

Food	Oxalate Content	GFCF Status	SCD Status	Salicylate Content	Category
Bacon	Neg	Y^	Y*	-	Meat
Baking Soda	Neg	Y	Y	-	Baking Ingredient
Beef	Neg	Y	Y	Neg	Meat
Club Soda	Neg	Y	Y	-	Beverage
Eggs	Neg	Y	Y	Neg	Meat
Fish	Neg	Y	Y	Neg	Meat
Ham	Neg	Y^	Y*	Neg	Meat
Lamb	Neg	Y	Y	Neg	Meat
Meats	Neg	Y	Y	Neg	Meat
Pork	Neg	Y	Y	Neg	Meat
Port Wine	Neg	Y	N	VH	Alcoholic Bev.
Poultry	Neg	Y	Y	Neg	Meat
Pumpkin-Raw	Neg	Y	Y	M	Vegetable
Radishes-Red	Neg	Y	Y	VH	Vegetable
Shellfish	Neg	Y	Y	Neg	Meat
Sherry	Neg	Y	N	M	Alcoholic Bev.
Watercress	Neg	Y	Y	H	Vegetable
Acorn Squash	VL	Y	Y	-	Vegetable
Aloe Vera Juice	VL	Y	N	-	Supplement
Apple Cider Vinegar	VL	Y	Y	-	Condiment
Apple Juice	VL	Y	N	M	Beverage
Apricots-Fresh	VL	Y	Y	VH	Fruit
Aspartame	VL	Y	Y	-	Sweetener
Avocados	VL	Y	Y	H	Fruit
Baking Powder	VL	Y	N	-	Baking Ingredient
Bok Choy	VL	Y	Y	-	Vegetable
Butter	VL	N	Y	Neg	Fat
Buttermilk	VL	N	N	Neg	Beverage
Cauliflower-Boiled	VL	Y	Y	M	Vegetable
Cheddar Cheese	VL	N	Y	Neg	Dairy
Cherries-Fresh	VL	Y	Y	H	Fruit
Chestnuts	VL	Y	Y*	-	Legume, Nut, Seed
Chives	VL	Y	Y	L	Herb, Spice, Flavoring
Cilantro	VL	Y	Y	-	Herb, Spice, Flavoring
Coconut	VL	Y	Y	M	Legume, Nut, Seed
Coffee	VL	Y	Y	Varies	Beverage
Coffee (Instant)	VL	Y	N	Varies	Beverage
Corn Syrup	VL	Y	N	-	Sweetener
Courgette (Zucchini)	VL	Y	Y	VH	Vegetable
Cranberry Juice	VL	Y	Y*	VH	Beverage
Cream of Tartar	VL	Y	N	-	Baking Ingredient
Cucumbers	VL	Y	Y	H	Vegetable
Echinacea	VL	Y	Y	-	Supplement
Evaporated Cane Juice	VL	Y	N	L	Sweetener
Gelatin (Unflavored)	VL	Y	Y	-	Baking Ingredient
Ghee	VL	Y	Y	Neg	Dairy
Grapefruit Juice	VL	Y	Y*	H	Beverage
Grapes-Green	VL	Y	Y	VH	Fruit
Green Beans	VL	Y	Y	M	Vegetable

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Honey	VL	Y	Y	VH	Sweetener
Honeydew	VL	Y	Y	-	Fruit
Ketchup	VL	Y^	Y*	VH	Condiment
Kohlrabi	VL	Y	Y	-	Vegetable
Kumquats	VL	Y	Y	-	Fruit
Lecithin (soy)	VL	Y	N	Neg	Fat
Lemons	VL	Y	Y	M	Fruit
Lettuce	VL	Y	Y	Neg	Vegetable
Maple Syrup	VL	Y	N	Neg	Sweetener
Milk	VL	N	N	Neg	Beverage
Mushrooms	VL	Y	Y	M	Vegetable
Mustard (Spice)	VL	Y	Y	VH	Herb, Spice, Flavoring
Nutmeg	VL	Y	Y	VH	Herb, Spice, Flavoring
Orange Juice-Fresh	VL	Y	Y	M	Beverage
Orange Juice-Frozen	VL	Y	N	M	Beverage
Passion Fruit	VL	Y	Y	M	Fruit
Peaches	VL	Y	Y	H	Fruit
Peas-Boiled	VL	Y	Y	L	Legume, Nut, Seed
Pepper, White (spice)	VL	Y	Y	VH	Herb, Spice, Flavoring
Peppermint Tea	VL	Y	Y	VH	Beverage
Peppers, Red	VL	Y	Y	H	Vegetable
Pickles (Dill)	VL	Y^	Y*	VH	Vegetable
Pineapple Juice	VL	Y	Y*	M	Beverage
Pumpkin-Canned	VL	Y	N	M	Vegetable
Radishes-White	VL	Y	Y	VH	Vegetable
Rice-White	VL	Y	N	Neg	Grain/Grain Alt.
Saccharine	VL	Y	Y	-	Sweetener
Scotch Whisky	VL	Y	Y	Neg	Alcoholic Bev.
Soy Lecithin	VL	Y	N	Neg	Fat
Soybean Oil	VL	Y	Y	Neg	Fat
Spearmint Tea	VL	Y	Y	VH	Beverage
Spirulina	VL	Y	N	-	Supplement
Splenda	VL	Y	N	-	Sweetener
Sucralose	VL	Y	N	-	Sweetener
Sugar	VL	Y	N	Neg	Sweetener
Tarragon	VL	Y	Y	VH	Herb, Spice, Flavoring
Turbinado Sugar	VL	Y	N	L	Sweetener
Turnip (Swede)	VL	Y	N	Neg	Vegetable
Vanilla	VL	Y	Y	VH	Herb, Spice, Flavoring
Vanillin	VL	Y	Y	-	Herb, Spice, Flavoring
Water Chestnuts	VL	Y	N	VH	Vegetable
Watermelon	VL	Y	Y	H	Fruit
Yogurt (Commercial)	VL	N	N	Neg	Dairy
Zucchini	VL	Y	Y	VH	Vegetable
Alfalfa Sprouts	L	Y	N	-	Grain/Grain Alt.
Apples-Golden Delicious	L	Y	Y	L	Fruit
Apples-Granny Smith	L	Y	Y	H	Fruit
Apples-Jonathan	L	Y	Y	H	Fruit
Apples-Red Delicious	L	Y	Y	M	Fruit

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Asparagus	L	Y	Y	M	Vegetable
Barley	L	N	N	Neg	Grain/Grain Alt.
Black-Eyed Peas	L	Y	N	Neg	Legume, Nut, Seed
Broccoli Tips-Boiled	L	Y	Y	H	Vegetable
Broccoli-Boiled	L	Y	Y	H	Vegetable
Brussell Sprouts-Boiled	L	Y	Y	L	Vegetable
Cabbage, Green-Boiled	L	Y	Y	L	Vegetable
Cabbage, Green-Raw	L	Y	Y	L	Vegetable
Canola Oil	L	Y	Y*	Neg	Fat
Casaba (Melon)	L	Y	Y	-	Fruit
Cauliflower-Raw	L	Y	Y	M	Vegetable
Cauliflower-Steamed	L	Y	Y	M	Vegetable
Cherry Juice	L	Y	Y*	-	Beverage
Collard Greens-Raw	L	Y	Y	-	Vegetable
Corn	L	Y	N	M	Grain/Grain Alt.
Flax Seed	L	Y	N	-	Legume, Nut, Seed
Ginger	L	Y	Y	M	Herb, Spice, Flavoring
Grape Juice-White	L	Y	Y	M	Beverage
Grapes-Red	L	Y	Y	H	Fruit
Huckleberries	L	Y	Y	VH	Fruit
Lactaid Milk	L	N	N	Neg	Beverage
Lactose Hydrolyzed Milk	L	N	N	Neg	Beverage
Lemon Juice	L	Y	Y	-	Fruit
Lime Juice	L	Y	Y	-	Fruit
Lychees	L	Y	Y	-	Fruit
Mangos	L	Y	Y	M	Fruit
Mayonnaise	L	Y^	Y*	-	Condiment
Mung Bean Sprouts	L	Y	N	L	Legume, Nut, Seed
Olive Oil	L	Y	Y	H	Fat
Onions	L	Y	Y	L	Vegetable
Parmesan Cheese	L	N	Y	Neg	Dairy
Parsley	L	Y	Y	L	Herb, Spice, Flavoring
Pears-Peeled	L	Y	Y	Neg	Fruit
Pineapple	L	Y	Y	VH	Fruit
Plums	L	Y	Y	M	Fruit
Raisins	L	Y	Y	VH	Fruit
Rosemary	L	Y	Y	VH	Herb, Spice, Flavoring
Sage	L	Y	Y	VH	Herb, Spice, Flavoring
Split Peas-Yellow	L	Y	Y	L	Legume, Nut, Seed
Swiss Cheese	L	N	Y	Neg	Dairy
Thyme	L	Y	Y	VH	Herb, Spice, Flavoring
Vinegar	L	Y^	Y*	-	Baking Ingredient
Artichokes (French)	M	Y	Y	H	Vegetable
Baker's Yeast	M	Y	N	-	Baking Ingredient
Bananas	M	Y	Y	Neg	Fruit
Basil	M	Y	Y	VH	Herb, Spice, Flavoring
Broccoli-Raw	M	Y	Y	H	Vegetable
Brussell Sprouts-Raw	M	Y	Y	L	Vegetable
Cabbage, Green-Steamed	M	Y	Y	L	Vegetable

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Carrots-Boiled	M	Y	Y	H	Vegetable
Celeriac-Canned	M	Y	N	-	Vegetable
Chick Peas	M	Y	N	Neg	Legume, Nut, Seed
Collard Greens-Boiled	M	Y	Y	-	Vegetable
Cornstarch	M	Y	N	-	Grain/Grain Alt.
Eggplant	M	Y	Y	H	Vegetable
Garbanzo Beans	M	Y	N	Neg	Legume, Nut, Seed
Grape Juice-Red	M	Y	Y	H	Beverage
Leek	M	Y	Y	Neg	Vegetable
Lentils -Boiled	M	Y	Y	Neg	Legume, Nut, Seed
Lima Beans	M	Y	Y	Neg	Legume, Nut, Seed
Limes	M	Y	Y	L	Fruit
Mandarin Oranges	M	Y	Y	-	Fruit
Mung Beans	M	Y	N	Neg	Legume, Nut, Seed
Oats	M	N	N	Neg	Grain/Grain Alt.
Papayas	M	Y	Y	L	Fruit
Pears-Unpeeled	M	Y	Y	H	Fruit
Peppers, Green	M	Y	Y	VH	Vegetable
Potatoes, Red-Peeled	M	Y	N	-	Vegetable
Pumpkin Seeds	M	Y	Y	-	Legume, Nut, Seed
Rice-Brown	M	Y	N	Neg	Grain/Grain Alt.
Sauerkraut	M	Y	Y	-	Vegetable
Split Peas-Green	M	Y	Y	Neg	Legume, Nut, Seed
String Beans	M	Y	Y	L	Vegetable
Tofu	M	Y	N	Neg	Legume, Nut, Seed
Tomato juice (canned)	M	Y	Y	M	Beverage
Tomatoes-Fresh	M	Y	Y	M	Vegetable
Green Tea	M to H	Y	Y	VH	Beverage
Amaranth	H	Y	N	-	Grain/Grain Alt.
Broccoli-Steamed	H	Y	Y	H	Vegetable
Brussell Sprouts-Steamed	H	Y	Y	L	Vegetable
Chili Peppers	H	Y	Y	H	Vegetable
Chocolate Milk	H	N	N	Neg	Beverage
Cinnamon	H	Y	Y	VH	Herb, Spice, Flavoring
Collard Greens-Steamed	H	Y	Y	-	Vegetable
Currants-Black	H	Y	Y	VH	Fruit
Currants-Red	H	Y	Y	VH	Fruit
Dandelion Greens	H	Y	Y	-	Vegetable
Date Sugar	H	Y	N	VH	Sweetener
Dates	H	Y	Y*	VH	Fruit
Dewberries	H	Y	Y	VH	Fruit
Gooseberries	H	Y	Y	VH	Fruit
Kamut	H	N	N	-	Grain/Grain Alt.
Kidney Beans	H	Y	Y	Neg	Legume, Nut, Seed
Lemon Peel	H	Y	Y	-	Fruit
Lime Peel	H	Y	Y	-	Fruit
Orange Peel	H	Y	Y	-	Fruit
Oranges	H	Y	Y	VH	Fruit
Oregano	H	Y	Y	VH	Herb, Spice, Flavoring

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Pepper, Black (spice)	H	Y	Y	VH	Herb, Spice, Flavoring
Peppercorn	H	Y	Y	-	Herb, Spice, Flavoring
Persimmons	H	Y	Y	M	Fruit
Pistachio Nuts	H	Y	Y	H	Legume, Nut, Seed
Raspberries-Red	<b>H</b>	Y	Y	VH	Fruit
Sorrel	<b>H</b>	Y	Y	-	Vegetable
Tomato Paste-Canned	H	Y	N	VH	Vegetable
Tomato Purée-Canned	H	Y	N	VH	Vegetable
Tomato Sauce-Canned	H	Y	N	VH	Vegetable
V8 Juice	H	Y	N	VH	Beverage
Yellow Dock	<b>H</b>		N		Vegetable
Almonds	VH	Y	Y	VH	Legume, Nut, Seed
Beets	VH	Y	Y	M	Vegetable
Black Beans	VH	Y	Y	Neg	Legume, Nut, Seed
Blackberries	VH	Y	Y	VH	Fruit
Buckwheat	VH	Y	N	Neg	Grain/Grain Alt.
Carob	VH	Y	N	Neg	Herb, Spice, Flavoring
Carrots-Raw	VH	Y	Y	H	Vegetable
Carrots-Steamed	VH	Y	Y	H	Vegetable
Cashews	VH	Y	Y	L	Legume, Nut, Seed
Celery-Raw	VH	Y	Y	Neg	Vegetable
Chard	VH	Y	Y	-	Vegetable
Chocolate	VH	Y	N	Neg	Baking Ingredient
Cocoa Powder	VH	Y	N	M	Baking Ingredient
Durum Flour	VH	N	N	Neg	Grain/Grain Alt.
Figs-Dried	VH	Y	Y	H	Fruit
Figs-Fresh	VH	Y	Y	M	Fruit
Filberts (Hazelnuts)	VH	Y	Y	L	Legume, Nut, Seed
Flour (Wheat)	VH	N	N	Neg	Grain/Grain Alt.
Hazelnuts (Filberts)	VH	Y	Y	L	Legume, Nut, Seed
Kiwi fruit	VH	Y	Y	H	Fruit
Macadamia Nuts	VH	Y	Y	H	Legume, Nut, Seed
Milk Thistle	VH	Y	Y	-	Supplement
Millet	VH	Y	N	Neg	Grain/Grain Alt.
Navy Beans	VH	Y	Y	Neg	Legume, Nut, Seed
Okra	VH	Y	N	H	Vegetable
Olives, Black	VH	Y	Y	M	Vegetable
Olives, Green	VH	Y	Y	H	Vegetable
Peanut Butter	VH	Y	Y*	M	Legume, Nut, Seed
Peanuts	VH	Y	Y	VH	Legume, Nut, Seed
Pecans	VH	Y	Y	L	Legume, Nut, Seed
Pine Nuts	VH	Y	Y	H	Legume, Nut, Seed
Pinto Beans	VH	Y	N	Neg	Legume, Nut, Seed
Potatoes-Peeled	VH	Y	N	Neg	Vegetable
Potatoes-Unpeeled	VH	Y	N	M	Vegetable
Raspberries-Black	<b>VH</b>	Y	Y	VH	Fruit
Rhubarb	VH	Y	Y	-	Vegetable
Rye	VH	N	N	Neg	Grain/Grain Alt.
Sesame Oil	VH	Y	Y	M	Fat

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Sesame Seeds	VH	Y	Y	H	Legume, Nut, Seed
Soy	VH	Y	N	Neg	Legume, Nut, Seed
Soybean Milk	VH	Y	N	Neg	Beverage
Soybeans	VH	Y	N	Neg	Legume, Nut, Seed
Spinach -Fresh	VH	Y	Y	H	Vegetable
Spinach-Frozen	VH	Y	Y	M	Vegetable
Star Fruit	VH	Y	Y	-	Fruit
Stevia	VH	Y	Y	-	Sweetener
Sweet Potatoes	VH	Y	N	H	Vegetable
Tahini	<b>VH</b>	Y	Y	H	Legume, Nut, Seed
Turmeric	VH	Y	Y	VH	Herb, Spice, Flavoring
Walnuts	VH	Y	Y	H	Legume, Nut, Seed
Wheat	VH	N	N	Neg	Grain/Grain Alt.
Bean Flour	Varies	Y	N	VL	Legume, Nut, Seed
Beer	Varies	Y^	N	Varies	Alcoholic Bev.
Canned Fruits	Varies	Y^	Y*	Varies	Fruit
Canned Vegetables	Varies	Y^	N	Varies	Vegetable
Decaffeinated Products	Varies	Y^	N	Varies	Beverage
Pappadum	Varies	Y^	N	Varies	Grain/Grain Alt.
Pasta	Varies	Y^	N	Varies	Grain/Grain Alt.
Seed Butters	Varies	Y	N*	Varies	Legume, Nut, Seed
Seed Flour	Varies	Y	N*	Varies	Legume, Nut, Seed
Tea	Varies	^	*	Varies	Beverage
Wine	Varies	Y^	Y*	Varies	Alcoholic Bev.
Allspice	-	Y	Y	VH	Herb, Spice, Flavoring
Anchovies	-	Y	Y	-	Meat
Apple Cider	-	Y	Y	-	Beverage
Asiago cheese	-	N	Y	Neg	Dairy
Avocado Oil	-	Y	Y	-	Fat
Bamboo Shoots	-	Y	N	Neg	Vegetable
Bay Leaf	-	Y	Y	VH	Herb, Spice, Flavoring
Bean Sprouts	-	Y	N	L	Legume, Nut, Seed
Bhindi	-	Y	N	-	Vegetable
Bitter Gourd	-	Y	N	-	Vegetable
Black Radish	-	Y	Y	-	Vegetable
Blue Cheese	-	N	Y	-	Dairy
Blueberries	-	Y	Y	VH	Fruit
Bourbon	-	N	Y	-	Alcoholic Bev.
Brandy	-	Y	N	H	Alcoholic Bev.
Brazil Nuts	-	Y	Y	H	Legume, Nut, Seed
Brick cheese	-	N	Y	Neg	Dairy
Brie Cheese	-	N	Y	Neg	Dairy
Bulgur	-	N	N	-	Grain/Grain Alt.
Burdock Root	-	Y	N	-	Vegetable
Butter Beans	-	Y	N	-	Legume, Nut, Seed
Butternut Squash	-	Y	Y	-	Vegetable
Cabbage, Red	-	Y	Y	Neg	Vegetable
Camembert Cheese	-	N	Y	Neg	Dairy
Canellini Beans	-	Y	N	Neg	Legume, Nut, Seed

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Canned Fish	-	Y^	Y*	-	Meat
Cantaloupe	-	Y	Y	VH	Fruit
Capers	-	Y	Y	-	Vegetable
Celeriac	-	Y	Y	-	Vegetable
Cherimoya	-	Y	Y	-	Fruit
Chestnut Flour	-	Y	N	-	Legume, Nut, Seed
Chevre	-	N	N	Neg	Dairy
Chickory Root	-	Y	N	VH	Vegetable
Chlorella	-	Y	N	-	Supplement
Coconut Flour	-	Y	Y	-	Legume, Nut, Seed
Coconut Milk	-	Y	Y*	-	Beverage
Coconut Oil	-	Y	Y	H	Fat
Colby Cheese	-	N	Y	Neg	Dairy
Corn Oil	-	Y	Y	M	Fat
Cottage Cheese	-	N	N	-	Dairy
Cream	-	N	N	Neg	Dairy
Cream Cheese	-	N	N	Neg	Dairy
Curcumin	-	Y	Y	-	Herb, Spice, Flavoring
Custard Apple	-	Y	Y	-	Fruit
Cyclamate	-	Y	Y	-	Sweetener
Dry Curd Cottage Cheese	-	N	Y	Neg	Dairy
Edam cheese	-	N	Y	Neg	Dairy
Ezekiel Bread	-	N	N	-	Grain/Grain Alt.
Faba Beans	-	Y	N	Neg	Legume, Nut, Seed
Fenugreek	-	Y	N	-	Herb, Spice, Flavoring
Feta Cheese	-	N	N	Neg	Dairy
Flaxseed Oil	-	Y	Y	-	Supplement
Garfava Flour	-	Y	N	-	Legume, Nut, Seed
Garlic	-	Y	Y	L	Vegetable
Gin	-	Y	Y	Neg	Alcoholic Bev.
Gjetost Cheese	-	N	N	Neg	Dairy
Glycerin	-	Y	Y	-	Sweetener
Glycerol	-	Y	Y	-	Sweetener
Gorgonzola Cheese	-	N	Y	Neg	Dairy
Gouda Cheese	-	N	Y	Neg	Dairy
Granulated Glucose	-	Y	N	-	Sweetener
Grape Juice-Purple	-	Y	Y	H	Beverage
Grapefruit	-	Y	Y	H	Fruit
Gruyere Cheese	-	N	Y	Neg	Dairy
Guar Gum	-	Y	N	-	Baking Ingredient
Haricot Beans	-	Y	Y	M	Vegetable
Havarti Cheese	-	N	Y	Neg	Dairy
Horseradish Sauce	-	Y^	Y*	M	Condiment
Hot Dogs	-	Y^	N	-	Meat
Isoglucose	-	N	N	-	Sweetener
Jaggery (Gur)	-	Y	N	-	Vegetable
Jalapenos	-	Y	Y	VH	Vegetable
Jicama	-	Y	N	-	Fruit
Kale	-	Y	Y	-	Vegetable

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Kefir	-	N	Y*	Neg	Dairy
Kimchi	-	Y	Y	-	Vegetable
Kudzu (or Kuzu)	-	Y	N	-	Vegetable
Limburger Cheese	-	N	Y	Neg	Dairy
Macadamia Oil	-	Y	Y	-	Fat
Maltitol	-	Y	N	-	Sweetener
Manchego Cheese	-	N	Y	Neg	Dairy
Mannitol	-	Y	N	-	Sweetener
Margarine	-	Y^	N	Neg	Fat
Mead	-	Y^	Y*	-	Alcoholic Bev.
Meats (Canned)	-	Y^	N	-	Meat
Meats (Processed)	-	Y^	N	-	Meat
Miso	-	Y	N	-	Legume, Nut, Seed
Molasses	-	Y	N	M	Sweetener
Monterey Jack Cheese	-	N	Y	Neg	Dairy
Mozzarella Cheese	-	N	N	Neg	Dairy
Muenster Cheese	-	N	Y	Neg	Dairy
Nectarines	-	Y	Y	H	Fruit
Neufchatel Cheese	-	N	N	Neg	Dairy
Noni Juice	-	Y	N	-	Beverage
Paprika	-	Y	Y	VH	Herb, Spice, Flavoring
Parsnips	-	Y	N	H	Vegetable
Pea Flour	-	Y	N	-	Legume, Nut, Seed
Peanut Oil	-	Y	Y	M	Fat
Plantains	-	Y	N	-	Fruit
Pomegranate Concentrate	-	Y	N	-	Beverage
Port du Salut Cheese	-	N	Y	Neg	Dairy
Postum	-	N	N	-	Beverage
Primost Cheese	-	N	N	Neg	Dairy
Provolone Cheese	-	N	Y	Neg	Dairy
Prunes	-	Y	Y	VH	Fruit
Quinoa	-	Y	N	-	Grain/Grain Alt.
Rice Flour	-	Y	N	-	Grain/Grain Alt.
Ricotta Cheese	-	N	N	Neg	Dairy
Romano Cheese	-	N	Y	Neg	Dairy
Roquefort Cheese	-	N	Y	Neg	Dairy
Rutabaga	-	Y	Y	-	Vegetable
Safflower Oil	-	Y	Y	Neg	Fat
Sake	-	Y	N	-	Alcoholic Bev.
Salt	-	Y	Y	Neg	Herb, Spice, Flavoring
Sashimi	-	Y	Y	-	Meat
Seaweed	-	Y	N	-	Vegetable
Sharifa	-	Y	Y	-	Fruit
Smoked Meats	-	Y^	N*	-	Meat
Sorbitol	-	Y	N	-	Sweetener
Sorghum Flour	-	Y	N	-	Grain/Grain Alt.
Sour Cream	-	N	N	Neg	Dairy
Soy Sauce	-	Y^	N	Neg	Condiment
Spaghetti Squash	-	Y	Y	-	Vegetable



