

## No Gluten Ingredient Listing

Dear Shoppers:

Individuals with celiac disease, non-celiac gluten sensitivity, gluten sensitivity, wheat allergy and other conditions may find this "No Gluten Ingredient Listing" to be a helpful guide when shopping for groceries at Gelson's.

Gluten is the protein that is found in wheat, rye and barley (as well as some oats and possibly other grains due to cross-contamination). **This listing distinguishes between two types of foods: (1) those that are guaranteed to be gluten free by manufacturers, which are marked with an \* in this listing and also have a "gluten free" tag on our store shelves, and (2) those that contain no gluten ingredients.** People with celiac disease and non-celiac gluten sensitivity are advised to consume foods in the first "gluten free" category. For foods in the latter "no gluten ingredient" category, the ingredients listed by the manufacturer indicate that none of the ingredients contain gluten, but the foods do not state "gluten free" on their labels. **These foods are included in this listing based solely on their ingredients. Sources of cross-contamination have not been investigated and foods may have been manufactured on equipment or in facilities that also process wheat, rye and barley.** In most cases, manufacturers take measures to avoid cross-contamination, but the only way to know for sure is to contact the company directly. Additionally, certain foods may contain no gluten ingredients and be gluten free but their manufacturers elect not to call them "gluten free" for various reasons, including possible risk of cross-contamination. These foods are included in the "no gluten ingredient" portion of the list.

Although wheat, barley and rye-based foods are excluded, a gluten free diet can still be a healthful, well-balanced diet. Vegetables, fruit, beans, legumes, nuts, fish, poultry, meat, eggs, milk, other dairy products and certain grains are all naturally free of gluten and should form the basis of everyone's diet. Potatoes, corn, peas, winter squash and sweet potatoes are starchy vegetables that can stand in for other starches in the diet, and gluten free grains such as rice, wild rice, quinoa, cornmeal, sorghum, millet, buckwheat and pure, uncontaminated oats can replace the forbidden grains. Since there is some risk of naturally gluten free grains being cross-contaminated with gluten, individuals who must strictly avoid gluten should seek out grains, flours and grain-based foods that state they are "gluten free" on the package. As with any healthy diet, though, minimally processed, whole foods should make up the majority of what is eaten. A cookie is never a health food regardless of its gluten content. Ideally, processed foods should only be a small part of everyone's healthful diet, though we understand that they are not entirely avoidable.

To assist you in your gluten free diet planning, I have compiled quick-reference lists of grain-based foods that both are and are not allowed on the diet.

The following is a listing of grains and starches that are allowed on a gluten free diet. These basic foods are often used as ingredients in packaged gluten free foods and can be made into flours, cereals, pastas, chips, bread, baked goods, thickeners, binders and fillers.

### Naturally Gluten Free Foods:

Arrowroot\*  
Beans (including soy)  
Buckwheat/kasha†  
Cassava/Yuca\*  
Corn (fresh)  
Cornmeal†  
Legumes (including lentils and plain/salted peanuts only)

Millet\*†  
Nuts (plain/salted only)  
Oats†  
Potato  
Potato flour\*†  
Quinoa†  
Rice† (excluding rice mixes)  
Seeds (plain/salted only)  
Sorghum\*  
Sweet Potato  
Tapioca\*  
Taro\*  
Wild Rice†

\* These foods are found as ingredients in other gluten free foods.

†These grain-based foods are at risk for cross-contamination. People who cannot tolerate any gluten should only buy products that state “gluten free” on the package.

The following is a listing of grains and starches that are not allowed on a gluten free diet. These foods can be hidden in processed foods as flour, binders, fillers, starch, stabilizers, thickeners, preservatives and texture enhancers.

**Foods Not Allowed:**

Barley  
Ale  
Barley flour  
Barley malt  
Beer (unless labeled gluten free)  
Brewer’s yeast  
Lager  
Malt  
Malt extract  
Malt vinegar  
Malted milk  
Sprouted barley

Rye  
Sprouted rye  
Triticale

Wheat  
Atta  
Bran  
Bulgur  
Cake flour  
Couscous  
Durum  
Einkorn  
Emmer  
Enriched flour  
Farina  
Farro  
Flour

Graham flour  
Hydrolyzed wheat protein  
Kamut  
Pasta  
Seitan  
Semolina  
Spelt  
Sprouted wheat  
Tabbouleh  
Triticale  
Udon  
Wheat bran  
Wheat flour  
Wheat germ  
Wheat starch

Miscellaneous

Commercial oats, oatmeal, oat bran, oat flour and other oat products\*\*  
Textured Vegetable Protein  
Unidentified Flour  
Unidentified Starch

\*\*People with celiac disease and non-celiac gluten sensitivity can only consume pure, uncontaminated oats in moderation (up to ½ cup daily). Gluten free oats are available at Gelson’s. Consult your physician before including oats in your diet.

Since many minimally-processed and single ingredient foods are not a major concern for those following gluten free diets, this list does not include individual listings of certain naturally gluten free, nongrain-based foods, including: juice, sports drinks, water, alcohol (except beer), coffee, other beverages and soft drinks, spices (except dry seasoning mixes), pickles, olives, nuts (except seasoned), canned and jarred fruit, canned and jarred vegetables, canned beans, canned fish and meat, dried fruits and vegetables, frozen fruits and vegetables (some with sauce may contain gluten), ice cream and other frozen desserts, oils and fats, vinegars (malt vinegar contains gluten), regular deli (meats, fish, cheese), dairy (butter, milk, eggs, yogurt, cottage cheese) and fresh meat, seafood and produce. **However, when applicable, shoppers should always read the ingredient lists on every food they purchase, every time they shop.**

**Always read the label—INGREDIENTS CHANGE.** A gluten free diet requires that all processed foods become suspect, even if you have bought them before. Manufacturers sometimes change ingredients, so a food that was gluten free one week might not be so the next. Gelson’s shoppers who must avoid gluten can use the shopping list and shelf tags as a quick guide to help them identify a variety of packaged gluten free foods.

**This list is only a guide to assist you with your gluten free shopping.** The list and the shelf tags make no guarantees that a product will be completely gluten free, but it is a great starting point for those who need guidance in choosing gluten free foods. The sampling of products on this list has been compiled with the help of the Celiac Disease Foundation. We have made every effort to be accurate; however, Gelson’s and the Celiac Disease Foundation cannot be held responsible for individual reactions to any products. For further information on Celiac Disease, please contact the Celiac Disease Foundation at [www.celiac.org](http://www.celiac.org).

Best of health,

Jessica Siegel, MPH, RD  
Gelson’s Staff Dietitian

For questions about gluten or other nutrition information, contact me directly at 1-800-GELSONS.

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### **Asian Food**

- Many Asian foods contain soy sauce, which contains gluten. Look for foods made either without soy sauce or with gluten free soy sauce.

Asian Food	Size	UPC
* A Taste Of Thai-Coconut Ginger Rice	7 oz	70650-80031
* A Taste Of Thai-Rice Noodles	16 oz	70650-80082
* Annie Chuns Noodles-Pad Thai Rice	8 oz	7-65667-52793
Botan Cal Rose Rice	5 lb	11152-03470
Dynasty Maifun Rice Sticks	6.75 oz	11152-03188
Dynasty Rice-Jasmine	5 lb	11152-44368

\*Foods guaranteed to be gluten free by the manufacturer.

Dynasty Saifun Bean Threads	5.29 oz	11152-03194
Dynasty Sauce-Hoisin	7 oz	11152-09627
* Feng Shui Rice Cracker-Nori Seaweed	3.5 oz	41224-83506
* Ka-Me Rice Crackers Plain	3.5 oz	70844-00101
Kikkoman Aji-Mirin	10 oz	11152-02140
Kikkoman Soup-Tofu Miso Instant	1.05 oz	41390-03070
La Choy Sauce-Sweet & Sour	10 oz	44300-12551
Maggi Sweet Chili Sauce	10.1 oz	28000-51212
Marukome Miso & Easy-Original	13.8 oz	8-92565-00269
Marukome Miso Soup-Tofu	3 pk	8-98216-00184
Marukome Miso Soup-Vegetable	3 pk	8-98216-00186
Mishima Instant Soup-Spicy Miso	1.05 oz	8-30757-00030
Mishima Instant Soup-White Miso	1.05 oz	8-30757-00023
Miyako Gari Shoga Ginger	6 oz	72546-18138
Sambal Oelek-Chili Paste	8 oz	24463-06107
* San J Org Tamari G/Free Soy Sauce	10 oz	75810-00125
* San J Org Tamari Soy- Gluten Free R/S	10 oz	75810-00425
* San J Tamari Soy Sauce	10 oz	75810-02125
* San J Tamari Soy Sauce-Reduce Slt	10 oz	75810-02325
* Snapdragon Rice Pasta Stir Fry-Peanut	6.7 oz	8-15055-01065
Sun Bird Wasabi	1.52 oz	74880-02002
* Sun Luck Duck Sauce	7 oz	76132-05017
* Sun Luck Hoisin Sauce-Gluten Free	8 oz	76132-05016
* Sun Luck Plum Sauce-Gluten Free	8 oz	76132-09025
* Thai Kitchen Bowl-Lmn Grass/Chili	2.4 oz	7-37628-08650
* Thai Kitchen Bowl-Mushroom	2.4 oz	7-37628-06550
* Thai Kitchen Bowl-Rice/Ndl/Garlic	2.4 oz	7-37628-06250
* Thai Kitchen Bowl-Rice/Ndl/Onion	2.4 oz	7-37628-06600
* Thai Kitchen Green Curry Paste	4 oz	7-37628-00400
* Thai Kitchen Noodle-Lm Grass/Inst	1.6 oz	7-37628-02950
* Thai Kitchen Red Curry Paste	4 oz	7-37628-00300
* Thai Kitchen Rice-Jasmine	17.5 oz	7-37628-01700
* Thai Kitchen Sauce-Premium Fish	6.76 oz	7-37628-00100
Tuong Ot Sriracha Chili Sauce	17 oz	24463-06109
Ty Ling Chinese Hot Mustard	4 oz	70670-00060
Yang Ban Sea Veggies-Black Pepper	0.21 oz	8-83298-61960
Yang Ban Sea Veggies-Hot Chili	0.21 oz	8-83298-61959
Yang Ban Sea Veggies-Sea Salt	0.21 oz	8-83298-61958

**Baby Food**

Earths Best Antiox-Apple/Squash

Size

4 oz

UPC

23923-30072

\*Foods guaranteed to be gluten free by the manufacturer.

Earths Best B.F.-Apple/Plum	4 oz	23923-20014
Earths Best B.F.-Apples & Apricot	4 oz	23923-20013
Earths Best B.F.-Butternut Squash/Corn	4 oz	23923-30035
Earths Best B.F.-Cd Chicken/Brown Rice	4 oz	23923-50072
Earths Best B.F.-Green Bean/Rice	4 oz	23923-30033
Earths Best B.F.-Pear/Raspberry	4 oz	23923-20019
Earths Best B.F.-Pears/Mangos	4 oz	23923-20021
Earths Best B.F.-Rice/Lentils	4 oz	23923-50045
Earths Best B.F.-Strained Apples	4 oz	23923-20010
Earths Best B.F.-Strained Pears	4 oz	23923-20016
Earths Best B.F.-Strained Apple/Banana	4 oz	23923-20015
Earths Best B.F.- Strained Apple/Blue	4 oz	23923-20018
Earths Best B.F.- Strained Carrots	4 oz	23923-30030
Earths Best B.F.- Strained Peas/Brown Rice	4 oz	23923-30032
Earths Best B.F.-Summer Vegetable	4 oz	23923-50044
Earths Best B.F.-Sweet Potatoes	4 oz	23923-30031
Earths Best B.F.- Sweet Potatoes /Chicken	4 oz	23923-50060
Earths Best B.F.-Winter Squash	4 oz	23923-30034
Earths Best Beginning Apples	2.5 oz	23923-20004
Earths Best Beginning Pears	2.5 oz	23923-20005
Earths Best Beginning Peas	2.5 oz	23923-20001
Earths Best Beginning Sweet Potato	2.5 oz	23923-20003
Earths Best Gm-Sweet Pea Turkey Rice	4 oz	23923-30082
Earths Best Infant Formula/Iron	25.75 oz	23923-10044
Enfamil Gentlease Powder	12.4 oz	3-00875-10069
Enfamil Premium Concentrate	13 oz	3-00871-36741
Enfamil Premium Powder	12.5 oz	3-00871-36542
Enfamil Premium Powder-Tub	23.4 oz	3-00871-36560
Enfamil Premium Single Serve Pk	16 ct	3-00871-36567
Enfamil Premium W/Iron 4pk	4 pk	3-00871-45941
Enfamil Premium-Nursette	6 ct	3-00871-36641
Enfamil Prosoabee Lipil Powder	12.9 oz	3-00871-21441
Gerber 2nd Foods-Beef	2.5 oz	15000-01214
Gerber 2nd Foods-Chicken	2.5 oz	15000-01212
Gerber 2nd Foods-Ham	2.5 oz	15000-01215
Gerber 2nd Foods-Turkey	2.5 oz	15000-01217
Gerber Cereal Org.-Brown Rice	8 oz	15000-12504
Gerber Good Start Supr-Iron/Dha/Ara	12 oz	50000-21667
Gerber Grad Lil Baked Corn Snack	1.48 oz	15000-04830
Gerber Grad Meat Stix- Chicken	2.5 oz	15000-01232
Gerber Grad Meat Stix- Meat	2.5 oz	15000-01231
Gerber Org 1st Food-Prunes	5 oz	15000-12604
Happy Baby Food-Organic Stage 1 Mango	3.5 oz	8-52697-00134

\*Foods guaranteed to be gluten free by the manufacturer.

Happy Baby Food-Organic Stage 1 Pears	3.5 oz	8-52697-00133
Happy Baby Food-Organic Stage 2 Apricot/Sweet Potato	3.5 oz	8-52697-00136
Happy Baby Food-Organic Stage 2 Banana/Beets/Blueberries	3.5 oz	8-52697-00137
Happy Baby Food-Organic Stage 2 Cherry/Apple	3.5 oz	8-52697-00138
Happy Baby Food-Organic Stage 2 Kiwi/Banana	3.5 oz	8-52697-00135
Happy Baby Food-Organic Stage 2 Peas/Broccoli/Pear	3.5 oz	8-52697-00140
Happy Baby Food-Organic Stage 2 Spinach/Mango/Pear	3.5 oz	8-52697-00139
Happy Baby Food-Organic Stage 3 Amaranth Ratatouille	4 oz	8-52697-00146
Happy Baby Food-Organic Stage 3 Beef Stew	4 oz	8-52697-00145
Happy Baby Food-Organic Stage 3 Chick Chick	4 oz	8-52697-00141
Happy Baby Food-Organic Stage 3 Gobble Gobble	4 oz	8-52697-00142
Happy Baby Food-Organic Stage 3 Mama Grain	4 oz	8-52697-00144
Happy Baby Food-Organic Stage 3 Super Salmon	4 oz	8-52697-00143
* Happy Baby Food-Organic Stage 4 Banana/Mango/Peach	4.22 oz	8-52697-00132
* Happy Baby Food-Organic Stage 4 Green Beans/Pears/Peas	4.22 oz	8-52697-00127
* Happy Baby Food-Organic Stage 4 Spinach/Mango/Pear	4.22 oz	8-52697-00129
* Happy Baby Food-Organic Stage 4 Sweet Potato/Apple/Carrot	4.22 oz	8-52697-00128
* Happy Bellies Organic Cereals-Brown Rice/DHA	7 oz	8-52697-00107
* Happy Melts-Organic Banana Mango	1 oz	8-52697-00149
* Happy Melts-Organic Mixed Berry	1 oz	8-52697-00148
* Pediasure-Vanilla 6pk	6 ct	70074-58050
Plum Organic Baby Food-Blueberry/Pear/Purple Carrot	4.22 oz	8-90180-00197
Plum Organic Baby Food-Pear/Mango	4.22 oz	8-90180-00120
Plum Organic Baby Food-Pumpkin/Banana	4.22 oz	8-90180-00123
Plum Organic Baby Food-Spinach/Peas/Pear	4.22 oz	8-90180-00119
Plum Organic Baby Food-Sweet Potato/Corn/Apple	4.22 oz	8-90180-00124
Plum Organic-Just Mango	3.17 oz	8-90180-00187
Plum Organic-Just Pears	3.17 oz	8-90180-00171
Plum Organic-Mish Mash Banana	3.17 oz	8-90180-00116
Plum Organic-Mish Mash Peach	3.17 oz	8-90180-00118
Plum Organic-Mish Mash Strawberry	3.17 oz	8-90180-00117
Similac Advance Rtf 8oz Bottles	6 pk	70074-58613
Sprout Org.Baby Food-Stg 1 Baked Sweet Potato	2.5 oz	8-97415-00205
Sprout Org.Baby Food-Stg 1 Roasted Apples	2.5 oz	8-97415-00201
Sprout Org.Baby Food-Stg 1 Roasted Bananas	2.5 oz	8-97415-00200
Sprout Org.Baby Food-Stg 1 Roasted Butternut Squash	2.5 oz	8-97415-00204
Sprout Org.Baby Food-Stg 1 Roasted Pears	2.5 oz	8-97415-00202
Sprout Org.Baby Food-Stg 1 Sweet Peas	2.5 oz	8-97415-00203
Sprout Org.Baby Food-Stg 2 Baby Carrots	3.5 oz	8-97415-00211
Sprout Org.Baby Food-Stg 2 Baked Sweet Potato/White Beans	3.5 oz	8-97415-00210
Sprout Org.Baby Food-Stg 2 Carrot/Apple/Mango	3.5 oz	8-97415-00214
Sprout Org.Baby Food-Stg 2 Peach Rice Pudding	3.5 oz	8-97415-00217
Sprout Org.Baby Food-Stg 2 Roasted Apple/Blueberry	3.5 oz	8-97415-00206

\*Foods guaranteed to be gluten free by the manufacturer.

Sprout Org.Baby Food-Stg 2 Roasted Banana/Brown Rice	3.5 oz	8-97415-00215
Sprout Org.Baby Food-Stg 2 Roasted Banana/Mango	3.5 oz	8-97415-00207
Sprout Org.Baby Food-Stg 2 Roasted Pear/Apricot	3.5 oz	8-97415-00209
Sprout Org.Baby Food-Stg 2 Sweet Peas/Green Beans	3.5 oz	8-97415-00213
Sprout Org.Baby Food-Stg 3 Creamy Chicken/Vegetables	5.5 oz	8-97415-00225
Sprout Org.Baby Food-Stg 3 Roasted Turkey/Herb Vegetables	5.5 oz	8-97415-00223

### Baking

- All of the flours and mixes listed are naturally gluten free. However, people with celiac disease and non-celiac gluten sensitivity should only consume those that have an \*, which means that their packaging states they are gluten free.
- Herbs, spices and seeds are gluten free. Seasoning mixes and blends may contain gluten. See “Sauces, Marinades, Condiments & Dry Seasoning Mixes” section for more information. Always read ingredient lists.

Baking	Size	UPC
Albers Corn Meal-Yellow	40 oz	41449-05626
* Betty Crocker Frosting-Butter Cream	12 oz	16000-32990
* Betty Crocker Frosting-Chocolate	16 oz	16000-45840
* Betty Crocker Frosting-Cream Cheese	12 oz	16000-37420
* Betty Crocker Frosting-Lemon	16 oz	16000-45850
* Betty Crocker Frosting-Milk Chocolate	16 oz	16000-45900
* Betty Crocker Frosting-Rich White	16 oz	16000-16166
* Betty Crocker Frosting-Whip Vanilla	12 oz	16000-37430
* Bisquick Baking Mix-Gluten Free	16 oz	16000-27746
Bobs Red Mill Corn Meal	24 oz	39978-00304
* Bobs Red Mill F/G Almond Meal Flour	16 oz	39978-01381
* Bobs Red Mill S/G White Rice Flour	24 oz	39978-00316
* Bobs Red Mill W/G Brown Rice Flour	24 oz	39978-00315
* Bobs Red Mill Whole Ground Flaxseed Meal	16 oz	39978-00330
* Bobs Red Mill Xanthan Gum	8 oz	39978-02555
* Duncan Hines Frosting-Dark Chocolate	16 oz	6-44209-00447
* Duncan Hines Frosting-Milk Chocolate	16 oz	6-44209-00439
* Enjoy Life Chocolate Chips-Semi Sweet Gluten Free	10 oz	8-53522-00030
* Gennaro Polenta-Traditional Italian	24 oz	7-62676-12400
* King Arthur Brownie Mix Gluten Free	17 oz	71012-07508
* King Arthur Cookie Mix Gluten Free	16 oz	71012-07504
* King Arthur Flour-Multi Purpose Gluten Free	24 oz	71012-07502
* Kingsford-Corn Starch	16 oz	7-61720-07140
Molino Instant Polenta	17.6 oz	6-56282-00011
* Rumford Baking Powder	10 oz	41617-00225
Solo Filling-Poppy Seed	12.5 oz	41642-00110

\*Foods guaranteed to be gluten free by the manufacturer.

* Valsugana Pandeia Polenta Maize Flour	13.2 oz	72248-35507
* XO Baking Co-Banana Bread Mix	10.3 oz	610563-02848
* XO Baking Co-Corn Bread Mix	10.3 oz	610563-02849
* XO Baking Co-Pancake & Waffle Mix	10.3 oz	610696-85267

### Beverages

- Beverages such as water, juice, soft drinks, soda, sports drinks, and distilled alcoholic beverages are gluten free. Always read ingredient lists.
- Beer, ale, cider, flavored alcoholic beverages, wine coolers and malt-based beverages are not gluten free, unless specified, as with the gluten free beer listed here.

Beverages	Size	UPC
* Green's Discovery Amber Ale	16.9 oz	85725-17604
* Redbridge Lager 6pk	12 oz	18200-11985

### Bread

- All of the breads, tortillas, tostada/taco shells and cookies listed are made with naturally gluten free grains. However, people with celiac disease and non-celiac gluten sensitivity should only consume those that have an \*, which means that their packaging states they are gluten free.

Bread	Size	UPC
* Amy's Organic Gluten-Free Sandwich Rounds	9 oz	42272-00049
* Food/Life Bread-Brown Rice Gluten Free	24 oz	73472-00169
* Food/Life Bread-Brown Rice Gluten Free	24 oz	73472-00169
* Food/Life Tortillas- Brown Rice Gluten Free	6 ct	73472-00369
* Guerrero Tortillas-White Corn	30 ct	48564-06002
Guerrero-Tostada Nortena	13.2 oz	48564-00113
* La Tortilla Factory- Gluten Free Ivory Teff	13.96 oz	78858-52502
Los Pericos Tostadas 10pk	5 oz	10609-62862
Miss Meringue Cookies-F/F Vanilla	5 oz	6-39775-00101
Mission Shells-Taco	12 ct	73731-00511
Mission Shells-Taco Jumbo	12 ct	73731-00634
Mission Tortillas Corn Sprsze Yel	10 ct	73731-06500
* Mission Tortillas Corn Yelx Thin	24 ct	73731-00328
Mission Tortillas Corn-Supersize	10 ct	73731-06200
Mission Tortillas Corn-White	30 ct	73731-06002
Ortega Taco Kit	12 ct	39000-00805
* Ortega Taco Shells-White Corn	12 ct	39000-00828
* Ortega Taco Shells-Whl Grain Corn	10 ct	41501-00803
* Ortega Taco Shells-Yellow Corn*	12 ct	39000-00800
* Rudi's Gluten Free Bread-Multi Gr	18 oz	8-56750-00201
* Rudi's Gluten Free Bread-Original	18 oz	8-56750-00200

\*Foods guaranteed to be gluten free by the manufacturer.

* Smart Grains-Sage Stuffing GF	12 oz	891097-00075
Stoneground-Macaroons	16 oz	8-11274-00053
* Udi's-Gluten Free Cinnamon Raisin Bread	12 oz	6-98997-80925
* Udi's-Gluten Free Millet-Chia Bread	12 oz	6-98997-80994
* Udi's-Gluten Free Pizza Crust	8 oz	6-98997-80917
* Udi's-Gluten Free Plain Bagel	14 oz	6-98997-80954
* Udi's-Gluten Free White Sandwich Bread	12 oz	6-98997-80910
* Udi's-Gluten Free Whole Grain Bread	12 oz	6-98997-80916
* Udi's-Gluten Free Whole Grain Bagel	14 oz	6-98997-80964

### **Canned Fruit, Tomatoes & Vegetables**

- Canned and jarred fruit, tomatoes, vegetables, pickles and olives do not typically contain gluten. Always read the ingredient lists to confirm that no gluten ingredients are used.

### **Canned Meat & Seafood**

- Canned meat and seafood do not typically contain gluten. Always read the ingredient lists to confirm that no gluten ingredients are used.

### **Cereal**

- All of the cereals and bars listed are made with naturally gluten free grains. However, people with celiac disease and non-celiac gluten sensitivity should only consume those that have an \*, which means that their packaging states they are gluten free.
- People with celiac disease and non-celiac gluten sensitivity can only consume pure uncontaminated oats in moderation (up to ½ cup daily). Consult your physician before including oats in your diet.

Cereal	Size	UPC
Albers Grits-Quick	20 oz	50000-29155
Albers Grits-Quick	20 oz	41449-05620
Alfs Puffed Corn-Yellow	6 oz	71986-12063
Alfs Puffed Rice-Brown	6 oz	71986-12062
* Bobs Red Mill M/T Hot Cereal-Gluten Free	24 oz	39978-00116
* Bobs Red Mill Rolled Oats-Gluten Free	32 oz	39978-00375
* Bobs Red Mill Steel Cut Oats-Gluten Free	24 oz	39978-00373
* Cream Of Rice-Hot Cereal	14 oz	13130-00698
* Enjoy Life Bars-Chewy Sunbutter Crunch	5 oz	8-53522-00062
* Enjoy Life Bars-Chewy Very Berry	5 oz	8-53522-00042
* G.Mills Chex-Chocolate	14.25 oz	16000-27473
* G.Mills Chex-Cinnamon	13.5 oz	16000-26344

\*Foods guaranteed to be gluten free by the manufacturer.

* G.Mills Chex-Corn	14 oz	16000-27558
* G.Mills Chex-Honey Nut	13.8 oz	16000-27531
* G.Mills Chex-Rice	12.8 oz	16000-27559
* Kelloggs Rice Krispies Gluten Free	12 oz	38000-55019
* Post Pebbles-Fruity	11 oz	8-84912-12971

### **Chips, Bars & Snacks**

- All of the bars, chips, crisps, rice snacks, popcorn and other snacks listed are made with naturally gluten free grains. However, people with celiac disease and non-celiac gluten sensitivity should only consume those that have an \*, which means that their packaging states they are gluten free.

Bars	Size	UPC
* Clif Luna Protein Bar-Chocolate	1.6 oz	7-22252-23302
* Clif Luna Protein Bar-Mint Chocolate Chip	1.6 oz	7-22252-23305
* Clif Luna Protein Br-Chocolate Peanut Butter	1.59 oz	7-22252-23301
* Clif Luna Protein Br-Cookie Dough	1.59 oz	7-22252-23303
* Enjoy Life Bars-Chewy Sunbutter Crunch	5 oz	8-53522-00062
* Enjoy Life Bars-Chewy Very Berry	5 oz	8-53522-00042
* Enjoy Life Chocolate Bars-Dairy-Free Rice Milk Crispy Rice	1.4 oz	8-53522-00072
* Enjoy Life Chocolate Bars-Dark Chocolate	1.4 oz	8-53522-00071
* Kind Bar-Almond & Coconut	1.4 oz	6-02652-17008
* Kind Bar-Almond/Apricot	1.4 oz	6-02652-17005
* Kind Bar-Apple Cinnamon & Pecan	1.4 oz	6-02652-17017
* Kind Bar-Fruit/Nut & Yogurt	1.6 oz	6-02652-17007
* Kind Bar-Fruit/Nut Delight	1.4 oz	6-02652-17004
* Kind Bar-Macadamia & Apricot	1.4 oz	6-02652-17002
* Kind Bar-Nut Delight	1.4 oz	6-02652-17006
* Kind Bar-Walnut & Date	1.4 oz	6-02652-17010
* Kind Plus Bar-Almd/WInt/Macadamia	1.4 oz	6-02652-17013
* Kind Plus Bar-Almond/Cashew	1.4 oz	6-02652-17016
* Kind Plus Bar-Cranberry/Almond	1.4 oz	6-02652-17011
* Kind Plus Bar-Dk Choc.Cherry Cashew Antioxidants	1.4 oz	6-02652-17050
* Kind Plus Bar-Mango/Macadamia	1.4 oz	6-02652-17014
* Kind Plus Bar-Peanut Butter Dark Chocolate Protein	1.4 oz	6-02652-17056
* Kind Plus Bar-Pom/Blue Pistachio Antioxidants	1.4 oz	6-02652-17021
* Larabar Food Bar-Apple Pie	1.6 oz	21908-50927
* Larabar Food Bar-Cashew Cookie	1.7 oz	21908-50925
* Larabar Food Bar-Cherry Pie	1.7 oz	21908-50924
* Larabar Food Bar-Chocolat Coconut	1.8 oz	21908-50923

\*Foods guaranteed to be gluten free by the manufacturer.

* Larabar Food Bar-Pecan Pie	1.6 oz	21908-50915
* Mariani Honey Bar-Cranberry	1.4 oz	71022-31275
* Mariani Honey Bar-Granola	1.4 oz	71022-31277
* Mariani Honey Bar-Sesame	1.4 oz	71022-31276
* Mariani Honey Bar-Trail Mix	1.4 oz	71022-31274
* Orchard Bar-Blueberry Pomegranate & Almond	1.6 oz	8-58059-00210
* Orchard Bar-Pineapple Coconut & Macadamia	1.6 oz	8-58059-00212
* Orchard Bar-Strawberry Raspberry & Walnut	1.6 oz	8-58059-00211
* Promax Energy Bar-Choc Peanut	2.64 oz	7-43659-12582
* Promax Energy Bar-Choc.Chip Dough	2.64 oz	7-43659-12910
* Promax Energy Bar-Chocolate Fudge L/S	2.36 oz	7-43659-18880
* Promax Energy Bar-Fudge Brownie	2.64 oz	7-43659-12594
* Promax Energy Bar-German Ch.Cake	2.64 oz	7-43659-12570
* Promax Energy Bar-Peanut Butter Chocolate L/S	2.36 oz	7-43659-18890
* Promax Energy Bar-Rocky Road	2.64 oz	7-43659-12680
* Pure Bar-Chocolate Almond	1.7 oz	8-54210-00140
* Pure Bar-Chocolate Brownie	1.7 oz	8-54210-00101
* Pure Bar-Peanut Raisin Crunch	1.5 oz	8-54210-00120
* Pure Bar-Superfruit Nutty Crunch	1.5 oz	8-54210-00150
* Pure Bar-Wild Blueberry	1.7 oz	8-54210-00106
* Think Thin Bar-Brownie	2.1 oz	7-53656-70127
* Think Thin Bar-Chunky Peanut Butter	2.1 oz	7-53656-70126
* Think Thin Bar-Choc.Strawberries	1.76 oz	7-53656-70806
* Think Thin Bar-Chocolate Fudge	2.1 oz	7-53656-70121
* Think Thin Bar-Lemon Cream Pie	1.76 oz	7-53656-70809
* Think Thin Bar-Peanut Butter	2.1 oz	7-53656-70120
* Think Thin Bar-Tangerine Creamsicle	1.76 oz	7-53656-70803
* Think Thin Bar-White Choc.Chip	2.1 oz	7-53656-70635
* Think Thin Crunch Bar-Mixed Nuts	1.41 oz	7-53656-70840
* Think Thin Crunch Bar-Mix Nut/White Chocolate	1.41 oz	7-53656-70861
* Think Thin Crunch Bar-Mix Nuts/Choc	1.41 oz	7-53656-70843
Tigers Milk Bar-Peanut Butter	1.23 oz	74345-11372
Tigers Milk Bar- Peanut Butter/Honey	1.23 oz	74345-12372
Tigers Milk Bar-Protein Rich	1.23 oz	74345-10372

#### **Chips, Crisps & Puffs**

	<b>Size</b>	<b>UPC</b>
Barbara Cheese Puffs-Bakes	5.5 oz	70617-00079
Barbara Cheese Puffs-Original	7 oz	70617-00062
* Blue Diamond Baked Nut Chips-Nacho	4.5 oz	41570-05752
* Blue Diamond Baked Nut Chips-Sea Salt	4.5 oz	41570-05749
* Blue Diamond Baked Nut Chips-Sour Cream & Onion	4.5 oz	41570-05754
* Boulder Canyon-Hckry Bbq Kettle Chip	5 oz	7-08163-21105
Calidad Tortilla Chips-Ylw Crn	12 oz	77948-00902

\*Foods guaranteed to be gluten free by the manufacturer.

* Casa Sanchez Totopos-W/Quinoa, Chia & Maca	14 oz	78732-00215
Casa Sanchez-Tort Chips Organic	14 oz	78732-00227
Casa Sanchez-Tort Chips Thin/Lt	14 oz	78732-00220
Casa Sanchez-Tort Chips Thick/Crsp	14 oz	78732-00219
Cheetos Bakd Crunchy 100 Cal Mini	3.75 oz	28400-05011
Cheetos Naturals	8 oz	28400-07165
Cheetos-Crunchy	9.75 oz	28400-03913
Cheetos-Crunchy	2.87 oz	28400-07874
* Cheetos-Crunchy Flamin'hot	8.5 oz	28400-08401
Cheetos-Crunchy Flamin'hot	9.75 oz	28400-03916
Cheetos-Hot	2.87 oz	28400-07876
Cheetos-Puffs	9.75 oz	28400-03919
* Corazonas-Tortilla Chips Black Bean & Cheese	7 oz	8-54069-00192
* Corazonas-Tortilla Chips Lightly Salted	7 oz	8-54069-00177
* Corazonas-Tortilla Chips W/Lime	7 oz	8-54069-00178
Doritos-Cool Ranch	11.5 oz	28400-03854
Erin's Gourmet Popcorn L/F L/S	1.5 oz	37601-10284
Fresh Gourmet Tortilla Strip Lt Salted	3.5 oz	7-87359-17503
Fresh Gourmet Tortilla Strip Tri-Color	3.5 oz	7-87359-17508
* Fritos Corn Chips	2.87 oz	28400-09749
* Fritos Corn Chips-Honey Bbq Twist	9.25 oz	28400-08408
* Fritos-Regular	10.5 oz	28400-03924
* Fritos-Scoops	10.5 oz	28400-03930
* Food Should Taste Good Sweet Potato Chips-BBQ	4.5 oz	814226-01091
* Food Should Taste Good Sweet Potato Chips- Original	4.5 oz	814226-01092
* Food Should Taste Good Sweet Potato Chips-Salt/Pepper	4.5 oz	814226-01090
* Food Should Taste Good Sweet Potato Chips-Salt/Vinegar	4.5 oz	814226-01093
* Food Should Taste Good Tortilla Chips-Blue Corn	5.5 oz	8-52772-00177
* Food Should Taste Good Tortilla Chips-Cheddar	5.5 oz	8-52772-00178
* Food Should Taste Good Tortilla Chips-Jalapeno	6 oz	8-52772-00101
* Food Should Taste Good Tortilla Chips-Multigrain	5.5 oz	8-52772-00104
* Food Should Taste Good Tortilla Chips-Olive	5.5 oz	8-52772-00106
* Food Should Taste Good Tortilla Chips-Sweet Potato	5.5 oz	8-52772-00125
* Garden Of Eatin' chips-Blue Corn	9 oz	15839-00001
* Garden Of Eatin' chips-Blue Corn	16 oz	15839-00821
* Garden Of Eatin' chips-Blue Corn No Salt	9 oz	15839-00002
Garden Of Eatin' chips-Sesame Blue	7.5 oz	15839-00006
Genisoy Crisps-Ranch	3.85 oz	6-35992-04310
Genisoy Crisps-Sea Salt	3.85 oz	6-35992-04330
Glenny's Soy Crisp-Barbeque	1.3 oz	27393-00965

\*Foods guaranteed to be gluten free by the manufacturer.

Glenny's Soy Crisp-Cheddar	1.3 oz	27393-00970
Glenny's Soy Crisp-Cool Ranch	1.3 oz	27393-00972
Glenny's Soy Crisp-Lightly Salted	1.3 oz	27393-00950
Good Health Potato Chips-Bbq	5 oz	7-55355-00820
Good Health Potato Chips-Lime	5 oz	7-55355-00810
Good Health Potato Chips-Sea Salt	5 oz	7-55355-00830
Good Health Veggie Chips	7.5 oz	7-55355-00516
Good Health Veggie Stix Multi Pack	6 oz	7-55355-00527
Guiltless Grmt Tort.Chips-Baked	7 oz	901-00001
* Inka Chips-Plantain	4 oz	8-19046-00044
* Inka Chips-Plantain Chile Picante	4 oz	8-19046-00010
* Inka Chips-Plantain Sweet	3.25 oz	8-19046-00011
* Kettle Bakes-Hickory Honey Bbq	4 oz	84114-10990
* Kettle Bakes-Sea Salt	4 oz	84114-10984
* Kettle Bakes-Sea Salt & Vinegar	4 oz	84114-11581
* Kettle Chips-Buffalo Bleu Krinkle	5 oz	84114-11172
* Kettle Chips-Cheddar	5 oz	84114-00994
* Kettle Chips-Honey Dijon	5 oz	84114-03070
* Kettle Chips-Lightly Salted	2 oz	84114-03300
* Kettle Chips-Lightly Salted	5 oz	84114-00998
* Kettle Chips-Organic Lightly Slted	5 oz	84114-00997
* Kettle Chips-Organic Sea Slt/Pepr	5 oz	84114-10597
* Kettle Chips-Salt & Pepper	5 oz	84114-10707
* Kettle Chips-Sea Salt & Vinegar	2 oz	84114-03333
* Kettle Chips-Sea Salt & Vinegar	5 oz	84114-00996
* Kettle Chips-Sweet Onion	5 oz	84114-11555
* Kettle Classic Potato Chips-Mesquite BBQ	1.75 oz	44885-91005
* Kettle Classic Potato Chips-Natural	5 oz	44885-93001
* Kettle Classic Potato Chips-Natural	1.75 oz	44885-91001
* Kettle Classic Potato Chips-Salt/Vinegar	5 oz	44885-93009
* Kettle Classic Potato Chips-Salt/Vinegar	1.75 oz	44885-91009
* Kettle Classic Potato Chips-Spicy Jalapeno	1.75 oz	44885-91008
* Late July M/Grain Chips-Mild Green Mojo	5.5 oz	8-90444-00057
* Late July M/Grain Chips-Sea Salt	6 oz	8-90444-00056
* Lays Chips-Baked Original	1.37 oz	28400-07905
* Lays Chips-Classic	10.5 oz	28400-03345
* Lays Chips-Classic	1.87 oz	28400-07858
Lays Chips-Kettle Cooked Original	8.5 oz	28400-08294
Lays Chips-Sour Cream/Onion	10 oz	28400-03420
* Lays Chips-Wavy Regular	10.5 oz	28400-03346

\*Foods guaranteed to be gluten free by the manufacturer.

* Lays Crisps-Baked Original	9 oz	28400-07166
Lays Natural-Sea Salt Thick Chips	8.5 oz	28400-07372
Little Bear Crunchitos Xtra Cheddar	6 oz	24335-01420
* Lundberg Rice Chip-Fiesta Lime	6 oz	73416-03534
* Lundberg Rice Chip-Santa Fe Bbq	6 oz	73416-03533
* Lundberg Rice Chip-Sea Salt	6 oz	73416-03530
* Lundberg Rice Chip-Sesame Seaweed	6 oz	73416-03532
Mission Tort Chip-Rounds Ylw Crn	22 oz	73731-08301
Mission Tort Chips-Rest Triangles	14 oz	73731-08200
Mission Tort Chips-Rest Triangles	13 oz	73731-08202
Mission Tort Strips-White Corn	13 oz	73731-08103
Mission Tort Strips-White Corn	14 oz	73731-08100
Mission Tort Strips-White Corn	22 oz	73731-08101
Mission Tortilla Rounds	20 oz	73731-08305
Mission Tortilla Strips	20 oz	73731-08104
* Padrinos Tortilla Chips-R/F	13 oz	18500-05106
* Padrinos Tortilla Strips-Restrnt	13 oz	18500-05112
* Padrinos Trtila Strips-Unsltd	13 oz	18500-05111
* Pirate Brands Original Tings	6 oz	15665-10350
* Pirate Brands Pirate's Booty	1 oz	15665-60104
* Pirate Brands Pirate's Booty	4 oz	15665-60100
* Pirate Brands Pirate's Booty-Multi Pack	6 pk	15665-77045
* Pirate Brands Smart Puffs	1.37 oz	15665-22060
* Pirate Brands Smart Puffs	4.5 oz	15665-22030
* Pirate Brands b Smart Puffs-Multi Pack	6 pk	15665-77046
* Pirate Brands Veggie Booty	4 oz	15665-60915
Popchips-Cheddar Potato Chips	3 oz	82666-70080
Popchips-Original Potato Chips	3 oz	82666-70010
Popchips-Sea Salt/Pepper	3 oz	82666-70040
Popchips-Sea Salt/Vinegar	3 oz	82666-70050
Popchips-Sour Crm/On Potato Chips	3 oz	82666-70070
* Popcorn; Indiana Chipins-Sea Salt	7.25 oz	8-43571-00221
* Popcorn; Indiana Chipins-White Cheddar	7.25 oz	8-43571-00222
* Popcorners Corn Chips-Kettle	5 oz	8-93594-00211
* Popcorners Corn Chips-Sea Salt	5 oz	8-93594-00210
* Popcorners Corn Chips-Wht Cheddar	5 oz	8-93594-00209
Pringles-F/F Original	5.82 oz	37000-21148
Ruffles Natural-R/F Potato Chips	8 oz	28400-07132
Ruffles-Baked Cheddar Sour Cream	9 oz	28400-07186
* Ruffles-Baked Original	9 oz	28400-07185

\*Foods guaranteed to be gluten free by the manufacturer.

Ruffles-Bbq	9 oz	28400-03330
Ruffles-Cheddar Sour Cream	9 oz	28400-03331
Ruffles-Reduced Fat	8.5 oz	28400-03397
Ruffles-Regular	9.5 oz	28400-03375
Ruffles-Sour Cream/Onion	9 oz	28400-03332
* Rusty's Island Chips	3 oz	8-19837-00001
Sensible Portions Veggie Chips-Sea Salt	7 oz	8-29515-30220
Terra Chips-Exotic Veg Chips-Mediterranean	5 oz	7-28229-01452
Terra Chips-Exotic Veg Chips-Thai Basil	5 oz	7-28229-01437
Terra Chips-Original Vegetable	1 oz	7-28229-12345
Terra Chips-Sweets/Beets	6 oz	7-28229-01315
Terra Chips-Sweets/Carrots	6 oz	7-28229-01406
* Terra Potpourri Potato Chips	5 oz	7-28229-67903
Tim's Chips-Hawaiian Original	1.5 oz	11594-02212
Tims Potato Chips-Hawaiian Orignl	8 oz	11594-10033
Tims Potato Chips-Jalapeno	8 oz	11594-10037
Tims Potato Chips-Original	8 oz	11594-10036
Tims Potato Chips-R/F Lite Salt	8 oz	11594-00803
Tims Potato Chips-R/F Unsalted	8 oz	11594-00806
Tims Potato Chips-Red Fat Mesquite BBQI	8 oz	11594-00807
Tims Potato Chips-Sea Slit/Vinegar	8 oz	11594-10038
Tims Potato Chips-Vlasic Dill Pickle	7.5 oz	11594-10043
Tostitos Natural-Blue Corn Chips	9 oz	28400-07134
Tostitos Natural-Yellow Corn Chip	9 oz	28400-07164
* Tostitos Tortilla Chip Bkd Scoops	9 oz	28400-07187
Tostitos-Bite Size	13 oz	28400-06405
Tostitos-Hint Of Lime	13 oz	28400-06404
* Tostitos-Restaurant	13 oz	28400-06399
* Tostitos-Tortilla Chips-Scoops	12 oz	28400-04130
<b>Rice Snacks</b>	<b>Size</b>	<b>UPC</b>
* Hain Mini Rice Cake-Plain/Clcm	2.12 oz	23254-65800
* Lundberg Rice Cake-L/S Brown Rice	8.5 oz	73416-00023
* Lundberg Rice Cake-N/S Brown Rice	8.5 oz	73416-00021
* Lundberg Rice Chip-Fiesta Lime	6 oz	73416-03534
* Lundberg Rice Chip-Santa Fe Bbq	6 oz	73416-03533
* Lundberg Rice Chip-Sea Salt	6 oz	73416-03530
* Lundberg Rice Chip-Sesame Seaweed	6 oz	73416-03532
Quaker Quakes Rice Snk-Cheddar Cheese	6.06 oz	30000-16976
Quaker Quakes-Apple Cinnamon	3.52 oz	30000-16921

\*Foods guaranteed to be gluten free by the manufacturer.

Quaker Quakes-Caramel Corn	3.52 oz	30000-16920
Quaker Quakes-Cheddar	3.03 oz	30000-16924
Quaker Quakes-Creamy Ranch	3.03 oz	30000-16930
Quaker Quakes-Kettle Corn	3.52 oz	30000-16991
Quaker Quakes-Sour Cream/Onion	3.03 oz	30000-16912
* Quaker Rice Ck-Butter Popcorn	4.47 oz	30000-16918
* Quaker Rice Ck-Cheddar Popcorn	5.46 oz	30000-16909
* Quaker Rice Ck-F/F Caramel Popcorn	6.56 oz	30000-16910
* Quaker Rice Ck-F/F Plain	4.47 oz	30000-16901
* Quaker Rice Ck-F/F Plain N/S	4.47 oz	30000-16902
Shibolim Rice Chips-Whole Grain/Chocolate	3.5 oz	8-52686-00110
Popcorn		
Cracker Jack-3pk	3 oz	30000-02913
Erin's Gourmet Popcorn L/F L/S	4.5 oz	37601-00555
Erin's Original Natural Popcorn	4.5 oz	37601-00222
Erin's White Cheddar Popcorn	4 oz	37601-91294
Good Health Organic Popcorn	3.5 oz	7-55355-00117
Popcorn Indiana-Kettle Corn	10.5 oz	8-43571-00015
* Popcorn Indiana-Aged White Cheddar	9 oz	8-43571-00078
* Popcorn Indiana-Cinnamon Sugar Kettle Corn	10 oz	8-43571-00171
* Popcorn Tree Lite Popcorn	5 oz	12524-21205
* Popcorn; Indiana-Movie Theater	7.5 oz	8-43571-00032
* Popcornopolis Almond/Caramel Corn	11 oz	8-97549-00013
* Popcornopolis Caramel Corn	10 oz	8-97549-00001
* Popcornopolis Kettle Corn	4.5 oz	8-97549-00022
* Popcornopolis Peanut Butter & Chocolate	11 oz	8-15196-01026
* Popcornopolis White Cheddar Cheese	4.5 oz	8-97549-00082
* Popcornopolis Zebra Corn	11 oz	8-97549-00050
Vic's Popcorn-Lite White 1/2 Salt	4.5 oz	46555-00020
Vic's Popcorn-Lite White Salted	4.5 oz	46555-00019
Vic's Popcorn-White Salted	6 oz	46555-00029
Other Snacks		
* Feng Shui Rice Cracker-Nori Seaweed	3.5 oz	41224-83506
Genisoy Crisps-Ranch	3.85 oz	6-35992-04310
Genisoy Crisps-Sea Salt	3.85 oz	6-35992-04330
Glenny's Soy Crisp-Barbeque	1.3 oz	27393-00965
Glenny's Soy Crisp-Cheddar	1.3 oz	27393-00970

\*Foods guaranteed to be gluten free by the manufacturer.

Glenny's Soy Crisp-Cool Ranch	1.3 oz	27393-00972
Glenny's Soy Crisp-Lightly Salted	1.3 oz	27393-00950
* Glutino-Gluten Free Pretzel Twists	8 oz	6-78523-04008
Good Health Veggie Stix Multi Pack	6 oz	7-55355-00527
* Inka Chips-Plantain	4 oz	8-19046-00044
* Inka Chips-Plantain Chile Picante	4 oz	8-19046-00010
* Inka Chips-Plantain Sweet	3.25 oz	8-19046-00011
* Inka Crops-Corn	4 oz	8-19046-00043
Inka Crops-Corn Chili Picante	4 oz	8-19046-00042
* Mary's Gone Crackers-Sticks & Twigs-Chipotle Tomato	8 oz	8-97580-00054
* Mary's Gone Crackers-Sticks & Twigs-Sea Salt	8 oz	8-97580-00051
* Mrs May's Naturals-Almond Crunch	5 oz	6-12820-55001
* Mrs May's Naturals-Cashew Crunch	5 oz	6-12820-55002
* Mrs May's Naturals-Cranerry/Blueberry Crunch	5 oz	6-12820-50018
* Pik-Nik Shoestring Potatoes	9 oz	74923-40527
Seapoint Farms-Rstd Edamame L/Slt	4 oz	7-11575-10200
Yang Ban Sea Veggies-Black Pepper	0.21 oz	8-83298-61960
Yang Ban Sea Veggies-Hot Chili	0.21 oz	8-83298-61959
Yang Ban Sea Veggies-Sea Salt	0.21 oz	8-83298-61958

### Cookies

- All of the cookies listed are made with naturally gluten free grains. However, people with celiac disease and non-celiac gluten sensitivity should only consume those that have an \*, which means that their packaging states they are gluten free.

Cookies	Size	UPC
* Amy's Gluten Free Shortbread Almond Cookie	5.4 oz	42272-00234
* Amy's Gluten Free Shortbread Cookie Classic	5.4 oz	42272-00233
* Glenny's Glut Free Ckies-Otml C/C	5 oz	27393-00110
* Glenny's Glut Free Ckies-Otml Rsn	5 oz	27393-00112
* Glutino Cookies-Ch.Wafer/Ch.Ct Gf	4.6 oz	6-78523-01040
* Glutino Cookies-Drm Ch/Van Crm Gf	10.6 oz	6-78523-07033
* Glutino Cookies-Lemon Wafers Gf	7.1 oz	6-78523-01041
* Mary's Gone Crackers Org.Cookies-Chocolate Chip	5.5 oz	8-97580-00066
* Mary's Gone Crackers Org.Cookies-Ginger Snaps	5.5 oz	8-97580-00065
* Mary's Gone Crackers Org.Cookies-'N' Oatmeal Raisin	5.5 oz	8-97580-00068
* Midel Gluten Free Cookie-Ginger	8 oz	30684-76890
Miss Meringue Cookies-F/F Vanilla	5 oz	6-39775-00101
Miss Meringue Cookies-L/F Chc.Chp	5 oz	6-39775-00103
Stoneground-Macaroons	16 oz	8-11274-00053

\*Foods guaranteed to be gluten free by the manufacturer.

* Tate's Bake Shop Cookies-GF Chocolate Chip	7 oz	8-10291-00108
* Udi's-Gluten Free Cookies Chocolate Chip	8 oz	6-98997-80918
* Udi's-Gluten Free Cookies Oatmeal Raisin	8 oz	6-98997-80908
* Udi's-Gluten Free Cookies Snickerdoodle	8 oz	6-98997-80924

### Crackers

- All of the crackers listed are made with naturally gluten free grains. However, people with celiac disease and non-celiac gluten sensitivity should only consume those that have an \*, which means that their packaging states they are gluten free.

Crackers	Size	UPC
* Blue Diamond Nut Thins Almond	4.25 oz	41570-04426
* Blue Diamond Nut Thins Cheddar Chz	4.25 oz	41570-05401
* Blue Diamond Nut Thins Pecan	4.25 oz	41570-04428
* Blue Diamond Nut Thins W/Sea Salt	4.25 oz	41570-05278
* Crunchmaster Rice Cracker-Sesame	3.5 oz	8-53358-00045
* Edward/Sons-Br.Rice Snaps Sesame	3.5 oz	11206-00034
* Feng Shui Rice Cracker-Nori Seaweed	3.5 oz	41224-83506
* Glutino Crackers-Original Gf	4.4 oz	6-78523-03850
* Ka-Me Rice Crackers Plain	3.5 oz	70844-00101
* Mary's Gone Crackers Organic-Original	6.5 oz	8-97580-00010
* Mary's Gone Crackers-Herb	6.5 oz	8-97580-00013
* Sesmark Rice Thins-Brown	3.5 oz	85693-10702
* Sesmark Rice Thins-Sesame	4.25 oz	85693-10700
* Vp Co-Crackerthins Potato Gluten Free	5.3 oz	8-75190-00047

### Dairy

- All dairy products such as Butter, Cheese, Cottage Cheese, Cream, Eggs, Milk, and Yogurt are naturally gluten free. When selecting products that contain additional ingredients, such as yogurt, be cautious of gluten-containing ingredients. Always read ingredient lists.
- Yogurts that are packaged with candy and cookie toppings contain gluten.

### Dried Fruit & Vegetables

- Dried and freeze-dried fruits and vegetables are gluten free.
- Some dried vegetable mixes and trail mixes may contain gluten. Always read ingredient lists.

Dried Fruit & Vegetables	Size	UPC
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\*Foods guaranteed to be gluten free by the manufacturer.

* Annie's Fruit Snack Org-Berry Patch*	4 oz	13562-11105
* Annie's Fruit Snack Org-Pink Lemonade	10 oz	13562-11117
* Annie's Fruit Snack Org-Summr Straw	4 oz	13562-11107
* Annie's Fruit Snack Org-Tropical Treat*	4 oz	13562-11100
* Bare Fruit Org.Apple Chip-Cinnamon	2.6 oz	13971-00021
* Bare Fruit Org.Apple Chip-Fuji	2.6 oz	13971-00002
* Bare Fruit Org.Apple Chip-Granny	2.6 oz	13971-00001
* Clif Kid Org Twstd Frt-Fruit Punch	0.7 oz	7-22252-18007
* Clif Kid Org Twstd Frt-Grape	0.7 oz	7-22252-18005
* Clif Kid Org Twstd Frt-Mixed Bry	0.7 oz	7-22252-18002
* Clif Kid Org Twstd Frt-Sour Apple	0.7 oz	7-22252-18003
* Clif Kid Org Twstd Frt-Strawberry	0.7 oz	7-22252-18001
* Clif Kid Org Twstd Frt-Trop Twist	0.7 oz	7-22252-18004
* Florida Nat Au'some Frt Nug-Straw	4.8 oz	6-60973-22371
* Florida Nat Hlth Trt Nug-Variety	4.8 oz	6-60973-22377
* Florida Natural-Stiks	2.4 oz	6-60973-18080
Stretch Island Frt.Leathr-Apricot	0.5 oz	79126-00810
Stretch Island Frt.Leathr-Cherry	0.5 oz	79126-00870
Stretch Island Frt.Leathr-Grape	0.5 oz	79126-00840
Stretch Island Frt.Leathr-Rasp	0.5 oz	79126-00860
Stretch Island Frt.Leathr-Strwbr	0.5 oz	79126-00890
* Tasty Brand Org.Fruit Snack-Mixed Fruit	4 oz	8-97261-00115
* Tasty Brand Org.Fruit Snack-Super Fruit	4 oz	8-97261-00129
* That's It-Apple+Apricot	35 g	8-53231-00303
* That's It-Apple+Cherry	35 g	8-53231-00304
* That's It-Apple+Pear	35 g	8-53231-00300

### Frozen Ready-to-Eat

- Frozen vegetables, fruit and fruit juices are gluten free. Some vegetables with sauces may contain gluten. Always read the ingredient list.

Frozen Ready-to-Eat	Size	UPC
Alexia Fries - Oven	16 oz	8-34183-00101
Alexia Fries - Sweet Potato	15 oz	8-34183-00111
Alexia Fries - Waffle	20 oz	8-34183-00703
Alexia Fries - Yukon Gold	15 oz	8-34183-00102
* Amy's Bowl-Brwn Rice & Blkeyd Pea	9 oz	42272-00164
* Amy's Bowl-Mexican Casserole	9.5 oz	42272-00163
* Amy's Enchilada Dinner	10 oz	42272-00051

\*Foods guaranteed to be gluten free by the manufacturer.

* Amy's Enchilada Dinner-Cheese	9 oz	42272-00057
* Amy's Enchilada-Cheese	9.5 oz	42272-00080
* Amy's Gluten Free Burrito-Bean/Rice	5.5 oz	42272-00352
* Amy's Indian Palak Paneer	10 oz	42272-00059
* Amy's Light & Lean-Bowl Soft Taco Fiesta	8 oz	42272-00064
* Amy's Macaroni & Cheese - Rice	9 oz	42272-00045
* Amy's Matter Tofu	9.5 oz	42272-00251
* Amy's Pizza Single-G/F N/D Cheese	6 in	42272-00266
* Amy's Tamale-Black Bean Verde	10.3 oz	42272-00269
* Amy's Tamale-Cheese Verde	10.3 oz	42272-00278
* Amy's Tamale-Roasted Vegetable	10.3 oz	42272-00315
* Amy's Vegetable Korma	9.5 oz	42272-00250
* Applegate Chicken Breast Tenders Gluten Free	8 oz	25317-00559
* Applegate Chicken Breast Tenders Homestyle	8 oz	25317-00558
* Applegate Gluten Free Chicken Nuggets	8 oz	25317-00556
* Applegate Sausage Breakfast Chicken/Apple	8 oz	25317-10595
* Applegate Sausage Breakfast Maple	8 oz	25317-00596
* Applegate Sausage Breakfast Sage	8 oz	25317-00597
* Applegate Sausage Classic Pork Breakfast	8 oz	25317-00593
* Applegate Sausage Savory Turkey Breakfast	8 oz	25317-00594
Banquet Brown N Serve-Beef Link	6.4 oz	31000-11502
Banquet Brown N Serve-Maple Links	7 oz	31000-18453
Banquet Brown N Serv-Orig.Link	7 oz	31000-18461
Banquet Brown N Serv-Turkey Links	7 oz	31000-30741
Banquet Brwn N Serv-Patties Org	7 oz	31000-18463
* Bubba Turkey Burger	32 oz	7-04639-76004
* Cedarlane Omelette-Ranchero	8.5 oz	38794-99491
* Cedarlane Omelette-Spinach/Mushroom	8 oz	38794-99490
* Comfort Grmt Mac & Cheese-Asparagus/Brie Glut Free	12 oz	7-36211-92033
Delimex Taquitos-Chicken	25 oz	17696-00029
Empire-Render Chicken Fat	7 oz	71627-00809
* Evol Bowls-Chicken Enchilada	9 oz	8-91627-00902
* Evol Bowls-Grilled Steak	9 oz	8-91627-00901
* Evol Bowls-Teriyaki Chicken	9 oz	8-91627-00900
Fish Shrimp 26-30 Pd Ckd Tail-On	1 ea	71794-00177
Fish Shrimp 26-30 Pd Raw Tail-On	1 ea	71794-00277
* Garden Lite Souffle-Broccoli	7 oz	7-04863-01702
* Garden Lite Souffle-Butternut	7 oz	7-04863-01708
* Garden Lite Souffle-Spinach	7 oz	7-04863-01704
* Garden Lite Souffle-Vegetable	7 oz	7-04863-01703

\*Foods guaranteed to be gluten free by the manufacturer.

* Happy Baby Organics-Chicken	12 oz	8-52697-00104
* Happy Baby Organics-Dahl & Grain	12 oz	8-52697-00102
* Happy Baby Organics-Greens	12 oz	8-52697-00103
* Kettle Cuisine Gluten Free-Chili	10 oz	6-67978-60501
* Kettle Cuisine Gluten Free-Chicken Noodle	10 oz	6-67978-60701
* Kettle Cuisine Gluten Free-Tomato Vegetable	10 oz	6-67978-60419
Mapleleaf Duckling Boneless/Breast	7.5 oz	73981-32645
Mapleleaf Duckling Breast/Boneless/Orange	7.5 oz	73981-32644
Mapleleaf Duckling Leg Quarters	12 oz	73981-32642
Oh Boy Potato-Stuffed W/Cheese	10 oz	70179-00210
Ore-Ida Extra Crispy Easy Fries	4.25 oz	13120-01150
Ore-Ida Fries-Fast	26 oz	13120-01417
* Ore-Ida Fries-Steak	28 oz	13120-00800
* Ore-Ida Potatoes Crinkle Cut	32 oz	13120-00286
* Ore-Ida Potatoes Obrien F/F	28 oz	13120-00469
* Ore-Ida Potatoes Shoestring	28 oz	13120-00828
* Ore-Ida Southern Style Hash Brwns	32 oz	13120-00392
* Ore-Ida Sweet Potato Fries	19 oz	13120-01320
* Ore-Ida Tater Tots	32 oz	13120-00082
* Peas Of Mind-Broccoli Fries	12 oz	8-50242-00113
* Peas Of Mind-Carrot Fries	12 oz	8-50242-00110
* Peas Of Mind-Carrot Risotto Puffets	6.5 oz	8-50242-00115
* Peas Of Mind-Eat Your Greens Puffets	6.5 oz	8-50242-00117
* Pork Sausage Jones Link Light G/Brwn	7 oz	33900-00036
* Pork Sausage Jones Links Gldn/Brwn	7 oz	33900-00033
* Pork Sausage Jones Pattie Gldn/Brwn	7 oz	33900-00037
* Pork Sausage Jones Little Link	8 oz	33900-00020
* Rudi's Gluten Free Bread-Multi Grain	18 oz	8-56750-00201
* Rudi's Gluten Free Bread-Original	18 oz	8-56750-00200
* San Gennaro-Three Cheese Polenta	16 oz	7-62676-52001
* S'Better Farms-Chicken Strips	12 oz	7-00966-63100
* S'Better Farms-Turkey Corn Dog	12 oz	7-00966-69100
Smart Ones-Cheese Scramble	6.5 oz	25800-02039
Sukhi's Thai-Yellow Curry Shrimp	9 oz	7-67226-02902
* Van's Belgian Waffles-W/F Apl/Cin	9 oz	89947-30214
* Van's Waffles-Wheat Free	9 oz	89947-30206
Village Harvest-Golden Quinoa	8 oz	28571-00556
Village Harvest-Red Quinoa & Brown Rice	10 oz	28571-00552

\*Foods guaranteed to be gluten free by the manufacturer.

### Frozen Sweets

- Ice cream, frozen yogurt, sorbets and non-dairy desserts are generally gluten free.
- Varieties of ice cream and frozen yogurt that contain brownies, buns, candy bars, cobbler, cookies, cookie dough, cones and pie contain gluten. Always read the ingredient lists.

Frozen Sweets	Size	UPC
* Julie's Organic Ice Cream Sandwiches-Gluten Free	4 ct	72609-74120

### Grains & Beans

- All of the grains listed are naturally gluten free. However, people with celiac disease and non-celiac gluten sensitivity should only consume those that have an \*, which means that their packaging states they are gluten free.

Grains & Beans	Size	UPC
Albers Corn Meal-Yellow	40 oz	41449-05626
Albers Grits-Quick	20 oz	50000-29155
Albers Grits-Quick	20 oz	41449-05620
* Annie Chuns Rice Exp-Multi Grain	6.3 oz	7-65667-40050
* Annie Chuns Rice Exp-Sprout Brown	6.3 oz	7-65667-40020
* Annie Chuns Rice Exp-Sticky White	7.4 oz	7-65667-40010
Bobs Red Mill Corn Meal	24 oz	39978-00304
* Bobs Red Mill Rolled Oats-Gluten Free	32 oz	39978-00375
* Bobs Red Mill Steel Cut Oats-Gluten Free	24 oz	39978-00373
* Bobs Red Mill-Organic Quinoa	26 oz	39978-00323
Botan Cal Rose Rice	5 lb	11152-03470
* Cream Of Rice-Hot Cereal	14 oz	13130-00698
* Della Arborio Risotto Rice	2 lb	86582-55544
* Della Basmati Brown Rice	2 lb	86582-55545
* Della Jasmine White Rice	2 lb	86582-55540
Dynasty Rice-Jasmine	5 lb	11152-44368
* Gennaro Polenta-Traditnl Italian	24 oz	7-62676-12400
* Gourmet House Rice-Organic Brown	14 oz	17400-10656
Gourmet House Rice-Organic White	14 oz	17400-10655
Gourmet House Wild Rice-Cultivatd	6 oz	17400-12001
* Lundberg Rice-Short Grain Organic	2 lb	73416-19763
* Lundberg Rice-Wild Rice Blend	1 lb	73416-00430
* Lundberg Risotto-Creamy Parmesan	5.5 oz	73416-02001
Mahatma Rice	1 lb	17400-10550
Mahatma Rice-Basmati	32 oz	17400-10667

\*Foods guaranteed to be gluten free by the manufacturer.

* Mahatma Rice-Brn Nat Long Grn	32 oz	17400-10535
* Mahatma Rice-Brown Natural Long Grain	16 oz	17400-10510
Mahatma Rice-Jasmine	32 oz	17400-10695
Mahatma Rice-Long Grain	32 oz	17400-10675
Melissa's Basmati Rice W/Herbs	6 oz	45255-11566
Melissa's Quinoa Grains W/Herbs	8 oz	45255-11577
* Minute Rice Ready To Serve-Br/Wld	8.8 oz	17400-14004
* Minute Rice Ready To Serve-Brown	8.8 oz	17400-14001
* Minute Rice Ready To Serve-White	8.8 oz	17400-14000
* Minute Rice-White	28 oz	17400-11810
Molino Instant Polenta	17.6 oz	6-56282-00011
* Nature's Earthly Choice-Cultivated Wild Rice	12 oz	8-97034-00221
* Nature's Earthly Choice-Quinoa Organic	14 oz	8-97034-00204
Near East Long Grain & Wild Rice	6 oz	72251-00145
Near East Pilaf-Lentil	6.75 oz	72251-00040
Rice Select Organic Rice-Brown	36 oz	74401-93041
Rice Select Organic Rice-White	36 oz	74401-91141
Rice Select Royal-Wht/Brn/Wild/Rd	21 oz	74401-76041
Rice Select-Arborio	36 oz	74401-91041
* Roland Quinoa-Mediterranean	5.46 oz	41224-72194
* Roland Quinoa-Roasted Garlic	5.46 oz	41224-72182
* Roland Quinoa-Toasted Sesame Ginger	5.46 oz	41224-72192
Springfield Rice-Calrose	32 oz	41380-00067
* Success Rice	14 oz	17400-10077
* Success Rice Brown	14 oz	17400-10078
* Thai Kitchen Rice-Jasmine	17.5 oz	7-37628-01700
* Tru Roots Organic-Germinated Brown Rice	14 oz	1-85814-00023
* Tru Roots Organic-Quinoa	12 oz	1-85814-00021
Tsuru Mai Rice-Brown	16 oz	73176-00150
Tsuru Mai Rice-Brown	5 lb	73176-00158
Uncle Bens Ready Rice-Long Grain	8.8 oz	54800-03176
Uncle Bens Ready Rice-Wh.Grn Brwn	8.8 oz	54800-03177
* Uncle Bens Rice-Boil In Bag	15.8 oz	54800-04023
* Uncle Bens Rice-Brown	14 oz	54800-12001
* Uncle Bens Rice-Converted	32 oz	54800-01008
* Uncle Bens Rice-Converted	48 oz	54800-01009
* Valsugana Pandeia Polenta Maize Fl	13.2 oz	72248-35507
Village Harvest Rice-Org Brwn Bas	30 oz	28571-00512
Village Harvest Rice-Org.Basmati	30 oz	28571-00451
Village Harvest Rice-Org.Jasmine	30 oz	28571-00408

\*Foods guaranteed to be gluten free by the manufacturer.

Village Harvest Rice-Quinoa	30 oz	28571-00516
* Wolffs Kasha-Medium	13 oz	70577-00039
* Wolffs Kasha-Whole	13 oz	70577-00038

### Jams & Preserves

- Most brands of jam and preserves contain no gluten ingredients EXCEPT Hero brand.

Jams & Preserves	Size	UPC
* Santa Cruz Org.Fruit Spread-Apricot	9.5 oz	36192-10514
* Santa Cruz Org.Fruit Spread-Red Raspberry Seedless	9.5 oz	36192-10513
* Santa Cruz Org.Fruit Spread-Strawberry	9.5 oz	36192-10515

### Kosher

	Size	UPC
Manischewitz Borscht-Red. Sodium	24 oz	72700-10276
Manischewitz Borscht-Regular	24 oz	72700-10274
Manischewitz Soup Mix-Split Pea	6 oz	72700-10201
Manischewitz Soup-Chicken Clear	10.5 oz	72700-10126
Shibolim Rice Chips-Whole Grain/Chocolate	3.5 oz	8-52686-00110
Solo Filling-Poppy Seed	12.5 oz	41642-00110
* Wolffs Kasha-Medium	13 oz	70577-00039
* Wolffs Kasha-Whole	13 oz	70577-00038

### Milk Alternatives

	Size	UPC
* Blue Diamond Breeze-Chocolate	32 oz	41570-06837
* Blue Diamond Breeze-Original	32 oz	41570-06827
* Blue Diamond Breeze-Original	64 oz	41570-05244
* Blue Diamond Breeze-Unsweetened	64 oz	41570-05260
* Blue Diamond Breeze-Unswt Originl	32 oz	41570-05413
* Blue Diamond Breeze-Unswt Vanilla	32 oz	41570-05416
* Blue Diamond Breeze-Unswt Vanilla	64 oz	41570-05791
* Blue Diamond Breeze-Unswtnd Choc	32 oz	41570-05418
* Blue Diamond Breeze-Vanilla	32 oz	41570-06836
* Coconut Dream-Original	32 oz	84253-22572
* Coconut Dream-Vanilla	32 oz	84253-22573
* Rice Dream-Enriched Organic Original	32 oz	84253-22215
* Rice Dream-Enriched Organic Original	64 oz	84253-22230
* Rice Dream-Organic Original 3pk	24 oz	84253-22203
* Rice Dream-Original	32 oz	84253-22213
* Rice Dream-Vanilla	32 oz	84253-22214

\*Foods guaranteed to be gluten free by the manufacturer.

* Rice Dream-Vanilla 3pk	24 oz	84253-22204
* Rice Dream-Vanilla Enriched W/Cal	32 oz	84253-22216
* Silk Soymilk-Plain	32 oz	25293-60090
* Silk Soymilk-Vanilla	32 oz	25293-60091
* So Delicious Coconut Milk-Original Sugar Free	32 oz	7-44473-91236
* So Delicious Coconut Milk-Unsweetened	32 oz	7-44473-91235
* So Delicious Coconut Milk-Vanilla Sugar Free	32 oz	7-44473-91237
* Sol Sunflower Beverage-Original	32 oz	785758-71102
* Sol Sunflower Beverage-Unsweetened	32 oz	782758-71502
* Sol Sunflower Beverage-Vanilla	32 oz	782758-71202
* Soy Dream-Enriched Original	32 oz	84253-26020
* Soy Dream-Enriched Vanilla	32 oz	84253-26021
Westsoy-Soy Drink N/F Vanilla	32 oz	74873-97004
Westsoy-Soy Drink Unsweetened Vanilla	32 oz	74873-97083
* Westsoy-Soy Drink Unsweetened Org/Original	32 oz	74873-96015

### Nuts & Nut Butters

- Flavored nuts and seeds often contain gluten. Those that contain no gluten ingredients according to their ingredient lists and those that state gluten free on their packages are listed here.
- Raw, dry-roasted unseasoned and single ingredient nuts and seeds are usually gluten free. Read ingredient lists to confirm that there are no gluten ingredients.

Nuts	Size	UPC
Almond Accents-Black Pepper	3.5 oz	14113-53394
Almond Accents-Honey Roast	3.5 oz	14113-53382
Almond Accents-Oven Roast	3.5 oz	14113-53384
Almond Accents-Tomato Basil	3.5 oz	14113-53395
Blue Diamond Alm Bld-Salt/Vinegar	6 oz	41570-05338
Blue Diamond Almonds-Honey Roast	6 oz	41570-07256
Blue Diamond Almonds-Smokehouse	1 lb	41570-03083
Blue Diamond Almonds-Smokehouse	6 oz	41570-01590
Emerald Glazed Pecan Pie Pecans	5 oz	10300-10279
Emerald Glazed Walnuts	7 oz	10300-80879
* Enjoy Life Not Nuts! Nut Free Mix-Mtn Mambo	6 oz	8-53522-00058
* Grandpa Po's-Nutra Nuts	5 oz	6-54767-11501
* Mrs May's Naturals-Almond Crunch	5 oz	6-12820-55001
* Mrs May's Naturals-Cashew Crunch	5 oz	6-12820-55002
* Mrs May's Naturals-Crn/Bbry Crunc	5 oz	6-12820-50018
Peanut Shop/Wlmsburg-Peanuts Bacon & Cheddar Seasoned	12 oz	53136-81369

\*Foods guaranteed to be gluten free by the manufacturer.

Planters D/R Sunflower Kernels	7.25 oz	29000-07337
Planters Peanuts-D/R Hny Rst Jar	16 oz	29000-07345
Planters Trail Mix-Sweet & Nutty	6 oz	29000-01006
Pnuttles Butter Toffee Peanuts*	6.5 oz	72965-10346
Sahale-Valdosta Nut Blend	4 oz	8-93869-00056

## Nut Butters

* Arrowhead Mills Peanut Butter-Crmy	16 oz	74333-47052
* Barney Butter-Almond Butter Crunchy	10 oz	94922-14999
* Barney Butter-Almond Butter Smooth	10 oz	94922-14998
Jif Peanut Butter-Creamy	18 oz	51500-24128
Jif Peanut Butter-Creamy	28 oz	51500-24177
Jif Peanut Butter-Crmy To Go 8pak	12 oz	51500-24136
Jif Peanut Butter-Crunchy	18 oz	51500-24135
Jif Peanut Butter-Natural Creamy	18 oz	51500-24320
* Joyva Tahini Sesame Tin	15 oz	41795-00098
* Justin's Almond Butter-Maple	16 oz	8-94455-00032
* Justin's Almond Butter-Maple Squeeze Packs	1.15 oz	8-94455-00020
* Justin's Hazelnut Butter-Chocolate	16 oz	8-94455-00049
* Justin's Hazelnut Butter-Chocolate Squeeze Packs	1.15 oz	8-94455-00052
* Justin's Peanut Butter-Honey	16 oz	8-55188-00303
* Justin's Peanut Butter-Honey Squeeze Packs	1.15 oz	8-55188-00304
Kettle-Almond Butter Creamy	11 oz	84114-02700
Laura Scudders Peanut Butter-N/S Smooth	16 oz	51500-19615
Laura Scudders Peanut Butter-Nutty	16 oz	51500-05061
Laura Scudders Peanut Butter-R/F Smooth	16 oz	51500-05030
Laura Scudders Peanut Butter-Smooth	16 oz	51500-05029
Maisie Janes Almond Butter-Crunch	12 oz	7-30555-00016
Maisie Janes Almond Butter -Smooth	12 oz	7-30555-00015
* Maranatha Almond Butter-Creamy	12 oz	51651-09368
* Maranatha Almond Butter-Crunchy	12 oz	51651-09369
N.Direction-Peanut Btr Creamy Org	18 oz	15400-19060
N.Direction-Peanut Btr Crunch Org	18 oz	15400-19061
Nutella Hazelnut Spread	13 oz	9800-89500
Nutella-Hazelnut Spread	26.5 oz	9800-89525
Rigoni Di Asiago-Hazelnut Spread Organic	9.52 oz	6-52642-00690
* Santa Cruz Org.Peanut Butter-Creamy	16 oz	36192-12700
* Santa Cruz Org.Peanut Butter-Creamy Light Roasted	16 oz	36192-12702
* Santa Cruz Org.Peanut Butter-Crunchy	16 oz	36192-12701
* Santa Cruz Org.Peanut Butter-Crunchy Light Roasted	16 oz	36192-12703

\*Foods guaranteed to be gluten free by the manufacturer.

* Skippy Peanut Butter-Chunky	40 oz	48001-27048
* Skippy Peanut Butter-Chunky Plastic	28 oz	48001-27044
* Skippy Peanut Butter-Chunky Plastic	16.3 oz	48001-00641
* Skippy Peanut Butter-Chunky R/F	16.3 oz	48001-00678
* Skippy Peanut Butter-Creamy	40 oz	48001-27072
* Skippy Peanut Butter-Creamy Plastic	12 oz	48001-27060
* Skippy Peanut Butter-Creamy Plastic	28 oz	48001-27068
* Skippy Peanut Butter-Creamy Plastic	16.3 oz	48001-00643
* Skippy Peanut Butter-Creamy R/F	16.3 oz	48001-00681
* Skippy Peanut Butter-Natural Chunky	15 oz	48001-00686
* Skippy Peanut Butter-Natural Creamy	15 oz	48001-00687

### Oils, Fats & Vinegars

- Malt vinegar contains gluten.
- Flavored and seasoned vinegar may contain gluten. Read the ingredient lists.
- All apple cider, balsamic, red wine, rice, sherry and white wine vinegars are gluten free.
- All oils, including canola, chili, corn, grape seed, olive, peanut, safflower, sesame, vegetable and walnut oils are gluten free.
- All butter, shortening and margarine are gluten free.
- Cooking sprays for baking contain gluten.
- All other cooking sprays are gluten free.

### Pasta

- All of the pastas listed are made with naturally gluten free grains. However, people with celiac disease and non-celiac gluten sensitivity should only consume those that have an \*, which means that their packaging states they are gluten free.

Pasta	Size	UPC
* A Taste Of Thai-Coconut Gingr Rice	7 oz	70650-80031
* A Taste Of Thai-Rice Noodles	16 oz	70650-80082
* Ancient Harvest Quinoa Org.Pasta-Elbows	8 oz	89125-22000
* Ancient Harvest Quinoa Org.Pasta-Linguini	8 oz	89125-23000
* Ancient Harvest Quinoa Org.Pasta-Rotelle	8 oz	89125-26000
* Ancient Harvest Quinoa Org.Pasta-Spaghetti	8 oz	89125-25000
* Annie Chuns Noodles-Pad Thai Rice	8 oz	7-65667-52793
* Annie's Rice Pasta & Cheddar	6 oz	13562-61001
Dynasty Maifun Rice Sticks	6.75 oz	11152-03188
Dynasty Saifun Bean Threads	5.29 oz	11152-03194
* Sam Mills Pasta D'oro-Penne Rigatte	16 oz	8-97660-00201

\*Foods guaranteed to be gluten free by the manufacturer.

* Snapdragon Rice Pasta Stir Fry-General Tsao	7.7 oz	8-15055-01064
* Snapdragon Rice Pasta Stir Fry-Peanut	6.7 oz	8-15055-01065
* Thai Kitchen Noodle-Lm Grass/Inst	1.6 oz	7-37628-02950
* Tinkyada Brown Rice Pasta-Penne	16 oz	6-21683-92115
* Tinkyada Brown Rice Pasta-Spaghetti	16 oz	6-21683-92015

### **Pasta Sauce**

	<b>Size</b>	<b>UPC</b>
Alessi Eggplant Caponata	10.5 oz	71072-01244
Barilla Pasta Sauce-Arrabbiata	24 oz	7-06010-11294
Barilla Pasta Sauce-Marinara	24 oz	7-06010-11292
Barilla Pasta Sauce-Tomato/Basil	24 oz	7-06010-11296
Bertolli Sce Organic-Tomato Basil	24 oz	36200-22284
Bertolli Sce Org-O Oil-Basi-Grlc	24 oz	36200-22302
Buitoni Sauce Pesto Basil	7 oz	24842-32111
Buitoni Sauce Pesto Basil R/F	7 oz	24842-33111
Buitoni Sauce-Alfredo	10 oz	24842-32221
Buitoni Sauce-Alfredo Light	10 oz	24842-34221
Buitoni Sauce-Marinara	15 oz	24842-31121
Buitoni Sauce-Marinara/Garlic	15 oz	24842-34122
Buitoni Sauce-Tom/Herb/Parm	15 oz	24842-31161
Cibo Artichoke Lemon Pesto	6 oz	22009-11063
Cibo Clasic Basil Pesto	6 oz	8-81024-30083
Cibo Olive-Garlic Tapenade	4.8 oz	22009-11064
Classico Pesto-Traditional Basil	8.1 oz	41129-00005
* Classico Sauce-Cabernet Marinara	24 oz	41129-27445
* Classico Sauce-Fire/Tomato Garlic	24 oz	41129-07700
* Classico Sauce-Four Cheese	24 oz	41129-07762
* Classico Sauce-Spicy Red Pepper	24 oz	41129-07742
* Classico Sauce-Swt Basil Marinara	24 oz	41129-07790
* Classico Sauce-Tomato & Basil	14 oz	41129-07711
* Classico Sauce-Tomato & Basil	24 oz	41129-07712
* Classico Sauce-Traditional Pizza	14 oz	41129-39640
* Classico Sauce-Vodka	24 oz	41129-07705
Colavita Pasta Sauce-Marinara	26 oz	39153-41460
* Dave's Pasta Sauce-Butternut Sqsh	25.5 oz	7-53469-01006
* Dave's Pasta Sauce-Grlc/Basil Organic	25.5 oz	7-53469-01004
* Dave's Pasta Sauce-Red Heirloom Organic	25.5 oz	7-53469-01002
Dave's Pasta Sauce-Spicy Heirloom Organic	25.5 oz	7-53469-01005
* Dave's Pasta Sauce-Wild Mushroom	25.5 oz	7-53469-01003

\*Foods guaranteed to be gluten free by the manufacturer.

De Cecco Sauce-Arrabbiata	24.3 oz	24094-00812
De Cecco Sauce-Pesto Alla Genovese	7 oz	24094-00813
De Cecco Sauce-Pomodoro & Basil	24.3 oz	24094-00810
* Enrico's-Pizza Sauce	15.5 oz	73316-43116
Gia Russa Bruschetta-Artichoke	10 oz	26825-01201
Giorgio Baldi Sauce-Arrabiata	18 oz	8-39070-00318
Giorgio Baldi Sauce-Mushrooms	18 oz	8-39070-00218
Giorgio Baldi Sauce-Tomato/Basil	18 oz	8-39070-00118
Lawrys Mix-Spaghetti Sauce	1.5 oz	21500-11100
* Lucini Sauce-Pizza	15 oz	6-48505-53015
Mario Batali Sauce-Arrabiata	24 oz	8-76045-00301
Mario Batali Sauce-Cherry Tomato	24 oz	8-76045-00304
Mario Batali Sauce-Marinara	24 oz	8-76045-00303
Mario Batali Sauce-Tomato Basil	24 oz	8-76045-00300
Monterey Sauce-Pesto	7 oz	7-20692-00702
* Napa Valley Bistro Sce-Arrabbiata	25 oz	73214-00940
* Napa Valley Bistro Sce-Marinara	24.5 oz	73214-00948
* Napa Valley Bistro Sce-Tomato Basil	25 oz	73214-00947
Newmans Own Sauce-Alfredo	15 oz	20662-00463
Newmans Own Sauce-Marinara	24 oz	20662-00020
Newmans Own Sauce-Marinara Mushrm	24 oz	20662-00021
Newmans Own Sauce-Org.Marinara	23.5 oz	20662-00390
Newmans Own Sauce-Org.Tomato/Basl	23.5 oz	20662-00391
Newmans Own Sauce-Org.Trad/Herb	23.5 oz	20662-00392
Newmans Own Sauce-Sockarooni Spag	24 oz	20662-00022
Newmans Own Sauce-Tomato & Basil	24 oz	20662-00028
* Patsy's Fra Diavolo	24 oz	69719-11331
* Patsy's Marinara	24 oz	69719-11131
* Patsy's Tomato Basil	24 oz	69719-11231
* Patsy's Vodka Sauce	24 oz	69719-11531
Pomi Sauce-Pomodoro Basilico	26.46 oz	8-46558-00003
Pomi Sauce-Vodka	17.64 oz	8-46558-00001
* Prego Spaghetti Sauce-Mushroom	14 oz	51000-02795
* Prego Spaghetti Sauce-Mushroom	24 oz	51000-02796
* Prego Spaghetti Sauce-Regular	24 oz	51000-02549
* Prego Spaghetti Sauce-Regular	14 oz	51000-02548
* Prego Spaghetti Sauce-Tom/Bsl/Gar	24 oz	51000-09324
* Prego Spaghetti Sauce-W/Meat	24 oz	51000-02794
Progresso Clam Sauce-Red	10.5 oz	41196-06062
Progresso Clam Sauce-White	10.5 oz	41196-06053

\*Foods guaranteed to be gluten free by the manufacturer.

Ragu Meat Sauce	23.9 oz	36200-00300
Ragu Plain	14 oz	36200-00050
Ragu Traditional	24 oz	36200-00250
* Rao's Sauce-Arrabiata	24 oz	747479-00004
Rao's Sauce-Italian Sausage and Mushroom	24 oz	747479-00008
* Rao's Sauce-Marinara	24 oz	747479-00007
* Rao's Sauce-Pizza	24 oz	747479-06100
* Rao's Sauce-Sensitive Marinara	24 oz	747479-00060
* Rao's Sauce-Tomato Basil	24 oz	747479-00105
* Rao's Sauce-Vodka	24 oz	747479-00013
San Marzano Sauce-Arrabiatta	26 oz	40784-98850
San Marzano Sauce-Marinara	26 oz	40784-98650
San Marzano Sauce-Vodka	26 oz	40784-98950
* Silver Palate Sauce-Fra Diavalo	25 oz	86341-60716
* Silver Palate Sauce-Marinara	25 oz	86341-60416
* Silver Palate Sauce-Marinara Low Sodium	25 oz	86341-60816
* Silver Palate Sauce-Tomato Basil	25 oz	86341-60616
* Silver Palate Sauce-Tomato Romano	25 oz	86341-60116

## Produce

- All vegetables and fruits are naturally gluten free.

Produce	Size	UPC
Almond Accents-Black Pepper	3.5 oz	14113-53394
Almond Accents-Honey Roast	3.5 oz	14113-53382
Almond Accents-Oven Roast	3.5 oz	14113-53384
Almond Accents-Tomato Basil	3.5 oz	14113-53395
* Galeos Dressing-Miso Caesar	13 oz	7-29328-00501
* Galeos Dressing-Miso Dijonnaise	13 oz	7-29328-00502
* Galeos Dressing-Miso Gingr Wasabi	13 oz	7-29328-00503
* Galeos Dressing-Miso Sesame Seeds	13 oz	7-29328-00500
* Garlic Expressions-Vinaigrette	12.5 oz	7-86409-00001
Fresh Gourmet Tortilla Strip Lt Salted	3.5 oz	7-87359-17503
Fresh Gourmet Tortilla Strip Tri-Color	3.5 oz	7-87359-17508
Jce Harvest Soup-Butternut	22 oz	7-62357-55122
Jce Harvest Soup-Carrot Ginger	22 oz	7-62357-55222
Jce Harvest Soup-Jolly Green	22 oz	7-62357-55422
Jce Harvest Soup-Lentil	22 oz	7-62357-55522
Jce Harvest Soup-Minestrone	22 oz	7-62357-56022

\*Foods guaranteed to be gluten free by the manufacturer.

Jce Harvest Soup-Split Pea	22 oz	7-62357-55922
* Litehouse - Avocado Dip	15.5 oz	77661-11402
* Litehouse - Dilly Dip	15.5 oz	77661-11398
* Litehouse - Garden Ranch Dip	15.5 oz	77661-11401
* Litehouse - Homestyle Ranch Dip	15.5 oz	77661-10871
Litehouse Org.Balsamic Vinagrette	12 oz	77661-11447
Litehouse Organic Caesar Dressing	12 oz	77661-11448
Litehouse Organic Ranch Dressing	12 oz	77661-11471
Litehouse Pear Gorgonzola Vinagrt	12 oz	77661-12307
* Litehouse Ultra/Prem Big Bleu	13 oz	77661-11792
* Litehouse Ultra/Prem Crm Cilantro	13 oz	77661-11798
* Litehouse Ultra/Prem Gorgonzola	13 oz	77661-12318
* Litehouse White Balsamic Vinagret	12 oz	77661-12152
* Litehouse Yog W/Kefir Bleu Chs Dr	12 oz	77661-12440
* Litehouse Yog W/Kefir Caesar Dr	12 oz	77661-12441
Maries Dip-Roasted French Onion	15.5 oz	71840-20012
Maries Dip-Spinach Parmesan	15.5 oz	71840-20018
Maries Dressing-Blue Cheese	12 oz	71840-05080
Maries Dressing-Buttermilk Ranch	11.5 oz	71840-09011
Maries Dressing-Caesar	12 oz	71840-04934
Maries Dressing-Coleslaw	12 oz	71840-04330
Maries Dressing-Crmy/Italn Garlic	12 oz	71840-04253
Maries Dressing-Light Blue Cheese	12 oz	71840-05081
Maries Dressing-Light Ranch	12 oz	71840-05094
Maries Dressing-Ranch	12 oz	71840-04281
Maries Vinaigrette Balsamic	11.5 oz	71840-09112
Maries Vinaigrette Blue Cheese	11.5 oz	71840-09111
Maries Vinaigrette Honey Dijon	11.5 oz	71840-10595
Maries Vinaigrette Raspberry	11.5 oz	71840-10598
Melissa's Basmati Rice W/Herbs	6 oz	45255-11566
Melissa's Quinoa Grains W/Herbs	8 oz	45255-11577
Nancy Healthy Kitchen Lite 1000 Island	12 oz	8-29876-00830
Nancy Healthy Kitchen Lite Blue Cheese	12 oz	8-29876-00850
Nancy Healthy Kitchen Lite Ital Parmesan	12 oz	8-29876-00820
Nancy Healthy Kitchen Lite Ranch	12 oz	8-29876-00800

### Regular Deli

- All cheese, deli meat, hot dogs, fish and tofu at Gelson's is gluten free.
- Vegetarian meat alternatives are not gluten free.

\*Foods guaranteed to be gluten free by the manufacturer.

Regular Deli	Size	UPC
Batampte Deli Style Mustard	16 oz	74301-00600
Boars Head-Pub Style Horseradish	9.5 oz	42421-16003
Buitoni Sauce Pesto Basil	7 oz	24842-32111
Buitoni Sauce Pesto Basil R/F	7 oz	24842-33111
Buitoni Sauce-Alfredo	10 oz	24842-32221
Buitoni Sauce-Alfredo Light	10 oz	24842-34221
Buitoni Sauce-Marinara	15 oz	24842-31121
Buitoni Sauce-Marinara/Garlic	15 oz	24842-34122
Buitoni Sauce-Tom/Herb/Parm	15 oz	24842-31161
Cibo Artichoke Lemon Pesto	6 oz	22009-11063
Cibo Clasic Basil Pesto	6 oz	8-81024-30083
Cibo Olive-Garlic Tapenade	4.8 oz	22009-11064
Fishermans Wharf Cocktail Sauce	8 oz	70426-00018
Fishermans Wharf Tartar Sauce	8 oz	70426-00017
* Follow Your Heart Dressing-Ranch	12 oz	49568-11012
* Follow Your Heart Dressing-Spicy Rnch	12 oz	49568-16012
* Follow Your Heart Vegenaize-Orgin	16 oz	49568-01016
* Follow Your Heart Vegenaize-R/F	16 oz	49568-20016
Fortun's Finishing Sauce-Lemon Dill	8 oz	8-50982-00204
Fortun's Finishing Sauce-Marsala/Mushroom	8 oz	8-50982-00201
Gelsons Finest Dip Spinach	16 oz	82964-10205
Gelsons Finest Dip Spinach Artichoke	12 oz	82964-10206
* Gold's Horseradish-Red Beets	6 oz	41740-00004
Kraft Dip-French Onion	8 oz	21000-61383
* Maya-Coconut Curry Sauce	15 oz	8-91756-00003
* Maya-Tikka Masala Sauce	15 oz	8-91756-00001
* Maya-Vindaloo Sauce	15 oz	8-91756-00002
Monterey Sauce-Pesto	7 oz	7-20692-00702
Silver Spring Horseradish-Coarse	8 oz	41543-05008
Silver Spring Horseradish-Cream	5 oz	41543-01001
Silver Spring Horseradish-Plain	5 oz	41543-02001
Silver Spring Horseradish-W/Beets	5 oz	41543-03005

### Salad Dressing & Dip

Salad Dressing	Size	UPC
* Annie's Natural Dress-Tuscany Italian	8 oz	92325-33320
* Annie's Natural Lite Dress-Goddess	8 oz	92325-33301

\*Foods guaranteed to be gluten free by the manufacturer.

* Annie's Natural Lite Dress-Honey Mustard	8 oz	92325-33319
* Annie's Natural Lite Dress-Raspberry Vinaigrette	8 oz	92325-33331
Brianna Dressng-Blush Wine Vinegr	12 oz	27271-11728
Brianna Dressng-Buttermilk Ranch	12 oz	27271-12134
Brianna Dressng-Champ.Caper Vngrt	12 oz	27271-12133
Brianna Dressng-New American	12 oz	27271-12132
Cardini Dressing Lt-Blsmc Vinagrt	12 oz	71475-01078
Cardini Dressing Lt-Greek Vinagrt	12 oz	71475-01096
Cardini Dressing-Balsamic Vinagrt	12 oz	71475-01084
Cardini Dressing-Caesar Light	12 oz	71475-01088
Cardini Dressing-Original Caesar	12 oz	71475-01082
Durkee Famous Sauce	10 oz	47600-05004
El Torito Dressing-Cilntro Caesar	12 oz	7-47674-49992
* Feast From/East Dress-Lt Sesame	12 oz	7-22764-01003
* Feast From/East Dress-Sesame	12 oz	7-22764-01000
* Follow Your Heart Dress-Ranch	12 oz	49568-11012
* Follow Your Heart Dress-Spcy Rnch	12 oz	49568-16012
* Galeos Dressing-Miso Caesar	13 oz	7-29328-00501
* Galeos Dressing-Miso Dijonnaise	13 oz	7-29328-00502
* Galeos Dressing-Miso Gingr Wasabi	13 oz	7-29328-00503
* Galeos Dressing-Miso Sesame Seeds	13 oz	7-29328-00500
* Garlic Expressions-Vinaigrette	12.5 oz	7-86409-00001
Girard Dressing-Blue Chz Vinagrt	12 oz	70200-58091
Girard Dressing-Caesar	12 oz	70200-58125
Girard Dressing-Caesar Light	12 oz	70200-58235
Girard Dressing-Champagne	12 oz	70200-58115
Girard Dressing-Champagne Light	12 oz	70200-58215
Girard Dressing-Creamy Balsamic	12 oz	70200-58023
Girard Dressing-Greek Vinaigrette	12 oz	70200-58130
Girard Dressing-Original French	12 oz	70200-58015
Girard Dressing-Spinach Salad	12 oz	70200-58159
Girard Dressing-Venice Italian	12 oz	70200-58035
Girard Dressing-White Balsamic	12 oz	70200-58045
H.Valley Dress Mix-Ranch/Buttrmlk	0.4 oz	71100-00407
H.Valley Dress Mix-Ranch/Milk	1 oz	71100-00443
H.Valley Dress-Easy Sqz Ranch	20 oz	71100-00021
H.Valley Dress-Ranch Light	8 oz	71100-00576
H.Valley Dress-Ranch Light	16 oz	71100-00577
H.Valley Dress-Ranch Original	8 oz	71100-00550
H.Valley Dress-Ranch Original	16 oz	71100-00551

\*Foods guaranteed to be gluten free by the manufacturer.

H.Valley Farmhouse Dressing-Southwest Chipotle	16 oz	71100-21066
Ken's Dressing-1000 Island	16 oz	41335-00053
Ken's Dressing-Balsamic Basil Vinaigrette	16 oz	41335-00129
Ken's Dressing-Chunky Blue Cheese	16 oz	41335-00125
Ken's Dressing-Creamy Caesar	16 oz	41335-00176
Ken's Dressing-Italian Aged Romano	16 oz	41335-01212
Ken's Dressing-Northern Italian Lite	16 oz	41335-00098
Ken's Dressing-Poppy Seed Lite	16 oz	41335-34956
Ken's Dressing-Ranch	16 oz	41335-33218
Ken's Dressing-Ranch Lite	16 oz	41335-00063
Kraft Dressing-Catalina	8 oz	21000-64453
Litehouse Org.Balsamic Vinagrette	12 oz	77661-11447
Litehouse Organic Caesar Dressing	12 oz	77661-11448
Litehouse Organic Ranch Dressing	12 oz	77661-11471
Litehouse Pear Gorgonzola Vinagrt	12 oz	77661-12307
* Litehouse Ultra/Prem Big Bleu	13 oz	77661-11792
* Litehouse Ultra/Prem Crm Cilantro	13 oz	77661-11798
* Litehouse Ultra/Prem Gorgonzola	13 oz	77661-12318
* Litehouse White Balsamic Vinagret	12 oz	77661-12152
* Litehouse Yog W/Kefir Bleu Chs Dr	12 oz	77661-12440
* Litehouse Yog W/Kefir Caesar Dr	12 oz	77661-12441
* Lucini Vinaigrette-Cucmbr Shallot	8.5 oz	6-48505-14250
* Lucini Vinaigrette-Fig/Wlnt Balsm	8.5 oz	6-48505-10250
* Lucini Vinaigrette-Parmesan/Garlc	8.5 oz	6-48505-13250
* Lucini Vinaigrette-Tusc Bals Evoo	8.5 oz	6-48505-15250
* Maple Grove Dressing-F/F Balsamic	8 oz	74683-00426
* Maple Grove Dressing-F/F Cranberry Balsamic	8 oz	74683-00452
* Maple Grove Dressing-F/F Dijon	8 oz	74683-00468
* Maple Grove Dressing-F/F Poppyseed	8 oz	74683-00445
* Maple Grove Dressing-F/F Rasp/Vin	8 oz	74683-00485
* Maple Grove Dressing-F/F Wsbi Djn	8 oz	74683-00457
* Maple Grove Dressing-S/F Italian White Balsamic	8 oz	74683-00854
* Maple Grove Dressing-S/F Raspberry Vinaigrette	8 oz	74683-00852
Maries Dressing-Blue Cheese	12 oz	71840-05080
Maries Dressing-Buttermilk Ranch	11.5 oz	71840-09011
Maries Dressing-Caesar	12 oz	71840-04934
Maries Dressing-Coleslaw	12 oz	71840-04330
Maries Dressing-Crmy/Italn Garlic	12 oz	71840-04253
Maries Dressing-Light Blue Cheese	12 oz	71840-05081
Maries Dressing-Light Ranch	12 oz	71840-05094

\*Foods guaranteed to be gluten free by the manufacturer.

Maries Dressing-Ranch	12 oz	71840-04281
Maries Vinaigrette Balsamic	11.5 oz	71840-09112
Maries Vinaigrette Blue Cheese	11.5 oz	71840-09111
Maries Vinaigrette Honey Dijon	11.5 oz	71840-10595
Maries Vinaigrette Raspberry	11.5 oz	71840-10598
Marzetti Dressing-Slaw	16 oz	70200-11001
Marzetti Simply Dressed- Blue Cheese	12 oz	Add to NGI
Marzetti Simply Dressed-Champagne	12 oz	
Marzetti Simply Dressed-Pomegranate	12 oz	
Matheny Dressing-Honey Mustard	9 oz	30879-10002
Milani Dressing French	8 oz	72058-02900
Nancy Healthy Kitchen Lite 1000 Island	12 oz	8-29876-00830
Nancy Healthy Kitchen Lite Blue Cheese	12 oz	8-29876-00850
Nancy Healthy Kitchen Lite Ital Parmesan	12 oz	8-29876-00820
Nancy Healthy Kitchen Lite Ranch	12 oz	8-29876-00800
Newmans Own Dressing-Balsmc Vingr	8 oz	20662-00005
Newmans Own Dressing-Balsmc Vingr	16 oz	20662-00006
Newmans Own Dressing-Caesar	16 oz	20662-00037
Newmans Own Dressing-Italian Lite	8 oz	20662-00003
Newmans Own Dressing-Light Caesar	16 oz	20662-00288
Newmans Own Dressing-Lt Bals.Vin.	16 oz	20662-00284
Newmans Own Dressing-Lt Hny Must	16 oz	20662-00292
Newmans Own Dressing-Lt Italian	16 oz	20662-00004
Newmans Own Dressing-Oil/Vinegar	8 oz	20662-00001
Newmans Own Dressing-Oil/Vinegar	16 oz	20662-00002
Newmans Own Dressing-Org.Lt Balsm	12 oz	20662-00394
Newmans Own Dressing-Org.Tus Ital	12 oz	20662-00393
* Wishbone Dress-Deluxe French	8 oz	41000-00652
* Wishbone Dress-F/F Italian	8 oz	41000-00521
* Wishbone Dress-Italian	16 oz	41000-00610
* Wishbone Dress-Italian	8 oz	41000-00611
* Wishbone Dress-Italian Rubusto	8 oz	41000-00628
* Wishbone Dress-Ranch	8 oz	41000-00570
* Wishbone Lite Dress-Blue Cheese	8 oz	41000-00607
* Wishbone Lite Dress-Italian	8 oz	41000-00682
<b>Dip</b>	<b>Size</b>	<b>UPC</b>
Gelsons Finest Dip Spinach	16 oz	82964-10205
Gelsons Finest Dip Spinach Artichoke	12 oz	82964-10206
H.Valley Dip Mix-Ranch	1 oz	71100-00403

\*Foods guaranteed to be gluten free by the manufacturer.

Kraft Dip-French Onion	8 oz	21000-61383
* Litehouse - Avocado Dip	15.5 oz	77661-11402
* Litehouse - Dilly Dip	15.5 oz	77661-11398
* Litehouse - Garden Ranch Dip	15.5 oz	77661-11401
* Litehouse - Homestyle Ranch Dip	15.5 oz	77661-10871
Maries Dip-Roasted French Onion	15.5 oz	71840-20012
Maries Dip-Spinach Parmesan	15.5 oz	71840-20018

### Sauces, Marinades, Condiments & Dry Seasoning Mixes

Asian Sauce	Size	UPC
Dynasty Sauce-Hoisin	7 oz	11152-09627
Kikkoman Aji-Mirin	10 oz	11152-02140
La Choy Sauce-Sweet & Sour	10 oz	44300-12551
Maggi Sweet Chili Sauce	10.1 oz	28000-51212
* Maya-Coconut Curry Sauce	15 oz	8-91756-00003
* Maya-Tikka Masala Sauce	15 oz	8-91756-00001
* Maya-Vindaloo Sauce	15 oz	8-91756-00002
Sambal Oelek-Chili Paste	8 oz	24463-06107
* San J Org Tamari G/Free Soy Sauce	10 oz	75810-00125
* San J Org Tamari Soy- Gluten Free R/S	10 oz	75810-00425
* San J Tamari Soy Sauce	10 oz	75810-02125
* San J Tamari Soy Sauce-Reduce Slr	10 oz	75810-02325
Sun Bird Wasabi	1.52 oz	74880-02002
* Sun Luck Duck Sauce	7 oz	76132-05017
* Sun Luck Hoisin Sauce-Gluten Free	8 oz	76132-05016
* Sun Luck Plum Sauce-Gluten Free	8 oz	76132-09025
* Thai Kitchen Green Curry Paste	4 oz	7-37628-00400
* Thai Kitchen Red Curry Paste	4 oz	7-37628-00300
* Thai Kitchen Sauce-Premium Fish	6.76 oz	7-37628-00100
Tuong Ot Sriracha Chili Sauce	17 oz	24463-06109
Ty Ling Chinese Hot Mustard	4 oz	70670-00060
<b>Barbeque Sauce</b>	<b>Size</b>	<b>UPC</b>
* Bone Suckin Sauce-Hot	16 oz	7-54496-11122
* Bone Suckin Sauce-Original	16 oz	7-54496-00122
* Chris & Pitts Bbq Sauce-Original	21 oz	7-31371-19033
Franks-Red Hot Buffalo Wing Sauce	12 oz	41500-74510
* Gayles Orig Bbq Sauce-Sweet/Sassy	19.5 oz	43901-52853

\*Foods guaranteed to be gluten free by the manufacturer.

Guy Fieri BBQ Sauce-Bourbon Brown Sugar	19 oz	8-76045-00404
Guy Fieri BBQ Sauce-Carolina #6	18 oz	8-76045-00400
Guy Fieri BBQ Sauce-Kansas City	19 oz	8-76045-00402
Island Delight Sweet & Sour Sauce	16 oz	79733-02016
K.C. Mstrpce Bbq Sauce-Brwn Sugar	18 oz	74609-07286
K.C. Mstrpce Bbq Sauce-Original	18 oz	74609-07240
K.C. Mstrpce Bbq Sce-Squez Bottle	28 oz	74609-07233
Open Pit Bbq Sauce	18 oz	54100-97765
Pork Barrel BBQ Sauce-Sweet	12 oz	29222-63043
Sweet Baby Rays-Hckry & Brwn Sug	18 oz	13409-35150
* Sweet Baby Rays-Honey Bbq Sauce	18 oz	13409-34115
* Sweet Baby Rays-Original Bbq Sce	28 oz	13409-35231
* Sweet Baby Rays-Original Bbq Sce	18 oz	13409-91810
Tony Roma Bbq Sauce-Carol Honey	21 oz	6-98639-02004
Tony Roma Bbq Sauce-Original	21 oz	6-98639-02008
<b>Condiments</b>	<b>Size</b>	<b>UPC</b>
Beaver Horseradish-Cream Style	12 oz	71828-00210
Boars Head-Pub Style Horseradish	9.5 oz	42421-16003
* Gold's Horseradish-Red Beets	6 oz	41740-00004
Inglehoffer Cream Horseradish	9.5 oz	71828-01103
Inglehoffer Horseradish-Extra Hot	4 oz	71828-00901
Inglehoffer Horseradish-Wasabi	9.5 oz	71828-01105
Morehouse Horseradish	4 oz	11209-00104
Silver Spring Horseradish-Coarse	8 oz	41543-05008
Silver Spring Horseradish-Cream	5 oz	41543-01001
Silver Spring Horseradish-Plain	5 oz	41543-02001
Silver Spring Horseradish-W/Beets	5 oz	41543-03005
* Annie's Natural Organic Ketchup	24 oz	92325-22225
Del Monte Ketchup-Quick Squeeze	24 oz	24000-05533
* Heinz Ketchup	14 oz	13000-00124
* Heinz Ketchup	40 oz	13000-00574
* Heinz Ketchup-Easy Squeeze	20 oz	13000-00640
* Heinz Ketchup-Organic	15 oz	13000-00101
* Heinz Ketchup-Squeeze	32 oz	13000-00605
* Heinz Ketchup-Squeeze	36 oz	13000-00133
Natural Directions-Ketchup Organic	20 oz	15400-19152
* Best Foods Mayonnaise	15 oz	48001-21336
* Best Foods Mayonnaise	30 oz	48001-21351
* Best Foods Mayonnaise	8 oz	48001-26552

\*Foods guaranteed to be gluten free by the manufacturer.

* Best Foods Mayonnaise	48 oz	48001-26570
* Best Foods Mayonnaise-Big Squeeze	16.5 oz	48001-02588
* Best Foods Mayonnaise-Easy Out	22 oz	48001-02596
* Best Foods Mayonnaise-Light	30 oz	48001-21372
* Best Foods Mayonnaise-Light	15 oz	48001-21346
* Best Foods Mayonnaise-Lt Squeeze	9 oz	48001-02587
* Best Foods Mayonnaise-Olive Oil	30 oz	48001-20437
* Best Foods Mayonnaise-Reduced Fat	15 oz	48001-21342
* Best Foods Mayonnaise-Squeeze	9 oz	48001-02586
* Best Foods Mayonnaise-Squeeze Lt	16.5 oz	48001-02610
* Best Foods Mayonnaise-with olive oil	22 oz	48001-10896
* Follow Your Heart Vegenaize-Orgin	16 oz	49568-01016
* Follow Your Heart Vegenaize-R/F	16 oz	49568-20016
* Kraft Mayonnaise	15 oz	21000-02696
* Nasoya Nayonnaise	14 oz	25484-00040
* Ojai Cook Lemonaise	12 oz	6-93239-99001
Ojai Cook Lemonaise-Lite	12 oz	6-93239-99002
* Smart Balance-Omega Plus Mayonnaise	16 oz	33776-02520
Batampte Deli Style Mustard	16 oz	74301-00600
Beaver Mustard-Deli	12.5 oz	71828-00214
Best Foods Dijonnaise-Squeeze	9.5 oz	48001-02584
* Bone Suckin Mustard	12 oz	7-54496-70012
Emerils Mustard-Horseradish	12 oz	74683-09702
Frenchs Mustard	9 oz	41500-00224
Frenchs Mustard-Classic Yellow	20 oz	41500-00031
Frenchs Mustard-Dijon	12 oz	41500-00099
Frenchs Mustard-Spicy Brown	12 oz	41500-00042
Frenchs Mustard-Squeeze/Plastic	14 oz	41500-00025
Grey Poupon Mustard	16 oz	54400-60050
Grey Poupon Mustard	8 oz	54400-00024
Grey Poupon Mustard-Dijon Country	8 oz	54400-00040
Grey Poupon Mustard-Dijon Squeeze	10 oz	54400-01503
Gulden Mustard-Squeeze	12 oz	64144-32160
Inglehoffer Mustard-Stone Ground	10 oz	71828-01102
Maille Mustard-Dijon	7.5 oz	43646-20128
Maille Mustard-Dijon/Squeeze	9.7 oz	43646-51018
Maille Mustard-Grained Dijon	7.3 oz	43646-20758
Morehouse Mustard-Squeeze Bottle	8 oz	11209-00208
* Robert Rothschild Farm Mustard-Anna Mae's Smoky	9.2 oz	11246-53255
* Robert Rothschild Farm Mustard-Cilantro Jalapeno	9.3 oz	11246-54155

\*Foods guaranteed to be gluten free by the manufacturer.

* Robert Rothschild Farm Mustard-Raspberry Honey	11.5 oz	11246-51355
Zatarain's Creole Mustard	5.25 oz	71429-03069
<b>Dry Seasoning Mixes</b>	<b>Size</b>	<b>UPC</b>
* Carroll Shelby Texas Chili Mix	4 oz	72396-10000
Lawrys Mix-Beef Marinade	1.06 oz	21500-21300
Lawrys Mix-Chicken Fajitas	1 oz	21500-20208
Lawrys Mix-Fajitas Seasoning	1.27 oz	21500-22500
Lawrys Mix-Lemon Butter Dill Talapia	0.9 oz	21500-01106
Lawrys Mix-Sloppy Joe	1.5 oz	21500-20700
Lawrys Mix-Taco Chicken	1 oz	21500-20205
Mc Cormick Taco Seasoning	1.25 oz	52100-09170
Mc Cormick Taco Seasoning-L/S	1.25 oz	52100-02123
* Nueva Cocina Mix-Taco Chipotle Seasoning	1.25 oz	8-93751-00032
* Nueva Cocina Mix-Taco Fresco Seasoning	1.25 oz	8-93751-00033
Ortega Mix-Taco Seasoning	1.25 oz	39000-00820
Simply Organic Mix-Southwest Taco Seasoning	1.13 oz	89836-18533
Simply Organic Mix-Spicy Chili Seasoning	1 oz	89836-18537
<b>Hot/Mexican Sauce</b>	<b>Size</b>	<b>UPC</b>
Cholula Sauce-Chili Lime	5 oz	49733-84011
Cholula Sauce-Chipotle	5 oz	49733-83011
Cholula Sauce-Hot*	5 oz	49733-09101
Crystal Hot Sauce	12 oz	48400-00010
Franks Red Hot Sauce	5 oz	41500-80501
Franks Red Hot Sauce	12 oz	41500-80502
Frontera Enchilada Sauce-Green	8 oz	6-04183-12143
Frontera Enchilada Sauce-Red	8 oz	6-04183-12142
Frontera Taco Skillet Sauce-New Mexico	8 oz	6-04183-12171
Frontera Taco Skillet Sauce-Texas	8 oz	6-04183-12170
Gringo Banidito-Hot Sauce	5 oz	7-94171-15150
La Victoria Enchilada Sauce-Mild	10 oz	72101-01505
* La Victoria Salsa Brava	8 oz	72101-01145
* La Victoria Taco Sauce-Green	8 oz	72101-01125
* La Victoria Taco Sauce-Red	8 oz	72101-01105
Las Palmas Enchilada Sauce	19 oz	41501-11017
Las Palmas Enchilada Sauce-Mild	28 oz	41501-11028
Ortega Mild Taco Sauce	8 oz	39000-00890
Tabasco Sauce	2 oz	11210-00001
Tabasco Sauce	5 oz	11210-00015

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Tabasco Sauce-Green Pepper	2 oz	11210-00971
Tapatio Hot Sauce	10 oz	77885-88200
<b>Marinades</b>	<b>Size</b>	<b>UPC</b>
Lawrys Marinade-Balsamic Herb	12 oz	21500-01095
Lawrys Marinade-Herb/Garlic/Lemon	12 oz	21500-04801
Lawrys Marinade-Lemon Pepper	12 oz	21500-04804
Lawrys Marinade-Mesquite W/Lime	12 oz	21500-04800
Lawrys Marinade-Sig.Steakhouse	12 oz	21500-97602
Newmans Own Marinade-Herb/Rst Garlic	12.25 oz	20662-00437
<b>Other Sauces</b>	<b>Size</b>	<b>UPC</b>
A-1 Steak Sauce	10 oz	54400-00005
A-1 Steak Sauce	5 oz	54400-00009
* Best Foods Tartar Sauce	9 oz	48001-02585
* Bragg Liquid Amino Super Concentrate	16 oz	74305-00016
* C&B Major Grey's Chutney	9 oz	51500-28620
Fishermans Wharf Cocktail Sauce	8 oz	70426-00018
Fishermans Wharf Tartar Sauce	8 oz	70426-00017
Fortun's Finishing Sce-Lemon Dill	8 oz	8-50982-00204
Fortun's Finishing Sce-Marsla/Mushroom	8 oz	8-50982-00201
Heinz Sauce-Chili	12 oz	13000-00112
* Heinz Sauce-Cocktail	12 oz	13000-00113
Homade Sauce-Chili	12 oz	71137-01209
Hunts Manwich	15.5 oz	27000-44110
Kitchen Bouquet	4 oz	71100-00052
Konditori Dill Sauce	8 oz	88819-00001
* Lea & Perrin Worcestershire R/S	10 oz	51600-00250
* Lea & Perrin Worcestershire Sauce	5 oz	51600-00003
* Lea & Perrin Worcestershire Sce	10 oz	51600-00001
* Pickapeppa Sauce	5 oz	72155-00005
* Robert Rothschild Farm Sauce-Anna Mae's Smoky Sweet	12 oz	11246-16138
* Robert Rothschild Farm Sauce-Hot Pepper Raspberry Chipotle	12 oz	11246-17838
Robert Rothschild Farm Sauce-Pineapple Coconut Mango Tequila	12 oz	11246-19138
Saucy Susan Peach/Apricot Sauce	9.5 oz	41153-00005
Sharwoods Chutney-Major Gry Mango	12.5 oz	62058-81634
Sharwoods Chutney-Mango/Ginger	12.5 oz	62058-81797
Sharwoods Chutney-Spice Mango	12.5 oz	62058-81632
Sun Brand-Major Gry Mango Chutney	10 oz	72538-00015
Wrights Liquid Smoke	3.5 oz	41421-17745

\*Foods guaranteed to be gluten free by the manufacturer.

Wrights Liquid Smoke-Applewood	3.5 oz	47800-00447
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## Soup & Chili

Broth, Stock & Bouillon	Size	UPC
Better Than Bouillon-Au Jus	8 oz	98308-21721
Better Than Bouillon-Beef Base	8 oz	98308-00203
Better Than Bouillon-Chicken	8 oz	98308-00202
Better Than Bouillon-Fish Base	8 oz	98308-21722
Better Than Bouillon-Org Chk Base	8 oz	98308-00280
Better Than Bouillon-R/S Chk Base	8 oz	98308-22771
Better Than Bouillon-Veg Base	8 oz	98308-00205
Better Than Bouillon-Veg Chicken	8 oz	98308-22581
Health Valley Broth-N/S Chicken	14.25 oz	35742-22111
* Imagine Broth-Org.F/Rng Chix L/S	32 oz	84253-24001
* Imagine Broth-Org.Free Range Chix	32 oz	84253-24049
* Imagine Broth-Organic Vegetable	32 oz	84253-24048
* Kitchen Basics-Nat.Chicken Stock	32 oz	6-11443-34001
Manischewitz Soup-Chicken Clear	10.5 oz	72700-10126
* Pacific Natural Broth-Chicken	32 oz	52603-05400
* Pacific Natural Broth-Org F/R Chk	32 oz	52603-05425
* Pacific Natural Broth-Org.Ckn L/S	32 oz	52603-05445
* Pacific Natural Broth-Veg.Org L/S	32 oz	52603-05450
* Pacific Natural Broth-Veg.Organic	32 oz	52603-05410
Swanson Broth-Chicken	14 oz	51000-02431
Swanson Broth-Chicken Nat.Goodnss	14 oz	51000-02429
Swanson Broth-Chicken Nat.Goodnss	49 oz	51000-09054
Swanson Broth-Chicken-Aseptic	48 oz	51000-16887
Swanson Broth-Chicken-N/G Aseptic	48 oz	51000-16888
Swanson Broth-Vegetable	14 oz	51000-04156
Swanson Cooking Stock-Beef No Salt	26 oz	51000-19387
Swanson Cooking Stock-Bf Aseptic	26 oz	51000-18031
Swanson Cooking Stock-Chicken No Salt	26 oz	51000-19386
Swanson Cooking Stock-Ckn Aseptic	26 oz	51000-18032
<b>Soup</b>	<b>Size</b>	<b>UPC</b>
* Amy's Soup Org-Blk Bean Veg.L/F	14.5 oz	42272-00504
* Amy's Soup Org-Chnky Tom Bisq L/S	14.5 oz	42272-00586
* Amy's Soup Org-Chunky Tom Bisque	14.5 oz	42272-00536

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* Amy's Soup Org-Chunky Veg.F/F	14.3 oz	42272-00540
* Amy's Soup Org-Crm Of Tom L/F L/S	14.5 oz	42272-00581
* Amy's Soup Org-Crm Of Tomato L/F	14.5 oz	42272-00501
* Amy's Soup Org-Curried Lentil	14.5 oz	42272-00561
* Amy's Soup Org-Golden Lentil	14.4 oz	42272-00593
* Amy's Soup Org-Hearty French Country Veg	14.4 oz	42272-00591
* Amy's Soup Org-Hearty Italian Vegetable	14 oz	42272-00538
* Amy's Soup Org-Lentil	14.5 oz	42272-00502
* Amy's Soup Org-Lentil L/S	14.5 oz	42272-00583
* Amy's Soup Org-Lentil Veg.L/S	14.5 oz	42272-00582
* Amy's Soup Org-Lentil Vegetable	14.5 oz	42272-00535
* Amy's Soup Org-Split Pea L/F	14.1 oz	42272-00505
* Amy's Soup Org-Split Pea L/S	14.1 oz	42272-00584
* Amy's Soup Org-Summer Corn/Vegtbl	14.5 oz	42272-00562
* Amy's Soup Org-Sw Fire Rstd Veg.	14.3 oz	42272-00547
* Amy's Soup Org-Thai Coconut	14.1 oz	42272-00513
* Amy's Soup Org-Tuscan Bean/Rice	14.1 oz	42272-00519
Andersen Soup-Split Pea	15 oz	71079-04367
Andersen Soup-Split Pea W/Bacon	15 oz	71079-04369
Health Valley Soup Org.N/S-Potato Leek	15 oz	35742-22107
Health Valley Soup Org.N/S-Rice Primavera	15 oz	35742-22237
Health Valley Soup Org.N/S-Split Pea	15 oz	35742-22104
Health Valley Soup-N/S Lentil	15 oz	35742-22102
Health Valley Soup-N/S Tomato	15 oz	35742-22106
Health Valley Soup-N/S Vegetable	15 oz	35742-22101
* Imagine Soup-Org. Creamy Tomato	32 oz	84253-24047
* Imagine Soup-Org. Crmy Btrnt Sqsh	32 oz	84253-24041
* Imagine Soup-Org. Crmy Sweet Corn	32 oz	84253-24042
Jce Harvest Soup-Butternut	22 oz	7-62357-55122
Jce Harvest Soup-Carrot Ginger	22 oz	7-62357-55222
Jce Harvest Soup-Jolly Green	22 oz	7-62357-55422
Jce Harvest Soup-Lentil	22 oz	7-62357-55522
Jce Harvest Soup-Minestrone	22 oz	7-62357-56022
Jce Harvest Soup-Split Pea	22 oz	7-62357-55922
* Kettle Cuisine Gluten Free-Chicken Noodle	10 oz	6-67978-60701
Kikkoman Soup-Tofu Miso Instant	1.05 oz	41390-03070
* Lucini Soup-Roman Tomato Cream	19.6 oz	6-48505-40560
* Lucini Soup-Tuscan Tomato Basil	19.6 oz	6-48505-41560
Manischewitz Borscht-Red. Sodium	24 oz	72700-10276
Manischewitz Borscht-Regular	24 oz	72700-10274

\*Foods guaranteed to be gluten free by the manufacturer.

Manischewitz Soup Mix-Split Pea	6 oz	72700-10201
Marukome Miso & Easy-Ginger Tomato	13.8 oz	8-92565-00270
Marukome Miso & Easy-Original	13.8 oz	8-92565-00269
Marukome Miso Soup-Tofu	3 pk	8-98216-00184
Marukome Miso Soup-Vegetable	3 pk	8-98216-00186
Mishima Instant Soup-Spicy Miso	1.05 oz	8-30757-00030
Mishima Instant Soup-White Miso	1.05 oz	8-30757-00023
Muir Glen Org Soup Chicken/Wild Rice	14 oz	7-25342-41262
Muir Glen Org Soup-Chicken Tortilla	14.5 oz	7-25342-41258
* Progresso Soup-99% F/F Clam Chowder/New England	18.5 oz	41196-91184
* Progresso Soup-99% F/F Lentil	19 oz	41196-91181
* Progresso Soup-Chicken Rice Veg.	19 oz	41196-01000
Progresso Soup-Chicken Wild Rice	19 oz	41196-91036
* Progresso Soup-Clam Chowder Manhattan	19 oz	41196-01111
* Progresso Soup-Clam Chowder New England	18.5 oz	41196-01112
Progresso Soup-Lt Ne Clam Chowder	18.5 oz	41196-45281
Progresso Soup-Lt Santa Fe Chickn	18.5 oz	41196-40483
* Progresso Soup-R&H Chix Corn Chdr	18.5 oz	41196-91416
Progresso Soup-R/S Chicken & Wild Rice	18.5 oz	41196-74074
Progresso Soup-R/S Garden Vegetable	18.5 oz	41196-80549
Progresso Soup-R/S Tomato Parmesan	18.5 oz	41196-47439
* Progresso Soup-Trad S.W. Chicken	19 oz	41196-91504
* Progresso Soup-VC Garden Vegetable	18.5 oz	41196-91507
* Progresso Soup-VC Lentil	19 oz	41196-01022
Progresso Soup-WR Blk Bean Jalapeno	18.5 oz	41196-47601
* Thai Kitchen Bowl-Lemon Grass/Chili	2.4 oz	7-37628-08650
* Thai Kitchen Bowl-Mushroom	2.4 oz	7-37628-06550
* Thai Kitchen Bowl-Rice/Ndl/Garlic	2.4 oz	7-37628-06250
* Thai Kitchen Bowl-Rice/Ndl/Onion	2.4 oz	7-37628-06600
<b>Chili, etc.</b>	<b>Size</b>	<b>UPC</b>
* Amy's Chili-Black Bean	14.7 oz	42272-00530
* Amy's Chili-Medium	14.7 oz	42272-00510
* Amy's Chili-Medium W/Vegetables	14.7 oz	42272-00511
Dennison Chili With Beans	15 oz	64144-02115
* Hormel Chili-With Beans	15 oz	37600-22318
Hormel Tamales-Beef	15 oz	37600-21629
* Kettle Cuisine Gluten Free-Chili	10 oz	6-67978-60501
* Mary Kitchen Corn Beef Hash	15 oz	37600-19646
* Stagg Chili-Chicken	15 oz	71106-72015

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* Stagg Chili-Classic With Bean	15 oz	71106-72000
* Stagg Chili-Steak House No Beans	15 oz	71106-72007

### Tea, Coffee & Cocoa

- Flavored coffee, flavored tea and herbal tea may contain gluten. Always read ingredient lists. If no ingredients are listed, avoid consuming that particular beverage.
- Malt-based beverages are not gluten free.
- Tea and coffee (both regular and decaffeinated) and cocoa are generally gluten free.

Tea	Size	UPC
* Bigelow Tea-Const Comment	20 ct	72310-00105
* Bigelow Tea-Const Comment Decaf	20 ct	72310-04107
* Bigelow Tea-Earl Grey Decaf	20 ct	72310-04223
* Bigelow Tea-Green	20 ct	72310-00847
* Bigelow Tea-Green Decaf	20 ct	72310-04247
* Bigelow Tea-Green With Mango	20 ct	72310-00187
* Bigelow Tea-Herb Cozy Chamomile	20 ct	72310-00041
* Bigelow Tea-Herb Mint Medley	20 ct	72310-00073
* Bigelow Tea-Herb Red Raspberry	20 ct	72310-00037
* Bigelow Tea-Vanilla Chai	20 ct	72310-00162
* Celestial Green Tea-Authentic	20 ct	70734-07034
* Celestial Tea-Country Peach	20 ct	70734-05324
* Celestial Tea-Herb Chamomile	20 ct	70734-00010
* Celestial Tea-Herb Peppermint	20 ct	70734-00008
* Celestial Tea-Honey/Van Chamomile	20 ct	70734-05307
* Celestial Tea-Lemon Zinger	20 ct	70734-05317
* Celestial Tea-Mandarin Orange	20 ct	70734-00031
* Celestial Tea-Sleepytime	20 ct	70734-00003
* Celestial Tea-Sleepytime Extra	20 ct	70734-05372
* Celestial Tea-Sleepytime Vanilla	20 ct	70734-51654
* Crystal Light Drink Mix-Iced Tea	8 qt	43000-95025
* Good Earth Tea-Green Decaf	18 ct	27018-30257
* Good Earth Tea-Orig.Caffeine Free	18 ct	27018-30135
* Good Earth Tea-Original Herb	18 ct	27018-30134
* Good Earth Tea-Super Green Tea	18 ct	27018-09924
* Numi Tea-Aged Earl Grey	18 ct	6-80692-10170
* Numi Tea-Gunpowder Green	18 ct	6-80692-10109
* Numi Tea-Jasmine Green	18 ct	6-80692-10108
* Numi Tea-Moroccan Mint	18 ct	6-80692-10104

\*Foods guaranteed to be gluten free by the manufacturer.

\* Numi Tea-Rooibos

18 ct

6-80692-10102

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