

TRADER JOE'S®

NO GLUTEN INGREDIENTS USED



Our dedication to you as a valued Trader Joe's customer is to provide you with helpful information to make informed buying decisions because we know that you have specific dietary concerns. We have made every effort to be accurate and cannot be held responsible for individual reactions to any product (Private Label or Branded). Please use this guide at your own risk. Unless a brand name is specified, it is Trader Joe's Private Label.

Please Note - this guide is a sampling of many of the products we carry in which No Gluten Ingredients are used, but it is not a comprehensive list. We do our best to keep the information as up to date and as accurate as possible, but we do introduce and discontinue products all the time, and some products may be available based on season or region, so keep your eyes open and always read product labels. To contact us with product inquiries visit the Trader Joe's website at www.traderjoes.com.

A set of universal dietary guidelines for Celiac Disease does not exist. The Celiac Disease Foundation (CDF) uses criteria based on the latest scientific research and advice from its' Medical Board of Advisors. For information about Celiac Disease please contact the Celiac Disease Foundation (CDF) at (818) 990-2354, via email at cdf@celiac.org or on the web at www.celiac.org.

- Our suppliers follow Good Manufacturing Practices (GMP's) to segregate ingredients on shared equipment and/or in the facility.
- ***Always read the label*** - ingredients and suppliers may change.
- Gluten is a protein found in wheat, barley and rye and their derivatives such as malt or spelt.
- As a general rule of thumb, dairy, juice, meat and produce do not contain gluten or any gluten derivatives.
- Under Trader Joe's Brands, ingredients listed as "natural flavors" or "spices" do not contain gluten or gluten derivatives.
- Use common sense and remember the motto: When in doubt, leave it out.
- The most **recent product additions** will be in bold, blue typeface

BAKERY, BREADS, COOKIES

Brown Rice Tortillas (Not in all regions)
Corn Tortillas (Hand Made & Original)
Flourless Chocolate Cake
Flourless Chocolate Walnut Cookies
Food For Life Brown Rice Bread
Gluten Free Bagels (Midwest)
Gluten Free French Rolls (East Coast / Midwest)
Gluten Free Ginger Snaps
Meringue Cookies (All)
Rye-less "Rye" Bread (Midwest)
Snickerdoodle Soft Baked Cookies
Udi's Breads/Bagels (East Coast)

BARS

Lara Bars
Think Thin Brownie Crunch
Think Thin Chunky Peanut Butter
Think Thin Peanut Butter
Think Thin White Chocolate Chip
Tiger's Milk Peanut Butter
Tiger's Milk Protein Rich

BEVERAGES

Non-Dairy Beverages

All Soy Beverages

Blue Diamond Almond Breeze (Chocolate, Original, Vanilla, Unsweetened Vanilla)

Hemp Drink (Original, Vanilla)

Rice Milk

Trader Joe's Organic Whole Grain Drinks (Regular and Unsweetened)

Refrigerated (Dairy Case)

Non-dairy Coffee Creamers (Original, Hazelnut, Vanilla)

Juices* (All)

Soymilks (All)

**Note: The natural flavors used in our juices are derived from fruit and/or vegetables. All Trader Joe's juices are gluten free except for green juice blend (fresh) and green plant (shelf-stable)*

Soda

Hansen's Sodas (All)

Refreshers (Blueberry, Pomegranate, Tangerine)

Other

Kettle Brewed Unsweetened Green & White Tea

French Market Sparkling Beverages

Green Tea Unsweetened

Orangina

Oregon Original Chai Tea Latte

Organic Mango Lemonade

Organic Sparkling Beverages (Lemon & Grapefruit)

Reed's Ginger Beer

Sparkling Juice Beverages (Apple Cider, Blueberry, Cranberry, Pomegranate)

Tejava Unsweetened Tea

Water And Sparkling Waters (All)

Worldwide Pure Protein Shakes (All)

CANDY

Note: food glaze does not have gluten

Almond Clusters

Black Licorice Scottie Dogs

Brown Rice Marshmallow Treats

CarbSafe Sugar Free Chocolate Bars (Milk, Dark)

Chocolate Chips (Semi-Sweet, White Chocolate)

Chocolate Covered (Blueberries)

Chocolate Sunflower Seed Drops

Chocolate Espresso Beans

Coffee Rio's

Dark Chocolate Almonds Sea Salt and Sugar

Dark Chocolate Clouds

Dark Chocolate Covered (Almonds, Caramels, Cherries, Espresso Beans, Raisins, Toffee)

Dark Chocolate Covered Ginger

Dark Chocolate Covered Pomegranate Seeds

Dark Chocolate Covered Power Berries

Dark Chocolate Mint Creams

Dark Chocolate Mint UFO's

Dark Chocolate Peanut Butter Cups

English Toffee

Fair Trade Swiss Chocolate Bars (Dark, Milk)

Green Tea Mints

Milk Chocolate Covered Raisins

Milk Chocolate Peanut Butter Chips

Milk Chocolate Peanut Butter Cups

Milk And Dark Chocolate Covered Almonds

Mini Milk Chocolate Peanut Butter Cups

Organic Chocolate Bars

Organic Pops

Ounce Plus 3pk Chocolate Bars

Pecans Praline

Pound Plus Chocolate Bars

The Ginger People Ginger Chews

Unsweetened Belgian Baking Chocolate

Yogurt Raisins

CEREAL

Bob's Red Mill Flaxseed Meal

Envirokids Organic Gorilla Munch

Envirokids Peanut Butter Panda Puffs

Gluten Free Granola

Golden Roasted Flaxseed With Blueberries

Golden Roasted Whole Flaxseed

COFFEE, TEA & COCOA

Tea And Coffee (All)

Organic Conacado Cocoa

Sipping Chocolate

DAIRY PRODUCTS

Note: the natural flavors used in Trader Joe's dairy products do not have gluten containing grains or gluten containing derivatives.

All Trader Joe's Dairy Products Are Gluten Free. Butter (All)

Cream Cheese (All)

Cheese (All shredded, blocks, and wedges except for Dubliner Irish Stout Cheese)

Egg Nog (Seasonal)

Kefir

Sour Cream (All)

DAIRY PRODUCTS cont.

Yogurt (All)
Dairy Ease Lactose Free Milk (East Coast)
Garelick Fresh Extra Heavy Whipping Cream
(East Coast/ Midwest)
Garelick Naturals Colossal Coffee Lowfat Milk
Kemp's Chocolate Milk (East Coast/ Midwest)
Garelick Ultimate Chocolate Lowfat Milk (East Coast)
Puddings (Chocolate, Rice And Tapioca)
Tofutti Better Than Cream Cheese

DRIED FRUITS, NUTS & SEEDS

All Dried Fruit
All Fruit Leathers
All Raw And Roasted Nuts
Almond Nut Meal
Cinnamon Almonds
Fiberful Fruit Bar
Go Raw Trek Mix
Happy Trekking Trek Mix
Marcona Almonds (All)
Peanuts, Berries & Almonds
Almonds, Cranberries, Pistachio, And Cherry Mix
Nutty American Trek Mix
Peanut Butter Cup Trax Mix
Pumpkin Seeds And Pepitas
Rainbows End Trail Mix
Simply Almonds, Cashews & Cranberries Trek Mix
Simply the Best Trek Mix
Sunflower Seeds
Sweet, Savory & Tart Trek Mix
Tempting Trail Mix
Vacuum Fried Banana Chips

REFRIGERATED

Spreads, Salsas, Dips & Dressings

Balela (East Coast/ Midwest)
Black Bean & Roasted Corn Salsa
Bruschetta Sauce
Cilantro And Chive Yogurt Dip
Earth Balance Natural Buttery Spread*
Fresh Salsa (All Varieties)**
Masala Lenti Dip
Rising Sun Farms Pesto Dried Tomato Cheese
Spinach Dip
Torta (seasonal)
Tomato Basil Pasta Sauce
Guacamole (All Varieties)
Guacamole w/ Spicy Pico de Gallo
Hummus (All *except* White Bean Hummus and White Bean & Basil Hummus)

Italian Vinaigrette Salad Dressing
Low Fat Parmesan Ranch Dressing
Organic Red Wine & Olive Oil Vinaigrette
Pear Champagne Vinaigrette
Sun-Dried Tomato Pesto Torta
Sweet Chili Sauce
* *Earth Balance* natural flavors are gluten free.
***Mild and hot fresh salsa use apple cider vinegar*

Deli/Meat

Abraham Prosciutto
All Unprocessed Raw Meat
Baby Back Pork Ribs
Busseto Premium Genoa Salami
Celebrity Healthy Ham
Chicken Artichoke Patties
Chicken Salad
Columbus Meats (All)
Fully Cooked & Seasoned Prime Rib of Beef or Roasted Chicken
Grilled Chicken (Strips, Lemon Pepper, Plain, Balsamic & Rosemary Chicken Breast)
Hebrew National (All)
Just Chicken (Plain)
Kayem Deli Sliced Honey Cured Ham (East Coast)
Kayem Honey Smoked Turkey Breast (East Coast)
Kayem Roast Beef (East Coast)
Kayem Turkey Breast (East Coast)
Mesquite Smoked Turkey Breast Sliced (East Coast)
Pork in Barbecue Sauce
Prosciutto Di Italia
Sausage (All)
Tofu (Organic Firm or Extra Firm)
Tofu Veggie Burger
Turkey Bacon
Uncured Bacon
Uncured All Beef Hot Dogs
Wellshire Farms Natural Bacon

Seafood

Crabmeat
Smoked Salmon

Salads & Other

Baby Spinach Salad
Butternut Squash Soup
Chef Salad
Classic Greek Salad

REFRIGERATED cont.

Classic Greek Salad
 Cobb Salad
 Dolmas
 Eggs (All)
 Egg White Salad
 Garden Salad
Genova Pesto
 Gorgonzola Walnut Salad
 Greek Salad
 Grilled Chicken Salad with Orange Vinaigrette
 Guacamole w/ Spicy Pico de Gallo
Krinos Imported Kalamata Olives
Nulaid Egg Substitute
 Pickles (All)
 Pitted Kalamata Olives
 Powerhouse Salad
 Quick Scrambled Egg Whites
 Soy Cheese Slices
 Soy Yogurt (All)
 Steamed Beets
 Steamed Lentils

FROZEN

Desserts

Blissful Ice Cream Bar
 Crème Brulee in Chocolate Cups
 Fruit Floes
 Four Fruit Frenzy Bars
 Gone Bananas Chocolate Dipped Bananas
 Mango Vanilla Ice Cream Bars
Pomegranate Blueberry Sherbert
 Sorbet (Chocolate, Lemon)
 Soy Creamy Cherry Chocolate Chip
 Soy Creamy Organic Chocolate
 Soy Creamy Organic Vanilla
 Sorbet (All)
 Super Premium Ice Cream (French Vanilla, Mint
 Chocolate, Ultra Chocolate)

Fruits And Vegetables

All Trader Joe's plain frozen fruits and vegetables are packaged without gluten containing ingredients.

All Unprocessed Seafood

Trader Joe's plain frozen seafood is packaged without gluten.
 Salmon Burger

Other

Biryani Curried Rice
 Channa Masala
 Chicken Enchiladas In Salsa Verde
 Chicken Gorgonzola

Chicken Pomodoro
 Chicken Taquitos
 Chili Lime Chicken Burgers
 Concentrates (Lemon And Orange)
 Crinkle Wedge Potatoes
 Chicken Masala
 Curried Lentils w/ Basmati Rice
 Enchilada – Organic Black Bean And Corn
 Flame Grilled Buffalo Patties
 Gluten Free Homestyle Pancakes
 Handcrafted Green Chile And Cheese Tamales
 Marinated Ahi Tuna Steaks
 Organic Rice (All)
 Paneer Tikka Masala
 Peruvian Style Chimichurri Rice w/ Vegetables
 Premium Salmon Patties
 Seasoned Rack Of Lamb
 Seasoned Mahi Mahi Fillets
 Shepherds Pie (Beef)
 Tamales (Cheese, Beef, And Chicken)
 Taquitos (Black Bean And Chicken)
Trader Potato Tots
 Vegetable Panang Curry
 Wheat Free Toaster Waffles

GROCERY

Baking And Cooking Supplies

All Private Label Spices
 Canola Oil Spray (All)
 Crushed Garlic
Fleur de Sel Caramel Sauce
 Gluten Free Brownie Mix
 Light Coconut Milk
 Oils (All)
 Orange Muscat Champagne Vinegar
 Organic Cocoa Powder (seasonal)
Peanut Flour
 Sugar (All)
 Vanilla Extract (All)

Chilies, Chowders, & Soups

Butternut Squash Soup
 Carrot Ginger Soup
 Chicken Chili With Beans*
 Creamy Corn And Roasted Red Pepper Soup
 Creamy Vegetable Medley Bisque
 Instant Rice Noodle Soup (Roasted Garlic,
 Mushroom or Spring Onion)
 Latin Black Bean Soup
 Lentil Soup With Vegetables (All)
 Miso Soup 4pk
 Organic Black Bean Soup

GROCERY Cont.

Organic Creamy Corn & Roasted Red Pepper Soup
 Organic Creamy Tomato Soup (Reg, Low Sodium)
 Organic Free Range Chicken Broth
 Organic Low Sodium Chicken Broth
 Organic Hearty Vegetable Broth
 Organic Split Pea Soup
 Organic Sweet Potato Bisque
 Organic Tomato And Roasted Red Pepper Soup (Reg, Low Sodium)
 Organic Tomato Bisque Soup
 Organic Vegetarian Chili
 Pink Salmon, Skinless, Boneless
 Reduced Sodium Chicken Broth Concentrate
 Skinless & Boneless Sardines in Olive Oil
 Sweet Potato Bisque
 Vegetarian 3 Bean Chili
 Whole Smoked Oysters in Olive Oil

**Beef Chili and Chicken Chili contain modified cornstarch; maltodextrin is from corn & is gluten free.*

Spreads, Salsas*, And Dips

3 Pepper Salsa
 Artichoke Antipasto
 Artichoke Red Pepper Tapenade
 Chunky Salsa
 Corn And Chili Tomato-less Salsa
 Double Roasted Salsa
 Fat Free Spicy Black Bean Dip
 Fire Roasted Tomato Salsa
 Garlic Chipotle Salsa
 Honey (All)
 Hot And Smoky Chipotle Salsa
 Lemon Curd
 Mayonnaise (Real or Reduced Fat)
 Mango Ginger Chutney
 Mustard (Dijon, Whole Grain or Organic Yellow)
 Nut Butters (All)
 Olive Green Tapenade
 Organic Sweet Relish
 Pineapple Salsa
 Pumpkin Butter (Seasonal)
 Queso Cheese Dip
 Salsa (Autentica or Verde)
 Spicy, Smoky, Peach Salsa
 Sunflower Seed Butter
 Wasabi Mayo

**Salsas use vinegar derived from corn*

Dressings, Marinades & Sauces

All Natural Turkey Gravy (seasonal)
 Arrabiata Sauce
 Raspberry Lowfat Salad Dressing
 Balsamic Vinaigrette (Regular, Fat Free or Organic)
 Bruschetta
 BBQ Sauce
 Barbecue Sauce, Kansas City
 Cacciatore Simmer Sauce
 Chili Pepper Sauce
 Curry Simmer Sauce
 Italian Sausage Pasta Sauce
 Jalapeno Hot Sauce
 Ketchup, Organic
 Maple Syrup (All)
 Marinara Sauce
 Masala Simmer Sauce
 Organic Marinara Sauce
 Organic Marinara Sauce, No Salt Added
 Organic Red Wine And Olive Oil Vinaigrette
 Organic Spaghetti Sauce
 Organic Tomato Basil Marinara
 Organic Vodka Sauce
 Pizza Sauce, Fat Free
 Pesto Alla Genovese Basil Pesto
 Roasted Garlic Marinara
 Romano Caesar Dressing
 Rustico Pasta Sauce
 Seafood Cocktail Sauce
 Sweet Chili Sauce
 Thai Curry Sauce (Red or Yellow)
 Three Cheese Pasta Sauce
 Tomato Basil Marinara
 Tuscano Italian Dressing With Balsamic Vinegar
 Tuscan Marinara Sauce, Low Fat
 Whole Peeled Tomatoes With Basil (All)

Fruits, Vegetables, And Legumes

Artichoke Hearts In Water
 Beans (All)
 Chunky Spiced Apples
 Colossal Olives Stuffed With Garlic Cloves*
 Colossal Olives Stuffed With Jalapeno Peppers*
 Eggplant Caponata Appetizer
 Eggplant Garlic Spread
 Fire Roasted Red Peppers (Regular or Sweet & Yellow)
 Grilled Vegetable Bruschetta
 Hearts Of Palm (All)
 Mandarin Oranges In Light Syrup
 Marinated Bean Salad
 Marinated Mushrooms With Garlic
 Marinated Red Peppers

GROCERY cont.

Mixed Olive Bruschetta
 Nonpareil Capers
 Organic Kosher Sandwich Pickles
 Organic Mixed Fruit Cups
 Organic Sweet Butter Pickles
 Red Pepper Spread With Garlic And Eggplant
 Stuffed Queen Sevillano Olives
 Sun-Dried Tomatoes (All)
 Sun-Dried Tomato Bruschetta

**Stuffed Olives use vinegar derived from corn*

Grains

Garlic Mashed Potatoes
 Organic Brown Rice (Fully Cooked)
 Organic Brown Rice Pasta (All)
 Organic Polenta
 Organic Quinoa
 Rice (All)
 Rice Noodle
 Rice Pasta & Cheddar
 Rice Sticks Rice Pasta
 Thai Style Lime Pilaf
 Wild & Basmati Rice Pilaf

All Jams, Jellies, And Preserves

Other

Indian Fare Meals (All)
 Organic Chocolate Midnight Moo
 Turkey Gravy (seasonal)
 Parmesan And Romano Cheese Blend
 Taco Seasoning
 Taco Shells
 Tuna (All)]

SNACKS

Chips

Baked Potato Chips (Salted & Salt and Vinegar)
 BBQ Chips
 Blue Corn Tortilla Chips

Cassava Chips

Crunchy Curls
 Jalapeño Cheese Crunchies
 Kettle Cooked Potato Chips with Sea Salt
 Organic Baked Blue Corn Tortilla Chips
 Organic Baked Nacho Tortilla Chips
 Organic Blue Corn Tortilla Chips
 Organic Corn Chip Dippers
 Organic Tortilla Longboard Chips

Organic White Corn Tortilla Chips
 Organic Yellow Corn Tortilla Chips, Round
 Popped Potato Chips (Barbecue, Salted)
 Red Bliss Potato Chips
 Reduced Guilt Tortilla Strips
 Restaurant Style Organic White Corn Tortilla Chips
 Roasted Plantain Chips
 Roasted Seaweed Snack
 Salsa Tortilla Chips
 Sea Salt & Pepper Rice Crisps
 Soy & Flaxseed Tortilla Chips (Spicy & Regular)
Super Seeded Tortilla Chips
 Sweet Potato Chips
 Vegetable Root Chips
 Veggie Chips
 Veggie & Flaxseed Tortilla Chips
 White Corn Tortilla Strips
 Yellow Corn Tortilla Chips

Crackers And Rice Cakes

Lundberg Organic Brown Rice Cracker
 Lightly Salted Rice Cakes
Onion & Chive Seeded Corn Crackers
 Savory Thins (Original, Minis, Edamame or Multiseed with Soy Sauce)

Popcorn & Other

Buccaneer Joes White Cheddar Corn Puffs
Calbee Snapea Crisps
 Cranberry Nut Clusters Popcorn (seasonal)
 Fat Free Caramel Popcorn
 Gourmet White Popcorn
 Green Bean Snacks
 Kettle Corn (Reg & Lite)
 Lite Popcorn 50% Less Salt
 Macadamia Nut Clusters (seasonal)
 Microwave Popcorn (94% Fat Free, Natural Butter)
 Organic Popcorn with Olive Oil
 Reduced Fat Cheese Crunchies
 White Cheddar Popcorn

DIETARY SUPPLEMENT

Trader Joe's supplements and protein powders are gluten free with the following exceptions:
 Very Green Drink Powder**
 Very Green Capsules**
 Chocolate Whey Quick Dissolve Protein Powder**
 Vanilla Whey Quick Dissolve Protein Powder**
 **NOT Gluten Free