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www.gelsons.com

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 may 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, 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/Yucca*
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 and vodka), 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.

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 tamari.

	Size	UPC
* A Taste Of Thai-Coconut Ginger Rice	7 oz	7065080031
* A Taste Of Thai-Rice Noodles	16 oz	7065080082
Ajishima Nori Komi Furikake	1.7 oz	1115227641
* Annie Chuns Seaweed Snack-Wasabi	0.35 oz	76566711020
Botan Cal Rose Rice	5 lb	1115203470
* Dr McDougall's Asian Soup Cups Garlic Vegetable Clear Noodle Soup G/F	1.1 oz	76733502012
* Dr McDougall's Asian Soup Cups NHot & Spicy Noodle Soup G/F	1 oz	76733502011
* Dr McDougall's Asian Soup Cups Sesame Chicken Rice Noodle Soup G/F	1.3 oz	76733502010
Dynasty Maifun Rice Sticks	6.75 oz	1115203188
Dynasty Rice-Jasmine	5 lb	1115244368
Dynasty Saifun Bean Threads	5.29 oz	1115203194
Dynasty Sauce-Hoisin	7 oz	1115209627
* Gimme Organic Roasted Seaweed Sea Salt	0.35 oz	85109300406
* Gimme Organic Roasted Seaweed Sesame	0.35 oz	85109300407
* Ka-Me Rice Crackers Plain	3.5 oz	7084400101
Kikkoman Aji-Mirin	10 oz	1115202140
Kikkoman Soup-Tofu Miso Instant	1.05 oz	4139003070
La Choy Sauce-Sweet & Sour	10 oz	4430012551
Maggi Sweet Chili Sauce	10.1 oz	2800051212
Marukome Miso Soup-Tofu	3 pk	89821600184
Mishima Instant Soup-Spicy Miso	1.05 oz	83075700030
Mishima Instant Soup-White Miso	1.05 oz	83075700023
Miyako Gari Shoga Ginger	6 oz	7254618138
Sambal Oelek-Chili Paste	8 oz	2446306107
* San J Org Tamari G/Free Soy Sauce	10 oz	7581000125
* San J Org Tamari Soy- Gluten Free R/S	10 oz	7581000425
* San J Tamari Lite 50% Less Sodium; G/Free	10 oz	7581002425
* San J Tamari Soy Sauce	10 oz	7581002125
* San J Tamari Soy Sauce-Reduce Slt	10 oz	7581002325
* Sea's Gift Roasted Seaweed Snack-Organic	0.7 oz	67810821019
* Sea's Gift Roasted Seaweed Snack-Salted	0.17 oz	67810817101
Simply Asia Indian Essentials Chicken Tikka Masala Seasoning Mix	1.06 oz	85428500806
Sun Bird Wasabi	1.52 oz	7488002002
* Sun Luck Duck Sauce	7 oz	7613205017
* Sun Luck Hoisin Sauce-Gluten Free	8 oz	7613205016
* Sun Luck Plum Sauce-Gluten Free	8 oz	7613209025
* Thai Kitchen Green Curry Paste	4 oz	73762800400

* Thai Kitchen Red Curry Paste	4 oz	73762800300
* Thai Kitchen Rice-Jasmine	17.5 oz	73762801700
* Thai Kitchen Sauce-Premium Fish	6.76 oz	73762800100
Tuong Ot Sriracha Chili Sauce	17 oz	2446306109
Ty Ling Chinese Hot Mustard	4 oz	7067000060
Yang Ban Sea Veggies-Sea Salt	0.21 oz	88329861958

Baby Food

	Size	UPC
* Baby Mum-Mum Rice Rusks-Original	1.76 oz	68635280178
Earth's Best Rice Cereal	8 oz	2392390001
Earths Best Baby Food - Strained Apple/Blue	4 oz	2392320018
Earths Best Baby Food - Strained Carrots	4 oz	2392330030
Earths Best Baby Food - Cd Chicken/Brown Rice	4 oz	2392350072
Earths Best Baby Food - Strained Pears	4 oz	2392320016
Earths Best Baby Food.-Sweet Potatoes	4 oz	2392330031
Earths Best Baby Food Organic Puree-Carrot/Broccoli	3.5 oz	2392333032
Earths Best Baby Food Organic Yogurt Smoothie-Strawberry Banana	4.2 oz	2392333012
Earths Best Infant Formula/Iron	23.2 oz	2392310044
Enfamil Gentlease Powder	12.4 oz	30087510069
Enfamil Premium Powder	12.5 oz	30087136542
Enfamil Premium RTD with Iron 6 pack	8 oz	30087510242
Enfamil Prosoabee Lipil Powder	12.9 oz	30087121441
Gerber 2nd Foods-Beef	2.5 oz	1500001214
Gerber 2nd Foods-Chicken	2.5 oz	1500001212
Gerber 2nd Foods-Ham	2.5 oz	1500001215
Gerber 2nd Foods-Turkey	2.5 oz	1500001217
Gerber Grad Lil Baked Corn Snack	1.48 oz	1500004830
Gerber Grad Meat Stix- Chicken	2.5 oz	1500001232
Happy Baby Food-Organic Stage 1 Pears	3.5 oz	85269700133
Happy Baby Food-Organic Stage 2 Banana/Beets/Blueberries	3.5 oz	85269700137
Happy Baby Food-Organic Stage 2 Carrot/Sweet Potato/Brown Rice	3.5 oz	85382600351
Happy Baby Food-Organic Stage 2 Cherry/Apple	3.5 oz	85269700138
Happy Baby Food-Organic Stage 2 Peas/Broccoli/Pear	3.5 oz	85269700140
Happy Baby Food-Organic Stage 2 Spinach/Mango/Pear	3.5 oz	85269700139
Happy Baby Food-Organic Stage 3 Chick Chick	4 oz	85269700141
Happy Baby Food-Organic Stage 3 Gobble Gobble	4 oz	85269700142
Happy Baby Food-Organic Stage 4 Banana/Mango/Peach	4.22 oz	85269700132
Happy Baby Food-Organic Stage 4 Green Beans/Pears/Peas	4.22 oz	85269700127
Happy Baby Food-Organic Stage 4 Spinach/Mango/Pear	4.22 oz	85269700129
Happy Baby Food-Organic Stage 4 Sweet Potato/Apple/Carrot	4.22 oz	85269700128
* Happy Baby Puffs - Blueberry & Purple Carrot	2.1 oz	81957301024

* Happy Baby Puffs - Green	2.1 oz	85269700120
* Happy Baby Puffs - Sweet Potato	2.1 oz	85269700152
* Happy Baby Teethers - Banana & Sweet Potato	1.7 oz	81957301175
* Happy Melts-Organic Mixed Berry	1 oz	85269700148
* Happy Puffs-Organic Banana	2.1 oz	85269700119
Happy Tot Food Organic Plus-Kale/Apple/Mango	4.22 oz	85382600323
Happy Tot Food Organic Plus-Strawberry/Kiwi/Beet/Pear	4.22 oz	85382600321
Happy Tot Food Organic-Stage 4 Pouch Mixed Berry Coconut	4.22 oz	85382600353
* Pediasure-Vanilla 6pk	8 oz	7007458050
Plum Organic Baby Food -Just Mango	3.5 oz	89018000187
Plum Organic Baby Food Yum 1-Just Sweet Pea with Mint	3 oz	84667500301
* Plum Organic Baby Food Yum 2-Apple Raisin/Quinoa	3.5 oz	84667500105
Plum Organic Baby Food Yum 2-Apple/Carrot	4 oz	89018000122
Plum Organic Baby Food Yum 2-Broccoli/Apple	4 oz	84667500053
Plum Organic Baby Food Yum 2-Cherry/Sweet Corn/Greek Yogurt	3.5 oz	84667500134
Plum Organic Baby Food Yum 2-Peach/Apricot/Banana	4 oz	89018000121
Plum Organic Baby Food Yum 2-Zucchini/Banana/Amaranth	3.5 oz	84667500106
Plum Organic Baby Food-Blueberry/Pear/Purple Carrot	4 oz	89018000197
Plum Organic Baby Food-Just Peaches	3.5 oz	89018000185
Plum Organic Baby Food-Pear/Mango	4 oz	89018000120
Plum Organic Baby Food-Pumpkin/Banana	4 oz	89018000123
Plum Organic Baby Food-Spinach/Peas/Pear	4 oz	89018000119
Plum Organic Baby Food-Sweet Potato/Corn/Apple	4 oz	89018000124
Plum Organic-Mish Mash Strawberry	3.17 oz	89018000117
Plum Organic-Tots Mish Mash Fruit/Grain Blueberry Oats/Quinoa	3.17 oz	84667500049
Similac Advance Rtf 8oz Bottles	6 pk	7007458613
Sprout Organic Baby Food Stage 2-Apple/Banana/Butternut Squash	4 oz	81851201206
Sprout Organic Baby Food Stage 2-Banana/Cinnamon/Brown Rice	4 oz	81851201210
Sprout Organic Baby Food Stage 2-Carrot/Swt Potato/Brown Rice	4 oz	81851201216
Sprout Organic Baby Food Stage 2-Carrots/Apple/Mango	4 oz	81851201202
Sprout Organic Baby Food Stage 2-Green Beans/Peas/Corn	4 oz	81851201213
Sprout Organic Baby Food Stage 2-Pear/Kiwi/Peas/Spinach	4 oz	81851201203
Sprout Organic Baby Food Stage 2-Peas/Brown Rice/Beans/Kale	4 oz	81851201218
Sprout Organic Baby Food-Stg 1 Sweet Potato	3.17 oz	81851201104
Sprout Organic Baby Food-Stg 2 Baked Sweet Potato/White Beans	4 oz	81851201212
Sprout Organic Stage 3-Creamy Veg/Chicken	4.5 oz	81851201301
Sprout Organic Stage 3-Garden Veg/Brown Rice/Turkey	4.5 oz	81851201302
Sprout Organic Stage 3-Harvest Veg/Apricot/Chicken	4.5 oz	81851201311
Sprout Organic Stage 3-Root Veg/Apple/Beef	4.5 oz	81851201300

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.

	Size	UPC
Albers Corn Meal-Yellow	40 oz	4144905626
* Among Friends Liv It UP G/F Choc Cake Mix	14.4 oz	85115200503
* Among Friends Phil'Emup G/F Ch/Cran Ckie Mix	14 oz	79357316581
* Argo Corn Starch	16 oz	76172007104
* Betty Crocker Frosting-Chocolate	16 oz	1600045840
* Betty Crocker Frosting-Cream Cheese	12 oz	1600037420
* Betty Crocker Frosting-Milk Chocolate	16 oz	1600045900
* Betty Crocker Frosting-Whip Vanilla	12 oz	1600037430
* Birch Benders Gluten Free Pancake/Waffle Mix	14 oz	85601700337
* Bisquick Baking Mix-Gluten Free	16 oz	1600027746
* Bobs Red Mill Baking Flour 1 to 1 GF	22 oz	3997800453
Bobs Red Mill Corn Meal	24 oz	3997800304
* Bobs Red Mill Cornbread Mix GF	20 oz	3997800461
* Bobs Red Mill F/G Almond Meal Flour	16 oz	3997801381
* Bobs Red Mill Flaxseeds	24 oz	3997802420
* Bobs Red Mill Flour All Purpose GF	22 oz	3997800452
* Bobs Red Mill Flour White Rice	24 oz	3997800316
* Bobs Red Mill Organic Coconut Flour	16 oz	3997800815
* Bobs Red Mill Pancake Mix GF	22 oz	3997800462
* Bobs Red Mill Raw Whole Golden Flaxseed	24 oz	3997800230
* Bobs Red Mill W/G Brown Rice Flour	24 oz	3997800315
* Bobs Red Mill Whole Ground Flaxseed Meal	16 oz	3997800330
* Bobs Red Mill Xanthan Gum	8 oz	3997802555
* Bragg Nutritional Yeast Seasoning	4.5 oz	7430506605
* Dagoba Organic Chocodrops	8 oz	81047400503
* Duncan Hines Frosting-Dark Chocolate	16 oz	64420900447
* Duncan Hines Frosting-Milk Chocolate	16 oz	64420900439
* Duncan Hines Frosting-Vanilla	16 oz	64420900438
* Fleischmanns Yeast-Dry	3 pk	4010000711
* Gennaro Polenta-Traditional Italian	24 oz	76267612400
* Glutino Breadcrumbs G/Free	12 oz	67852301107
* King Arthur Brownie Mix Gluten Free	17 oz	7101207508
* King Arthur Flour-Multi Purpose Gluten Free	24 oz	7101207502
Nutiva Organic Chia Seed S-U-P	12 oz	69275210311

* Pamela's Gluten Free Baking & Pancake Mix	24 oz	9370930010
* Pamela's Gluten Free Cornbread & Muffin Mix	12 oz	9370930110
* Pascha Organic Choc Chips Semi Sweet	8.8 oz	84263800501
* Rumford Baking Powder	8.1 oz	4161700225
* Thai Kitchen Organic Coconut Milk	13.66 oz	73762807950
* Thai Kitchen Organic Coconut Milk Lt	13.66 oz	73762808250
* Thai Kitchen Pure Coconut Milk	13.66 oz	73762801150
* Thai Kitchen Pure Lite Coconut Milk	13.66 oz	73762801160
* Valsugana Pandeia Polenta Maize Flour	13.2 oz	7224835507
* XO Baking Co-Pancake & Waffle Mix	16 oz	85692800404
* XO Baking Co-Zucchini Bread Mix	17.6 oz	85692800411

Bars

- All of the 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.

	Size	UPC
* Balance Bar Dark-Chocolate Coconut	1.58 oz	75004918030
* Balance Bare-Sweet & Spicy Nut	1.19 oz	75004954883
* Clif Luna Protein Br-Chocolate Peanut Butter	1.59 oz	72225223301
* Clif Luna Protein Br-Cookie Dough	1.59 oz	72225223303
* Go Raw Bar-Apricot	0.42 oz	85988800014
* Go Raw Bar-Banana Bread	0.42 oz	85988800015
* Go Raw Bar-Granola	0.49 oz	85988800016
* Go Raw Bar-Pumpkin	0.45 oz	85988800013
* Go Raw Bar-Spirulina	0.49 oz	85988800010
* GoMacro Bar-Cashew Butter	2 oz	18194500012
* GoMacro Bar-Cashew Caramel	2.1 oz	18194500016
* GoMacro Bar-Cherries/Berries	2 oz	18194500010
* GoMacro Bar-Granola & Coconut	2 oz	18194500008
* GoMacro Bar-Peanut Butter Chocolate Chip	2.5 oz	18194500006
* GoMacro Bar-Sunflower Butter/Chocolate	2.3 oz	18194500017
* Health Warrior Chia Bar-Banana Nut	0.88 oz	85268400311
* Health Warrior Chia Bar-Chocolate Peanut Butter	0.88 oz	85268400306
* Health Warrior Chia Bar-Coconut	0.88 oz	85268400307
* Health Warrior Chia Bar-Dark Chocolate Cherry	0.88 oz	85268400325
* Kind Bar Nut/Spice- Dark Chocolate Sea Salt	1.4 oz	60265217651
* Kind Bar Nut/Spice-Cashew Ginger	1.4 oz	60265217653
* Kind Bar Nut/Spice-Dark Chocolate Cinnamon Pecan	1.4 oz	60265217652
* Kind Bar Nut/Spice-Vanilla Almond	1.4 oz	60265217650

* Kind Bar Nuts & Spices-Caramel Almond & Sea Salt	1.4 oz	60265217030
* Kind Bar Nuts & Spices-Dark Choc.Chili Almond	1.4 oz	60265217093
* Kind Bar Nuts & Spices-Dark Chocolate Mocha Almond	1.4 oz	60265217059
* Kind Bar Nuts & Spices-Maple Glazed Pecan/Sea Salt	1.4 oz	60265217090
* Kind Bar-Almond & Coconut	1.4 oz	60265217008
* Kind Bar-Almond Apricot in Yogurt	1.4 oz	60265217003
* Kind Bar-Almond/Apricot	1.4 oz	60265217005
* Kind Bar-Apple Cinnamon & Pecan	1.4 oz	60265217017
* Kind Bar-Fruit/Nut & Yogurt	1.6 oz	60265217007
* Kind Bar-Fruit/Nut Delight	1.4 oz	60265217004
* Kind Bar-Nut Delight	1.4 oz	60265217006
* Kind Healthy Grains Bars-Dark Chocolate Chunk	5 pk	60265218402
* Kind Healthy Grains-Maple Pumpkin Seeds/Sea Salt	6.2 oz	60265218401
* Kind Healthy Grains-Oats/Honey/Toasted Coconut	6.2 oz	60265218400
* Kind Healthy Grains-Peanut Butter/Dark Chocolate	6.2 oz	60265218403
* Kind Healthy Grains-Vanilla Blueberry	6.2 oz	60265218404
* Kind Plus Bar-Almd/WInt/Macadamia	1.4 oz	60265217013
* Kind Plus Bar-Almond/Cashew	1.4 oz	60265217016
* Kind Plus Bar-Blueberry Pecan	1.4 oz	60265217019
* Kind Plus Bar-Cranberry/Almond	1.4 oz	60265217011
* Kind Plus Bar-Dk Choc.Cherry Cashew Antioxidants	1.4 oz	60265217050
* Kind Plus Bar-Peanut Butter Dark Chocolate Protein	1.4 oz	60265217056
* Kind Plus Bar-Pom/Blue Pistachio Antioxidants	1.4 oz	60265217021
* Larabar Food Bar-Apple Pie	1.6 oz	2190850927
* Larabar Food Bar-Blueberry Muffin	1.6 oz	2190850737
* Larabar Food Bar-Cashew Cookie	1.7 oz	2190850925
* Larabar Food Bar-Cherry Pie	1.7 oz	2190850924
* Larabar Food Bar-Chocolate Chip Cookie Dough	1.6 oz	2190850937
* Larabar Food Bar-Peanut Butter Chocolate Chip	1.6 oz	2190850935
* Larabar Food Bar-Peanut Butter Cookie	1.7 oz	2190850916
* Mamma Chia Org. Bar Blueberry & Dark Chocolate	1.4 oz	85651600248
* Mamma Chia Org. Bar Cherry & Dark Chocolate	1.4 oz	85651600247
* Mamma Chia Org. Bar Coconut Almond & Dark Chocolate	1.4 oz	85651600267
* Mamma Chia Org. Bar Peanut & Dark Chocolate	1.4 oz	85651600250
nothin' but bar-Cherry Cranberry Almond	2.7 oz	3095574876
nothin' but bar-Chocolate Coconut Almond	2.7 oz	3095574877
nothin' but bar-Ginger Lemon Cashew	2.7 oz	3095574880
nothin' but bar-Peanut Butter Banana Chocolate	2.7 oz	3095574879
* NuGo Dark Bar-Chocolate Pretzel	1.76 oz	69153552901
* NuGo Dark Bar-Mint Chocolate Chip	1.76 oz	69153552501
* NuGo Dark Bar-Mocha Chocolate	1.76 oz	69153552301

* NuGo Dark Bar-Peanut Butter Cup	1.76 oz	69153552701
* NuGo Slim Bar - Roasted Peanut	1.59 oz	69153520301
* NuGo Slim Bar-Brownie Crunch	1.59 oz	69153520101
* NuGo Slim Bar-Raspberry Truffle	1.59 oz	69153520501
* Perfect Bar-Almond Butter	2.3 oz	85556900306
* Perfect Bar-Cranberry Crunch	1.6 oz	85556900305
* Perfect Bar-Peanut Butter	2.5 oz	85556900302
* Power Crunch Bar-Chocolate Brownie Crisp	1.5 oz	64422574001
* Power Crunch Bar-Sweet Vanilla Crisp	1.5 oz	64422574003
* Promax Energy Bar-Choc.Chip Dough	2.64 oz	74365912910
* Promax Energy Bar-Cookies/Cream	2.64 oz	74365912669
* Promax Energy Bar-Fudge Brownie	2.64 oz	74365912594
* Promax Energy Bar-Nutty Btr Crisp	2.64 oz	74365912805
* Promax Energy Bar-Peanut Butter Cookie Dough L/S	2.36 oz	74365918855
* Think Thin Bar-Brownie	2.1 oz	75365670127
* Think Thin Bar-Caramel Fudge	2.1 oz	75365670924
* Think Thin Bar-Choc.Strawberries	1.76 oz	75365670806
* Think Thin Bar-Chocolate Fudge	2.1 oz	75365670121
* Think Thin Bar-Chunky Peanut Butter	2.1 oz	75365670126
* Think Thin Bar-Coconut Chocolate Mixed Nuts	1.41 oz	75365670944
* Think Thin Bar-Cookies & Cream	2.1 oz	75365670921
* Think Thin Bar-Peanut Butter	2.1 oz	75365670120
* Think Thin Bar-White Choc.Chip	2.1 oz	75365670635
* Think Thin Crunch Bar-Mix Nut/White Chocolate	1.41 oz	75365670861
* Think Thin Crunch Bar-Mix Nuts/Choc	1.41 oz	75365670843
* Think Thin Crunch Bar-Mixed Nuts	1.34 oz	75365670840
* Think Thin Fiber Bar-Chocolate Peanut Butter Toffee	1.76 oz	75365671032
* Think Thin Fiber Bar-Chocolate/Almond/Coconut	1.76 oz	75365671030
* Think Thin Fiber Bar-Milk Chocolate Toffee Almond	1.76 oz	75365671031
* Think Thin Lean Protein Fiber Bar-Chocolate Almond Brownie	1.41 oz	75365671093
* Think Thin Lean Protein Fiber Bar-Chunky Chocolate Peanut	1.41 oz	75365671099
* Think Thin Lean Protein Fiber Bar-Salted Caramel	1.41 oz	75365671096
* Think Thin Protein Nut-Dark Chocolate Salted Caramel	1.41 oz	75365670879
Tigers Milk Bar- Peanut Butter/Honey	1.23 oz	7434512372
Tigers Milk Bar-Peanut Butter	1.23 oz	7434511372
Tigers Milk Bar-Protein Rich	1.23 oz	7434510372
* Two Moms Granola Bars Blueberry	8 oz	89435600105
* Two Moms Granola Bars Gojiberry	8 oz	89435600115
* Two Moms Granola Bars GoldenBerry	8 oz	89435600134
* Van's Snack Bars Chocolate Chip G/F	6.2 oz	8994780210
* Van's Snack Bars Cranberry Almond G/F	6.2 oz	8994780220

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 and vodka listed here.

	Size	UPC
* Ace Hard Cider - Apple Individual	12 oz	79844900110
* Angry Orchards Apple Ginger Cider 6pk	12 oz	8769284102
* Angry Orchards Crisp Apple Cider	12 oz	8769282100
* Angry Orchards Seasonal Cider 6pk	12 oz	8769200079
* Angry Orchards Seasonal Cider Ind.	12 oz	8769200056
* Blue Ice American Potato Vodka	750 ml	81519700012
* Chopin Potato Vodka	750 ml	85293500115
* Crispin Cider Co. Original Hard Cider 4-Pk	12 oz	89413700203
* Crispin Cider Co. Pacific Pear 4-Pk	12 oz	89413700066
* Green's Discovery Amber Ale	16.9 oz	8572517604
* Hollows & Fentimans Alcoholic Ginger Beer	500 ml	66745000500
* Infuse Cinnamon Apple Vodka	750 ml	85153200500
* Omission Lager N.R. 6pk.	12 oz	70277008101
* Omission Pale Ale N.R. 6pk.	12 oz	70277008201
* Omission Pale IPA N.R. 6pk.	12 oz	70277008301
* Redbridge Lager 6pk	12 oz	1820011985
* Square Mile Cider Spur & Vine	22 oz	70277024910
* Tito's Vodka	750 ml	61994700002
* Tito's Vodka	1.75 lt	61994700003

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.

	Size	UPC
* Canyon Bakehouse GF Bread 7 Grain	18 oz	85358400201
* Canyon Bakehouse GF Bread Cinnamon Raisin	18 oz	85358400202
* Canyon Bakehouse GF Bread Deli Rye	18 oz	85358400207
* Canyon Bakehouse GF Bread Mountain White	18 oz	85358400200
* Flax4Life Gluten Free Brownie Bites	14 oz	6577663550
* Flax4Life Muffins-Carrot & Raisin 4pk	14 oz	6577663151
* Flax4Life Muffins-Chocolate Chip 4pk	4 pk	6577663152
* Flax4Life Muffins-Wild Blueberry 4pk	14 oz	6577663153
* Food for Life Bread-Brown Rice Gluten Free	24 oz	7347200169

* Food for Life Tortillas- Brown Rice Gluten Free	6 ct	7347200369
* Guerrero Tortillas-Corn Mini	36 ct	4856406009
* Guerrero Tortillas-White Corn	30 ct	4856406002
* Guerrero Tortillas-White Corn	16 oz	4856406005
Guerrero-Tostada Nortena	12.37 oz	4856406707
* La Tortilla Factory- Gluten Free Ivory Teff	13.96 oz	7885852502
* Mi Rancho Tortillas- Organic Corn 8 ct	9.33 oz	72788810114
* Mi Rancho Tortillas- Organic Corn Taco	12.5 oz	72788810144
Miss Meringue Cookies-F/F Vanilla	5 oz	63977500101
* Mission Shells-Taco Jumbo	12 ct	7373100634
* Mission Tortillas Corn Sprsze Yel	10 ct	7373106500
* Mission Tortillas Corn Yelx Thin	24 ct	7373100328
* Mission Tortillas Corn-Supersize	10 ct	7373106200
* Mission Tortillas Corn-White	30 ct	7373106002
* Ortega Taco Shells-White Corn	12 ct	3900000828
* Ortega Taco Shells-Whl Grain Corn	10 ct	4150100803
* Ortega Taco Shells-Yellow Corn*	12 ct	3900000800
* Paleo Wraps-Gluten Free 7ct	3.5 oz	81392600235
* Paleo Wraps-Tumeric Gluten Free 7ct	3.5 oz	81392600257
* Rudi's Gluten Free Bread-Multi Gr	18 oz	85675000201
* Rudi's Gluten Free Bread-Original	18 oz	85675000200
* Udi's-Gluten Free Cinnamon Raisin Bread	12 oz	69899780925
* Udi's-Gluten Free Millet-Chia Bread	14.2 oz	69899780994
* Udi's-Gluten Free White Sandwich Bread	12 oz	69899780910
* Udi's-Gluten Free Whole Grain Bread	12 oz	69899780916
* Udi's Gluten Free Bagels-Plain	13.9 oz	69899780954
* Udi's Gluten Free Buns-Hamburger Whole Grain	4 pk	69899780984
* Udi's Gluten Free Omega Flax & Fiber Bread	14.3 oz	69899780996

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.

	Size	UPC
Albers Grits-Quick	20 oz	4144905620
Alfs Puffed Corn-Yellow	6 oz	7198612063
Alfs Puffed Rice-Brown	6 oz	7198612062
* Ancient Harvest Grains Hot Cereal-Maple Morning	10.58 oz	8912516004
* Ancient Harvest Grains Hot Cereal-Traditional	10.58 oz	8912516000
* Ancient Harvest Quinoa Flakes	12 oz	8912541200
* Barbara Cereal-Honey O's Multigrain	9 oz	7061700692
* Barbara Cereal-Organic Brown Rice Crisps	10 oz	7061700058
* Bobs Red Mill Flaxseeds	24 oz	3997802420
* Bobs Red Mill Granola GF-Apple Blueberry	12 oz	3997800365
* Bobs Red Mill Granola GF-Honey Nut	12 oz	3997800364
* Bobs Red Mill Muesli Gluten Free	16 oz	3997800366
* Bobs Red Mill Quick Rolled Oats-Gluten Free	32 oz	3997800376
* Bobs Red Mill Raw Whole Golden Flaxseed	24 oz	3997800230
* Bobs Red Mill Rolled Oats-Gluten Free	32 oz	3997800375
Chia Co.Oats+Chia-Apple Spice	5 pk	934022400765
Chia Co.Oats+Chia-Mixed Berry	5 pk	934022400764
* Cream Of Rice-Hot Cereal	14 oz	1313000698
* G.Mills Chex Cinnamon	12.1 oz	1600048789
* G.Mills Chex Corn	12 oz	1600048796
* G.Mills Chex Honey Nut	12.5 oz	1600048792
* G.Mills Chex Oatmeal Apple Cinnamon	6 pk	1600048643
* G.Mills Chex Oatmeal Maple Brown Sugar	6 pk	1600048642
* G.Mills Chex Oatmeal Variety Pack	6 pk	1600048644
* G.Mills Chex Rice	12 oz	1600048794
* Glutenfreeda Instant Oatmeal Natural	6 pk	85824600136
* Glutenfreeda Instant Oatmeal Variety Pack	6 pk	85824600126
* Go Raw Granola-Chocolate	16 oz	85988800062
* Go Raw Granola-Original	16 oz	85988800008
* Kind Granola-Banana Nut Clusters	11 oz	60265217160
* Kind Granola-Blueberry Flax	11 oz	60265217185
* Kind Granola-Cinnamon Oat	11 oz	60265217184
* Kind Granola-Fruit & Nut Clusters	11 oz	60265217178
* Kind Granola-Maple Quinoa Chia	11 oz	60265217120
* Kind Granola-Oats & Honey	11 oz	60265217186
* Kind Granola-Peanut Butter	11 oz	60265217182
* Kind Granola-Raspberry Clusters w/Chia Seeds	11 oz	60265217161

* Love Grown Granola-Cocoa Goodness	12 oz	85056300204
* Love Grown Granola-Raisin Almond Crunch	12 oz	85056300201
* Love Grown Granola-Simply Oats	12 oz	85056300203
* Love Grown Granola-Sweet Cranberry Pecan	12 oz	85056300200
* Love Grown Hot Oats-Apple Cinnamon	2.22 oz	85056300219
* Love Grown Hot Oats-Blueberry Banana Walnut	2.22 oz	85056300216
* Love Grown Hot Oats-Peach Almond Vanilla	2.22 oz	85056300217
* Love Grown Hot Oats-Strawberry Raspberry	2.22 oz	85056300218
* Love Grown Super Oats Chia-Nuts & Seeds	12 oz	85056300238
* Love Grown Super Oats Chia-Simply Pure	12 oz	85056300237
* Modern Oats Oatmeal Apple-Walnut	2.3 oz	81216900288
* Modern Oats Oatmeal Chocolate Cherry	2.3 oz	81216900292
* Modern Oats Oatmeal Goji Blueberry	2.3 oz	81216900287
* Modern Oats Oatmeal Nuts & Seeds	2.3 oz	81216900291
Nana's All Natural Granola - Flying Oats & Nuts	12 oz	80487921756
Nana's All Natural Granola - Jamaican Me Crazy	12 oz	80487949056
Nana's All Natural Granola - Tropic of Ginger	12 oz	80487934035
* Natures Path Org.Granola Summer Berries GF	11 oz	5844989039
* Natures Path Org.Granola-Fruit/Nut GF	11 oz	5844989038
* Natures Path Org.Granola-Honey Almond GF	11 oz	5844989037
* Natures Path Qia Oatmeal Cinnamon Pumpkin Seed	8 oz	5844915405
* Natures Path Qia Oatmeal Creamy Coconut	8 oz	5844915403
* Natures Path Qia Oatmeal Superseeds & Grains	8 oz	5844915401
* Two Moms Cereal Grain Free	14 oz	89435600125
* Udi's Granola Au Natural GF	12 oz	69899780615
* Udi's Granola Cranberry GF	12 oz	69899780616
* Udi's Granola Original GF	12 oz	69899780617
* Udi's Granola Vanilla GF	12 oz	69899780618
* Van's Cereal Cinnamon Heaven G/F	11 oz	8994780110
* Van's Cereal Honey Nut Crunch G/F	11 oz	8994780120

Chips, Crisps, and Puffs

- All of the chips 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.

	Size	UPC
Barbara Cheese Puffs-Bakes	5.5 oz	7061700079
* Barbara Cheese Puffs-Original	7 oz	7061700062
* Beanfields Bean & Rice Chips-Nacho	6 oz	85256500307
* Beanfields Bean & Rice Chips-Sea Salt	6 oz	85256500301
* Beanitos Chips-Black Bean/Sea Salt	6 oz	85283400200

* Beanitos Chips-White Bean/Sea Salt	6 oz	85283400213
* Boulder Canyon Potato Chip - Avacado Oil/Sea Salt	5.25 oz	70816312058
* Boulder Canyon Potato Chip - Cooked in Olive Oil	6.5 oz	70816311853
* Boulder Cyn Potato Chips-Natural 60% Less Sodium	6.5 oz	70816311840
* Boulder Cyn Potato Chips-Sweet Vadalía Onion	6 oz	70816312151
* Brad's Raw Chips-Kale	3 oz	85461500205
* Brad's Raw Kale-Naked	2.5 oz	85461500212
* Cabo Chips - Tortilla Chips	5.5 oz	89656900215
* Cabo Chips-Churro	5.5 oz	89656900222
* Cabo Chips-Mango Chili Lime	5.5 oz	89656900220
* Calidad Tortilla Chips-Ylw Crn	12 oz	7794800902
* Casa Sanchez Ranchera Tort Chips G/F	14 oz	7873200238
* Casa Sanchez Totopos-W/Quinoa, Chia & Maca	14 oz	7873200215
* Casa Sanchez-Tortilla Chips Organic	14 oz	7873200227
* Casa Sanchez- Tortilla Chips Thick/Crsp	14 oz	7873200219
* Casa Sanchez- Tortilla Chips Thin/Lt	14 oz	7873200220
* Casa Sanchez- Tortilla Chips Thin/Lt	14 oz	7873213106
* Casa Sanchez- Tortilla Chips Thk/Crsp	14 oz	7873213105
* Cheetos Crunchy	2.25 oz	2840034527
* Cheetos Flamin' Hot Crunchy	2.25 oz	2840040905
* Cheetos Naturals	8 oz	2840007165
* Cheetos-Crunchy	9 oz	2840023981
* Cheetos-Puffs	8.5 oz	2840023987
* Chipz Happen Tortilla Chipz Cinnful Sweet Heat	6 oz	74136040834
* Chipz Happen Tortilla Chipz Himalayan Pink Salt	6 oz	74136040833
* Chipz Happen Tortilla Chipz Parmesan Garlic	6 oz	74136040831
* Chipz Happen Tortilla Chipz Spicy-Z Parmesan Garlic	6 oz	74136040832
* Corazonas-Tortilla Chips W/Lime	7 oz	85406900178
* Food Should Taste Good Sweet Potato Chips- Original	4.5 oz	2190881242
* Food Should Taste Good Tortilla Chips-Blue Corn	5.5 oz	2190881246
* Food Should Taste Good Tortilla Chips-Multigrain	5.5 oz	2190881262
* Food Should Taste Good Tortilla Chips-Sweet Potato	5.5 oz	2190881264
Fresh Gourmet Tortilla Strip Lt Salted	3.5 oz	78735917503
Fresh Gourmet Tortilla Strip Tri-Color	3.5 oz	78735917508
* Fritos Original	2.75 oz	2840038161
* Fritos-Regular	9.75 oz	2840024053
* Fritos-Regular Lightly Salted	9.75 oz	2840024063
* Fritos-Scoops	9.75 oz	2840024062
* Garden Of Eatin' Chips-Blue Corn	8.1 oz	1583900001
* Garden Of Eatin' Chips-Blue Corn	16 oz	1583900821
* Garden Of Eatin' Chips-Blue Corn No Salt	8.1 oz	1583900002

* Garden Of Eatin' Chips-Sesame Blue	7.5 oz	1583900006
* Garden Of Eatin'chips-Chia Seed	7.5 oz	1583900995
* Genisoy Crisps-Sea Salt	3.85 oz	63599204330
* Glenny's Soy Crisp-Cheddar	1.3 oz	2739300970
* Glenny's Soy Crisp-Lightly Salted	1.3 oz	2739300950
* Go Raw Super Super Chips-Pumpkin	3 oz	85988800032
* Go Raw Super Super Chips-Spirulina	3 oz	85988800031
* Good Health Potato Chips-Bbq	5 oz	75535500820
* Good Health Potato Chips-Lime	5 oz	75535500810
* Good Health Potato Chips-Sea Salt	5 oz	75535500830
Good Health Veggie Chips	6.75 oz	75535500515
Good Health Veggie Stix Multi Pack	6 oz	75535500527
* Inka Chips-Plantain	4 oz	81904600044
* Inka Chips-Plantain Chile Picante	4 oz	81904600010
* Inka Chips-Plantain Sweet	3.25 oz	81904600011
* IPS Egg White Chips Aged White Cheddar.	3 oz	85377400413
* Kettle Bakes-Hickory Honey Bbq	4 oz	8411410990
* Kettle Bakes-Sea Salt	4 oz	8411410984
* Kettle Bakes-Sea Salt & Vinegar	4 oz	8411411581
* Kettle Chips-Buffalo Bleu Krinkle	5 oz	8411411172
* Kettle Chips-Cheddar	5 oz	8411400994
* Kettle Chips-Honey Dijon	5 oz	8411403070
* Kettle Chips-Lightly Salted	2 oz	8411403300
* Kettle Chips-Lightly Salted	5 oz	8411400998
* Kettle Chips-Organic Lightly Slted	5 oz	8411400997
* Kettle Chips-Salt & Pepper	5 oz	8411410707
* Kettle Chips-Sea Salt & Vinegar	2 oz	8411403333
* Kettle Chips-Sea Salt & Vinegar	5 oz	8411400996
* Kettle Chips-Sweet Onion	5 oz	8411411555
* Kettle Chips-Unsalted	5 oz	8411400999
* Lays Chips-Classic	10.5 oz	2840042158
Lays Chips-Kettle Cooked Original	8.5 oz	2840008294
Lays Chips-Kettle Cooked Original	8 oz	2840037219
* Lays Chips-Lightly Salted	7.75 oz	2840020059
Lays Chips-Sour Cream/Onion	10 oz	2840042172
* Lays Chips-Wavy Regular	10.5 oz	2840042173
* Lays Classic	1.75 oz	2840034420
* Lays Crisps-Baked Original	6.25 oz	2840018382
* Lays Natural-Sea Salt Thick Chips	8.5 oz	2840007372
* Lesserevil Super 4 Snacks Cheesy Nacho	5 oz	18099900116
* Lesserevil Super 4 Snacks Kale & Rstd Garlic	5 oz	18099900115

* Lundberg Rice Chip-Fiesta Lime	6 oz	7341603534
* Lundberg Rice Chip-Santa Fe Bbq	6 oz	7341603533
* Lundberg Rice Chip-Sea Salt	6 oz	7341603530
* Lundberg Rice Chip-Sesame Seaweed	6 oz	7341603532
* Mission Tort Chips-Rest Triangles	13 oz	7373108202
* Mission Tort Strips-White Corn	13 oz	7373108103
* Pb Pirate's Booty Treasures	4 oz	1566577311
* Pirate Brands b Smart Puffs-Multi Pack	6 pk	1566577046
* Pirate Brands Original Tings	6 oz	1566510350
* Pirate Brands Pirate's Booty	1 oz	1566560104
* Pirate Brands Pirate's Booty	10 oz	1566552080
* Pirate Brands Pirate's Booty	4 oz	1566560100
* Pirate Brands Pirate's Booty-12 Pack	6 oz	1566577125
* Pirate Brands Pirate's Booty-Multi Pack	6 pk	1566577045
* Pirate Brands Smart Puffs	1 oz	1566522060
* Pirate Brands Smart Puffs	4.5 oz	1566522030
* Pirate Brands Veggie Booty	4 oz	1566560915
* Popchips- Potato Chips Sea Salt	3.5 oz	8266680080
* Popchips-Bbq Potato Chips	3.5 oz	8266680090
* Popchips-Bbq Potato Chips	0.8 oz	8266672200
* Popchips-Cheddar Potato Chips	0.8 oz	8266678800
* Popchips-Cheddar/Sour Cream Potato Chips	3.5 oz	8266680060
* Popchips-Family Size BBQ Potato	6.25 oz	8266672206
* Popchips-Family Size Sea Salt Potato	6.25 oz	8266671106
* Popchips-Original Potato Chips	0.8 oz	8266671100
* Popchips-Salt/Pepper	3.5 oz	8266680040
* Popchips-Sea Salt/Vinegar	3.5 oz	8266680050
* Popchips-Sea Salt/Vinegar Potato Chips	0.8 oz	8266675500
* Popchips-Sour Crm/On Potato Chips	3.5 oz	8266680070
* Popchips-Sweet Potato	3.5 oz	8266680030
* Popchips-Variety Pk-Single Serv.	6 ct	8266621812
* Popcorners Corn Chips-Kettle	5 oz	89359400211
* Popcorners Corn Chips-Sea Salt	5 oz	89359400210
* Popcorners Corn Chips-Wht Cheddar	5 oz	89359400209
* Rhythm Kale Chips-Kool Ranch	2 oz	82973900052
* Rhythm Kale Chips-Zesty Nacho	2 oz	82973900032
* Ruffles Natural-R/F Potato Chips	8 oz	2840007132
Ruffles-Baked Cheddar Sour Cream	6.25 oz	2840018477
* Ruffles-Baked Original	6.25 oz	2840018479
Ruffles-Cheddar Sour Cream	9 oz	2840042724
* Ruffles-Reduced Fat	8 oz	2840020302

* Ruffles-Regular	9.5 oz	2840042643
Ruffles-Sour Cream/Onion	9 oz	2840042726
* Rusty's Island Chips	3 oz	81983700001
Simply 7 Lentil Chips-Sea Salt	4 oz	76421860837
* Simply 7 Quinoa Chips-Barbeque	3.5 oz	76421865126
* Simply 7 Quinoa Chips-Cheddar	5 oz	76421865125
* Simply 7 Quinoa Chips-Sea Salt	3.5 oz	76421865124
* Simply 7 Quinoa Chips-Sour Cream & Onion	5 oz	76421865127
* Terra Chips-Exotic Veg Chips-Vegetable	5 oz	72822901450
* Terra Chips-Original Vegetable	1 oz	72822912345
* Terra Chips-Sweets Medley	5.75 oz	72822901471
* Terra Chips-Sweets/Beets	6 oz	72822901315
* Terra-Exotic Potato Chips-w/ Sea Salt	5.5 oz	72822901479
* Terra-Exotic Veg Chips-Tropical	5 oz	72822901492
* The Better Chip Jalapeno with Sea Salt	6.4 oz	78735955920
* The Better Chip-Spinach & Kale	6.4 oz	78735955922
* Tim's Potato Chips Honey BBQ	7.5 oz	1159410046
Tims Potato Chips-Hawaiian Orignl	8 oz	1159410033
Tims Potato Chips-Jalapeno	8 oz	1159410037
Tims Potato Chips-Original	8 oz	1159410036
Tims Potato Chips-R/F Lite Salt	8 oz	1159400803
Tims Potato Chips-R/F Unsalted	8 oz	1159400806
Tims Potato Chips-Sea SlT/Vinegar	8 oz	1159410038
* Tostitos Natural-Blue Corn Chips	9 oz	2840007134
Tostitos-Hint Of Lime	13 oz	2840006404
* Tostitos-Restaurant	13 oz	2840006399
* Tostitos-Scoops	10 oz	2840006408
* Tyrrell's Hand Cooked Eng Pot Chips-Chdr/Chv	5.3 oz	81069701104
* Tyrrell's Hand Cooked Eng Pot Chips-Salt/Vinegar	5.3 oz	81069701102
* Way Better Tortilla Chips-Black Bean	5.5 oz	85556400303
* Way Better Tortilla Chips-Sweet Chili	5.5 oz	85556400304
* Way Better Tortilla Chips-Sweet Potato	5.5 oz	85556400302

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.

	Size	UPC
* Abby's Macaroons-Coconut	16 oz	85382400464
* Abby's Macaroons-Coconut Choc Dipped	16 oz	85382400461

* Amy's Gluten Free Shortbread Almond Cookie	5.4 oz	4227200234
* Amy's Gluten Free Shortbread Cookie Classic	5.4 oz	4227200233
* Amy's Biscotti-Chocolate GF	4 oz	4227200954
* Amy's Biscotti-Orange GF	4 oz	4227200953
* Glutino Cookies-Ch.Wafer/Ch.Ct Gf	4.6 oz	67852301040
* Glutino Cookies-Drm Ch/Van Crm Gf	10.5 oz	67852307033
* Glutino Cookies-Lemon Wafers Gf	7.1 oz	67852301041
* Go Raw Super Cookies-Carrot Cake	3 oz	85988800029
* Go Raw Super Cookies-Chocolate	3 oz	85988800035
* Go Raw Super Cookies-Ginger Snaps	3 oz	85988800034
* Go Raw Super Cookies-Lemon	3 oz	85988800027
* Go Raw Super Cookies-Masala Chai	3 oz	85988800028
* Go Raw Super Cookies-Original	3 oz	85988800033
* Lucy's Gluten Free Cookies Chocolate Chip	5.5 oz	89751900100
* Lucy's Gluten Free Cookies Cinnamon Thin	5.5 oz	89751900101
* Lucy's Gluten Free Cookies Sanck n' Go Packs Chocolate Chip	6.3 oz	89751900153
* Lucy's Gluten Free Cookies Sanck n' Go Packs Variety Pack	6.3 oz	89751900154
* Marlo's Bakeshop Soft Biscotti 4pk G/F Banana	5 oz	68056919004
* Milton's GF Cookies-Chocolate Chip	5.9 oz	60654170305
* Milton's GF Cookies-Double Chocolate	5.9 oz	60654170301
* Milton's GF Cookies-Snickerdoodle	5.9 oz	60654170306
* Miss Meringue Cookies-L/F Chc.Chp	5 oz	63977500103
* Miss Meringue Petites Cookies-Belgian Choc Chip	4.2 oz	63977507675
* Miss Meringue Petites Cookies-Meyer Lemon	3 oz	63977507676
* Miss Meringue Petites Cookies-Toasted Coconut	3.5 oz	63977507673
* Miss Meringue Petites Cookies-Vanilla Bean	3 oz	63977507671
* Nairns Gluten Free Oatmeal Graham	5.64 oz	61232203003
* Nothin' But Granola Cookies Cherry/Cran/Almond	7 oz	3095574884
* Nothin' But Granola Cookies Choc/Coco/Almond	7 oz	3095574888
* Pamela's GF Cookies-Dark Chocolate Chocolate Chunk	5.29 oz	9370940150
* Simply Shari's Gluten Free Almond Shortbread	6.5 oz	89258400220
* Simply Shari's Gluten Free Chocolate Chip	6.5 oz	89258400200
* Simply Shari's Gluten Free Lemon Shortbread	6.5 oz	89258400219
* Simply Shari's Gluten Free Shortbread	6.5 oz	89258400206
* Tates Bake Shop Cookies-GF Chocolate Chip	7 oz	81029100108
* Tates Bake Shop Cookies-GF Double Chocolate	7 oz	81029100107
* Tates Bake Shop Cookies-GF Ginger Zinger	7 oz	81029100109
* The Best Cookies in the World-Chocolate Chip G/F	4.2 oz	43390552
* Walkers GF Shortbread-Ginger Lemon	4.9 oz	3904701022
* Walkers GF Shortbread-Round	4.9 oz	3904701020
* Wonderfully Raw Cocoroons-Brownie	6.2 oz	85037000509

* Wonderfully Raw Cocoroons-Lemon Pie	6.2 oz	85037000512
* Wonderfully Raw Cocoroons-Vanilla Maple	6.2 oz	85037000513

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.

	Size	UPC
* Blue Diamond Nut Thins Almond	4.25 oz	4157004426
* Blue Diamond Nut Thins Artisan-Asiago Cheese	4.25 oz	4157010939
* Blue Diamond Nut Thins Artisan-Chia Seeds	4.25 oz	4157010938
* Blue Diamond Nut Thins Artisan-Flax Seed	4.25 oz	4157010908
* Blue Diamond Nut Thins Artisan-Multi Seed	4.25 oz	4157010910
* Blue Diamond Nut Thins Artisan-Sesame Seed	4.25 oz	4157010909
* Blue Diamond Nut Thins Cheddar Cheese	4.25 oz	4157005401
* Blue Diamond Nut Thins Honey Cinnamon	4.25 oz	4157010997
* Blue Diamond Nut Thins Pecan	4.25 oz	4157004428
* Blue Diamond Nut Thins W/Sea Salt	4.25 oz	4157005278
* Crunchmaster Cracker-Multigrain Roasted Vegetable	4.5 oz	87989000034
* Crunchmaster Cracker-Multigrain Sea Salt	4.5 oz	87989000011
* Crunchmaster Cracker-Multiseed Original	4.5 oz	87989000001
* Crunchmaster Cracker-Multiseed Rosemary and Olive Oil	4.5 oz	87989000004
* Crunchmaster Rice Cracker-Artisan Four Cheese	3.5 oz	85335800044
* Crunchmaster Rice Cracker-Sesame	3.5 oz	85335800045
* Dare Crackers-Breton White Bean Salt & Pepper	4.2 oz	5565369820
* Edward/Sons-Br.Rice Snaps Sesame	3.5 oz	1120600034
* FSTG Brown Rice Crackers Seasalt	4.2 oz	2190848445
* FSTG Brown Rice Crackers Tomato Basil	4.2 oz	2190848444
* Glutino Crackers-Original Gf	4.4 oz	67852303850
* Glutino Crackers-Sea Salt GF	4.25 oz	67852303859
* Jilz Snackerz Crackerz-Cracked Pepper & Sea Salt	5 oz	79963282634
* Jilz Snackerz Crackerz-Mediterranean	5 oz	79963282635
* Jilz Snackerz Crackerz-Tuscan	5 oz	79963282636
* Manischewitz Cracker - Matzo-Style Gluten Free	10 oz	7270000208
* Mary's Gone Crackers Org.GF-Jalapeno	5.5 oz	89758000014
* Mary's Gone Crackers Org.GF-Super Seed	5.5 oz	89758000016
* Mary's Gone Crackers Organic-Original	6.5 oz	89758000010
* Mary's Gone Crackers-Herb	6.5 oz	89758000013
* Mediterranean Baked GF Lentil Crackers-Sea Salt	4.5 oz	85643500164
* Milton's GF Crackers-Cheddar	4.5 oz	60654180303

* Milton's GF Crackers-Crispy Sea Salt	4.5 oz	60654180302
* Milton's GF Crackers-Multi Grain	4.5 oz	60654180300
* Nabisco Rice Thins-White Rice Original GF	3.5 oz	4400003603
Raincoast Crisps-Oat and Rosemary Raisin	6 oz	6124320002
* Sesmark Rice Thins-Brown	3.5 oz	8569310702
* Sesmark Rice Thins-Sesame	4.25 oz	8569310700
* Skinny Crisps-Brownie	4 oz	85661500411
* Skinny Crisps-Cinnamon	4 oz	85661500409
* Skinny Crisps-Seeded	4 oz	85661500408
* Skinny Crisps-Whole Shebang	4 oz	85661500405
* Van's Crackers Lots of Everything-Gluten Free	5 oz	8994780320
* Van's Crackers Multigrain-Gluten Free	5 oz	8994780310
* Van's Crackers Say Cheese-Gluten Free	5 oz	8994780330
* Van's Crackers The Perfect 10-Gluten Free	4 oz	8994780360
* Wellaby's Crackers GF-Classic Cheese	3.9 oz	79095640411

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 Fruits & 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.

	Size	UPC
* Annie's Fruit Snack Org-Berry Patch	4 oz	1356211105
* Annie's Fruit Snack Org-Summer Straw	4 oz	1356211107
* Annie's Fruit Snack Org-Tropical Treat	4 oz	1356211100
* B. Crocker Fruit Snacks Variety Pk	5.3 oz	1600017067
* B. Crocker Fruit Roll Ups Variety	5 oz	1600018910
* Bare Coconut Chips Chocolate Bliss	1.41 oz	1397100031
* Bare Coconut Chips Show Me the Honey	1.41 oz	1397100012
* Bare Coconut Chips Simply Toasted	1.41 oz	1397100029
* Bare Coconut Chips Sweet n' Heat	1.41 oz	1397100032
* Bare Fruit Organic Apple Chip-Cinnamon	2.22 oz	1397100021
* Bare Fruit Organic Apple Chip-Fuji	2.22 oz	1397100002
* Bare Fruit Organic Apple Chip-Granny	2.22 oz	1397100001
* Bare Fruit Organic Apple Chip-Medley.	2.22 oz	1397100224
* Bare Fruit Organic Apple Chip-Sea Salt.	2.22 oz	1397100010

* Clif Kid Organic Twisted Fruit-Fruit Punch	0.7 oz	72225218007
* Clif Kid Organic Twisted Fruit -Grape	0.7 oz	72225218005
* Clif Kid Organic Twisted Fruit -Mixed Bry	0.7 oz	72225218002
* Clif Kid Organic Twisted Fruit -Strawberry	0.7 oz	72225218001
* Matt's Munchies Apple-licious	1 oz	9492296122
* Matt's Munchies Ginger Spice	1 oz	9492296126
* Matt's Munchies Island Mango	1 oz	9492296123
* Matt's Munchies Mango Acai	1 oz	65436731852
Stretch Island Fruit Leather-Apricot	0.5 oz	7912600810
Stretch Island Fruit Leather -Cherry	0.5 oz	7912600870
Stretch Island Fruit Leather -Grape	0.5 oz	7912600840
Stretch Island Fruit Leather -Rasp	0.5 oz	7912600860
Stretch Island Fruit Leather -Strwbr	0.5 oz	7912600890
* That's It-Apple+Apricot	1.2 oz	85039700402
* That's It-Apple+Cherry	1.2 oz	85039700400
* That's It-Apple+Pear	1.2 oz	85039700401
* That's It Apple+Banana	1.2 oz	85039700411
* That's It Apple+Blueberry	1.2 oz	85039700413
* That's It-Apple+Mango	1.2 oz	85039700407

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	83418300101
Alexia Fries - Sweet Potato	15 oz	83418300111
Alexia Fries - Waffle	20 oz	83418300703
Alexia Fries - Yukon Gold	15 oz	83418300102
Alexia Fries-Sweet Potato Spicy	20 oz	83418300713
Alexia Onion Rings	13.5 oz	83418300705
Alexia Potato Puffs	28 oz	83418300699
* Amy's Bowl-Brown Rice & Blackeyd Pea	9 oz	4227200164
* Amy's Bowl-Mexican Casserole	9.5 oz	4227200163
* Amy's Bowl-Mushroom Risotto	9.5 oz	4227200833
* Amy's Enchilada Dinner	10 oz	4227200051
* Amy's Enchilada Dinner-Cheese	9 oz	4227200057
* Amy's Enchilada-Cheese	9.5 oz	4227200080
* Amy's Family Cheese Enchilada	27 oz	4227200964
* Amy's Gluten Free Burrito-Bean/Rice	5.5 oz	4227200352
* Amy's Indian Palak Paneer	10 oz	4227200059

* Amy's Lasagna-Gluten & Dairy Free	9 oz	4227200814
* Amy's Light & Lean- Black Bean & Cheese Enchilada	8 oz	4227200063
* Amy's Light & Lean Bowl Quinoa w/Black Beans & Squash	8 oz	4227200902
* Amy's Light & Lean-Sweet & Sour Asian	8 oz	4227200804
* Amy's Macaroni & Cheese - Rice	9 oz	4227200045
* Amy's Pad Thai	9.5 oz	4227200924
* Amy's Tamale-Black Bean Verde	10.3 oz	4227200269
* Amy's Tamale-Cheese Verde	10.3 oz	4227200278
* Amy's Tamale-Roasted Vegetable	10.3 oz	4227200315
* Amy's Veggie Loaf Dinner	10 oz	4227200053
Anderson Shrimp Stuffed Poblano Pepper	14 oz	74076710019
* Beecher's Kale & Brown Rice Gratin G/F	20 oz	78204511293
* Beetnik Organic Beef Chili	9 oz	81926901144
* Beetnik Organic Beef Meatballs	11.5 oz	81926901147
* Beetnik Organic Chicken Meatballs	11.5 oz	81926901198
* Beetnik Organic Chicken Stew	11 oz	81926901183
* Beyond Meat Crumbles Beefy	11 oz	85262900417
* Beyond Meat Crumbles Feisty	11 oz	85262900413
* Beyond Meat Grilled	9 oz	85262900415
* Beyond Meat Seasoned	9 oz	85262900414
* Cedarlane Chili Relleno	10 oz	3879499460
* Cedarlane Eggplant Parmesan	10 oz	3879433775
* Cedarlane Omelette-Ranchero	8.5 oz	3879499491
* Cedarlane Omelette-Spinach/Mushroom	8 oz	3879499490
* Cedarlane Tamales Roasted Vegetables	10 oz	3879499623
* Cedarlane Tamales Sweet Corn	10 oz	3879499624
* CPK Pizza Gluten Free BBQ Chicken	10.7 oz	7192118234
* CPK Pizza Gluten Free Margherita	11.8 oz	7192165421
Delimex Taquitos-Chicken	23 oz	1769640709
* Dr Praeger's Broccoli Cakes	12 oz	8086800056
* Dr Praeger's Spinach Cakes	12 oz	8086800055
* Dr Praeger's Veggie Burger-Kale	10 oz	8086800041
* Eda Zen Edamame Pods	16 oz	85905900210
* Eda Zen Edamame Pods - Shelled	16 oz	85905900211
Empire-Render Chicken Fat	7 oz	7162700809
* Evol Bowls-Teriyaki Chicken	9 oz	89162700900
* Gardein Frozen-Beefless Ground	13.7 oz	84223400098
* Gardein Frozen-Black Bean Burger	10.1 oz	84223400163
* Gardein Frozen-Veggie Burger	10.1 oz	84223400164
* Garden Lite Muffins Banana/Chip	8 oz	70486302805
* Garden Lite Muffins Blueberry	8 oz	70486302804

* Garden Lite Muffins Chocolate	8 oz	70486302802
* Garden Lite Souffle-Broccoli	7 oz	70486301702
* Garden Lite Souffle-Butternut	7 oz	70486301708
* Garden Lite Souffle-Spinach	7 oz	70486301704
* Garden Lite Souffle-Vegetable	7 oz	70486301703
Good Food-Egg White Patties	6 pk	8061841202
* Katz Donuts Glazed	10.5 oz	89353600280
* Katz Donuts Powdered	10.5 oz	89353600262
Oh Boy Potato-Stuffed W/Cheese	10 oz	7017900210
* Ore-Ida Chopped Onions	12 oz	1312000473
* Ore-Ida Country Style Hash Browns	30 oz	1312000833
* Ore-Ida Extra Crispy Easy Fries	4.25 oz	1312001150
Ore-Ida Fries-Fast	26 oz	1312001417
* Ore-Ida Fries-French	32 oz	1312000258
* Ore-Ida Fries-Steak	28 oz	1312000800
* Ore-Ida Potatoes Crinkle Cut	32 oz	1312000286
* Ore-Ida Potatoes Obrien F/F	28 oz	1312000469
* Ore-Ida Potatoes Shoestring	28 oz	1312000828
* Ore-Ida Southern Style Hash Brwns	32 oz	1312000392
* Ore-Ida Tater Tots	32 oz	1312000082
* Pacific Seafood Panko Fish Sticks	9 oz	65920486002
* Pacific Seafood Parmesan Cod Fillets	9 oz	65920434118
* Phillips Mushrooms Button	8 oz	64188848800
* Phillips Mushrooms Portabella	8 oz	64188818800
* Qrunch Quinoa Burgers Original	12.8 oz	85474200302
* Rice Expressions-Organic Whole Grain Brown Rice	30 oz	83886900001
* Seapoint Farms-Edamame Cooked/Salt	14 oz	71157500373
* Seapoint Farms-Edamame Pods	14 oz	71157500499
* Seapoint Farms-Edamame/Shelled	12 oz	71157500491
* Smart Ones-Cheese Scramble	6.5 oz	2580002039
* Smart Ones-Ham/Cheese Scramble	6.5 oz	2580002040
* Stock Options Beef Stock	28 oz	88176964182
* Stock Options Chicken Stock	28 oz	88176910604
* Stock Options Fish Stock	28 oz	88176955212
* Stock Options Veal Stock	28 oz	88176920478
* Tandoor Chef-Chicken Biryani	10 oz	1143306111
* Tandoor Chef-Chicken Curry	9 oz	1143306112
* Tandoor Chef-Chicken Tandoori	10 oz	1143311511
* Tandoor Chef-Chicken Tikka Masala	9 oz	1143306114
* Texas Tamale Co-Chicken	12 ct	71772500051
* Udi's Gluten-Free Pizza-Cheese	10 oz	69899780624

* Udi's Gluten-Free Pizza-Pepperoni	10 oz	69899780623
* Van's Belgian Waffles-W/F Apple/Cinnamon	9 oz	8994730214
* Van's Waffles-Wheat Free	9 oz	8994730206
Village Harvest-Red Quinoa & Brown Rice	10 oz	2857100552
* Wild Veggie Puree Butternut Squash	10 oz	85061200258
* Wild Veggie Puree Carrot	10 oz	85061200253

Frozen Prepared Meats

	Size	UPC
* Applegate AFGF Corn Dog Beef	10 oz	2531700721
* Applegate Chicken Breast Tenders Gluten Free	8 oz	2531700559
* Applegate Gluten Free Chicken Nuggets	8 oz	2531700556
* Applegate Natural GF Chicken Nuggets Family Size	16 oz	2531705519
* Applegate Organic Turkey Burgers	16 oz	2531756500
* Applegate Patty Breakfast Chicken Apple	7 oz	2531700589
* Applegate Patty Breakfast Chicken Maple	7 oz	2531700591
* Applegate Sausage Breakfast Chicken/Apple	8 oz	2531710595
* Applegate Sausage Breakfast Maple	8 oz	2531700596
* Applegate Sausage Breakfast Sage	8 oz	2531700597
* Applegate Sausage Breakfast Chicken/Apple	7 oz	2531700695
* Applegate Sausage Breakfast Maple	7 oz	2531700696
* Applegate Sausage Breakfast Sage	7 oz	2531700697
* Applegate Sausage Classic Pork Breakfast	8 oz	2531700593
* Applegate Sausage Classic Pork Breakfast	7 oz	2531769300
* Applegate Sausage Patty Breakfast Turkey Savory	7 oz	2531700592
* Applegate Sausage Savory Turkey Breakfast	8 oz	2531700594
* Applegate Sausage Savory Turkey Breakfast	7 oz	2531769400
Banquet Brown N Serve-Beef Link	6.4 oz	3100011502
Banquet Brown N Serve-Maple Links	6.4 oz	3100018454
Banquet Brown N Serve-Orig. Link	7 oz	3100018461
Banquet Brown N Serve-Turkey Links	7 oz	3100030741
Banquet Brown N Serve-Patties Org	7 oz	3100018463
Fish Shrimp 26-30 Pd Ckd Tail-On	1 ea	7179400177
Fish Shrimp 26-30 Pd Raw Tail-On	1 ea	7179400277
* Jones Turkey Patties (cooked)	7 oz	3390020073
Maple Leaf Duck Breast Boneless Filet	7.5 oz	7398134064
Maple Leaf Duck Breast Honey Orange	7.5 oz	7398134066
Mapleleaf Duckling Boneless/Breast	7.5 oz	7398132645
Mapleleaf Duckling Breast/Boneless/Orange	6.5 oz	7398132644
Mapleleaf Duckling Leg Quarters	12 oz	7398132642
* Pork Sausage Jones Link Light G/Brown	7 oz	3390000036
* Pork Sausage Jones Links Golden/Brown	7 oz	3390000033
* Pork Sausage Jones Little Link	8 oz	3390000020

* Pork Sausage Jones Pattie Golden/Brown 7 oz 3390000037

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.

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.
- Dried beans naturally contain no gluten ingredients, however if they are not specifically labeled “gluten free”, there is a slight chance of cross-contamination with gluten. To minimize this risk, pick over dried beans to remove foreign material and rinse thoroughly before soaking. Canned beans not labeled “gluten-free” should also be rinsed thoroughly, when possible.

	Size	UPC
* A Taste Of Thai-Coconut Ginger Rice	7 oz	7065080031
* Amy’s Organic Refried Beans-Traditional	15.4 oz	4227200550
* Ancient Harvest Quinoa Mac & Cheese-Mild Cheddar Elbows	6.5 oz	8912550100
* Ancient Harvest Quinoa Mac & Cheese-Mild Cheddar Llamas	6.5 oz	8912550200
* Ancient Harvest Quinoa Mac & Cheese-White Cheddar Shells	6.5 oz	8912550701
* Ancient Harvest Quinoa Organic	12 oz	8912512000
* Ancient Harvest Red Quinoa Organic	12 oz	8912517000
* Annie Chuns Rice Exp-Sprout Brown	6.3 oz	76566740020
* Annie Chuns Rice Exp-Sticky White	7.4 oz	76566740010
* Annie's Rice Pasta & Cheddar	6 oz	1356261001
* Bobs Red Mill Steel Cut Oats-Gluten Free	24 oz	3997800373
* Bobs Red Mill-Organic Quinoa	26 oz	3997800323
* Bush’s Best Baked Beans-Original	16 oz	3940001612
* Bush’s Best Baked Beans-Original	28 oz	3940001614
* Bush’s Best Baked Beans-Vegetarian	16 oz	3940001633
* Bush’s Best Baked Beans-Vegetarian	28 oz	3940001635
* Bush's Best Baked Beans - Country Style	28 oz	3940001974
* Bush's Best Baked Beans - Homestyle	28 oz	3940001594
Dynasty Rice-Jasmine	5 lb	1115244368
* Earthly Choice Easy Quinoa-Garden Vegetable	4.8 oz	89703400229
* Earthly Choice Easy Quinoa-Mushroom/Vegetable Medley	4.8 oz	89703400230
* Earthly Choice Easy Quinoa-Rstd Garlic/Olive Oil	4.8 oz	89703400231
* Gourmet House Rice-Organic Brown	14 oz	1740010656
Gourmet House Rice-Organic White	14 oz	1740010655

Gourmet House Wild Rice-Cultivatd	6 oz	1740012001
* Lundberg Rice-California White Basmati	2 lb	7341640153
* Lundberg Rice-Short Grain Organic	2 lb	7341619763
* Lundberg Rice-Wild Rice Blend	16 oz	7341600430
* Lundberg Risotto-Creamy Parmesan	5.5 oz	7341602001
Mahatma Rice	16 oz	1740010550
* Mahatma Rice-Brn Nat Long Grn	32 oz	1740010535
Mahatma Rice-Jasmine	32 oz	1740010695
Mahatma Rice-Long Grain	32 oz	1740010675
Melissa's Basmati Rice W/Herbs	6 oz	4525511566
Melissa's Quinoa Grains W/Herbs	8 oz	4525511577
* Minute Rice Ready To Serve-Br/Wld	8.8 oz	1740014004
* Minute Rice Ready To Serve-Brown	8.8 oz	1740014001
* Minute Rice Ready To Serve-White	8.8 oz	1740014000
* Minute Rice-White	28 oz	1740011810
* Nature's Earthly Choice-Quinoa Organic	12 oz	89703400204
Near East Long Grain & Wild Rice	6 oz	7225100145
Near East Pilaf-Lentil	6.75 oz	7225100040
Rice Select Organic Rice-Brown	32 oz	7440193041
Rice Select Organic Rice-White	32 oz	7440191141
Rice Select Royal-Wht/Brn/Wild/Rd	21 oz	7440176041
Rice Select-Arborio	32 oz	7440191041
Springfield Rice-Calrose	32 oz	4138000067
* Success Rice	14 oz	1740010077
* Success Rice Brown	14 oz	1740010078
* Tasty Bite Microwave Rice-Jasmine	8.8 oz	78273301214
* Thai Kitchen Rice-Jasmine	17.5 oz	73762801700
The Allens-Blackeyed Peas	15.5 oz	3470057410
* Tru Roots Organic-Quinoa	12 oz	18581400021
* Tru Roots Organic-Sprouted Quinoa	12 oz	18581400026
Tsuru Mai Rice-Brown	16 oz	7317600150
Tsuru Mai Rice-Brown	5 lb	7317600158
Uncle Bens Ready Rice-Long Grain	8.8 oz	5480003176
Uncle Bens Ready Rice-Wh.Grn Brwn	8.8 oz	5480003177
* Uncle Bens Rice-Boil In Bag	15.8 oz	5480004023
* Uncle Bens Rice-Brown	14 oz	5480012001
* Uncle Bens Rice-Converted	32 oz	5480001008
* Wolffs Kasha-Medium	13 oz	7057700039
* Wolffs Kasha-Whole	13 oz	7057700038

Jams & Preserves

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

	Size	UPC
* Bonne Maman Jelly-Red Currant	13 oz	8870201572
* Bonne Maman Pres-Apricot	13 oz	8870201561
* Bonne Maman Pres-Apricot/Raspberry	13 oz	8870251869
* Bonne Maman Pres-Blackberry	13 oz	8870202929
* Bonne Maman Pres-Cherry Preserves	13 oz	8870201559
* Bonne Maman Pres-Fig	13 oz	8870250935
* Bonne Maman Pres-Four Fruits	13 oz	8870201675
* Bonne Maman Pres-Golden Plum Mirabelle	13 oz	8870272972
* Bonne Maman Pres-Mixed Berries	13 oz	8870200952
* Bonne Maman Pres-Orange Marmalade	13 oz	8870201563
* Bonne Maman Pres-Peach Preserves	13 oz	8870201562
* Bonne Maman Pres-Raspberry	13 oz	8870201565
* Bonne Maman Pres-Sampler	4 pk	8870290661
* Bonne Maman Pres-Strawberry	13 oz	8870201560
* Bonne Maman Pres-Wild Blueberry	13 oz	8870201566
* Hero Premium Fruit Spread-Black Cherry	12 oz	80406602007
* Hero Premium Fruit Spread-Forest Berry	12 oz	80406602006
* Hero Premium Fruit Spread-Red Raspberry	12 oz	80406602004
* Hero Premium Fruit Spread-Strawberry	12 oz	80406602002
* Santa Cruz Organic Fruit Spread-Apricot	9.5 oz	3619210514
* Santa Cruz Organic Fruit Spread-Concord Grape	9.5 oz	3619210517
* Santa Cruz Organic Fruit Spread-Red Raspberry Seedless	9.5 oz	3619210513
* Santa Cruz Organic Fruit Spread-Strawberry	9.5 oz	3619210515

Kosher

	Size	UPC
Manischewitz Borscht-Red. Sodium	24 oz	7270010276
Manischewitz Borscht-Regular	24 oz	7270010274
Manischewitz Soup Mix-Split Pea	6 oz	7270010201
Manischewitz Soup-Chicken Clear	10.5 oz	7270010126
* Yehuda GF Matzo-Style Squares	10.5 oz	7349013187
* Yehuda GF Matzo-Style Squares-Toasted Onion	10.5 oz	7349013191

Milk Alternatives

	Size	UPC
* Almond Breeze- Original	64 oz	4157005617
* Almond Breeze- Original Unsweetened	64 oz	4157005670
* Almond Breeze Reduced Sugar-Vanilla	64 oz	4157010964

* Almond Breeze- Vanilla	64 oz	4157005621
* Almond Breeze- Vanilla Unsweetened	64 oz	4157005618
* Blue Diamond Breeze Almond Coconut-Unsweetened	32 oz	4157008976
* Blue Diamond Breeze Almond Coconut-Unsweetened Vanilla	32 oz	4157008977
* Blue Diamond Breeze-Original	32 oz	4157006827
* Blue Diamond Breeze-Original	11 oz	4157009455
* Blue Diamond Breeze-Original Unsweetened	11 oz	4157009453
* Blue Diamond Breeze-Original Unsweetened	11 oz	4157009454
* Blue Diamond Breeze-Unsweetened	64 oz	4157005260
* Blue Diamond Breeze-Unswt Original	32 oz	4157005413
* Blue Diamond Breeze-Unswt Vanilla	32 oz	4157005416
* Blue Diamond Breeze-Unswt Vanilla	64 oz	4157005791
* Blue Diamond Breeze-Unswtnd Choc	32 oz	4157005418
* Blue Diamond Breeze-Vanilla	32 oz	4157006836
* Califia Almond Barista Blend	32 oz	85290900377
* Califia Almond Coconut Milk Chocolate	48 oz	85290900371
* Califia Almond Coffee Espresso	48 oz	85290900349
* Califia Almond Coffee Single-Cocoa Noir	10.5 oz	85290900354
* Califia Almond Coffee Single-Espresso	10.5 oz	85290900353
* Califia Almond Creamer Hazelnut	32 oz	85290900383
* Califia Almond Creamer Original	32 oz	85290900384
* Califia Almond Creamer Vanilla	32 oz	85290900381
* Califia Almond Milk Single-Chocolate Protein	10.5 oz	85290900361
* Califia Almond Milk Single-Vanilla Protein	10.5 oz	85290900355
* Califia Almond Milk-Coconut	48 oz	85290900342
* Califia Almond Milk-Creamy	48 oz	85290900329
* Califia Almond Milk-Unsweetened	48 oz	85290900330
* Califia Almond Milk-Unsweetened Vanilla	48 oz	85290900369
* Califia Almond Milk-Vanilla	48 oz	85290900328
* Organic Valley Soy Creamer French Vanilla	16 oz	9396600454
* Organic Valley Soy Creamer Original	16 oz	9396600453
* Pacific Organic Almond Bev-Original	32 oz	5260306500
* Pacific Organic Almond Bev-Unsweetened Original	32 oz	5260306503
* Pacific Organic Almond Bev-Unsweetened Vanilla	32 oz	5260306504
* Rice Dream-Enriched Organic Original	32 oz	8425322215
* Rice Dream-Enriched Unsweetened Original	32 oz	8425322211
* Rice Dream-Organic Sprouted Original	32 oz	8425322465
* Rice Dream-Organic Sprouted Unsweetened Original	32 oz	8425322466
* Rice Dream-Original	32 oz	8425322213
* Rice Dream-Vanilla	32 oz	8425322214
* Rice Dream-Vanilla Enriched W/Cal	32 oz	8425322216

* Silk Almond Milk-Original	64 oz	2529300098
* Silk Almond Milk-Unsweetened	64 oz	2529300149
* Silk Almond Milk-Vanilla	64 oz	2529300099
* Silk Cashew Milk-Original	64 oz	2529300274
* Silk Cashew Milk-Unsweetened	64 oz	2529300275
* Silk Organic-Unsweetened	64 oz	2529360023
* Silk Soy Creamer Original	16 oz	2529360040
* Silk Soy Creamer Vanilla	16 oz	2529360043
* Silk Soy- Lactose Free Plain	64 oz	2529360039
* Silk Soy- Lactose Free Vanilla	32 oz	2529360025
* Silk Soy- Lactose Free Vanilla	64 oz	2529360027
* Silk Soy-Light Plain	64 oz	2529360101
* Silk Soy-Light Vanilla	64 oz	2529360102
* Silk Soy-Plain Pour Spout	32 oz	2529360037
* So Delicious Cashew Milk-Unsweetened	32 oz	74447391515
* So Delicious Cashew Milk-Vanilla Unsweetened	32 oz	74447391512
* So Delicious Coconut Milk Creamer	16 oz	74447394110
* So Delicious Coconut Milk Unsweetened Original	64 oz	74447391205
* So Delicious Coconut Milk Unsweetened Vanilla	64 oz	74447391202
* So Delicious Coconut Milk-Original Sugar Free	32 oz	74447391236
* So Delicious Coconut Milk-Unsweetened	32 oz	74447391235
* So Delicious Coconut Milk-Unsweetened Vanilla	32 oz	74447391232
* Soy Dream-Enriched Original	32 oz	8425326020
* Soy Dream-Enriched Vanilla	32 oz	8425326021
* Westsoy-Soy Drink Unsweetened Org/Original	32 oz	7487396015
Westsoy-Soy Drink Unsweetened Vanilla	32 oz	7487397083

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-No Salt	3.5 oz	1411353413
Almond Accents-Original Oven Roast	3.5 oz	1411353412
Almond Accents-Sea Salt & Black Pepper	3.5 oz	1411353409
Blue Diamond Almonds Bold-Salt/Vinegar	6 oz	4157005338
Blue Diamond Almonds-Honey Roast	6 oz	4157007256
Blue Diamond Almonds-Smokehouse	6 oz	4157001590

Blue Diamond Almonds-Smokehouse	16 oz	4157003083
Emerald Glazed Pecan Pie Pecans	5 oz	1030010279
Emerald Glazed Walnuts	7 oz	1030080879
* Go Raw Seeds-Pumpkin	16 oz	85988800012
Planters D/R Sunflower Kernels	5.85 oz	2900001546
Planters Peanuts-D/R Hny Rst Jar	16 oz	2900007345
Pnuttles Butter Toffee Peanuts*	5.25 oz	7296510346
* Sahale Glazed-Almond w/Crn Honey Sea Salt	4 oz	89386900508
* Sahale Glazed-Cashews w/Pom Vanilla	4 oz	89386900507
* Sahale Premium Blend-Mapel Pecan w/WInt Cher Cinn	4 oz	89386900071
* Sahale Premium Blend-Pom Pistachio w/Almond Cher Pepr	4 oz	89386900072
* Sahale-Sing Buri Blend	5 oz	89386900505
* Sahale-Valdosta Nut Blend	4 oz	89386900056
* The Good Bean Crispy Crunchy Chickpeas Sea Salt	6 oz	85665100207

Nut Butters

	Size	UPC
* Barney Butter-Almond Butter Crunchy	10 oz	9492214999
* Barney Butter-Almond Butter Smooth	10 oz	9492214998
Jif Peanut Butter-Creamy	28 oz	5150024177
* Jif Peanut Butter-Creamy	16 oz	5150025516
Jif Peanut Butter-Crmy To Go 8pak	12 oz	5150024136
* Jif Peanut Butter-Crunchy	16 oz	5150025537
* Jif Peanut Butter-Natural Creamy	16 oz	5150025565
* Jif Peanut Butter-Reduced Fat Creamy	16 oz	5150025518
* Jif Peanut Butter-Simply Creamy	15.5 oz	5150025527
* Justin's Almond Butter-Classic	16 oz	89445500031
* Justin's Almond Butter-Classic Squeeze Packs	1.15 oz	89445500018
* Justin's Almond Butter-Maple	16 oz	89445500032
* Justin's Almond Butter-Maple Squeeze Packs	1.15 oz	89445500020
* Justin's Almond Butter-Vanilla	16 oz	89445500037
* Justin's Almond Butter-Vanilla Squeeze Packs	1.15 oz	89445500071
* Justin's Hazelnut Butter-Chocolate Squeeze Packs	1.15 oz	89445500052
* Justin's Peanut Butter- Classic	16 oz	85518800300
* Justin's Peanut Butter- Classic Squeeze	1.15 oz	85518800301
* Justin's Peanut Butter-Honey	16 oz	85518800303
* Justin's Peanut Butter-Honey Squeeze Packs	1.15 oz	85518800304
Laura Scudders Peanut Butter-No Salt Smooth	16 oz	5150019615
Laura Scudders Peanut Butter-Nutty	16 oz	5150005061
Laura Scudders Peanut Butter-Reduced Fat Smooth	16 oz	5150005030
Laura Scudders Peanut Butter-Smooth	16 oz	5150005029
* Maisie Janes Almond Butter Smooth	12 oz	73055500177

* Maisie Janes Almond Butter-Crunchy	12 oz	73055500176
* Maranatha Almond Butter-Creamy	12 oz	5165109368
* Maranatha Almond Butter-Creamy	16 oz	5165106032
* Maranatha Almond Butter-Crunchy	12 oz	5165109369
* Maranatha Almond Butter-Crunchy	16 oz	5165109201
Maranatha Coconut Almond Butter Creamy	12 oz	5165109366
N.Direction-Peanut Btr Crunch Org	16 oz	1540019059
Nutella Hazelnut Spread	13 oz	980089500
Nutella-Hazelnut Spread	26.5 oz	980089525
* Once Again Almond Butter Organic Creamy	16 oz	4408253461
* Once Again Cashew Butter Organic Creamy	16 oz	4408253341
* Once Again Peanut Butter Organic Creamy	16 oz	4408203241
* Once Again Tahini Organic	16 oz	4408204541
* Santa Cruz Organic Peanut Butter-Creamy	16 oz	3619212700
* Santa Cruz Organic Peanut Butter-Creamy Light Roasted	16 oz	3619212702
* Santa Cruz Organic Peanut Butter-Crunchy	16 oz	3619212701
* Santa Cruz Organic Peanut Butter-Crunchy Light Roasted	16 oz	3619212703
* Skippy Peanut Butter-Natural Creamy	26.5 oz	3760010568
Stonewall Kitchen Peanut Butter-Creamy	15.5 oz	71138103141

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.

	Size	UPC
* Ancient Harvest Quinoa Mac & Cheese-Mild Cheddar Elbows	6.5 oz	8912550100
* Ancient Harvest Quinoa Mac & Cheese-Mild Cheddar Llamas	6.5 oz	8912550200
* Ancient Harvest Quinoa Mac & Cheese-White Cheddar Shells	6.5 oz	8912550701
* Ancient Harvest Quinoa Organic Pasta-Elbows	8 oz	8912522000
* Ancient Harvest Quinoa Organic Pasta-Linguini	8 oz	8912523000
* Ancient Harvest Quinoa Organic Pasta-Penne	8 oz	8912521000

* Ancient Harvest Quinoa Organic Pasta-Rotelle	8 oz	8912526000
* Ancient Harvest Quinoa Organic Pasta-Shells	8 oz	8912527000
* Ancient Harvest Quinoa Organic Pasta-Spaghetti	8 oz	8912525000
* Barilla Gluten Free-Elbows	12 oz	7680800391
* Barilla Gluten Free-Rotini	12 oz	7680800390
* Barilla Gluten Free-Spaghetti	12 oz	7680800388
* House Tofu-Shirataki Fettucini	8 oz	7637104106
* House Tofu-Shirataki Noodles	8 oz	7637104105
* La Pasta Gluten Free Ravioli	9 oz	7970602216
* La Pasta Gluten Free Ravioli-Mushroom	9 oz	7970602225
* Manini's Gluten Free Pasta Garlic Fettucini	9 oz	85325400349
* Manini's Gluten Free Pasta Rigatoni	9 oz	85325400356
* Manini's Gluten Free Pasta Spaghetti	9 oz	85325400340
* Miracle Noodle Pasta Fettuccini	7 oz	85323700301
* Miracle Noodle-Angel Hair	7 oz	85323700300
* Miracle Noodle-Rice	8 oz	85323700302
* Nona Lim Noodles-Laksa	14.8 oz	85979200232
* Nona Lim Noodles-Pad Thai	14.8 oz	85979200230
* Ronzoni Gluten Free-Penne Rigate	12 oz	7130004234
* Ronzoni Gluten Free-Rotini	12 oz	7130004214
* Ronzoni Gluten Free-Spaghetti	12 oz	7130004008
* Tinkyada Brown Rice Pasta-Penne	16 oz	62168392115
* Tinkyada Brown Rice Pasta-Spaghetti	16 oz	62168392015

Pasta Sauce

	Size	UPC
Alessi Eggplant Caponata	10.5 oz	7107201244
Barilla Pasta Sauce-Marinara	24 oz	70601011292
Barilla Pasta Sauce-Tomato/Basil	24 oz	70601011296
* Barilla Pasta Sauce-Traditional	24 oz	7680800303
Bertolli Sauce Organic-Tomato Basil	24 oz	3620022284
Bertolli Sce Org-O Oil-Basi-Grlic	24 oz	3620022302
Buitoni Sauce Pesto Basil	7 oz	2484232111
Buitoni Sauce Pesto Basil R/F	7 oz	2484233111
Buitoni Sauce-Alfredo	10 oz	2484232221
Buitoni Sauce-Alfredo Light	10 oz	2484234221
Buitoni Sauce-Marinara	15 oz	2484231121
Buitoni Sauce-Marinara/Garlic	15 oz	2484234122
Cibo Artichoke Lemon Pesto	6 oz	2200911063
Cibo Clasic Basil Pesto	6 oz	88102430083
Cibo Olive-Garlic Tapenade	4.8 oz	2200911064
Classico Pesto-Traditional Basil	8.1 oz	4112900005

* Classico Sauce-Cabernet Marinara	24 oz	4112927445
* Classico Sauce-Four Cheese	24 oz	4112907762
* Classico Sauce-Spicy Red Pepper	24 oz	4112907742
* Classico Sauce-Swt Basil Marinara	24 oz	4112907790
* Classico Sauce-Tomato & Basil	14 oz	4112907711
* Classico Sauce-Tomato & Basil	24 oz	4112907712
* Classico Sauce-Traditional Pizza	14 oz	4112939640
* Classico Sauce-Vodka	24 oz	4112907705
* Colavita Organic Sauce-Marinara	25 oz	3915341475
* Colavita Organic Sauce-Spicy Garlic	25 oz	3915341485
* Dave's Pasta Sauce-Grlc/Basil Organic	25.5 oz	75346901004
* Dave's Pasta Sauce-Red Heirloom Organic	25.5 oz	75346901002
* Dave's Pasta Sauce-Spicy Heirloom Organic	25.5 oz	75346901005
* De Cecco Sauce-Pesto Alla Genovese	7 oz	2409400813
* DelGrosso Pasta Sauce-Sunday Marinara	26 oz	7490836026
* DelGrosso Pasta Sauce-Tomato Basil	26 oz	7490836030
* DelGrosso Pizza Sauce-Old Style	13.5 oz	7490836054
* Divina Red Roasted Tomatoes	10 oz	63172320702
* Gia Russa Pasta Sauce-Marinara	24 oz	2682500893
* La Pasta Sauce-Vodka	16 oz	7970601451
* Lawrys Mix-Spaghetti Sauce	1.5 oz	2150011100
* Maggiano's Pasta Sauce-Diavolo	25 oz	74299600081
* Maggiano's Pasta Sauce-Marinara	25 oz	74299600083
* Maggiano's Pasta Sauce-Tomato Basil	25 oz	74299600082
* Maggiano's Pasta Sauce-Tomato Vodka	25 oz	74299600080
* Mario Batali Sauce-Alfredo	15 oz	87604500310
* Mario Batali Sauce-Arrabiata	24 oz	87604500301
* Mario Batali Sauce-Cherry Tomato	24 oz	87604500304
* Mario Batali Sauce-Marinara	24 oz	87604500303
* Mario Batali Sauce-Tomato Basil	24 oz	87604500300
* Mia's Kitchen Pasta Sauce-Arrabiata	25.5 oz	85604400300
* Mia's Kitchen Pasta Sauce-Kale	25.5 oz	85604400317
* Mia's Kitchen Pasta Sauce-Marinara	25.5 oz	85604400302
* Mia's Kitchen Pasta Sauce-Tomato Basil	25.5 oz	85604400301
* Napa Valley Bistro Sce-Arrabiata	25 oz	7321400940
* Newmans Own Sauce-Alfredo	15 oz	2066200463
* Newmans Own Sauce-Marinara	24 oz	2066200020
* Newmans Own Sauce-Marinara Mushrm	24 oz	2066200021
* Newmans Own Sauce-Org.Marinara	23.5 oz	2066200390
* Newmans Own Sauce-Org.Tomato/Basl	23.5 oz	2066200391
* Newmans Own Sauce-Org.Trad/Herb	23.5 oz	2066200392

Newmans Own Sauce-Sockarooni Spag	24 oz	2066200022
Newmans Own Sauce-Tomato & Basil	24 oz	2066200028
Pasta Prima-Sauce Heirloom Tomato	15 oz	74275334504
Pasta Prima-Sauce Pesto	7 oz	74275334500
Pasta Prima-Sauce Superfood	7 oz	74275334503
* Prego Spaghetti Sauce-Mushroom	14 oz	5100002795
* Prego Spaghetti Sauce-Mushroom	24 oz	5100002796
* Prego Spaghetti Sauce-Regular	14 oz	5100002548
* Prego Spaghetti Sauce-Regular	24 oz	5100002549
* Prego Spaghetti Sauce-Tom/Bsl/Gar	24 oz	5100009324
* Prego Spaghetti Sauce-W/Meat	24 oz	5100002794
Ragu Meat Sauce	23.9 oz	3620000300
Ragu Plain	14 oz	3620000050
Ragu Traditional	24 oz	3620000250
* Rao's Sauce-Arrabiata	24 oz	74747900004
Rao's Sauce-Italian Sausage and Mushroom	24 oz	74747900008
* Rao's Sauce-Marinara	24 oz	74747900007
* Rao's Sauce-Pizza	13 oz	74747906100
* Rao's Sauce-Sensitive Marinara	24 oz	74747900060
* Rao's Sauce-Tomato Basil	24 oz	74747900105
Rao's Sauce-Vodka	24 oz	74747900013
* Rao's Sauce-Roasted Garlic	24 oz	74747900155
Rao's Sauce-Vodka	24 oz	74747921075
San Marzano Sauce-Arrabiatta	24 oz	4078498850
San Marzano Sauce-Marinara	24 oz	4078498650
San Marzano Sauce-Vodka	24 oz	4078498950
* Silver Palate Sauce-Marinara	25 oz	8634160416
* Silver Palate Sauce-Marinara Low Sodium	25 oz	8634160816
* Silver Palate Sauce-Tomato Basil	25 oz	8634160616
* Silver Palate Sauce-Tomato Romano	25 oz	8634160116
* Silver Palate Sauce-Vodka Elegante	25 oz	8634160516
Victoria Pasta Sauce-Marinara	24 oz	7023400415

Produce

- All vegetables and fruits are naturally gluten free.

	Size	UPC
* Galeos Dressing-Miso Caesar	13 oz	72932800501
* Galeos Dressing-Miso Dijonnaise	13 oz	72932800502
* Galeos Dressing-Miso Gingr Wasabi	13 oz	72932800503
* Galeos Dressing-Miso Sesame Seeds	13 oz	72932800500

* Garlic Expressions-Vinaigrette	12.5 oz	78640900001
* Litehouse - Avocado Dip	15.5 oz	7766111402
* Litehouse - Chipotle Ranch Dip	12 oz	7766114017
* Litehouse - Dilly Dip	15.5 oz	7766111398
* Litehouse - Garden Ranch Dip	15.5 oz	7766111401
* Litehouse - Homestyle Ranch Dip	15.5 oz	7766110871
* Litehouse - Ranch Dip	12 oz	7766114015
* Litehouse - Spinach and Parmesan Dip	12 oz	7766114021
Litehouse Org.Balsamic Vinaigrette	12 oz	7766111447
Litehouse Organic Caesar Dressing	12 oz	7766111448
Litehouse Organic Ranch Dressing	12 oz	7766111471
Litehouse Pear Gorgonzola Vinagrt	12 oz	7766112307
Litehouse Pom / Blue Vinaigrette	12 oz	7766111249
* Litehouse Ultra/Prem Big Bleu	13 oz	7766111792
* Litehouse Ultra/Prem Crm Cilantro	13 oz	7766111798
* Litehouse Ultra/Prem Gorgonzola	13 oz	7766112318
Litehouse Ultra/Prem Thousand Island	13 oz	7766100112
* Litehouse White Balsamic Vinagret	12 oz	7766112152
Litehouse Yog Bleu Chs Dressing	11 oz	7766113947
Litehouse Yog Caesar Dressing	11 oz	7766113949
* Litehouse Yog W/Kefir Bleu Chs Dr	11 oz	7766112440
* Litehouse Yog W/Kefir Caesar Dr	11 oz	7766112441
Maries Dip-Roasted French Onion	15.5 oz	7184020012
Maries Dip-Spinach Parmesan	15.5 oz	7184020018
Maries Dressing-Blue Cheese	12 oz	7184005080
Maries Dressing-Buttermilk Ranch	11.5 oz	7184009011
Maries Dressing-Caesar	12 oz	7184004934
Maries Dressing-Coleslaw	12 oz	7184004330
Maries Dressing-Crmy/Italn Garlic	12 oz	7184004253
Maries Dressing-Light Blue Cheese	12 oz	7184005081
Maries Dressing-Light Ranch	12 oz	7184005094
Maries Dressing-Ranch	12 oz	7184004281
Maries Vinaigrette - Greek	11.5 oz	7184020032
Maries Vinaigrette Balsamic	11.5 oz	7184009112
Maries Vinaigrette Blue Cheese	11.5 oz	7184009111
Maries Vinaigrette Honey Dijon	11.5 oz	7184010595
Maries Vinaigrette Raspberry	11.5 oz	7184010598
Nancy Healthy Kitchen Lite 1000 Island	12 oz	82987600830
Nancy Healthy Kitchen Lite Blue Cheese	12 oz	82987600850
Nancy Healthy Kitchen Lite Ital Parmesan	12 oz	82987600820
Nancy Healthy Kitchen Lite Ranch	12 oz	82987600800

* Rustico - Carrot Ginger Puree Soup	22 oz	85460800501
* Rustico - Kale & Lentil Soup	22 oz	85460800511
* Rustico - Kale & Vegetable Soup	22 oz	85460800500
* Rustico - Mighty Greens Soup	22 oz	85460800502
* Rustico - Minestrone Soup	22 oz	85460800507
* Rustico - Roasted Butternut Squash Soup	22 oz	79450480922
* Rustico - Split Pea Soup	22 oz	85460800503

Regular Deli

- All cheese, deli meat, hot dogs, fish and tofu at Gelson's is gluten free. Read ingredient lists to confirm that there are no gluten ingredients.
- Vegetarian meat alternatives are not gluten free.

	Size	UPC
Batampte Deli Style Mustard	16 oz	7430100600
* Better Bean Cuban Black	14 oz	85240500204
* Better Bean Red	14 oz	85240500200
* Better Bean Refried Black	14 oz	85240500201
Boars Head-Pub Style Horseradish	9.5 oz	4242116003
* Boulder Organic Soup Minestrone	24 oz	89813400235
* Boulder Organic Soup Quinoa/Kale	24 oz	89813400232
* Boulder Organic Soup Red Lentil	24 oz	89813400241
* Boulder Organic Soup Tomato	24 oz	89813400242
* Daiya Cheese-Havarti	7.1 oz	87145900013
* Daiya Shreds-Cheddar	8 oz	87145900002
* Daiya Shreds-Mozzarella	8 oz	87145900001
* Daiya Slices-Cheddar	7.8 oz	87145900022
* Daiya Slices-Provolone	7.8 oz	87145900021
Divina Red Roasted Tomatoes	10 oz	63172320702
* Eat Well Hummus-Black Bean	10 oz	89686300173
* Eat Well Hummus-Edamame	10 oz	89686300139
* Eat Well Hummus-Greek Yogurt Classic	10 oz	89686300183
* Eat Well Hummus-White Bean	10 oz	89686300143
Field Roast Chao Cheese Original	7 oz	63803170570
Field Roast Chao Cheese Tomato	7 oz	63803170572
Fishermans Wharf Cocktail Sauce	8 oz	7042600018
Fishermans Wharf Tartar Sauce	8 oz	7042600017
* Follow Your Heart Dressing-Ranch	12 oz	4956811012
* Follow Your Heart Dress-Ranch	12 oz	4956843012
* Follow Your Heart Dress-Spicy Ranch	12 oz	4956844012

* Follow Your Heart L/F Vinaigrette	12 oz	4956831012
* Follow Your Heart Vegenaïse-Chipotle	12 oz	4956872012
* Follow Your Heart Vegenaïse-Grapeseed	16 oz	4956802016
* Follow Your Heart Vegenaïse-Original	16 oz	4956801016
* Follow Your Heart Vegenaïse-Pesto	12 oz	4956873012
* Follow Your Heart Vegenaïse-R/F	16 oz	4956820016
Gelson's Hummus-Classic	10 oz	2363110260
Gelson's Hummus-Mediterranean	10 oz	2363110261
Gelson's Hummus-Roasted Red Pepper	10 oz	2363110262
Gelson's Hummus-Spicy	10 oz	2363110263
Gelson's Tzatziki	10 oz	2363110268
* Gold's Horseradish-Red Beets	6 oz	4174000004
Haig's Hummus-Original	8 oz	70875602020
Haig's Stuffed Grape Leaves/Dolmas	5 oz	70875655056
* House Japanese Tofu-Firm	14 oz	7637101109
* House Japanese Tofu-Regular	14 oz	7637101102
* House Japanese Tofu-Soft	14 oz	7637101105
* House Organic Tofu-Extra Firm	12 oz	7637101231
* House Organic Tofu-Firm	14 oz	7637101221
* House Tofu-Extra Firm	12 oz	7637101111
* House Tofu-Shirataki Fettucini	8 oz	7637104106
* House Tofu-Shirataki Noodles	8 oz	7637104105
* Immaculate GF Cookies-Chocolate Chip	14 oz	66559609990
* Joyva Halvah Chocolate Covered	8 oz	4179500014
* Joyva Halvah Marble	8 oz	4179500008
* Kozy Pudding Cup-Chocolate	6 oz	7349110300
* Kozy Pudding Cup-Tapioca	6 oz	7349110200
* Kozy Pudding -Flan	4 pk	7349102401
* Kozy Pudding NSA Rice		7349109500
* Kozy Pudding-Chocolate	22 oz	7349152000
* Kozy Pudding-Chocolate 1% Milk	6 pk	7349120300
* Kozy Pudding-Nsa Tapioca	4 pk	7349109300
* Kozy Pudding-Rice	6 pk	7349120100
* Kozy Pudding-Rice	22 oz	7349151000
* Kozy Pudding-Tapioca	6 pk	7349120200
* Kozy Pudding-Tapioca	22 oz	7349153000
* La Pasta Gluten Free Ravioli	9 oz	7970602216
* La Pasta Gluten Free Ravioli-Mushroom	9 oz	7970602225
La Pasta Sauce-Vodka	16 oz	7970601451
Lightlife Smart Dog	12 oz	4345410080
Lightlife Smart Dog Jumbo	13.5 oz	4345410012

* Manini's Gluten Free Pasta Garlic Fettucini	9 oz	85325400349
* Manini's Gluten Free Pasta Rigatoni	9 oz	85325400356
* Manini's Gluten Free Pasta Spaghetti	9 oz	85325400340
* Maya-Coconut Curry Sauce	15 oz	89175600003
* Maya-Spinach Saag Sauce	15 oz	89175600076
* Maya-Tikka Masala Sauce	15 oz	89175600001
* Maya-Vindaloo Sauce	15 oz	89175600002
* Miracle Noodle Pasta Fettuccini	7 oz	85323700301
* Miracle Noodle-Angel Hair	7 oz	85323700300
* Miracle Noodle-Rice	8 oz	85323700302
* Nona Lim Miso Ramen Broth	14.8 oz	85979200227
* Nona Lim Noodles-Laksa	14.8 oz	85979200232
* Nona Lim Noodles-Pad Thai	14.8 oz	85979200230
* Nona Lim Soup-Carrot Ginger	12 oz	85979200200
* Nona Lim Soup-French Onion	12 oz	85979200212
* Nona Lim Soup-Tomato	12 oz	85979200215
* Nona Lim Soup-Zucchini	12 oz	85979200207
* Panache Pantry Bread Crumbs-Gluten Free	6 oz	76557368679
Pasta Prima-Sauce Heirloom Tomato	15 oz	74275334504
Pasta Prima-Sauce Pesto	7 oz	74275334500
Pasta Prima-Sauce Superfood	7 oz	74275334503
* Perfect Bar-Almond Butter	2.3 oz	85556900306
* Perfect Bar-Cranberry Crunch	1.6 oz	85556900305
* Perfect Bar-Peanut Butter	2.5 oz	85556900302
Sabra Babaganoush	8 oz	4082202311
* Sabra Hummus-Classic	10 oz	4082201114
* Sabra Hummus-Greek Olive	10 oz	4082201134
* Sabra Hummus-Pine Nuts	10 oz	4082201174
* Sabra Hummus-Roasted Garlic	10 oz	4082201124
* Sabra Hummus-Roasted Pepper	10 oz	4082201154
* Sabra Hummus-Spinach Artichoke	10 oz	4082202754
* Sabra Hummus-Supremely Spicy	10 oz	4082201144
* Sabra-Hummus Singles	6 pk	4082234272
Sabra-Sauteed Spanish Eggplant	14 oz	4082201465
* Say Cheese Cheesecake Chocolate	2.5 oz	68907646438
* Say Cheese Cheesecake Marble	2.5 oz	68907646448
Silver Spring Horseradish-Coarse	8 oz	4154305008
Silver Spring Horseradish-Cream	5 oz	4154301001
Silver Spring Horseradish-Plain	5 oz	4154302001
Silver Spring Horseradish-W/Beets	5 oz	4154303005
* Simply Potatoes-Hash Browns	20 oz	2016922233

* Simply Potatoes-Mashed	24 oz	2016922150
* Simply Potatoes-Mashed Country Style	24 oz	2016922190
* Simply Potatoes-Mashed Garlic	24 oz	2016922130
* Simply Potatoes-Mashed Sweet Pot	24 oz	2016922170
* Tofurkey-Tempeh	8 oz	2558310000
Tribe Sheik Hummus-Classic	8 oz	7890267530
Tribe Sheik Hummus-Roasted Red Pepper	8 oz	7890267557

Salad Dressing & Dip

Salad Dressing	Size	UPC
* Annie's Natural Dress-Balsamc	8 oz	9232533332
* Annie's Natural Lite Dress-Goddess	8 oz	9232533301
* Annie's Natural Lite Dress-Honey Mustard	8 oz	9232533319
Brianna Dressng-Blush Wine Vinegr	12 oz	2727111728
* Brianna Dressng-Buttermilk Ranch	12 oz	2727112134
Brianna Dressng-Champ.Caper Vngrt	12 oz	2727112133
Brianna Dressng-New American	12 oz	2727112132
Cardini Dressing Lt-Blsmc Vinagrt	12 oz	7147501078
Cardini Dressing Lt-Greek Vinagrt	12 oz	7147501096
Cardini Dressing-Caesar Fat Free	12 oz	7147501087
Cardini Dressing-Caesar Light	12 oz	7147501088
Cardini Dressing-Original Caesar	12 oz	7147501082
Durkee Famous Sauce	10 oz	4760005004
El Torito Dressing-Cilntro Caesar	12 oz	74767449992
Feast From/East Dress-Lt Sesame	12 oz	72276401003
Feast From/East Dress-Sesame	12 oz	72276401000
* Follow Your Heart Dress-Ranch	12 oz	4956843012
* Follow Your Heart Dress-Spicy Ranch	12 oz	4956844012
* Follow Your Heart L/F Vinaigrette	12 oz	4956831012
Girard Dressing-Barista Balsamic	12 oz	7020058127
Girard Dressing-Caesar	12 oz	7020058125
Girard Dressing-Caesar Light	12 oz	7020058235
Girard Dressing-Champagne	12 oz	7020058115
Girard Dressing-Champagne Light	12 oz	7020058215
Girard Dressing-Original French	12 oz	7020058015
Girard Dressing-Raspberry	12 oz	7020058135
Girard Dressing-Spinach Salad	12 oz	7020058159
Girard Dressing-Venice Italian	12 oz	7020058035
Girard Dressing-White Balsamic	12 oz	7020058045
H.Valley Dress Mix-Ranch/Buttrmlk	0.4 oz	7110000407

H.Valley Dress Mix-Ranch/Milk	1 oz	7110000443
H.Valley Dress-Easy Sqz Ranch	20 oz	7110000021
H.Valley Dress-Ranch Light	8 oz	7110000576
H.Valley Dress-Ranch Light	16 oz	7110000577
H.Valley Dress-Ranch Original	8 oz	7110000550
H.Valley Dress-Ranch Original	16 oz	7110000551
Ken's Dressing-1000 Island	16 oz	4133500053
Ken's Dressing-Balsamic Basil Vinaigrette	16 oz	4133500129
Ken's Dressing-Chunky Blue Cheese	16 oz	4133500125
Ken's Dressing-Creamy Caesar	16 oz	4133500176
Ken's Dressing-Northern Italian Lite	16 oz	4133500098
Ken's Dressing-Ranch	16 oz	4133533218
Ken's Dressing-Ranch Lite	16 oz	4133500063
Kraft Dressing-Catalina	8 oz	2100064453
* Lucini Vinaigrette-Cucmbr Shallot	8.5 oz	64850514250
* Lucini Vinaigrette-Fig/WInt Balsm	8.5 oz	64850510250
* Lucini Vinaigrette-Parmesan/Garlc	8.5 oz	64850513250
* Lucini Vinaigrette-Tusc Bals Evoo	8.5 oz	64850515250
Maple Grove Dressing-F/F Balsamic	8 oz	7468300426
Maple Grove Dressing-F/F Dijon	8 oz	7468300468
Maple Grove Dressing-F/F Rasp/Vin	8 oz	7468300485
Maple Grove Dressing-F/F Wsbi Djn	8 oz	7468300457
Maple Grove Dressing-S/F Raspberry Vinaigrette	8 oz	7468300852
Marzetti Dressing-Slaw	16 oz	7020011001
Milani Dressing French	8 oz	7205802900
Newmans Own Dressing-Balsmc Vingr	8 oz	2066200005
Newmans Own Dressing-Balsmc Vingr	16 oz	2066200006
Newmans Own Dressing-Caesar	16 oz	2066200037
Newmans Own Dressing-Italian Lite	8 oz	2066200003
Newmans Own Dressing-Light Caesar	16 oz	2066200288
Newmans Own Dressing-Lt Bals.Vin.	16 oz	2066200284
Newmans Own Dressing-Lt Hny Must	16 oz	2066200292
Newmans Own Dressing-Lt Italian	16 oz	2066200004
Newmans Own Dressing-Oil/Vinegar	8 oz	2066200001
Newmans Own Dressing-Oil/Vinegar	16 oz	2066200002
Newmans Own Dressing-Org.Lt Balsm	12 oz	2066200394
Newmans Own Dressing-Org.Tus Ital	12 oz	2066200393
Newmans Own Dressing-Ranch	16 oz	2066200033
* Silver Palate Splash-Balsamic	12 oz	8634112112
Stonewall Kitchen Dressing Champagne	11 oz	71138102405
Stonewall Kitchen Dressing Cilantro	11 oz	71138102319

Stonewall Kitchen Dressing Greek	11 oz	71138130578
Stonewall Kitchen Dressing Olive Oil	11 oz	71138102233
Stonewall Kitchen Dressing Sesame Ginger	11 oz	71138131753
Stonewall Kitchen Dressing Strawberry Balsamic	11 oz	71138130579
Stonewall Kitchen Vinaigrette	11 oz	71138100230
* Wishbone Dress-Deluxe French	8 oz	4132100652
* Wishbone Dress-Fat Free Italian	8 oz	4132100521
* Wishbone Dress-Italian	8 oz	4132100611
* Wishbone Dress-Italian Lite	8 oz	4132100682

Dip	Size	UPC
H.Valley Dip Mix-Ranch	1 oz	7110000403
* Litehouse - Avocado Dip	15.5 oz	7766111402
* Litehouse - Chipotle Ranch Dip	12 oz	7766114017
* Litehouse - Dilly Dip	15.5 oz	7766111398
* Litehouse - Garden Ranch Dip	15.5 oz	7766111401
* Litehouse - Homestyle Ranch Dip	15.5 oz	7766110871
* Litehouse - Ranch Dip	12 oz	7766114015
* Litehouse - Spinach and Parmesan Dip	12 oz	7766114021
Maries Dip-Roasted French Onion	15.5 oz	7184020012
Maries Dip-Spinach Parmesan	15.5 oz	7184020018

Sauces Marinades, Condiments & Dry Seasoning Mixes

Asian Sauce	Size	UPC
Dynasty Sauce-Hoisin	7 oz	1115209627
Kikkoman Aji-Mirin	10 oz	1115202140
La Choy Sauce-Sweet & Sour	10 oz	4430012551
Maggi Sweet Chili Sauce	10.1 oz	2800051212
Sambal Oelek-Chili Paste	8 oz	2446306107
* San J Org Tamari G/Free Soy Sauce	10 oz	7581000125
* San J Org Tamari Soy- Gluten Free R/S	10 oz	7581000425
* San J Tamari Lite 50% Less Sodium; G/Free	10 oz	7581002425
* San J Tamari Soy Sauce	10 oz	7581002125
* San J Tamari Soy Sauce-Reduce Slt	10 oz	7581002325
* Sun Luck Duck Sauce	7 oz	7613205017
* Sun Luck Hoisin Sauce-Gluten Free	8 oz	7613205016
* Sun Luck Plum Sauce-Gluten Free	8 oz	7613209025
* Thai Kitchen Green Curry Paste	4 oz	73762800400
* Thai Kitchen Red Curry Paste	4 oz	73762800300
* Thai Kitchen Sauce-Premium Fish	6.76 oz	73762800100
Tuong Ot Sriracha Chili Sauce	17 oz	2446306109

Ty Ling Chinese Hot Mustard	4 oz	7067000060
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Barbeque Sauce	Size	UPC
* Bone Suckin Sauce-Hot	16 oz	75449611122
* Bone Suckin Sauce-Original	16 oz	75449600122
* Bone Suckin Sauce-Thicker Style	16 oz	75449600126
Franks-Red Hot Buffalo Wing Sauce	12 oz	4150074510
* Gayles Bbq Sauce-Original Sweet & Sassy	18 oz	4390152854
Gayles Orig Bbq Sauce-Sweet/Sassy	19.5 oz	4390152853
* Guy Fieri BBQ Sauce-Bourbon Brown Sugar	19 oz	87604500404
* Guy Fieri BBQ Sauce-Kansas City	19 oz	87604500402
Island Delight Sweet & Sour Sauce	16 oz	7973302016
K.C. Mstrpce Bbq Sauce-Brwn Sugar	18 oz	7460907286
K.C. Mstrpce Bbq Sauce-Original	18 oz	7460907240
K.C. Mstrpce Bbq Sce-Squez Bottle	28 oz	7460907233
Open Pit Bbq Sauce	18 oz	5410097765
* Rufus Teague BBQ Sauce-Honey Sweet	16 oz	81915301015
* Rufus Teague BBQ Sauce-Touch 'O Heat	16 oz	81915301016
* Rufus Teague BBQ Sauce-Whiskey Maple	16 oz	81915301018
* Stubbs Legendary Bbq Sauce Original	18 oz	73475600002
* Stubbs Legendary Bbq Sauce Smoke Mesquite	18 oz	73475600006
* Stubbs Legendary Bbq Sauce Spicy	18 oz	73475600001
* Stubbs Legendary Bbq Sauce Sweet Heat	18 oz	73475600009
Sweet Baby Rays-Hckry & Brwn Sug	18 oz	1340935150
Sweet Baby Rays-Honey Bbq Sauce	18 oz	1340934115
Sweet Baby Rays-Honey Bbq Sauce	28 oz	1340934341
Sweet Baby Rays-Original Bbq Sce	28 oz	1340935231
Sweet Baby Rays-Original Bbq Sce	18 oz	1340991810
Tony Roma Bbq Sauce-Carol Honey	21 oz	69863902004
Tony Roma Bbq Sauce-Original	21 oz	69863902008

Condiments	Size	UPC
* Annie's Natural Organic Ketchup	24 oz	9232522225
Beaver Horseradish-Cream Style	12 oz	7182800210
Beaver Mustard-Deli	12.5 oz	7182800214
* Best Foods Dijonnaise-Squeeze	9.5 oz	4800102584
* Best Foods Mayonnaise	15 oz	4800121336
* Best Foods Mayonnaise	30 oz	4800121351
* Best Foods Mayonnaise	8 oz	4800126552
* Best Foods Mayonnaise	48 oz	4800126570
* Best Foods Mayonnaise-Big Squeeze	16.5 oz	4800102588

* Best Foods Mayonnaise-Easy Out	22 oz	4800102596
* Best Foods Mayonnaise-Light	15 oz	4800121346
* Best Foods Mayonnaise-Light	30 oz	4800121372
* Best Foods Mayonnaise-Lt Squeeze	9 oz	4800102587
* Best Foods Mayonnaise-Olive Oil	30 oz	4800120437
* Best Foods Mayonnaise-Reduced Fat	15 oz	4800121342
* Best Foods Mayonnaise-Squeeze	9 oz	4800102586
* Best Foods Mayonnaise-Squeeze Lt	16.5 oz	4800102610
Emerils Mustard-Horseradish	12 oz	7468309702
Frenchs Mustard	9 oz	4150000224
Frenchs Mustard-Classic Yellow	20 oz	4150000031
Frenchs Mustard-Spicy Brown	12 oz	4150000042
Frenchs Mustard-Squeeze/Plastic	14 oz	4150000025
Grey Poupon Mustard	8 oz	5440000024
Grey Poupon Mustard	16 oz	5440060050
Grey Poupon Mustard-Dijon Country	8 oz	5440000040
Grey Poupon Mustard-Dijon Squeeze	10 oz	5440001503
Gulden Mustard-Squeeze	12 oz	6414432160
* Heinz Ketchup	14 oz	1300000124
* Heinz Ketchup	38 oz	1300000466
* Heinz Ketchup-Easy Squeeze	20 oz	1300000640
* Heinz Ketchup-Organic	14 oz	1300000899
* Heinz Ketchup-Simply	34 oz	1300000464
* Heinz Ketchup-Squeeze	32 oz	1300000605
Inglehoffer Cream Horseradish	9.5 oz	7182801103
Inglehoffer Horseradish-Extra Hot	3.75 oz	7182800901
Inglehoffer Horseradish-Wasabi	9.5 oz	7182801105
Inglehoffer Mustard-Stone Ground	10 oz	7182801102
Maille Mustard-Dijon	7.5 oz	4364620128
Maille Mustard-Dijon/Squeeze	9.7 oz	4364651018
Maille Mustard-Grained Dijon	7.3 oz	4364620758
Maille Mustard-Horseradish	7.2 oz	4364666705
Morehouse Horseradish	4 oz	1120900104
Morehouse Mustard-Squeeze Bottle	8 oz	1120900208
Natural Directions-Ketchup Organic	20 oz	1540019152
Ojai Cook Lemonaise-Lite	12 oz	69323999002
* Robert Rothschild Farm Mustard-Cilantro Jalapeno	9.3 oz	1124654155
* Robert Rothschild Farm Mustard-Raspberry Wasabi Dipping	9.3 oz	1124652955
* Smart Balance-Omega Plus Mayonnaise	16 oz	3377602520
Stonewall Kitchen Ketchup-Chipotle	17.5 oz	71138131526
Stonewall Kitchen Ketchup-Country	16 oz	71138102312

Stonewall Kitchen Mustard-Honey	8.5 oz	71138131750
Zatarain's Creole Mustard	5.25 oz	7142903069
Dry Seasoning	Size	UPC
Carroll Shelby Texas Chili Mix	4 oz	7239610000
* Chef Paul Cajun Blackened Fish	2 oz	4799712305
* Konriko Seasoning-Greek	2.5 oz	7204650041
Lawrys Mix-Chicken Fajitas	1 oz	2150020208
Lawrys Mix-Fajitas Seasoning	1.27 oz	2150022500
Lawrys Mix-Sloppy Joe	1.5 oz	2150020700
Lawrys Mix-Taco Chicken	1 oz	2150020205
* Mc Cormick Chili Seasoning Gluten Free	1 oz	5210002751
* Mc Cormick Gravy Mix-Turkey Gluten Free	0.88 oz	5210002693
Mc Cormick Taco Seasoning	1.25 oz	5210009170
* Mc Cormick Taco Seasoning Gluten Free	1.25 oz	5210002750
Mc Cormick Taco Seasoning-L/S	1.25 oz	5210002123
Ortega Mix-Taco Seasoning	1.25 oz	3900000820
Simply Asia Indian Essentials Chicken Tikka Masala Seasoning Mix	1.06 oz	85428500806
Simply Organic Mix-Southwest Taco Seasoning	1.13 oz	8983618533
Simply Orginc Steam Gourmet - Garlic Herb Chicken	1.42 oz	8983619003
Simply Orginc Steam Gourmet - Paprika Chicken	2 oz	8983619004
Simply Orginc Steam Gourmet - Sesame Ginger Salmon	2 oz	8983619002
* Spice Hunter Org. Seasoning Mix - Fajita	.90 oz	8105705331
* Spice Hunter Org. Seasoning Mix - Mild Taco	.90 oz	8105705333
* Spice Hunter Org. Seasoning Mix - Spicy Chili	1.2 oz	8105705330
* Spice Hunter Org. Seasoning Mix - Spicy Taco	1 oz	8105705334
* Spice Hunter Org. Seasoning Mix-White Bean/Chicken Chili	1.2 oz	8105705332
* Spice Hunter Organic Dip Mix-Green Onion	0.9 oz	8105705337
* Spice Hunter Organic Dip Mix-Guacamole	0.9 oz	8105705338
Hot/Mexican Sauce	Size	UPC
Cholula Sauce-Chili Lime	5 oz	4973384011
Cholula Sauce-Chipotle	5 oz	4973383011
Cholula Sauce-Green Pepper	5 oz	4973395011
Cholula Sauce-Hot	5 oz	4973309101
Cholula Sauce-Hot	12 oz	4973312345
Crystal Hot Sauce	12 oz	4840000010
Franks Red Hot Sauce	12 oz	4150080502
Franks Red Hot Sauce	5 oz	4150081314
Franks Red Hot Sauce	5 oz	4150080501
Frontera Enchilada Sauce-Green	8 oz	60418312143

Frontera Enchilada Sauce-Red	8 oz	60418312142
Frontera Taco Skillet Sauce-New Mexico	8 oz	60418312171
Frontera Taco Skillet Sauce-Texas	8 oz	60418312170
* Hatch Enchilada Sauce-Green Chile	15 oz	2818910448
* Hatch Enchilada Sauce-Red	15 oz	2818961657
* La Victoria Enchilada Sauce-Mild	10 oz	7210101505
* La Victoria Salsa Brava	8 oz	7210101145
* La Victoria Taco Sauce-Green	8 oz	7210101125
* La Victoria Taco Sauce-Red	8 oz	7210101105
Las Palmas Enchilada Sauce-Mild	28 oz	4150111028
Ortega Mild Taco Sauce	8 oz	3900000890
Tabasco Sauce	2 oz	1121000001
Tabasco Sauce	5 oz	1121000015
Tabasco Sauce-Green Pepper	2 oz	1121000971
Tabasco Sauce-Habenero	2 oz	1121000609
Tapatio Hot Sauce	10 oz	7788588200
Marinades	Size	UPC
Lawrys Marinade-Herb/Garlic/Lemon	12 oz	2150004801
Lawrys Marinade-Lemon Pepper	12 oz	2150004804
Lawrys Marinade-Mesquite W/Lime	12 oz	2150004800
Lawrys Marinade-Sig.Steakhouse	12 oz	2150097602
Other Sauces	Size	UPC
A-1 Steak Sauce	10 oz	5440000005
A-1 Steak Sauce	5 oz	5440000009
Best Foods Tartar Sauce	9 oz	4800102585
* Bragg Liquid Amino Super Concentrate	16 oz	7430500016
C&B Chutney-Cranberry	8.5 oz	5150028622
C&B Chutney-Pineapple Pepper	8 oz	5150028629
C&B Major Grey's Chutney	9 oz	5150028620
C&B Seafood Cocktail Sauce	12 oz	5150028646
C&B Shrimp Sauce	12 oz	5150028645
Heinz Sauce-Chili	12 oz	1300000112
Heinz Sauce-Cocktail	12 oz	1300000113
Homade Sauce-Chili	12 oz	7113701209
Hunts Manwich	15 oz	2700044212
Kitchen Bouquet	4 oz	7110000052
Konditori Dill Sauce	8 oz	8881900001
Lea & Perrin Worcestershire Reduced Sodium	10 oz	5160000250
Lea & Perrin Worcestershire Sauce	5 oz	5160000003
Lea & Perrin Worcestershire Sauce	10 oz	5160000001

* Maya-Coconut Curry Sauce	15 oz	89175600003
* Maya-Spinach Saag Sauce	15 oz	89175600076
* Maya-Tikka Masala Sauce	15 oz	89175600001
* Maya-Vindaloo Sauce	15 oz	89175600002
Pickapeppa Sauce	5 oz	7215500005
Robert Rothschild Farm Sauce-Anna Mae's Smoky Sweet	12 oz	1124616138
* Robert Rothschild Farm Sauce-Hot Pepper Raspberry Chipotle	12 oz	1124617838
Robert Rothschild Farm Sauce-Pineapple Coconut Mango Tequila	12 oz	1124619138
Saucy Susan Peach/Apricot Sauce	9.5 oz	4115300005
Sharwoods Chutney-Major Gry Mango	12.5 oz	6205881634
Sharwoods Chutney-Mango/Ginger	12.5 oz	6205881797
Stonewall Kitchen Relish- Spicy	16 oz	71138102310
Stonewall Kitchen Sauce-Curry	11 oz	71138102027
Stonewall Kitchen Sauce-Mesquite	11 oz	71138102541
Stonewall Kitchen Sauce-Roasted Apple	11 oz	71138102989
Stonewall Kitchen Starter-Chili	18 oz	71138131759
Stonewall Kitchen Starter-Meatloaf	20.5 oz	71138131760
Wrights Liquid Smoke	3.5 oz	4142117745

Snacks

- All of the popcorn, rice snacks, 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.

Popcorn	Size	UPC
* Angie's Boomchickapop - Sea Salt	4.8 oz	89277300086
* Angie's Boomchickapop-Lightly Sweet	5 oz	89277300069
* Cooking Light Popcorn-Simply Sea Salt	7 oz	85834200250
Cracker Jack-3pk	3 oz	3000002913
* Erin's Gourmet Popcorn Churro	4.25 oz	3760142001
Erin's Gourmet Popcorn L/F L/S	4.25 oz	3760100555
Erin's White Cheddar Popcorn	4.25 oz	3760191294
* G.H. Cretor's Organic Popcorn Simply Salted	4.4 oz	73249400106
* G.H. Cretors Popcorn-Chicago Mix	6.5 oz	73249400052
Kettle Popped Corn-Skinny N'Light	5.5 oz	5016300401
Kettle Popped Corn-Sweet Salty	7 oz	5016300400
* Popcornopolis Buttered Up!	4 oz	81519601167
* Popcornopolis Caramel Corn	10 oz	89754900001
* Popcornopolis Gift Basket Old Tyme 4 ct	1 ea	89754900065
* Popcornopolis Kettle Corn	4.5 oz	89754900022
* Popcornopolis Nearly Naked Popcorn in a Bag	4.5 oz	81519601074

* Popcornopolis Zebra Corn	11 oz	89754900050
* Skinny Pop-100 Cal Multi-Pak Popcorn	3.9 oz	85025100402
* Skinny Pop-Popcorn	4.4 oz	85025100400
* Skinny Pop-Popcorn Black Pepper	4.4 oz	85025100407
* Skinny Pop-Ultra Lite White Cheddar	4.4 oz	85025100417
* Smartfood-White Cheddar Popcorn	5 oz	2840007122
Vic's Popcorn-Lite White 1/2 Salt	4.5 oz	4655500020
Vic's Popcorn-White Salted	6 oz	4655500029

Rice Snacks

	Size	UPC
* Lundberg Rice Cake-Brown L/S Organic	8.5 oz	7341600014
* Lundberg Rice Cake-Brown N/S Organic	8.5 oz	7341600015
* Lundberg Rice Cake-L/S Brown Rice	8.5 oz	7341600023
* Lundberg Rice Cake-N/S Brown Rice	8.5 oz	7341600021
* Lundberg Thin Stackers-5 Grain Org.	5.9 oz	7341600047
* Lundberg Thin Stackers-Brown Rice Lightly Salt Org.	5.9 oz	7341600046
* Lundberg Thin Stackers-Brown Rice Salt Free Org.	5.9 oz	7341600045
* Lundberg Thin Stackers-Red Rice & Quinoa Org.	5.9 oz	7341600048
* Quaker Popped -Apple Cinnamon	3.52 oz	3000016921
* Quaker Popped -Caramel Corn	3.52 oz	3000016920
* Quaker Popped -Cheddar	3.03 oz	3000016924
* Quaker Popped Rice Snack-Cheddar Cheese	6.06 oz	3000016976
Quaker Popped -Sour Cream/Onion	3.03 oz	3000016912
* Quaker Rice Cake-Butter Popcorn	4.47 oz	3000016918
* Quaker Rice Cake -Cheddar Popcorn	5.46 oz	3000016909
* Quaker Rice Cake-F/F Caramel Popcorn	6.56 oz	3000016910
* Quaker Rice Cake-F/F Plain	4.47 oz	3000016901
* Quaker Rice Cake-F/F Plain N/S	4.47 oz	3000016902
Shibolim Rice Chips-Whole Grain/Chocolate	3.5 oz	85268600110

Other Snacks

	Size	UPC
* Annie Chuns Seaweed Snack-Wasabi	0.35 oz	76566711020
* Crunchmaster Popped Edamame Chips-Sea Salt	4 oz	87989000047
* Dang Coconut Chips Caramel Sea Salt	1.43 oz	85990800308
* Dang Coconut Chips Original	1.43 oz	85990800300
* Gimme Organic Roasted Seaweed Sea Salt	0.35 oz	85109300406
* Gimme Organic Roasted Seaweed Sesame	0.35 oz	85109300407
* Glutino Gluten Free Bagel Chips Original	6 oz	67852304101
* Glutino-Gluten Free Pretzel Twists	8 oz	67852304008
* Glutino-Pretzel Crisps Yogurt Covered	5.5 oz	67852304026
* Go Raw Chocolate-Mint	1.8 oz	85988800057
* Go Raw Chocolate-Orange	1.8 oz	85988800058

* Go Raw Chocolate-Original	1.8 oz	85988800051
* Go Raw Coconut Crisps-Chocolate	2 oz	85988800059
* Go Raw Coconut Crisps-Lime	2 oz	85988800068
* Go Raw Coconut Crisps-Salt & Vinegar	2 oz	85988800069
* Go Raw Flaxsnax-Pizza	3 oz	85988800037
* Go Raw Flaxsnax-Spicy	3 oz	85988800036
* Go Raw Flaxsnax-Sunflower	3 oz	85988800039
* Inka Crops-Corn	4 oz	81904600043
* Inka Crops-Corn Chili Picante	4 oz	81904600042
* Inka Crops-Corn Low Sodium	4 oz	81904600031
* IPS Egg White Ch(ips)-Aged White Cheddar	1 oz	85377400401
* IPS Egg White Ch(ips)-BBQ	1 oz	85377400400
* IPS Egg White Ch(ips)-Cinnamon Sugar	1 oz	85377400402
* IPS Egg White Ch(ips)-Sea Salt/Black Pepper	1 oz	85377400404
* Mary's Gone Crackers-Sticks & Twigs-Sea Salt	7.5 oz	89758000051
* Mrs May's Naturals-Almond Crunch	5 oz	61282055001
* Mrs May's Naturals-Cashew Crunch	5 oz	61282055002
* Mrs May's Naturals-Cranerry/Blueberry Crunch	5 oz	61282050018
Ocean's Halo Seaweed Chips - Korean BBQ Organic	3 oz	85189900518
Ocean's Halo Seaweed Chips - Sea Salt Organic	3 oz	85189900517
Ocean's Halo Seaweed Chips-Chili Lime Organic	3 oz	85189900519
* Pik-Nik Shoestring Potatoes	9 oz	7492340527
* Popcorners Corn Chips-Cheesy Jalapeno	5 oz	89359400212
* Rhythm Kale Chips-Honey Mustard	2 oz	82973900057
* Sea's Gift Roasted Seaweed Snack-Organic	0.7 oz	67810821019
* Sea's Gift Roasted Seaweed Snack-Salted	0.17 oz	67810817101
* Seapoint Farms-Rstd Edamame L/Slt	4 oz	71157510200
* Snyder's Pretzel Gluten Free Sticks Honey Mustard Onion	8 oz	7797504249
* Snyder's Pretzel-Sticks Gluten Free	8 oz	7797508731
Yang Ban Sea Veggies-Sea Salt	0.21 oz	88329861958

Soup & Chili

Broth, Stock & Bouillon	Size	UPC
Better Than Bouillon-Beef Base	8 oz	9830800203
Better Than Bouillon-Chicken	8 oz	9830800202
Better Than Bouillon-Organic Chicken Base	8 oz	9830800280
Better Than Bouillon-Reduced Sodium Chicken Base	8 oz	9830822771
Better Than Bouillon-Vegetable Base	8 oz	9830800205
Health Valley Broth-No Salt Chicken	14.25oz	3574222111
* Herb - Ox Broth/Seas - Instant Beef Low Sodium	8 ct	3360000060

* Herb - Ox Broth/Seas - Instant Chicken Low Sodium	8 ct	3360000061
* Herb-Ox Sodium Free Bouillon-Chicken	3.3 oz	3360000034
* Imagine Broth- Organic Free Range Chicken Low Sodium	32 oz	8425324001
* Imagine Broth- Organic Free Range Chicken	32 oz	8425324049
* Imagine Broth-Vegetable Organic Low Sodium	32 oz	8425324002
* Kitchen Basics-Chicken Stock Unsalted	32 oz	61144334503
* Kitchen Basics-Natural Chicken Stock	32 oz	61144334001
* Pacific Foods Organic Bone Broth Chicken	32 oz	5260305607
* Pacific Foods Organic Bone Broth Chicken	8 oz	5260305615
* Pacific Foods Organic Bone Broth Chicken with Ginger	8 oz	5260305617
* Pacific Foods Organic Bone Broth Chicken with Lemongrass	8 oz	5260305619
* Pacific Foods Organic Bone Broth Turkey with Rosemary Sage Thyme	8 oz	5260305613
* Pacific Natural Broth-Beef Organic Low Sodium	32 oz	5260305436
* Pacific Natural Broth-Chicken	32 oz	5260305400
* Pacific Natural Broth-Org Free Range Chicken	32 oz	5260305425
* Pacific Natural Broth-Organic Chicken Low Sodium	32 oz	5260305445
* Pacific Natural Broth-Vegetable Organic Low Sodium	32 oz	5260305450
* Pacific Natural Broth-Vegetable Organic	32 oz	5260305410
Swanson Broth-Chicken	14 oz	5100002431
Swanson Broth-Chicken Natural Goodnss	14 oz	5100002429
Swanson Broth-Chicken Natural Goodnss	49 oz	5100009054
Swanson Broth-Chicken-Aseptic	48 oz	5100016887
Swanson Broth-Chicken-N/G Aseptic	48 oz	5100016888
Swanson Broth-Vegetable	14 oz	5100004156

Chli, etc.

	Size	UPC
* Amy's Chili-Black Bean	14.7 oz	4227200530
* Amy's Chili-Medium	14.7 oz	4227200510
* Amy's Chili-Medium W/Vegetables	14.7 oz	4227200511
Dennison Chili With Beans	15 oz	6414402115
* Hormel Chili-With Beans	15 oz	3760022318
Hormel Tamales-Beef	15 oz	3760021629
Mary Kitchen Corn Beef Hash	15 oz	3760019646
Sawyer's Classic Chili Mix	5.2 oz	5973600264
Sawyer's White Bean and Lime Chili Mix	5 oz	5973600265
* Stagg Chili-Chicken	15 oz	7110672015
* Stagg Chili-Classic With Bean	15 oz	7110672000
* Stagg Chili-Steak House No Beans	15 oz	7110672007

Soup

	Size	UPC
* Amy's Soup Organic-Back Bean Vegetable L/F	14.5 oz	4227200504

* Amy's Soup Organic -Chunky Tomato Bisque L/S	14.5 oz	4227200586
* Amy's Soup Organic -Chunky Tomato Bisque	14.5 oz	4227200536
* Amy's Soup Organic -Chunky Veg.F/F	14.3 oz	4227200540
* Amy's Soup Organic -Cream Of Tomato L/F L/S	14.5 oz	4227200581
* Amy's Soup Organic -Golden Lentil	14.4 oz	4227200593
* Amy's Soup Organic -Hearty French Country Vegetable	14.4 oz	4227200591
* Amy's Soup Organic -Hearty Italian Vegetable	14 oz	4227200538
* Amy's Soup Organic -Lentil	14.5 oz	4227200502
* Amy's Soup Organic -Lentil L/S	14.5 oz	4227200583
* Amy's Soup Organic -Lentil Vegetable L/S	14.5 oz	4227200582
* Amy's Soup Organic -Lentil Vegetable	14.5 oz	4227200535
* Amy's Soup Organic -Split Pea L/F	14.1 oz	4227200505
* Amy's Soup Organic -Split Pea L/S	14.1 oz	4227200584
* Amy's Soup Organic -Sw Fire Roasted Vegetable	14.3 oz	4227200547
* Amy's Soup Organic -Thai Coconut	14.1 oz	4227200513
* Amy's Soup Organic -Tuscan Bean/Rice	14.1 oz	4227200519
* Amy's Soup-Mushroom Bisque w/Porcini	14 oz	4227200626
Andersen Soup-Split Pea	15 oz	7107904367
Andersen Soup-Split Pea W/Bacon	15 oz	7107904369
* Boulder Organic Soup Minestrone	24 oz	89813400235
* Boulder Organic Soup Quinoa/Kale	24 oz	89813400232
* Boulder Organic Soup Red Lentil	24 oz	89813400241
* Boulder Organic Soup Tomato	24 oz	89813400242
Campbells Organic Soup - Tomato Basil	17 oz	5100021928
* Campbells Organic Soup-Lentil	17 oz	5100021927
* Dr McDougall's Asian Soup Cups Garlic Vegetable Clear Noodle Soup G/F	1.1 oz	76733502012
* Dr McDougall's Asian Soup Cups NHot & Spicy Noodle Soup G/F	1 oz	76733502011
* Dr McDougall's Asian Soup Cups Sesame Chicken Rice Noodle Soup G/F	1.3 oz	76733502010
Health Valley Soup Org. N/S-Split Pea	15 oz	3574222104
Health Valley Soup-No Salt Lentil	15 oz	3574222102
Health Valley Soup- No Salt Tomato	15 oz	3574222106
Health Valley Soup- No Salt Vegetable	15 oz	3574222101
* Imagine Soup Organic Creamy Golden Beet	32 oz	8425324302
* Imagine Soup Organic Creamy Pumpkin	32 oz	8425324301
* Imagine Soup Organic Light Sodium-Creamy Butternut Squash	32 oz	8425324154
* Imagine Soup Organic Light Sodium-Creamy Garden Tomato	32 oz	8425324151
* Imagine Soup- Organic Creamy Butternut Squash	32 oz	8425324041
* Imagine Soup- Organic Creamy Tomato	32 oz	8425324047
Kikkoman Soup-Tofu Miso Instant	1.05 oz	4139003070
* Laurie's Kitchen Soup Mix-GF Baked Potato	6.9 oz	78398772105
* Laurie's Kitchen Soup Mix-GF Cheddar Broccoli	6.75 oz	78398772110

* Laurie's Kitchen Soup Mix-GF Chicken Noodle	6.25 oz	78398772100
* Laurie's Kitchen Soup Mix-GF Creamy Chicken Wild Rice	6.25 oz	78398772115
Marukome Miso Soup-Tofu	3 pk	89821600184
Mishima Instant Soup-Spicy Miso	1.05 oz	83075700030
Mishima Instant Soup-White Miso	1.05 oz	83075700023
* Nona Lim Miso Ramen Broth	14.8 oz	85979200227
* Nona Lim Soup-Carrot Ginger	12 oz	85979200200
* Nona Lim Soup-French Onion	12 oz	85979200212
* Nona Lim Soup-Tomato	12 oz	85979200215
* Nona Lim Soup-Zucchini	12 oz	85979200207
* Pacific Natural Organic Roasted Red Pepper & Tomato Bisque	17.6 oz	5260305489
* Pacific Soup Organic-Hearty Tomato Bisque	17.6 oz	5260305490
* Progresso Soup-99% F/F Lentil	19 oz	4119691181
Progresso Soup-Chicken Rice Veg.	19 oz	4119601000
Progresso Soup-Chicken Wild Rice	19 oz	4119691036
* Progresso Soup-Clam Chowder Manhattan	19 oz	4119601111
* Progresso Soup-Clam Chowder New England	18.5 oz	4119601112
Progresso Soup-Lt New England Clam Chowder	18.5 oz	4119645281
Progresso Soup-Lt Santa Fe Chicken	18.5 oz	4119640483
* Progresso Soup-R&H Chicken Corn Chowder	18.5 oz	4119691416
Progresso Soup-R/S Chicken & Wild Rice	18.5 oz	4119674074
* Progresso Soup-VC French Onion	18.5 oz	4119691093
* Progresso Soup-VC Garden Vegetable	18.5 oz	4119691507
* Progresso Soup-VC Lentil	19 oz	4119601022
Sawyer's Cheese & Broccoli Soup Mix	4.65 oz	5973600261
* Spice Hunter Soup Bowls-Green Chile/White Bean	2.2 oz	8105705987
* Spice Hunter Soup Bowls-Split Pea	2.4 oz	8105705938
* Wolfgang Puck Soup-Organic Lentil/Veg	14.5 oz	85832876118
* Wolfgang Puck Soup-Organic Tortilla	14.5 oz	85832876154

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.

	Size	UPC
* Bigelow Tea-Constant Comment	20 ct	7231000105
* Bigelow Tea-Constant Comment Decaf	20 ct	7231004107
* Bigelow Tea-Earl Grey	20 ct	7231000123
* Bigelow Tea-Earl Grey Decaf	20 ct	7231004223

* Bigelow Tea-Green	20 ct	7231000847
* Bigelow Tea-Green Decaf	20 ct	7231004247
* Bigelow Tea-Green Organic	40 ct	7231007848
* Bigelow Tea-Herb Cozy Chamomile	20 ct	7231000041
* Bigelow Tea-Herb Mint Medley	20 ct	7231000073
* Celestial Tea-Cinnamon Apple Spice	20 ct	7073405310
* Celestial Tea-Country Peach	20 ct	7073405324
* Celestial Tea-Herb Chamomile	20 ct	7073400010
* Celestial Tea-Honey Vanilla Chamomile	20 ct	7073405307
* Celestial Tea-Lemon Zinger	20 ct	7073405317
* Celestial Tea-Sleepytime	20 ct	7073400003
* Celestial Tea-Sleepytime Extra	20 ct	7073405372
* Crystal Light Drink Mix-Iced Tea	8 qt	4300095025
Good Earth Tea-Original Caffeine Free	18 ct	2701830135
Good Earth Tea-Original Herb	18 ct	2701830134
* Numi Tea-Jasmine Green	18 ct	68069210108
* Numi Tea-Moroccan Mint	18 ct	68069210104
* Numi Tea-Rooibos	18 ct	68069210102
* Numi Tea-Toasted Rice Green Tea Organic	18 ct	68069210300