

Gluten-Free Product Guide

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

GRAIN/BREAD/CEREAL

Bread

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

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

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

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>

Pancake Mix

Arrowhead Mills: Gluten Free Pancake and Waffle Mix

http://www.arrowheadmills.com/product_category/gluten-free/

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

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/>

DeBole's- rice and multigrain pasta <https://www.deboles.com>

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

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

Pizza Crust

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

BitterSweet Bakery - <http://www.bittersweetgf.com/>

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

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

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/>



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

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, corn tortillas, tostadas, taco shells
<http://www.missionmenus.com/products>
<http://www.missionmenus.com/en/products/view/gluten-free-tortillas-soft-taco>
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/>
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/>
Carl Buddig – all meat products <http://www.buddig.com>
Hormel – Natural Choice meats <http://www.makethenaturalchoice.com/Products>

Hot Dogs

Applegate Farms - multiple varieties <http://applegate.com/>
Hormel - Cocktail Smokies <https://www.hormelfoods.com/>
Jennie-O – franks, brats, sausages <https://www.jennieo.com/products/collection/3-gluten-free>



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

Legumes

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

Bush Beans: Multiple varieties 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>

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

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>

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

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 vegetables

All canned vegetables

All vegetable juice

Potatoes, Frozen

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



SNACKS/DESSERTS

Chips

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>

Snyder's of Hanover – GF pretzel varieties

<http://www.snydersofhanover.com/products/gluten-free-pretzels.html>

Chocolate

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

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>

Glutino – pretzels www.glutino.com

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

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

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

Granola Bars

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

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>

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

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>

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>

Hormel - Compleats Microwaveable Meals -

<http://www.hormel.com/Brands/Compleats.aspx>



Lean Cuisine – multiple varieties https://www.leancuisine.com/category/gluten_free
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>
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/>
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

Ketchup

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/>

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

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

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

Salsa

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

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

Soy Sauce

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

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

Seasoning Mix

McCormick – GF chili seasoning, taco seasoning, spaghetti seasoning

<https://www.mccormick.com>

ALCOHOL

Beer/Cider

Angry Orchard hard cider - <http://www.angryorchard.com/>

Anheuser-Busch Redbridge - <http://www.redbridgebeer.com/>

Bard's - <http://www.bardsbeer.com/>

Burning Brothers - <https://www.burnbrosbrew.com/>

Strongbow cider - <https://www.strongbow.com/en-us>

Wine

All wine is gluten free with the exception of wine coolers

Spirits

All distilled spirits are gluten free unless a source of gluten is added after distillation. The following is a list of brands that originate from gluten-free grains/vegetable only:

Gin – Cold River

Rum – Bacardi Gold or Superior, Malibu, Captain Morgan

Tequila – Jose Cuervo, Patron, Souza

Vodka – UV, Tito's

Whiskey – Queen Jennie

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/>

Mouth rinse

Biotene - www.biotene.com

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

Toothpaste

Colgate – all Total toothpastes <http://www.colgate.com/en-us/products>

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

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

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