

Compatibility Standard List

GREEN VEGETABLES

Asparagus
Beans
Bok choy
Brussel Sprouts
Cabbage
Celery
Choy sum
Kale
Leeks
Lettuce
Olives
Okra
Parsley
Pak choy
Rocket
Silverbeet/Spinach
Shallots/spring onions
Snow Peas
Wombok cabbage

OTHER VEGETABLES

Avocado
Beetroot
Bitter Melon
Broccoli
Button Squash
Capsicum
Carrot
Cauliflower
Corn
Cucumber
Eggplant
Fennel
Globe Artichoke
Mushroom all
Onion
Parsnip
Peas
Potato
Pumpkin
Swede
Sweet Potato
Tomato
Turnip
Zucchini

List subject to change

Beef
Chicken
Duck
Emu
Ham
Kangaroo
Lamb
Pork
Turkey
Venison

SEEDS

Chia
Linseed/oil/meal
Poppy
Pumpkin/Pepitas
Sesame
Sunflower

FRUIT

Apples
Apricot
Banana
Cherries
Dates
Fig
Grapefruit
Grapes
Honeydew Melon
Kiwifruit
Lemon
Limes
Lychee
Mandarin
Mango
Nectarine
Oranges
Passionfruit
Pawpaw
Peaches
Pears
Pineapple
Plums
Prunes
Raisins / Sultanas
Rockmelon
Watermelon

OILS / FATS

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

SEAFOOD

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

BERRIES Fresh/ Frozen

Blackberry
Blueberry
Raspberry
Strawberry

SPROUTS

Alfalfa sprouts
Mung Beans
Snow pea sprouts

NUTS

Almonds
Brazil
Cashews
Hazel
Macadamia
Pecans
Pine Nuts
Pistachio
Walnut

ALCOHOL

Beer
Bourbon
Brandy
Cider
Gin
Kahlua
Rum
Tia Maria

Vodka
Whiskey
Wine Red
Wine White/champagne

DAIRY Products

Butter
Cream (All types)
Cheese Cows (All)
Cheese Fetta (goat)
Cheese Sheep
Margarine (All)
Milk A2
Milk Full Cream
Milk Skim
Milk Carnation
Milk Goats
Mayo (All)
Mayo Organic
Yoghurt Cows Greek/plain
Yoghurt Sheep

LACTOSE FREE Products

Butter Coconut
Butter Almond
Biocheese Vegan
LF Cheese Liddells
LF Cream Liddells
LF Milk Liddells
LF Milk Zymil
Soy Mayonnaise
Vegenaise
Tempeh
Tofu
Yoghurt Coconut (All)

MILK Alternative

Almond milk
Almond Activ Pure Har.
Coconut milk
Oat milk
Rice milk
Soy milk

EGGS

Duck eggs
Eggs
Eggs(Organic)
Orgran No Egg
Quail eggs

FERMENTED

Kefir(All)
Kimchi (All)
Kombucha (All)
Sauerkraut(All)

SOFT DRINKS

Cola (All)
Fanta(All)
Ginger Ale(All)
Lemonade(All)
Soda water
Tonic water

BEVERAGES

Caro
Coffee (All)
Ecco
Milo
Ovaltine
Rooibos Tea
Tea (black all)

OTHER DRINKS

Cranberry Juice
Coconut water
Ribena

HERBAL TEAS

Chamomile Tea
Dandelion Tea
Green Tea
Peppermint Tea

HERBS dried & fresh

Basil
Chives
Coriander
Lemon Grass
Mixed Herbs
Oregano
Rosemary

SPICE-CONDIMENT

Bay Leaf
Bi Carb Soda
Baking Powder
Cajun Spices
Cardamom
Chilli
Cinnamon

Cloves
Cream of Tartar
Cumin
Curry Powder
Dill
Fennel Seeds
Garam Masala
Garlic
Ginger
Mixed Spice
Mustard
Nutmeg
Paprika
Pepper (black&white)
Pepper Cayenne
Salt (refined table)
Salt Celtic sea salt
Salt Herb Vege
Salt Himalayan
Salt Rock Salt
Tarragon
Thyme
Turmeric
Vanilla (pure)
Vinegar (all types)
Vinegar Apple Cider

SAUCES

B.B.Q. sauce(All)
Fish sauce (All)
Horseradish
Macro Organic Passata
Oyster sauce (All)
Soy sauce (All)
Soy Tamari sauce (All)
Soy Coconut amino non
Sweet Chilli sauce (All)
Tomato sauce (All)
Tomato Paste (All)
Tom sauce Orgran
Worcester sauce

DRIED VEGETABLES

Chick Peas (All)
Coconut
Lentils (All)
Split Peas

STOCK/GRAVY

Beef stock Aus Own org
Beef Stock (Massel)
Beef Stock Campbell's

Bonox
Chicken Stock Massel
ChickenStockCampbell
Vege stock Aus Own org
Vege Stock Massel
Gravox (All)
Gravy mix Massel
Gravy Mix Orgran
Miso (All)

SUGARS/ Sweeteners

Erythritol
Stevia
Honey
Honey Manuka
Mesquite powder
Sugar Brown
Sugar Raw
Sugar White
Sugar Coconut
Syrup Agave
Sugar Palm
Syrup Coconut
Syrup Golden
Syrup Maple
Syrup Rice malt (All)
Xylitol

RICE

Orgran Rice Pasta
Orgran Rice-Corn Pasta
Rice Brown (All)
Rice White (All)
Rice noodles

PASTA/PASTRY

GF Pasta Barilla
GF Pasta Coles
GF Pasta San Remo
Pasta (Durum wheat)
Buckwheat Spirals Orgran
Buckwheat San Remo
Lasagne Sheets Macro Org
Puff pastry
Wheat Noodles

CRACKER/CRISP BREAD

Mary's Gone crackers GF
Orgran Buckwheat Crisp brd
Orgran Multi Crisp brd
Sao
Rice crackers

Seaweed crackers
Vita Weat original

SPREAD/PASTE

St Dalfours GF jam
Vegemite/ Ozemite
ABC spread Melrose
Coco Hazlenut Pure Harvest
Hommus
Tahini Unhulled (All)
Vege spread Freedom

BREAKFAST CEREALS

Cornflakes (All)
Goodness Cereals (All)
Just Right
Oat Bran
Rolled Oats
Vita Brits
Weet Bix
Special K
AB Buckwheat & quinoa cereal
Abundant Earth Corn Puff
Carmens Muesli
Crunchola Apple and
Blueberry
Free & Low Muesli
Lowan Rice Porridge
Millet Puffs
Polenta
Oats GF
Weet-Bix GF

BREADS Supermarket

White
Wholemeal

Grain Bread

AG Vital bread
Burgan Soy-Lin
Goanna Bakery Rice&Arame
Multigrain bread

Spelt Bread

Alpine Spelt and Sprouted
grain
Ancient Grain Tigris Spelt
Bakers Delight Spelt bread
Bodis Dinklebrot wholegrain
Healhtybak WM Spelt Sour
Kamut bread
Naturis organic spelt

Paulos Spelt Loaf
Sprouted Spelt bread
Dinkelbrot

Rye Bread

Burgan Rye bread
Helgas Light Rye
King Henry Rye
Pumpernickel 100% Rye

Sourdough Bread

Alpine Spelt & Barley
Bills Org Spelt SD
Brasserie Sourdough
BrasserieQuinoa/Soy
Healthybake FH Rye
New Norcia Spelt
Strange Grains Buckwheat
Zeally Bay Sourdough

Sprouted Bread

Bohdis Sprouted mixed grain
Pure Life Sprouted Spelt
ESSENE sprouted bread
Pure Life Bio.D. Ezekiel 4:9

Gluten Free Bread

Abbots Mixed Seeds GF bread
Bohdis GF Chia Linseed
Bohdis GF Multi Grain
Bohdis GF Yeast free
Bohdis Lupin loaf
Burgan GF Soy Lin
Burgan GF sunflower & chia
Burgan GF White
Country Life gluten & dairy
Free
Country Life Yeast gluten free
Helga's GF bread
Moore's GF.yeast free bread
Naturis GF rice loaf
Precinct GF Quinoa & Soy
bread
Strange Grns GF
Sorg.Buckwheat

Other Bread

Bakers Delight Low Fodmap
Naturis Buckwheat bread
Venerdi Paleo Almond &
Linseed
Venerdi Paleo Super Seed

WRAPS/BASES

Corn tortilla
GF wraps
Plain wheat wraps
Quinoa wraps
Rice Thins
Rice wraps
Spelt wraps

BARS

Carman's Muesli bar
Carmens Dark Choc blueberry
Go Natural Fruit & Nut bar

FLOURS

Flour Amaranth
Flour Arrowroot
Flour Banana
Flour Barley
Flour Besan
Flour Buckwheat
Cornflour [wheat free]
Flour Cassava
Flour Coconut
Flour GF SR
Flour GF Plain
Flour Potato
Flour Quinoa
Flour Rye
Flour Sorghum
Flour Spelt
Flour Wheat Plain& SR

CRISPS

Macro org Corn chips
Macro Root Vege chips
Smiths original

GLUTEN FREE

Orgran Custard powder

CHOCOLATE / SWEETS

Cacao Butter
Cacao raw powder
Carob
Chocolate (Lindt)
Chocolate (Cadbury)
Chocolate (Dove)
Chocolate (Haigs SA)
Chocolate (Nestle)
Chocolate (Sweet William)
Frey Dark Choc

Green & BlackOrgDarkChoc
Liquorice
Loving Earth Choc
Loving Earth Dk Org Choc
Pana Chocolate

HEALTH SHOP Products

Acai powder
Betonite clay
Black seed (nigella)
Bone broth (All)
Beef Gelatin/collagen
Barley Grain
Bean Adzuki
Bean Borlotti
Bean Broad
Bean Cannellini
Bean Kidney
Bean Lima
Blackstrap Molassas
Braggs All purpose seasoning
Coconut MCT Oil
Camu Camu
Cous Cous
Cranberries Dried
Diatomaceous Earth FG
Dulse (All)
Falafel
Goji Berries
Hazelnut Meal
Hemp seed
Hemp seed oil
Hemp Protein powder
Flaxseed meal
Maca Powder
Millet Grain
Nori
Nutrition Yeast(All)
Quinoa Grain
Wakame Flakes

COMMON SUPPLEMENTS

Aloe Vera
Barley Green
Chlorella
Fish oil Capsules
Fish oil (practitioner)
Oregano oil
Krill Oil
Psyllium
Slippery Elm Powder
Spirulina

Wheat grass

PROTEIN Powder/shakes

Pea Protein powder
Rice Powder
Whey concentrate
Whey Protein Isolate

NATURAL HOME products

A bit happy bubble bath
A bit happy Deodorant
A bit happy Eczema Cream
A bit happy sham/cond
Abode bathroom cleaner
Abode dishwashing liquid
Abode floor cleaner
Abode Laund liquid
Abode laundry powder
Abode surface spray
Abode toilet gel
Abode wool and delicate liquid
Bodytalk Cleanser envirocare
Carrot Sun Papaya oil
Cleopatra's Bath Milk
Dr Bronners shav gel
Earth choice Dish Liquid
Earth choice Fabric Softener
Earth choice Floor-surface
Earth choice Laundry liquid
Earth choice Multi Purpose spray
Earth choice Wool Mix
Ecosense Laundry liquid
Ecostore Laundry powder
Ecostore Dish Liquid
Hurraw Lip Balm
Jjoba oil
Lavender oil
Melrose massage oil
Moo Goo Conditioner
Moo Goo Eczema Cream
Moo Goo Milk Wash
Moo Goo Shampoo
Moogoo deodorant
MooGoo Sunscreen
Nat Instinct Body wash
Neem soap
Org Care Conditioner
Org Care Shampoo
Org Care 3 in 1
Shampoo (Alchemy)
Soapnuts

Soleo Sun screen
Tea tree oil
Wotnot Baby SPF 30
Wotnot SPF 30+

BATHROOM CHEMICALS

Lux Body Wash
Palmolive Shower Milk
Shampoo Baby (Johnsons)
Shampoo Head & Shoulders
Shampoo Pantene
Shampoo Wella Balsam
Shaving Foam Gillette
Shaving Gel Nivea
Soap Pears
Soap Dove
Talcum Powder

LAUNDRY Products

Bio Zet
Bleach
Cold Power
Dynamo
Fabric Softener(all)
Lux Flakes (laundry)
Napisan
Omo
Radiant
Sard Wonder Soaker
Wool Mix M.Gardner

KITCHEN/Cleaning Products

Ajax Spray & Wipe
Exit Mould
Insect Spray (All)
Jif
Morning Fresh
Palmolive Dish Liquid
Pine-O-Cleen

DEODORANTS

Body Choice Natural
Crystal Stick
Dove
Mum
Rexona Sport
Tea Tree Oil Deodorant

SUNSCREEN

Banana Boat Every day
UV Triplegard
Coles every day

Cancer Council

TOOTHPASTE

Colgate (all types)
McLeans (all types)
Sensodyne
Steradent
Activated Charcoal
toothpaste
Grants Herbal
Jack and Jill toothpaste
Red Seal
Silicea silica toothpaste
Thieves toothpaste
Vicco Herbal

HAIR/FIBRES

Bamboo
Cotton
Mixed Feathers
Polyester
Wool

METALS

Aluminium
Gold
Mercury
Silver

CREAMS AND OINTMENTS

Calendula (M&P)
Comfrey (M&P)
Sorbolene

PETRO CHEMICALS

Cigarette Smoke
Diesel
Engine oil
Kerosene
Methylated Spirits
Petrol

MISCELLANEOUS

Special K Gluten Free
Heinz Baked Beans Tom Sauce
SPC Baked Beans Tom Sauce
Lugol
Inner Health Plus
Ammodine
Anchovies
Octopus
Sage

Black Beans
Broccoli Sprouts
Carmens Pepita Poppy Crackers
Edamame beans
Natures Kit. Meat Free Sausages
Naturli Plant based mince
Olina's Seeded Crackers
Pana Ice cream vanilla
San Remo Pulse Pasta Red Lentils
Vege Delights Bacon Style Rashers