

Gluten Free Diet: A Shopping Guide

Version 1.0

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Provided by:

Happy Gluten Free, LLC

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

PLEASE SHARE!

If someone you know could benefit from having help with the gluten-free diet, would you please recommend that they join my newsletter at www.happyglutenfree.com? Thank you!

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Preface

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

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

Why this book will make life a little easier:

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

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

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

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

**Perimeter:
Produce**

Produce

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

Perimeter: Deli and Meats

(Also see the Aisles: Frozen Meats section)

Deli and Meat Counter

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

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

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

Breakfast Meats

Applegate Farms

www.applegatefarms.com; 866-587-5858

Natural Canadian Bacon

Natural Dry Cured Bacon

Natural Peppered Bacon

Natural Chicken and Apple Breakfast Sausage

Natural Chicken and Maple Breakfast Sausage

Natural Chicken and Sage Breakfast Sausage

Natural Sunday Bacon

Natural Turkey Bacon

Organic Sunday Bacon

Organic Turkey Bacon

Boulder Sausage

www.bouldersausage.com; 866-529-0595

Breakfast Sausage

Breakfast Meats Cont'd

Farmer John

www.farmerjohn.com; 800-846-7635

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

Breakfast Meats Cont'd

Hormel

www.hormel.com; 800-523-4635

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

Jennie-O Turkey Store

www.jennieo.com; 800-621-3505

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

Breakfast Meats Cont'd

Oscar Mayer

www.oscarmayer.com; 877-535-5666

All Bacons

All Fully Cooked Bacon

Smithfield

www.smithfield.com

Center Cut 40% Lower Fat Bacon

Cracked Peppercorn Coated Bacon

Paula Deen Hot Pork Sausage

Paula Deen Mild Pork Sausage

Naturally Hickory Smoked Bacon

Paula Deen Sausage Links and Patties

Thick Sliced Bacon

Breakfast Meats Cont'd

Wellshire Farms

www.wellshirefarms.com; 877-467-2331

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

Fish

Bumble Bee

www.bumblebee.com

Chunk White Albacore in Oil or Water

Prime Fillet Solid White Albacore in Water

Prime Fillet Solid White Albacore Low Sodium
in Water

Solid White Albacore in Oil or Water

Chicken of the Sea

www.chickenofthesea.com

All

AVOID Tuna Salad Kits

Starkist

www.starkist.com; 412-323-7400

All Classics in Water or Oil, Gourmet Choice

AVOID Meal Kits and Creations products

General Meats

Always Tender

www.hormel.com; 800-523-4635

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

Applegate Farms

www.applegatefarms.com; 866-587-5858

Organic Beef Burgers
Organic Turkey Burgers

General Meats Cont'd

Foster Farms

www.fosterfarms.com; 800-255-7227

Fresh Natural Chicken

Fresh Natural Turkey

Ground Chicken

Ground Turkey

Hormel

www.hormel.com; 800-523-4635

All SPAM products

Jennie-O Turkey Store

www.jennieo.com; 800-621-3505

All Ground Turkey

All Seasoned Breast Meat

AVOID Teriyaki Sesame & Ginger

All Turkey Burgers

All Unseasoned Breast Meat

Fully Cooked Italian Style Turkey Meatballs

Sanderson Farms

www.sandersonfarms.com; 800-844-4030

Fresh Chicken

Holiday Meats

Butterball

www.butterball.com; 800-288-8372

All turkeys

AVOID Stuffed Turkey

Jennie-O Turkey Store

www.jennieo.com; 800-621-3505

Fresh Young Turkey

Premium Basted Young Turkey

Smithfield

www.smithfield.com

Hickory Smoked Boneless Ham

Hot Dogs/Franks

Applegate Farms

www.applegatefarms.com; 866-587-5858

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

Ball Park

www.ballparkfranks.com; 800-925-3326

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

Hot Dogs/Franks Cont'd

Farmer John

www.farmerjohn.com; 800-846-7635

Dodger Dogs

Premium Beef Franks

Premium Jumbo Beef Franks

Premium Jumbo Meat Wieners

Premium Meat Wieners

Premium Quarter Pounder Beef Franks

Oscar Mayer

www.oscarmayer.com; 877-535-5666

Beef Premium Hot Dogs

Cheese Dogs

Classic and 98% Fat Free Wieners

Classic Cheese Turkey Franks

Classic Light Beef Franks

Classic Turkey Franks

Deli Style Hot Dogs

Jalapeno & Cheddar Franks

Hot Dogs/Franks Cont'd

Wellshire Farms

www.wellshirefarms.com; 877-467-2331

4XL Big Beef Franks

Cheese Franks

Chicken Franks

Cocktail Franks

Old Fashioned Beef Frank

Original Deli Frank

Premium Beef Frank

Turkey Franks

Lunch Meats

Applegate Farms

www.applegatefarms.com; 866-587-5858

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

Lunch Meats Cont'd

Boar's Head

www.boarshead.com; 888-884-2627

All lunch meats

Buddig

www.buddig.com; 888-633-5684

All lunch meats

Farmer John

www.farmerjohn.com; 800-846-7635

Black Forest Ham

Bologna

Cotto Salami

Ham Roll

Headcheese

Mission Loaf

Original Premium Liverwurst

Premium Braunschweiger

Premium Liverwurst with Bacon

Premium Oven Roasted Turkey Breast

Sliced Cooked Ham

Lunch Meats Cont'd

Hillshire Farms

www.gomeat.com; 800-925-3326

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

Hormel

www.hormel.com; 800-523-4635

All Natural Choice meats

Jennie-O Turkey Store

www.jennio.com; 800-621-3505

All Pre-Sliced Deli Favorites

Lunch Meats Cont'd

Oscar Mayer

www.oscarmayer.com; 877-535-5666

All lunch meats

Wellshire Farms

www.wellshirefarms.com; 877-467-2331

Sliced Beef Pastrami Round
Sliced Black Forest Ham
Sliced Round Cooked Corned Beef
Sliced Tavern Ham
Sliced Top Round Roast Beef
Sliced Turkey Bologna
Sliced Turkey Ham
Sliced Virginia Brand Deli Ham

Sausage

Applegate Farms

www.applegatefarms.com; 866-587-5858

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

Boulder Sausage

www.bouldersausage.com; 866-529-0595

Bratwurst
Chorizo
German Sausage
Hot Italian Sausage
Italian Sausage

Sausage Cont'd

Farmer John

www.farmerjohn.com; 800-846-7635

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

Hillshire Farms

www.gomeat.com; 800-925-3326

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

Sausage Cont'd

Jennie-O Turkey Store

www.jennieo.com; 800-621-3505

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

Johnsonville

www.johnsonville.com; 888-556-2728

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

Smithfield

www.smithfield.com

Hot Smoked Sausage Links
Smoked Sausage Loops
Smoked Sausage with Cheese

**Perimeter:
Bakery**

Breads

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

Ener-G Foods

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

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

Breads Cont'd

Rudi's Gluten Free Bakery

www.rudisglutenfree.com; 877-293-0876

Sandwich

Multi Grain

Cinnamon Raisin

Schar

www.schar.com/us

Baguette

Bon Matin

Ciabattina Rustica

Ciabattine

Ertha

Focaccia

Focaccia con Rosmarino

Mini Baguette Duo

Pan Carre

Panini

Rustico

Breads Cont'd

Udi's Gluten Free Bakery

udisglutenfree.com; 303-657-6366

Bagels

Sandwich

Multi Grain

Perimeter:
Dairy

Milks

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

Coffee-Mate

www.coffee-mate.com

All

Horizon

www.horizondairy.com; 888-494-3020

All

Nesquik

www.nesquik.com

All Ready-to-Drink flavors

Milks Cont'd

Organic Valley

www.organicvalley.coop; 888-444-6455

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

Milks Cont'd

Pacific Natural Foods

www.pacificfoods.com; 503-924-4570

All Almond Beverages

All Hazelnut Beverages

All Hemp Beverages

All Rice Beverages

All Soy Beverages

Organic Fat-Free Milk

Organic Reduced Fat Milk

Stonyfield

www.stonyfield.com; 800-776-2697

All Milks

Sour Creams

Breakstone's

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

All Sour Creams

Daisy Brand

www.daisybrand.com; 877-292-9830

All Sour Creams

Knudsen

www.rwknudsenfamily.com; 888-569-6993

All Sour Creams

Organic Valley

www.organicvalley.coop; 888-444-6455

Lowfat Sour Cream
Regular Sour Cream

Tillamook

www.tillamookcheese.com

All Sour Creams

Yogurts

Dannon

www.dannon.com; 877-326-6668

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

Stonyfield

www.stonyfield.com; 800-776-2697

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

Tillamook

www.tillamookcheese.com

All

Perimeter: Juices

Do you have a blog or website?

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

Juices

Bolthouse Farms

www.bolthouse.com; 800-467-4683

All

Country Time Lemonade

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

Bottles and cans

Dole

www.dole.com; 800-356-3111

All 100% Juices

Florida's Natural

www.floridasnatural.com; 888-657-6600

All

Kern's

www.kerns.com; 888-655-3767

All

Juices Cont'd

Knouse Foods

www.knouse.com; 717-677-8181

Apple Cider

Apple Juice

Premium Apple Juice

Sparkling Apple Cider

Minute Maid

www.minutemaids.com; 888-884-8952

All Orange Juices and Blends

Kids + Apple

Kiwi-Strawberry Energy

Lemonade—Regular and Light

Pomegranate Blueberry

Pomegranate Lemonade

Naked

www.nakedjuice.com; 877-858-4237

All Fruit and Vegetable Juice products (with exceptions)

AVOID Green Machine

Ocean Spray

www.oceanspray.com; 800-662-3263

All

Juices Cont'd

Odwalla

www.odwalla.com; 800-639-2552

All (with exceptions)

AVOID Super Protein Vanilla Al Mondo

AVOID Original Superfood

Organic Valley

www.organicvalley.coop; 888-444-6455

Orange Juice with Calcium

Orange Juice, Pulp-Added

Orange Juice, Pulp-Free

Simply Brand

www.simplyorangejuice.com; 800-871-2653

Apple

Grapefruit

Lemonade

Lemonade with Raspberry

Limeaide

Orange Juice

Orange with Mango

Orange with Pineapple

Juices Cont'd

Tree Top

www.treetop.com; 800-542-4055

All

Tropicana

www.tropicana.com; 800-237-7799

All Juice Drinks

All Pure Premium

V8

www.v8juice.com

All

Welch's

www.welchs.com; 800-340-6870

All

Perimeter: Cheeses

Cheeses

Applegate Farms

www.applegatefarms.com; 866-587-5858

Natural American

Natural Havarti

Natural New York Extra Sharp Aged Cheddar

Natural Cheddar–Medium

Natural Emmantaler Swiss

Natural Monterey Jack with Jalapeno Peppers

Natural Muenster Kase

Natural Provolone

Organic American

Organic Mild Cheddar

Organic Monterey Jack

Organic Muenster Kase

Organic Provolone

Probiotic Yogurt Cheese

Athenos

www.athenos.com; 877-535-5666

All

Breakstone's

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

All Cottage Cheese products

Cheeses Cont'd

Friigo

www.friigocheese.com; 800-824-3373

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

Knudsen

www.rwknudsenfamily.com; 888-569-6993

All Cottage Cheese products

Kraft

www.kraftrecipes.com; 877-535-5666

All Kraft Natural Cheese Sticks
All Kraft Singles products

Laughing Cow

www.thelaughingcow.com; 800-272-1224

All Babybel and Laughing Cow Wedges

Cheeses Cont'd

Organic Valley

www.organicvalley.coop; 888-444-6455

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

Cheeses Cont'd

Organic Valley Cont'd

Vermont Extra Sharp Cheddar

Vermont Medium Cheddar

Wisconsin Raw Milk Jack-Style

Philadelphia Cream Cheese

www.kraftbrands.com/philly; 877-535-5666

All cream cheeses

AVOID Bagel and Cream Cheese

AVOID Snack Bars

AVOID Snack Bites

Sargento

www.sargento.com; 800-243-3737

All Ricottas

All Shredded and Sliced varieties

AVOID Blue Cheese and MooTown Cheese

Dip Snack

Tillamook

www.tillamookcheese.com

All

Cheeses Cont'd

Velveeta

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

Cheese Slices

Cheese Mexican Mild

Cheese Regular

Aisles: Beverages

Coffees

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

Caribou Coffee

www.cariboucoffee.com; 888-227-4268

All Iced Coffees

Pacific Natural Foods

www.pacificfoods.com; 503-924-4570

All Simply Coffees

Starbucks

www.starbucks.com; 800-235-2883

All bottled beverages

Drink Mixes

Coffee-Mate

www.coffee-mate.com

All Powders

Country Time Lemonade

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

All Dry Mixes

Jose Cuervo

www.cuervo.com; 866-325-4990

Margarita Mix

Master of Mixes

www.masterofmixes.com; 800-474-3585

All regular mixes except Bloody Mary Mixes

AVOID Bloody Mary Mixes

All Big Bucket Mixes

All Cocktail Essentials

All Martini Gold

Drink Mixes Cont'd

Nesquik

www.nesquik.com

All Syrup flavors

On the Border

www.trucenterprises.com; 800-471-7723

All Mixes

Swiss Miss

800-457-6649

Milk Chocolate Hot Cocoa Mix

Flavored Waters

Aquafina

www.aquafina.com

All

Aquafina Sparkling

www.aquafina.com

All

Dasani

www.dasani.com; 800-438-2653

Essence

Lemon

Dasani Plus

www.dasani.com; 800-438-2653

Cleanse+Restore

Refresh+Revive

Fuze

www.drinkfuze.com; 800-208-2653

All

Flavored Waters Cont'd

Owater

www.owater.com; 978-405-6300

Unsweetened Lemon & Lime

Unsweetened Mandarin Orange

Unsweetened Peach

Unsweetened Strawberry

Unsweetened Wild Berries

Propel

www.propelzero.com; 877-377-6735

All

Sobe Lifewater

www.sobe.com

All

Kids' Drinks

Apple & Eve

www.appleandeve.com; 800-969-8018

All

Capri Sun

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

All

Hansen's

www.hansens.com; 800-426-7367

All

Welch's

www.welchs.com; 800-340-6870

All

Sodas/Pops

7Up

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

All

Barq's

www.barqs.com; 800-438-2653

Barq's Root Beer

Caffeine-Free Barq's Root Beer

Diet Barq's Red Crème Soda

Diet Barq's Root Beer

Club Soda

All varieties

Coke

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

Caffeine Free Coca-Cola Classic

Caffeine Free Diet Coke

Cherry Coke

Cherry Coke Zero

Coca-Cola Classic

Coca-Cola Zero

Diet Cherry Coke

Diet Coke

Sodas/Pops Cont'd

Coke Cont'd

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

Dr. Pepper

www.drpepper.com; 800-696-5891

All

Fanta

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

Fanta Grape
Fanta Orange
Fanta Orange Zero

Fiesta Mirinda

www.pepsiproductfacts.com

All

Fresca

www.fresca.com; 800 438-2653

Fresca

Sodas/Pops Cont'd

Izze

www.izze.com; 303-327-5515

All flavors

Kas Mas

www.pepsiproductfacts.com

Kas Mas

Manzanita Sol

www.pepsiproductfacts.com

Manzanita Sol

Mountain Dew

www.mountaindew.com

All

Mug

www.mugrootbeer.com

All

Sodas/Pops Cont'd

No Fear

www.pepsiproductfacts.com

All

NOS

www.drinknos.com; 800-488-2267

All

Pepsi

www.pepsi.com

All

Sierra Mist

www.sierramist.com

All

Slice

www.pepsiproductfacts.com

All

Sodas/Pops Cont'd

Sobe

www.sobe.com

All Sodas

All Adrenalin Rush

All Lean

Sprite

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

Sprite

Sprite Zero

Tonic Water

All varieties

Tropicana Twister

www.tropicana.com; 800-237-7799

All Tropicana Twister Sodas

Sport Drinks

G2

www.gatorade.com; 800-884-2867

All

Gatorade

www.gatorade.com; 800-884-2867

All

Owater

www.owater.com; 978-405-6300

Sport Black Razz

Sport Blueberry

Sport Coconut

Sport Lime Lemon

Sport Peach Mango

Sport Straw Pom

Sport Tropical Citrus

Powerade

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

All POWERADE with ION4

All POWERADE Zero with ION4

Sport Drinks Cont'd

VIO Vibrancy Drinks

www.viovibe.com

All

Teas (Bags and Bottles)

Bigelow Tea

www.bigelowtea.com; 888-244-3569

All Tea Bags

Celestial Seasonings

www.celestialseasonings.com; 866-595-8917

All Tea Bags

Enviga

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

Berry Sparkling Green Tea
Sparkling Green Tea

Gold Peak

www.goldpeaktea.com; 800-438-2653

All

Lipton

www.liptont.com; 888-547-8668

All Iced Teas
All Pureleaf
All Sparkling
All Lipton Tea Bags

Teas (Bags and Bottles) Cont'd

Luzianne

www.luzianne.com; 800-535-1961

All Tea Bags

Minute Maid

www.minutemaid.com; 888-884-8952

Pomegranate Flavored Tea

Nestea

www.nestea.com; 800-488-2267

Citrus Green Tea

Diet Citrus Green Tea

Diet Lemon

Lemon Sweet Tea

Red Tea

Sweetened Lemon Tea

Aisles: Baking

Baking-Related

Argo

www.argostarch.com; 866-373-2300

Baking Powder

Corn Starch

Arm & Hammer

www.armhammer.com; 800-524-1328

Baking Soda

Betty Crocker

www.bettycrocker.com; 800-446-1898

Gluten Free Brownie Mix

Gluten Free Cake Mix

Gluten Free Cookie Mix

Bisquick

www.bettycrocker.com/products/bisquick/; 800-446-1898

Gluten Free Pancake and Baking Mix

Baking-Related Cont'd

Bob's Red Mill

www.bobsredmill.com; 800-349-2173

Baking Soda

Corn Starch

GF Biscuit Mix

GF Brownie Mix

GF Chocolate Cake Mix

GF Chocolate Chip Cookie Mix

GF Cinnamon Raisin Bread Mix

GF Cornbread Mix

GF Hearty Whole Grain Bread

GF Homemade Wonderful Bread

GF Pancake Mix

GF Pizza Crust Mix

GF Shortbread Cookie Mix

GF Vanilla Cake Mix

Calumet

www.kraftrecipes.com; 877-535-5666

Baking Powder

Clabber Girl

www.clabbergirl.com; 812-232-9446

Baking Powder

Baking-Related Cont'd

Diamond Nuts

www.diamondnuts.com; 209 467-6000

All Diamond-branded nut products

Ener-G Foods

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

Brown Rice Flour

Corn Mix

Gluten-Free Gourmet Blend

Potato Flour

Potato Mix

Potato Starch Flour

Rice Mix

Sweet Rice Flour

Tapioca Flour

White Rice Flour

Ghirardelli Chocolate Company

www.ghirardelli.com; 800-877-9338

60% Cacao Bittersweet Chocolate Chip

Barista Dark Chocolate Chip

Semi-Sweet Chocolate Chip

Unsweetened Cocoa Powder

Baking-Related Cont'd

Guittard

www.guittard.com; 800-468-2462

Cocoa Rouge Unsweetened Cocoa Powder

Fleischmann's Yeast

www.breadworld.com; 800-777-4959

All Yeasts

Hershey's

www.hersheys.com; 800 468-1714

Unsweetened Cocoa

King Arthur Flour Company

www.kingarthurfour.com; 800-827-6836

Gluten-Free All Purpose Flour

Gluten-Free Bread Mix

Gluten-Free Brownie Mix

Gluten-Free Cake Mix

Gluten-Free Cookie Mix

Gluten-Free Muffin Mix

Gluten-Free Pancake Mix

Baking-Related Cont'd

Mary's Gone Crackers

www.marysgonecrackers.com; 888-258-1250

Gone Crackers Crumbs Caraway

Gone Crackers Crumbs Original

Gone Crackers Crumbs Savory Blend

Mazola

www.mazola.com; 800-691-1106

All Oils

McCormick & Company, Inc.

www.mccormick.com; 800-632-5847

All Extracts

Pamela's

www.pamelasproducts.com; 707-462-6605

Baking & Pancake Mix

Chocolate Brownie Mix

Chocolate Cake Mix

Chocolate Chunk Cookies

Classic Vanilla Cake Mix

Cornbread & Muffin Mix

Gluten-Free Bread Mix

Baking-Related Cont'd

Red Star Yeast

www.redstaryeast.com; 800-445-4746

All Yeasts

Simply Organic

www.simplyorganicfoods.com; 800-437-3301

Almond Extract

Banana Bread Mix

Carrot Cake Mix

Chai Spice Scone Mix

Cocoa Biscotti Mix

Cocoa Brownie Mix

Cocoa Cayenne Cupcake Mix

Lemon, Orange, Peppermint Flavor

Pancake & Waffle Mix

Vanilla Extract

Spice Islands

www.spiceislands.com; 800-247-5251

All Liquid Extracts, Flavorings, and Colorings

Tone's

www.tones.com; 800-247-5251

All Liquid Extracts, Flavorings, and Colorings

Canned Milks

Carnation

www.verybestbaking.com/Carnation.aspx; 800-851-0512

Evaporated Milk

Eagle Brand

www.eaglebrand.com; 888-656-3245

All Condensed Milks

Nestle

www.nestle.com; 818-549-6000

Sweetened Condensed Milk

Santini Foods

www.santinifoods.com; 510-317-8888

All Milks

Frostings

Betty Crocker

www.bettycrocker.com; 800-446-1898

All

Duncan Hines

www.duncanhines.com; 800-362-9834

All

Gelatins

Jell-O

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

All Gelatin Desserts

All Gelatin Snacks

Pie Fillings

Knouse Foods

www.knouse.com; 717-677-8181

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

Pie Fillings Cont'd

Libby's

www.verybestbaking.com/Libbys.aspx; 800-854-0374

Pumpkin Pie Filling

Solid Pack Pumpkin

Wilderness

www.piefilling.com

All Pie Fillings

Aisles: Canned Foods

Beans

B&M Baked Beans

www.bgfoods.com/bm/bm_index.asp?n=3

All varieties

Bush's Best

www.bushbeans.com

All canned after May 2010

Casa Fiesta

www.casafiesta.com; 800-299-9082

Refried Beans

Fantastic World Foods

www.fantasticfoods.com

Instant Black Beans

Instant Refried Beans

Beans Cont'd

Hanover Foods Corporation

www.hanoverfoods.com; 717-632-6000

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

Joan of Arc

www.bgfoods.com

Black Beans
Butter Beans
Garbanzo Beans

Beans Cont'd

Joan of Arc Cont'd

Red Beans

Great Northern Beans

Light & Dark Red Kidney Beans

Pinto Beans

Kid's Kitchen

www.hormel.com; 800-523-4635

Beans & Wieners

Kuner's

Black Beans

Pinto Beans

Ortega

www.ortega.com

Refried Regular & Fat Free Beans

Black Beans

Black Beans with Jalapenos

Rosarita

800-365-8300

Refried Beans

Chili's and Stews

Cookwell & Company

www.cookwell.net; 512-306-0044

Two-Step Cacciatore

Two-Step Chili

Two-Step Green Chili Stew

Two-Step Veracruz

Dinty Moore

www.hormelfoods.com; 800-523-4635

Beef Stew

Chicken Stew

Beef Stew (Microwaveable Cups)

Rice with Chicken (Microwaveable Cups)

Scalloped Potatoes & Ham (Microwaveable
Cups)

Chili's and Stews Cont'd

Hormel

www.hormelfoods.com; 800-523-4635

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

Stagg

www.staggchili.com; 800-611-9778

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

Fruits and Vegetables

B&G

www.bgfoods.com

Capers

Green & Black Olives

Pickles

Del Monte

www.delmonte.com; 800-543-3090

All canned and jarred fruit

All canned vegetables

Dole

www.dole.com; 800-356-3111

All canned fruit

All dried fruit

All Fruit Bowls and Fruit in Jars

S&W

www.delmonte.com; 800-543-3090

All canned fruits

All canned vegetables

Peppers

B&G

www.bgfoods.com

All peppers

Embasa

www.hormelfoods.com; 800-523-4635

Chiles Gueritos
Chipotle Peppers
Nacho Sliced Jalapenos
Sliced Jalapenos
Whole Jalapenos

La Victoria

www.lavictoria.com; 800-523-4635

All peppers

Las Palmas

www.bgfoods.com

Crushed Tomatillos

Peppers Cont'd

Ortega

www.ortega.com

Chilies

Jalapenos

Rosarita

800-365-8300

All peppers

Soups

Amy's

www.amys.com; 707-568-4500

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

Soups Cont'd

Fantastic World Foods

www.fantasticfoods.com

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

Imagine Natural Creations

www.imaginefoods.com; 800-434-4246

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

Soups Cont'd

Imagine Natural Creations Cont'd

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

Kettle Cuisine

www.kettlecuisine.com; 877-302-SOUP

All soups

Pacific Natural Foods

www.pacificfoods.com; 503-924-4570

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

Soups Cont'd

Pacific Natural Foods Cont'd

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

Soups Cont'd

Progresso

www.progressofoods.com; 800-200-9377

Traditional 99% Fat Free New England Clam Chowder

Traditional Chicken Cheese Enchilada Flavor

Traditional Chicken Rice with Vegetables

Traditional Manhattan Clam Chowder

Traditional New England Clam Chowder

Traditional Potato, Broccoli & Cheese

Chowder

Traditional Southwestern-Style Chicken

Traditional Split Pea with Ham

Vegetable Classics 99% Fat Free Lentil

Vegetable Classics Creamy Mushroom

Vegetable Classics Lentil

Right Foods

www.rightfoods.com; 800-367-3844

Black Bean & Lime Soup Cup

Black Bean Soup

Chunky Tomato Soup

Lentil

Light Sodium Split Pea Soup Cup

Soups Cont'd

Right Foods Cont'd

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

Swanson

www.swansonbroth.com; 800-442-7684

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

Tomato-Related

Dei Fratelli

www.deifratelli.com; 800-837-1631

All

Del Monte

www.delmonte.com; 800-543-3090

All

Aisles:
Dessert-Related

puddings

Jell-O

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

Cheesecake Snacks

Mousse Temptations

Pudding & Pie Filling Cook & Server

Pudding & Pie Filling Instant

Pudding Snacks

Kozy Shack

www.kozyshack.com

All puddings, Flans, and Gels

Toppings

Cool Whip

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

All

Smucker's

www.smuckers.com; 888-550-9555

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

Toppings Cont'd

Smucker's Cont'd

Toppings Pineapple

Toppings Pumpkin Spice

Toppings Strawberry

Toppings Walnuts in Syrup

Aisles:
Dry Goods

Cereals

Barbara's

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

Brown Rice Crisps
Honey Rice Puffins
Multigrain Puffins

Bob's Red Mill

www.bobsredmill.com; 800-349-2173

Creamy Brown Rice Farina
GF Mighty Tasty Hot Cereal

Eco-Planet

www.ecoheavenllc.com; 630-701-8801

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

General Mills

www.generalmills.com; 800-248-7310

Chocolate Chex
Cinnamon Chex
Corn Chex
Honey Nut Chex
Rice Chex

Cereals Cont'd

Nature's Path

www.naturespath.com; 888-808-9505

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

Pastas

Annie's

www.annies.com; 800 288-1089

Gluten Free Delux Rice Pasta and Extra Creamy
Cheddar

Gluten Free Rice Pasta and Cheddar

DeBoles

www.deboles.com; 800-434-4246

Gluten Free Angel Hair

Gluten Free Corn Elbow Style

Gluten Free Multi Grain Penne

Gluten Free Multi Grain Spaghetti Style

Gluten Free Rice Lasagna

Gluten Free Rice Pasta & Cheese

Gluten Free Rice Shells & Cheddar

Gluten Free Rice Spirals

Gluten Free Spaghetti

Ener-G Foods

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

White Rice Lasagna

White Rice Macaroni

White Rice Pasta

White Rice Small Shells

White Rice Vermicelli

Pastas Cont'd

Glutino

www.glutino.com; 800-363-3438

All

Schar

www.schar.com/us

Angellini
Capelli d' Angelo
Conchigliette
Fusilli
Lasagna
Penne
Pipette
Rigati
Rigatoni
Spaghetti
Tagliatelle

Thai Kitchen

www.thaikitchen.com; 800-967-8424

Stir-Fry Rice Noodles
Thin Rice Noodles

Pastas Cont'd

Tinkyada

www.tinkyada.com; 416-609-0016

All

Pizza Crusts

Chebe Bread

www.chebe.com; 800-217-9510

Gluten Free Pizza Crust

Ener-G Foods

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

Rice Pizza Shells

Yeast-Free Rice Pizza Shells

Kinnikinnick Foods

consumer.kinnikinnick.com; 877-503-4466

Gluten Free Pizza Crust

Udi's Gluten Free Bakery

udisglutenfree.com; 303-657-6366

Gluten Free Pizza Crust

Whole Foods

www.wholefoodsmarket.com

Bakehouse Gluten Free

Sides

Betty Crocker

www.bettycrocker.com; 800-446-1898

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

Carolina Rice

www.carolinarice.com; 800-226-9522

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

Sides Cont'd

Fantastic World Foods

www.fantasticfoods.com

Arborio Rice

Basmati Rice

Jasmine Rice

Gourmet House Rice

www.gourmethouserice.com; 800-226-9522

All Natural Brown and Wild Rice

All Natural White and Wild Rice

Brown Rice

Cracked Minnesota Cultivated Wild Rice

Organic Brown Rice

Organic White Rice

Quick-Cooking Wild Rice

Thai Jasmine Rice

White Rice

Wild Rice Garden Blend

Idahoan

www.idahoan.com; 208-754-8046

Baby Reds

Baby Reds Garlic & Parm

Butter & Herb

Buttery Gold Selects

Sides Cont'd

Idahoan Cont'd

www.idahoan.com; 208-754-8046

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

Lundberg Family Farms

www.lundberg.com; 530-882-4551

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

Sides Cont'd

Lundberg Family Farms Cont'd

Organic Florentine Risotto
Organic Porcini Mushroom Risotto
Organic Tuscan Risotto

Mahatma

www.mahatmarice.com; 800-226-9522

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

Sides Cont'd

Minute Rice

www.minuterice.com; 800-646-8831

Brown Rice

MINUTE Ready to Serve Brown & Wild Rice

MINUTE Ready to Serve Brown Rice

MINUTE Ready to Serve Chicken Rice Mix

MINUTE Ready to Serve White Rice

MINUTE Ready to Serve Yellow Rice Mix

Premium White Rice

White Rice

Success Rice

www.successrice.com; 800-226-9522

Success Brown Rice

Success Jasmine Rice

Success White Rice

Tasty Bite

www.tastybite.com; 888-827-8900

Agra Peas & Greens

Aloo Palak

Basmati Rice

Bengal Lentils

Bombay Potatoes

Brown Rice

Channa Masala

Sides Cont'd

Tasty Bite Cont'd

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

Sides Cont'd

Tasty Bite Cont'd

Spinach Dal

Tandoori Pilaf

Tehari Herb Rice

Tikka Masala Simmer Sauce

Vegetable Korma

Zany Multigrain

Zesty Lentils & Peas

Spices

Durkee

www.durkee.com; 800-247-5251

All single-ingredient spices
All California Style Blends

McCormick & Company, Inc.

www.mccormick.com; 800-632-5847

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

Spice Islands

www.spiceislands.com; 800-247-5251

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

Spices Cont'd

Spice Islands Cont'd

Specialty Garlic Pepper Seasoning

Specialty Saffron

Specialty Old Hickory Smoked Salt

Specialty Summer Savory

Specialty Vanilla Bean

Tone's

www.tones.com; 800-247-5251

All single-ingredient spices

Tortillas

Mission Foods Corporation

www.missionfoods.com

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

Ortega

www.ortega.com

Corn Tortillas–White or Yellow Corn

Hard Shells–Yellow & White Corn

Tostada Shells

Whole Grain

Aisles:
Frozen Foods

Fruits and Vegetables

Bird's Eye C&W

www.birdseyefoods.com

Plain frozen vegetables (no sauces)

Dole

www.dole.com; 800-356-3111

All frozen fruits

Green Giant

www.bettycrocker.com/products/green-giant/; 800-446-1898

Plain frozen vegetables (no sauces)

Fruits and Vegetables Cont'd

Hanover Foods Corporation

www.hanoverfoods.com; 717-632-6000

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

Ice Creams

Breyers

www.icecreamusa.com; 800-931-2826

Chocolate

Chocolate Chip

French Vanilla

Mint Chocolate Chip

Natural Vanilla

Rocky Road

Vanilla, Chocolate, Strawberry

Dreyer's

www.dreyers.com; 877-437-3937

Grand Chocolate

Grand Chocolate Chip

Grand Neapolitan

Grand Rocky Road

Grand Vanilla

Mars

www.mars.com; 800-627-7852

Snickers Regular and Mini Ice Cream Bars

Ice Creams Cont'd

Popsicle

www.popsicle.com; 800-931-2849

Orange Cherry Grape

Sugar Free Orange Cherry Grape

Meals

Amy's

www.amys.com; 707-568-4500

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

Glutino

www.glutino.com; 800-363-3438

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

Meals Cont'd

Ians

www.iansnaturalfoods.com; 800-543-6637

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

Chicken

Applegate Farms

www.applegatefarms.com; 866-587-5858

Natural Gluten Free Chicken Nuggets

Bell & Evans

www.bellandevans.com; 717-865-6626

Gluten Free Breaded Chicken Breasts

Gluten Free Breaded Chicken Patties

Gluten Free Chicken Nuggets

Gluten Free Chicken Tenders

Gluten Free Garlic Parmesan Breaded Chicken
Breasts

Gluten Free Italian Style Breaded Chicken Patties

Ians

www.iansnaturalfoods.com; 800-543-6637

Gluten Free Chicken Nuggets

Gluten Free Chicken Patties

Gluten Free Fish Sticks

Chicken Cont'd

Wellshire Farms

www.wellshirefarms.com; 877-467-2331

Kids' Chicken Bites Dinosaur Shaped

**Aisles:
Infant/Toddler
Foods**

Infant/Toddler Foods

Earth's Best Organic

www.earthsbest.com; 800-434-4246

First Apples

First Bananas

First Carrots

First Pears

First Peas

First Prunes

First Squash

First Sweet Potatoes

2nd Fruits-Apples

2nd Fruits-Apples & Apricots

2nd Fruits-Apples & Bananas

2nd Fruits-Apples & Blueberries

2nd Fruits-Apples & Plums

2nd Fruits-Bananas

2nd Fruits-Bananas, Peaches & Raspberries

2nd Fruits-Pears

2nd Fruits-Pears & Mangos

2nd Fruits-Pears & Raspberries

2nd Vegetables-Carrots

2nd Vegetables-Corn & Butternut Squash

2nd Vegetables-Garden Vegetables

2nd Vegetables-Green Beans & Rice

Infant/Toddler Foods Cont'd

Earth's Best Organic Cont'd

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

Gerber

www.gerber.com; 800-284-9488

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

Infant/Toddler Foods Cont'd

Gerber Cont'd

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

Happy Baby

www.happybabyfood.com; 212-374-2779

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

Infant/Toddler Foods Cont'd

Happy Baby Cont'd

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

Mum Mum

www.mummums.com; 888-894-6464

All Baby and Toddler Mum Mum's

Infant/Toddler Foods Cont'd

Stonyfield

www.stonyfield.com; 800-776-2697

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

Aisles:
Oils, Sauces,
and Spreads

Asian Sauces

Eden Organic

www.edenfoods.com; 888 424-3336

Tamari Soy Sauce

Gold's Pure Food Products Co., Inc.

goldshorseradish.com; 516-483-5600

Hot & Spicy Duck Sauce

Oriental Garlic Duck Sauce

Squeeze Wasabi Sauce

Sweet & Sour Duck Sauce

San-J

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

Asian BBQ Sauce

Organic Gluten Free Tamari Soy Sauce

Organic Reduced Sodium Gluten Free Tamari Soy
Sauce

Sweet & Tangy Sauce

Szechuan Sauce

Tamari Ginger Dressing

Tamari Peanut Dressing

Tamari Sesame Dressing

Teriyaki Sauce

Thai Peanut Sauce

Asian Sauces Cont'd

Thai Kitchen

www.thaikitchen.com; 800-967-8424

Fish Sauce

Original Pad Thai

Peanut Satay

Spicy Thai Chili

Sweet Red Chili

Barbecue Sauces

A-1

brands.kraftfoods.com/a1; 877-535-5666

Chicago Steakhouse

Jamaican Jerk

Steak Sauce

Steak Sauce Smokey Mesquite

Steak Sauce Supreme Garlic

Steak Sauce Teriyaki

Steak Sauce Thick & Hearty

Texas Mesquite

Bill Johnson's

billjohnsonsbbsauce.com; 602-477-0790

All

Frank's Red Hot

www.franksredhot.com; 800-841-1256

Chile 'n Lime Sauce

Barbecue Sauces Cont'd

Heinz

www.heinz.com; 800-255-5750

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

Jack Daniel's Barbecue Sauce

www.jackdanielssauces.com; 800-577-2823

Hickory Brown Sugar
Honey Smokehouse
Masterblend
Original #7
Spicy

Jack Daniel's Steak Sauce

www.jackdanielssauces.com; 800-577-2823

Original and Smokey

Kraft

www.kraftrecipes.com; 877-535-5666

Original BBQ Sauce

Condiments

B&G

www.bgfoods.com

Pickles

Relish

Sauerkraut

Best Foods

www.bestfoods.com; 800-418-3275

All

Emeril's

www.emerils.com; 800-980-8474

Dijon Mustard

Kicked Up Horseradish Mustard

NY Deli Style Mustard

Smooth Honey Mustard

Yellow Mustard

French's

www.frenchs.com; 800-841-1256

All Mustards

Condiments Cont'd

Heinz

www.heinz.com; 800-255-5750

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

Hellmann's

www.hellmanns.us; 800-418-3275

All

Maple Syrup

All 100% Pure Maple Syrups

Mrs. Butterworths

www.mrsbutterworths.com

Maple Syrups

Miracle Whip

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

All

Condiments Cont'd

Mt. Olive Pickles

www.mtolivepickles.com

All

Vlasic

www.vlasic.com

Relish and Pickles

Dips

Athenos

www.athenos.com; 877-535-5666

All

Cookwell & Company

www.cookwell.net; 512-306-0044

Blanco Con Chile Verde Queso

Salsa Escabeche Queso

Fantastic World Foods

www.fantasticfoods.com

Original Hummus

Fritos

www.fritolay.com; 800-352-4477

Bean Dip

Chili Cheese Dip

Hot Bean Dip

Jalapeno & Cheddar Flavored Cheese Dip

Mild Cheddar Flavor Cheese

Southwest Enchilada Black Bean Flavored Dip

Dips Cont'd

Lay's

www.fritolay.com; 800-352-4477

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

Tostitos

www.fritolay.com; 800-352-4477

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

Enchilada Sauces

La Victoria

www.lavictoria.com; 800-523-4635

Red Enchilada Sauce Mild and Hot

Las Palmas

www.bgfoods.com

Red Enchilada Sauce

Taco Bell

www.tacobell.com; 800-822-6235

Taco Sauce Mild and Medium

Green Chile

505 Southwestern

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

Chipotle Honey Roasted Green Chile

Diced Flame Roasted Green Chile

Green Chile Sauce

La Victoria

www.lavictoria.com; 800-523-4635

Green Salsa

Hot Sauces

Cookwell & Company

www.cookwell.net; 512-306-0044

Mango Habanero Sweet Heat
Pineapple Jalapeno Sweet Heat

Frank's Red Hot

www.franksredhot.com; 800-841-1256

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

Heinz

www.heinz.com; 800-255-5750

All Chili Sauces

Las Palmas

www.bgfoods.com

Red Chili Sauce

Hot Sauces Cont'd

Trappey's

www.bgfoods.com/trappeys/trappeys_index.asp?n=10

All Hot Sauces

Marinades

Jack Daniel's EZ Marinader

www.jackdanielssauces.com; 800-577-2823

Garlic & Herb Variety

Steakhouse Variety

Teriyaki Variety

Wright's Liquid Smoke

www.bgfoods.com/brand_wrights.asp

Hickory

Mesquite

Oils

Mazola

www.mazola.com; 800-691-1106

All Oils

Napa Valley Naturals

www.napavalleynaturals.com; 866-972-6879

All Oils

Other Cooking-Related

Heinz

www.heinz.com; 800-255-5750

Cocktail Sauce
Sloppy Joe Sauce
Tartar Sauce
Worcestershire Sauce

Lea & Perrins

www.leaperrins.com

White Wine Marinade
Worcestershire Sauce

Regina

www.reginavinegar.com

All Cooking Wines

Pasta Sauces

Amy's

www.amys.com; 707-568-4500

Organic Family Marinara Low Sodium

Organic Family Marinara Pasta Sauce

Organic Tomato Basil Low Sodium

Organic Tomato Basil Pasta Sauce

Bertolli

www.villabertolli.com; 800-450-8699

Alfredo

Classico

www.classico.com

All red and white sauces

Dei Fratelli

www.deifratelli.com; 800-837-1631

All

Muir Glenn

www.muirglenn.com; 800-624-4123

All

Pasta Sauces Cont'd

Newman's Own

www.newmansown.com

All

Prego

www.prego.com; 800-257-8443

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

Pizza Sauces

Cento

www.cento.com

Fully Prepared Pizza Sauce

Enrico's

www.enricos.com; 888-472-8237

All Natural Pizza Sauce

Salad Dressings

Bolthouse Farms

www.bolthouse.com; 800-467-4683

All Salad Dressings

Cookwell & Company

www.cookwell.net; 512-306-0044

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

Emeril's

www.emerils.com; 800-980-8474

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

Kraft

www.kraftrecipes.com; 877-535-5666

Balsamic Vinaigrette
Buttermilk Ranch

Salad Dressings Cont'd

Kraft Cont'd

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

Newman's Own

www.newmansown.com

Balsamic Salad Mist
Balsamic Vinaigrette
Caesar
Creamy Caesar

Salad Dressings Cont'd

Newman's Own Cont'd

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

Salsas

505 Southwestern

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

All

Amy's

www.amys.com; 707-568-4500

Organic Black Bean & Corn

Organic Medium

Organic Mild

Organic Spicy Chipotle

Cookwell & Company

www.cookwell.net; 512-306-0044

Corn and Black Bean Salsa

Escabeche Salsa

Tomatillo Salsa

Dei Fratelli

www.deifratelli.com; 800-837-1631

All

Salsas Cont'd

Green Mountain Gringo

www.greenmountaingringo.com

All

La Victoria

www.lavictoria.com; 800-523-4635

All

Newman's Own

www.newmansown.com

Black Bean and Corn

Cilantro

Farmer's Garden

Mango

Organic Medium

Peach

Pineapple

Roasted Garlic

On the Border

www.trucenterprises.com; 800-471-7723

All

Salsas Cont'd

TGI Friday's

www.tgifridays.com/retail/blenders; 800-374-3297

All

Tostitos

www.fritolay.com; 800-352-4477

All Natural Hot Chunky Salsa

All Natural Medium Black Bean & Corn

All Natural Medium Chunky

All Natural Medium Picante Sauce

All Natural Medium Pineapple & Peach Salsa

All Natural Mild Chunky Salsa

All Natural Mild Picante Sauce

Creamy Salsa

Restaurant Style Salsa

Sweet & Spicy Summer Salsa

Spreads

Earth Balance

www.earthbalancenatural.com; 201-421-3970

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

JIF

www.jif.com

All Peanut Butter products

MaraNatha

www.maranathafoods.com; 800-434-4246

All Nut Butters

Peanut Butter & Co.

www.ilovepeanutbutter.com; 866-456-8372

All Peanut Butters

Spreads Cont'd

Skippy

www.peanutbutter.com; 866-475-4779

Natural (all)

All Peanut Butter products

All Reduced Fat

All Roasted Honey Nut

Smucker's

www.smuckers.com; 888-550-9555

Goober Grape

Goober Strawberry

Natural Chunky

Natural Creamy

Natural No Salt Added

Natural Peanut Butter with Honey

Organic Creamy and Chunky

Welch's

www.welchs.com; 800-340-6870

All

Vinegars

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

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

All

AVOID Soy Ponzu Dressing

Regina

www.reginavinegar.com

All Vinegars

Aisles:
Snacks

Candy

Dove

www.dovechocolate.com; 800-551-0704

Milk Chocolate and Dark Chocolate bars

Ferrara Pan

www.ferrapan.com; 708-366-0500

All candies

M&M's

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

Milk Chocolate

Peanut

Peanut Butter

Milky Way

www.milkywaybar.com; 800-627-7852

Milky Way Midnight

Candy Cont'd

Necco

www.necco.com; 781-485-4500

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

Candy Cont'd

Snickers

www.snickers.com; 800-627-7852

Snickers Bar
Snickers 2 To Go

Starburst

www.starburst.com; 800-235-2883

Original Fruit Chews
Original GummiBursts
Original JellyBeans

Tootsie Roll Industries

www.tootsie.com; 773-838-3400

All Cry Baby products
All Double Bubble products
Andes Mints
Caramel Apple Pops
Cella's Cherries
Charleston Chew
Charms Blow Pops, Flat Pops, Mini Pops
Child's Play Variety Bag (all)
Crows
DOTS
Fluffy Stuff Cotton Candy
Frooties

Candy Cont'd

Tootsie Roll Industries Cont'd

Junior Mints

Nik-I-Nip

Razzles

Sugar Babies

Sugar Daddy

Tootsie Pops

Tootsie Rolls

Wack-O-Wax

Chips and Crisps

Baked Cheetos

www.fritolay.com/index.html; 800-352-4477

FLAMIN' HOT Cheese Flavored Snacks
Crunchy Cheese Flavored Snacks

Baked Doritos

www.fritolay.com/index.html; 800-352-4477

Nacho Cheese Favored Tortilla Chips

Baked! Lay's

www.fritolay.com/index.html; 800-352-4477

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

Baked! Ruffles

www.fritolay.com/index.html; 800-352-4477

Cheddar & Sour Cream
Original Potato Crisps

Chips and Crisps Cont'd

Baked! Tostitos

www.fritolay.com/index.html; 800-352-4477

Scoops! Tortilla Chips

Baken-ets

www.fritolay.com/index.html; 800-352-4477

BBQ Flavored Fried Pork Skins

Fried Pork Skins

Hot 'N Spicy Flavored Fried Pork Cracklins

Hot 'N Spicy Flavored Pork Skins

Hot Sauce Flavored Fried Pork Cracklins

Boulder Canyon Foods

www.bouldercanyonfoods.com; 800-279-2250 ext. 6228

50% Reduced Salt Kettle Chips

60% Reduced Sodium Totally Natural Kettle Chips

Balsamic Vinegar & Rosemary Kettle Chips

Canyon Cut Honey BBQ Chips

Canyon Cut Salt & Cracked Pepper Potato Chips

Canyon Cut Sour Cream & Chive Potato Chips

Canyon Cut Totally Natural Potato Chips

Chipotle Ranch Kettle Chips

Hickory Barbeque Kettle Chips

Chips and Crisps Cont'd

Boulder Canyon Foods Cont'd

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

Chips and Crisps Cont'd

Cheetos

www.fritolay.com/index.html; 800-352-4477

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

Chesters

www.fritolay.com/index.html; 800-352-4477

Chili Cheese
FLAMIN' HOT

Chips and Crisps Cont'd

Doritos

www.fritolay.com/index.html; 800-352-4477

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

Fritos

www.fritolay.com/index.html; 800-352-4477

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

Chips and Crisps Cont'd

Funyuns

www.fritolay.com/index.html; 800-352-4477

Flamin' Hot Onion Flavored Rings
Onion Flavored Rings

Grande Tortilla Chips

www.grandefoods.com

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

Lay's

www.fritolay.com/index.html; 800-352-4477

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

Chips and Crisps Cont'd

Lay's Cont'd

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

Chips and Crisps Cont'd

Lay's Cont'd

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

Lundberg Rice Chips

www.lundberg.com; 530-882-4551

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

Chips and Crisps Cont'd

Maui Style

www.fritolay.com/index.html; 800-352-4477

Regular Potato Chips
Salt & Vinegar

Miss Vickie's

www.fritolay.com; 800-352-4477

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

Mr. Krispers

www.mrkrispers.com

All Crisps

Munchos

www.fritolay.com; 800-352-4477

Regular Potato Chips

Chips and Crisps Cont'd

Ruffles

www.fritolay.com; 800-352-4477

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

Sabritas

www.fritolay.com; 800-352-4477

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

Chips and Crisps Cont'd

Tostitos

www.fritolay.com; 800-352-4477

Bite Size Rounds Tortilla Chips

Blue Corn Restaurant Style

Crispy Rounds

Dipping Strips

Natural Blue Corn Restaurant Style

Natural Yellow Corn Restaurant Style

Restaurant Style with a Hint of Lime Flavor

Salsa Verde

SCOOPS! Hint of Jalapeno

SCOOPS! Regular

Cookies

Annie's

www.annies.com; 800 288-1089

Gluten Free Bunny Cookies

Ener-G Foods

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

Biscotti Chocolate Chip Cookies

Biscotti Raisin Cookies

Chocolate Chip Potato Cookies

Chocolate Chip Snack Bars

Chocolate Cookies

Cinnamon Cookies

Ginger Cookies

Sunflower Cookies

Vanilla Cookies

White Chocolate Chip Cookies

Ians

www.iansnaturalfoods.com; 800-543-6637

Gluten Free Chocolate Chip Cookie Buttons

Gluten Free Cinnamon Cookie Buttons

Cookies Cont'd

Mary's Gone Crackers

www.marysgonecrackers.com; 888-258-1250

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

Mi-Del

www.midelcookies.com

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

Schar

www.schar.com/us

Petit Biscuits
Twin Bar
Wafer Pocket

Crackers

Blue Diamond

www.bluediamond.com; 800-987-2329

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

Crunchmaster

www.crunchmaster.com; 800-896-2396

Multi-Grain Crackers
Multi-Seed Crackers
Rice Crackers

Ener-G Foods

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

Cinnamon Crackers
Ener-G Gourmet Crackers
Seattle Crackers

Crackers Cont'd

Glutino

www.glutino.com; 800-363-3438

Gluten Free Cheddar Crackers

Gluten Free Original Crackers

Multigrain Crackers

Vegetable Crackers

Mary's Gone Crackers

www.marysgonecrackers.com; 888-258-1250

Black Pepper Crackers

Caraway Crackers

Herb Crackers

Onion Crackers

Original Seed Cracker

Crackers Cont'd

Schar

www.schar.com/us

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

Fruit Snacks

Annie's

www.annies.com; 800 288-1089

Organic Bunny Fruit Snacks

Betty Crocker

www.bettycrocker.com; 800-446-1898

Fruit by the Foot

Fruit Flavored Shapes

Fruit Gushers

Fruit Roll-Ups

Del Monte

www.delmonte.com; 800-543-3090

All Fruit Cups

Dole

www.dole.com; 800-356-3111

All Fruit Cups

Fruit Snacks Cont'd

Musselman's

www.musselmans.com; 717-677-8181

Chunky Apple Sauce

Cinnamon Apple Sauce

Healthy Picks Blueberry

Healthy Picks Cupucacu Key Lime

Healthy Picks Pomegranate

Healthy Picks Raspberry Acai

Organic Sweetened and Unsweetened Apple Sauce

Sesame Street Fruit-Flavored Apple Sauces

Sweetened Apple Sauce

Totally Fruit Apple

Totally Fruit Mixed Berry

Totally Fruit Peach

Totally Fruit Strawberry

Welch's

www.welchs.com; 800-340-6870

All fruit snacks

Nuts

Blue Diamond

www.bluediamond.com; 800-987-2329

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

Frito-Lay

www.fritolay.com; 800-352-4477

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

Nuts Cont'd

Nut Harvest

www.fritolay.com; 800-352-4477

Natural Lightly Roasted Almonds

Natural Nut & Fruit Mix

Natural Sea Salted Peanuts

Natural Sea Salted Whole Cashews

Planters

www.planters.com; 800-323-0768

Cocktail Peanuts (Regular, Lightly Salted, and Unsalted)

Dry Roasted (Regular, Lightly Salted, and Unsalted)

Honey & Dry Roasted

Honey Roasted

Redskin Spanish Peanuts

Sweet & Crunchy

Sabritas

www.fritolay.com; 800-352-4477

Picante Peanuts

Salt & Lime Peanuts

Nuts Cont'd

True North

www.fritolay.com; 800-352-4477

Almond Clusters

Almond Cranberry Vanilla Clusters

Almond Cranberry Vanilla Clusters in White
Chocolate

Almond Pecan Cashew Clusters

Almonds Pistachios

Citrus Burst Nut Clusters

Pecan Almond Peanut Clusters

Walnuts Pecans

Popcorns and Puffs

Cheetos

www.fritolay.com; 800-352-4477

Giant Puffs

Natural White Cheddar Puffs

Puffs

Butter Flavored Puffcorn

Flamin' Hot

Cracker Jack

www.crackerjack.com; 800-352-4477

Original Caramel Coated Popcorn & Peanuts

Smartfood

www.fritolay.com; 800-352-4477

Cranberry Almond

Peanut Butter Apple

Reduced Fat White Cheddar

White Cheddar

Pretzels and Sticks

Ener-G Foods

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

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

Mary's Gone Crackers

www.marysgonecrackers.com; 888-258-1250

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

Snyder's of Hanover

www.snydersofhanover.com

Gluten Free Pretzel Sticks

Rice Cakes

Lundberg Family Farms

www.lundberg.com; 530-882-4551

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

Mother's Natural

www.mothersnatural.com; 800-333-8142

All Rice Cakes

Seeds

Frito-Lay

www.fritolay.com; 800-352-4477

Ranch Sunflower Seeds
Sunflower Seed Kernels
Sunflower Seeds

Spitz

www.fritolay.com; 800-352-4477

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

Snack Bars

Ians

www.iansnaturalfoods.com; 800-543-6637

Gluten Free Go Bars: Apple Pie

Gluten Free Go Bars: Cinnamon Bun

KIND

www.kindsnacks.com; 212-616-3006

All flavors

LÄRABAR

www.larabar.com; 720-945-1155

All flavors

Nature's Path

www.naturespath.com; 888-808-9505

Envirokids Organic Cheetah Berry Crispy Rice Bars

Envirokids Organic Fruity Burst Crispy Rice Bars

Envirokids Organic Koala Chocolate Crispy Rice Bars

Envirokids Organic Peanut Butter Crispy Rice Bars

Envirokids Organic Peanut Choco Drizzle Crispy

Rice Bars

THANK YOU!

I hope you found this information useful. I will be sure to let you know when a newer version becomes available.

Thank you,

James L. Shirley

<http://www.happyglutenfree.com>

Have a question?

Email me at:

jim@happyglutenfree.com