coconut flakes/shreds (320-587-6094)
 The New Primal coconut aminos (866-723-1386)
 The Philosopher's Stoneground - Ostara organic raw coconut butter (ostarafoods.com)
 The Raw Food World coconut aminos; raw coconut vinegar, coconut creme, coconut butter, coconut wraps, coconut shreds (866-729-3438)
 Thrive Market organic shredded coconut, coconut chips, coconut flour, raw coconut butter, coconut aminos, coconut wraps, regular coconut milk, coconut cream* (866-419-2174)
 Tierra Farm shredded coconut (888-674-6887)
 Trader Joe's organic whole coconut milk, coconut cream*
 Tropical Traditions coconut flour, coconut flakes, coconut chips, raw coconut water vinegar (866-311-2626)
 Tropics Best coconut chips (888-386-9246)
 Vitacost organic shredded coconut (800-381-0759)
 Viva Labs organic coconut flour (800-921-8482)
 Vivapura raw organic coconut flour, coconut chips, coconut flakes (877-787-6457)
 Wilderness Poets raw coconut butter (360-247-6250)
 Wildly Organic raw coconut spread, coconut flour, raw coconut flakes and chips, raw coconut vinegar (800-945-3801)
 Woodstock Foods shredded coconut
 Zuma Valley organic frozen young coconut meat and cream (310-457-3573)

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

*Available in BPA-free containers.

A Taste of Thai whole coconut milk
Brad's Organic whole coconut milk (bradsorganic.com)
Cocojune organic pure coconut yogurt (cocojune.co)
Field Day organic classic unsweetened coconut milk
GT's pure, raspberry and ginger turmeric coconut kefir;
raw coconut yogurt (pure flavor) (877-735-8423)
Kame whole coconut milk
Lavva coconut yogurt (833-885-2882)
Native Forest organic classic whole coconut milk, coconut
cream*
Natural Value whole coconut milk, coconut cream*
Roland organic coconut milk (800-221-4030)
Thai Kitchen whole coconut milk

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

Aunt Patty's creamed coconut (800-456-7923)
Keep It Real Food Co. mighty meal cereal (206-388-4000)
Kevala organic coconut butter (877-379-1179)
Living Tree coconut butter (800-260-5534)
Munkijo organic coconut spread (949-861-2798)
Nikki's Coconut Butter vanilla cake batter, honey pecan pie
and macadamia nut cookie coconut butters
(nikkiscoconutbutter.com)
NUCO raw coconut wraps, organic coconut crunch cereal
(626-921-6826)
Nutiva coconut manna (800-993-4367)
P.A. Products creamed coconut (718-763-5888)
The Lamb Shoppe coconut creme concentrate
(320-587-6094)
Tropical Traditions coconut creme concentrate
(866-311-2626)

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

Condiments

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

- Aceto Beato DeMarco organic balsamic vinegar
(888-421-6546)
- Acetum raw organic apple cider vinegar
- Aunt Patty's raw organic apple cider vinegar (800-456-7923)
- Bionaturae organic balsamic vinegar
- Brad's Organic organic balsamic vinegar, raw organic apple
cider vinegar (bradsorganic.com)
- Bragg raw organic apple cider vinegar (800-446-1990)
- De Nigris organic balsamic vinegar
- Dynamic Health Laboratories raw organic apple cider vinegar
(800-396-2114)
- Eden raw organic apple cider
- Emperor's Kitchen organic mirin (800-334-5809)
- Enzo's Table organic balsamic vinegar (888-942-3552)
- Field Day organic balsamic vinegar
- Harmony Farms raw organic apple cider vinegar
- Healthy Traditions organic balsamic and organic apple cider
vinegars (866-311-2626)
- Hoskins Berry Farm raw organic blackberry vinegar
(541-929-4376)
- Miller's Bio Farm raw apple cider vinegar (717-786-7895)
- Miller's Organic Farm raw apple cider vinegar (717-556-0672)
- Mitoku organic mirin (800-324-1878)
- Mt. Capra raw organic apple cider vinegar (877-682-2772)
- Mt. Olive Organic Farm organic balsamic vinegar
(805-237-0147)
- Napa Valley Naturals organic private reserve and organic
golden balsamic vinegars
- Napoleon organic balsamic vinegar (425-455-3776)
- Nature's Intent raw organic apple cider vinegar
- Newman's Own Organic organic balsamic vinegar
- Ohsawa organic mirin
- Omega Nutrition organic apple cider and balsamic vinegars
- Roland organic balsamic vinegar (800-221-4030)
- Selina Naturally raw ume plum vinegar (800-867-7258)
- Solana Gold raw organic apple cider vinegar
- Soler Romero organic balsamic and raw organic apple cider
vinegars
- Spectrum organic balsamic and raw organic apple cider
vinegars
- Thrive Market raw organic apple cider vinegar, organic
balsamic vinegar (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 (800-608-4825)
- Viva Naturals raw organic apple cider vinegar (800-921-8482)
- Whole Foods 365 organic balsamic vinegar

Gold Mine miso (800-475-3663)
 Great Eastern Sun organic miso (800-334-5809)
 MegumiNATTO organic natto (707-827-1788)
 Miso Master organic miso
 Mitoku unpasteurized miso, shoyu, tamari (800-324-1878)
 Natural Zing nama shoyu unpasteurized soy sauce
 (301-703-4116)
 NYrture New York Natto organic natto (917-306-2640)
 Ohsawa nama shoyu unpasteurized soy sauce, miso
 Organicville miso
 Rhapsody Natural Foods organic natto and miso
 (802-563-2172)
 Sea Clear fermented kelp & chlorella miso (310-956-1988)
 South River organic miso and tamari (413-369-4057)
 The Raw Food World fermented kelp & chlorella miso
 (866-729-3438)
 Westbrae organic miso

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

 Annie's Naturals mustard
 Eden mustard
 Gail's Cupboard pesto, fermented kombucha mustard
 (570-561-6970)
 Lou's Famous organic dill mustard (877-467-2331)
 Natural Value mustard
 Organicville mustard
 Portlandia Foods mustard (503-729-8257)
 Primal Kitchen organic spicy brown mustard (888-774-6259)
 Roland organic mustard (800-221-4030)
 The Sweet Farm cultured mustards (240-397-0484)
 Thrive Market organic mustards (866-419-2174)
 True Natural Taste organic mustards (800-559-2998)
 Westbrae mustard
 Whole Foods 365 organic jalapeño mustard
 Woodstock Foods mustard

 BAO fermented ketchup and hot sauces (718-391-0009)
 Fab Ferments cultured hot pepper sauce (513-562-7531)
 Hawthorne Valley Farm fermented hot pepper sauce
 (518-672-7500)
 Hidden Pond Farm fermented ketchup and BBQ sauce
 (765-960-5092)
 Miller's Bio Farm honey mustard, zucchini relish,
 fermented ketchup (717-786-7895)
 Miller's Organic Farm honey mustard, garlic spread,
 horseradish, zucchini relish, fermented ketchup
 (717-556-0672)
 Pleasant Pastures fermented ketchup (717-768-3437)
 Rejuvenative Foods cultured ketchups (800-805-7957)
 Willow Run Dairy honey mustard, garlic spread, horseradish,
 zucchini relish, fermented ketchup (717-556-0285)

Caldwell cultured organic garlic flowers (819-849-2000)
Cultures for Health cultured organic garlic flowers
(800-962-1959)
Real Pickles fermented tomatillo hot sauce (Northeast)
(413-863-9063)
Vital Choice organic raw cultured garlic flowers
(800-608-4825)

Chaffin Family Orchards green and black olives for home
curing (530-533-1676)
Essential Living Foods organic raw olives (310-319-1555)
Healthy Harvest organic olives (636-405-1960)
Live Superfoods organic raw olives and tapenades
(800-481-5074)
Mediterranean Organic organic black and kalamata olives
(in glass jars)
Mitoku organic umeboshi plums and paste (800-324-1878)
Ohsawa organic umeboshi plums
Olea Estates organic raw black olives (636-405-1960)
OliFlix organic raw olives (oliflix.com/en)
Ozuke organic umeboshi plums (Midwest) (ozuke.com)
Phytolove, LLC organic raw olives (202-558-7174)
Sunfood Super Foods organic raw olives (888-729-3663)
Zocalo Gourmet chili pastes (425-398-9761)

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

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

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

Bariani balsamic vinegar
BLiS sherry vinegars (616-942-7545)
Brad's Organic organic red and white wine vinegars,
balsamic glaze (bradsorganic.com)
Colavita vinegars (888-265-2848)
De Nigris aged balsamic vinegar; organic red and white wine
vinegars
EatRaw balsamic vinegar (866-432-8729)
Eden vinegars, mirin
Emperor's Kitchen umeboshi vinegar (800-334-5809)
Field Day apple cider vinegar
Gaea organic olives (954-923-7723)
Japan Gold USA organic umeboship puree (858-486-1707)
Lacoiniko balsamic vinegars (except those with chocolate)
(571-292-1394)
Live Superfoods balsamic vinegar (800-481-5074)
Lucini Italia vinegars (855-972-0555)
Mitoku vinegars (800-324-1878)
Napa Valley Naturals vinegars (without natural flavors)
Napoleon balsamic, sherry, organic red wine and organic
white wine vinegars (425-455-3776)

Ohsawa vinegars
Soler Romero organic sherry vinegar
Spectrum organic vinegars (except distilled and those
containing natural flavors)
Vom Fass vinegars (608-204-0300)

Cold Mountain miso (626-962-9633)
Eden miso, naturally fermented soy sauce, tekka
Emperor's Kitchen shoyu (800-334-5809)
Great Eastern Sun shoyu, tamari (800-334-5809)
Kikkoman organic soy sauce
Miso Master tamari
Mitoku natto miso chutney, pasteurized miso (800-324-1878)
NYrture New York Natto non-GMO natto (917-306-2640)
Ohsawa gluten-free tamari soy sauce
Rhapsody Natural Foods non-GMO natto (802-563-2172)
San-J naturally fermented soy sauce
Westbrae miso, naturally fermented soy sauce

Annie's Naturals ketchup
Brad's Organic ketchup (bradsorganic.com)
Cucina Antica ketchup (877-728-2462)
De Nigris ketchup
Dr. Fuhrman organic ketchup (800-474-9355)
First Field roasted Jersey ketchup (first-field.com)
Oregon Brineworks fermented ketchup and hot sauce
(541-354-1357)
Portlandia Foods ketchup (503-729-8257)
Primal Kitchen organic unsweetened ketchup (888-774-6259)
SimplyNature (Aldi) organic ketchup (800-325-7894)
Steve's Paleogoods ketchup (856-356-2258)
Tessemæ's ketchup (855-698-3773)
The New Primal ketchup (866-723-1386)
Thrive Market organic ketchup (866-419-2174)
Trader Joe's organic ketchup
Wegmans organic ketchup (Mid-Atlantic)
Whole Foods 365 organic ketchup
Woodstock Foods ketchup

Annie's Naturals organic Worcestershire sauce

Anton Kozlik's mustard
Busha Browne's Planters steak sauce
Cholula original hot sauce
Coconut Secret hoisin, ginger-turmeric and gochujang sauces
(888-369-3393)
Crystal hot sauce
Frank's RedHot original cayenne pepper sauce
Frontera red chile hot sauce (800-509-4441)
Les Trois Petits Cochons Dijon mustard
McIlhenny Co. Tabasco original red sauce
Pickapeppa Sauce
Pili Hunters fermented lauyo chili sauces (628-227-7454)
Primal Kitchen organic steak sauce (888-774-6259)
Sir Kensington's mustard (646-450-5735)
Sky Valley hot sauce, verde sauce
Steve's Paleogoods sriracha and wing sauces (856-356-2258)

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)

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

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

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

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

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

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

Salt and Spices

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

Baja Gold Sea Salt, Inc. sea salt (678-232-9064)
Big Tree Farms Balinese sea salt (541-488-5605)
Bright Earth Himalayan sea salt (541-201-0420)
Brittany Sea Salt sea salt (866-671-7451)
Celtic sea salt (800-867-7258)
Earth Salt (888-725-8386)
Eden sea salt
Edison Grainery Himalayan pink salt (510-382-0202)
Essential Living Foods Himalayan pink sea salt (310-319-1555)
Field Day Mediterranean sea salt
Hawaiian red salt
Himalayan crystal salt
Karis Naturals pink salt (714-522-0700)
Kirkland pure sea salt
Power Organics mineral mountain (877-769-3795)
Maldon sea salt
Matiz flor de sal sea salt (425-398-9761)
Natierra pink and ice salts (natierra.com)
Nature's Cargo Himalayan pink sea salt (888-725-8386)
Noirmoutier sea salt
Pacific Resources International Pacific sea salt (805-684-0624)
Premier Research Labs pink salt blend (800-325-7734)
RawGuru crystal Himalayan salt (800-518-0727)
Redmond Real Salt sea salts; season, garlic and onion salts
(800-367-7258)
Roland coarse sea salt, grey sea salt (800-221-4030)
SaltWorks sea salt (800-353-7258)
San Francisco Salt Company (800-480-4540)
Sunfood Super Foods salts (888-729-3663)
The Real Co. Himalayan pink rock salt (347-433-8945)
Trader Joe's coarse sea salt from Noirmoutier
Trim Healthy Mama Himalayan mineral salt (931-996-4283)

A. Vogel Herbamare and Trocomare seasoning salts
AcroAma Blends seasoning blends (563-552-7415)
Anthony's Goods organic spices (anthonysgoods.com)
Aunt Patty's herbs, spices, vanilla beans and extract
(800-456-7923)
Azure Standard herbs, spices (971-200-8350)
Beanilla organic vanilla extract (888-261-3384)
Beeyoutiful seasoning herbs, spices (877-623-3968)
BLiS Tuscan and Moroccan spice rubs (616-942-7545)
Bragg sprinkle and sea kelp delight seasonings
(800-446-1990)
Branon maple seasoning (802-827-3914)
Broth of Life seaweed salt, spices (brothoflife.com.au)
Canaan Fair Trade organic thyme (360-980-2580)
Carlton Farms herb and flower salts (570-396-0886)
Celeste Longacre's Farm dried herbs and edible flowers
(603-756-4152)
Ceylon Pure pink Himalayan salt, cinnamon (650-752-8865)

Dr. Fuhrman cinnamon (800-474-9355)
 Dr. Linda's seaweed seasonings (drlindas.com)
 Dr. Mercola organic vanilla extract (877-985-2695)
 EatRaw organic poppy seeds (866-432-8729)
 Eden gomasios (sesame salts)
 Ellyndale Foods organic vanilla extract (888-669-3663)
 Fields of Athenry Farm mom's seasoning, stock seasonings
 (703-300-5765)
 Fishhugger original and New Mexico spice rubs
 (602-286-9233)
 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 (540-967-1165)
 Frontier seasoning herbs and spices (except those from China);
 sea salts, organic vanilla extract (800-669-3275)
 Glaser Organic Farms organic poppy seeds (305-238-7747)
 Grain Place Foods organic vanilla extract (888-714-7246)
 Harvest Eating organic spice blends (864-492-1499)
 Healthy Traditions organic spices (866-311-2626)
 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 (775-971-8550)
 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) (207-565-2907)
 Marx Foods organic fresh seasoning herbs (866-588-6279)
 McCormick Gourmet Collection organic herbs and spices
 (except those from China); organic vanilla extract
 (800-632-5847)
 Miller's Bio Farm herbs, spices, blends (except those with
 brewer's yeast) (717-786-7895)
 Miller's Organic Farm saffron (717-556-0672)
 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 (301-703-4116)
 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 chili powder, black garlic sea salt, black garlic scape seasoning (609-202-9766)
 Ocean Harvest Sea Vegetable Company sea veggie gomasio (707-694-9496)
 Organic Traditions spices (888-968-6747)
 Penzeys herbs, spices and blends (except those with salt and those from China); vanilla and almond extracts (800-741-7787)
 Primal Palate sea salts, spices, blends (except those from China) (primalpalate.com)
 Purcell Mountain Farms spices (208-267-0627)
 Pure Indian Foods black salt, herbs, spices (except those with gum arabic, rice or salt), vanilla extract (877-588-4433)
 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 (800-437-3301)
 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)
 Terrasoul Superfoods vanilla bean powder (855-821-4744)
 The Meadow sea salts, spices (888-388-4633)
 The Raw Food World spices, sea seasonings, original salad booster (866-729-3438)
 The Spice Hunter herbs and spices (except those from China) (800-688-5676)
 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)
 Tudor House Tea & Spice herbs, spices, blends and sea salts (269-978-3475)
 Vanns Spices herbs, spices, sea salts (except those with corn flour) (800-583-1693)
 Vedica Organics spices (888-290-9312)
 Vitacost Himalayan pink salt, spices (800-381-0759)
 VitaminSea Seaweed dulse seasonings (207-929-8678)
 Weil Farms organic cinnamon, turmeric powder

(631-680-6897)
Whole Foods 365 organic pumpkin pie spice
Wildly Organic seasoning herbs, spices, blends and salts
(800-945-3801)
Zocalo Gourmet dried chile pepper pods (425-398-9761)

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

Arora Creations Indian spice blends (except those with citric acid (347-335-0972)
Hain sea salt
Lima salt
Live Superfoods zesty original salad booster (800-481-5074)
Living Intentions zesty original salad booster (415-824-5483)
Pure Indian Foods hing powder (877-588-4433)
Penzeys spice blends with salt (800-741-7787)

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

Soups and Stocks

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

Arizona Grass Raised Beef Company beef bone broth
(602-920-9666)
Au Bon Broth organic pure low sodium bone broth
(800-453-6007)
Bonafide Provisions chicken, beef, turkey and frontier blend
bone broths; soups (bonafideprovisions.com)
Brodo Broth Co. hearth, chicken and beef bone broths
(646-844-1862, ext 5)
BrothMasters bone broth (248-733-3899)
Buttercup Farm beef, chicken and turkey bone broths
(717-548-2982)
Circle C Farm beef and chicken bone broths (239-776-9054)
Dutch Meadows Farm beef, chicken and turkey bone broths
(717-442-9208)
Ed's Kasilof Seafoods salmon and halibut stocks; tomato soup
(800-982-2377)
Fields of Athenry Farm chicken and mixed lamb/beef stocks
(703-300-5765)
Green Acres Farm beef and chicken stocks (717-768-3504)
Grow and Behold Foods kosher chicken stock (888-790-5781)
Jpp Apothecary beef, lamb, veal, bison, pork, chicken and
turkey broths; fish stock (602-318-5630)
KOL Foods kosher beef, lamb and poultry stocks
(888-366-3565)
Meadow Ridge Farm beef, chicken and goat stocks
(717-530-5999)

Miller's Bio Farm beef bone broth, chicken liver soup
(717-786-7895)

Miller's Organic Farm chicken liver soup; beef, veal, pork,
chicken, turkey, goose, duck, lamb, water buffalo, goat
and fish stocks (717-556-0672)

NorthStar Bison beef, bison, chicken and turkey stocks
(888-295-6332)

Oso Good beef and chicken stocks; tomat basil anad 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)

Rocky Ridge Dairy beef, lamb and fish stocks (717-284-0466)

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-glaze
(503-236-7610)

The Brothery beef and chicken broths, coconut ginger mint
and lemon soup, short cook chicken meat broth
(760-727-2058)

US Wellness Meats beef marrow, chicken and duck stocks
(877-383-0051)

Vital Choice beef, chicken, halibut and salmon broths; soups
(800-608-4825)

Willow Run Dairy chicken liver soup; beef, chicken and lamb
stocks (717-556-0285)

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

Amy's organic canned soups (except those with flour, pasta,
white rice or tofu)

Bar Harbor clam, lobster, seafood and fish stocks
(800-962-6258)

Belcampo Meat Co. original and chicken bone broths
(510-250-7810)

Brodo Broth Co. seaweed mushroom broth
(646-844-1862, ext 5)

Broth of Life dehydrated beef, chicken and lamb stocks
(brothoflife.com.au)

EPIC beef, bison, chicken and turkey broths (512-944-8502)

Fig Food Co. organic chickpea, tomato & thyme soup
(BPA-free pouches) (855-344-3663)

Healthy Traditions beef and bison stocks (866-311-2626)

Karine & Jeff organic soups (karinejeff.us)

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

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

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

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

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

Snack Foods

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

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

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

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

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

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

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

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

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

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

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

Meadow Ridge Farm trail mix, potato chips (in pastured lard) (717-530-5999)

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

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

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

Natural Zing Japanese, Mexican, Italian, curry and Texas BarBQ power wraps (301-703-1146)

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)

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

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

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

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

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

Veggie-Go's beet apple and carrot apple strips; beet apple and carrot apple ends & bits (888-297-9426)

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

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

- Aunt Patty's Mt. Rainier, Mt. Baker and Mt. St. Helens trail mixes (800-456-7923)
- Aurora Products organic cranberry frontier, cranberry health and nuts & berries trail mixes (203-375-9956)
- Awesome Foods dried zucchini tempuraw and onion rings; cashew and pistachio sticks; almond butter fudge, coconut cashew and carob coconut balls (610-757-1048)
- Azure Standard organic almond date rolls (971-200-8350)
- Back Roads Food Company paleo granolas (802-579-1135)
- Bare Fruit snacks (800-940-0019)
- Barnana tropical banana bites (barnana.com)
- Better Than Roasted island magic, autumn blend, mystic mountain and oasis trail mixes; banana, ginger, pecan and tropical love bites (540-745-5040)
- Bewellaby botanical gummies (425-610-7082)
- Bob's Red Mill paleo style muesli
- Broth of Life paleo's breakfast adventure (brothoflife.com.au)
- Chocola Tree nori nachos (928-282-2997)
- Country Life Natural Foods fruit nut n seed trail mix; organic date almond coconut rolls, date pecan logs (800-456-7694)
- Dancing Star organic lemon pomegranate, chia orange, cinnamon fig superfood+, and date flax with turmeric chunks of energy (413-625-8300)
- Divine Organics golden princess and wild macmulberry trail mixes (415-884-4477)
- EPIC coconut carnivore, honest harvest, bacon lust and mountain medley trail mixes (512-944-8502)
- Essential Living Foods enlighten trail mix (310-319-1555)
- Farmhouse Culture dill pickle, sea salt and zesty garden veggie kraut krisps (831-466-0499)
- Funky Monkey fruit snacks (800-783-1326)
- Gardens of Grace trail mix (262-443-7522)
- GimMe organic olive oil, sea salt and sesame roasted seaweed snacks (415-479-8272)
- Glaser Organic Farms banana, mamey, mango, strawberry and sapodilla-banana rawies; banana, snow and temple balls; date-almond rolls; orange cranberry granola; a walk in the park, Himalayan delight and go for it trail mixes (305-238-7747)
- Go Raw Real Live Food flax snax, 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 (800-277-4268)
 Jaffe Bros. organic trail mixes, date pecan nuggets
 (877-975-2333)
 Keep It Real Food Co. no grain granola (206-388-4000)
 Lundberg Family Farms organic sea salt rice chips
 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) (714-204-0735)
 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
 (301-703-1146)
 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)
 Platayuc organic plantain chips (platayuc.com)
 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)
 Sensible Foods organic crunch dried snacks: corn and apple
 (888-222-0170)
 Shields Date Garden organic almond, apple cinnamon,
 banana, almond date coconut confection, pecan and
 walnut date rolls (800-414-2555)
 Shiloh Farms datelet nut rolls (800-362-6832)
 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)
 The Raw Bakery coconut mulberry chia delight (540-745-5040)
 The Raw Food World Japanese, Mexican, Italian, masala,
 Texas BarBQ and raw curry power wraps; coconut crisps,
 spirulina super chips, nori nachos (866-729-3438)
 Tierra Farm organic date almond rolls (888-674-6887)
 United With Earth organic date almond rolls (323-982-9311)
 US Wellness mystic mountain and paleo trail mixes; 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)
Wildmade fruit rolls (888-297-9426)
Wildway apple cinnamon, banana nut and coconut cashew
grain-free granolas (wildwayoflife.com)
Zuma Valley coconut balls (310-457-3573)

4505 Meats sea salt and classic chili & salt fried pork rinds
(415-255-3094)
Baken-Ets fried pork skins, traditional (800-352-4477)
Brim's pork rinds, original and plain soft cracklins
(brimsnacks.com)
El Sabroso pork cracklins, original
EPIC pork rinds (except those with citric acid) (512-944-8502)
Mac's fried pork skins, original (888-643-8267)
Pete's Paleo hog skins (619-363-7136)
Shearer's plain pork rinds (888-473-2824)
US Wellness pork rinds (877-383-0051)
Utz pork rinds

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

Garden of Eatin' organic corn tortilla chips, strips and
rounds; sunny blues, sesame blues (800-434-4246)
Guiltless Gourmet organic yellow and blue corn tortilla chips
(201-553-1100)
Jackson's Honest Chips blue corn, red corn, yellow corn and
lime sea salt tortilla chips (all in coconut oil)
(303-619-8056)
Late July restaurant style sea salt, sea salt & lime, and purple
corn tortilla chips; sweet potato, sublime and red hot
mojo multigrain snack chips; clasico crispy yellow corn
tortilla chips
Thrive Market organic sprouted tortilla chips (866-419-2174)
Utz organic corn tortilla chips

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

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

AVOID: All chips, popcorn and snack foods cooked in partially hydro-
genated 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.

Beccaroons carob, blondie, pumpkin pie and special order macaroons (952-451-0343)

Berkshire Mountain Bakery ginger molasses cookies (413-274-3412)

Gail's Cupboard organic quinoa biscotti (570-561-6970)

Gluten-Free Sourdough Co. vanilla spice and ginger power cookies (508-733-5399)

Kuzala Macaroons macaroons (except those with cacao) (612-723-7960)

Meadow Ridge Farm sprouted wheat carob brownies (717-530-5999)

Miller's Bio Farm muffins (gluten-free), carob brownies (717-786-7895)

Miller's Organic Farm muffins (gluten-free) (717-556-0672)

Rocky Ridge Dairy muffins (gluten-free) (717-284-0466)

Willow Run Dairy coconut carob cookies, muffins (all gluten-free) (717-556-0285)

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

Awesome Foods almond fig, blueberry cashew, carob super fruit nut and mesquite super fruit nut bars (610-757-1048)

Bearded Brothers organic energy bars (except those with kale, hemp, cocoa or cacao) (512-428-4698)

Berlin Natural Bakery gingersnap spelt cookies (800-686-5334)

Chapul Thai cricket bars (chapul.com)

CharmedBar fruit and nut bars (202-430-5637)

Equal Exchange organic fruit and nut bars (774-776-7333)

Exo, Inc. blueberry vanilla and apple cinnamon bars (exoprotein.com)

Glaser Organic Farms organic carob fudgy brownies (305-238-7747)

Go Raw Real Live Food 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)

Keep It Real Food Co. flourless peanut butter cookies, seed + nut bars (206-388-4000)

Larabar fruit bars (except those with coffee, chocolate, cocoa, cacao, hemp, kale or natural flavors) (877-LARABAR)

Live Superfoods raspberry, tropical mango and banana bread flax bars (800-481-5074)

Livin' Spoonful organic lemon chia cookies, 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 (301-703-4116)
 O Bread Bakery organic ginger molasses and oatmeal raisin
 cookies (802-985-8771)
 Ona Foods organic honey nut and peanut ginger bars
 (970-800-3957)
 Paleo on the Go paleo blondies (855-447-2536)
 Patagonia Provisions fruit + almond bars (except those with
 cocoa) (888-221-8208)
 Pete's Paleo organic almond coconut bars (619-363-7136)
 Raw Crunch cranberry and blueberry bars (704-650-3434)
 Sejoyia lemon zest and salted caramel coco-thins
 (855-293-5577)
 ShaSha Co. organic spelt ginger snaps (416-255-0416)
 Simple Squares organic snack bars (except those with
 chocolate or coffee) (888-966-7622)
 Skout Organic peanut butter, coconut, apple pie and
 blueberry blast bars (201-874-4835)
 SmartMonkey carob brownie, ginger snap and cinnamon
 raisin bars
 Stutzman Farms organic gluten-free bars
 (330-674-1289, ext 2)
 That's it. fruit bars (thatsitfruit.com)
 The Family Cow organic oatmeal raisin cookies
 (717-491-4004)
 The Maine Sea Kitchen organic molasses cookies
 (etsy.com/shop/TheMaineSeaKitchen)
 The Raw Food World tropical mango, blueberry raw
 crunch and spirulina bars; original super cookies
 (866-729-3438)
 Thunderbird Energetica cashew fig carrot and pecan
 persistence bars (thunderbirdbar.com)
 Tin Star Foods pecan persistence bars (tinstarfoods.com)
 US Wellness organic almond coconut bars (877-383-0051)

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

Sweeteners

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

Amish Honey, Inc. raw honey (917-519-1242)
Bariani raw honey (415-864-1917)
Chocola Tree raw honey (928-282-2997)
Dr. Mercola raw honey (877-985-2695)
Dutch Meadows Farm raw honey (717-442-9208)
Glaser Organic Farms raw honey (305-238-7747)
GloryBee Foods raw honey (800-456-7923)
Good & Gather (Target) organic raw honey (800-316-6151)
Hawai'i Harvest organic raw honey (808-339-5226)
Healing Spirits Herb Farm raw honey (607-566-2701)
Healthy Traditions organic raw honey (866-311-2626)
Horizontal Hive raw honey, comb honey (horizontalhive.com)
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 (301-703-4116)
Nature Nate's organic raw honey (469-452-4429)
Once Again organic raw honey
Patagonia Provisions organic raw honey (888-221-8208)
Pili Hunters wild raw honey (628-227-7454)
Puremiel organic raw honey (puremiel.com)
Puritan's Pride organic raw honey (800-645-1030)
Really Raw honey and fermented honey (800-732-5729)
Rigoni di Asiago organic raw honey (305-470-7583)
Schenker Family Farms raw honey (877-632-4470)
Spiritual Food for the New Millennium raw honey
(301-654-4899)
Sunny Acres Honey Farm raw honey (660-945-3865)
The CheeseMaker raw honey (414-745-5483)
The Family Cow raw honey (717-491-4004)
Thrive Market organic raw honey (866-419-2174)
Trader Joe's organic raw honey
US Wellness raw honey (877-383-0051)
Vitacost organic raw honey (800-381-0759)
Wee Bee raw honey (585-652-9592)
Weil Farms organic raw honey, comb honey, honey powder
(631-680-6897)
Wholesome Sweeteners organic raw honey
Y.S. Organic Bee Farms raw honey (800-654-4593)

Eden organic barley malt syrup
Aunt Patty's organic blackstrap molasses (800-456-7923)
Country Life Natural Foods organic blackstrap molasses
(800-456-7694)
Plantation organic blackstrap molasses

Wholesome Sweeteners organic blackstrap molasses

Karis Naturals Bolivian raw cane sugar (chancaca)

(714-522-0700)

Billington's muscovado sugar

Wildly Organic muscovado sugar (800-945-3801)

Pure Indian Foods organic jaggery (panela) (877-588-4433)

Vedica Organics organic jaggery powder (888-290-9312)

Heavenly Sugar (dehydrated sugar cane juice) (866-923-2184)

Rapadura (dehydrated sugar cane juice)

Sucanat (dehydrated sugar cane juice)

Alaska Birch Syrup Company birch syrup (907-357-4892)

Aunt Patty's maple sugar, date sugar (800-456-7923)

B&E's Trees organic maple syrup (608-799-9380)

Back Creek maple syrup (540-499-2302)

BLiS maple syrup (616-942-7545)

Brad's Organic maple syrup (bradsorganic.com)

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 (800-456-7694)

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 (877-342-6589)

Eagle's Sugar Camp maple syrup (540-396-6126)

Field Day organic maple syrup

Glaser Organic Farms maple crystals, date sugar

(305-238-7747)

Great River Maple organic maple syrup and cream

(563-964-9139)

Healthy Traditions maple syrup (866-311-2626)

Just Date Syrup organic date syrup (justdatesyrup.com)

Kahiltna Birchworks birch syrup (800-380-7457)

Kickapoo Gold maple syrup and cream (866-290-8280)

Kirkland maple syrup

Living Tree maple syrup, date sugar (800-260-5534)

Maple Hill Farm maple syrup, sugar and cream

(800-543-5379)

Maple Syrup Producers' Cooperative maple syrup and sugar

(819-362-3241)

Maple Valley maple syrup, sugar and cream (800-760-1449)

McCluskey Brothers maple syrup (608-986-3760)

Meadow Ridge Farm maple syrup (717-530-5999)

Miller's Bio Farm maple syrup (717-786-7895)

Miller's Organic Farm maple syrup (717-556-0672)

Mother Linda's maple sugar (motherlindas.com)

Native Harvest maple syrup (218-375-4602)

Natural Value maple syrup

New Hope Mills organic maple syrup (315-252-2676)

NOW Foods maple syrup (888-669-3663)

Patterson Sugar Bush organic maple syrup, maple sugar

(603-225-7864)

Patz Maple & Honey Farms sorghum syrup; maple syrup,

sugar and cream (800-897-2488)
 Plummer's Sugar House maple syrup, sugar and cream spread
 (802-843-2207)
 Primal Woods maple syrup (269-222-0101)
 Rocky Ridge Dairy maple syrup (717-284-0466)
 Roth Sugar Bush maple syrup (715-289-3665)
 Runamok Maple organic maple syrups (except those with
 cacao or coffee) (802-849-7943)
 Russell organic maple syrup
 Selina Naturally maple syrup (800-867-7258)
 Shady Maple Farms organic maple syrup, sugar and maple
 butter
 Shields Date Garden organic date sugar and date butter
 (800-414-2555)
 Shiloh Farms maple syrup, maple sugar and date sugar
 (800-362-6832)
 Specially Selected (Aldi) maple syrup (800-325-7894)
 Spring Brook Farm maple syrup (802-484-1236)
 Spring Tree organic maple syrup
 Stannard Farm maple syrup and sugar (stannardfarmvt.com)
 Stryker Farm maple syrup (570-269-2995)
 SunOrganic Farm organic date sugar (888-269-9888)
 The Lamb Shoppe maple syrup, sorghum syrup, date sugar
 (320-587-6094)
 Thrive Market organic maple syrup (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 (360-247-6250)
 Willow Run Dairy maple syrup (717-556-0285)

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
 (541-488-5605)
 Bright Earth organic coconut palm sugar (541-201-0420)
 Broth of Life organic coconut palm sugar (brothoflife.com.au)
 Coconut Secret raw coconut crystals, coconut nectar
 (888-369-3393)
 Country Life Natural Foods organic coconut sugar
 (800-456-7694)
 Divine Organics coconut sugar, crystals and nectar
 (415-884-4477)
 Earth Circle Organics coconut sugar crystals (877-922-FOOD)
 Essential Living Foods organic coconut sugar, coconut nectar
 (310-319-1555)
 Feel Good Superfoods organic coconut sugar
 (feelgoodsuperfoods.com)
 Food to Live organic coconut sugar (718-717-1029)
 Foods Alive coconut sugar crystals (260-488-4497)
 Live Superfoods organic coconut palm sugar, coconut nectar
 (800-481-5074)
 Living Tree coconut crystals (800-260-5534)
 Madhava organic blonde coconut sugar (800-530-2900)
 Munkijo organic coconut sugar and nectar (949-861-2798)

Natural Zing palm sugar, raw coconut crystals, coconut nectar
 (301-703-4116)
 Navitas Organics organic raw palm sugar (888-645-4282)
 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)
 Pangaia organic coconut sugar (808-989-3457)
 Raw Revelations coconut palm sugar (951-677-2222)
 RawGuru organic coconut sugar (800-518-0727)
 Selina Naturally coconut crystals, coconut nectar
 (800-867-7258)
 Sunfood Super Foods coconut sugar, coconut nectar
 (888-729-3663)
 Shiloh Farms organic coconut sugar (800-362-6832)
 Terrasoul Superfoods organic coconut palm sugar
 (855-821-4744)
 The Lamb Shoppe coconut sugar and nectar (320-587-6094)
 The Olive Bar coconut sugars (408-370-1901)
 The Raw Food World coconut sugar, raw coconut crystals,
 coconut nectar (866-729-3438)
 Thrive Market organic coconut sugar, coconut nectar
 (866-419-2174)
 Vitacost organic coconut sugar (800-381-0759)
 Viva Labs organic coconut sugar (800-921-8482)
 Wholesome Sweeteners organic coconut palm sugar
 Wildly Organic coconut sugar, coconut syrup (800-945-3801)

Frontier green stevia powder (800-669-3275)
 Mountain Rose Herbs stevia leaves and green powder
 (800-879-3337)
 Organic Traditions green stevia powder (888-968-6747)
 Starwest Botanicals stevia leaves (800-800-4372)
 The Lamb Shoppe green stevia powder (320-587-6094)
 Tudor House Tea & Spice stevia leaves (269-978-3475)

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

Ames Farm raw honey (952-955-3348)
 B and G Honey Farm raw honey (912-852-5124)
 BannerBee raw honey (240-793-0363)
 Bee Chama Honey (beechamahoney.com)
 Bee Flower and Sun Honey Co. raw honey (908-735-6946)
 Bluff Wood Creek raw honey (bluffwoodcreek.com)
 Brad's Organic organic raw honey (bradsorganic.com)
 Buttercup Farm raw honey (717-548-2982)
 Circle C Farm raw honey (239-776-9054)
 Cognitive Function raw reishi honey (cognitivefunction.net)
 Country Life Natural Foods raw honey (800-456-7694)
 Crystal's Honey raw honey (978-667-5380)
 Dutchman's Gold raw honey, honeycomb (877-342-6589)
 Ebeehoney.com raw honey
 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 (775-267-1451)
 Heavenly Honey Farm raw honey (253-232-6483)
 Heavenly Organics organic raw honey (818-284-0964)
 Honey Gardens raw honey (800-416-2083)
 Honey in the Rough
 Honey Pacifica raw honey, honeycomb, fermented honey, habanero honey (562-938-9706)
 Kahiltna Birchworks raw honey, birched honey (800-380-7457)
 L.R. Rice raw honey (970-353-6277)
 Lazy Bee Ranch raw honey (720-251-3270)
 Liquid Gold Honey raw honey (608-221-0521)
 Live Superfoods raw honey (800-481-5074)
 Living Honey raw honey (801-368-3870)
 Marshall's Farm Natural Honey raw honey (800-624-4637)
 Marsolen's Pure Honey raw honey, honey comb (608-838-3992)
 Meadow Ridge Farm raw honey (717-530-5999)
 Meant To Be Natural Food raw kosher honey (845-535-1354)
 Miller's Bio Farm raw honey (717-786-7895)
 Miller's Organic Farm raw honey (717-556-0672)
 Mt. Olive Organic Farm raw honey (805-237-0147)
 Nuts.com raw honey (800-558-6887)
 Pacific Resources International raw honey (805-684-0624)
 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)
 Rocky Ridge Dairy raw honey (717-284-0466)
 South Mountain Creamery raw honey (East Coast) (877-269-2968)
 Stakich, Inc. raw honey (248-642-7023)
 Stutzman Farms raw honey (330-674-1289, ext 2)
 Sweet William of Earlville raw honey (315-691-3000)
 Tassot Apiaries, Inc. raw honey, plain whipped honey (908-264-4504)
 The Lamb Shoppe raw honey (320-587-6094)
 Tudor House Tea & Spice raw creamed honeys (269-978-3475)
 Walt's Swarbustins' honey (610-384-2384)
 Wedderspoon raw honey (877-296-8403)
 Willow Run Dairy raw honey (717-556-0285)
 Wisconsin Natural Acres raw honey (920-849-9784)

Bioitalia jams
 Brad's Organic fruit spreads (bradsorganic.com)
 Colorado Mountain Jam jams (970-464-0745)
 Eden fruit butters
 Gold Mine fruit spreads, cherry butter (800-475-3663)

Kahiltna Birchworks wild mixed berry fruit spread
(800-380-7457)

Miller's Bio Farm apple butter (717-786-7895)

Miller's Organic Farm apple butter (717-556-0672)

Natural Value organic fruit spreads

Oyler's Organic Farm unsweetened apple butter
(717-677-8411)

Rigoni di Asiago Fiordifrutta fruit spreads (305-470-7583)

Selina Naturally fruit spreads (800-867-7258)

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

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

Ice Cream

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

Meadow Ridge Farm raw ice cream (717-530-5999)

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)

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

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

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

Alden's organic ice cream

Ben & Jerry's vanilla ice cream

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

Kirkland Super Premium vanilla ice cream

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

Trader Joe's Super Premium French vanilla ice cream

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

Beverages

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

- Angelica's Garden beet and lime kvasses (Midwest)
(715-781-4815)
- Ann Payne's Caveman Foods water kefir (except those with coffee) (416-665-4949)
- Aqua Vitea kombucha (Northeast) (802-453-8590)
- BAO kombucha (718-391-0009)
- Biotic Beverages kvasses (West Coast) (707-583-9812)
- Brew Dr. Kombucha kombucha (except those with alfalfa)
(brewdrkombucha.com)
- Buchi Kombucha kombucha without natural flavors, kefir soda
(except those with coffee or cocoa) (Southeast)
(828-484-8229)
- Burgie's Organics kefir soda (920-349-3154)
- Capital Kombucha cucumber melon kombucha (Mid-Atlantic)
(617-755-0801)
- Celestial Organics concord grape kombucha (800-351-8175)
- Doctor D's water kefir (303-775-0064)
- Dutch Meadows Farm kombucha, beet kvass (717-442-9208)
- Fab Ferments beet kvass (513-562-7531)
- Farmhouse Culture gut shots (fermented vegetable juices)
(831-466-0499)
- Gail's Cupboard beet kvass, kombucha (except goji),
fermented lemonade, jun, almond milk (570-561-6970)
- GetKombucha.com kombucha (888-542-4448)
- GT's organic raw kombucha and synergy (except koffee kombucha) (877-735-8423)
- Hawthorne Valley Farm beet kvass, fermented sauerkraut and kimchee juices (518-672-7500)
- Health-Ade kombucha (844-337-6368)
- Healthy Traditions beet kvass (866-311-2626)
- 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 (470-375-4654)
- Meadow Ridge Farm kombucha, beet kvass, cabbage juice tonic, ginger ale (717-530-5999)
- Miller's Bio Farm kombucha, beet kvass; fermented ginger ale, lemonade and cabbage juice (717-786-7895)
- Miller's Organic Farm kombucha, beet kvass, water kefir, eggnog; fermented ginger ale, lemonade, limeade, cabbage juice, kimchee juice and daikon radish juice (717-556-0672)
- NessAlla kombucha (Midwest) (nessalla.com)
- Oregon Brineworks beet kvass (541-354-1357)
- Pleasant Pastures kombucha, beet kvass; fermented ginger ale, grape cooler and sauerkraut juice (717-768-3437)

ProNatura kombucha tea (800-555-7580)
 Real Pickles beet kvass (Northeast) (413-774-2600)
 Steve's Paleogoods gut power shots (fermented vegetable juices) (856-356-2258)
 Rocky Ridge Dairy kombucha, beet kvass (717-284-0466)
 Suja kombucha (855-879-7852)
 Tapuat Kombucha kombucha (Midwest) (920-854-5066)
 The Lamb Shoppe kombucha (320-587-6094)
 The Rejuvenation Company kombucha and rejuvelac (408-320-4805)
 Trader Joe's kombucha
 Wild Tonic non-alcohol jun (except goji) (928-634-5434)
 Willow Run Dairy kombucha, beet kvass, eggnog, ginger ale, grape cooler; fermented cabbage juice and kimchee juice (717-556-0285)
 Wise Goat Organics golden and beet kvasses, fermented cabbage juice (303-905-9723)
 Grainfields B.E. Wholegrain and Lemon & Ginger fermented drinks (718-788-8783)
 Immunitriton Grainfields B.E. Wholegrain and Lemon & Ginger fermented drinks (877-773-9229)
 Kanne organic bread drink (800-400-7772)
 Selina Naturally Grainfields B.E. Wholegrain fermented drink (800-867-7258)
 Vita Biosa fermented beverage (905-357-0800)

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

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

Cafix instant coffee substitute
 Dandy Blend instant coffee substitute (800-697-4858)
 Faux Joe organic caffeine-free roasted grain beverage (FarmatCoventry.com)
 Frontier organic roasted chicory root (800-669-3275)
 Gold Mine roasted barley tea (800-475-3663)
 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
 Pero instant coffee substitute

All Stars Bakery kvass (905-738-9624)
 Caldwell/Deep Root cultured vegetable juices (819-849-2000)
 Capital Kombucha (except those containing agave) (Mid-Atlantic) (617-755-0801)
 Farmstead Ferments water kefir sodas, fermented kraut and kimchi juices (VA, MD, SC) (540-718-3200)
 GT's veggie kefir probiotic shots (877-735-8423)

KeVita lemon ginger probiotic drink (888-310-6106)
 Miller's Bio Farm sourdough kvass (717-786-7895)
 Miller's Organic Farm sourdough kvass (717-556-0672)
 Wild Tonic 5.6% alcohol jun (except goji) (928-634-5434)
 Wildbrine probiotic live shots (fermented vegetable juices)
 (707-657-7607)
 Willow Run Dairy sourdough kvass (717-556-0285)

Anthony's Goods organic herb teas (anthonysgoods.com)
 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)
 (540-967-1165)
 Four Elements Herbals organic herb teas (except those with
 alfalfa) (608-522-4492)
 Frontier organic herb teas (except those with citric acid or
 caffeine) (800-669-3275)
 Healing Spirits Herb Farm organic herb teas (607-566-2701)
 Kombucha Kamp organic herb teas (except those with
 caffeine) (424-245-5867)
 Leigh's Bees harmonizing herbal tea blend (802-874-7214)
 Live Superfoods organic herb teas (except those with
 caffeine) (800-481-5074)
 Lydia's Foods organic herb teas (except those with caffeine
 or cacao) (707-992-0776)
 Mighty Leaf Tea Company organic herb teas without natural
 flavors (877-698-5323)
 Mountain Rose Herbs organic herb teas (except those with
 caffeine) (800-879-3337)
 Nourished Earth Apothecary organic wellness tea
 (nourishedearthapothecary.com)
 NOW Foods organic dandelion and hibiscus herbal teas
 (888-669-3663)
 Numi Organic Tea organic herbal teas (except those with
 caffeine or cacao) (888-404-6864)
 Organic India organic herb teas (except those with caffeine,
 cocoa or natural flavors) (888-550-8332)
 Patagonia Provisions organic baobab wellness tea
 (888-221-8208)
 Pukka Herbs organic herb teas (except those with caffeine,
 cocoa or natural flavors)
 Pure Indian Foods cumin coriander fennel tea (877-588-4433)
 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 (269-978-3475)
Two Leaves Tea Company organic herb teas without natural flavors (866-631-7973)
Urbal Tea organic herb teas (except those with caffeine or natural flavors) (414-916-5088)
Yogi Tea organic chai rooibos, chamomile, ginger, detox, peppermint, Egyptian licorice mint, original yogi, throat comfort and raspberry leaf herbal teas (800-964-4832)

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

Casa Barranca organic wines (805-640-1255)
Chartrand Imports wines (207-594-7300)
Coturri Winery wines (866-268-8774)
Frey Vineyards biodynamic wines, organic wines (800-760-3739)
La Rocca Vineyards organic wines (800-808-9463)
Organic Wine Company French wines (888-326-9463)

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

Fish Liver Oils

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

Green Pasture (402-858-4818)

Dropi cod liver oil

NutraPro International virgin cod liver oil

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

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

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 obtain 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.

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