

Safe Herbs

- **Chives** — fresh or dried
 - **Cilantro / Coriander leaf** — fresh
 - **Mint / Peppermint** — fresh only (avoid flavored/extract forms)
 - **Oregano** — fresh or dried
 - **Parsley** — fresh or dried
 - **Rosemary** — fresh or dried
 - **Sage** — fresh or dried
 - **Tarragon** — fresh or dried
 - **Thyme** — fresh or dried
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Safe Spices

- **Black pepper** — one of your most useful flavor tools
 - **Caraway seed** — generally considered safe (distinct from anise/fennel)
 - **Celery seed** — safe
 - **Coriander seed** — safe (the dried seed, distinct from the fresh leaf in BOP terms)
 - **Cumin** — safe; not a BOP constituent
 - **Garlic powder** — safe
 - **Mustard seed / dry mustard powder** — safe on its own (watch commercial prepared mustards for additives)
 - **Onion powder** — safe
 - **Saffron** — safe
 - **Salt** — always safe, all varieties (sea salt, kosher, iodized)
 - **White pepper** — safe (*note: some very strict lists include it; use with awareness*)
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Safe Condiments & Sauces

- **Plain dry mustard / homemade mustard** — made with mustard seed, water, salt, and distilled white vinegar only (no wine vinegar, no lemon, no added spices)
- **Plain horseradish** — check labels carefully; avoid brands with preservatives or citric acid
- **Plain soy sauce / tamari** — use in moderation; choose varieties with no added flavorings
- **Coconut aminos** — a good BOP-friendly soy sauce alternative
- **Plain miso paste** — unflavored; adds great depth to sauces and soups
- **Plain tahini** — sesame paste only, no added flavors
- **Distilled white vinegar** — safe (distillation removes phenolic compounds)
- **Plain rice vinegar (unseasoned)** — safe
- **Fish sauce** — plain only, no added spices; check labels
- **Homemade pan sauces** — using butter/oil + garlic + safe herbs + plain stock

- **Plain homemade hummus** — made without lemon juice; substitute a small splash of distilled white vinegar for brightness if needed
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Safe Cooking Fats & Flavor Builders

- **Butter and ghee** — safe
- **Olive oil** — safe
- **Avocado oil** — safe
- **Canola / vegetable oil** — safe
- **Sesame oil** — safe
- **Fresh garlic** (all forms — roasted, sautéed, raw)
- **Fresh onion** (all varieties)
- **Shallots** — safe
- **Plain homemade broths/stocks** — made with safe vegetables, herbs, and unseasoned meat/bones; avoid store-bought unless you can verify no BOP spices are included