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### FRUITS

Apples  
Oranges  
Banana  
Strawberry  
Watermelon  
Mango  
Lemon  
Kiwifruit  
Grapes  
Peaches  
Pears  
Mandarines  
Pineapple  
Passionfruit  
Cherries  
Plums  
Pawpaw  
Apricot  
Sultanas  
Raisins  
Grapefruit  
Rockmelon  
Honey Dew Melon  
Prunes  
Dates  
Lychee  
Nectarines  
Limes

### SEAFOOD

Fish (Fresh)  
Shellfish  
Calamari  
Salmon (tinned)  
Tuna (tinned)

### DRINKS

Beer  
Wine  
Port  
Vodka  
Whiskey  
Bourbon  
Rum  
Gin  
Brandy  
Tea (black)  
Coffee (all)  
Ovaltine  
Milo  
Choc Quik  
Cocoa (Cadbury)  
Ginger Ale  
Coke  
Diet Coke  
Pepsi Max  
Sprite-Lemonade  
Fanta (Orange)  
Dandelion Tea  
Chamomile Tea  
Peppermint Tea  
Green Tea  
Ribeena  
Red Cordial  
Cranberry Juice

### CONDIMENTS

Apple Cider Vinegar  
Malt Vinegar  
Salt (refined table)  
Celtic Salt (sea salt)  
Rock Salt (McCormick)  
Herbemare Vege Salt  
Pepper (black and white)  
Cayenne Pepper  
Tomato Sauce (Fountain)  
Tomato Paste (Leggo's)  
B.B.Q. Sauce (Eta)  
Soy sauce  
Worcester sauce  
Horseradish sauce  
Mustard  
M.S.G. (621)  
Gravox  
Vegemite  
Promite  
Nutella  
Beef Stock (Magi)  
Chicken Stock (Magi)  
Chicken Stock (Massel)  
Beef Stock (Massel)  
Vegetable Stock (Massel)  
Vanilla (pure)  
Curry Powder  
Mint Sauce  
Ginger  
Chilli  
Garlic  
Mixed Spice  
Cinnamon  
Nutmeg

### DAIRY FOODS

Butter  
Margarine (Flora)  
Margarine (Soya)  
Nuttalex Margarine  
Cream  
Cows Yoghurt  
Soy Yoghurt  
Cows Cheese  
Goats Cheese  
Soy Cheese  
So-Good  
Vitasoy  
Aussie Soy  
So Natural  
Tofu  
Goats Milk  
Rice Milk (Rice Dream)  
Rice Milk (So-Natural)  
Carnation Milk  
Condensed Milk  
Skim Milk  
Full Cream Milk  
Ice Cream (Pauls Vanilla)  
Eggs

### SEEDS

Sesame  
Sunflower  
Pumpkin  
Linseed (flax seed oil)

### VEGETABLES

Potato  
Tomato  
Capsicum  
Eggplant  
Cabbage  
Cauliflower  
Brussell Sprouts  
Mushroom  
Broccoli  
Silverbeet  
Zucchini  
Celery  
Lettuce  
Rocket  
Pumpkin  
Peas  
Carrot  
Onion  
Beetroot  
Cucumber  
Turnip  
Button Squash  
Snow Peas  
Mung Beans  
Beans  
Asparagus  
Alfalfa sprouts  
Sweet Potato  
Avocado  
Corn  
Shallots  
Parsley  
Bokchoy  
Choysum  
Wombok  
Leeks  
Olives

### MEATS/FATS

Beef  
Pork  
Lamb  
Chicken  
Bacon  
Ham  
Turkey  
Canola Oil  
Olive Oil  
Grape Seed Oil  
Sunflower (Crisco)

### FOOD COLOURINGS

Red  
Blue  
Green  
Yellow

### NUTS

Almonds  
Cashews  
Hazel  
Brazil  
Pistachio  
Macadamia  
Walnut  
Pecans  
Pine Nuts

### DRIED HERBS

(MCCORMICK)  
Mixed Herbs  
Rosemary  
Basil  
Chives  
Coriander  
Oregano  
Season-All

### GRAINS / CEREALS

White Bread  
Wh/meal Bread  
Multi-grain Bread  
Rye Flour  
White Flour  
Wholemeal Flour  
Cornflour  
Buckwheat Flour  
Yeast (Bakers)  
Bi Carb Soda  
Corn Thins  
Rice Thins  
Rice Crackers  
White Rice  
Brown Rice  
Lentils  
Chick Peas  
Kidney Beans  
Split Peas  
Rolled Oats  
Wheat Bran  
Oat Bran  
Coconut  
Baked Beans (Heinz)  
Spaghetti (Heinz)  
Pasta (Durham Wheat)  
Hokkien Noodles  
Cornflakes  
Rice Bubbles  
Coco Pops  
Fruit Loops  
Vita Brits  
Weet Bix  
Nutrigrain  
Special K  
Just Right

### SUGARS

White Sugar  
Raw Sugar  
Brown Sugar  
Equal  
Saccharine  
Splenda  
Honey  
Maple Syrup  
Golden Syrup  
Carob  
Chocolate (Darrell Lea)  
Chocolate (Lindt)  
Chocolate (Nestle)  
Chocolate (Cadbury)  
White Chocolate  
Liquorice

### CHEMICALS

Fly Spray  
Aeroguard  
Newspaper Ink  
Bleach  
Sard Wonder Soaker  
Nappisan  
Talcum Powder  
Morning Fresh  
Palmolive Dish Liquid  
Dawn Dish Liquid  
Pine-O-Cleen  
Domestos  
Omo  
Dynamo  
Bio Zet  
Cold Power  
Radiant  
Cuddly Fabric Softener  
Softly Fabric Softener

### BATHROOM CHEMICALS

Baby Shampoo (Johnsons)  
Head and Shoulders  
Pantene  
Wella Balsam  
Palmolive Shower Milk  
Lux Body Wash  
Mum Deodorant  
Dove Deodorant  
Rexona Sport Deodorant  
Crystal Stick Deodorant  
Body Choice Natural Deod  
Dove Soap  
Sunlight Personal Soap  
Palmolive Gold Soap  
McLeans (all)  
Colgate (all)  
Sensodyne  
Gillette Shaving Foam  
Nivea Shaving Gel  
UV Tripplegard Sunscreen  
Banana Boat Sunscreen

### METALS

Mercury  
Silver  
Aluminium  
Gold

### HAIR/FIBRES

Mixed Feathers  
Wool  
Cotton  
Polyester  
Linen

### OTHERS

Panadol  
Herron  
Panamax  
Aspro  
Nurofen  
Codral  
Methylated Spirits  
Cigarette Smoke