

# USA STANDARD

List subject to change

## GREEN VEGETABLES

Artichokes  
Asparagus  
Avocados  
Beans  
Bell peppers  
Bockchoy  
Broccoli  
Brussell Sprouts  
Cabbage  
Celery  
Collard greens  
Jalapeno peppers  
Kale  
Leeks  
Lettuce  
Mustard greens  
Okra  
Olives  
Parsley  
Shallots  
Snow Peas  
Spinach  
Swiss chard  
Zucchini

## OTHER VEGETABLES

Baked Beans (Bush's)  
Baked Beans (Heinz)  
Baked Beans(VanCamps)  
Beets  
Button Squash  
Carrots  
Cauliflower  
Corn  
Cucumbers  
Eggplant  
Fennel  
Mushrooms (all)  
Onion  
Parsnip  
Peas  
Potatos  
Pumpkin  
Rhubarb  
Sweet Potato  
Tomato

Turnips  
Zucchini

## MEATS

Bacon  
Beef  
Chicken  
Duck  
Ham  
Lamb  
Pork  
Turkey

## SEEDS

Caraway  
Flax  
Poppy  
Pumpkin  
Sesame  
Sunflower

## FRUIT

Apples  
Apricots  
Bananas  
Cantelope  
Cherries  
Coconuts  
Dates  
Figs  
Guavas  
Grapefruit  
Grapes  
Honey Dew Melon  
Kiwifruit  
Lemons  
Limes  
Mandarines  
Mangos  
Nectarines  
Oranges  
Passionfruit  
Peaches  
Pears  
Persimmons  
Pineapple  
Plums

Prunes  
Raisins/Currants  
Watermelon

## OILS / FATS

Avocado oil  
Coconut oil  
Ghee  
Grape Seed Oil  
Macadamia oil  
Olive Oil  
Rice Bran Oil  
Sesame oil  
Sunflower

## SEAFOOD

Calamari  
Fish ( white )  
Salmon  
Sardine in oil  
Shellfish (All)  
Tuna

## BERRIES Fresh & Frozen

Blackberries  
Blueberries  
Boysenberries  
Cranberries  
Raspberries  
Strawberries

## SPROUTS

Alfalfa sprouts  
Bean sprouts  
Green-leaf sprouts

## NUTS

Almonds/meal  
Brazil  
Cashews  
Hazel  
Macadamia  
Pecans  
Pine Nuts  
Pistachio  
Walnut

## ALCOHOL

Beer  
Bourbon  
Brandy  
Gin  
Kahlua  
Rum  
Tequila  
Tia Maria  
Vodka  
Whiskey  
Wine Red  
Wine White/champagne

## OTHER DRINKS

Coffee (all)  
Cola (all)  
Cranberry Juice  
Drinking Choc (Cadbury)  
Fanta (Orange)  
Ginger Ale  
Milo  
Ovaltine  
Pelligrino  
Perrier  
Soda Water  
Tonic water

## HERBAL TEAS/OTHER

Black Tea  
Chamomile Tea  
Dandelion Tea  
Green Tea  
Olive Leaf Tea  
Peppermint Tea

## COOKIES

Chips Ahoy(Nabisco)  
Classic Chocolate Chip  
(Great Value)  
Double Choc Nantucket  
(Pepperidge Farms)  
Ginger (Great Value)  
Ginger (Nabisco)  
Ginger Snaps (Nabisco)  
Macaroons  
(Homeklist)Oatmeal

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Raisin (Pepperidge Farms)  
Oreo (Nabisco)  
Shortbread (Great Value)  
Shortbread (Lorna Doone)  
shortbread (Pepperidge Farms)  
Simply made Butter (Keebler)  
Soft baked Sugar (Pepperidge Farm)

## HERBS/dried & fresh

Basil  
Chives  
Cilantro  
Coriander  
Dill  
Mixed Herbs  
Oregano  
Rosemary  
Thyme  
Sage

## SAUCES

B.B.Q. Sauce (Kraft)  
Chili (Heinz)  
Cocktail (Heinz)  
Dijon (Grey Poupon)  
Hoi Sin (Dynasty)  
Horseradish (Kraft)  
Kethchup (Heinz)  
Marinara (Prego)  
Mayonnaise (Best Foods)  
Oyster (Dynasty)  
Pesto (Classico)  
Ranch Dressing (Hidden Valley)  
Soy (All)  
Steak (A1)  
Tarter (Heinz)  
Tomato (Hunts)  
Worcesterchire (Lea & Perrins)  
Yellow Mustard (French's)

## DRIED VEGETABLES

Chick Peas  
Dried Beans  
Lentils  
Split Peas

## STOCK

Beef Stock (Campbell's)  
Beef Stock (Kitchen Basics)  
Beef Stock (Knorr)  
Beef Stock (Swanson)  
Better Than Bouillon (Beef, chicken, vegetable)  
Chicken Stock (Campbell's)  
Chicken Stock (Kitchen Basics)  
Chicken Stock (Knorr)  
Chicken Stock (Swanson)  
Seafood Stock (Bar Harbor )  
Seafood Stock (Kitchen Basics)  
Vegetable Stock (Knorr)  
Vegetable Stock (Campbell's)  
Vegetable Stock (Kitchen Basics)  
Vegetable Stock (Swanson)

## SUGARS/ Sweeteners

Agave  
Golden Syrup  
Honey  
Manuka Honey  
Maple Syrup  
Palm Sugar  
Stevia  
Sugar Brown  
Sugar Raw  
Sugar White  
Xylitol

## OTHER MILKS

Almond milk (Blue Diamond)  
Rice Milk (Rice Dream)  
Soy Milk (Silk)  
Lactose Free milk (Lactaid)

## FLOUR / GRAINS

Cornflour [wheat free]  
Rice Brown (ALL)  
Rice White (ALL)  
Rice noodles  
White Flour (plain & S.R.)  
Wholemeal Flour (ALL)

## HERB-SPICE-CONDIMENT

Allspice  
Arrowroot  
Basil  
Bay Leaf  
Baking Soda  
Baking Powder  
Cajun Spices  
Celery seeds  
Chilli  
Cinnamon  
Cloves  
Cream of Tartar  
Cumin  
Curry Powder  
Dill  
Fennel Seeds  
Garam Masala  
Garlic  
Gelatine  
Ginger  
Homus  
Mustard  
Nutmeg  
Onion powder  
Oregano  
Paprika  
Parsley  
Pepper (black and white)

Pepper Cayenne  
Rosemary  
Saffron  
Salt Himalayan  
Salt (Kosher)  
Salt (Mrs Dash Original Blend)  
Salt Celtic sea salt  
Sesame Seeds  
Tabouli  
Tarragon  
Thyme  
Turmeric  
Vanilla (pure)  
Vinegar (all types)  
Vinegar Apple Cider

## SOY PRODUCTS

Tofu  
Tempey

## SPREADS

Jelly Grape (Smucker's)  
Nutella  
Peanut Butter (Jif)  
Peanut Butter cruncy (Skippy)  
Strawberry (Smucker's)  
Sugar free Strawberry (Smucker's)

## BREAKFAST CEREALS

Oatmeal (Quaker)  
Oatmeal – Steel cut (Quaker)  
Grits (Quaker)  
Cream of Wheat (Quaker)

## Supermarket BREADS

Country Potato  
Cracker Bread  
Rye  
White  
Whole wheat

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## HAIR/FIBRES

Cotton  
Mixed Feathers  
Polyester  
Rayon  
Silk  
Spandex  
Wool

## DAIRY

Butter  
Buttermilk  
Cows Cheese  
Cows Yoghurt  
Eggs  
Fetta Cheese (goat)  
Goats Cheese  
Goats Milk  
Cows milk (ALL)  
Cows cream (ALL)  
Ice Cream  
(Ben&Jerry's)  
Ice Cream (Dreyer's)  
Ice Cream (Sunnyside)  
Ice Cream (Haagen-  
Dazs)  
Margarine (Country  
Crock)  
Margarine (Imperial)

Health Shop BREADS  
Alvarado (Sprouted  
Barley)  
Alvarado (Complete  
Protein)  
Alvarado (Essential  
Flaxseed)  
Canyon Bakehouse (7  
grain)  
Dave's Killer Bread  
(Powerseed)  
Rudi's(Double Fiber)  
Silver Hills (Squirrelly  
Sesame)

## CANDY

Butterfinger candy bar  
Gummy Bears  
Hershey Bar  
Hershey's Kiss  
Kit Kats  
Liquorice (Red)  
Liquorice (Black)  
Reese's Peanut Butter  
Cup  
Snickers candy bar  
Twix candy bar  
Twizzlers

## PICKLES

dill Pickles (Claussen)  
dill Pickles (Vlasic)  
dill Pickles Mt. Olive)

## SWEET RELISH

Sunny Select  
Del Monte

## JERKY

Beef Jerky (Jack Link's)  
Beef Jerky (365  
Organic)  
Beef Jerky (Matador)

## GLUTEN FREE

Amy's Black Bean &  
Corn (Salsa)  
Ancient Harvest  
(pasta)  
Dandie's  
marshmallows  
Emerald Cove (Spicy  
Nori Snack)  
Emerald Cove  
seaweed (Pacific  
Wakame)  
EnerG Egg Replacer

Jovial G.F. brown rice  
pasta  
Mary's chocolate chip  
(cookies)  
Mary's gingersnaps  
(cookies)  
Mary's HotnSpicy  
(crackers)

McDougall's Asian  
Noodles (Pad Thai)  
Nature's Path (granola  
bars)  
Nature's Path corn  
flakes  
Nature's Path oatmeal  
Nature's Path Whole  
O's  
Pamela's shortbread  
(pecan cookies)  
Pure Pantry (Chocolate  
cake mix)  
Quinoa Milk Beverage  
(unsweetened)  
Road's End Organic  
(gravy)  
Yehuda soup crackers

## DEODORANTS

Degree (men/women)  
Right Guard (men)  
Secret (women)  
Speed Stick (men)  
Suave (women)

## METALS

Aluminium  
Gold  
Mercury  
Silver

## PETRO CHEMICALS

Cigarette Smoke  
Diesel  
Engine oil  
Kerosene  
Methylated Spirits  
Petrol

## CHEMIST PRODUCTS

Advil  
Aleve  
Bayer Aspirin  
Gas-X  
Imodium  
Midol  
Motrin  
Pepto-Bismol  
Roloids  
Tylenol

## HEALTH SHOP/ ORGANIC

Barley Grain  
Bean Adzuki  
Bean Borlotti  
Bean Broad  
Bean Cannellini  
Bean Kidney  
Bean Lima  
Carob  
Chickpea Splits  
Coconut water  
Cous Cous  
Cranberries Dried  
Falafel  
Flour Amaranth  
Flour BESAN  
Flour Buckwheat  
Flour Coconut  
Flour Kamut  
Flour Maize  
Flour Rye  
Flour Soy

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Flour Spelt  
Flour Tapioca  
Gogi Berries  
Hazelnut Meal  
Maca Powder  
Millet Grain  
Moong Dahl  
Nori  
Potato Flour  
Psyllium  
Quinoa Flakes  
Rapadura Sugar  
raw cacao  
Red Lentils

### Supermarket CEREALS

Cheerios  
Corn Chex  
Corn Flakes  
Fiber One  
Frosted Flakes  
Lucky Charms  
Oatmeal Squares  
Raisin Bran  
Rice Crispies  
Shredded Wheat  
Wheaties

### SUNSCREEN

Bain de Soleil  
Banana Boat  
Coppertone  
CVS  
Hawaiian Tropic  
Neutrogena

### BATHROOM

#### CHEMICALS

Bar soap Dial  
Bar soap Iris Spring  
Bar soap Ivory  
Bath & Body wash  
Dove body wash

Garnier Fructis  
Shampoo V05  
Hair removal cream  
Nair  
Hair removal cream  
Veet  
Olay body wash  
Shampoo (Baby)  
Johnsons  
Shampoo Head &  
Shoulders  
Shampoo Herbal  
Essences  
Shampoo Pantene  
shampoo Vidal  
Sassoon  
Shaving Foam Gillette  
Shaving Gel Gillette  
Satin Care

### COMMON SUPPLEMENTS

Acidophilus  
Amino acids  
Bilberry  
Black cohosh  
Co Q-10  
DHEA  
Echinacea  
Evening Primrose  
Fish Oil/Omega fatty  
acid  
Garlic  
Gelatin  
Ginkgo Biloba  
Ginger  
Ginseng  
Glucosamine/chondroi  
tin Glucose  
Grape seed  
Kava Kava  
Lecithin  
Melatonin

Milk Thistle  
Pycnogenol  
St. John's wart  
Saw Palmetto  
Shark cartilage  
Soy  
Valerian

### CREAMS AND OINTMENTS

Aspercreme pain  
reliever  
Bengay Muscle rub  
Cortizone 10 anti-itch  
Gold Bond anti-itch  
Lamisil anti-fungal  
Tinactin anti-fungal

### KITCHEN/Cleaning Products

Bartenter's Friend  
Cascade dishwasher  
powder  
Clorox mold  
Comet  
Dawn dish liquid  
Kaboom  
Lysol  
Palmolive dish liquid  
Raid insect spray  
S.O.S. pads  
Shower Power

### TOOTHPASTE

Aim  
Aquafresh  
Arm & Hammer  
Colgate  
Crest  
Pronamel  
Sensodyne  
Tom's

### LAUNDRY Products

All  
Arm & Hammer  
Bounce Fabric  
Softener  
Downey  
Gain  
Oxi Clean  
Snuggle  
Sun  
Tide  
Woolite for delicates