

## Tasteful Gluten Free Items found in Charlotte homes

Category	Product Name	Where found	Gluten Free status	Information Confirmation Date/Comments
<b>Baking/Mixes/Doughs</b>				
	Bob's Red Mill Hearty Whole Grain Bread Mix	HT	GF	
	Gluten-Free Pantry Chocolate Truffle Brownie Mix	E, HE	GF	
	Pamela's Ultimate Baking and Pancake Mix	HE	GF	
	Maple Grove Farms All Natural Gluten Free Pancake & Waffle Mix	FL	GF	
	Kinnikinnick:pancake mix	E, HE	GF	
	Trader Joes GF Peanut Butter Cookie dough	TJ	GF	
	Trader Joe's brownie mix	TJ	GF	
<b>Breads/Pizza Crusts/Tortillas</b>				
	Glutino frozen Pizza Crusts	E, NM	GF	
	Mission White Corn Tortillas	HT	GF	
	Kinnikinnick Tapioca Rice Bread	AS	GF	
	Nature's Path Organic Corn Flakes Fruit Juice Sweetened Cereal	E	GF	
<b>Cereal/Breakfast</b>				
	Perky's Nutty Flax Cereal	E	GF	
	Arrowhead Mills Organic Maple Buckwheat Flakes	E, HE	GF	
	Rice Chex	FL, WM	GF	Make sure package states GF
	Envirokidz Organic Gorilla Munch Cereal	E, FL, HE, TJ	GF	
	Trader Joes Toaster Waffles	TJ	GF	
	Trader Joe's GF Granola - Tropical Forest, Fruit & Nut		GF	
	Nature's Path organic corn flakes	E, HE	GF	
	Van's Waffles	HT	GF	
	Erewhon Rice Twice	E, HE, A	GF	
	Envirokids Koala Crisp	E, HE, A	GF	
	Bakery on Main Granola	HE	GF	

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<b>Cookies/Brownies/Sweet Snacks - Ready made</b>				
	Jennies Coconut Macaroons	E, HE	GF	
	Betty Crocker fruit roll up	most stores	GF	
	Kozy Shack Chocolate All Natural Pudding	HT	GF	
	Nature's Path Envirokidz Organic Animal Cookies Vanilla	E	GF	
	Glutano Caramel Crunch Cookies	E	GF	
	Glutino wafer cookies - chocolate, vanilla, lemon	FL, E	GF	choc tastes like Kit Kat
	Larabar - Cherry Pie, Apple Pie	HE	GF	
<b>Condiments/Sauces</b>				
	Bone Suckin Sauce - Bar-b-que sauce	HT, E	GF	
	Great Value Soy Sauce	WM	GF	
	Great Value Worcestershire Sauce	WM	GF	
	Great Value Tomato Sauce	WM	GF	
	Great value Jalepeños	WM	GF	
	Mt. Olives Pickles	most stores	CGF	Labeled best used by date is Jul 2008 or later
	Lea & Perrins Worcestershire Sauce	most stores	CGF	current website claim
	San-J organic soy sauce	EF	GF	
	Kraft dressing	most stores	CGF	
	Polaner's All Fruit	WM, HT	GF	
	Annie's Naturals Artichoke Parmesan Dressing	WM, HT	GF	
	Annie's Naturals Dijon Mustard	WM, HT	GF	
	Annie's Naturals BBQ Sauce	WM, HT	GF	
	Annie's Naturals Raspberry Vinaigrette	WM, HT	GF	
	Organicville Pomegranate Organic Vinaigrette	HT	GF	
	Green Mountain Gringo Salsa - Mild, Medium, Hot	HT, E	GF	hot is really HOT
	Hellmann's Real Mayonnaise	WM, HT	GF	

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<b>Crackers/Snacks</b>				
	Asian Gourmet Rice Crackers	HT	GF	
	Lundberg Brown Rice Cakes	E, FL	GF	
	EnviroKids Organic Crispy Rice Bar - Peanut Butter and Chocolate	E, FL, L	GF	
	Lay's Stax Potato Crisps	most stores	CGF	
	Glutino Gluten Free Crackers	E	GF	
	Blue Diamond Nut Thins Crackers	HE	GF	
	ENER-G Crackers	HE, NM	GF	
	Cheetos	most stores	CGF	current website claim
	Lays Potato Chips	most stores	GF	current website claim
	Tostitos Corn Tortilla chips	most stores	CGF	current website claim
	Glutino crackers	NM	GF	like a Ritz cracker
	Glutino Pretzels	E, FL (Hemby)	GF	
	UTZ cheese balls	SC	GF	
<b>Dairy</b>				
	Yo-Plait original - Strawberry, Peach, Berry, French Vanilla	WM, C, HT	GF	
	Yo-Plait go-tubes for kids	most stores	GF	
	Great Value Cheddar and Mozzarella cheese	WM	GF	
	Great Value Sour Cream	WM	GF	
	Great Value Pimento Cheese	WM	GF	
	Great Value Cottage Cheese - regular and low-fat	WM	GF	

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<b>Frozen/Refrigerated Foods</b>				
	Bell and Evans Chicken Nuggets	HT	GF	
	Bell and Evans Chicken Tenders	HT	GF	
	Frozen Organic Sunshine Burgers (Garden Herb)	E, HE	GF	
	Garret County All Natural Original Sausage Links	E	GF	
	Foods by George Gluten Free Cheese Pizza	AS	GF	
	Ore Ida Frozen Potatos -several kinds	most stores	GCF	Check website
	Frozen Wild Salmon Burgers	HE		
<b>Instant meals</b>				
	A Taste of Thai Curry Noodles	WM	GF	
	Thai Kitchen Noodle Cart			
	Pad Thai	WM, HT	GF	
	Amy's frozen dishes - Mexican, Indian only those marked gluten free	WM, HT	GF	Make sure label has GF statement
	Glutino frozen Gluten Free Penne Duo Mushroom	E	GF	
	Amy's Frozen Tofu Scramble	E	GF	
	Annie's Rice pasta mac n cheese	E, L, FL, HT	GF	
	Annie's Rice Pasta and Cheddar	E, A	GF	
<b>Juices</b>				
	Great Value Lemonade	WM	GF	
<b>Soup</b>				
	Pacific Natural Foods Organic Soup			
	Roasted Red Pepper and Tomato Soup	HT, C	GF	
	Carrot Soup	HT, C	GF	
	Great Value Chicken and Rice Soup	WM	GF	
	Amy's Organic Chunky Tomato Bisque Soup	WM, HT	GF	
	Amy's Organic Black Bean Vegetable Soup	WM, HT	GF	
	Kitchen Basics Stocks (Beef, Chicken)	HT	GF	

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<b>Pasta</b>				
	Ancient Harvest Quinoa Supergrain Pasta Garden Pagodas	E, HE	GF	
	DeBoles No Boiling Rice Lasagna	E, HE	GF	
	Quinoa pasta	E, HE	GF	
	Bionature spaghetti noodles	E, HT?	GF	
	Tinkyada Pasta Joy Brown Rice Pasta Elbows and Shells	AS, HE	GF	
	Annie's Homegrown Totally Natural Rice Pasta & Cheddar Mac & Cheese	FL, HT	GF	

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Key
GF - The product label says "Gluten-Free."
LAL - by examining the label, there are no <u>g</u> luten items in the ingredients
CGF - The product was confirmed gluten-free with the manufacturer/company.
A - Amazon.com internet order
AS - A&S Health Food Store
B - BiLo
C- Costco
E - EarthFare
FL - Food Lion
HE - Home Economist
HT - Harris Teeter
L - Lowes
NM - Natural Marketplace (Arboretum)
SC - Sam's Club
T - Target
TJ - Trader Joes
WM - Wal-Mart

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### Links of GF products from leading companies

[http://www.fritolay.com/fl/flstore/cgi-bin/ProdDetEv\\_Cat\\_306\\_SubCat\\_351852\\_NavRoot\\_361689\\_ProdID\\_364066.htm](http://www.fritolay.com/fl/flstore/cgi-bin/ProdDetEv_Cat_306_SubCat_351852_NavRoot_361689_ProdID_364066.htm)

<http://www.newmansown.com/faqs.cfm#q6>

<http://www.kraft.com.au/HealthyLiving/SpecialDiets/FoodIntolerance/GlutenFreeProducts.htm> (This list is from Australia so there may be differences in the US formulations)