

Basic Plus for 240 Foods, Beverages & Additives

<p><u>BEVERAGES</u></p> <p>Caffeine Carbonated Drinks/Sodas Coffee Tea –Black Wine Beer Cocoa/Chocolate Green tea Peppermint tea</p> <p><u>COOKING INGREDIENTS</u></p> <p>Baking Powder Cocoa Corn Starch Gelatine Mayonnaise Salt Yeast & ingredients with MSG Baking Soda Flour Gluten Ketchup Soy Sauce Tofu Vinegar</p> <p><u>DAIRY</u></p> <p>Butter Cheese - American Cheese - Cheddar Cheese - Feta Cheese - Mozzarella Cheese - Parmesan Cheese - Ricotta Cheese - Swiss Cottage Cheese Cream Cheese Egg – White Egg – Whole Egg - Yolk Margarine Milk - Almond Milk - Cow Milk - Goat</p>	<p>Milk – Rice Milk - Soy Whey Yogurt/ live Ice cream Margarine</p> <p><u>FISH & CRUSTACEANS</u></p> <p>Bass Catfish Clam Crab Flat Fish Haddock Halibut Lobster Mackerel Oyster Prawn Salmon Sardine Scallop Shellfish Shrimp Sole Swordfish Trout Tuna Cod</p> <p><u>Food Additives</u></p> <p>Acesculfame-k Aspartame Benzoic Acid 210 BHA Butylated Aspartame Benzoic Acid 210 BHA Butylated hydroxyanisole Blue 2 colourings Carmel Colourings Cyclamate Diethyl Pyrocarbonate (DEPC) Glycol Green 3 colouring</p>	<p>Aspartame Benzoic Acid 210 BHA Butylated hydroxyanisole Blue 2 colouring Carmel Colourings Cyclamate Diethyl Pyro carbonate (DEPC) Glycol Green 3 colouring Kaliumnitrit Modified Starch Nitrate (sodium nitrate) Nitrite (sodium nitrate) Nitrosamin Olestra (olean) Orange coloring Paraben (hyptyl parabens) Potassium Bromate Propyl Gallate Red 2 Red 3 Red 4 Saccharin (954) Tartrazine 102 Trans Fats Yellow 5 Yellow 6</p> <p><u>Food Additives (group 2)</u></p> <p>Annatto (natural flavouring) Benzoic Acid Caffeine Carmine/Cochineal Casein Glutamate (other than MSG) Guarana Gum Arabic (acacia) Gum Tragacanth Hydrolized Vegetable Protein Lactose Mycoprotein / Quorn Quinine Sodium Benzoate Sodium Bisulfate Sodium Caseinate Sulfites Sulfur Dioxide</p>
---	---	---

Food Additives (group 3)

BHT Butylated
Hydroxytoluene
Blue 1
Brominated Vegetable Oil
Citrus Red 2
Diacetyl
Red 40
Stevia, Rebiana

Food Additives (group 4)

Corn Syrup
Dextrose
Fructose
High-Fructose Corn Syrup
Hydrogenated Starch
hydrolysate
Invert Sugar
Lactitol
Maltitol
Polydextrose
Salatrim
Salt
Sorbitol
Sugar
Tagatose
Xylitol

FRUIT

Apple
Apricot
Banana
Blackberry
Blackcurrent
Blueberry
Boysenberry
Cantaloupe
Cherry
Coconut
Date
Fig
Grapefruit
Grapes – green
Grapes – red
Guava
Kiwi
Lemon
Limes
Loquat
Lychee
Mango
Melon – honeydew
Melon – watermelon
Nectarine
Olives
Orange
Papaya
Passion Fruit

Peach
Pear
Pineapple
pomegranate
Plum
Prune
Raisin
Raspberry
Strawberry
Tangerine
Watermelon

GRAINS

Barley
Corn
Flour – processed
Flour – soy
Flour - wheat
Gluten & ingredients with
Millet
Oats
Quinoa
Rice
Rye
Spelt
Tapioca
Teff
Wheat - bran
Wheat – germ
Wheat – whole
Wild Rice

Legumes

Black Bean
Chickpea
Garbanzo Bean
Kidney Bean
Lentil
Lima Bean
Navy Bean
Pinto Bean
Soy Bean

MEAT & POULTRY

Beef
Buffalo
Chicken
Duck
Elk
Goat
Lamb
Pheasant
Pork
Turkey
Venison (deer)

NUTS & SEEDS

Almond
Brazil nut
Cashew
Chiaseeds
Flaxseeds
Macadamia Nut
Peanut
Pecan
Pine nut
Pistachio
Poppy seed
Pumpkin seed
Sesame seed
Sunflower seed
Walnut

Oils

Canola Oil
Coconut Oil
Corn Oil
Hydrogenated Oils
Olive Oil
Sesame Oil
Soy Oil
Sunflower Oil
Vegetable Oil

SPICES

Basil
Bay leaves
Cardamom
Cayenne pepper
Celery Salt
Chilli pepper
Chives
Cinnamon
Cloves
Coriander
Cumin
Curry
Dill
Fennel
Garlic
Ginger
Marjoram
Mint
Mustard
Nutmeg
Oregano
Paprika
Parsley
Pepper
Pepper - Black
Pepper - Red
Pepper - White
Poppy seed
Rosemary
Saffron
Salt - Iodized
Salt - Raw
Savory

Tarragon
Thyme
Turmeric

SUGARS & SWEETENERS

Aspartame
Brown Sugar
Cane Sugar
Chocolate
Corn Syrup
Demerara
Fructose
High Fructose Corn Syrup
Honey
Molasses
Molitol
Rice syrup
Saccharin
Sorbitol
Splenda
Stevia
Turbinado Sugar

VEGETABLES

Alfalfa Sprouts
Asparagus
Avacado
Beef
Broccoli
Cabbage
Carrot
Cauliflower
Celery
Corn
Courgette
Cucumber
Egg Plant
Garlic
Lettuce - Iceburgh
Lettuce - Red Leaf
Lettuce - Romaine
Mushroom & Quorn
Olive
Onion
Pea
Peppers - Green
Peppers - Red
Peppers - Yellow
Pickle
Potato
Pumpkin
Radish
Spinach
Squash
String Bean
Sweet Potato
Swiss Chard
Tomato

Turnip
Yam
Zucchini