

# **GLUTEN FREE DIET**



## **A Shopping Guide**

**JAMES L. SHIRLEY**

**Copyright © 2011 by Happy Gluten Free, LLC**

This ebook is protected under the Creative Commons license. No commercial use, no changes to the document, and no derivative works allowed. <http://creativecommons.org/licenses/by-nc-nd/3.0/>

**Feel free to copy, distribute, and share it!**

This ebook is available for free at <http://www.GlutenFreeShoppingGuide.com>

In return, please share the ebook with others who could benefit from the information. **Together, we can make sure that everyone who needs a gluten-free shopping guide gets one!**

Please read the ebook and leave your comments on the [website](#).

This ebook is for information purposes only. The ebook is not intended to provide medical advice. The author takes no responsibility or liability for loss, injury, or damage allegedly derived from suggestions or information provided from this ebook.

Cover designed by Yasar Habib. <http://yasarhabib.com>

## SHARE!

Click to share on Twitter and Like this ebook on Facebook.



## ALSO AVAILABLE IN PAPERBACK

# WHY

buy the paperback version? It has extras you will find valuable including:

- A complete index of all products
- Tips and notes throughout the book that help you navigate the gluten-free diet
- My product recommendations
- Easy to carry
- Perfect to have along for those times when you visit unfamiliar grocery stores

**Click this box to learn more!**

# Contents

Preface.....	7
<b>Perimeter: Produce</b>	
Produce.....	10
<b>Perimeter: Deli and Meats</b>	
Deli and Meat Counter .....	12
Breakfast Meats.....	13
Fish.....	18
General Meats .....	19
Holiday Meats.....	21
Hot Dogs/Franks .....	22
Lunch Meats .....	25
Sausage.....	29
<b>Perimeter: Bakery</b>	
Breads.....	33
<b>Perimeter: Dairy</b>	
Milks .....	37
Sour Creams.....	40
Yogurts.....	41
<b>Perimeter: Juices</b>	
Juices.....	44
<b>Perimeter: Cheeses</b>	
Cheeses.....	49

## **Aisles: Beverages**

Coffees.....	55
Drink Mixes.....	56
Flavored Waters .....	58
Kids' Drinks .....	60
Sodas/Pops .....	61
Sport Drinks .....	66
Teas (Bags and Bottles).....	68

## **Aisles: Baking**

Baking-Related.....	71
Canned Milks .....	77
Frostings .....	78
Gelatins.....	79
Pie Fillings .....	80

## **Aisles: Canned Foods**

Beans .....	83
Chili's and Stews .....	86
Fruits and Vegetables .....	88
Peppers.....	89
Soups .....	91
Tomato-Related.....	97

## **Aisles: Dessert-Related**

Puddings .....	99
Toppings .....	100

## **Aisles: Dry Goods**

Cereals .....	103
Pastas.....	105
Pizza Crusts .....	108
Sides.....	109
Spices .....	116
Tortillas .....	118

## **Aisles: Frozen Foods**

Fruits and Vegetables .....	120
Ice Creams .....	122
Meals .....	124
Chicken .....	126

## **Aisles: Infant/Toddler Foods**

Infant/Toddler Foods.....	129
---------------------------	-----

## **Aisles: Oils, Sauces, and Spreads**

Asian Sauces .....	135
Barbecue Sauces.....	137
Condiments.....	139
Dips .....	142
Enchilada Sauces.....	144
Green Chile .....	145
Hot Sauces .....	146
Marinades.....	148
Oils .....	149

Other Cooking-Related .....	150
Pasta Sauces .....	151
Pizza Sauces .....	153
Salad Dressings .....	154
Salsas .....	157
Spreads .....	160
Vinegars .....	162

### **Aisles: Snacks**

Candy .....	164
Chips and Crisps .....	168
Cookies .....	179
Crackers .....	181
Fruit Snacks .....	184
Nuts .....	186
Popcorns and Puffs .....	189
Pretzels and Sticks .....	190
Rice Cakes .....	191
Seeds .....	192
Snack Bars .....	193

## Preface

Not all gluten-free products are labeled “gluten-free,” partly because no legal standard exists in the United States for what the label “gluten-free” means. Yet more than one in one hundred and thirty three people have celiac disease or avoid eating gluten. This ebook uncovers nearly two thousand gluten-free products from the most recognized brands in retail grocers.

The gluten-free status of every product listed in this book has been checked with the manufacturer.

### **Why You Need This eBook:**

- **It will save you time**, particularly if you are new to the gluten-free diet, but also if you are a seasoned veteran.
- **It will save you money**. Eating gluten-free can be expensive, especially if you are constrained to buying specialty gluten-free products. This ebook will open up a world of easy-to-find gluten-free products that are easier on your budget.



- **It will give you confidence.** With this ebook, you can confidently shop in your local grocery store or an unfamiliar store and find products you can trust are gluten-free.

The sections in this ebook are organized to mimic the layout of a grocery store.

**WARNING:** The information provided in this ebook was valid at the time of printing. However, ingredients and product offerings change on a regular basis. Take responsibility for your own health and safety. Always check with the manufacturer to ensure any product mentioned in this ebook is gluten-free.

# Perimeter: Produce

**Do you have a blog or website?**

Please post a link to this ebook and to  
<http://www.GlutenFreeShoppingGuide.com>

## Produce

Fresh fruit and vegetables in the produce section of the grocery store are gluten-free. Check the labels on pre-packaged fruit mixes and fruit or vegetable dips since they may have added ingredients. Avoid wheat grass and wheat malt. Also stay away from barley, malt, and oats.

# Perimeter: Deli and Meats

(Also see the Aisles: Frozen Meats section)

**Do you have a blog or website?**

Please post a link to this ebook and to

<http://www.GlutenFreeShoppingGuide.com>

## **Deli and Meat Counter**

Many meats and cheeses at the deli are gluten-free. However, there is significant threat of cross-contamination with gluten from the slicers, cutting boards, and knives.

Look for pre-sliced, pre-packaged meats and cheeses. Refer to the Lunch Meats and Cheeses sections later in this guide for a variety of gluten-free products.

If you need something from the deli, ask how they can help make sure sliced meats and cheeses can be trusted to be gluten-free. One idea is to be the first person at the deli when it opens since all of the equipment will be freshly cleaned.

## **Breakfast Meats**

### **Applegate Farms**

www.applegatefarms.com; 866-587-5858

Natural Canadian Bacon

Natural Dry Cured Bacon

Natural Peppered Bacon

Natural Chicken and Apple Breakfast Sausage

Natural Chicken and Maple Breakfast Sausage

Natural Chicken and Sage Breakfast Sausage

Natural Sunday Bacon

Natural Turkey Bacon

Organic Sunday Bacon

Organic Turkey Bacon

### **Boulder Sausage**

www.bouldersausage.com; 866-529-0595

Breakfast Sausage

## Breakfast Meats Cont'd

### Farmer John

www.farmerjohn.com; 800-846-7635

Center Cut Bacon  
Dry Salt Pork Bacon  
Ends & Pieces Bacon  
Firehouse Hot Roll Sausage Links  
Firehouse Hot Skinless Links  
Maple Ends and Pieces Bacon  
Old Fashioned Maple Skinless Sausage Links  
Old Fashioned Table Brand Bacon  
Original Roll Sausage Links  
Original Skinless Breakfast Sausage Links  
Premium Applewood Bacon  
Premium Cracked Peppercorn Bacon  
Premium Low Sodium Bacon  
Premium Old Fashioned Maple Bacon  
Premium Original Chorizo  
Premium P C Links Lower Fat  
Premium Regular Smoked Bacon  
Premium S C Links  
Premium Sausage Patties Lower Fat  
Premium Spicy Hot Chorizo  
Premium Thick Sliced Bacon  
Premium Traditional Chorizo  
Quick Serve Fully Cooked Bacon  
Quick Serve Fully Cooked Sausage Links  
Table Brand Bacon  
Thick Smoked Bacon

## Breakfast Meats Cont'd

### Hormel

www.hormel.com; 800-523-4635

Black Label Bacon  
Canadian Style Bacon  
Crumbled Sausage  
Fully Cooked Bacon  
Ham Patties  
Little Sizzlers Original Sausage Links and Patties  
Microwave Bacon  
Range Brand Bacon

### Jennie-O Turkey Store

www.jennieo.com; 800-621-3505

Breakfast Bacon  
Breakfast Lover's Turkey Sausage  
Breakfast Sausage Roll  
Extra Lean Turkey Bacon  
Fully Cooked Turkey Breakfast Sausage Patties  
Fully Cooked Turkey Sausage Breakfast Links  
Maple Turkey Breakfast Sausage Links  
Turkey Breakfast Sausage Links  
Turkey Breakfast Sausage Patties



## Breakfast Meats Cont'd

### Oscar Mayer

[www.oscarmayer.com](http://www.oscarmayer.com); 877-535-5666

All Bacons

All Fully Cooked Bacon

### Smithfield

[www.smithfield.com](http://www.smithfield.com)

Center Cut 40% Lower Fat Bacon

Cracked Peppercorn Coated Bacon

Paula Deen Hot Pork Sausage

Paula Deen Mild Pork Sausage

Naturally Hickory Smoked Bacon

Paula Deen Sausage Links and Patties

Thick Sliced Bacon

## Breakfast Meats Cont'd

### Wellshire Farms

www.wellshirefarms.com; 877-467-2331

Chicken Apple Brown & Serve Links  
Chicken Apple Sausage Patties  
Classic Sliced Dry Rubbed Bacon  
Classic Sliced Turkey Bacon  
Original Breakfast Patties  
Original Skinless Brown & Serve Links  
Sliced Black Forest Dry Rubbed Bacon  
Sliced Canadian Style Turkey Bacon  
Sliced Maple Bacon  
Sliced Pancetta Bacon  
Sliced Peppered Dry Rub Bacon  
Sliced Peppered Dry Rubbed Center Cut Bacon  
Applewood Smoked  
Sunrise Maple Breakfast Links  
Sunrise Maple Breakfast Patties  
Thick Sliced Dry Rubbed Pork Bacon  
Turkey Maple Sausage Patties  
Turkey Maple Skinless Brown & Serve Links  
Uncured Beef Bacon

# Fish

## **Bumble Bee**

[www.bumblebee.com](http://www.bumblebee.com)

Chunk White Albacore in Oil or Water  
Prime Fillet Solid White Albacore in Water  
Prime Fillet Solid White Albacore Low Sodium  
in Water  
Solid White Albacore in Oil or Water

## **Chicken of the Sea**

[www.chickenofthesea.com](http://www.chickenofthesea.com)

All  
**AVOID** Tuna Salad Kits

## **Starkist**

[www.starkist.com](http://www.starkist.com); 412-323-7400

All Classics in Water or Oil, Gourmet Choice  
**AVOID** Meal Kits and Creations products

## General Meats

### Always Tender

[www.hormel.com](http://www.hormel.com); 800-523-4635

Flavored Fresh Beef Peppercorn  
Flavored Fresh Pork–Brown Sugar Maple  
Flavored Fresh Pork–Citrus  
Flavored Fresh Pork–Lemon-Garlic  
Flavored Fresh Pork–Mediterranean & Olive Oil  
Flavored Fresh Pork–Onion-Garlic  
Flavored Fresh Pork–Original  
Flavored Fresh Pork–Portabella Mushroom  
Flavored Fresh Pork–Roast Flavor  
Flavored Fresh Pork–Sun-Dried Tomato  
Non Flavored Fresh Beef  
Non Flavored Fresh Pork

### Applegate Farms

[www.applegatefarms.com](http://www.applegatefarms.com); 866-587-5858

Organic Beef Burgers  
Organic Turkey Burgers

## General Meats Cont'd

### **Foster Farms**

www.fosterfarms.com; 800-255-7227

Fresh Natural Chicken  
Fresh Natural Turkey  
Ground Chicken  
Ground Turkey

### **Hormel**

www.hormel.com; 800-523-4635

All SPAM products

### **Jennie-O Turkey Store**

www.jennio.com; 800-621-3505

All Ground Turkey  
All Seasoned Breast Meat  
**AVOID** Teriyaki Sesame & Ginger  
All Turkey Burgers  
All Unseasoned Breast Meat  
Fully Cooked Italian Style Turkey Meatballs

### **Sanderson Farms**

www.sandersonfarms.com; 800-844-4030

Fresh Chicken

# Holiday Meats

## **Butterball**

www.butterball.com; 800-288-8372

All turkeys

**AVOID** Stuffed Turkey

## **Jennie-O Turkey Store**

www.jennieo.com; 800-621-3505

Fresh Young Turkey

Premium Basted Young Turkey

## **Smithfield**

www.smithfield.com

Hickory Smoked Boneless Ham

# Hot Dogs/Franks

## **Applegate Farms**

[www.applegatefarms.com](http://www.applegatefarms.com); 866-587-5858

Natural Beef Hot Dogs  
Natural Big Apple Hot Dogs  
Natural Chicken Hot Dogs  
Natural Turkey Hot Dogs  
Organic Beef Hot Dogs  
Organic Chicken Hot Dogs  
Organic Stadium-Style Hot Dogs  
Organic Turkey Dogs  
The Great Organic Hot Dog  
The Greatest Little Organic Smokey Pork  
Cocktail Frank

## **Ball Park**

[www.ballparkfranks.com](http://www.ballparkfranks.com); 800-925-3326

Angus Beef Franks–Original  
Ball Park Singles Beef Franks  
Beef Franks  
Fat Free Beef Franks  
Grillmaster Deli Style Beef Franks  
Grillmaster Hearty Beef Franks  
Lite Beef Franks  
Turkey Franks

## Hot Dogs/Franks Cont'd

### Farmer John

www.farmerjohn.com; 800-846-7635

Dodger Dogs

Premium Beef Franks

Premium Jumbo Beef Franks

Premium Jumbo Meat Wieners

Premium Meat Wieners

Premium Quarter Pounder Beef Franks

### Oscar Mayer

www.oscarmayer.com; 877-535-5666

Beef Premium Hot Dogs

Cheese Dogs

Classic and 98% Fat Free Wieners

Classic Cheese Turkey Franks

Classic Light Beef Franks

Classic Turkey Franks

Deli Style Hot Dogs

Jalapeno & Cheddar Franks



## Hot Dogs/Franks Cont'd

### Wellshire Farms

[www.wellshirefarms.com](http://www.wellshirefarms.com); 877-467-2331

- 4XL Big Beef Franks
- Cheese Franks
- Chicken Franks
- Cocktail Franks
- Old Fashioned Beef Frank
- Original Deli Frank
- Premium Beef Frank
- Turkey Franks

## Lunch Meats

### Applegate Farms

www.applegatefarms.com; 866-587-5858

Black Forest Ham  
Natural Coppa  
Natural Genoa Salami  
Natural Herb Turkey Breast  
Natural Honey & Maple Turkey Breast  
Natural Honey Ham  
Natural Hot Genoa Salami  
Natural Hot Soppressata  
Natural Pepperoni  
Natural Prosciutto  
Natural Roast Beef  
Natural Roast Turkey Breast  
Natural Slow Cooked Ham  
Natural Smoked Turkey Breast  
Natural Soppressata  
Natural Turkey Bologna  
Natural Turkey Salami  
Organic Genoa Salami  
Organic Herb Turkey Breast  
Organic Uncured Ham  
Pancetta

## Lunch Meats Cont'd

### **Boar's Head**

www.boarshead.com; 888-884-2627

All lunch meats

### **Buddig**

www.buddig.com; 888-633-5684

All lunch meats

### **Farmer John**

www.farmerjohn.com; 800-846-7635

Black Forest Ham

Bologna

Cotto Salami

Ham Roll

Headcheese

Mission Loaf

Original Premium Liverwurst

Premium Braunschweiger

Premium Liverwurst with Bacon

Premium Oven Roasted Turkey Breast

Sliced Cooked Ham

## Lunch Meats Cont'd

### Hillshire Farms

www.gomeat.com; 800-925-3326

Deli Select Baked Ham  
Deli Select Brown Sugar Baked Ham  
Deli Select Corned Beef  
Deli Select Honey Ham  
Deli Select Honey Roasted Turkey Breast  
Deli Select Mesquite Smoked Turkey Breast  
Deli Select Oven Roasted Chicken Breast  
Deli Select Oven Roasted Turkey Breast  
Deli Select Pastrami  
Deli Select Roast Beef  
Deli Select Smoked Chicken Breast  
Deli Select Smoked Ham  
Deli Select Smoked Turkey Breast

### Hormel

www.hormel.com; 800-523-4635

All Natural Choice meats

### Jennie-O Turkey Store

www.jennio.com; 800-621-3505

All Pre-Sliced Deli Favorites

## Lunch Meats Cont'd

### Oscar Mayer

[www.oscarmayer.com](http://www.oscarmayer.com); 877-535-5666

All lunch meats

### Wellshire Farms

[www.wellshirefarms.com](http://www.wellshirefarms.com); 877-467-2331

Sliced Beef Pastrami Round

Sliced Black Forest Ham

Sliced Round Cooked Corned Beef

Sliced Tavern Ham

Sliced Top Round Roast Beef

Sliced Turkey Bologna

Sliced Turkey Ham

Sliced Virginia Brand Deli Ham

# Sausage

## **Applegate Farms**

www.applegatefarms.com; 866-587-5858

Organic Andouille  
Organic Chicken and Apple  
Organic Fire Roasted Red Pepper  
Organic Pork Andouille  
Organic Pork Bratwurst  
Organic Pork Kielbasa  
Organic Spinach and Feta Sausage  
Organic Sweet Italian Sausage

## **Boulder Sausage**

www.bouldersausage.com; 866-529-0595

Bratwurst  
Chorizo  
German Sausage  
Hot Italian Sausage  
Italian Sausage

## Sausage Cont'd

### **Farmer John**

[www.farmerjohn.com](http://www.farmerjohn.com); 800-846-7635

Hot Louisiana Smoked Sausage  
Jalapeno Pepper Premium Rope  
Jalapeno Pepper Premium Smoked Sausage  
Premium Beef Rope  
Premium Polish Sausage  
Premium Pork Rope  
Red Hots Extra Hot Premium Smoked Sausage

### **Hillshire Farms**

[www.gomeat.com](http://www.gomeat.com); 800-925-3326

Beef Hot Links  
Beef Smoked Sausage  
CheddarWurst  
Hot & Spicy Italian Style Smoked Sausage  
Hot Links  
Polska Kielbasa  
Smoked Bratwurst

## Sausage Cont'd

### Jennie-O Turkey Store

www.jennieo.com; 800-621-3505

Cheddar Turkey Bratwurst  
Fully Cooked Lean Turkey Kielbasa  
Fully Cooked Lean Turkey Sausage  
Hot Lean Italian Turkey Style Sausage  
Lean Turkey Bratwurst  
Sweet Lean Italian Turkey Sausage

### Johnsonville

www.johnsonville.com; 888-556-2728

Ground Sausage Hot, Mild and Sweet  
Italian Sausage Four Cheese  
Italian Sausage Hot, Mild and Sweet

### Smithfield

www.smithfield.com

Hot Smoked Sausage Links  
Smoked Sausage Loops  
Smoked Sausage with Cheese



# Perimeter: Bakery

**Do you have a blog or website?**

Please post a link to this ebook and to  
<http://www.GlutenFreeShoppingGuide.com>

## Breads

Gluten-free baked products, like bread, bagels, muffins, and pre-made pizza crusts, may be in your grocer's freezer aisle or in the "natural foods" aisle instead of the bakery.

### **Ener-G Foods**

[www.ener-g.com](http://www.ener-g.com); 800-331-5222

Brown English Muffins with Flax  
Brown Rice Hamburger Buns  
Brown Rice Loaf  
Egg-Free Raisin Loaf  
English Muffins  
Four Flour Loaf  
Hi Fiber Loaf  
Papas Loaf  
Seattle Brown Loaf  
Seattle Hamburger Buns  
Seattle Hot Dog Buns  
Tapioca Dinner Rolls  
Tapioca Hamburger Buns  
Tapioca Hot Dog Buns  
Tapioca Loaf  
White Rice Flax Loaf  
White Rice Hamburger Buns  
White Rice Loaf

## Breads Cont'd

### Rudi's Gluten Free Bakery

[www.rudisglutenfree.com](http://www.rudisglutenfree.com); 877-293-0876

Sandwich

Multi Grain

Cinnamon Raisin

### Schar

[www.schar.com/us](http://www.schar.com/us)

Baguette

Bon Matin

Ciabattina Rustica

Ciabattine

Ertha

Focaccia

Focaccia con Rosmarino

Mini Baguette Duo

Pan Carre

Panini

Rustico

## Breads Cont'd

### Udi's Gluten Free Bakery

[udisglutenfree.com](http://udisglutenfree.com); 303-657-6366

Bagels

Sandwich

Multi Grain

# Perimeter: Dairy

**Do you have a blog or website?**

Please post a link to this ebook and to  
<http://www.GlutenFreeShoppingGuide.com>

## Milks

Plain milk, half and half, and whipping cream are naturally gluten-free. Be cautious of added flavoring.

### **Coffee-Mate**

[www.coffee-mate.com](http://www.coffee-mate.com)

All

### **Horizon**

[www.horizondairy.com](http://www.horizondairy.com); 888-494-3020

All

### **Nesquik**

[www.nesquik.com](http://www.nesquik.com)

All Ready-to-Drink flavors

## Milks Cont'd

### Organic Valley

www.organicvalley.coop; 888-444-6455

Buttermilk  
Chocolate 2% Milk  
Eggnog  
Fat Free/Nonfat/Skim Milk  
Half and Half  
Heavy Whipping Cream  
Lactose Free Milk  
Lowfat 1% Milk  
Omega-3 Milk  
Reduced Fat 2% Milk  
Single Serve Chocolate  
Single Serve Lowfat  
Single Serve Strawberry  
Single Serve Vanilla  
Soy Milk Chocolate  
Soy Milk Original  
Soy Milk Unsweetened  
Soy Milk Vanilla  
Whole Milk

## Milks Cont'd

### **Pacific Natural Foods**

www.pacificfoods.com; 503-924-4570

All Almond Beverages

All Hazelnut Beverages

All Hemp Beverages

All Rice Beverages

All Soy Beverages

Organic Fat-Free Milk

Organic Reduced Fat Milk

### **Stonyfield**

www.stonyfield.com; 800-776-2697

All Milks



## Sour Creams

### **Breakstone's**

brands.kraftfoods.com/breakstones; 877-535-5666

All Sour Creams

### **Daisy Brand**

www.daisybrand.com; 877-292-9830

All Sour Creams

### **Knudsen**

www.rwknudsenfamily.com; 888-569-6993

All Sour Creams

### **Organic Valley**

www.organicvalley.coop; 888-444-6455

Lowfat Sour Cream  
Regular Sour Cream

### **Tillamook**

www.tillamookcheese.com

All Sour Creams

# Yogurts

## **Dannon**

[www.dannon.com](http://www.dannon.com); 877-326-6668

DANNON Plain Activa  
DANNON Plain Yogurts (Lowfat, Nonfat, and Natural)

## **Stonyfield**

[www.stonyfield.com](http://www.stonyfield.com); 800-776-2697

All Fat Free Yogurt varieties  
All Low Fat B-Well Yogurt varieties  
All Low Fat Yogurt varieties  
All O'Soy varieties  
All Smoothie varieties  
All Whole Milk Yogurt varieties

## **Tillamook**

[www.tillamookcheese.com](http://www.tillamookcheese.com)

All

# Perimeter: Juices

**Do you have a blog or website?**

Please post a link to this ebook and to  
<http://www.GlutenFreeShoppingGuide.com>

# Juices

## **Bolthouse Farms**

www.bolthouse.com; 800-467-4683

All

## **Country Time Lemonade**

brands.kraftfoods.com/countrytime; 877-535-5666

Bottles and cans

## **Dole**

www.dole.com; 800-356-3111

All 100% Juices

## **Florida's Natural**

www.floridasnatural.com; 888-657-6600

All

## **Kern's**

www.kerns.com; 888-655-3767

All

## Juices Cont'd

### **Knouse Foods**

www.knouse.com; 717-677-8181

Apple Cider

Apple Juice

Premium Apple Juice

Sparkling Apple Cider

### **Minute Maid**

www.minutemaids.com; 888-884-8952

All Orange Juices and Blends

Kids + Apple

Kiwi-Strawberry Energy

Lemonade—Regular and Light

Pomegranate Blueberry

Pomegranate Lemonade

### **Naked**

www.nakedjuice.com; 877-858-4237

All Fruit and Vegetable Juice products (with exceptions)

**AVOID** Green Machine

### **Ocean Spray**

www.oceanspray.com; 800-662-3263

All

## Juices Cont'd

### **Odwalla**

www.odwalla.com; 800-639-2552

All (with exceptions)

**AVOID** Super Protein Vanilla Al Mondo

**AVOID** Original Superfood

### **Organic Valley**

www.organicvalley.coop; 888-444-6455

Orange Juice with Calcium

Orange Juice, Pulp-Added

Orange Juice, Pulp-Free

### **Simply Brand**

www.simplyorangejuice.com; 800-871-2653

Apple

Grapefruit

Lemonade

Lemonade with Raspberry

Limeaide

Orange Juice

Orange with Mango

Orange with Pineapple

## Juices Cont'd

### **Tree Top**

www.treetop.com; 800-542-4055

All

### **Tropicana**

www.tropicana.com; 800-237-7799

All Juice Drinks

All Pure Premium

### **V8**

www.v8juice.com

All

### **Welch's**

www.welchs.com; 800-340-6870

All

# Perimeter: Cheeses

**Do you have a blog or website?**

Please post a link to this ebook and to  
<http://www.GlutenFreeShoppingGuide.com>



# Cheeses

## **Applegate Farms**

[www.applegatefarms.com](http://www.applegatefarms.com); 866-587-5858

Natural American

Natural Havarti

Natural New York Extra Sharp Aged Cheddar

Natural Cheddar–Medium

Natural Emmantaler Swiss

Natural Monterey Jack with Jalapeno Peppers

Natural Muenster Kase

Natural Provolone

Organic American

Organic Mild Cheddar

Organic Monterey Jack

Organic Muenster Kase

Organic Provolone

Probiotic Yogurt Cheese

## **Athenos**

[www.athenos.com](http://www.athenos.com); 877-535-5666

All

## **Breakstone's**

[brands.kraftfoods.com/breakstones](http://brands.kraftfoods.com/breakstones); 877-535-5666

All Cottage Cheese products

## **Cheeses Cont'd**

### **Friigo**

www.friigocheese.com; 800-824-3373

All Ricottas  
Blue Cheese  
Edam  
Feta  
Gouda  
Mozzarella  
Muenster  
Provolone  
Queso Rico

### **Knudsen**

www.rwknudsenfamily.com; 888-569-6993

All Cottage Cheese products

### **Kraft**

www.kraftrecipes.com; 877-535-5666

All Kraft Natural Cheese Sticks  
All Kraft Singles products

### **Laughing Cow**

www.thelaughingcow.com; 800-272-1224

All Babybel and Laughing Cow Wedges

## **Cheeses Cont'd**

### **Organic Valley**

www.organicvalley.coop; 888-444-6455

Baby Swiss  
Cheddar Stringles  
Colby  
Colby-Jack Stringles  
Cream Cheese  
Feta  
Mild Cheddar  
Monterey Jack  
Mozzarella  
Mozzarella Stringles  
Muenster  
Neufchatel  
Pepper Jack  
Provolone  
Raw Mild Cheddar  
Raw Sharp Cheddar  
Reduced Fat and Sodium Cheddar  
Reduced Fat Monterey Jack  
Ricotta  
Sharp Cheddar  
Shredded Italian Blend  
Shredded Mexican Blend  
Shredded Mild Cheddar  
Shredded Parmesan  
Shredded, Low Moisture, Part Skim Mozzarella

## **Cheeses Cont'd**

### **Organic Valley Cont'd**

Vermont Extra Sharp Cheddar

Vermont Medium Cheddar

Wisconsin Raw Milk Jack-Style

### **Philadelphia Cream Cheese**

[www.kraftbrands.com/philly](http://www.kraftbrands.com/philly); 877-535-5666

All cream cheeses

**AVOID** Bagel and Cream Cheese

**AVOID** Snack Bars

**AVOID** Snack Bites

### **Sargento**

[www.sargento.com](http://www.sargento.com); 800-243-3737

All Ricottas

All Shredded and Sliced varieties

**AVOID** Blue Cheese and MooTown Cheese

Dip Snack

### **Tillamook**

[www.tillamookcheese.com](http://www.tillamookcheese.com)

All

## **Cheeses Cont'd**

### **Velveeta**

brands.kraftfoods.com/velveeta; 877-535-5666

Cheese Slices

Cheese Mexican Mild

Cheese Regular

# Aisles: Beverages

**Do you have a blog or website?**

Please post a link to this ebook and to  
<http://www.GlutenFreeShoppingGuide.com>

## Coffees

Ground and whole-bean coffee for use in your coffee maker is gluten-free.

### **Caribou Coffee**

[www.cariboucoffee.com](http://www.cariboucoffee.com); 888-227-4268

All Iced Coffees

### **Pacific Natural Foods**

[www.pacificfoods.com](http://www.pacificfoods.com); 503-924-4570

All Simply Coffees

### **Starbucks**

[www.starbucks.com](http://www.starbucks.com); 800-235-2883

All bottled beverages

# Drink Mixes

## Coffee-Mate

www.coffee-mate.com

All Powders

## Country Time Lemonade

brands.kraftfoods.com/countrytime; 877-535-5666

All Dry Mixes

## Jose Cuervo

www.cuervo.com; 866-325-4990

Margarita Mix

## Master of Mixes

www.masterofmixes.com; 800-474-3585

All regular mixes except Bloody Mary Mixes

**AVOID** Bloody Mary Mixes

All Big Bucket Mixes

All Cocktail Essentials

All Martini Gold



## Drink Mixes Cont'd

### **Nesquik**

[www.nesquik.com](http://www.nesquik.com)

All Syrup flavors

### **On the Border**

[www.trucenterprises.com](http://www.trucenterprises.com); 800-471-7723

All Mixes

### **Swiss Miss**

800-457-6649

Milk Chocolate Hot Cocoa Mix

## Flavored Waters

### **Aquafina**

www.aquafina.com

All

### **Aquafina Sparkling**

www.aquafina.com

All

### **Dasani**

www.dasani.com; 800-438-2653

Essence

Lemon

### **Dasani Plus**

www.dasani.com; 800-438-2653

Cleanse+Restore

Refresh+Revive

### **Fuze**

www.drinkfuze.com; 800-208-2653

All

## Flavored Waters Cont'd

### **Owater**

www.owater.com; 978-405-6300

Unsweetened Lemon & Lime  
Unsweetened Mandarin Orange  
Unsweetened Peach  
Unsweetened Strawberry  
Unsweetened Wild Berries

### **Propel**

www.propelzero.com; 877-377-6735

All

### **Sobe Lifewater**

www.sobe.com

All

## Kids' Drinks

### **Apple & Eve**

www.appleandeve.com; 800-969-8018

All

### **Capri Sun**

brands.kraftfoods.com/caprisun; 877-535-5666

All

### **Hansen's**

www.hansens.com; 800-426-7367

All

### **Welch's**

www.welchs.com; 800-340-6870

All

## Sodas/Pops

### **7Up**

www.7up.com; 800-696-5891

All

### **Barq's**

www.barqs.com; 800-438-2653

Barq's Root Beer

Caffeine-Free Barq's Root Beer

Diet Barq's Red Crème Soda

Diet Barq's Root Beer

### **Club Soda**

All varieties

### **Coke**

www.coca-cola.com; 800-488-2267

Caffeine Free Coca-Cola Classic

Caffeine Free Diet Coke

Cherry Coke

Cherry Coke Zero

Coca-Cola Classic

Coca-Cola Zero

Diet Cherry Coke

Diet Coke

## Sodas/Pops Cont'd

### Coke Cont'd

Diet Coke Plus  
Diet Coke Sweetened with Splenda  
Diet Coke with Lime  
Vanilla Coke  
Vanilla Coke Zero

### Dr. Pepper

[www.drpepper.com](http://www.drpepper.com); 800-696-5891

All

### Fanta

[www.coca-cola.com](http://www.coca-cola.com); 800-438-2653

Fanta Grape  
Fanta Orange  
Fanta Orange Zero

### Fiesta Mirinda

[www.pepsiproductfacts.com](http://www.pepsiproductfacts.com)

All

### Fresca

[www.fresca.com](http://www.fresca.com); 800 438-2653

Fresca

## Sodas/Pops Cont'd

### **Izze**

[www.izze.com](http://www.izze.com); 303-327-5515

All flavors

### **Kas Mas**

[www.pepsiproductfacts.com](http://www.pepsiproductfacts.com)

Kas Mas

### **Manzanita Sol**

[www.pepsiproductfacts.com](http://www.pepsiproductfacts.com)

Manzanita Sol

### **Mountain Dew**

[www.mountaindew.com](http://www.mountaindew.com)

All

### **Mug**

[www.mugrootbeer.com](http://www.mugrootbeer.com)

All

## Sodas/Pops Cont'd

### **No Fear**

[www.pepsiproductfacts.com](http://www.pepsiproductfacts.com)

All

### **NOS**

[www.drinknos.com](http://www.drinknos.com); 800-488-2267

All

### **Pepsi**

[www.pepsi.com](http://www.pepsi.com)

All

### **Sierra Mist**

[www.sierramist.com](http://www.sierramist.com)

All

### **Slice**

[www.pepsiproductfacts.com](http://www.pepsiproductfacts.com)

All



## Sodas/Pops Cont'd

### **Sobe**

[www.sobe.com](http://www.sobe.com)

All Sodas

All Adrenalin Rush

All Lean

### **Sprite**

[www.coca-cola.com](http://www.coca-cola.com); 800-488-2267

Sprite

Sprite Zero

### **Tonic Water**

All varieties

### **Tropicana Twister**

[www.tropicana.com](http://www.tropicana.com); 800-237-7799

All Tropicana Twister Sodas

# Sport Drinks

## **G2**

www.gatorade.com; 800-884-2867

All

## **Gatorade**

www.gatorade.com; 800-884-2867

All

## **Owater**

www.owater.com; 978-405-6300

Sport Black Razz

Sport Blueberry

Sport Coconut

Sport Lime Lemon

Sport Peach Mango

Sport Straw Pom

Sport Tropical Citrus

## **Powerade**

www.us.powerade.com; 800-488-2267

All POWERADE with ION4

All POWERADE Zero with ION4

## Sport Drinks Cont'd

### VIO Vibrancy Drinks

[www.viovibe.com](http://www.viovibe.com)

All

## Teas (Bags and Bottles)

### **Bigelow Tea**

www.bigelowtea.com; 888-244-3569

All Tea Bags

### **Celestial Seasonings**

www.celestialseasonings.com; 866-595-8917

All Tea Bags

### **Enviga**

www.coca-cola.com; 800-438-2653

Berry Sparkling Green Tea  
Sparkling Green Tea

### **Gold Peak**

www.goldpeaktea.com; 800-438-2653

All

### **Lipton**

www.liptont.com; 888-547-8668

All Iced Teas  
All Pureleaf  
All Sparkling  
All Lipton Tea Bags

## Teas (Bags and Bottles) Cont'd

### **Luzianne**

www.luzianne.com; 800-535-1961

All Tea Bags

### **Minute Maid**

www.minutemaids.com; 888-884-8952

Pomegranate Flavored Tea

### **Nestea**

www.nestea.com; 800-488-2267

Citrus Green Tea

Diet Citrus Green Tea

Diet Lemon

Lemon Sweet Tea

Red Tea

Sweetened Lemon Tea

# Aisles: Baking

**Do you have a blog or website?**

Please post a link to this ebook and to  
<http://www.GlutenFreeShoppingGuide.com>

## Baking-Related

### **Argo**

[www.argostarch.com](http://www.argostarch.com); 866-373-2300

Baking Powder

Corn Starch

### **Arm & Hammer**

[www.armhammer.com](http://www.armhammer.com); 800-524-1328

Baking Soda

### **Betty Crocker**

[www.bettycrocker.com](http://www.bettycrocker.com); 800-446-1898

Gluten Free Brownie Mix

Gluten Free Cake Mix

Gluten Free Cookie Mix

### **Bisquick**

[www.bettycrocker.com/products/bisquick/](http://www.bettycrocker.com/products/bisquick/); 800-446-1898

Gluten Free Pancake and Baking Mix

## Baking-Related Cont'd

### Bob's Red Mill

www.bobsredmill.com; 800-349-2173

Baking Soda

Corn Starch

GF Biscuit Mix

GF Brownie Mix

GF Chocolate Cake Mix

GF Chocolate Chip Cookie Mix

GF Cinnamon Raisin Bread Mix

GF Cornbread Mix

GF Hearty Whole Grain Bread

GF Homemade Wonderful Bread

GF Pancake Mix

GF Pizza Crust Mix

GF Shortbread Cookie Mix

GF Vanilla Cake Mix

### Calumet

www.kraftrecipes.com; 877-535-5666

Baking Powder

### Clabber Girl

www.clabbergirl.com; 812-232-9446

Baking Powder



## Baking-Related Cont'd

### **Diamond Nuts**

www.diamondnuts.com; 209 467-6000

All Diamond-branded nut products

### **Ener-G Foods**

www.ener-g.com; 800-331-5222

Brown Rice Flour

Corn Mix

Gluten-Free Gourmet Blend

Potato Flour

Potato Mix

Potato Starch Flour

Rice Mix

Sweet Rice Flour

Tapioca Flour

White Rice Flour

### **Ghirardelli Chocolate Company**

www.ghirardelli.com; 800-877-9338

60% Cacao Bittersweet Chocolate Chip

Barista Dark Chocolate Chip

Semi-Sweet Chocolate Chip

Unsweetened Cocoa Powder

## Baking-Related Cont'd

### **Guittard**

www.guittard.com; 800-468-2462

Cocoa Rouge Unsweetened Cocoa Powder

### **Fleischmann's Yeast**

www.breadworld.com; 800-777-4959

All Yeasts

### **Hershey's**

www.hersheys.com; 800 468-1714

Unsweetened Cocoa

### **King Arthur Flour Company**

www.kingarthurfour.com; 800-827-6836

Gluten-Free All Purpose Flour

Gluten-Free Bread Mix

Gluten-Free Brownie Mix

Gluten-Free Cake Mix

Gluten-Free Cookie Mix

Gluten-Free Muffin Mix

Gluten-Free Pancake Mix

## Baking-Related Cont'd

### **Mary's Gone Crackers**

www.marysgonecrackers.com; 888-258-1250

Gone Crackers Crumbs Caraway

Gone Crackers Crumbs Original

Gone Crackers Crumbs Savory Blend

### **Mazola**

www.mazola.com; 800-691-1106

All Oils

### **McCormick & Company, Inc.**

www.mccormick.com; 800-632-5847

All Extracts

### **Pamela's**

www.pamelasproducts.com; 707-462-6605

Baking & Pancake Mix

Chocolate Brownie Mix

Chocolate Cake Mix

Chocolate Chunk Cookies

Classic Vanilla Cake Mix

Cornbread & Muffin Mix

Gluten-Free Bread Mix

## Baking-Related Cont'd

### Red Star Yeast

www.redstaryeast.com; 800-445-4746

All Yeasts

### Simply Organic

www.simplyorganicfoods.com; 800-437-3301

Almond Extract

Banana Bread Mix

Carrot Cake Mix

Chai Spice Scone Mix

Cocoa Biscotti Mix

Cocoa Brownie Mix

Cocoa Cayenne Cupcake Mix

Lemon, Orange, Peppermint Flavor

Pancake & Waffle Mix

Vanilla Extract

### Spice Islands

www.spiceislands.com; 800-247-5251

All Liquid Extracts, Flavorings, and Colorings

### Tone's

www.tones.com; 800-247-5251

All Liquid Extracts, Flavorings, and Colorings

## **Canned Milks**

### **Carnation**

[www.verybestbaking.com/Carnation.aspx](http://www.verybestbaking.com/Carnation.aspx); 800-851-0512

Evaporated Milk

### **Eagle Brand**

[www.eaglebrand.com](http://www.eaglebrand.com); 888-656-3245

All Condensed Milks

### **Nestle**

[www.nestle.com](http://www.nestle.com); 818-549-6000

Sweetened Condensed Milk

### **Santini Foods**

[www.santinifoods.com](http://www.santinifoods.com); 510-317-8888

All Milks

# Frostings

## **Betty Crocker**

www.bettycrocker.com; 800-446-1898

All

## **Duncan Hines**

www.duncanhines.com; 800-362-9834

All

# Gelatins

## Jell-O

[brands.kraftfoods.com/jello](https://brands.kraftfoods.com/jello); 877-535-5666

All Gelatin Desserts

All Gelatin Snacks

# Pie Fillings

## **Knouse Foods**

www.knouse.com; 717-677-8181

Apple  
Apricot  
Banana Crème  
Blackberry  
Blueberry  
Cherries Jubilee  
Cherry  
Chocolate Crème  
Coconut Crème  
Dark Sweet Cherry  
Key Lime  
Lemon  
Lemon Crème  
Lite Apple  
Lite Cherry  
Peach  
Pineapple  
Raisin  
Strawberry  
Strawberry Glaze  
Vanilla Crème



## Pie Fillings Cont'd

### **Libby's**

[www.verybestbaking.com/Libbys.aspx](http://www.verybestbaking.com/Libbys.aspx); 800-854-0374

Pumpkin Pie Filling

Solid Pack Pumpkin

### **Wilderness**

[www.piefilling.com](http://www.piefilling.com)

All Pie Fillings

# Aisles: Canned Foods

**Do you have a blog or website?**

Please post a link to this ebook and to

<http://www.GlutenFreeShoppingGuide.com>

## Beans

### **B&M Baked Beans**

[www.bgfoods.com/bm/bm\\_index.asp?n=3](http://www.bgfoods.com/bm/bm_index.asp?n=3)

All varieties

### **Bush's Best**

[www.bushbeans.com](http://www.bushbeans.com)

All canned after May 2010

### **Casa Fiesta**

[www.casafiesta.com](http://www.casafiesta.com); 800-299-9082

Refried Beans

### **Fantastic World Foods**

[www.fantasticfoods.com](http://www.fantasticfoods.com)

Instant Black Beans

Instant Refried Beans

## Beans Cont'd

### Hanover Foods Corporation

www.hanoverfoods.com; 717-632-6000

Beans & Franks  
Black Beans  
Blackeye Peas  
Brown Sugar & Bacon Baked Beans  
Butter Beans  
Chick Peas  
Chili Beans  
Great Northern Beans  
Homestyle Baked Beans  
Limagrands  
Pinto Beans  
Pork & Beans  
Red Beans  
Redskin Kidney Beans (Light & Dark)  
Seasoned Black Beans

### Joan of Arc

www.bgfoods.com

Black Beans  
Butter Beans  
Garbanzo Beans

## Beans Cont'd

### Joan of Arc Cont'd

Red Beans

Great Northern Beans

Light & Dark Red Kidney Beans

Pinto Beans

### Kid's Kitchen

[www.hormel.com](http://www.hormel.com); 800-523-4635

Beans & Wieners

### Kuner's

Black Beans

Pinto Beans

### Ortega

[www.ortega.com](http://www.ortega.com)

Refried Regular & Fat Free Beans

Black Beans

Black Beans with Jalapenos

### Rosarita

800-365-8300

Refried Beans

## Chili's and Stews

### **Cookwell & Company**

www.cookwell.net; 512-306-0044

Two-Step Cacciatore

Two-Step Chili

Two-Step Green Chili Stew

Two-Step Veracruz

### **Dinty Moore**

www.hormelfoods.com; 800-523-4635

Beef Stew

Chicken Stew

Beef Stew (Microwaveable Cups)

Rice with Chicken (Microwaveable Cups)

Scalloped Potatoes & Ham (Microwaveable  
Cups)

## Chili's and Stews Cont'd

### Hormel

[www.hormelfoods.com](http://www.hormelfoods.com); 800-523-4635

Bean & Ham Soup (Microwaveable Cups)  
Chicken with Vegetables & Rice Soup  
(Microwaveable Cups)  
Chili Master–Chipotle Chicken No Bean  
Chili Master–Chipotle Chicken with Beans  
White Chicken Chili with Beans  
Chili with Beans–Chunky  
Chili with Beans–Hot–Not Vegetarian  
Chili with Beans–Not Turkey  
Chili with Beans–Regular

### Stagg

[www.staggchili.com](http://www.staggchili.com); 800-611-9778

Chunkero Chili  
Classic Chili  
Dynamite Hot Chili  
Ranch House Chicken Chili  
Silverado Beef Chili  
Steak House Chili  
Vegetable Garden Chili  
White Chicken Chili

# Fruits and Vegetables

## **B&G**

www.bgfoods.com

Capers

Green & Black Olives

Pickles

## **Del Monte**

www.delmonte.com; 800-543-3090

All canned and jarred fruit

All canned vegetables

## **Dole**

www.dole.com; 800-356-3111

All canned fruit

All dried fruit

All Fruit Bowls and Fruit in Jars

## **S&W**

www.delmonte.com; 800-543-3090

All canned fruits

All canned vegetables



# Peppers

## **B&G**

[www.bgfoods.com](http://www.bgfoods.com)

All peppers

## **Embasa**

[www.hormelfoods.com](http://www.hormelfoods.com); 800-523-4635

Chiles Gueritos  
Chipotle Peppers  
Nacho Sliced Jalapenos  
Sliced Jalapenos  
Whole Jalapenos

## **La Victoria**

[www.lavictoria.com](http://www.lavictoria.com); 800-523-4635

All peppers

## **Las Palmas**

[www.bgfoods.com](http://www.bgfoods.com)

Crushed Tomatillos

## Peppers Cont'd

### **Ortega**

www.ortega.com

Chilies

Jalapenos

### **Rosarita**

800-365-8300

All peppers

# Soups

## Amy's

www.amys.com; 707-568-4500

Black Bean and Vegetable  
Curried Lentil Soup  
Hearty French Country Vegetable  
Hearty Rustic Italian Vegetable  
Hearty Spanish Rice & Red Bean  
Indian Dal Golden Lentil  
Organic Chunky Tomato Bisque  
Organic Chunky Tomato Bisque–Light in Sodium  
Organic Chunky Vegetable  
Organic Cream of Tomato  
Organic Cream of Tomato–Light in Sodium  
Organic Fire Roasted Southwestern Vegetable  
Organic Lentil  
Organic Lentil–Light in Sodium  
Organic Lentil Vegetable  
Organic Lentil Vegetable–Light in Sodium  
Organic Split Pea  
Organic Split Pea–Light in Vegetable  
Organic Tuscan Bean & Rice  
Summer Corn & Vegetable  
Thai Coconut

## Soups Cont'd

### **Fantastic World Foods**

www.fantasticfoods.com

Blarneystone Creamy Potato Soup Mix  
Cha Cha Chili Bean Soup Mix  
Dutch Split Pea Soup Mix

### **Imagine Natural Creations**

www.imaginefoods.com; 800-434-4246

Beef Flavored Broth  
Beef Flavored Broth Low Sodium  
Beef Flavored Cooking Stock Low Sodium  
Chicken Cooking Stock  
Chicken Cooking Stock Low Sodium  
Creamy Acorn Squash & Mango Soup  
Creamy Broccoli Soup  
Creamy Butternut Squash Soup  
Creamy Corn & Lemongrass Soup  
Creamy Garden Broccoli Soup  
Creamy Garden Tomato Soup  
Creamy Harvest Corn Soup  
Creamy Portobello Mushroom Soup  
Creamy Potato Leek Soup  
Creamy Red Bliss Potato & Roasted Garlic Soup  
Creamy Sweet Pea Soup

## Soups Cont'd

### Imagine Natural Creations Cont'd

Creamy Sweet Potato Soup  
Creamy Sweet Potato Soup Light in Sodium  
Creamy Tomato Basil Soup  
Creamy Tomato Soup  
Free Range Chicken Broth  
Free Range Chicken Broth Low Sodium  
No-Chicken Broth  
Roasted Turkey Gravy  
Savory Beef Gravy  
Vegetable Broth  
Vegetable Broth Low Sodium  
Vegetable Cooking Stock

### Kettle Cuisine

[www.kettlecuisine.com](http://www.kettlecuisine.com); 877-302-SOUP

All soups

### Pacific Natural Foods

[www.pacificfoods.com](http://www.pacificfoods.com); 503-924-4570

Buttery Sweet Corn  
Cashew Carrot Ginger  
Creamy Roasted Carrot  
Curried Red Lentil  
Natural Beef Broth

## Soups Cont'd

### Pacific Natural Foods Cont'd

Natural Free Range Chicken Broth  
Organic Beef Broth  
Organic Creamy Butternut Squash  
Organic Creamy RRP & Tomato  
Organic Creamy Tomato  
Organic Free Range Chicken Broth  
Organic French Onion  
Organic Light Sodium Butternut Squash  
Organic Light Sodium Creamy Tomato  
Organic Light Sodium RRP & Tomato  
Organic Low Sodium Chicken Broth  
Organic Low Sodium Vegetable Broth  
Organic Mushroom Broth  
Organic Savory Chicken & Wild Rice  
Organic Savory White Bean with Bacon  
Organic Spicy Black Bean with Chicken Sausage  
Organic Spicy Chicken Fajita  
Organic Split Pea with Ham & Swiss Cheese  
Organic Vegetable Broth  
Spicy Black Bean Soup  
Tuscan White Bean Soup

## Soups Cont'd

### **Progresso**

[www.progressofoods.com](http://www.progressofoods.com); 800-200-9377

Traditional 99% Fat Free New England Clam Chowder

Traditional Chicken Cheese Enchilada Flavor

Traditional Chicken Rice with Vegetables

Traditional Manhattan Clam Chowder

Traditional New England Clam Chowder

Traditional Potato, Broccoli & Cheese Chowder

Traditional Southwestern-Style Chicken

Traditional Split Pea with Ham

Vegetable Classics 99% Fat Free Lentil

Vegetable Classics Creamy Mushroom

Vegetable Classics Lentil

### **Right Foods**

[www.rightfoods.com](http://www.rightfoods.com); 800-367-3844

Black Bean & Lime Soup Cup

Black Bean Soup

Chunky Tomato Soup

Lentil

Light Sodium Split Pea Soup Cup

## Soups Cont'd

### Right Foods Cont'd

Pad Thai Noodle Soup Cup  
Roasted Pepper Tomato Soup  
Spring Onion Noodle Soup Cup  
Tamale Soup Cup  
Tortilla Soup Cup  
Vegetable Soup

### Swanson

[www.swansonbroth.com](http://www.swansonbroth.com); 800-442-7684

Chicken Broth (canned)  
Natural Goodness Chicken Broth (canned)  
Vegetable Broth (canned)



## Tomato-Related

### **Dei Fratelli**

www.deifratelli.com; 800-837-1631

All

### **Del Monte**

www.delmonte.com; 800-543-3090

All

# Aisles: Dessert-Related

**Do you have a blog or website?**

Please post a link to this ebook and to  
<http://www.GlutenFreeShoppingGuide.com>

# puddings

## Jell-O

[brands.kraftfoods.com/jello](http://brands.kraftfoods.com/jello); 877-535-5666

Cheesecake Snacks

Mousse Temptations

Pudding & Pie Filling Cook & Server

Pudding & Pie Filling Instant

Pudding Snacks

## Kozy Shack

[www.kozyshack.com](http://www.kozyshack.com)

All puddings, Flans, and Gels

# Toppings

## Cool Whip

brands.kraftfoods.com/coolwhip; 877-535-5666

All

## Smucker's

www.smuckers.com; 888-550-9555

Magic Shell Caramel  
Magic Shell Cherry  
Magic Shell Chocolate  
Magic Shell Chocolate Fudge  
Magic Shell Cupcake  
Magic Shell Orange Crème  
Microwave Toppings Hot Fudge  
Special Recipe Butterscotch Caramel  
Special Recipe Dark Chocolate  
Special Recipe Hot Fudge  
Special Recipe Triple Berry  
Toppings Apple Cinnamon  
Toppings Black Cherry  
Toppings Butterscotch  
Toppings Caramel  
Toppings Chocolate Fudge  
Toppings Hot Caramel  
Toppings Hot Fudge  
Toppings Marshmallow  
Toppings Pecans in Syrup

## Toppings Cont'd

### Smucker's Cont'd

Toppings Pineapple

Toppings Pumpkin Spice

Toppings Strawberry

Toppings Walnuts in Syrup

# Aisles: Dry Goods

**Do you have a blog or website?**

Please post a link to this ebook and to  
<http://www.GlutenFreeShoppingGuide.com>

# Cereals

## **Barbara's**

www.barbarasbakery.com; 800-343-0590 x1032

Brown Rice Crisps  
Honey Rice Puffins  
Multigrain Puffins

## **Bob's Red Mill**

www.bobsredmill.com; 800-349-2173

Creamy Brown Rice Farina  
GF Mighty Tasty Hot Cereal

## **Eco-Planet**

www.ecoheavenllc.com; 630-701-8801

Instant Hot Cereal Apples & Cinnamon  
Instant Hot Cereal Maple & Brown Sugar  
Instant Hot Cereal Original

## **General Mills**

www.generalmills.com; 800-248-7310

Chocolate Chex  
Cinnamon Chex  
Corn Chex  
Honey Nut Chex  
Rice Chex

## Cereals Cont'd

### Nature's Path

www.naturespath.com; 888-808-9505

Amazon Frosted Flakes  
Crispy Rice Cereal  
Crunchy Maple Surprise  
Crunchy Vanilla Surprise  
Fruit Juice Sweetened Corn Flakes  
Gorilla Munch  
Honey'd Corn Flakes  
Koala Crisp  
Leapin' Lemurs  
Mesa Sunrise  
Panda Puffs  
Whole O's Cereal



# Pastas

## **Annie's**

www.annies.com; 800 288-1089

Gluten Free Delux Rice Pasta and Extra Creamy  
Cheddar

Gluten Free Rice Pasta and Cheddar

## **DeBoles**

www.deboles.com; 800-434-4246

Gluten Free Angel Hair

Gluten Free Corn Elbow Style

Gluten Free Multi Grain Penne

Gluten Free Multi Grain Spaghetti Style

Gluten Free Rice Lasagna

Gluten Free Rice Pasta & Cheese

Gluten Free Rice Shells & Cheddar

Gluten Free Rice Spirals

Gluten Free Spaghetti

## **Ener-G Foods**

www.ener-g.com; 800-331-5222

White Rice Lasagna

White Rice Macaroni

White Rice Pasta

White Rice Small Shells

White Rice Vermicelli

## Pastas Cont'd

### Glutino

[www.glutino.com](http://www.glutino.com); 800-363-3438

All

### Schar

[www.schar.com/us](http://www.schar.com/us)

Angellini

Capelli d' Angelo

Conchigliette

Fusilli

Lasagna

Penne

Pipette

Rigati

Rigatoni

Spaghetti

Tagliatelle

### Thai Kitchen

[www.thaikitchen.com](http://www.thaikitchen.com); 800-967-8424

Stir-Fry Rice Noodles

Thin Rice Noodles

## Pastas Cont'd

**Tinkyada**

www.tinkyada.com; 416-609-0016

All

## Pizza Crusts

### **Chebe Bread**

www.chebe.com; 800-217-9510

Gluten Free Pizza Crust

### **Ener-G Foods**

www.ener-g.com; 800-331-5222

Rice Pizza Shells

Yeast-Free Rice Pizza Shells

### **Kinnikinnick Foods**

consumer.kinnikinnick.com; 877-503-4466

Gluten Free Pizza Crust

### **Udi's Gluten Free Bakery**

udisglutenfree.com; 303-657-6366

Gluten Free Pizza Crust

### **Whole Foods**

www.wholefoodsmarket.com

Bakehouse Gluten Free

## Sides

### **Betty Crocker**

[www.bettycrocker.com](http://www.bettycrocker.com); 800-446-1898

Asian Helper Beef Fried Rice  
Asian Helper Chicken Fried Rice  
Hamburger Helper Cheesy Hashbrowns  
Potato Buds

### **Carolina Rice**

[www.carolinarice.com](http://www.carolinarice.com); 800-226-9522

Authentic Spanish Rice  
Basmati Rice  
Broccoli Cheese Rice  
Brown Rice  
Gold (Parboiled) Rice  
Jasmine Rice  
Long Grain & Wild Rice  
Saffron Yellow Rice  
White Rice

## Sides Cont'd

### **Fantastic World Foods**

[www.fantasticfoods.com](http://www.fantasticfoods.com)

Arborio Rice

Basmati Rice

Jasmine Rice

### **Gourmet House Rice**

[www.gourmethouserice.com](http://www.gourmethouserice.com); 800-226-9522

All Natural Brown and Wild Rice

All Natural White and Wild Rice

Brown Rice

Cracked Minnesota Cultivated Wild Rice

Organic Brown Rice

Organic White Rice

Quick-Cooking Wild Rice

Thai Jasmine Rice

White Rice

Wild Rice Garden Blend

### **Idahoan**

[www.idahoan.com](http://www.idahoan.com); 208-754-8046

Baby Reds

Baby Reds Garlic & Parm

Butter & Herb

Buttery Gold Selects

## Sides Cont'd

### Idahoan Cont'd

[www.idahoan.com](http://www.idahoan.com); 208-754-8046

Creamy Home Style  
Earth Baby Reds  
Buttery Home Style  
Earth Buttery Home Style  
Earth Creamy Mashed  
Earth Yukon Golds  
Four Cheese  
Original Flakes  
Real  
Roasted Garlic  
Romano White Cheese  
Scalloped CN  
Southwest  
Yukon Golds

### Lundberg Family Farms

[www.lundberg.com](http://www.lundberg.com); 530-882-4551

Butternut Squash Risotto  
Cheddar Broccoli Risotto  
Creamy Parmesan Risotto  
Garlic Primavera Risotto  
Italian Herb Risotto  
Organic Alfredo Risotto

## Sides Cont'd

### Lundberg Family Farms Cont'd

Organic Florentine Risotto  
Organic Porcini Mushroom Risotto  
Organic Tuscan Risotto

### Mahatma

[www.mahatmarice.com](http://www.mahatmarice.com); 800-226-9522

Authentic Spanish Rice  
Basmati Rice  
Black Beans and Rice  
Broccoli Cheese Rice  
Chicken Rice  
Classic Pilaf Rice  
Gold (Parboiled) Rice  
Jasmine Rice  
Long Grain & Wild Rice  
Red Beans & Rice  
Spicy Yellow Rice  
White Rice  
Whole Grain Brown Rice  
Yellow Rice



## Sides Cont'd

### Minute Rice

[www.minuterice.com](http://www.minuterice.com); 800-646-8831

Brown Rice

MINUTE Ready to Serve Brown & Wild Rice

MINUTE Ready to Serve Brown Rice

MINUTE Ready to Serve Chicken Rice Mix

MINUTE Ready to Serve White Rice

MINUTE Ready to Serve Yellow Rice Mix

Premium White Rice

White Rice

### Success Rice

[www.successrice.com](http://www.successrice.com); 800-226-9522

Success Brown Rice

Success Jasmine Rice

Success White Rice

### Tasty Bite

[www.tastybite.com](http://www.tastybite.com); 888-827-8900

Agra Peas & Greens

Aloo Palak

Basmati Rice

Bengal Lentils

Bombay Potatoes

Brown Rice

Channa Masala

## Sides Cont'd

### Tasty Bite Cont'd

Chunky Chickpeas  
Garlic Brown Rice  
Ginger Lentil Rice  
Good Korma Simmer Sauce  
Jaipur Vegetables  
Jasmine Rice  
Jodphur Lentils  
Kashmir Spinach  
Kerala Vegetables  
Lentil Magic  
Long Grain Rice  
Madras Lentils  
Mexican Fiesta Pilaf  
Mushroom Takatak  
Pad Thai Simmer Sauce  
Paneer Makhani  
Peas Paneer  
Punjab Eggplant  
Rogan Josh Simmer Sauce  
Satay Partay Simmer Sauce  
Snappy Soya

## Sides Cont'd

### Tasty Bite Cont'd

Spinach Dal

Tandoori Pilaf

Tehari Herb Rice

Tikka Masala Simmer Sauce

Vegetable Korma

Zany Multigrain

Zesty Lentils & Peas

# Spices

## **Durkee**

www.durkee.com; 800-247-5251

All single-ingredient spices  
All California Style Blends

## **McCormick & Company, Inc.**

www.mccormick.com; 800-632-5847

Enchilada Sauce Mix  
Gourmet Collection single-ingredient spices and herbs  
Original Taco Seasoning  
Single-ingredient spices and herbs

## **Spice Islands**

www.spiceislands.com; 800-247-5251

All single-ingredient spices  
All Salt Free varieties  
All Grilling Gourmet varieties  
All World Flavors varieties  
Specialty Beau Monde  
Specialty Chili Powder  
Specialty Fine Herbs  
Specialty Crystallized Ginger  
Specialty Italian Herb Seasoning

## Spices Cont'd

### Spice Islands Cont'd

Specialty Garlic Pepper Seasoning

Specialty Saffron

Specialty Old Hickory Smoked Salt

Specialty Summer Savory

Specialty Vanilla Bean

### Tone's

[www.tones.com](http://www.tones.com); 800-247-5251

All single-ingredient spices

# Tortillas

## **Mission Foods Corporation**

www.missionfoods.com

Corn Tortillas–Soft, Hard, White, or Yellow Corn

## **Ortega**

www.ortega.com

Corn Tortillas–White or Yellow Corn

Hard Shells–Yellow & White Corn

Tostada Shells

Whole Grain

# Aisles: Frozen Foods

**Do you have a blog or website?**

Please post a link to this ebook and to  
<http://www.GlutenFreeShoppingGuide.com>

# Fruits and Vegetables

## **Bird's Eye C&W**

[www.birdseyefoods.com](http://www.birdseyefoods.com)

Plain frozen vegetables (no sauces)

## **Dole**

[www.dole.com](http://www.dole.com); 800-356-3111

All frozen fruits

## **Green Giant**

[www.bettycrocker.com/products/green-giant/](http://www.bettycrocker.com/products/green-giant/); 800-446-1898

Plain frozen vegetables (no sauces)



## Fruits and Vegetables Cont'd

### Hanover Foods Corporation

www.hanoverfoods.com; 717-632-6000

Asparagus Spears  
Baby Lima Beans  
Blue Lake Cut Green Beans  
Blue Lake French Green Beans  
Blue Lake Whole Green Beans  
Broccoli & Cauliflower Blend  
Broccoli Cuts  
Broccoli Florets (and Petites)  
Brussel Sprouts Petite  
California Blend  
Carrots Sliced  
Carrots Whole Baby  
Cauliflower Clusters  
Peas Petite  
Snow Peas  
Spinach Cut Leaf  
Sugar Snap Peas  
White Sweet Corn

# Ice Creams

## **Breyers**

[www.icecreamusa.com](http://www.icecreamusa.com); 800-931-2826

Chocolate

Chocolate Chip

French Vanilla

Mint Chocolate Chip

Natural Vanilla

Rocky Road

Vanilla, Chocolate, Strawberry

## **Dreyer's**

[www.dreyers.com](http://www.dreyers.com); 877-437-3937

Grand Chocolate

Grand Chocolate Chip

Grand Neapolitan

Grand Rocky Road

Grand Vanilla

## **Mars**

[www.mars.com](http://www.mars.com); 800-627-7852

Snickers Regular and Mini Ice Cream Bars

## Ice Creams Cont'd

### Popsicle

www.popsicle.com; 800-931-2849

Orange Cherry Grape

Sugar Free Orange Cherry Grape

# Meals

## **Amy's**

www.amys.com; 707-568-4500

Cheese Enchilada  
Garden Vegetable Lasagna  
Light & Lean Black Bean & Cheese Enchilada  
Light in Sodium Black Bean Enchilada  
Rice Mac & Cheese  
Vegan Rice Macaroni & Cheese

## **Glutino**

www.glutino.com; 800-363-3438

BBQ Chicken Pizza  
Chicken Pad Thai  
Chicken Penne Alfredo  
Chicken Pomodoro  
Chicken Ranchero  
Duo Cheese Pizza  
Macaroni 'N Cheese  
Penne Alfredo  
Pepperoni Pizza  
Spinach & Feta Pizza  
Spinach Soy Cheese Pizza with Brown Rice Crust  
Three Cheese Pizza with Brown Rice Crust

## Meals Cont'd

### Ians

www.iansnaturalfoods.com; 800-543-6637

- Gluten Free Chicken Finger Kids Meal
- Gluten Free Egg & Maple Cheddar Wafflewiches
- Gluten Free French Bread Pizza
- Gluten Free French Toast Sticks
- Gluten Free Lightly Battered Fish
- Gluten Free Maple Sausage & Egg Wafflewiches
- Gluten Free Popcorn Turkey Corn Dogs

# Chicken

## **Applegate Farms**

www.applegatefarms.com; 866-587-5858

Natural Gluten Free Chicken Nuggets

## **Bell & Evans**

www.bellandevans.com; 717-865-6626

Gluten Free Breaded Chicken Breasts

Gluten Free Breaded Chicken Patties

Gluten Free Chicken Nuggets

Gluten Free Chicken Tenders

Gluten Free Garlic Parmesan Breaded Chicken  
Breasts

Gluten Free Italian Style Breaded Chicken Patties

## **Ians**

www.iansnaturalfoods.com; 800-543-6637

Gluten Free Chicken Nuggets

Gluten Free Chicken Patties

Gluten Free Fish Sticks

## Chicken Cont'd

### Wellshire Farms

www.wellshirefarms.com; 877-467-2331

Kids' Chicken Bites Dinosaur Shaped

# Aisles: Infant/Toddler Foods

**Do you have a blog or website?**

Please post a link to this ebook and to

<http://www.GlutenFreeShoppingGuide.com>



## Infant/Toddler Foods

### Earth's Best Organic

www.earthsbest.com; 800-434-4246

First Apples

First Bananas

First Carrots

First Pears

First Peas

First Prunes

First Squash

First Sweet Potatoes

2<sup>nd</sup> Fruits-Apples

2<sup>nd</sup> Fruits-Apples & Apricots

2<sup>nd</sup> Fruits-Apples & Bananas

2<sup>nd</sup> Fruits-Apples & Blueberries

2<sup>nd</sup> Fruits-Apples & Plums

2<sup>nd</sup> Fruits-Bananas

2<sup>nd</sup> Fruits-Bananas, Peaches & Raspberries

2<sup>nd</sup> Fruits-Pears

2<sup>nd</sup> Fruits-Pears & Mangos

2<sup>nd</sup> Fruits-Pears & Raspberries

2<sup>nd</sup> Vegetables-Carrots

2<sup>nd</sup> Vegetables-Corn & Butternut Squash

2<sup>nd</sup> Vegetables-Garden Vegetables

2<sup>nd</sup> Vegetables-Green Beans & Rice

## Infant/Toddler Foods Cont'd

### Earth's Best Organic Cont'd

2<sup>nd</sup> Vegetables-Peas & Brown Rice  
2<sup>nd</sup> Vegetables-Sweet Potatoes  
2<sup>nd</sup> Vegetables-Winter Squash  
Infant Formula with Iron  
Organic Grain Rice Cereal  
Organic Whole Grain Rice Cereal  
Organic Whole Grain Rice Cereal with Apples  
Soy Infant Formula with Iron

### Gerber

[www.gerber.com](http://www.gerber.com); 800-284-9488

Graduates Lil' Crunchies-Garden Tomato  
Graduates Lil' Crunchies-Mild Cheddar  
Graduates Lil' Crunchies-Veggie Dip  
Graduates Wagon Wheels-Apple Harvest  
Graduates Wagon Wheels-Cheesy Carrot  
Graduates Yogurt Melts-Mixed Berries  
Graduates Yogurt Melts-Peach  
Graduates Yogurt Melts-Strawberry  
Nature Select 1<sup>st</sup> Foods Fruits-Apples  
Nature Select 1<sup>st</sup> Foods Fruits-Bananas  
Nature Select 1<sup>st</sup> Foods Fruits-Peaches  
Nature Select 1<sup>st</sup> Foods Fruits-Pears  
Nature Select 1<sup>st</sup> Foods Fruits-Prunes

## Infant/Toddler Foods Cont'd

### Gerber Cont'd

Nature Select 1<sup>st</sup> Foods Vegetables-Carrots  
Nature Select 1<sup>st</sup> Foods Vegetables-Peas  
Nature Select 1<sup>st</sup> Foods Vegetables-Squash  
Nature Select 1<sup>st</sup> Foods Vegetables-Sweet Potatoes  
Nature Select 1<sup>st</sup> Foods Vegetables-Green Beans  
Organic 1<sup>st</sup> Foods Fruits-Apples  
Organic 1<sup>st</sup> Foods Fruits-Bananas  
Organic 1<sup>st</sup> Foods Fruits-Pears  
Organic 1<sup>st</sup> Foods Fruits-Prunes  
Organic 1<sup>st</sup> Foods Vegetables-Carrots  
Organic 1<sup>st</sup> Foods Vegetables-Sweet Peas  
Organic 1<sup>st</sup> Foods Vegetables-Sweet Potatoes

### Happy Baby

[www.happybabyfood.com](http://www.happybabyfood.com); 212-374-2779

Frozen Meals-Baby Dahl & Mama Grain  
Frozen Meals-Chick Chick  
Frozen Meals-Easy Going Greens & Great Greens  
Frozen Meals-Gobble Gobble & Paradise Puree  
Frozen Meals-Sweeter Potatoes & Purer Pears  
Frozen Meals-Yes Peas and Thank You Carrots  
Happybellies Cereal-Brown Rice  
Melts-Organic Banana Mango  
Melts-Organic Mixed Berry  
Melts-Organic Strawberry

## Infant/Toddler Foods Cont'd

### Happy Baby Cont'd

Pouches-Amaranth Ratatouille  
Pouches-Apple & Cherry  
Pouches-Apricot & Sweet Potato  
Pouches-Banana, Beet & Blueberry  
Pouches-Beef Stew  
Pouches-Broccoli, Pear & Peas  
Pouches-Chick Chick  
Pouches-Gobble Gobble  
Pouches-Kiwi & Banana  
Pouches-Mama Grain  
Pouches-Mango  
Pouches-Pear  
Pouches-Spinach, Mango & Pear  
Pouches-Super Salmon  
Puffs-GF Strawberry  
Puffs-GF Sweet Potato  
Tots-Apple & Butternut Squash  
Tots-Banana, Mango & Peach  
Tots-Banana, Peach, Prunes & Coconut  
Tots-Green Beans, Pears & Peas  
Tots-Spinach, Mango & Pear  
Tots-Sweet Potato, Apple, Carrots & Cinnamon

### Mum Mum

[www.mummums.com](http://www.mummums.com); 888-894-6464

All Baby and Toddler Mum Mum's

Share on [Twitter](#) and Like on [Facebook](#)

## Infant/Toddler Foods Cont'd

### **Stonyfield**

www.stonyfield.com; 800-776-2697

- Yo Baby Drinkable Banana
- Yo Baby Drinkable Peach
- Yo Baby Meal Apple & Sweet Potato
- Yo Baby Meal Peach & Squash
- Yo Baby Meal Pear & Green Beans
- Yo Baby Original Banana
- Yo Baby Original Blueberry
- Yo Baby Original Peach
- Yo Baby Original Simply Plain
- Yo Baby Original Vanilla

# Aisles: Oils, Sauces, and Spreads

**Do you have a blog or website?**

Please post a link to this ebook and to

<http://www.GlutenFreeShoppingGuide.com>

## Asian Sauces

### Eden Organic

www.edenfoods.com; 888 424-3336

Tamari Soy Sauce

### Gold's Pure Food Products Co., Inc.

goldshorseradish.com; 516-483-5600

Hot & Spicy Duck Sauce

Oriental Garlic Duck Sauce

Squeeze Wasabi Sauce

Sweet & Sour Duck Sauce

### San-J

www.san-j.com; 800-446-5500

Asian BBQ Sauce

Organic Gluten Free Tamari Soy Sauce

Organic Reduced Sodium Gluten Free Tamari Soy  
Sauce

Sweet & Tangy Sauce

Szechuan Sauce

Tamari Ginger Dressing

Tamari Peanut Dressing

Tamari Sesame Dressing

Teriyaki Sauce

Thai Peanut Sauce

## Asian Sauces Cont'd

### Thai Kitchen

www.thaikitchen.com; 800-967-8424

Fish Sauce

Original Pad Thai

Peanut Satay

Spicy Thai Chili

Sweet Red Chili



# Barbecue Sauces

## A-1

[brands.kraftfoods.com/a1](http://brands.kraftfoods.com/a1); 877-535-5666

Chicago Steakhouse

Jamaican Jerk

Steak Sauce

Steak Sauce Smokey Mesquite

Steak Sauce Supreme Garlic

Steak Sauce Teriyaki

Steak Sauce Thick & Hearty

Texas Mesquite

## Bill Johnson's

[billjohnsonsbbsauce.com](http://billjohnsonsbbsauce.com); 602-477-0790

All

## Frank's Red Hot

[www.franksredhot.com](http://www.franksredhot.com); 800-841-1256

Chile 'n Lime Sauce

## Barbecue Sauces Cont'd

### Heinz

www.heinz.com; 800-255-5750

Barbecue Sauce  
BBQ Sauce Honey Garlic  
Chicken & Rib BBQ Sauce  
Traditional Steak Sauce

### Jack Daniel's Barbecue Sauce

www.jackdanielssauces.com; 800-577-2823

Hickory Brown Sugar  
Honey Smokehouse  
Masterblend  
Original #7  
Spicy

### Jack Daniel's Steak Sauce

www.jackdanielssauces.com; 800-577-2823

Original and Smokey

### Kraft

www.kraftrecipes.com; 877-535-5666

Original BBQ Sauce

# Condiments

## **B&G**

[www.bgfoods.com](http://www.bgfoods.com)

Pickles

Relish

Sauerkraut

## **Best Foods**

[www.bestfoods.com](http://www.bestfoods.com); 800-418-3275

All

## **Emeril's**

[www.emerils.com](http://www.emerils.com); 800-980-8474

Dijon Mustard

Kicked Up Horseradish Mustard

NY Deli Style Mustard

Smooth Honey Mustard

Yellow Mustard

## **French's**

[www.frenchs.com](http://www.frenchs.com); 800-841-1256

All Mustards

## Condiments Cont'd

### Heinz

[www.heinz.com](http://www.heinz.com); 800-255-5750

Easy Squeeze Ketchup  
Hot and Spicy Kick'rs  
Ketchup  
All Mustards  
No Sodium Added Ketchup  
One-Carb Ketchup

### Hellmann's

[www.hellmanns.us](http://www.hellmanns.us); 800-418-3275

All

### Maple Syrup

All 100% Pure Maple Syrups

### Mrs. Butterworths

[www.mrsbutterworths.com](http://www.mrsbutterworths.com)

Maple Syrups

### Miracle Whip

[brands.kraftfoods.com/miraclewhip](http://brands.kraftfoods.com/miraclewhip); 877-535-5666

All

## Condiments Cont'd

### **Mt. Olive Pickles**

[www.mtolivepickles.com](http://www.mtolivepickles.com)

All

### **Vlasic**

[www.vlasic.com](http://www.vlasic.com)

Relish and Pickles

# Dips

## **Athenos**

www.athenos.com; 877-535-5666

All

## **Cookwell & Company**

www.cookwell.net; 512-306-0044

Blanco Con Chile Verde Queso

Salsa Escabeche Queso

## **Fantastic World Foods**

www.fantasticfoods.com

Original Hummus

## **Fritos**

www.fritolay.com; 800-352-4477

Bean Dip

Chili Cheese Dip

Hot Bean Dip

Jalapeno & Cheddar Flavored Cheese Dip

Mild Cheddar Flavor Cheese

Southwest Enchilada Black Bean Flavored Dip

## Dips Cont'd

### Lay's

[www.fritolay.com](http://www.fritolay.com); 800-352-4477

Creamy Ranch Dip  
French Onion Dip  
French Onion Flavored Dry Dip Mix  
Green Onion Flavored Dry Dip Mix  
Heavenly Baked Potato Flavored Dip  
Ranch Flavored Dry Dip Mix

### Tostitos

[www.fritolay.com](http://www.fritolay.com); 800-352-4477

Monterey Jack Queso  
Salsa Con Queso  
Smooth & Cheesy Dip  
Southwestern Ranch  
Spicy Nacho  
Spicy Queso Supreme  
Spinach Dip  
Zesty Bean & Cheese

## Enchilada Sauces

### **La Victoria**

www.lavictoria.com; 800-523-4635

Red Enchilada Sauce Mild and Hot

### **Las Palmas**

www.bgfoods.com

Red Enchilada Sauce

### **Taco Bell**

www.tacobell.com; 800-822-6235

Taco Sauce Mild and Medium



# Green Chile

## **505 Southwestern**

[www.505chile.com](http://www.505chile.com); 800-292-9900

Chipotle Honey Roasted Green Chile

Diced Flame Roasted Green Chile

Green Chile Sauce

## **La Victoria**

[www.lavictoria.com](http://www.lavictoria.com); 800-523-4635

Green Salsa

## Hot Sauces

### **Cookwell & Company**

www.cookwell.net; 512-306-0044

Mango Habanero Sweet Heat  
Pineapple Jalapeno Sweet Heat

### **Frank's Red Hot**

www.franksredhot.com; 800-841-1256

Buffalo Wings Sauce  
Hot Buffalo Wings Sauce  
Original  
Sweet Chili Sauce  
Sweet Heat BBQ Wings Sauce  
XTRA Hot

### **Heinz**

www.heinz.com; 800-255-5750

All Chili Sauces

### **Las Palmas**

www.bgfoods.com

Red Chili Sauce

## Hot Sauces Cont'd

**Trappey's**

[www.bgfoods.com/trappeys/trappeys\\_index.asp?n=10](http://www.bgfoods.com/trappeys/trappeys_index.asp?n=10)

All Hot Sauces

## Marinades

### **Jack Daniel's EZ Marinader**

[www.jackdanielssauces.com](http://www.jackdanielssauces.com); 800-577-2823

Garlic & Herb Variety

Steakhouse Variety

Teriyaki Variety

### **Wright's Liquid Smoke**

[www.bgfoods.com/brand\\_wrights.asp](http://www.bgfoods.com/brand_wrights.asp)

Hickory

Mesquite

# Oils

## **Mazola**

www.mazola.com; 800-691-1106

All Oils

## **Napa Valley Naturals**

www.napavalleynaturals.com; 866-972-6879

All Oils

## Other Cooking-Related

### **Heinz**

www.heinz.com; 800-255-5750

Cocktail Sauce  
Sloppy Joe Sauce  
Tartar Sauce  
Worcestershire Sauce

### **Lea & Perrins**

www.leaperrins.com

White Wine Marinade  
Worcestershire Sauce

### **Regina**

www.reginavinegar.com

All Cooking Wines

# Pasta Sauces

## **Amy's**

www.amys.com; 707-568-4500

Organic Family Marinara Low Sodium

Organic Family Marinara Pasta Sauce

Organic Tomato Basil Low Sodium

Organic Tomato Basil Pasta Sauce

## **Bertolli**

www.villabertolli.com; 800-450-8699

Alfredo

## **Classico**

www.classico.com

All red and white sauces

## **Dei Fratelli**

www.deifratelli.com; 800-837-1631

All

## **Muir Glenn**

www.muirglenn.com; 800-624-4123

All

## Pasta Sauces Cont'd

### Newman's Own

[www.newmansown.com](http://www.newmansown.com)

All

### Prego

[www.prego.com](http://www.prego.com); 800-257-8443

Chunky Garden Combo  
Chunky Garden Mushroom & Green Pepper  
Chunky Garden Tomato, Onion & Garlic  
Flavored with Meat  
Fresh Mushroom  
Heart Smart Mushroom  
Heart Smart Onion & Garlic  
Heart Smart Ricotta Parmesan  
Heart Smart Roasted Red Pepper & Garlic  
Heart Smart Traditional  
Italian Sausage & Garlic  
Marinara  
Mushroom & Garlic  
Roasted Garlic & Herb  
Roasted Garlic Parmesan  
Three Cheese  
Tomato Basil Garlic  
Traditional



# Pizza Sauces

## **Cento**

[www.cento.com](http://www.cento.com)

Fully Prepared Pizza Sauce

## **Enrico's**

[www.enricos.com](http://www.enricos.com); 888-472-8237

All Natural Pizza Sauce

# Salad Dressings

## **Bolthouse Farms**

www.bolthouse.com; 800-467-4683

All Salad Dressings

## **Cookwell & Company**

www.cookwell.net; 512-306-0044

Cracked Black Pepper Vinaigrette  
Italian Herb and Olive Oil Marinade  
Olive and Lemon Vinaigrette  
Watermelon Vinaigrette

## **Emeril's**

www.emerils.com; 800-980-8474

Balsamic Vinaigrette  
Caesar Dressing  
House Herb Vinaigrette  
Italian Vinaigrette  
Raspberry Balsamic Vinaigrette

## **Kraft**

www.kraftrecipes.com; 877-535-5666

Balsamic Vinaigrette  
Buttermilk Ranch

## Salad Dressings Cont'd

### Kraft Cont'd

Classic Italian Vinaigrette  
Free Catalina  
Free Honey Dijon  
Free Italian  
Free Ranch Fat Free  
Greek Vinaigrette  
Light Creamy French Style  
Light Thousand Island  
Light Three Cheese Ranch  
Ranch  
Ranch with Bacon  
Roasted Red Pepper Italian with Parmesan  
Special Collection Parmesan Romano  
Sweet Honey Catalina  
Tangy Tomato Bacon  
Thousand Island  
Three Cheese Ranch  
Tuscan House Italian

### Newman's Own

[www.newmansown.com](http://www.newmansown.com)

Balsamic Salad Mist  
Balsamic Vinaigrette  
Caesar  
Creamy Caesar

## Salad Dressings Cont'd

### Newman's Own Cont'd

Creamy Italian  
Greek  
Italian Salad Mist  
Light Balsamic Vinaigrette  
Light Caesar  
Light Cranberry Walnut  
Light Honey Mustard  
Light Italian  
Light Lime Vinaigrette  
Light Raspberry Walnut  
Light Red Wine Vinegar & Olive Oil  
Light Roasted Garlic Balsamic  
Light Sun Dried Tomato Italian  
Olive Oil & Vinegar  
Orange Ginger  
Organic Light Balsamic Vinaigrette  
Organic Tuscan Italian  
Parmesan & Roasted Garlic  
Poppy Seed  
Ranch  
Red Wine Vinegar & Olive Oil  
Southwest  
Three Cheese Balsamic Vinaigrette  
Two Thousand Island

## Salsas

### **505 Southwestern**

www.505chile.com; 800-292-9900

All

### **Amy's**

www.amys.com; 707-568-4500

Organic Black Bean & Corn

Organic Medium

Organic Mild

Organic Spicy Chipotle

### **Cookwell & Company**

www.cookwell.net; 512-306-0044

Corn and Black Bean Salsa

Escabeche Salsa

Tomatillo Salsa

### **Dei Fratelli**

www.deifratelli.com; 800-837-1631

All

## Salsas Cont'd

### **Green Mountain Gringo**

[www.greenmountaingringo.com](http://www.greenmountaingringo.com)

All

### **La Victoria**

[www.lavictoria.com](http://www.lavictoria.com); 800-523-4635

All

### **Newman's Own**

[www.newmansown.com](http://www.newmansown.com)

Black Bean and Corn

Cilantro

Farmer's Garden

Mango

Organic Medium

Peach

Pineapple

Roasted Garlic

### **On the Border**

[www.trucenterprises.com](http://www.trucenterprises.com); 800-471-7723

All

## Salsas Cont'd

### **TGI Friday's**

[www.tgifridays.com/retail/blenders](http://www.tgifridays.com/retail/blenders); 800-374-3297

All

### **Tostitos**

[www.fritolay.com](http://www.fritolay.com); 800-352-4477

All Natural Hot Chunky Salsa

All Natural Medium Black Bean & Corn

All Natural Medium Chunky

All Natural Medium Picante Sauce

All Natural Medium Pineapple & Peach Salsa

All Natural Mild Chunky Salsa

All Natural Mild Picante Sauce

Creamy Salsa

Restaurant Style Salsa

Sweet & Spicy Summer Salsa

# Spreads

## **Earth Balance**

[www.earthbalancenatural.com](http://www.earthbalancenatural.com); 201-421-3970

Almond Butter  
Olive Oil Spread  
Organic Spread  
Original Spread  
Peanut Butter  
Soy Free Spread  
Soy Garden Spread  
Vegan Buttery Sticks

## **JIF**

[www.jif.com](http://www.jif.com)

All Peanut Butter products

## **MaraNatha**

[www.maranathafoods.com](http://www.maranathafoods.com); 800-434-4246

All Nut Butters

## **Peanut Butter & Co.**

[www.ilovepeanutbutter.com](http://www.ilovepeanutbutter.com); 866-456-8372

All Peanut Butters



## Spreads Cont'd

### **Skippy**

[www.peanutbutter.com](http://www.peanutbutter.com); 866-475-4779

Natural (all)

All Peanut Butter products

All Reduced Fat

All Roasted Honey Nut

### **Smucker's**

[www.smuckers.com](http://www.smuckers.com); 888-550-9555

Goober Grape

Goober Strawberry

Natural Chunky

Natural Creamy

Natural No Salt Added

Natural Peanut Butter with Honey

Organic Creamy and Chunky

### **Welch's**

[www.welchs.com](http://www.welchs.com); 800-340-6870

All

# Vinegars

## **Marukan Vinegar (U.S.A.) Inc.**

www.marukan-usa.com; 562-630-6060

All

**AVOID** Soy Ponzu Dressing

## **Regina**

www.reginavinegar.com

All Vinegars

# Aisles: Snacks

**Do you have a blog or website?**

Please post a link to this ebook and to  
<http://www.GlutenFreeShoppingGuide.com>

# Candy

## **Dove**

www.dovechocolate.com; 800-551-0704

Milk Chocolate and Dark Chocolate bars

## **Ferrara Pan**

www.ferrapan.com; 708-366-0500

All candies

## **M&M's**

www.m-ms.com/us; 800-627-7852

Milk Chocolate

Peanut

Peanut Butter

## **Milky Way**

www.milkywaybar.com; 800-627-7852

Milky Way Midnight

## Candy Cont'd

### Necco

www.necco.com; 781-485-4500

Banana Split Chews  
Canada Mint  
Wintergreen Lozenges  
Candy Stix  
Clark Bars  
Haviland Peppermint Patties  
Haviland Wintergreen Patties  
Mary Jane Peanut Butter Kisses  
Mary Janes  
Mint Julep Chews  
Necco Candy Eggs  
Necco Wafers  
Skybars  
Squirrel Nut Caramels  
Squirrel Nut Zippers  
Sweethearts Conversation Hearts  
Talking Pumpkins  
ULTRAMINTS

## Candy Cont'd

### **Snickers**

www.snickers.com; 800-627-7852

Snickers Bar

Snickers 2 To Go

### **Starburst**

www.starburst.com; 800-235-2883

Original Fruit Chews

Original GummiBursts

Original JellyBeans

### **Tootsie Roll Industries**

www.tootsie.com; 773-838-3400

All Cry Baby products

All Double Bubble products

Andes Mints

Caramel Apple Pops

Cella's Cherries

Charleston Chew

Charms Blow Pops, Flat Pops, Mini Pops

Child's Play Variety Bag (all)

Crows

DOTS

Fluffy Stuff Cotton Candy

Frooties

## Candy Cont'd

### Tootsie Roll Industries Cont'd

Junior Mints

Nik-I-Nip

Razzles

Sugar Babies

Sugar Daddy

Tootsie Pops

Tootsie Rolls

Wack-O-Wax

## Chips and Crisps

### **Baked Cheetos**

[www.fritolay.com/index.html](http://www.fritolay.com/index.html); 800-352-4477

FLAMIN' HOT Cheese Flavored Snacks  
Crunchy Cheese Flavored Snacks

### **Baked Doritos**

[www.fritolay.com/index.html](http://www.fritolay.com/index.html); 800-352-4477

Nacho Cheese Favored Tortilla Chips

### **Baked! Lay's**

[www.fritolay.com/index.html](http://www.fritolay.com/index.html); 800-352-4477

Cheddar & Sour Cream  
Original Potato Crisps  
Parmesan and Tuscan Herb  
Sour Cream & Onion  
Southwestern Ranch

### **Baked! Ruffles**

[www.fritolay.com/index.html](http://www.fritolay.com/index.html); 800-352-4477

Cheddar & Sour Cream  
Original Potato Crisps



## Chips and Crisps Cont'd

### **Baked! Tostitos**

[www.fritolay.com/index.html](http://www.fritolay.com/index.html); 800-352-4477

Scoops! Tortilla Chips

### **Baken-ets**

[www.fritolay.com/index.html](http://www.fritolay.com/index.html); 800-352-4477

BBQ Flavored Fried Pork Skins

Fried Pork Skins

Hot 'N Spicy Flavored Fried Pork Cracklins

Hot 'N Spicy Flavored Pork Skins

Hot Sauce Flavored Fried Pork Cracklins

### **Boulder Canyon Foods**

[www.bouldercanyonfoods.com](http://www.bouldercanyonfoods.com); 800-279-2250 ext. 6228

50% Reduced Salt Kettle Chips

60% Reduced Sodium Totally Natural Kettle Chips

Balsamic Vinegar & Rosemary Kettle Chips

Canyon Cut Honey BBQ Chips

Canyon Cut Salt & Cracked Pepper Potato Chips

Canyon Cut Sour Cream & Chive Potato Chips

Canyon Cut Totally Natural Potato Chips

Chipotle Ranch Kettle Chips

Hickory Barbeque Kettle Chips

## **Chips and Crisps Cont'd**

### **Boulder Canyon Foods Cont'd**

Jalapeno Cheddar Kettle Chips  
Lightly Salted Tortilla Chips with Hummus  
Limon Kettle Chips  
No Salt Added Totally Natural Kettle Chips  
Olive Oil Totally Natural Kettle Chips  
Parmesan & Garlic Kettle Chips  
Red Wine Vinegar Kettle Chips  
Rice & Adzuki Bean Sundried Tomato with Basil  
Artisan Snack Chips  
Rice & Bean Chipotle Cheese Artisan Snack Chips  
Rice & Bean Natural Salt Artisan Snack Chips  
Rice & Bean Sweet Lemon & Cracked Pepper  
Artisan Snack Chips  
Sea Salt & Cracked Pepper Kettle Chips  
Spinach & Artichoke Kettle Chips  
Sweet Lemon & Cracked Pepper Kettle Chips  
Tomato & Basil Kettle Chips  
Tortilla Chips with Hummus & Sesame, Lightly  
Salted  
Totally Natural Kettle Chips

## Chips and Crisps Cont'd

### Cheetos

[www.fritolay.com/index.html](http://www.fritolay.com/index.html); 800-352-4477

Crunchy Cheddar Jalapeno Cheese  
Crunchy Cheese  
Crunchy Chile Limon  
Crunchy Flamin' Hot  
Crunchy Flamin' Hot Limon  
Crunchy Wild Habanero  
Fantastix Chili Cheese  
Fantastix Flamin' Hot  
Giant Puffs Flamin' Hot  
Jumbo Puffs Flamin' Hot  
Mighty Zingers Ragin' Cajun & Tangy Ranch  
Mighty Zingers Sharp Cheddar & Salsa Picante  
Twisted Cheese

### Chesters

[www.fritolay.com/index.html](http://www.fritolay.com/index.html); 800-352-4477

Chili Cheese  
FLAMIN' HOT

## Chips and Crisps Cont'd

### Doritos

[www.fritolay.com/index.html](http://www.fritolay.com/index.html); 800-352-4477

1<sup>st</sup> Degree Burn Blazin' Jalapeno  
2<sup>nd</sup> Degree Burn Fiery Buffalo  
Black Pepper Jack Cheese  
Blazin' Buffalo & Ranch  
Collisions Cheesy Enchilada & Sour Cream  
Collisions Hot Wings & Blue Cheese  
Collisions Pizza Cravers & Ranch  
COOL RANCH  
Diablo  
Last Call Jalapeno Popper  
Late Night All Nighter Cheeseburger  
Reduced Fat COOL RANCH  
Salsa Verde  
Smokin' Cheddar BBQ  
Spicy Nacho  
Tacos at Midnight  
Toasted Corn

### Fritos

[www.fritolay.com/index.html](http://www.fritolay.com/index.html); 800-352-4477

SCOOPS Corn Chips  
FLAVOR TWISTS Honey BBQ  
Light Salted  
Original  
Spicy Jalapeno

## Chips and Crisps Cont'd

### Funyuns

[www.fritolay.com/index.html](http://www.fritolay.com/index.html); 800-352-4477

Flamin' Hot Onion Flavored Rings  
Onion Flavored Rings

### Grande Tortilla Chips

[www.grandefoods.com](http://www.grandefoods.com)

Nacho Cheese Tortilla Chips  
Original Tortilla Chips  
Reduced Fat Tortilla Chips  
Restaurant Style Tortilla Chips  
Salsa Limon Tortilla Chips

### Lay's

[www.fritolay.com/index.html](http://www.fritolay.com/index.html); 800-352-4477

Balsamic Sweet Onion  
Cajun Herb & Spice  
Cheddar & Sour Cream  
STAX Cheddar  
Chile Limon  
Classic Potato Chips  
Deli Style Original  
Dill Pickle  
Garden Tomato & Basil

## Chips and Crisps Cont'd

### Lay's Cont'd

Honey BBQ  
Hot & Spicy Barbecue  
STAX Jalapeno Cheddar  
Kettle Cooked Crinkle Cut BBQ  
Kettle Cooked Crinkle Cut Original  
Kettle Cooked Jalapeno Flavored Extra Crunchy  
Kettle Cooked Original  
Kettle Cooked Reduced Fat Original  
Kettle Cooked Sea Salt & Cracked Pepper  
Kettle Cooked Sea Salt & Vinegar  
Kettle Cooked Sharp Cheddar  
Kettle Cooked Sweet Chili & Sour Cream  
Light Original  
Lightly Salted  
Limon Tangy Lime  
STAX Mesquite Barbecue  
Natural Sea Salt Thick Cut  
STAX Original  
Pepper Relish  
STAX Ranch

## **Chips and Crisps Cont'd**

### **Lay's Cont'd**

Salt & Vinegar  
Sour Cream & Onion  
Southwest Cheese & Chilies  
Sweet & Spicy Buffalo Wing  
Sweet Southern Heat BBQ  
Tangy Carolina BBQ  
Wavy Au Gratin  
Wavy Hickory BBQ  
Wavy Ranch  
Wavy Regular

### **Lundberg Rice Chips**

www.lundberg.com; 530-882-4551

Fiesta Lime  
Honey Dijon  
Nacho Cheese  
Pico de Gallo  
Santa Fe Barbecue  
Sea Salt  
Sesame & Seaweed  
Wasabi

## **Chips and Crisps Cont'd**

### **Maui Style**

[www.fritolay.com/index.html](http://www.fritolay.com/index.html); 800-352-4477

Regular Potato Chips  
Salt & Vinegar

### **Miss Vickie's**

[www.fritolay.com](http://www.fritolay.com); 800-352-4477

Hand Picked Jalapeno Kettle Cooked  
Sea Salt & Cracked Pepper  
Sea Salt & Vinegar Kettle Cooked  
Smokehouse BBQ Kettle Cooked

### **Mr. Krispers**

[www.mrkrispers.com](http://www.mrkrispers.com)

All Crisps

### **Munchos**

[www.fritolay.com](http://www.fritolay.com); 800-352-4477

Regular Potato Chips



## Chips and Crisps Cont'd

### Ruffles

[www.fritolay.com](http://www.fritolay.com); 800-352-4477

Authentic Barbecue  
Cheddar & Sour Cream  
Light Original  
Lightly Salted  
Natural Reduced Fat Sea Salted  
Original  
Queso Flavored  
Reduced Fat Original  
Sour Cream & Onion

### Sabritas

[www.fritolay.com](http://www.fritolay.com); 800-352-4477

Adobadas  
Chile Piquin  
Habanero Limon  
Rancheritos  
Turbos Flamas  
White Corn Restaurant Style  
Yellow Corn Tortilla

## Chips and Crisps Cont'd

### Tostitos

[www.fritolay.com](http://www.fritolay.com); 800-352-4477

Bite Size Rounds Tortilla Chips

Blue Corn Restaurant Style

Crispy Rounds

Dipping Strips

Natural Blue Corn Restaurant Style

Natural Yellow Corn Restaurant Style

Restaurant Style with a Hint of Lime Flavor

Salsa Verde

SCOOPS! Hint of Jalapeno

SCOOPS! Regular

# Cookies

## **Annie's**

www.annies.com; 800 288-1089

Gluten Free Bunny Cookies

## **Ener-G Foods**

www.ener-g.com; 800-331-5222

Biscotti Chocolate Chip Cookies

Biscotti Raisin Cookies

Chocolate Chip Potato Cookies

Chocolate Chip Snack Bars

Chocolate Cookies

Cinnamon Cookies

Ginger Cookies

Sunflower Cookies

Vanilla Cookies

White Chocolate Chip Cookies

## **Ians**

www.iansnaturalfoods.com; 800-543-6637

Gluten Free Chocolate Chip Cookie Buttons

Gluten Free Cinnamon Cookie Buttons

## **Cookies Cont'd**

### **Mary's Gone Crackers**

[www.marysgonecrackers.com](http://www.marysgonecrackers.com); 888-258-1250

Chocolate Chip Cookies  
Double Chocolate Chip Cookies  
Ginger Snap Cookies  
N' Oatmeal Raisin Cookies

### **Mi-Del**

[www.midelcookies.com](http://www.midelcookies.com)

Gluten-Free Arrowroot Cookies  
Gluten-Free Chocolate Chip  
Gluten-Free Chocolate Sandwiches  
Gluten-Free Cinnamon Snaps  
Gluten-Free Ginger Snaps  
Gluten-Free Pecan  
Gluten-Free Royal Vanilla Sandwiches

### **Schar**

[www.schar.com/us](http://www.schar.com/us)

Petit Biscuits  
Twin Bar  
Wafer Pocket

# Crackers

## **Blue Diamond**

www.bluediamond.com; 800-987-2329

Almond Nut-Thins  
BBQ Nut-Thins  
Cheddar Cheese Nut-Thins  
Country Ranch Nut-Thins  
Hazelnut Nut-Thins  
Hint of Sea Salt Nut-Thins  
Pecan Nut-Thins  
Smokehouse Nut-Thins

## **Crunchmaster**

www.crunchmaster.com; 800-896-2396

Multi-Grain Crackers  
Multi-Seed Crackers  
Rice Crackers

## **Ener-G Foods**

www.ener-g.com; 800-331-5222

Cinnamon Crackers  
Ener-G Gourmet Crackers  
Seattle Crackers

## Crackers Cont'd

### **Glutino**

[www.glutino.com](http://www.glutino.com); 800-363-3438

Gluten Free Cheddar Crackers

Gluten Free Original Crackers

Multigrain Crackers

Vegetable Crackers

### **Mary's Gone Crackers**

[www.marysgonecrackers.com](http://www.marysgonecrackers.com); 888-258-1250

Black Pepper Crackers

Caraway Crackers

Herb Crackers

Onion Crackers

Original Seed Cracker

## Crackers Cont'd

### Schar

[www.schar.com/us](http://www.schar.com/us)

Cialde Wafer  
Crackers  
Crackers Pocket  
Crisp Rolls  
Fette Biscottate  
Fette Croccanti  
Funkies  
Grissini  
Salinis  
Salti

# Fruit Snacks

## **Annie's**

www.annies.com; 800 288-1089

Organic Bunny Fruit Snacks

## **Betty Crocker**

www.bettycrocker.com; 800-446-1898

Fruit by the Foot

Fruit Flavored Shapes

Fruit Gushers

Fruit Roll-Ups

## **Del Monte**

www.delmonte.com; 800-543-3090

All Fruit Cups

## **Dole**

www.dole.com; 800-356-3111

All Fruit Cups



## Fruit Snacks Cont'd

### Musselman's

www.musselmans.com; 717-677-8181

Chunky Apple Sauce  
Cinnamon Apple Sauce  
Healthy Picks Blueberry  
Healthy Picks Cupucacu Key Lime  
Healthy Picks Pomegranate  
Healthy Picks Raspberry Acai  
Organic Sweetened and Unsweetened Apple Sauce  
Sesame Street Fruit-Flavored Apple Sauces  
Sweetened Apple Sauce  
Totally Fruit Apple  
Totally Fruit Mixed Berry  
Totally Fruit Peach  
Totally Fruit Strawberry

### Welch's

www.welchs.com; 800-340-6870

All fruit snacks

## Nuts

### **Blue Diamond**

[www.bluediamond.com](http://www.bluediamond.com); 800-987-2329

Bold Blazin' Buffalo Wing  
Bold Carolina Barbecue  
Bold Habanero BBQ  
Bold Jalapeno Smokehouse  
Bold Lime 'n Chili  
Bold Salt 'n Vinegar  
Honey Roasted Almonds  
Lightly Salted Almonds  
Roasted Salted Almonds  
Smokehouse Almonds  
Whole Natural Almonds

### **Frito-Lay**

[www.fritolay.com](http://www.fritolay.com); 800-352-4477

Cashews  
Deluxe Mixed Nuts  
Honey Roasted Peanuts  
Hot Peanuts  
Nut & Chocolate Trail Mix  
Nut & Fruit Trail Mix  
Original Trail Mix  
Praline Pecans  
Salted Peanuts  
Smoked Almonds

## Nuts Cont'd

### Nut Harvest

[www.fritolay.com](http://www.fritolay.com); 800-352-4477

Natural Lightly Roasted Almonds

Natural Nut & Fruit Mix

Natural Sea Salted Peanuts

Natural Sea Salted Whole Cashews

### Planters

[www.planters.com](http://www.planters.com); 800-323-0768

Cocktail Peanuts (Regular, Lightly Salted, and Unsalted)

Dry Roasted (Regular, Lightly Salted, and Unsalted)

Honey & Dry Roasted

Honey Roasted

Redskin Spanish Peanuts

Sweet & Crunchy

### Sabritas

[www.fritolay.com](http://www.fritolay.com); 800-352-4477

Picante Peanuts

Salt & Lime Peanuts

## Nuts Cont'd

### True North

[www.fritolay.com](http://www.fritolay.com); 800-352-4477

Almond Clusters

Almond Cranberry Vanilla Clusters

Almond Cranberry Vanilla Clusters in White  
Chocolate

Almond Pecan Cashew Clusters

Almonds Pistachios

Citrus Burst Nut Clusters

Pecan Almond Peanut Clusters

Walnuts Pecans

## Popcorns and Puffs

### **Cheetos**

www.fritolay.com; 800-352-4477

Giant Puffs  
Natural White Cheddar Puffs  
Puffs  
Butter Flavored Puffcorn  
Flamin' Hot

### **Cracker Jack**

www.crackerjack.com; 800-352-4477

Original Caramel Coated Popcorn & Peanuts

### **Smartfood**

www.fritolay.com; 800-352-4477

Cranberry Almond  
Peanut Butter Apple  
Reduced Fat White Cheddar  
White Cheddar

## Pretzels and Sticks

### **Ener-G Foods**

www.ener-g.com; 800-331-5222

Ener-G Pretzels  
Sesame Pretzel Rings  
Wylde Pretzels  
Wylde Pretzel Rings

### **Mary's Gone Crackers**

www.marysgonecrackers.com; 888-258-1250

Sticks and Twigs–Chipotle Tomato  
Sticks and Twigs–Curry  
Sticks and Twigs–Sea Salt

### **Snyder's of Hanover**

www.snydersofhanover.com

Gluten Free Pretzel Sticks

## Rice Cakes

### **Lundberg Family Farms**

www.lundberg.com; 530-882-4551

Brown Rice, Lightly Salted  
Brown Rice, Salt Free  
Caramel Corn  
Cinnamon Toast  
Eco Farmed Apple Cinnamon  
Eco Farmed Brown Rice, Lightly Salted  
Eco Farmed Brown Rice, Salt Free  
Eco Farmed Buttery Caramel  
Eco Farmed Honey Nut  
Eco Farmed Sesame Tamari  
Eco Farmed Toasted Sesame  
Flax with Tamari  
Koku Seaweed  
Mochi Sweet  
Popcorn  
Sesame Tamari  
Sweet Green Tea with Lemon  
Tamari with Seaweed  
Wild Rice, Lightly Salted

### **Mother's Natural**

www.mothersnatural.com; 800-333-8142

All Rice Cakes

# Seeds

## **Frito-Lay**

[www.fritolay.com](http://www.fritolay.com); 800-352-4477

Ranch Sunflower Seeds  
Sunflower Seed Kernels  
Sunflower Seeds

## **Spitz**

[www.fritolay.com](http://www.fritolay.com); 800-352-4477

Chili Lime Sunflower Seeds  
Cracked Pepper Sunflower Seeds  
Dill Pickle Sunflower Seeds  
Salted Sunflower Seeds  
Seasoned Pumpkin Seeds  
Seasoned Sunflower Seeds  
Smoky BBQ Sunflower Seeds  
Spicy Sunflower Seeds



## Snack Bars

### Ians

www.iansnaturalfoods.com; 800-543-6637

Gluten Free Go Bars: Apple Pie

Gluten Free Go Bars: Cinnamon Bun

### KIND

www.kindsnacks.com; 212-616-3006

All flavors

### LÄRABAR

www.larabar.com; 720-945-1155

All flavors

### Nature's Path

www.naturespath.com; 888-808-9505

Envirokids Organic Cheetah Berry Crispy Rice Bars

Envirokids Organic Fruity Burst Crispy Rice Bars

Envirokids Organic Koala Chocolate Crispy Rice Bars

Envirokids Organic Peanut Butter Crispy Rice Bars

Envirokids Organic Peanut Choco Drizzle Crispy

Rice Bars

# THANK YOU!

Click to **share** on Twitter and **Like** this ebook on Facebook.



## Do you have a blog or website?

Please post a link to this ebook and to  
<http://www.GlutenFreeShoppingGuide.com>

# WHAT

is the next step? Click here to visit  
GlutenFreeShoppingGuide.com and:

- Give feedback by sharing a comment
- Subscribe to the mail list so you get important updates— Your information will not be shared with anyone