



Gluten Free Shopping List

What is Gluten?

Gluten is a mixture of two proteins, gliadin and glutenin which, when mixed with water, become sticky and so form the familiar texture of dough made from wheat and rye flour.

The main food carriers of gluten are wheat, rye and barley. Other derivatives include barley malt, bran, bulgur, couscous, durum, farina, kamut, orzo, panko, seitan, semolina, spelt, triticale, udon, wheat bran, wheat germ, wheat starch. Additionally, foods processed in the same facility as others containing gluten can become contaminated and are therefore toxic to gluten-intolerant individuals.

Additional food components to consider avoiding are:

modified food starch, brown rice syrup, MSG, autolyzed yeast extract, hydrolyzed vegetable protein, malt flavoring, natural flavors, malt vinegar

While we made every effort to be as accurate as possible, we cannot be held responsible for changes in individual products. **INGREDIENTS CHANGE!** This list is only a guide to help you shop for products which meet your dietary needs. The information below is for educational purposes only and should not be considered medical advice.

BAKERY/BREAD/TORTILLAS

Azteca:

Corn Tortillas

Food for Life bread:

Rice Pecan, White Rice, Brown Rice

Manny's:

Authentic Corn Tortillas

MexAmerica:

Stone Ground Corn Tortillas And Tortilla Chips

Mission Foods

corn tortillas

Ortega:

Yellow Corn Taco Shells; Tostada Shells; Tostada Shells; White Corn Taco Shells

BAKING PRODUCTS

Baking Mixes

Arrowhead Mills

G/F Vanilla Cake Mix, GF All Purp Organic Baking Mix

Bobs Red Mill

Gluten-Free Bread Mix, Gluten Free Pancake Mix

Gluten-Free Ch/Chip Cookie, Gluten-Free Choc Cake Mix

Cherrybrook Kitchen

GF Choc Frosting Mix, Gluten Fr Brownie Mix

Pamelas

G/F Pancake-Baking Mix, G/F Choc Brownie Mix

Chocolate

Baker's:

Chocolate Chips, Semi-Sweet Bittersweet, Unsweetened, German

Best Yet

Chocolate Chips

Ghiradelli:

All But White Chocolate Chips

Hershey's

GLUTEN FREE SHOPPING LIST

10-25-07

Cocoa, Unsweetened And Semi-Sweet Baking Chocolate, Semi-Sweet Chocolate Chips, Premium White, Cinnamon, M & Ms, Heath Toffee

Nestle:

Semi-Sweet Chocolate Morsels, Semi-Sweet Baking Bar, Unsweetened Chocolate Baking Bar, Dark Bittersweet Morsels

Scharffen Berger

Choc Bars: 99%, 70% (Bittersweet) And 62% (Dark, Semi-Sweet)

Coconut

Baker's

Angel Flake Coconut, Premium Shredded Coconut

Let's Do Organic:

Shredded, Lite

Cooking Spray and Oils

Crisco

Shortenings And Oils

Pam

Cooking Spray—Orig, Butter Flavor, Olive Oil (Not Pam For Baking)

Mazola:

Non-Stick Cooking Sprays

Flour

Bobs Red Mills

Potato Flour, White Rice Flour, Millet Flour

Hodgson Mills

Active Dry Yeast, Soy Flour

Leavening& Thickening Agents

Arm And Hammer

Baking Soda

Calumet:

Baking Powder

Egg Beaters:

All Except Garden Vegetable

Fleischmann's Yeast:

Active Dry, Bread Machine, Compressed

Hodgson Mills:

Corn Starch

Morningstar Farms:

Scramblers

Sugar And Sweeteners

Best Yet

Granulated Sugar

Domino's:

White Sugar, Brown Sugar (Light Or Dark), Confectioner's Sugar

Equal:

All Sizes And Types

Lundberg Farms:

Brown Rice Syrup

Madhava:

Agave Nectar

Nutrasweet

Splenda

Sugar In The Raw

Sweet Leaf:

Stevia

Sweet 'N Low

Wholesome:

Organic Powdered Sugar, Brown Sugar, Dark Brown Sugar

BARS

Balance Bar:

Almond Brownie (Does Not Have Actual Brownie), Chocolate, Chocolate Raspberry Fudge, Mocha, Yogurt Honey Peanut, Yogurt Berry Plus

Clifbars:

Nectar Bars

Envirokids Snack Bars:

Cheetah Berry Crispy Rice Bars, Peanut Butter Crispy Rice Bar, Chocolate Crispy Rice

Genisoy:

Chunky Peanut Butter Fudge, Creamy Peanut Yogurt

Slim Fast Snack Bars:

Chocolate Chip Crunch, Cocoa Almond Crunch, Chewy Caramel Crunch, Peanut Butter Crunch

BEVERAGES

Creamers, Mixes & Soy Milk

Coffeemate:

Liquid And Powdered--All

Eden Foods Edensoy Unsweetened

Hershey's:

Chocolate Syrup; Cocoa

International Delight Creamer

Nestle Hot Cocoa Mix

Nesquik:

Powder, Ready-To-Drink, And Syrups

Rich's Coffee Rich

Non-Dairy Creamer; Farm Rich Non-Dairy Creamer

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Westsoy

Rice Drink—Plain And Vanilla Only

Yoo Hoo:

Original Chocolate

Coffee

Best Yet: Regular & Decaf

Chase And Sanborn

Chock Full Of Nuts Except 100% Columbian

Eight O'clock

Folgers Cafe Latte Mixes; Coffee (All Varieties And All Instant Coffees)

General Foods International: Instant--Regular-Sugar Free, Fat Free; Decaf Sugar Free, Fat Free

Hills Brothers

Maxwell House: Gluten Ingredients Indicated On Label

Melitta

Millstone: All

Sanka: Naturally Decaf, Instant Decaf Select Flavored Coffees

Taster's Choice

Yuban: Instant Regular & Decaf

Powdered Drink Mixes

Best Yet: Ice Tea Mix

Country Time: All

Crystal Light: All Flavors

Gatorade Powdered Mix

Kool aid-Aid: All Flavors

Lipton: Ice Tea Mix

Nesquik: Chocolate And Vanilla Mix

Nestea Unsweetened Ice Tea Mix

Swiss Miss: Cocoa Mix—Milk Choc W/Marshmallows

Flavored Drinks

Apple & Eve:

Apple Juice

Capri Sun

Country Time

Gatorade

Thirst Quencher, Endurance Formula, Energy Drink, Nutrition Shake and Propel Fitness Water--all gluten free

Hansen's:

Jr. Juice

Hawaiian Punch:

All

Hi-C:

All Fruit Drink

Kool-Aid:

All Flavors -Sweetened, Unsweetened, Low Calorie

Minute Maid:

Orange, Grape, Apple, Lemonade

Newman's Own:

Lemonade; Pink Lemonade; Lemon Aided Ice Tea;

Gorilla Grape; Razz-Ma-Tazz Raspberry Juice

Cocktail; Orange Mango Tango; Apple Juice;

Grape Juice

Powerade:

All Flavors

Rw Knudsen:

Tropical Punch

Sobe:

Exotic Teas & Fruit Juice Blends; Lean Line;

Adrenaline Rush; **Not Sports Systems or Zen Tea**

Snapple Diet:

All; Regular: All

Sunny Delight:

All

Juices

Apple & Eve:

All 100% Juice

Best Yet:

Apple Juice, White Grape, Cranberry, Cran

Raspberry, Tomato

Bolthouse:

100% Carrot Juice, 100% Valencia Orange, Vedge

(Tomato, Carrot & Celery), Strawberry Banana

Fruit Smoothie, Passion Fruit Apple Carrot Juice,

Perfectly Protein And Mango

Dole:

All juices

Full Circle:

Organic Apple Juice, Blueberry, Cranberry Red

Raspberry, Cranberry

Hansen's:

All

Juicy Juice:

All

Kerns Nectar—

All Flavors

Langers:

Pomegranate Cranberry, Pomegranate,

Pomegranate Blueberry

Martinelli:

Sparkling Apple

Mott's:

All Apple Juices; Not Clamato

Northland:

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Cranberry Peach, Cranberry Raspberry, Cranberry Apple, Cranberry Grape, Cranberry

Ocean Spray:

Cranberry Juice Cocktail, 100% Apple Juice; Cranberry Grape, Cran Apple, Cranberry Raspberry

Odwalla:

All Juices gluten free except Super Food and Super Protein

POMWonderful

Pure Blends:

Pomegranate Black Cherry, Blueberry Green Tea

Realemon And Realime

Rougemont:

Apple Juice

R.W .Knudsen:

Pomegranate

Santa Cruz:

Organic Juices: Grape, Lemonade, Berry Nectar, Orange Mango

Sunsweet Juices

Tropicana:

Twisters, Ruby Red Orange; Orange Banana; Orange Pineapple; Orange Tangerine; Orange Strawberry; And All "Pure Premium" 100% Juices (As Long As Natural Flavors Is Not Listed)

Trueblue:

Blueberry Pomegranate

Welchs:

100% Juices: All

Soft Drinks

Adirondack:

All Adirondack And Waist Watchers

Barq's:

Root Beer

Boylan:

Orange, Birch Beer, Crème Soda, Black Cherry

Cadbury Products:

A&W—All; Canada Dry—All

Varieties; Dr Pepper—All, Hires Root Beer—All Varieties; Orangina, Orange Crush, Schweppes Ginger Ale—All Varieties; Schweppes Wild Rasp. Seltzer; Sunkist--All, Squirt

Coca-Cola:

Barq's--; Coke—Classic, Diet, Diet W/Lemon, Caffeine Free Diet, Diet Vanilla, Cherry, Diet W/Lime; Fresca; Sprite—All

Hansen's:

Natural And Diet Sodas; Signature Sodas

Mug Root Beer

Pepsi:

All: Slice--All, 7 Up; Mountain Dew--All; Sierra Mist—All Varieties

Polar:

Seltzers And Sodas

R.W.Knudsen:

Red Raspberry, Peach, Mandarin Lime, Boysenberry, Lemon Lime, Ginger, Black Cherry

Red Bull Energy Drink

Rock Star Energy Drink

Soy Beverages

8th Continent

Soymilk (All Varieties)

Silk:

Soymilk--Organic Plain; Vanilla; Chocolate

Soy Dream:

Non-Dairy Beverages (All Varieties)

Tea

Arizona:

All

Bigelow Teas:

All. Except Blueberry Harvest, Chamomile Mango, Cinnamon Spice

Lipton:

Regular Tea, Decaf; Herbal Teas - All Varieties; Instant Iced Tea Mix—Reg And Decaf

Salada Teas:

All Varieties

Snapple:

Iced-Teas

Tazo:

Filterbags –Refresh, Awake, Organic Tazo Chai, Organic Darjeeling, China Green Tips, Organic Envy; Organic Iced Tea Ready-To-Drink; Zen, Calm, Wild Sweet Orange

Tetley:

All

Twinings:

All Teas, Infusions And Fruits

CANDIES

Altoids Mints & Gums

Andes Mints

Baby Ruth

Best Yet:

Marshmallows

Bit-O-Honey

Breath Saver Mints:

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Sugar-Free: Iced Mint, Mint Cinnamon, Peppermint, Spearmint, Vanilla Mint, Wintergreen

Butterfinger

Cadbury:

Junior Mint, Charleston Chew

Care Free Gum:

Sugarless Only: Bubble Gum, Cinnamon, Peppermint, Spearmint

Cella's

Chocolate Covered Cherries: Milk, Dark

Certs

Cocovia

Dentyne Gums:

All

Dove Chocolates:

All

Ghirardelli:

All But White Choc Chips And Choc Masterpiece Collection

Goobers

Green & Blacks:

Chocolate Bars

Haviland:

Peppermint Patties

Hershey's:

Kisses Chocolates, Milk Chocolate Bar, Milk Chocolate Bar With Almonds, Kisses With Almonds, Classic Caramels. Not Hershey Minis

Jelly Belly Candy:

Jelly Beans - All Flavors Except Buttered Popcorn

Jet Puffed:

Marshmallows, Crème

Jolly Rancher:

Lollipops-Regular, Hard Candies—Apple, Cherry, Watermelon, Fruit Chews

Junior Mints

Just Born Candies:

All Mike & Ike - Original Fruits, Tropical Typhoon, Berry Blast, Jolly Joes-Grape and Tangy Twister, Hot Tamales and HT Fire, Zours - Original Fruitz and Punch Fruitz, Teenee Beenee Jelly Beans, Peanut Chews

Life Savers:

All

M&M's:

M&Ms –Plain **Not Crispy**

Milk Duds

Milkyway Midnight

Not Popables Or Other Milkyways

Mr. Goodbar

Mounds

Necco:

Necco Wafers; Sweethearts Conversation Hearts

Nestle:

Candy Bars—Baby Ruth, Oh Henry!; Candy Pieces—Nestle Turtles, Nestle Treasures,

Nips

Peeps:

Jelly Beans, Marshmallows

Raisinets

Reese:

Crunchy Peanut Butter Cups; Miniatures Peanut Butter Cups; Pieces; Peanut Butter Cup. No Snackers Packs.

Rolo:

Caramels In Milk Chocolate

Scharffen Berger

Candy Bars, Mocha Bar

Snickers:

Snickers Munch, Snickers Almond

Sno Caps

Chocolate Pieces

Sour Patch Kids

Three Musketeers:

Full Size, Snack Size, And Bite Size

Tootsie Products:

All

Trident Gums

Werthers:

Orig And Chewy Caramels

Wrigley's Gum:

Spearmint, Doublemint, Extra, Eclipse, Juicy Fruit, Eclipse, Orbit

York Peppermint Patties

CEREALS

All Cereals Are Gluten Free (Gf) Except Wheat, Rye, Barley, And Forms Of Wheat Such As Spelt, Triticale, Semolina, Kamut, Durum, Etc. Any Gf Grain Could Become Contaminated If Not Processed Separately.

Arrowhead Mills:

Puffed Corn, Puffed Rice, Puffed Millet, Sweetened Rice Flakes

Barbara's:

Rice Cereal--Original, Cinnamon, And Frosted Corn Flakes; Brown Rice Crisp, Corn Flakes; Puffins – Peanutbutter & Original

Bob's Red Mill:

Mighty Tasty Hot Cereal, Brown Rice Farina

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10-25-07

Enviro-Kidz:

Gorilla Munch, Peanut Butter Panda Puffs, Koala Crisp, Amazon Frosted Flakes

Health Valley:

Corn Crunch-Ems, Rice Crunch-Ems, Blue Corn Flakes

Mother's:

Graham Bumpers, Peanutbutter Bumpers

Nature's Path:

Honey'd Corn Flakes; Fruit Juiced Corn Flakes, Corn Puffs, Millet Puffs, Rice Puffs, And Mesa Sunrise

Peace Cereal:

Vanilla Almond

Perky's Nutty Rice, Apple Cinnamon O's

Quaker:

Instant And Quick Grits

CHIPS & SNACKS

All Unseasoned Potato Or Corn Products

Act II:

Butter Lover's and Kettle Corn Microwave Popcorn

Best Yet:

Natural Butter, Lite Popcorn

Blue Diamond

Whole Natural Almonds, Smokehouse Almonds, Honey Roasted Almonds

Cape Cod:

Potato Chips: Salted, No Salt

Cheetos:

All

Chipitos:

Salt & Pepper, Sweet Chili Lime, Thai Bbq

Crunch N Munch:

All

Doritos:

All But No Baked Doritos. No Munchie Pack.

Eatsmart

Veggie Crisps, Cheddars

Feridies Nuts: All

Fisher Lightly Salted Peanuts

Frito-Lay :

Fritos, All But No Bbq Flavor

Garden Of Eatin':

Tortilla Chips-- Blue Corn, Blue Salted

Genisoy Soy Crisps

Bbq, Creamy Ranch, Cheddar Cheese, Deep Sea Salted, Tangy Salt 'N' Vinegar, Nacho, Apple Cinnamon, Garlic & Onion

Good Health:

Veggie Chips

Jiffy Pop Popcorn:

All

Lundberg Family Farms:

Rice Cakes-- Brown Rice--Lightly Salted, Wild Rice (Lightly Salted)

Newman's Own:

Microwave Popcorn—Butter, Natural, Light Butter, Butter Boom 94% Ff

Orville Redenbacher

Microwave Popcorn All Varieties Except Ultimate Theatre Style

Planters:

Nuts (Roasted & Salted Only; No "Flavors" Except Honey Roasted); Trail Mix Caramel Nut Crunch Popycock: Orig, Just The Nuts

Popsecret Popcorn:

All

Pringles:

All Pringles Are Gluten Free Except Texas Bbq Sauce Flavor, Tomato & Mozzarella, Paprika, Curry, Mexican, Pepper,Smokin' Bacon Flavor, Light Original, Light Sour Cream & Onion, Dippers Pinch Of Pepper, Dippers Nacho Cheese.

Quaker:

All Crispy Rice Snacks Quakes Caramel Corn, Chocolate Crunch, Creamy Ranch, Nacho, And Sour Cream & Onion Crispy Rice Snacks.

Smartfood:

Popcorn, White Cheddar

Terra Snacks:

Stix, Sweet Potato Chips, Blue Chips

Tostitos:

All But Multigrain

Wise:

Popcorn (White Cheddar), Salt & Vinegar, Regular Potato Chips, Cheese Doodles. Not Bbq Flavor

Yogos:

All

Dips And Salsa

Athenos

Hummus

Bravos:

Salsa

Cabot:

Dips--Ranch, French Onion, Bac N Horseradish, Salsa Grande, New England Clam

Drew's:

All Natural Salsa

Heluva Good Dips:

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Sweet Onion, Buffalo Wing, Dinosaur Bbq

Litehouse

Veggie Dips—Ranch, Dilly, Jalapeno Cheddar,
Salsa Ranch, Onion, Avocado

Muir Glen Salsa:

Fat Free, Roasted Garlic, Medium Garlic Cilantro,
Mild And Medium Salsa, Mild And

Newman's Own:

Salsa Mild, Med, Hot, Roasted Garlic, Peach,
Pineapple, Tequila Lime

Tostitos: Salsa

Cookies

Barbara's: Raspberry Fig Bars

Enjoy Life: Snickerdoodle

Mi-Del:

GF Arrowroot

Rice Crispie Treats

Crackers

Blue Diamond Nut Thins:

Almond, Hazelnut, Pecan, Smokehouse Almond

Glutino

Gluten Free Crackers

Mary's Gone Crackers:

All

Sesmark

Rice Thins Brown Rice: Sesame And Black Sesame
& Garlic

Fruit

**Frozen And Canned Fruit In 100 % Fruit Juice
Is Gf.**

Best Yet: Applesauce

Del Monte:

All Dried Fruit Except Yogurt Raisins, Sierra Trail
Mix

Dole:

All Canned Fruits; Fruit Bowls; Dried Fruits

Full Circle:

Raisins

Libby's:

Solid Pack Pumpkin; Pumpkin Pie Mix

Lucky Leaf:

Spiced Apple Rings

Motts:

All Applesauce Flavors

Musselmans:

All Applesauce

Ocean Spray:

All Cranberry Sauce: Craisins—Orig

Santa Cruz:

Organic Applesauce

Sunsweet:

All Dried Fruit

Vermont Village:

Natural Applesauce

Woodstock Farms:

Applesauce

Fruit Snacks

General Mills

Fruit Roll Ups (All Flavors)

Fruitabu: all

Nabisco Fruit Snacks:

Blues Clues Blueberry, Digi Dinos, Gamesters
Jumbler Strawberry

Welch's Fruit Snacks:

White Grape Raspberry, White Grape Peach,
Concord Grape, Strawberry, Mixed Fruit

DAIRY PRODUCTS & SUBSTITUTES

8th Continent Soy Milk

Athenos:

All Block Cheese

Axelrod:

Sour Cream—Plain, Nonfat, Light

Best Yet:

Block Cheese, Grated Cheese

Breakstone

Cottage Cheese, Regular Only

Cabot's Cheese:

All Cheese, Sour Cream, Cottage Cheese, Yogurt;

Cabot's Creamery Dairy Products

Columbo:

Yoplait Yogurt And Gogurt

(Except Those Containing Crunchy Granola Or
Graham Crackers)

Cool Whip

Whipped Topping; Lite Whipped Topping; Cool
Whip Free Whipped Topping; Extra Creamy

Whipped Topping;

Cracker Barrel

Natural Cheddar: Extra Sharp, Sharp, Medium,
Mild, Swiss, Colby, Mozzarella, Parmesan,

Romano, Monterey Jack

Daisy

GLUTEN FREE SHOPPING LIST

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Sour Cream

Dannon:

Only Plain Low Fat, Plain Nonfat, And Plain Natural

Eagle

Sweetened Condensed Milk

Earth Balance

Soy Garden

Friendship Dairy:

Cottage Cheese

Full Circle Organic Milk:

Whole Milk, 2%, Fat Free

Giving Nature

Cage Free Eggs

Heluva Cheese:

Block And Shredded

Hood:

All Cottage Cheese; All Sour Cream

Horizon:

Reg Sour Cream, All Bar, Shred And String Cheeses

Kraft

Natural Cheese: Cheddar, Brick, Blue, Feta, Swiss, Colby, Mozzarella, Ricotta, Parmesan, Romano, Monterey Jack; Velveeta

Lactaid Brand Milks:

All, Fat Free, Low Fat, Whole Milk

Land O Lakes:

Organic Butter, Cage Free Eggs And All Other

Morningstar Farms Scramblers

Nouriche

Yogurt Smoothie Yoplait

Philadelphia

Cream Cheese—Unflavored Block

Rondele

Gourmet Cheese Spreads All Varieties

Sargento:

All Natural Cheeses: Swiss, Aged Swiss, Colby Jack, Not Imitation Mozzarella Shredded Cheese

Smart Balance Margarine

Sorrento:

Ricotta

Stonyfield Farm:

Plain Yogurt—Nonfat, Lowfat, Whole Milk; Yo Kids, Yo Baby, Milks

Upstate Farms:

Milk, 2%, 1%, Fat Free, Vitamin D, Half & Half, Heavy Cream, Lite Cream

White Wave Silk:

All Varieties, Yogurt—All; Soymilk

Wholesoy:

Drinkable Cultured Soy – All, Cultured Soy Yogurt - All

Yoplait Yogurt:

All Products (Except Those Containing Crunchy Granola Or Graham Crackers). Gogurt

Spreads

Benecol: All

Best Yet: Butter

Brummel & Brown Spread

Cabot

Country Crock

Earth Balance Natural Buttery Spread

Fleischman's

I Can't Believe It's Not Butter

Horizon Organic

Imperial: All

Land O' Lakes: Salted, Unsalted (Not Light)

Olivio

Parkay: All

Promise

Smart Balance: All

Smart Beat: All

Soy Garden

Woodstock Farms: Unsalted Butter

DESSERTS

All Frozen And Canned Fruits In 100% Fruit Juice Without Additives

Comstock Pie Fillings: All

Del Monte:

All Snack Cups

Duncan Hines:

Frostings—All

Jello®-Type Dessert Mix—

Cherry, Orange, Raspberry, Strawberry, Berry Medley, Tropical Fruit, Orange, Pineapple, Kiwi Pineapple; Super Pudding Mix –Chocolate, Vanilla

Hershey's Syrups –

All (Except

Hersheys Chocolate Shoppe Fudge Topping)

Hunts Snack Pack:

Juicy Gels--Lemon Lime, Mixed Berry, Strawberry, Raspberry, Orange; Snack Pack Pudding—All

Island Tapioca

Jell-O Brand Gelatin Desserts:

Sugar Sweetened Gelatin (All Flavors) Sugar Free Gelatin; Gelatin Snacks (Ready To Eat Gelatin):

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Sugar Sweetened Gelatin Snacks (All Flavors),
Sugar Free Gelatin (All Flavors); Jell-O Cheesecake

Libby's:

Pumpkin Pie Filling

Lucky Leaf:

Raspberry Pie Filling

Royal:

Puddings; Gelatins

Smucker's:

Hot Fudge Topping (Except Sundae Syrups);

Squirtable Choc. Ice Cream Topping

FROZEN

Meals

Amy's:

Black Bean Enchilada Whole Meal, Cheese
Enchilada Whole Meal, Brown Rice & Veg. Bowl,
Garden Veg. Lasagna, Rice Crust Pizza, Rice Mac
& Cheese, Asian Noodle Stir Fry, Tofu Scramble
Breakfast, Teriyaki Bowl

Birds Eye:

Plain Frozen Vegetables

Cascadian Farms:

All Plain Frozen Vegetables

El Monterey Taquitos:

Shredded Beef Corn Taquitos, Chicken Taquitos

Ethnic Gourmet:

Bean Masala, Chicken Korma, Chicken Tandori,
Masala

Fairfield Farm Kitchen:

Confetti Rice With Chicken

George's Gluten

Gluten Free Pizza, Plain English Muffin

Green Giant:

Plain Frozen Vegetables

Sheltons:

Turkey Chili—Mild, Spicy, Chicken Chili—Mild,
Spicy

Stagg Classic Chili

Woodstock Farms: Frozen Vegetables

Ice Cream

Ben & Jerry's Ice Cream (All Flavors Not Listing
Gluten Ingredients)

Dove: All Except Crunchy Cookie

Edy's Ice Cream

All Flavors But Those With Gluten Ingredients,
Such As Cookies, Etc. Searchable Listing On
Website; Fruit Bars - All

Haagen Daaz Ice Creams:

All Except Those With Obvious Gluten Ingredients,
For Example - Cookies,

Skinny Cow:

Fat Free Fudge Bars

Stonyfield:

Ice Cream—Cherry Vanilla, Crème Caramel,
Chocolate; Yogurt—Caramel, Vanilla, Chocolate,
Raspberry

Turkey Hill:

Premium Ice Cream

Frozen Fruit

Best Yet: Strawberries

Birds Eye: Strawberries

Cascadian: All

Dole: All

Woodstock Farms Organic: All

Frozen Vegetables

Birds Eye: Any Plain Vegetable

Green Giant: Any Plain Vegetable

Woodstock Farms Organic: Any Plain Vegetable

Potatoes

Alexia Foods:

All Frozen Potatoes And French Fries

Best Yet:

Fries, Hash Browns, Tater Tots

Cascadian Farms:

Spud Puppies; Frozen Potato Products

Fantastic Foods:

Creamy Mashed Potato Cups--Broccoli & Cheddar,
White Cheddar Cheese, Garlic & Herbs, Sour
Cream & Chives

Mccain:

Tasti Taters, Smiles, Steak Cut, Classic, Shoestring

Ore-Ida:

Golden Patties, Golden Fries, Golden Crinkles,
Pixie Crinkles, Cottage Fries, Hash Browns, Extra
Crispy Fast Food Fries, Potato Wedges,
Shoestrings, Country Style Hashbrowns, Onion
Taters, Steak Fries

Waffles

Lifestream:

Buckwheat

Van's

Original, Blueberry, Apple Cinnamon, Flax

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GRAINS & PASTA

Arrowhead Mills:

Quinoa

A Taste Of Thai:

Rice Noodles, Pad Thai For Two, Garlic Basil Rice, Coconut Ginger Rice, Soft Jasmine Rice

Carolina:

Long Grain And Wild Rice Mix, Saffron Yellow Rice Mix

Casbah:

Nutted Pilaf, Spanish Pilaf, Lentil Pilaf

DeBoles:

Corn Spaghetti, Corn Elbows

Fantastic Foods:

Basmati Rice Pilaf, Instant Black Beans

Full Circle:

Light Brown Rice, White Rice

Kraft:

Instant Brown Rice, White Rice

Lundberg Family Farms:

All Rices. Rice Sensations: Ginger Miso, Moroccan Pilaf, Thai Coconut Ginger, Zesty Southwestern. Rice Xpress: Chicken Herb, Classic Beef, Santa Fe Grill; Risottos: Creamy Parmesan, Garlic Primavera, Italian Herb, Tomato Basil, Organic Alfredo, Organic Florentine, Organic Milano, Organic Tuscan

Near East:

Rice Pilaf With Spanish Rice

Pacific Natural Foods:

Beef & Steak Chili, Long Grain Spanish Rice

Roland:

Wild Rice

Seeds Of Change:

Herb Quinoa Pilaf, Org Tomato Basil Quinoa, Org Zesty Cilantro Quinoa

Texmati:

Brown Rice, Light Brown Rice

Thai Kitchen:

Noodle Bowls—Thai Ginger; Dinner Mixes—Lemongrass & Ginger, Sweet Chili & Onion; Instant Rice Noodles: Garlic & Vegetable, Lemon Grass & Chili, --Pad Thai With Chili, Thai Peanut, Roasted Garlic; Jasmine Rice

Uncle Ben's:

Original Converted Rice, Instant Rice, Original Brown Rice, Instant Brown Rice, Boil-In-Bag Rice, Long Grain & Wild Rice (Discard Seasoning Packet); Ready Rice--Original, Spanish, Whole Grain Brown Rice

Zatarain's

Jambalaya, Brown Rice Jambalaya, Dirty Rice, Yellow Rice

MEATS AND SUBSTITUTES

Hebrew National Kosher Foods Products: All Hormel:

Fully Cooked Beef Roast Au Jus, Pork Roast Au Jus; Beef & Ckn; Reg & Low Fat Beef Jerky; Shelf Stable: Bacon Bits And Pieces, Chunk Meats (Breast Of Chicken, Chicken, Ham, Turkey),

Ian's Natural Foods:

Chicken Nuggets, Fish Sticks

Jennie-O Turkey Store:

Seasoned Pepper Turkey Breast Roast, Barbecue Turkey Thighs; Flavored Tenderloins--Lemon-Garlic, Seasoned Pepper; Flavored Roasts--Lemon-Garlic, Tequila-Lime, Cajun

Libby's Canned Meats:

Spreadables: Chicken, Turkey, Tuna, Ham, Lite Lunch Tuna, Lite Lunch Chicken; Corned Beef, Corned Beef Hash, Roast Beef Hash,

Nathan's Corned Beef

Perdue Farms:

Basted Whole Turkey; Fully Cooked Whole Turkey; Individ. Frozen Boneless/Skinless Chicken Breast; Ready To Cook Netted Chicken Breast Roast; Netted Turkey Breast Roast Buttery Herb; Sliced Chicken Breast

Frozen: Chicken Burgers (Broccoli And Mushroom, Savory Chicken, Spicy Vegetable)

Ground: Chicken (Original, Breast, Burgers) -- Turkey (Original, Breast, Burgers)

Seasoned: Boneless Skinless Chicken Filet (Italian Style, Lemon Pepper, Homestyle, Teriyaki) -- Thin Sliced Chicken Breast (Rosemary Garlic Thyme, Tomato Herb);

Shady Brook Farms

Turkey Products: All Except Turkey Meatballs

Sheltons:

Turkey Burgers, Pepperoni Turkey Sticks, Regular Turkey Sticks, Beef Sticks, Turkey Jerky—Reg, Hot, Beef Jerky

Spam:

Luncheon Meat, Classic, Lite, Less Sodium, Smoked And Oven Roasted Turkey

Swanson

Premium Chunk Chicken

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Tyson's:

Fresh And Individually Fresh Frozen Seasoned
Beef Sirloin Roast

Underwood:

Spreads--Deviled Ham

Breakfast Meats

Applegate Farms:

Chicken And Apple Breakfast Sausage

Hillshire Farm Bacon

Hormel

Bacon, Canadian Style, Fully Cooked, Microwave

Jennie-O:

Fresh Breakfast Sausage: Mild Links, Mild Patties,
Maple Links, Extra Lean Turkey Bacon, Breakfast
Lover's Turkey Sausage

Jimmy Dean:

Breakfast Sausage—All Except Sandwiches

Oscar Meyer:

Bacon, Regular, 1/8" Thick Cut, Center Cut, Lower
Sodium, Ready To Serve, Bacon Bits, Real Bacon
Pieces, Real Pork Sausage Links, Pork Sausage

Sheltons:

Turkey Sausage Patties, Turkey Breakfast Strips,
Turkey Breakfast Sausage

Swanson

Great Starts: Scrambled Eggs W/Sausage &
Hashbrowns

Wellshire Farms:

Bacon—All

Yorkshire Farms Pork And Turkey Bacon

Cold Cuts

Applegate Farms: All

Boar's Head:

Garlic Bologna, Bologna, Liverwurst, Liverwurst
Light, Lower Sodium Bologna, Old-Fashioned
Bologna, Pepperoni, Turkey Pastrami, Beef
Bologna, Cracked Pepper Turkey Breast, Deluxe
Oven Roasted Choice Beef, Golden Classic Oven
Roasted Chicken Breast, Hickory Smoked Turkey
Breast, Honey Maple Turkey Breast, Mesquite
Smoked Turkey, (Not Olive Loaf,
Dutch Loaf, Pickle And Pepper Loaf)

Hillshire:

All Deli Select Products

Honeysuckle White Turkey Deli Products: All

Jennie-O:

Refrigerated Turkey Ham, Refrigerated Honey
Cured Turkey Ham, Refrigerated Dark Turkey
Pastrami, Refrigerated Turkey Bologna,

Refrigerated Sliced Lunchmeat--Oven Roasted
Turkey, Smoked Turkey, Turkey Bologna, Turkey
Salami

Deli Chicken Breast--Buffalo Style, Oven Roasted,
Mesquite Smoked; Smoked Turkey Breast--
Mesquite, Hickory, Honey Cured; Oven
Roasted Turkey Breast; Hickory Smoked Turkey
Breast--Cracked Pepper, Sun Dried

Tomato, Garlic Pesto, Honey Cured Turkey Breast:
Oven Roasted, Peppered, Smoked, Tender Browned
Perdue Farms Deli:

Bologna -- Chicken Breast -- Chicken Wings Bbq --
Chicken Wings Hot 'N Spicy -- Ham -- Ham Sliced
-- Ham Tavern Style -- Pan Roasted Honey
Smoked Turkey Breast -- Pan Roasted Oven
Roasted Turkey Breast -- Pan Roasted
Peppered Turkey Breast -- Pastrami Pickups Sliced
Turkey

Sara Lee:

All Prepackaged Meats; Deli Meats--Oven Roasted
Breast Of Chicken, Mesquite Smoked Breast Of
Turkey, Peppered Breast Of Turkey, Oven Roasted
Breast Of Turkey, Honey Roasted Breast Of
Turkey, Hardwood Smoked Breast Of Turkey,
Honey Roasted Turkey Ham, Honey Ham, Brown
Sugar Ham, And Oven Roasted Pork Roast

Sheltons:

Uncured Chicken Bologna, Uncured Turkey
Bologna

Yorkshire Farms

Sliced Deli Meats

Fish

**Fish That Are Packed In Water Or Oil Alone
Are Gf**

Bumble Bee:

Canned Salmon, Tuna—All

Chicken Of The Sea:

All Except Tuna Salad Kits

Gorton's:

Grilled Lemon Pepper Fillets

Ian's:

Allergen Free Fish Sticks

Omega Foods:

Salmon Patties, Tuna Patties

Snow's/Castleberry:

Chopped Clams, Minced Clams, Manhattan Clam
Chowder, White Clam Sauce, Red Clam Sauce

Starkist:

All Tuna

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Hams

Hormel:

Canned Hams (Remove Any Glaze Packets)

Boar's Head :

Sweet Slice Boneless Smoked Ham

Canadian Maple Brand

Cook's: All

Hillshire Farms :

All Honey Ham, Pork Roast, Spiral Honey Ham, Spiral Glazed Honey Ham

Meat Substitutes

Mori Nu:

All Tofu

Nasoya Tofu—All

Sunrich Veggie Burgers:

All: Veggies & Grain, Wild Mushroom, Mexican Red Bean, Veggie Burger Patties, Ground Veggie Burger, Veggie Chik-N Patties

Vitasoy Tofu:

Silken, Regular, Firm

White Wave:

Tempeh And Tofu: All

Sausage, Hot Dogs

Applegate Farms:

All

Armour:

Vienna Sausage—Regular, Smoked

Ballpark Franks:

All Grillmaster Products

Except Corndogs And Beer Brats

Bell And Evans :

Fresh Chicken Products Not Frozen Chicken Products

Boar's Head:

Beef Franks, Beef Knockwurst, Beef & Pork Frankfurters, Cooked Bratwurst, Light Frankfurters, Natural Casing Beef Frankfurters, Kielbasa

Hebrew National:

All Except Franks In A Blanket

Hillshire Farms:

All Except Corn Dogs And Beer Brats.

Hormel:

Summer Sausage, Smoked Turkey, Peppered Turkey, Roasted Turkey, Hard Salami, Pepperoni, Turkey Pepperoni, Italian Salami, Genoa, Smokies, Vienna Sausage

Jennie- Fresh Dinner Sausage: Sweet Italian, Hot Italian, Lean Turkey Bratwurst, Turkey Franks, Extra Lean Smoked Turkey Sausage, Extra Lean Smoked Kielbasa Turkey Sausage

Jimmy Dean Sausages:

Chicken Apple; Sun-Dried Tomato; Artichoke; Habanero Klement's (Www.Klements.Com): All Summer Sausages

Oscar Meyer:

Links, Beef Franks, Bun Length Brand, Jumbo, Light Brand Cheese Hot Dogs Made With Turkey, Pork, Beef ,Sausage, Beef, Smokies, Sausage,

Sheltons:

Turkey Franks, Chicken Franks, Smoked Turkey Franks, Smoked Chicken Franks, Turkey Italian Sausage, Spicy Turkey Dogs, Spicy Chicken Dogs

Wellshire:

Smoked Sausage—All

Yorkshire Farms

Hot Dogs, Smoked Sausages

OILS & CONDIMENTS

Salad Dressings

Annie's Naturals:

Balsamic, Cowgirl Ranch, French, Green Goddess, Low Fat Honey Mustard, Roasted Red Pepper, Low Fat Raspberry, Red Wine & Olive Oil Vinaigrette, Papaya Poppseed

Drew's

Romano Caesar Dressing, Garlic Italian, Kalamata Olive & Capers, Rosemary Balsamic Vinaigrette, Smoked Tomato

Emeril's:

House Herb Vinaigrette

Hain

Salad Dressings: Creamy Italian, 1000 Island, Poppseed, Buttermilk, Fat Free Raspberry, Fat Free Italian

Hellmann's

Salad Dressings All

Ken's Steak House:

Lite—Olive Oil Vinaigrette, Ranch, Italian, Chunky Blue Cheese, Northern Italian, Balsamic & Basil, Raspberry Walnut, Sweet Vidalia Onion, Creamy Parmesan W/Cracked Peppercorn, Caesar, Red Wine Vinegar, Russian, Creamy French, Creamy Italian, Honey Mustard; Regular- Sweet Vidalia Onion, Ranch, Balsamic & Basil, Creamy Tomato Bacon, Russian, Red Wine Vinegar & Olive Oil

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Cheese Italian, Greek, Creamy Parmesan
W/Cracked Peppercorn, Creamy Italian, Italian
W/Aged Romano, Creamy French, Thousand
Island, Caesar, Italian Honey Mustard, Chunky
Blue Cheese

Kraft:

Seven Seas, Reg

Maple Grove Farms Of Vermont :

Balsamic Vinaigrette W/Pure Maple Syrup; Fat
Free Raspberry Vinaigrette; Fat Free Balsamic

Marie's Dressings:

All Except Coleslaw, Honey Mustard And Italian
Vinaigrette

Newman's Own:

Olive Oil & Vinegar, Light Italian, Ranch, Caesar,
Balsamic Vinaigrette, Creamy Caesar, Parmesan &
Roasted Garlic, Two Thousand Island, Italiano,
Light Raspberry & Walnut, Light Red Wine &
Vinegar, Light Balsamic Vinagrette, Light Caesar
Dressing

Organicville:

All

Seeds Of Change:

Vinaigrettes: Balsamic, Italian Herb, Mediterranean
Tomato, Roasted Garlic, Roasted Red Pepper,
Sweet Basil, Greek Feta, Sweet Dijon Mustard,
Zesty Dill; French Tomato

Sauces/Condiments

Durkee's:

Grill Creations Marinades: White Wine And Herb,
Black Peppercorn, Smoky Chipotle

Emerils:

Orange Herb W/ Poppy Seed Basting Sauce,
Herbed Lemon Pepper Marinade, Orig, Asian,
Italian, Sw, Babybam, And Bayoublast Essence;
Chicken, Fish, Rib, And Steak Rubs

French's:

Grill N Glaze Sauce, Worcestershire Sauce

Heinz:

Ez Marinader—Teriyaki

Hellman's:

Dippin' Sauces--All: Spoonable Spreads--All

Ken's Steak House Marinades:

Herb & Garlic, Lemon & Pepper

Mccormick:

Golden Dipt Tartar, Cocktail; All Grill Mates
Grilling Sauces

Worcestershire

Asian/Soy Sauces

A Taste Of Thai:

Pad Thai Sauce, Fish Sauce, Sweet Red Chili,
Garlic Chili Pepper, Peanut Satay

Eden Foods:

Tamari—Imported Organic, Organic, Wasabi
Powder

La Choy Teriyaki

San-J International:

Wheat-Free Organic Tamari Soy Sauce,
Lowsodium Tamari

Thai Kitchen:

Original Recipe Peanut Satay Sauce, Pad Thai
Sauce, Red Chili Dipping Sauce, Spicy Thai Chili
Sauce, Spicy Thai Peanut Satay Sauce, Thai Green
Curry Paste, Roasted Red Chili Paste

Barbecue Sauces

A1 Steak Sauce

Annie's Naturals:

Original Recipe, Smokey Tomato Steak Marinade

Dinosaur Bbq

Frank's:

Original Red Hot Sauce, Xtra Red Hot Sauce, Red
Hot Buffalo Wing Sauce, Red Hot Chile N Lime
Hot Sauce

Hunts:

Honey Hickory

Kraft's Bull's Eye

Original, Old West Hickory, Raging Bull, Honey
Smoke, Thick And Spicy Original, Onion And
Honey Original Cattleman's - All Varieties.

Sweet Baby Ray: All

Catsup And Mustard

Annie's:

Organic Mustard-- Honey, Yellow, Dijon

French's:

All Mustards

Grey Poupon:

Dijon, Country Dijon

Guiden's:

Spicy Brown

Heinz:

One Carb Ketchup, No Sodium Added
Ketchup, Tomato Ketchup

Hellman's:

Dijonnaise Creamy Mustard
Mustards (All Varieties)

Woodstock Organic:

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Yellow And Stoneground Mustard

Mayonnaise

Best Foods:

Mayonnaise

Hellmann's:

Mayonnaise

Kraft

Mayonnaise Regular

Miracle Whip

Regular

Nasoya:

Nayonnaise, Fat Free Nayonnaise, Dijon

Nayonnaise

Pickles & Olives

Most Kosher For Passover Pickles Are Gf.

Black Pearl:

Black And Green Olives, Olives With Pimentos;

Green/Spanish Variety

Claussen

Pickles

Vlasic Pickles: All

Tomato & Spaghetti Sauces

Amy's:

Premium Organic Pasta Sauce: Low Sodium

Marinara, Organic Marinara, Mushroom And

Onion, Wild Mushroom, Roasted Veggie,

Puttanesca, Family

Marinara, Tomato Basil, Garlic Mushroom

Classico:

All Pasta Sauces

Contadina:

Stewed Tomatoes (Regular, Italian Style); Whole

Tomatoes, Tomato Sauce (Regular, Italian, Thick &

Zesty)

Del Monte:

Tomatoes & Tomato Products Except

Spaghetti Sauce Flavored W/Meat

Emerils Pasta Sauces:

Kicked-Up Tomato; Roasted Gaahlic; Roasted Red

Pepper; Puttanesca; Vodka; Home Style Marinara;

Sicilian Gravy; Mushroom & Onion

Muir Glen:

Tomato Paste Sauce: All

Newman's Own Pasta Sauce:

Say Cheese, Garlic & Peppers, Tomato & Roasted

Garlic, Vodka Sauce, Pesto & Tomato, Marinara

Venetian, Marinara With Mushrooms, Sockarooni-Mushrooms

Prego:

Traditional Sauce, Three Cheese Sauce, Mushroom

Seeds Of Change

Organic Pasta Sauce: All

Vinegar

All Apple Cider Vinegar, Distilled Vinegar, And Wine Vinegar

Eden Foods:

Apple Cider Vinegar, Brown Rice Vinegar

Heinz:

Vinegar—Distilled White, Red Wine, Apple Cider

(Not Apple Cider Flavored)

Nakano Seasoned Rice Vinegar:

All

Regina All Vinegars And Cooking Wines

SHELF STABLE

Dinty Moore Microwave Meals:

Scalloped Potatoes & Ham, Beef Stew, Corned

Beef Hash

Beans

B&M: All

Bush's:

Best Baked Beans: All Except: Chili Beans, Chili

Magic

Eden Foods:

All Plain Canned Beans, Refried Black Beans,

Refried Black Soy & Black Beans, Refried Kidney,

Refried Pinto

Fantastic Foods:

Instant Black Beans, Instant Refried Beans

Goya:

Canned Peas And Beans

Ortega:

Refried Beans; Refried Beans With Spicy

Jalapenos; Refried Beans With Green Chilies &

Lime; Fat-Free Refried Beans

Soups

A Taste Of Thai:

Coconut Ginger Soup Base

Amy's Kitchen:

Black Bean Vegetable Soup;

Chunky Tomato Bisque, Organic Cream Of Tomato

Soup; Organic Lentil Soup; Organic Lentil Veg.,

Org Split Pea Soup, Org Vegetable Broth

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Campbell's

Chunky Chicken Broccoli Cheese; Select: Savory Lentil

College Inn:

Vegetable Broth

Fantastic Foods:

Soup And Dip Mixes—

Onion, Vegetable, Onion Mushroom, Garlic Herb; Simmer Soups—Split Pea, Creamy Potato; Hearty

Health Valley:

Lentil; Split Pea; Chicken Broth-Cans Only Fat-Free: Garden Veg.; Country Corn Veg; Black Bean & Veg.

Healthy Choice:

Country Vegetable; Chicken With Rice

Herb-Ox

Bouillion, Both Granulated And Cubes. Beef, Chicken, Vegetable

Hormel

Microwave Bean & Ham Soup

Imagine Foods:

Natural Organic Soups And Broths

Knorr Potato Leek Instant Soup

Lipton

Recipe Selections: Onion, Onion –Mushroom Lipton Cup-A-Soup: Tomato ,Broccoli & Cheese, Hearty Harvest Vegetable, Chicken Broth, Cream Of Chicken, Cream Of Mushroom

Pacific Foods:

Broth-- Mushroom, Vegetable, Beef, Organic Free-Range Chicken, Free Range Chicken; Organic Creamy Tomato, Organic Creamy Butternut Squash, Creamy Broccoli, Roasted Red Pepper And Tomato

Progresso:

Rich & Hearty New England Clam Chowder Chunky Style (Not Traditional New England Clam Chowder)

Shelton's:

Black Bean & Chicken Soup, Chicken Tortilla Soup, Chicken Veg, Chicken Rice Soup, Chicken Broth—Regular, Fat Free, Low Salt; Organic Chicken Broth—Regular, Fat Free

Snow's/Castleberry:

Healthy Values New England Clam Chowder 15 Oz.

Swanson's

Ready-To-Serve Broth- Beef, Chicken

Spices

Alessi Sea Salt

A Taste Of Thai: Red Curry Base

Best Yet:

Salt, Vanilla

Durkee's:

All Food Colorings, Liquid Flavorings, Extracts

Emeril's:

Essence Seasonings: Original, Asian, Italian, Southwest, Baby Bam, Bayou Blast

Lawry's: Sea Salt

Mccormick & Co:

All Mccormick Spices, Other Than Seasoning Mixes; All Extracts—Pure And Imitation Montreal Chicken Seasoning Mix

Morton's: Salt

Mrs. Dash: All

Old Bay Seasonings (Mccormicks)

Spice Islands:

Pure Spices Are Gf

Tone Brothers:

All Extracts; Lime Pepper Seasoning, Southwest Seasoning Chipotle Ground Cinnamon, Garlic Romano Sprinkle, Canadian Chicken Seasoning, Steak Seasoning, Rosemary Garlic Seasoning Buffalo Wings Seasonings Pak

Trader's Choice: Basil Spices

Spreads

Best Yet:

Peanut Butter

Jif

Peanut Butter: Regular, Smooth Sensations; Creamy, Extra Crunchy

Maranatha:

All Nut Butters

Nutella:

Chocolate Peanut Butter

Once Again:

Almond Butter And Peanut Butter

Peter Pan

Creamy & Crunchy (Regular, Very Low-Sodium, Smart Choice Spread, Whipped)

Reese's Peanut Butter All Varieties

Skippy:

Peanut Butter - Creamy, Crunchy, Super Crunchy,

Smuckers:

Natural Peanut Butters

Teddy's All Natural

Woodstock Farms:

Almond Butter, Raw Apple Butter

Syrup

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Aunt Jemima

Syrup All Varieties

Karo:

Dark And Light Syrup

Log Cabin

Syrup: Country Kitchen Only

Maple Grove Farms Of Vermont:

Syrups: Pure Maple Syrup; Flavored Syrups

Blueberry, Raspberry, Strawberry, Boysenberry

Mrs. Buttersworth:

Original Only

Vermont Maid:

Syrup And Light Syrup