**Gluten Free Shopping Guide**

Whole foods such as fruits, vegetables, beans, legumes, cow’s milk and eggs are naturally gluten free. Unprocessed animal products such as fish, meats and poultry are also naturally gluten free. This list is a guide to help identify which packaged foods are gluten free. Manufacturers of packaged food products can change their ingredients often. Be sure to always check the ingredients list to ensure no gluten containing ingredients have been added to a product. Additionally, many of these companies also make gluten containing products with similar packaging. Be sure to always check that the product you select is gluten free.

# Beverages

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| Milk Alternatives  |
|  | Lundberg  | Rice milk |
|  | Silk | Soy Milk, Almond Milk, Cashew Milk |
|  | Almond Breeze | Almond Milk |
|  | Lactaid  | Lactose free cow’s milk  |
|  | Ripple | Plant Based Pea Protein Milk |
| Fruit Juice |
|  | Dole  | All Fruit Juices |
|  | Del Monte | All 100% fruit juices  |
|  | Juicy Juice | All flavors  |
|  | Ocean Spray | 100% Apple Juice, Cranberry Juice Cocktail, 100% Orange Juice, 100% White Grapefruit Juice, Cranberry Juice Cocktail Calcium |
|  | Minute Maid | All 100% Juice Products without added ingredients |
|  | Tropicana  | All 100% Juice Products  |
| Soft Drinks |
|  | All varieties of: | Barq’s, Coca-Cola, Dr. Pepper, Fruitopia, Hi-C, Minute Maid, Mug, Pepsi-Cola, Sprite, 7up Nestea: Iced Teas and Cool from Nestea |
| Drink Mixes |
|  | Crystal Light |  |
|  | Kool-Aid |  |
|  | Tang |  |
|  | Country Time |  |
|  | Lipton  | Sugar Sweetened Iced Tea Mix or Diet Iced Tea Mix: Lemon (regular and decaf), Peach, Raspberry, Tea and Lemonade |
| Cocoa Mixes |
|  | Carnation  | Instant Cocoa Mix  |
|  | Nestle  | Hot chocolate  |
|  | Ghirardelli | Hot Chocolate, Double Chocolate, Hazelnut or Mocha  |
| Coffee/Creamers |
|  | Maxwell House | Will clearly list gluten ingredients  |
|  | Folger’s | All |
|  | Nestle | Mountain Blend Instant Coffee |
|  | Nescafe  | Classic Instant Coffee, All flavors of frothe, taster’s choice instant coffee (flavored and non-flavored) |
|  | Coffee-Mate | Liquid and Powdered Coffee-mate (flavored and non-flavored) |
|  | Cremora | Non-Dairy Coffee Creamers |
| Tea |
|  | Salada | All Teas |
|  | Red Rose | All Teas |
|  | Bigelow  | Premium (regular or decaf) |
| Supplement Drinks |
|  | Carnation Instant Breakfast | Ready to Drink: Creamy milk chocolate, French vanilla, strawberry crème. Powdered drink: cappuccino, classic and rich chocolate milk, strawberry sensation. No sugar added: rich milk chocolate, vanilla crème  |
|  | Ensure | All drink varieties and flavors |
|  | Boost  | All except Chocolate Malt flavor  |
|  | Pediasure | All drink varieties and flavors including organic, sidekicks, and Pediasure Peptide  |
|  | Orgain | All drink varieties and flavors  |

# Bread Products

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| Taco Shells/Tortillas  |
|  | Ortega  | Tostada shells, white corn taco shells  |
|  | Old el Paso  | Taco shells |
|  | Mission  | Gluten Free Tortillas, Gluten Free Spinach and herb tortillas  |
|  | La Tortilla Factory  | Smart and Delicious Wraps  |
| Waffles  |
|  | Vans  | Apple Cinnamon, Blueberry, Original, and Soy Flax Waffles, pancakes  |
|  | Schar | Golden Waffle |
|  | Kinnikinnick  | Homestyle waffles, Cinnamon and brown sugar waffles |
| Breads/Rolls/Biscuits |
|  | Food For Life  | Brown Rice Tortillas, Black Rice Tortillas, White Rice Bread, Brown Rice Bread, Black rice bread, raisin pecan bread, rice almond bread, rice millet bread, rice pecan bread, almond bread, cinnamon raisin bread, flax bread, original 3 seed bread, multi seed rice bread, brown rice English muffins, multi seed English muffins |
|  | Ener-G Foods | Pizza shells, Brown Rice English muffins, brown rice loaf, cinnamon raisin bread, banana bread, dinner rolls, 5 grain loaf, hot dog buns, hamburger buns, Texas toast, everything bagels, plain bagels  |
|  | Gillian’s Foods | Pizza dough, english muffins, bulkie roll, onion rolls, garlic bread, white bread  |
|  | Lundberg | Organic Rice Cakes: Brown Rice, Caramel Corn, Cinnamon Toast, Mochi Sweet, Wild Rice, Popcorn, Tamari Seaweed, Sesame  |
|  | Dietary Specialties  | Cinnamon Raisin English Muffins  |
|  | Glutino  | English Muffins (original and multigrain) |
|  | Udis  | Hamburger buns (whole grain and classic) , hotdog buns, bagels (plain, cinnamon raisin, whole grain, everything) english muffins, spouted grains artisan bread, 7 seeds and grains artisan bread, Soft white sandwich bread, multigrain sandwich bread, millet chia bread, cinnamon raisin bread, omega flax and fiber bread, French dinner rolls, French baguettes |
|  | Rudis  | Cinnamon raisin bread, original bread, multigrain bread, plain tortillas, spinach tortillas |
|  | Canyon Bakehouse | Cinnamon Raisin, Heritage Style Whole Grain, Honey Oat, Mountain white, heritage honey white, ancient grain, Hawaiian sweet bread, country white, 7 grain and deli rye style breads, bagels (plain, deli white, everything, cinnamon raisin and blueberry) English muffins, hamburger buns  |
|  | Schar  | Bagels (plan and cinnamon raisin) Kaiser Rolls, Ciabatta Rolls (plain and multigrain) sandwich rolls, deli style bread, artisan baker 10 gains and seeds, white bread, multigrain bread, Pain Au Chocolat, Croissant, Croissant with hazelnut cream, |
|  | Kinnikinnick  | White Sandwich Bread, Multigrain Sandwich Bread, Whole grain bread, cinnamon raisin bread, Hamburger Buns, Hot Dog Buns, Pizza Crust, Blueberry bagels, cinnamon raisin bagels, plain bagels, english muffins, dinner rolls  |
|  | Foods By George | Plain English muffins, cinnamon and current English muffins, no rye-rye English muffins, blueberry muffins, corn muffins, pound cake, pizza crust |
| Cereal  |
|  | Barbara’s | Corn Flakes or Brown Rice Crisps  |
|  | Natures Path/Envirokidz | Amazon Frosted Flakes, Peanut Butter Panda Puffs, Gorilla Munch, Koala Krisp, Choco Chimps, Leapin Lemurs, cheetah chomps, Crispy Rice, Honey’d Corn Flakes, Fruit Juice Corn Flakes, Sunrise Crunchy Maple, Sunrise Crunchy Vanilla, Sunrise Crunchy Cinnamon, Sunrise Crunchy Honey, Cocoa coconut superflakes, golden turmeric, mesa sunrise, Whole O’s, coconut chia superflakes, Honey chia superflakes |
|  | Arrowhead Mills | Corn Grits – White and Yellow Rice and Shine  |
|  | Enjoy Life Foods | Breakfast Ovals: Berry medley, apple cinnamon, maple fig, chocolate chip banana  |
|  | Erewhon | Crispy brown rice |
|  | Post | Fruity Pebbles, Cocoa Pebbles |
|  | General Mills  | Chex (all varieties except wheat) |
|  | Glutino  | Apple cinnamon rings |
|  | Vans  | Blissfully berry cinnamon heaven, Honey crunch |
|  | Freedom Foods  | Tropicos  |
| Crackers  |
|  | Glutino:  | Original Crackers, Multigrain crackers, vegetable crackers, cheddar crackers, table crackers, sea salt snack crackers, rosemary and olive oil snack crackers  |
|  | Ener-G Foods: | Wheat Free Crackers |
|  | Schar | Crostini, breadsticks, crispbread, rosemary table crackers, multigrain table crackers, table crackers, Entertainment crackers  |
|  | Crunchmaster | Multi-seed, multi-grain crackers  |
|  | Nut Thins  | Almond and seed crackers  |
|  | Kinnikinnick  | Graham Crackers  |
|  | Lance  | Original crackers, cheddar cheese crackers, peanut butter sandwich crackers, cheddar cheese sandwich crackers  |
| Pasta  |
|  | A Taste of Thai  | Rice Noodles |
|  | Annie’s | Gluten Free Rice Pasta & Cheddar |
|  | Notta Pasta  | Spaghetti Rice Noodles, Linguini Rice Noodles, Fettuccini Rice Noodles |
|  | Pastato  | Pastas, Macaroni & Cheese |
|  | Pastariso  | Corn Rice Pasta, Brown Rice Pasta |
|  | Tinkyada  | Brown Rice Pasta |
|  | Rizopia  | Brown Rice Pasta, Wild Rice Pasta |
|  | Bi-Aglut  | Fusilli, Penne, Spaghetti, Elbows |
|  | Dietary Specialties  | Potato & Onion Pierogies, Potato, Onion and Cheese Pierogies, Spinach and Cheese Ravioli, Meat Ravioli, Cheese Ravioli, Stuffed Shells |
|  | Barilla  | Gluten free penne, elbows, spaghetti, lasagna, fettuccini, and rotini pasta  |
|  | Ronzoni  | Gluten free rotini, elbow, penne, spaghetti and thin spaghetti pasta |
|  | Banza  | Chickpea Pasta  |
|  | Dellalo  | gnocchi, lasagna, orzo, fusilli, spaghetti, penne, shells, elbows |
|  | Daiya  | Dairy Free Mac and Cheese  |
|  | Schar  | Fusilli, spaghetti, penne |
|  | Pamelas  | Penne, spaghetti, mac n cheese, vegan mac n cheese  |
|  | Gillians  | Fettucini, fusilli, penne, spaghetti |
| Bread crumbs/Croutons/Stuffing |
|  | Aleias | Italian bread crumbs, Plain bread crumbs, Panko bread crumbs, classic croutons, parmesan croutons |
|  | Miss Roben’s  | Breading-Batter Coating Mix  |
|  | Kinnikinnick  | Crispy Chicken Coating Mix, General Coating Mix, Bread Cubes, Bread Crumbs, Chocolate Cookie Crumbs, Graham Style Wafer crumbs |
|  | Gillians  | Garlic Croutons, Italian Bread Crumbs, Original Bread crumbs, home-style stuffing  |
|  | Schar  | Bread Crumbs |

# Sweets

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| --- |
| Canned/ Dried Fruit  |
|  | Motts Applesauce  | Original, Chunky, Cinnamon, Regular  |
|  | Dole | All varieties canned and dried fruit |
|  | Del Monte | All Canned/Jarred Fruits  |
| Desserts  |
|  | Jello  | Will clearly list gluten as an ingredient |
|  | Kozy Shack Pudding | All varieties  |
|  | Dietary Specialties  | Gluten Free Classic Pound Cake, Gluten Free Pie Shells |
|  | Schar | Fantasia Sponge Cake |
|  | Kinnikinnick  | Maple Glazed Donuts, Chocolate Dipped Donuts, Cinnamon Sugar Donuts, Vanilla Glazed Donuts, Soft donuts, Lemon Blueberry Muffins, Chocolate Chip Muffins, Quinoa Spice Muffins  |
|  | Canyon Bakehouse | Brownie Bites  |
|  | Udis  | Mug Cakes: blueberry muffin, brownie, cinnamon coffee cake, chocolate cake, chocolate zucchini muffins, double chocolate muffins, blueberry muffins, banana chocolate chip muffins |
|  | Gillians  | Coffee Cake Muffins, Blueberry muffins, chocolate cupcakes, mini chocolate cupcakes, mini vanilla cupcakes, vanilla cupcakes, whoopie pie, pumpkin pie, apple pie, blueberry pie |
| Candy/Gum | For a comprehensive gluten free candy list, visit: <https://celiac.org/gluten-free-living/gluten-free-foods/gluten-free-candy-list/> |
|  | Hershey’s | Hershey’s Kisses Chocolates, Hershey’s Milk Chocolate Bar, Hershey’s Milk Chocolate Bar with Almonds, Jolly Ranchers (hard candy and lollipops) |
|  | Dentyne | All flavors |
|  | Trident  | All Flavors  |
|  | Charms  | Andes Mints, Blow Pops, Charms Pops, Sugar Babies, Sugar Daddy Pops  |
|  | Nestle  | Baby Ruth, Chunky, Butterfinger, Nestle Milk Chocolate, Nestle Turtles, Raisinets, Sno-Caps, Goobers, Nestle Treasures (except crunch) |
|  | Wonka Candy  | Laffy Taffy, Tangy Taffy, Mix Ups |
|  | Tootsie Roll  | All Tootsie Rolls and Pops  |
|  | M&M Mars | Skittles, Snickers (except Crispy), Starburst Fruit Chews, 3 Musketeers Bar, M&M’s Plain, Peanut butter and Peanut, Mars Almond Bar, All Dove Products, Milky Way Midnight  |
|  | Running Rabbit  | Raspberry Licorice, Black Cherry Licorice, Traditional Black Licorice  |
|  | Ghirardelli  | All Chocolate Products except Classic White Chips  |
| Ice Cream |
|  | Edy’s  | *Grand Ice Cream* –Butter Pecan, Cherry Chocolate Chip, Cherry Vanilla, Chocolate, Chocolate Chip, Chocolate Fudge Sundae, Coffee, Double Vanilla, Dulce de Leche, Espresso Chip, French Vanilla, Fudge Swirl, Fudge Tracks, Mint Chocolate Chip, Neapolitan, Peanut Butter Cup, Real Strawberry, Rocky Road, Root Beer Float, Spumoni, Toffee Bar Crunch, Vanilla, Vanilla Bean, Vanilla Chocolate, Nestle® Baby Ruth®, Nestle® Turtles®, Ultimate Caramel Cup™ *Slow Churned® Ice Cream* – Almond Praline, Butter Pecan, Caramel Delight, Cherry Chocolate Chip, Choc’N Roll Caramel, Chocolate, Chocolate Chip, Chocolate Fudge Chunk, Coffee, Eggnog, French Vanilla, Fudge Tracks, Mint Chocolate Chip, Mocha Almond Fudge, Neapolitan, Peanut Butter Cup, Peppermint, Pumpkin, Raspberry Chip Royale, Rocky Road, Strawberry, Take the Cake, Triple Talent, Vanilla, Vanilla Bean, Vanilla Chocolate *Slow Churned® Light Ice Cream Bars* – Creamy Vanilla, Vanilla Almond (No Sugar Added) *Slow Churned® No Sugar Added Ice Cream* – Butter Pecan, Caramel Chocolate Swirl, Chocolate, Chocolate Chip, Chocolate Fudge, Coffee, French Vanilla, Fudge Tracks, Mint Chocolate Chip, , Mocha Almond Fudge, Neapolitan, Triple Chocolate, Vanilla, Vanilla Bean, Vanilla Chocolate swirl*Slow Churned® Yogurt Blends –* Black Cherry Vanilla Swirl, Cappuccino Chip, Caramel Praline Crunch, Chocolate Vanilla Swirl, Strawberry, Vanilla *Sherbet* – Swiss Orange, Tropical Rainbow, Orange Cream, Berry Rainbow, Raspberry, Key Lime*Whole Fruit Sorbet* – Boysenberry, Peach, Chocolate, Lemon, Raspberry, Mango, Strawberry  |
|  | Edy’s Fruit Bars | Creamy Coconut, Grape, Lemonade, Lime, Orange & Cream, Strawberry, Strawberry-Banana Smoothie, Tangerine, Tropical Smoothie, Wild Berry, Variety Pack  |
|  | Bryers  | Natural vanilla, chocolate, french vanilla, Neapolitan, butter pecan, mint chocolate chip, natural strawberry, extra creamy vanilla, cherry vanilla, homemade vanilla, coffee, peach, vanilla chocolate chip, vanilla fudge twirl, extra creamy chocolate ,black raspberry chocolate, butter almond, salted caramel, chocolate peanut butter, creamsicle, half the fat creamy vanilla, fat free creamy vanilla, fat free chocolate, no sugar added salted caramel swirl, no sugar added vanilla, no sugar added vanilla, chocolate, strawberry, no sugar added butter pecan, carbsmart vanilla, carbsmart chocolate, lactose free vanilla, lactose free chocolate, salted caramel truffle gelato indulgences, chocolate fudge truffle gelato indulgences |
|  | Starbucks® | Caramel Cappuccino Swirl, Classic Coffee, Coffee Almond Fudge, Java Chip, Low Fat Latte, Java Fudge Frappuccino Bar, Mocha Frappuccino Bar |
|  | Ben and Jerry’s | Label will clearly state if gluten is an ingredient |
|  | Hood Ice Cream  | *Regular Ice Cream:* Butterscotch Blast, Chippedy Chocolaty Chocolate, Classic Trio, Creamy Coffee, Fudge Twister, Golden Vanilla, Holiday Egg Nog, Maple Walnut, Natural Vanilla Bean, Patchwork, Peppermint Stick, Strawberry *Light Ice Cream:* Creamy Vanilla, Raspberry Swirl, Almond Praline Delight, Caribbean Coffee Royale, Butter Toffee Crunch, Butter Pecan*Red Sox Ice Cream:* All Flavors*New England Creamery Ice Cream:* Bear Creek Caramel, Boston Vanilla Bean, Cape Cod Fudge Shop, Maine Blueberry & Sweet Cream, Martha’s Vineyard Black Raspberry, Moosehead Lake Fudge, Mystic Lighthouse Mint, New England Lighthouse Coffee, New England Homemade Vanilla, North End Spumoni, Vermont Maple Nut, Light Vanilla, Light French Silk, Light Butter Pecan, Light Chocolate Chip, Light Mint Chocolate Chip, Light Coffee, Light Martha’s Vineyard Black Raspberry, Light Under the Stars, Light Maine Blueberry & Sweet Cream, Orange Sherbet, Black Raspberry Sherbet, Wildberry Sherbet, Rainbow Sherbert *Frozen Yogurt:* Chocolate Almond Praline*Fat Free Frozen Yogurt:* Double Raspberry*Novelty Items:* Hoodsie Cups, Hoodsie Sundae Cups, Hoodsie Pops  |
|  | Dove  | All ice cream bars  |
|  | Dairy Queen  | Vanilla & Chocolate Soft Serve, Misty Slush, Lemon Freezer, Cherry Lime Freezer, DQ Fudge Bar, DQ Vanilla Orange Bar, DQ Raspberry Vanilla Bar, DQ Vanilla Fudge Bar, Starkiss Bar  |
|  | Carvel  | Chocolate, Vanilla, Chocolate – No Fat, Vanilla – No Fat, Vanilla – No Sugar, Lemon Sherbet, Orange Sherbet, Lime Sherbet |
|  | Halo Top | vanilla bean, chocolate, lemon cake, strawberry, mint chip, chocolate mocha chip, birthday cake, peanut butter cup, sea salt caramel, pistachio, oatmeal cookies, chocolate almond crunch, black cherry, chocolate covered banana, rainbow swirl, candy bar, caramel macchiato |
| Cookies |
|  | Enjoy Life Foods: | Snicker doodles, Chewy Chocolate Chip, Gingerbread Spice, Double Chocolate Brownie, No-Oats “Oatmeal”, Happy Apple, Lively Lemon  |
|  | Envirokidz | Vanilla Animal Cookies |
|  | Pamela’s | Ginger, Peanut Butter, Chocolate Chunk Pecan Shortbread, Chunky Chocolate Chip, Lemon Almond Biscotti, Almond Anise Biscotti, Chocolate Walnut Biscotti, Dark Chocolate Chunk Cookies, Chocolate Chip Walnut Cookies  |
|  | Glutino  | Vanilla crème, Chocolate vanilla crème cookies, super stuffed, chocolate chip cookies, animal crackers, graham animal crackers, crispy cookie thins, milk chocolate wafers, lemon wafers, vanilla wafers  |
|  | Mi-Del Gluten Free | Arrowroot Animal Cookies, Mini Pecan Cookies, Mini Chocolate Chip, Ginger Snaps |
|  | Schar  | Twin bar, chocolix, chocolate hazelnut bars, chocolate stix, chocolate honeygrams, chocolate dipped cookies, shortbread cookies, ladyfingers, honeygrams Sch’nacks, cocoa wafers, vanilla wfers, lemon wafers, hazelnut wafers, |
|  | GlutenFreeda’s | Real Cookies Cookie Dough – Chip Chip Hooray, Chocolate Minty Python, Peanut Envy, and Peanut, Paul & Mary flavors |
|  | Kinnikinick  | KinniKritters Animal Cookies, Graham Style Animal Cookies, Chocolate Animal Cookies KinniToos Chocolate Vanilla Sandwich Cookies, KinniToos Vanilla Sandwich Crème Cookies, KinniToos Fudge Sandwich Crème Cookies, Vanilla Wafers, Chocolate Chip cookies, Ginger Snap Cookies  |
|  | Ian’s | Wheat Free Gluten Free Cookie Buttons – Chocolate Chip or Crunchy Cinnamon flavors (frozen) |
|  | Nature’s Promise  | Chocolate Chip Cookies, Chocolate Sandwich Cookies  |
|  | Tate’s | Chocolate chip, double chocolate chip, ginger zinger, coconut crisp |
|  | Goodie Girl Cookies  | All varieties (cookies, breakfast biscuits, animal crackers) |
|  | Pamelas  | Chocolate chip, dark chocolate cookies, lemon shortbread cookies, pecan shortbread cookies, simplebites, ginger and spice, macaroon cookie, Figgies and Jammies (blueberry & fig, mission fig and raspberry & fig), honey graham crackers, cinnamon graham crackers  |
|  | Udis | Peanut Butter Coconut, Salted Caramel cashew, maple pecan chocolate chip  |
|  | Gillians  | Chocolate chip cookies, snickerdoodle cookies  |
| Baking Mixes |
|  | Dietary Specialties  | Apple Bread Mix, Banana Bread Mix, Blueberry Muffin Mix, Chocolate Cake Mix, White Cake Mix |
|  | Chebe  | Bread mix, Cheese Bread Mix, Pizza Crust Mix,  |
|  | The Craving’s Place  | Chocolate Chunk Cookie Mix |
|  | Pamela’s | Pancake & Baking Mix, Ultra Chocolate Brownie, Biscuit and Scone, Bread, Chocolate Cake, Vanilla Cake, Cornbread and Muffin, Dark chocolate frosting mix, Pizza Crust, Cookies, vanilla frosting mix |
|  | Really Great Food Company | Buttermilk Biscuit, Cinnamon Bread, Classic Pancake, Cornbread Muffin, Pizza Crust, Brownie, Chocolate Cake, Golden Cake, Lemon Poppy Cake, Banana Bread Cake, Apple Spice Muffin  |
|  | Kinnikinnick  | Kinni-Kwik Bread & Bun Mix, Pancake & Waffle Mix, All- Purpose Mix, Angel Food Cake Mix, Chocolate Cake Mix, Cookie Mix, Cornbread & Muffin Mix, Muffin Mix, Pizza Crust Mix |
|  | Schar  | Bread Mix  |
|  | Authentic Foods  | Pancake & Baking Mix, Bread Mix Homestyle, Cinnamon Bread, Vanilla Cake, Chocolate Cake, Lemon Cake, Blueberry Muffin, Chocolate Chip Muffin, Pie Crust, Falafel, Pizza Crust  |
|  | Namaste Foods  | Muffin, Pizza Crust, Bread, Cookie, Waffles & Pancakes, Vanilla Cake, Chocolate Cake, Spice Cake  |
|  | Miss Roben’s  | Mock Graham Cracker Mix, Animal Cookie Mix, Pizza Crust Mix, Soft Pretzel Mix, Roll & Cut Sugar Cookie Mix |
|  | Betty Crocker  | Chocolate Chip cookies, Sugar Cookie, Brownies  |
|  | Pillsbury  | Chocolate chip cookies, Chocolate fudge brownie, Yellow Cake Mix, Funfetti Cake and Cupcake Mix |
|  | Krusteaz | Honey Corn bread, brownies, blueberry muffins, cinnamon crumb cake |
|  | King Arthur  | Waffle, Brownie, Bread, Pancake, Muffin, Cookies, Pie Crust, Chocolate Cake, Vanilla Cake, Banana Bread, Pumpkin Bread, corn bread, Pizza Mix |
|  | Glutino  | Double chocolate brownie mix, sandwich bread, perfect pie crust, fluffy pancake, yankee cornbread mix,  |
|  | Bob’s Red Mill | Biscuit mix, bread mix, chocolate chip cookie mix, chocolate cake, cornbread, brownie, pancake, pizza crust, yellow cake mix, pie crust, muffin mix |
| Pie Filling  |
|  | Comstock  | All varieties  |
|  | Lucky Leaf  | Apple, Apricot, Blackberry, Blueberry, Cherry, Dark Sweet Cherry, Lemon, Lite Apple, Lite Cherry, Peach, Pineapple, Raisin, Strawberry |

**Snacks**

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| Snack Bars  |
|  | Envirokidz | Crispy Rice Bars: Peanut Butter, Berry or Chocolate flavors |
|  | Glutino  | Breakfast Bars: Blueberry, Apple cinnamon, strawbery |
|  | Enjoy Life Foods | Chewy Bars, Grain and Seed Bars |
|  | Soy Fields  | Cinnamon Soy Bars |
|  | Lara Bar | Pecan Pie, Cinnamon Roll, Apple Pie, Banana Cookie, Cashew Cookie, Cherry Pie, Chocolate Coconut |
|  | Pure Fit  | Peanut Butter Crunch  |
|  | AllerEnergy | Chocolate Chip, Apple Cinnamon, Cherry Blossom, Blueberry |
|  | Kind Bar  | Nut bars, fruit bars |
|  | The GFB | Bars and Bites  |
|  | Pamela’s  | Whenever bars, big fig bars  |
| Chips/Pretzels/Popcorn |
|  | Act II  | All microwave popcorn  |
|  | Betty Crocker | All varieties of: Fruit by the foot, fruit gushers, fruit roll ups, fruit snacks  |
|  | Fritos corn chips | Original, SCOOPS!, Tangy roasted corn  |
|  | Glutino  | Pretzels (twists, big pretzels, pretzel chips, sticks, chocolate covered, yogurt covered, honey mustard |
|  | Barbaras  | Cheese puffs |
|  | Jolly Time Microwave Popcorn | American’s Best, Blast O Butter (Regular and Minis) Butter-Licious, Butter-Licious Light, Crispy N’ White, Crispy N’ White Light, Healthy Pop Butter (Regular and Minis), Healthy Pop Caramel Apple, Healthy Pop Kettlecorn (Regular and Minis), Kettle Mania, Mallow Magic, The Big Cheez, White and Buttery  |
|  | Newman’s Own Microwave Popcorn | Butter, Natural, Light Butter, Butter Boom, White Cheddar Cheese, 94% Fat Free  |
|  | Lays Potato Chips | Classic Potato Chips, Cheddar & Sour Cream, Salt & Vinegar, Italian Rosemary & Herb, Sour Cream & Onion, Deli Style Original, Hot n’ Spicy KC Masterpiece BBQ, Baked Lays Original Potato Crisps |
|  | Lays Stax | Cheddar, Hidden Valley Ranch, Original, Pizza Hot n’ Spicy Barbeque, Jalapeno Cheddar, Ranch KC Masterpiece® BBQ, Mesquite Barbeque, Spicy Buffalo Wings, Sour Cream & Onion, Salt & Vinegar  |
|  | Lundberg Rice Chips  | Fiesta Lime, Honey Dijon, Nacho Cheese, Wasabi Pico de Gallo, Santa Fe Barbeque, Sea Salt, Sesame & Seaweed Flavors  |
|  | Ruffles Potato Chips | Original, Cheddar & Sour Cream, Sour Cream & Onion, Reduced Fat, Baked Ruffles Original, KC Masterpiece Mesquite BBQ Flavor Potato Chips |
|  | Smartfood  | Reduced Fat or Regular White Cheddar Cheese |
|  | Doritos | Cool Ranch, Salsa Verde, Smokin’ Cheddar BBQ, Natural White Nacho Cheese, Spicy Nacho, Ranchero |
|  | Tostitos  | Restaurant Style with a Hint of Lime, 100% White Corn Restaurant style, Bite Size Gold, Bite Size Rounds, SCOOPS!, Baked SCOOPS, Crispy Rounds, Natural Blue Corn Restaurant Style Natural Yellow Corn Restaurant Style |
|  | Utz | Potato Chips: Regular (Plain), Reduced Fat, Barbeque, Carolina Style BBQ, Sour Cream & Onion, Red Hot, Salt & Vinegar, Salt & Pepper, No Salt, Cheddar & Sour Cream, Mystic Kettle Cooked (plain, Sea Salt & Vinegar, Dark Russet). Tortilla Chips: White Corn, Restaurant Style, Baked, Cheesier Nacho Plain Corn Chips, Barbeque Corn Chips, Popcorn (white cheddar, butter, cheese flavors), White Cheddar Cheese Curls, Baked Cheese Curls and Balls, Crunchy cheese curls  |
|  | Mr. Krispers  | Baked Rice Krisps: Sour Cream & Onion, Sea Salt & Pepper, Nacho or Barbecue flavor  |
|  | Garden Veggie Straws | Sea Salt, Zesty Ranch, cheddar cheese, cinnamon |
|  | Skinny Sticks  | Quinoa Sticks: Sweet onion, sea salt, jalapeno lime, BBQ, cinnamon sugar  |
|  | Skinny Pop  | Popcorn (regular, aged white cheddar and butter), Microwave popcorn, Popcorn Mini cakes, Pop chips  |
|  | Quaker  | Rice Cakes |
|  | Snyders | Gluten Free pretzel rods, pretzel sticks, mini pretzels, cinnamon brown sugar pretzel pieces, hot buffalo wing pretzel pieces and honey mustard and onion pretzel sticks |
|  | Mamma Chia  | Chia squeeze pouches |

**Meats/Poultry/Fish/Cheese**

Avoid Self basting Turkeys and Chickens

Avoid Roquefort Cheese. Read Labels Carefully with Blue Cheese – Some Contain Gluten.

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| Bacon  |
|  | Hormel  | Fully Cooked, Canadian Style, or Microwave |
|  | Oscar Mayer  | Regular, Ready to Serve or Lower Sodium |
| Cold Cuts  |
|  | Boars Head  | All Varieties  |
|  | Hillshire Farm  | *Deli Select* – all but fresh beer brats and corn dogs |
|  | Oscar Mayer | Beef Bologna, Baked Cooked Ham, Boiled Ham, Smoked Cooked Honey Ham, Beef Salami, Hard Salami, Oven Roasted White Turkey, Smoked White Turkey |
|  | Hormel  | *Deli Sliced –* Black Forest Ham, Cooked Corned Beef, Cooked Ham, Cooked Pastrami, Double Smoked Ham, Honey Ham, Oven Roasted Turkey Breast, Prosciuto Ham, Seasoned Roast Beef, Smoked Turkey Breast |
| Hot Dogs |
|  | Ball Park | All varieties except corn dogs |
|  | Oscar Mayer | Regular Beef Franks, Bun Length Beef Franks |
| Sausage  |
|  | Hillshire Farm | All but fresh beer brats and corn dogs |
|  | Hormel  | Pepperoni, Smokies, Crumbled Sausage |
| Tuna  |
|  | Starkist  | All varieties except Tuna Creations-Herb & Garlic and the crackers in the “Lunch To-Go®” packs |
|  | Bumble Bee | All varieties (avoid crackers in the Ready to Eat Salads & Crackers) |
|  | Chicken of the Sea | All varieties except for Ahi Tuna Steak in a Grilled Herb Marinade, Ahi Tuna Steak in a Teriyaki Sauce, Teriyaki Tuna Cups, and Tuna Salad Kits |
| Cheese  |
|  | Cracker Barrel  | Cheddar |
|  | Alpine Lace | Reduced Fat Swiss, American Yellow. Reduced Fat Cheddar, Havarti Lite, Mozarella, Reduced Sodium Muenster, Provolone |
|  | Athenos | Blue, Feta, Gorgonzola |
|  | Boar’s Head  | All Varieties  |
|  | Kraft | Cheddar, Blue Cheese, Mozzarella, Swiss, Romano, Monterey Jack, Parmesan (except Parmesan Plus), Brick Feta, Ricotta, Colby |
|  | Breakstone | Cottage Cheese – Regular, 2%, Fat Free |
|  | Philadelphia | Unflavored Regular Cream Cheese |
|  | Kraft Singles | Processed Cheese Slices |
|  | Velveeta Cheese | All Varieties  |
|  | Sorrento  | Whole Milk and Part Skim Ricotta Cheese |
|  | Cabot | All varieties except for spreadable cheddar and deli cheeses |

**Refrigerated Products**

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| Yogurt |
|  | Stonyfield  | Plain Yogurts Only – Low fat, Nonfat and Whole Milk |
|  | Yoplait-Combo | Any without Toppings |
|  | Silk | All Varieties  |
|  | Whole Soy | All Varieties  |
|  | Chobani  | All varieties except for Chobani flips |
| Sour Cream  |
|  | Hood | All Varieties  |
|  | Cabot | Regular, Lite  |
| Butter |
|  | Land o’ Lakes | All Varieties  |
|  | Imperial  | All Varieties  |
| Margarine  |
|  | Brummel and Brown | Soft Spreads |
|  | Promise | All Varieties  |
|  | I can’t believe its not butter | All Varieties |
|  | Land O’ Lakes  | Country Morning Blend, Margarine, Spread with Sweet Cream |
|  | Smart Balance | Light Buttery Spread |
|  | Country Crock  | All |
| Mayonnaise  |
|  | Hellman’s | All Mayonnaise products and spreads except Bacon & Tomato Twist |
|  | Miracle Whip  | All |
| Salad Dressing  |
|  | Annie’s Naturals | *Organic Dressings:* Balsamic, Buttermilk, Caesar, Cowgirl Ranch, French, Green Garlic, Green Goddess, Maple Ginger, Oil & Vinegar, Papaya Poppy Seed, Raspberry & Balsamic Fat-Free, Roasted Garlic, Red Wine & Olive Oil, Sesame Ginger with Chamomile *Natural Dressings:* Artichoke Parmesan, Balsamic Vinaigrette, Cowgirl Ranch, Lemon & Chive, Light Italian, Low Fat Honey Mustard Vinaigrette, Low Fat Raspberry Vinaigrette, Mango Fat-Free, Roasted Red Pepper Vinaigrette, Strawberry & Balsamic Fat-Free, Tuscany Italian  |
|  | Newman’s Own | Olive oil and Vinegar, Light Italian, Ranch, Caesar, Balsamic Vinaigrette, Creamy Caesar, Parmesan and Roasted Garlic, Two Thousand Island, Creamy Italian, Light Raspberry and Walnut, Light Red Wine and Vinegar, Light Balsamic Vinaigrette, Light Ceasar |
|  | Ken’s  | 59 options – clearly marked gluten free on the front of the bottle |
| Vinegar  |
|  | Heinz  | Distilled White, Red Wine Vinegar, or Apple Cider Vinegar (not Heinz Apple Cider FLAVORED Vinegar) |
|  | Regina  | All Varieties  |

**Frozen Products**

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| Potatoes/French Fries |
|  | Ore-Ida | Cottage Fries, Pixie Crinkles®, Extra Crispy Fast Food Fries™, Golden Fries®, Golden Crinkles®, Shoestrings®, Potato Wedges with Skins, Southern Style Hash Browns, Potatoes O’Brien, Country Style Hashbrowns, Golden Patties® |
|  | Ian’s | Alphatots, Sweet Potato Fries |
|  | Idahoan | Butter and Herb Flavored Mashed Potatoes, Buttery Homestyle Flavored Mashed Potatoes, Cheesy Au Gratin Potato Casserole, Four Cheese Flavored Mashed Potatoes, Hash Brown Potatoes, Naturally Garlic Flavored Mashed Potatoes, Naturally Mashed Potatoes (flakes), Naturally Scalloped Potato Casserole, Original Mashed Potatoes, REAL Mashed Potatoes (Premium), Roasted Garlic Flavored Mashed Potatoes, Scalloped Potato Casserole |
| Veggie Burgers |
|  | Sunshine | Original, Garden Herb, Southwest, Barbecue  |
|  | Amy’s | Bistro Burger |
| Prepared Meals  |
|  | Amy’s | Cheese Enchilada, Black Bean Enchilada, Baked Ziti Bowl, Shepards Pie, Asian Noodle Stir-Fry, Tofu Scramble, Tofu Rancheros,Garden Vegetable Lasagna, Rice Crust Cheese Pizza, Rice Mac & Cheese, Rice Crust Spinach Pizza, Black Bean Vegetable Enchilada, Thai Stir Fry, Mexican Casserole Bowl, Santa Fe Enchilada Bowl, Brown Rice & Vegetables Bowl, Tortilla Casserole & Black Beans Bowl, Baked Ziti Kids Meal  |
|  | Dietary Specialties | Cheese Pizza, Mac and Cheese, Ravioletti Primavera, Spaghetti and Meatballs, Stuffed Shells with Tomato Sauce, Linguini with Meat Sauce, Chicken Nuggets, Fish Sticks  |
|  | Namaste Foods | Taco Shells Pasta Meal, Pisavera Pasta Meal |
|  | Ian’s | Wheat Free Gluten Free Chicken Nuggets, Wheat Free Gluten Free Fish Sticks, Wheat Free Gluten Free Popcorn Turkey Corn Dogs, Wheat Free Gluten Free Chicken Finger Meal, Wheat Free Gluten Free French Toast Sticks, Wheat Free Gluten Free Chicken Patties, Wheat Free Gluten Free Lightly Battered fish |
|  | Gorton’s | Grilled fillets: lemon butter, roasted garlic and butter tilapia, Italian herb, signature grilled tilapia  |
|  | Tyson Naturals  | Gluten free chicken nugget |
|  | Feel Good Foods  | All products: pot stickers, egg rolls, empanadas, snack bites, breakfast pockets |
|  | Perdue  | Chicken Nuggets |
|  | Udis  | Three cheese ravioli, Italian sausage lasagna, chicken parmesan, chicken alfredo, penne and cheese, veggie lasagna, chicken Florentine, roasted garlic mac and cheese, pesto tortellini, ziti and meatballs |
| Frozen Pizza | Freschetta, Against the Grain, Udis, Digiorno, Daiya , California pizza kitchen, Caulipower |

# Canned/Boxed Products

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| Soups  |
|  | Herb-Ox Bouillon  | Beef, Vegetable, Chicken, Garlic Chicken |
|  | Swanson  | Ready to Serve Beef Broth, Ready to Serve Chicken Broth, Lower Sodium Beef Broth, Natural Goodness Chicken Broth, Vegetable Broth, Organic Broths  |
|  | Campbell Soup | *Chunky Soup* – Chicken Broccoli Cheese *Select Soup* – Savory Lentil |
|  | Progresso Soup | Will clearly state on label if gluten is present |
|  | Amy’s | Cream of Tomato, Chunky Vegetable, Lentil, Split Pea, Potato Leek, Black Bean Vegetable, Lentil Vegetable, Chunky Tomato Bisque, Corn Chowder, Fire Roasted Southwestern Vegetable, Tuscan Bean & Rice, Thai Coconut, Medium Chili, Medium Chili with Vegetables, Spicy Chili, Black Bean Chili |
|  | Fantastic Foods Soup Cups  | Baja Black Bean, Buckaroo Bean Chili, Creamy Potato Leak, Great Lakes Cheddar Broccoli, Southwest Tortilla Bean, Split Pea Soup, Summer Vegetable |
|  | Gluten Free Café  | Chicken noodle soup, cream of mushroom, veggie noodle, Beef noodle, vegetable quinoa, Black bean |
| Pasta/Pizza Sauce |
|  | Ragu | All varieties of pizza and pasta sauces  |
|  | Prego | Traditional Sauce  |
|  | Five Brothers | All varieties  |
|  | Borden | Classico Pasta Sauces  |
|  | Newman’s Own | Say Cheese, Garlic and Peppers, Marinara, Marinara with mushrooms, Sockarooni, Bombolina, Diavolo, Tomato and Roasted Garlic, Pesto and Tomato, Vodka |
|  | Pizza Quick  | All Varieties  |
|  | Don Pepino  | Pizza Sauce  |
| Baked Beans  |
|  | B&Ms | All Varieties  |
|  | Bush | All Except Bush’s Best Chili Beans, Bush’s Homestyle Chili, and Bush’s Chili Magic Starter Line |
| Rice  |
|  | Minute Rice | Will clearly list gluten as an ingredient  |
|  | Lundberg | Rice Sensations – Ginger Miso, Moroccan Pilaf, Thai Coconut Ginger, Zesty Southwestern RiceXpress™ - Chicken Herb, Classic Beef, Santa Fe Grill Risotto – Butternut Squash, Cheddar Broccoli, Creamy Parmesan, Garlic Primavera, Italian Herb, Organic Alfredo, Organic Florentine, Organic Tuscan, Organic Porcini Mushroom |
|  | Uncle Ben’s | Boil-In Bag, Instant Brown Rice, Instant Rice, Whole Grain Brown Rice, Original Converted Brand Rice *Ready Rice* – Original Long Grain, Spanish Rice, Whole Grain Brown |
|  | Fantastic Foods | Side Dishes – Risotto Classico, Jamaican Black Beans, New Orleans Red Beans |
|  | Zatarain’s | Brown Rice Dirty Rice, Brown Rice Jambalaya, Dirty Rice, Jambalaya, Yellow Rice, Long Grain & Wild Rice |

**Spreads/ Dips/Condiments**

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| Nut Butters |
|  | Adam’s | 100% Natural Peanut Butter |
|  | Smuckers | Peanut Buter |
|  | Skippy | All varieties of Skippy® Peanut Butter, Reduced Fat Peanut Butter, and Roasted Honey Nut |
|  | Jif | Creamy or Extra Crunchy peanut butter, almond butter |
|  | Justin’s | All nut butter varieties  |
|  | Nutella | Hazelnut spread with cocoa |
| Hummus |
|  | Tribe  | All flavors of hummus |
|  | Sabra  | All flavors of hummus, guacamole  |
| Condiments |
|  | French’s Mustard  | All except honey mustard  |
|  | Heinz Ketchup  | EZ Squirt, Regular, Kick’rs – Hot & Spicy and Zesty Garlic |
|  | Lea & Perrins  | Original Barbeque Sauce, Steak Sauce |
|  | Smucker’s | All Jams, Jellies, Preserves, Marmalades |
|  | Polaner | All Fruit, Jelly, Jam, Preserves |
|  | Kari-Out Co | Panda Brand Low Sodium Soy Sauce Gluten Free (individual packets) |
|  | La Choy | Soy Sauce (Regular or Lite) |
|  | Tamari  | Soy Sauce |
|  | Sweet Baby Rays  | Will have gluten clearly listed as an ingredient  |

**Miscellaneous**

|  |  |
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| Cool Whip | All Varieties  |
| Smuckers Ice Cream Toppings | All Chocolate Ice Cream Toppings Except Sundae Syrups |
| Marshmallow Fluff | All Varieties  |
| Hormel  | Bacon Bits and Pieces |
| Cerrone | Waffle Ice cream cones  |
| Let’s Do Spinklez | Carnival, Confetti |
| PAM Cooking Spray | Original, Butter Flavor, and Olive Oil |
| Vlasic | Pickles  |
| McCormick | All Extracts |
| Tone’s/Durkee/Spice Islands | All Food Colorings, Liquid Extracts and Liquid Flavorings |

# Alcohol

(if medically able, use in moderation)

Beer (Bard’s Tale, Red Bridge, Ramapo Valley), Bourbon (Markers Mark Brand), Brandy, Champagne, Cider, Cognac, Gin, Kahlua Margarita Mix (Jose Cuervo, Mr. & Mrs. “T”), Martini (Club Extra Dry Martini, Club Vodka Martini), Rum, Scotch Whiskey, Sherry, Spiked Seltzers,

Tequila, Vermouth, Vodka, Wine (all), Wine Coolers (Bartle & James wine-based beverages- not malt beverages and Boone’s wine-based beverages -not malt beverages).

# Vitamins/Over the counter Medications

(see [www.glutenfreedrugs.com](http://www.glutenfreedrugs.com) for a comprehensive list)

|  |  |
| --- | --- |
| Poly-Vi-Sol | Drops and Tablets |
| Tri-Vi-Sol | Drops and Tablets |
| Fer-In-Sol | Drops and Tablets |
| Tylenol | Allergy Sinus Caplets – Maximum Strength, Arthritis Extended Relief Caplets, Extra Strength Tylenol Caplets, Extra Strength Tylenol PM Gelcaps*Children’s Tylenol* - Cold Plus Cold and Cough Chewable Tablets, Suspension Grape Flavored liquid *Infant’s Tylenol* - Cherry Concentrated drops |
| Citrucel | Clear- Mix |
| Dristan: | Cold Multi-Symptom Tablets, Cold Non-Drowsy Caplets Maximum Strength, Max Strength Cold Non-Drowsy Caplets, Sinus Caplets, Nasal spray |
| Viactiv | Calcium chews |
| Immodium AD | Caplets |
| Motrin  | *Children’s Motrin Oral Suspension* – Cold Non-Staining Dye Free or Non-Staining Dye Free*Infant’s Motrin* – Non-Staining Dye Free Concentrated drops |
| Pioneer | All Dietary Supplements  |
| Lactaid | Original Strength Caplets, Ultra Caplets |

**Helpful Websites:**

Enjoy Life Foods: [www.enjoylifefoods.com](http://www.enjoylifefoods.com)

Lundberg Foods: [www.lundberg.com](http://www.lundberg.com)

Kinnikinnick Foods: [www.kinnikinnick.com](http://www.kinnikinnick.com)

Foods By George: [www.foodsbygeorge.com](http://www.foodsbygeorge.com)

Miss Roben’s: [www.missroben.com](http://www.missroben.com)

Amy’s: [www.amys.com](http://www.amys.com)

Bard’s Tale: [www.bardsbeer.com](http://www.bardsbeer.com)

Ian’s: [www.iansnaturalfoods.com/index.html](http://www.iansnaturalfoods.com/index.html)

Glutenfreeda: [www.glutenfreeda.com](http://www.glutenfreeda.com)

Pam’s Celiac Kitchen: [www.celiackitchen.com](http://www.celiackitchen.com)

Gillian’s Foods: [www.gilliansfoods.com](http://www.gilliansfoods.com)

Glutino: [www.glutino.com](http://www.glutino.com)

Pamela’s: [www.pamelasproducts.com](http://www.pamelasproducts.com)

Sunshine Burger: [www.sunshineburger.com](http://www.sunshineburger.com)

ENERG Foods: <http://www.ener-g.com>

Pioneer: [www.pioneernutritional.com](http://www.pioneernutritional.com)

Envirokidz/Nature’s Path: <http://www.naturespathinc.com/>

Authentic Foods: [www.authenticfoods.com](http://www.authenticfoods.com)

Really Great Food Company: <https://www.reallygreatfoods.com/catalog/>

Udis <https://udisglutenfree.com/>

Schar <https://www.schaer.com/en-us>

Trader Joe’s <https://www.traderjoes.com/dietary-lists/gluten-free>

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P/NC/gluten free starter shopping guide revise