



## **GLUTEN-FREE PRODUCT GUIDE**

This list is for education purposes, it is designed to be a resource for vendors that include gluten-free status of their products on their website. It is not meant to be a comprehensive listing. Products and ingredients frequently change; please refer to the vendor website for updates.

### **GRAIN/BREAD/CEREAL**

#### **Bread**

Against the Grain Gourmet - <https://againstthegraingourmet.com/>

BFree - <https://www.bfreefoods.com/bfree-products/>

Canyon Bakehouse - <https://canyonglutenfree.com/>

Chebe - <https://www.chebe.com/>

Rudi's – select products <https://www.rudisbakery.com/gluten-free/>

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

Udi's - <http://udisglutenfree.com/>

#### **Cereal**

Chex: Cocoa, Cinnamon, Corn, Honey Nut, Rice <https://www.chex.com/our-products/>

Nature's Path - multiple varieties, Envirokids <http://shop.naturespath.com/Gluten-Free/c/NaturesPath@GlutenFree>

Purely Elizabeth - <https://purelyelizabeth.com>

Seven Sundays - <https://www.sevensundays.com>

Zego oats – purity protocol/allergen free <https://zegofoods.com/shop-all-products>

#### **Pancake Mix**

Arrowhead Mills: Gluten Free Pancake and Waffle Mix  
[http://www.arrowheadmills.com/product\\_category/gluten-free/](http://www.arrowheadmills.com/product_category/gluten-free/)

Bisquick Gluten-Free <https://www.bettycrocker.com>

King Arthur - <https://shop.kingarthurbaking.com/>

Kodiak Gluten Free Flapjack & Waffle Mix - <https://kodiakcakes.com/products/frontier-oat-flapjack-waffle-mix>

Namaste - <https://namastefoods.com/>

Pamela's - <https://www.pamelasproducts.com/products/gluten-free-baking-pancake-mix>

Simple Mills - <https://www.simplemills.com/Products/Product/Pancake-Waffle-Mix.aspx>

Trader Joe's: Frozen Pancakes & Waffles <https://www.traderjoes.com/dietary-lists/gluten-free#>

## **Pasta**

A Taste of Thai - rice noodles and Pad Thai <http://www.atasteofthai.com/>

Ancient Quinoa Harvest - quinoa-based pasta <http://ancientharvest.com/>

Jovial – brown rice pasta <https://jovialfoods.com/>

Lundberg – brown rice pasta <http://www.lundberg.com/products/all/>

Manini's - <https://www.maninis.com/products/>

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

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

## **Pizza Crust**

Against the Grain Gourmet - <https://againstthegraingourmet.com/>

Bob's Red Mill - <http://www.bobsredmill.com>

Chebe - <https://www.chebe.com/>

Manini's - <https://www.maninis.com/products/>

Jovial - <https://jovialfoods.com/>

Rustic Crust - <http://www.rusticcrust.com/rc-products/gluten-free/>

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

Udi's Pizza - <http://udisglutenfree.com/>

## **Rice, Rice Mixes**

Plain rice in all forms – white, brown, wild, basmati, jasmine

A Taste of Thai – seasoned rice, rice noodles <http://www.atasteofthai.com/>

Kevin's Natural- <https://www.kevinsnaturalfoods.com/>

Minute Rice – original and microwavable <https://www.minuterice.com/>

Thai Kitchen – rice, rice noodles <https://www.mccormick.com/thai-kitchen/products>

Zatarain's – select flavored rice blends <https://www.mccormick.com/zatarains/recipes/gluten-free#>

## **Tortilla**

BFree - <https://www.bfreefoods.com/bfree-products/>

Ortega: Hard Shells – Yellow, white and blue corn taco shells, Tostada Shells <http://www.ortega.com>

LaTortilla Factory - Ivory Teff Wrap <http://www.latortillafactory.com>

Mission – select tortillas <http://www.missionmenus.com/en/products/view/gluten-free-tortillas-soft-taco>

Siete - <https://sietefoods.com/>

Trader Joe's – corn tortilla <https://www.traderjoes.com/dietary-lists/gluten-free>

## **DAIRY**

### **Cheese**

Cottage cheese

Crystal Farms <http://www.crystalfarmscheese.com/>

Kraft <http://www.kraftrecipes.com/products/productmain.aspx>

Land O Lakes – natural cheeses <https://www.landolakes.com/products/cheese/>

### **Milk**

All unflavored liquid dairy milk is gluten free.

### **Yogurt**

Dannon – Multiple varieties, with some exceptions <http://www.dannon.com/>

FAGE - <https://usa.fage>

Kemp's <http://www.kemps.com/fridge/yogurt/>

Stonyfield - All yogurts and soy yogurts, except for YoTot <http://www.stonyfield.com/products>

So Delicious – non-dairy yogurt <http://sodeliciousdairyfree.com/>

Yoplait - multiple varieties <http://www.yoplait.com/products>

## **MEAT/LEGUME/NUTS**

### **Deli Meat**

Applegate <http://applegate.com/>

Boar's Head - <https://boarshead.com/en/nutrition-wellness/information/gluten-free>

Butterball – several gluten free options <https://www.butterball.com/products/deli-meat>

Carl Buddig – all meat products <http://www.buddig.com>

Hormel – Natural Choice meats <http://www.makethenaturalchoice.com/Products>

Jenni-O - <https://www.jennieo.com/products/special-diets/gluten-free>

## **Hot Dogs**

Applegate Farms - multiple varieties <http://applegate.com/>

Foster Farms – select GF corn dogs <https://www.fosterfarms.com>

Hebrew National – kosher beef franks <https://www.hebrewnational.com/kosher-beef-franks/beef-franks>

Hormel - Cocktail Smokies <https://www.hormelfoods.com/>

Jennie-O – franks, brats, sausages <https://www.jennieo.com/products/collection/3-gluten-free>

Kirkland brand signature beef hot dogs

## **Legumes**

B&M Baked Beans: All varieties <http://www.bmbeans.com/>

Bush Beans: Multiple varieties [https://www.bushbeans.com/en\\_US/products](https://www.bushbeans.com/en_US/products)

Joan of Arc - <http://www.joanofarc.com/>

Ortega - multiple varieties <http://www.ortega.com/products/>

## **Meat**

### *Chicken Nuggets*

Applegate -GF chicken nuggets <http://applegate.com/>

Ian's – GF chicken nuggets <http://iansnaturalfoods.com>

Jenni-O - <https://www.jennieo.com/products/special-diets/gluten-free/>

Perdue – Simply Smart GF chicken nuggets <https://www.perdue.com/products/perdue-simply-smart/>

Realgood Foods Co. - <https://realgoodfoods.com>

Trader Joe's – breaded chicken breast nuggets GF

Tyson – Naturals GF chicken nuggets <http://www.tyson.com>

## **Sausage/Meatballs/Bacon**

Al Fresco – fully cooked chicken meatballs (not fresh) <https://alfrescoallnatural.com>

Applegate - multiple varieties <http://applegate.com/products/dinner-sausage/category>.

Gilbert's Craft Sausages – multiple varieties (note bourbon apple is not GF)

<https://gilbertssausages.com/products>

Hormel – Natural Choice bacon <http://www.makethenaturalchoice.com/Products>

Jennie-O – fully cooked meatballs <https://www.jennieo.com/>

Trader Joe's – varieties of sausage <https://www.traderjoes.com/dietary-lists/gluten-free#>

## **Peanut Butter**

All major brands contain at least one GF product: Jif, Peter Pan, Skippy, Smucker's and Justin's

## **FRUIT/VEGETABLE**

### **Fruit**

All fresh fruit

All canned fruit

All 100% fruit juice

Del Monte - <http://www.delmontefoods.com>

Dole - <http://www.dole.com/en/products/categories/fresh-fruit>

Simply Balanced – fruit strips and dehydrated fruit <https://www.target.com>

Sun-Maid Raisins - <http://www.sunmaid.com/>

### **Vegetable**

All fresh and canned vegetables

All vegetable juice

### **Potatoes, Frozen**

Ore-Ida - <http://www.oreida.com>

## **SNACKS/DESSERTS**

### **Chips**

Boulder Canyon – most varieties except those with malt vinegar/extract <https://www.bouldercanyon.com/>

Cape Cod – multiple varieties <http://www.capecodchips.com/>

Frito-Lay - some varieties such as DORITOS®, FRITOS®, BAKED! LAY'S®, BAKED! RUFFLES®, BAKED! TOSTITOS® SCOOPS!® <http://www.fritolay.com/snacks/special-dietary-needs.htm>

Kettle Brand – all products <http://kettlebrand.com>

Late July - <https://www.latejuly.com/snacks/faq/>

Popcorners – several flavors are GF <https://contact.pepsico.com/popcorners/article/are-popcorners-gluten-free>

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

Siete - <https://sietefoods.com/>

Snyder's of Hanover – GF pretzel varieties <http://www.snydersofhanover.com/products/gluten-free-pretzels.html>

## **Chocolate**

Enjoy Life chocolate chips - <https://enjoylifefoods.com/products/semi-sweet-chocolate-mini-chips-1>

Hershey's – select candies, syrup <https://www.hersheys.com>

HU Kitchen - <https://hukitchen.com/>

Justin's – chocolate peanut butter cups <http://shop.justins.com/>

Nestle Toll House – milk, semi-sweet, dark and white chocolate morsels <https://www.verybestbaking.com>

Nutella - <https://www.nutella.com/en/us>

## **Cookies**

Glutino – <http://shop.glutino.com/Cookies/c/Glutino@Cookies>

Lucy's - <http://www.westminstercrackers.com/lucys-gluten-free-products>

Mi-Del – multiple varieties <http://www.midelcookies.com/products/gluten-free>

Pamela's - <http://www.pamelasproducts.com/>

Partake - <HTTPS://partakefoods.com>

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

Tates's Bake Shop - <https://www.tatesbakeshop.com/gluten-free/gluten-free-cookies>

Trader Joe's - multiple varieties <https://www.traderjoes.com/dietary-lists/gluten-free#>

## **Crackers**

Blue Diamond Nut Thins - multiple varieties <https://www.bluediamond.com/brand/nut-thins>

Crunchmaster – multiple varieties <https://crunchmaster.com/products/>

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

Manischewitz Matzo style crackers - <https://manischewitz.com/products/gluten-free-crackers/>

Mary's Gone Crackers - <http://www.marysgonecrackers.com/>

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

Trader Joe's - multiple varieties <https://www.traderjoes.com/dietary-lists/gluten-free#>

Wellaby's – cheese-ups <http://wellabys.us/en/>

## **Dessert Mixes; Brownie Mix, Cake Mix**

### **Brownie Mix**

Betty Crocker - GF Brownie Mix - <https://www.bettycrocker.com>

Trader Joe's Gluten-Free Brownie Mix - <https://www.traderjoes.com/dietary-lists/gluten-free#>

### **Cake Mix**

Betty Crocker – multiple varieties of GF mixes <https://www.bettycrocker.com>

King Arthur – chocolate and yellow GF mixes

[https://assets.wholefoodsmarket.com/specialdiets/MTK\\_Gluten\\_Free.pdf](https://assets.wholefoodsmarket.com/specialdiets/MTK_Gluten_Free.pdf)

Trader Joe's - Flourless Chocolate Cake <https://www.traderjoes.com/dietary-lists/gluten-free#>

### **Pie Crust**

Mi-Del – <http://www.midelcookies.com/products/gluten-free>

WFM Gluten Free Bakehouse – pie shells

[https://assets.wholefoodsmarket.com/specialdiets/MTK\\_Gluten\\_Free.pdf](https://assets.wholefoodsmarket.com/specialdiets/MTK_Gluten_Free.pdf)

Wholly - <https://www.whollygf.com/products>

### **Granola Bars**

Annie's – double chocolate chip granola bars <http://www.annies.com>

BoBo's - <https://eatbobos.com/>

FODY - <https://www.fodyfoods.com>

Kashi – varieties of chewy and GoLean bars <https://www.kashi.com/our-foods/food-preference/gluten-free>

Kind - <https://www.kindsnacks.com>

Larabar - <https://www.larabar.com>

Made Good - <https://www.madegoodfoods.com/collections/granola-bars>

Nature Valley – Protein chewy bars <https://www.naturevalley.com/glutenfree/>

## **Granola**

Jessica's - <http://www.jessicasnaturalfoods.com/granola/>

Kind – varieties of Clusters <https://www.kindsnacks.com>

Made Good - <https://www.madegoodfoods.com/>

Purely Elizabeth - <https://purelyelizabeth.com/collections/granola-2>

Trader Joe's - multiple varieties <https://www.traderjoes.com/dietary-lists/gluten-free#>

Udi's - <http://udisglutenfree.com/product-category/granola/>

## **Nuts**

Blue Diamond – varieties of almonds <https://www.bluediamond.com>

Emerald – varieties of almonds, cashews and mixed nuts <https://www.emeraldnuts.com/>

## **Nutrition Bars**

Aloha - <https://aloha.com/>

Bumble Bar - <http://www.bumblebar.com/>

PureFit - <https://purefit.com/>

Quest - <http://www.questnutrition.com>

RxBar - <https://www.rxbar.com/whats-inside>

Think Thin - <http://thinkproducts.com/>

## **Popcorn**

Angie's – Boom Chicka Pop <https://boomchickapop.com/our-products/>

Newman's Own - multiple varieties <http://www.newmansown.com>

Jolly Time - multiple varieties <http://www.jollytime.com/popcorn-products>

Skinny Pop - <https://www.hersheyland.com/>



## **MEALS**

### **Chili**

Amy's – multiple varieties <https://www.amys.com>

Hormel - multiple varieties <http://www.hormel.com/Brands/HormelChili/HormelChili/>

### **Meals, Microwaveable and Prepared**

Amy's Kitchen - multiple varieties <https://www.amys.com>

A Taste of Thai - <http://www.atasteofthai.com/quick-meals.php>

Dinty Moore – beef stew <http://www.hormel.com>

Evol – multiple varieties <https://www.evolfoods.com/our-food/gluten-free>

Feel Good Foods - <https://feel-good-foods.com/>

Hormel - Compleats Microwaveable Meals - <http://www.hormel.com/Brands/Compleats.aspx>

Kevin's Natural- <https://www.kevinsnaturalfoods.com/>

Lean Cuisine – multiple varieties [https://www.leancuisine.com/category/gluten\\_free](https://www.leancuisine.com/category/gluten_free)

Manini's - <https://www.maninis.com/products/>

Thai Kitchen - multiple varieties <https://www.mccormick.com/thai-kitchen/products>

Trader Joe's - multiple varieties <https://www.traderjoes.com/dietary-lists/gluten-free#>

Udi's - <http://udisglutenfree.com/>

Weight Watcher's Smart Ones - Multiple varieties <http://www.eatyourbest.com/products/all-products.aspx>

### **Soup**

Amy's - multiple varieties <https://www.amys.com>

Herb-Ox – bouillon <http://www.hormel.com/Brands/HORMEL-Herb-Ox.aspx>

Kettle Cuisine - multiple varieties <http://www.kettlecuisine.com>

Kevin's Natural- <https://www.kevinsnaturalfoods.com/>

Pacific Organic – cream of chicken/mushroom <https://www.pacificfoods.com>

Progresso - multiple varieties <https://www.progresso.com/products/>

Thai Kitchen - multiple varieties <https://www.mccormick.com/thai-kitchen/products>

Trader Joe's - Multiple varieties <https://www.traderjoes.com/dietary-lists/gluten-free#>

## **CONDIMENTS/SEASONING**

### **BBQ Sauce**

Heinz – original <http://www.heinzbbq.com/>

Kevin's Natural- <https://www.kevinsnaturalfoods.com/>

Sweet Baby Ray's – <https://www.sweetbabyrays.com/Sauces>

Stubbs Legendary - <http://www.stubbsbbq.com/>

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

### **Cooking Spray**

PAM - Original, Butter, Olive Oil (PAM Baking is NOT gluten free) <http://www.pamcookingspray.com/about-PAM/>

### **Creamer, Coffee**

Coffee Mate – Natural Bliss <https://www.coffee-mate.com/>

So Delicious (non-dairy) – multiple varieties [http://sodeliciousdairyfree.com/product\\_groups/dairy-free-creamers](http://sodeliciousdairyfree.com/product_groups/dairy-free-creamers)

### **Ketchup**

Annie's Organic - <https://www.annies.com/products/organic-ketchup>

FODY - <https://www.fodyfoods.com/products/>

Heinz - Multiple varieties <http://www.heinzketchup.com/Products/>

### **Mayonnaise**

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

Hellman's - <https://www.hellmanns.com>

### **Mustard**

French's - multiple varieties <http://www.frenchs.com/products/mustard/classic-yellow/>

### **Pasta/Pizza Sauce**

Classico - many varieties <http://www.classico.com/Products/Category/Red%20Sauces>

Contadina – <http://www.delmontefoods.com>

Newman's Own - multiple varieties <http://www.newmansown.com/food/type/sauce/>

### **Salad Dressing**

Bolthouse Farms – all varieties <https://www.bolthouse.com/products/dressings/>

Brianna's – multiple varieties <https://www.briannas.com/gluten-free/>

FODY - <https://www.fodyfoods.com>

Hidden Valley – multiple varieties <https://www.hiddenvalley.com/>

Newman's Own - multiple varieties <http://www.newmansown.com/food/type/dressing/>

Primal Kitchen - <https://www.primalkitchen.com/collections/dressing-and-marinade>

Wish-Bone – multiple varieties <https://www.wish-bone.com/>

### **Salsa**

FODY - <https://www.fodyfoods.com>

Frontera – multiple varieties <http://www.fronterafoods.com/products/salsa>

Newman's Own - multiple varieties <http://www.newmansown.com/food/type/salsa/>

Siete - <https://sietefoods.com/>

### **Soy Sauce**

Kikkoman Gluten Free - <https://kikkomanusa.com/homecooks/products/gluten-free-soy-sauce>

LaChoy - <http://www.lachoy.com/products/soy-sauce>

San-J - Multiple varieties including tamari <https://san-j.com/>

### **Seasoning Mix**

FODY - <https://www.fodyfoods.com>

McCormick – GF chili seasoning, taco seasoning, spaghetti seasoning <https://www.mccormick.com>

Smoke n Sanity - <https://www.snsspices.com/>

### **Drink Mixes**

Bloody Mary – McClure's, Cheers

Daiquiri - Master of Mixes, TGI Friday's

Margarita - Jose Cuervo, Master of Mixes, TGI Friday's

## **HEALTH PRODUCTS**

### **Fiber Supplement**

Citrucel – caplets and powder <https://www.citrucel.com/>

L'il Critters – fiber gummies <http://www.gummyvites.com/en/Lil-Critters/Products/Lil-Critters-Fiber-Gummy-Bears>

Metamucil – capsules and powder (wafers are not GF) <https://www.metamucil.com>

### **Lip balm**

EOS – all products <https://evolutionofsmooth.com>

SoftLips – multiple products <https://www.softlips.com/>

SunBum - <https://www.sunbum.com/>

### **Mouth rinse**

Biotene - [www.biotene.com](http://www.biotene.com)

Colgate - <https://www.colgate.com>

Tom's of Maine – all products <http://www.tomsomaine.com>

### **Toothpaste**

Arm & Hammer - <https://www.armandhammer.com>

Aquafresh - <https://www.aquafresh.com/>

Biotene - <https://www.biotene.com/>

Crest – all toothpaste <https://crest.com/en-us/products>

Colgate - <https://shop.colgate.com/products/colgate-toothpaste>

Desert Essence - <https://www.desertessence.com/collections/toothpaste>

Orajel – toddler training toothpaste <http://www.orajel.com>

Sensodyne - <https://www.sensodyne.com/en-us/products/>

Tanner's Tasty Paste - <https://www.tannerstastypaste.com/>

Tom's of Maine – all products <http://www.tomsomaine.com>