



## **Dietary Intervention and the GFCF Diet**

### **A Parent To Parent Guide**

**Researched and Written by Cynthia Macluksie**

*To my son:*

*You have illuminated my purpose in life.  
Filled my heart with more love than I knew was possible.  
Nothing is better than having you sleep in my arms.  
No words more powerful than "I love you mommy."*

*To my husband:*

*What more could a father do than give up his pizza,  
his pasta and all his other favorite food?  
Not many men would read a cookbook and try to figure out how to make gluten and  
casein free pancakes or ice cream.  
Thank you for knowing how to get on the ground and play in Mark's world when I didn't  
know how.*

## Introduction

Our story starts out like every autism story I have ever heard. We knew there was something wrong at about 15 months, but our pediatrician said the typical things. “Some children talk late.”, “He is a boy, and they tend to develop a little later than girls.”, “You should not make comparisons to other children. They all develop at their own pace.”, or “He is very smart I am sure there is nothing wrong.” Our friends and family too often uttered these phrases. But a mother knows and I knew. Luckily I had my son, Mark, speech evaluated three times before he was seen by a developmental pediatrician at two years eight months. I had concrete documentation that Mark not only was not developing expressive language but was losing receptive language at an alarming rate. It did not take long for the developmental pediatrician to announce what I already knew, my son had autism. The first twenty-four hours I cried and then I picked myself up and started my search for answers. I spent countless hours reading books, articles and surfing the web searching for the key to my son’s problems. I read “Unraveling the Mystery of Autism and Pervasive Developmental Disorder” by Karyn Seroussio the first week of my research and that got us started on the right track. We removed casein and all dairy from his diet and within three days he stopped self abusing. No more head banging or face slapping. That alone was a miracle for us. I then eliminated gluten and within two weeks Mark was calling me “Mommy”. I cried. It was just weeks before I wondered if I would ever hear him call me “Mommy”? We knew we were on to something big. About six months later we heard that soy had a similar protein to the gluten and casein proteins and we removed soy from Mark’s diet. Within a week he was potty trained for the first time.

Diet had a strong influence on Mark’s behavior and his ability to learn from the other therapies that he was engaged in. Before the diet he had been in speech therapy for almost a year and not only made no progress, but lost language. On the diet he was making remarkable progress. The change in diet allowed Mark’s mind to function so that he has the ability to learn from the speech, occupational and ABA therapies. Now at age four Mark is almost at age level for both expressive and receptive language, a truly remarkable feat.

I continue to spend hours a day researching interventions for my son. Since diet and supplements have made the most dramatic impact, I spend much of my time devoted to these subjects. The diet can be challenging and must be done accurately but with good resources and support it is easy to master. It is because of the mistakes I made early on and the struggles I had, that I decided to write this guide. My goal is to make the transition from getting started on the diet to becoming an experienced parent using dietary intervention an easy and successful one.

This Guide is meant as a tool to help parent’s implement the GFCF diet. I am a mother who is very experienced using dietary intervention to recover my son from autism, but I am not a doctor, nor am I a nutritionist. I can help with reading and understanding labels, shopping, understanding the concepts behind the diet and how to best implement it. I can not recommend vitamins, minerals or a specific diet for your child. This is a parent to

parent guide, but not a medical advice. You should seek the guidance of a nutritionist or physician before starting this or any other diets. Also, I have taken great pains to check the status of all the products that I mention in this guide, but I can not guarantee any product. Ingredients are always changing and you must take ownership of the lists provided. I have listed the manufacturers and their contact information so that you can ensure that the products you use are safe for your child. I cannot be responsible for how your child responds to any given product. This is helpful information only and you must be solely responsible for your child's care, diet and health.

I only specifically verified products to ensure they were gluten and casein free. I do make notes when possible about corn and soy. Some children react to soy as well and it is suggested that children using the diet also be soy protein free. In our family we are soy free and we also rotate corn and sugar. Some children just need to remove the soy protein and can still use soy oil and soy lecithin, but others must not have any products containing any soy at all. Each child is unique and you must gage your child's needs. Still others must remove foods that are high in phenols. This guide will concentrate on the GFCF diet with small amounts of information on removing soy, and corn.

I wish all who read this luck and God speed. Some have miraculous results like my son, some see some improvement and others do not see enough improvement to warrant the diet. As with every treatment it affects all children differently. I wish you all good luck on your hunt for the cure for your child.

# **Five Good Reasons to Try the Diet**

It's harmless.

It is a holistic and natural intervention.

It is cheap and a straightforward approach.

It is compatible with all other therapies you may be doing, such as ABA, OT and Speech.

It could make a huge difference in your child's recovery journey.

# WARNING

I HAVE PERSONALLY VERIFIED ALL OF THESE PRODUCTS EITHER BY PHONE, LETTER OR WEBSITE. HOWEVER, COMPANIES ARE ALWAYS CHANGING THEIR INGREDIENTS AND NOTHING ON THIS LIST CAN BE GUARANTEED. YOU MUST USE THIS LIST AT YOUR OWN RISK. I CANNOT BE RESPONSIBLE FOR HOW AN INDIVIDUAL RESPONDS TO ANY PRODUCT ON THESE LISTS. YOU MUST ALWAYS READ LABELS AND CALL REGULARLY TO VERIFY IF PRODUCTS ARE STILL GLUTEN AND CASEIN FREE. I HAVE MADE AN ATTEMPT TO NOTIFY YOU IF A PRODUCT CONTAINS CORN OR SOY WHEN POSSIBLE, BUT I DID NOT ALWAYS VERIFY IF A PRODUCT WAS SOY OR CORN FREE. AGAIN, I CANNOT STRESS ENOUGH THAT YOU MUST TAKE OWNERSHIP OF THIS PROCESS AND USE THIS LIST AT YOUR OWN RISK. I HAVE DESIGNED IT TO HELP YOU GET STARTED AND TO GIVE YOU THE TOOLS TO PROCEED WITH THIS PROCESS AS EASILY AS POSSIBLE. I WISH YOU LUCK. REMEMBER TO ALWAYS READ LABELS AND KEEP A WATCHFUL EYE.

## MILK

*It doesn't do every body good*

You must read every label on every container as milk is in a lot of processed food. Unfortunately, milk is labeled in different ways. It is important that if you are eliminating dairy, that you eliminate all of it. Here is a list of names that may be used that contain milk:

milk solids	whey	casein	lactose
lactalbumin	natural ingredients	sodium caseinate	non-fat dry milk

The following is a list of foods that absolutely have milk in them:

milk	cheese	yogurt	butter
cottage cheese	ice cream	sour cream	cream
sherbet	some margarines	curds	goat milk
milk chocolate			

The following is a list of foods to be cautious of:

baked goods	enriched foods	rice cheese products
soy cheeses	"lactose free" products	bread
chewing gum	canned tuna fish	chicken broth
chocolate	deli meat	hydrolyzed vegetable protein
medicine	vitamins	baby formula
protein enriched foods	hot dogs	some meats(used as a binder)

The following is a list of ingredients that do not contain milk proteins and do not need to be avoided:

calcium lactate	lactic acid	calcium stearoyl lactylate
oleoresin	cocoa butter	sodium stearoyl lactylate
sodium lactate	cream of tartar	

The F.D.A. does not require companies to list ingredients that constitute less than ½ of 1% of a product. The food industry can also label products as natural ingredients or non dairy which does not mean that there is no milk protein present. However, many of the major food companies have agreed not only to list the top eight allergens in all ingredients lists, but to also use plain language.

## **Milk Substitutes**

Pacific Rice Brand  
soy milk (not recommended)

Dari Free (800-497-4834)    almond milk  
coconut milk

To get more information on avoiding milk please visit the following websites:

<http://www.foodallergy.org/allergens.html#milk>    <http://www.nowheat.com/grfx/nomilk/index.htm>

<http://www.nomilk.com/>

<http://web.mit.edu/kevles/www/nomilk.html>

## Gluten

You must read every label on every container as wheat is in a lot of processed food. Unfortunately, like milk, gluten is labeled in different ways. It is important that if you are eliminating gluten that you eliminate all of it. Gluten is the hardest thing to eliminate because it is listed under so many names, and sometimes not listed at all. Gluten can take many months to leave the body so you must be sure to eliminate all hidden forms of gluten to be successful. Here is a list of names that may be used that contain gluten:

wheat	flour	wheat starch	semolina
graham wheat flour	vermicelli	cake meal	rye
enriched flour durum	barley	spelt	kamut
high protein flour	high gluten flour	cake flour	starch

The following is a list of foods that almost always have gluten in them:

bread	cake	communion wafers	croutons
beer	cookies	pastries	pasta
stuffing	crackers	ice cream cones	pizza
breadding	donuts	cereal products	dumplings
pretzels	matzos	bagels	flour tortillas
blue cheese			

The following is a list of foods that you must be cautious of:

brown rice syrup	caramel color	dextrose	malt
cereal products	modified food starch	soy sauce	spices
vanilla flavorings	artificial flavors	waxed fruit	medicines
imitation bacon and seafood	marinades	sauces	vitamins
hydrolyzed vegetable protein	thickeners	soup bases	natural flavors

The following is a list of ingredients that do not usually contain gluten and do not need to be avoided:

rice	potato flour	potato Starch	tapioca flour
sweet rice flour	buckwheat	corn	bean flour
millet	arrowroot	soy flour	sorghum
amarath	tef	nut flours	

It is very important to call and check on products that you are unsure of, especially if “spices” or “natural flavoring” are listed on the package. Some companies hide gluten under these labels. Also, many companies use gluten or wheat as an anti-sticking agent and may spray it on rice or frozen veggies and fruit. It is also important to check and make sure before you buy rice or frozen foods like these to make sure this is not the case. Another unusual place you may find gluten is in steak cooked at a restaurant. Some use a marinade with gluten in it to tenderize the meat. It is best to call ahead before going out

to dinner. Most places will accommodate you if they can but need a little warning before you arrive. I like to give at least 48 hours.

Substitutes for wheat/gluten:

For every cup of wheat you can use:

7/8 cup rice flour

5/6 cup potato starch-potato flour is a different ingredient and much heavier than potato starch

1 cup tapioca

I prefer to mix all three flours together for a better product. I use ½ cup rice flour, ¼ cup potato starch and ¼ cup tapioca. It is important to add either Guar Gum or Xantam because these starches do not have the gluten protein to use as a binder. If you are nervous about baking from scratch you can buy flour mixes at Wild Oats and Whole Foods. There are also many sources on-line. One of my favorite is Arrowhead Mills Gluten Free Pancake and Waffle Mix. We use this every week and it is easy and very yummy. It is one of Mark's favorites as well.

<http://www.gfcfdiet.com/>  
<http://www.celiac.com/>

<http://www.gluten.net/>  
<http://www.specialdiets.org/>

## Soy

You must read every label on every container as soy or soy oil is in a lot of processed food. Most commercial food companies use soy oil for cooking. If you are eliminating soy because of the soy protein, which is very similar to the gluten and casein proteins, you can buy foods that use soy oil or soy lecithin. Soy oil does not have the protein in it. If you are eliminating soy because your child is either intolerant or allergic you may not purchase products that use soy oil. Most parents get a better response when they take their children off of gluten, casein and soy. Here is a list of names that may be used that contain soy:

green vegetable soybeans (edamamé)	lecithin
miso	tempeh
natto	yuba
soy bran	soy isolate fiber
soy flour	soy fiber(soy bran, soy isolate fiber)
soy grits	soy protein concentrate
soy protein isolates	soy protein, textured
textured soy flour (TSF)	soybeans, whole
soy nut butter	okara
soy nuts	soy oil
sprouts, soy	

**\*Remember you may use soy oil or soy lecithin if you are only avoiding the protein.**

The following is a list of names of ingredients you must be cautious of:

hydrolyzed vegetable protein (HVP)	natural flavors
mono-diglyceride	monosodium glutamate (MSG)
vitamin E	

The following is a partial list of products that contain soy:

Lea & Perrin	Heinz Worcestershire Sauce	soy sauce
Crisco and other shortenings	infant formulas, soy-based	soy yogurt
whipped toppings, soy-based	tamari sauce	soy sauce
teriyaki sauce	soy cheese	soymilk
nondairy soy frozen dessert	meat alternatives	soy beverages
tofu & tofu products		

The following is a partial list of products that may contain soy:

lunch meats  
cereals  
caramel  
coffee substitutes

hot dogs  
baked goods  
baby food

soups  
candies  
margarine

More information on soy can be found on these websites:

<http://allergies.about.com/gi/dynamic/offsite.htm?site=http%3A%2F%2Fwww.geocities.com%2FHotSprings%2F4620%2F>  
<http://www.specialdiets.org/>  
<http://www.allergysupport.org/>

## Corn

Corn is in almost everything and is difficult to avoid. There is not a protein in the corn that is cause for concern, but a lot of autistic children are either intolerant or allergic to corn. My son Mark can not tolerate corn and we rotate it in very occasionally. If you must eliminate corn you must also eliminate the following ingredients:

corn syrup	corn meal	corn flour	corn starch
modified corn starch	corn oil	maize	corn germ
hydrolyzed corn protein	corn sugar	corn sweetener	grits
powdered sugar	hydrolyzed corn	malt syrup	hominy
high fructose corn syrup	corn cereal	corn gluten	

The following are ingredients that could be made of corn:

vegetable gum	vegetable starch	dextrin	modified food starch
malt dextrin	caramel color	root beer flavoring	maple flavoring

Here is a partial list of foods to be cautious of because most contain corn:

cereals	cookies	soda	ice cream
baked goods	potato chips	sauces	soups
candies	processed meats	imitation products	toothpaste
popcorn	vitamin C	marshmallows	french fries
corn chips	corn tortillas	peanut butter	

For more information of corn allergies and avoiding corn see the following websites:

<http://www.vishniac.com/ephraim/corn.html>

<http://www.specialdiets.org/>

<http://www.allergysupport.org/>

<http://allergies.about.com/library/weekly/aa053199.htm?once=true&>

## Helpful Resources

### Book List

- Unraveling the Mystery of Autism and Pervasive Developmental Disorder  
Written by Karyn Seroussi  
Forward by Bernard Rimland, PH.D.
- The Biological Treatments For Autism And PDD  
Written By William Shaw PH.D
- Facing Autism: Giving Parents Reason For Hope And Guidance For Help  
Written by Lynn M. Hamilton, Bernard Rimland
- Children With Starving Brains: A Medical Treatment Guide for Autism Spectrum Disorder  
Written by Jaquelyn McCandless, MD
- Is This Your Child? Discovering and Treating Unrecognized Allergies in Children and Adults  
Written by Doris Rapp, MD.
- What Your Doctor May Not Tell You About Children's Vaccinations  
Written by Stephanie Cave, M.D., F.A.A.F.P. with Deborah Mitchell
- Food Allergy Field Guide : A Lifestyle Manual for Families  
by Theresa Willingham.

### Cookbooks

- Special Diets for Special Kids  
Written by Lisa Lewis
- Special Diets for Special Kids Two  
Written By Lisa Lewis
- Feast without Yeast: 4 Stages To Better Health: A Complete Guide To Implementing Yeast Free, Wheat (Gluten) Free, and Milk (Casein) Free Living  
Written By Bruce Semon
- Special Diet Celebrations: No Wheat, Gluten, Dairy or Eggs  
Written By Carol Fenster
- The Gluten Free Gourmet Series: Living Well Without Wheat; Bakes Bread; and Cooks Fast and Healthy

All written by Bette Hagman

## Magazines

- Sully's Living Without Magazine: [www.livingwithout.com](http://www.livingwithout.com)
- The ANDI News - a quarterly newsletter by Lisa Lewis and Karyn Seroussi. [www.autismndi.com](http://www.autismndi.com)

## Websites

### Information

<http://www.celiac.com/> Celiac disease and gluten free dietary intervention

<http://www.autismndi.com/> Autism Network for Dietary Intervention

<http://www.gfcfdiet.com/> Gluten free casein free diet website

<http://www.greatplainslaboratory.com/home.htm> Great Plains Laboratory

<http://www.autism.com/> Bernard Rimland's site, founder of Defeat Autism Now!

<http://www.candida-yeast.com/> Dr. William Crook's site on yeast

<http://www.autism.com/ari/> Information on autism research and treatment

<http://www.feat.org/> Families for Early Autism Treatment

<http://www.glutenfreeda.com/> On-line cooking magazine-\$30 annually

<http://www.vishniac.com/ephraim/corn.html> Corn allergy information

<http://www.feingold.com> Feingold Association

<http://osiris.sunderland.ac.uk/autism/dietinfo.html> Paul Shattock's page

<http://www.gfrecipes.com/> Gluten free recipes and food preparation

<http://www.foodallergy.org> The food Allergy & Anaphylaxis Network

<http://www.gluten.net> Gluten Intolerance Group

<http://www.foodallergytest.com/> Sage Systems-IgG Testing

<http://woodbinehouse.com/default.asp?referer=gig> Great books for special needs

<http://www.aspergersdigest.com/> Autism/Asperger's Digest Magazine

### **Web Retailers**

<http://www.glutenfree.com/> Gluten Free Pantry

<http://www.kinnikinnick.com/welcome.html> Kinnikinnick great gluten free products

<http://www.missroben.com/> Miss Roben's specialty on-line store for gfcf items

<http://www.glutenfreemall.com/> Gluten free products-on-line retailer

<http://www.choclat.com/> Chocolate Emporium an on-line gfcf candy supplier

<http://www.yorkshirefarms.com/> Yorkshire Farms-Great meats and chicken nuggets (wheat free).

<http://www.applegatefarms.com/> Applegate Farms-Great hot dogs and deli meats.

<http://www.glutensolutions.com/> Gluten Solutions

<http://www.authenticfoods.com/> Authentic Foods

<http://www.kirkmanlabs.com/> Kirkman Labs

<http://www.vancesfoods.com/main.asp?p=home> Vance's Dari Free-Great milk alternative.

<http://www.causeyourespecial.com/> Cause Your Special-gluten free online retailer.

<http://www.creationsbykristin.com/> Creations By Kristin-online retailer-able to accommodate a variety of dietary restrictions

### **Gluten Free Lists**

[http://www.traderjoes.com/products/brochures/glutenfree\\_west.asp](http://www.traderjoes.com/products/brochures/glutenfree_west.asp) Trader Joe's

<http://www.wholefoodsmarket.com/products/365glutenfree.html> Whole Foods

## Local Resources

Cactus Kosher Foods  
8005 E. Indian School Rd.  
Scottsdale, AZ  
480-970-8441

Jewish Quarter  
10701 N. Scottsdale Road  
Scottsdale, AZ  
480-905-5202

Segul's Kosher Foods  
4818 N. 7<sup>th</sup> Street  
Phoenix, AZ  
602-285-1515  
[www.segalskosherfoods.com](http://www.segalskosherfoods.com)

Trader Joes  
7555 E. Frank Lloyd Wright  
Scottsdale, AZ  
480-367-8920

Trader Joes  
6202 N Scottsdale Rd  
Scottsdale, AZ  
480-948-9886

Trader Joes  
4821 N 20<sup>th</sup> Street  
Phoenix, AZ  
602-912-9022

Whole Foods Market  
5120 S. Rural  
Tempe, AZ 85282  
480.456.1400  
480.456.1490 fax  
Store hours: 8 a.m. to 10 p.m. seven days  
a week.

Whole Foods Market  
10810 N Tatum Blvd  
Phoenix, Arizona 85028  
602.569.7600  
602.867.1598 fax

Wild Oats  
3933 E Camelback  
Phoenix, AZ  
602-954-0584

Wild Oats  
7129 Shea Blvd  
Scottsdale, AZ  
480-905-1441

Wild Oats  
13823 N Tatum  
Phoenix, AZ  
602-953-7546

99 Ranch Market  
(Asian Market)  
668 N 44<sup>th</sup> St  
Phoenix, AZ  
602-225-2288

## **Mark's Favorite Foods**

(Some before he was soy and corn free)

Double Rainbow Sorbet  
Shelton Uncured Turkey or Chicken Franks-nitrate free  
Applegate all beef hotdogs  
Pacific Rice Milk-all flavors  
Arrowhead Mills Brownie Mix  
Pamela's Chunky Chocolate Chip Cookies  
Niman Ranch Bacon  
Trader Joes Waffles-Wheat Free  
Cosmic Potato Puffs  
Eggs  
Or Ida Shoestring French Fries  
Arrowhead Mills Gluten Free Pancake and Waffle Mix  
Rice Noodles-all brands  
Lays Potato Chips  
Stretch Island Fruit Snacks-not all flavors  
Organic Koala Crisp Cereal  
Gorilla Munch Organic Cereal  
Homemade hamburgers no bun  
Salmon with lemon juice  
Frozen Strawberries  
Bananas  
Water melon  
Grapes  
Apples  
Trader Joes Organic Applesauce

## **Our Wild Oat's Favorites**

Pacific Brand Chocolate Low Fat and Fat Free Rice Milk  
Spectrum Naturals Canola Mayonnaise  
Double Rainbow Sorbets  
Howler Organic Sorbet  
Applegate Farms Organic Chicken, Turkey or Beef Hot Dogs  
Wild Oats Fresh Meat and Fish  
Yorkshire Farms Meats  
Rocky the Free Range Chicken  
Pamela's Chunky Chocolate chip Cookies  
Hol-Grain Brown Rice Crackers  
Envirokidz Koala Crisp, Gorilla Munch and Organic Peanut Butter Panda Puffs  
Westbrae Organic Beans and Organic Veggies  
Imagine Soups Organic Creamy Potato Leek, Organic Creamy Tomato  
DeBole's Rice Pasta (angel hair)  
Muir Glen Fire Roasted Pasta Sauce  
Annie's Naturals Balsamic and Basil and Garlic with Extra Virgin Olive Oil Salad Dressings  
Arrowhead Mills Wheat Free Brownie Mix and Wheat Free Chocolate Chip Cookie Mix  
Arrowhead Mills Gluten Free Pancake and Waffle Mix, Rise and Shine Hot Cereal  
Feather Weight Baking Powder  
Ah! Laska Organic Chocolate Sauce  
Bob's Red Mill Arrowroot Starch, Brown Rice Flour and Potato Flour,  
Bob's Red Mill Potato Starch and Sweet White Rice flour,  
Bob's Red Mill Tapioca Flour, White Rice Flour and Xanthan Gum  
EnerG Rice Mix, Tapioca flour, Egg Replacer, Brown Rice Flour, Potato Flour,  
White Rice Flour

## Wild Oats List

### Baking Products

- The Hain Food Group
  - Feather Weight Baking Powder
- Ah! Laska Products
  - Organic chocolate Sauce
- Bob's Red Mill Products
  - Amaranth flour and grain
  - Arrowroot Starch
  - Black Bean Flour
  - Brown Rice Flour
  - Buckwheat Flour
  - Buckwheat Kernels (Roasted Kasha)
  - Cornstarch
  - Fava Bean Flour
  - Flax Seed Meal
  - Flax Seed Meal-golden
  - Flax Seeds
  - Flax Seeds-Golden
  - Garbanzo Bean Flour
  - Millet Flour
  - Millet Grits
  - Organic Quinoa Flour
  - Potato Flour
  - Potato Starch
  - Sweet White Rice flour
  - Tapioca Flour
  - Teff Flour
  - White Bean Flour
  - White Rice Flour
  - Xanthan Gum
  - Yeast
- EnerG
  - Rice Mix
  - Tapioca flour
  - Egg Replacer
  - Brown Rice Flour
  - Potato Flour
  - White Rice Flour
- Arrowhead Mills Inc.
  - Wheat Free Brownies
  - Wheat Free Chocolate Chip Cookies
  - Gluten Free Pancake and Waffle Mix
  - Rise and Shine Hot Cereal
- Lundberg Family Farms
  - Brown Rice Syrup (ONLY AS MARKED GLUTEN FREE)

## **Salad Dressings**

Annie's Naturals

Balsamic

Basil and garlic with Extra Virgin Olive Oil

Black Olives and Truffles with Extra Virgin Olive Oil

Oil

Cilantro and Lime

French

Low Fat Honey Mustard

Low Fat Raspberry

Organic Horseradish and Echinacea

Organic Sesame ginger with Chamomile

Roasted Red Pepper

Smokey Tomato and Porcini

Yellow Peppers and Sun-dried Tomatoes with Extra Virgin Olive Oil

## **Pasta Sauces**

Annie's Naturals

Roasted Veggie

Walnut Acres

Tomato and Basil

Marinara and Herbs

Garlic-Garlic

Roasted Garlic

Muir Glen

Fire Roasted Sauce

Organic Pasta Sauces

\*Will list top 8 allergens and gluten if in product and does not disguise ingredients

Amy's Kitchen

Tomato Basil Sauce

Family Marinara Pasta Sauce

Wild Mushroom Pasta Sauce

Low Sodium Marinara Pasta Sauce

Pomodoro Zucca Pasta Sauce

## **Pasta**

DeBole's

Rice Pasta (spaghetti, angel hair, fettuccini, penne)

Lundberg Family Farms

Brown Rice Spaghetti

Pastariso

Rice Pasta (elbows, shells and fusili)

Pastato

Potato Pasta (elbows and spaghetti)

## Soups

### Amy's Kitchen

Lentil Soup  
Split Pea Soup  
Black Bean Vegetable Soup  
Vegetable Broth

\*Not all Amy's Kitchen items that are listed dairy free are free of casein.  
Anything that contains soy cheese has casein in it.

### Healthy Valley

Split Pea  
Veggie  
Lentil  
Tomato  
Black Bean  
Chicken and Rice  
\*Soy free as well

### Westbrae

\*All soups gluten free except French County Onion, Unbeef Broth, and Wellington Unbeef Broth.

### Pacific Brand

Organic Vegetable Broth  
Organic Mushroom  
\*Both gluten, dairy, corn and egg free  
**\*Organic Chicken Broth is not okay contains dairy and gluten.**

### Imagine Soups

All varieties are gluten and dairy free.  
Organic Creamy butternut Squash  
Organic Creamy Potato Leek  
Organic Creamy tomato  
Organic No-Chicken Broth  
Organic Vegetable Broth  
All Soy and corn free as well.

## Canned Beans and Chili's

### Amy's Kitchen

Spicy Chili  
Medium Chili with Vegetables  
Medium Chili  
Black Bean Chili  
Vegetarian Baked Beans

### Healthy Valley

Mild Chili  
Mild Chili no salt  
Spicy Chili

Spicy chili no salt  
Lentil  
Lentil no salt  
Westbrae  
Organic Beans  
Organic Veggies  
\*All except soup beans are free of gluten and dairy  
Muir Glen  
Diced tomatoes

### **Snacks/Cereals**

Robscape  
Dude's chips  
American Buds  
Veggie chips  
Potato flyers-corn  
Tings  
\*Soy free as well  
Lundber Family Farms  
Elegant Rice Puddings  
Healthy Valley  
Blue Corn Flakes Cereal  
Corn Crunch-Um Cereal-not guaranteed possible cross contamination.  
Rice Crunch-Um Cereal-not guaranteed possible cross contamination.  
Rice Bran Crackers  
Envirokidz  
Koala Crisp  
Gorilla Munch  
Organic Peanut Butter Panda Puffs  
Organic Whole grain Crispy Rice Corn Flakes  
\*may have traces of soy  
Pamela's Cookies  
Chunky Chocolate chip Cookies-has soy lecithin  
Chocolate Chip Walnut Cookies-has soy lecithin  
Ginger cookies-soy free  
Peanut Butter cookies-soy free  
Ultra Chocolate Brownie Mix-has soy lecithin  
Kettle Chips  
Sweet Brown Rice and Black Bean Chip  
Unflavored Potato Chips  
\*Will not guarantee gluten free due to cross contamination  
Hol-Grain  
Brown Rice Crackers (unsalted, Onion)

Edwards and Sons

Brown Rice Snaps  
Brown Rice toasted Onion Snaps  
Brown Rice Onion and Garlic Snaps

## **Meats**

Petaluma Poultry

Rocky the Free Range Chicken  
Rocky Jr the Frying Chicken  
Rosie Organic Chicken  
\*no antibiotics, roam free, humane treatment and ranchers use sustainable farming methods

Applegate Farms

Organic Chicken, Turkey or Beef Hot Dogs  
Sausages all gluten and casein free except Spinach and Feta  
\*Will always list all ingredients  
\*All Meat Products are gluten free except chicken nuggets and their pot pies.  
\*no antibiotics, no growth hormones, certified organic grass and feed , no nitrates or nitrites, no artificial preservatives or coloring agents.

Wild Oats

Fresh Meat is antibiotic and growth hormone free, graze and last 3 months grain feed. No animal by products  
Fish is tested for a variety of things including mercury. The most mercury allowed in fish is .5 parts per million.  
Only in Arizona.

Yorkshire Farms

All meats are gluten and casein free.  
\*Free of nitrites, antibiotics, and growth hormones

## **Frozen Food**

Amy's Kitchen

Black Bean Vegetable Enchilada-soy  
Asian Noodle Stir Fry-soy  
Thai Stir Fry-soy  
Family Size Black Bean Veggie Enchilada  
Teriyaki Stir-Fry-soy  
Black Bean Enchilada Whole Meal  
Shepherd's Pie  
Mexican Tamale Pie  
Brown Rice & Vegetables Bowl-soy  
Teriyaki Bowl-soy  
\*Not all Amy's Kitchen items that are listed dairy free are free of casein.  
Anything that contains soy cheese has casein in it.

Double Rainbow

All sorbets are dairy and gluten free but all contain corn syrup.

Howler Organic Sorbet

All sorbets are gluten, corn, soy and dairy free.

Not guaranteed because it is produced on same line as dairy.

Van's

Van's Wheat Free Waffles-soy flour

Cascadian Farms

Frozen veggies gluten free.

Will always list gluten as an ingredient.

Working on changing labeling to list all 8 allergens and gluten sensitivity.

## **Drinks**

Pacific Brand

Plain Low Fat and Fat Free

Vanilla Low Fat and Fat Free

Chocolate Low Fat and Fat Free

\*Soy free as well

Westbrae

Plain

Vanilla

\*soy free as well

Wild Oats

Vanilla Rice Milk-traces of soy

Healthy Valley

Old Fashioned Root Beer

Sarsaparilla Root Beer

Ginger Ale

## Wild Oats Manufacturer Contact Listing

Ah! Laska Products  
P.O.Box 940 Homer  
Alaska, 99603  
Organic coco Mix-non-dairy

Annie's Naturals  
[www.anniesnaturals.com](http://www.anniesnaturals.com)  
800-434-1234  
Salad dressings  
Website information

Amy's Soup  
Amy's Kitchen  
P.O Box 449  
Petaluma, CA 94953  
[www.amyskitchen.com](http://www.amyskitchen.com)

Applegate  
10 County Line Rd. #22  
Branchburg, NJ 08876  
866 587 5858  
<http://www.applegatefarms.com/>  
Gluten and Casein free  
Nitrites and Nitrates free

Arrowhead Mills Inc.  
Box 2059  
Hereford, TX 79045  
Contact: Boyd Foster  
Telephone: (806) 364-0730  
800-749-0730  
Products: Flours & Natural Foods

Bob's Red Mill Products  
Tested gluten free  
[www.bobsredmill.com](http://www.bobsredmill.com)  
Flours and baking products

Casbah  
800-434-4246  
Rice gluten free

Cascadian Farms  
800-624-4123  
www.cfarm.com  
800-624-4123  
5:30 am to 3:30 pm  
Mon-Friday  
Consumer Services  
Small Planet Foods  
719 Metcalf Street  
Sedro-Woodley, WA 98284-1456  
Frozen veggies  
\*will always list gluten as ingredient so if it is not listed it is safe  
Working on listing all top 8 allergens on product but not there yet.

Celestial Seasonings  
1-800-351-8175  
Herb Teas

De Boles Rice Fettuccini  
Angel Hair Pasta  
800-749-0730  
Gluten, egg, soy and casein free

Diestel Family Turkey Ranch  
209-532-4950  
FAX: 209-532-5059  
P.O. Box 576 Sonora, CA 95370  
22200 Lyons Bald Mountain Road, Sonora, CA 95370  
[info@diestelturkey.com](mailto:info@diestelturkey.com)

Double Rainbow  
Double Rainbow® Gourmet Ice Creams, Inc.  
275 South Van Ness Avenue  
San Francisco, CA 94103  
Telephone: 415-861-5858  
Toll Free: 800-489-3580  
Facsimile: 415-861-5872  
800-489-3580

Edwards and Sons  
Product of Japan  
Guaranteed gluten Free  
Brown Rice Snaps  
Brown Rice toasted Onion Snaps  
Brown Rice Onion and Garlic Snaps

EnerG  
800 331 5222  
All gluten and casein free  
Rice Mix, Tapioca flour, Egg Replacer

Envirokidz  
[www.envirokidz.com](http://www.envirokidz.com)  
Natural's Path Foods  
[consumerservices@naturalspath.com](mailto:consumerservices@naturalspath.com)  
Koala Crisp  
Gorilla Munch  
Organic Peanut butter Panda Puffs  
Organic Whole Grain Crispy rice corn Flakes  
\*traces of soy

Feather Weight Baking Powder  
The Hain Food Group  
States gluten free on bottle

The Hain Celestial Group  
Westbrae Consumer Affairs  
734 Franklin Ave, # 444  
Garden City, NY 11530  
Or call us at:  
1-800-434-4246

Healthy Valley  
The Hain Celestial Group  
800-423-4846

HOL Grain Cracker  
[www.holgrain.com](http://www.holgrain.com)  
Conrad Rice Mill  
PO Box 10640  
New Iberia, LA  
70562-0640 USA  
Phone: 337-364-7242  
Fax: 337-365-5806

Howler Organic Sorbet  
2211 Quesada Avenue  
San Francisco, CA 94124  
Monkey@Howler.com  
www.howler.com  
1/800-Howlers  
Toll Free in the United States: 800-551-3245

Imagine foods, Inc.  
Info@imaginefoods.com  
Imagine Foods, Inc.  
1245 San Carlos Ave.  
San Carlos, CA 94070  
(650) 595-6300

Kettle Chips  
www.kettlefoods.com  
info@Kettlefoods.com  
Kettle Foods  
P.O. Box 664  
Salem, OR 97308-0664  
Telephone: 503-364-0399  
Fax: 503-371-0882  
Soy and Corn Free  
Will not guarantee gluten free  
Tortilla Chips are not Gluten Free  
Some flavors of chips have seasonings that are not gluten free.  
Do to cross contamination they are not considered gluten free

Lundber Family Farms  
5370 Church Street,  
Post Office Box 369,  
Richvale, CA 95974-0369  
Phone (530) 882-4551 ---  
Fax (530) 882-4500  
Richvale, GA  
Quick Brown Rice, Elegant Rice Pudding and Rice cakes  
All rice cakes and puddings are gluten free. All quick brown rice except the wild  
mushroom flavor is gluten free

OroWest Foods  
P.O. Box 50301  
Eugene, OR 97405

Muir Glen  
800-832-6345  
[www.muirglen.com](http://www.muirglen.com)  
Do not disguise ingredients  
Will list top 8 allergens and gluten if in product

Pacific Rice Milk and Soups  
503-692-9666  
<http://www.pacificfoods.com/>  
19480 SW 97th Avenue  
Tualatin, Oregon 97062  
503/692-9666 - phone  
503/692-9610 - fax  
[pfo@pacificfoods.com](mailto:pfo@pacificfoods.com)  
Rice Milks are Gluten and Casein Free  
The Mushroom and Vegetable Broths are Gluten and Casein Free  
The Chicken Broth is not Gluten or Casein Free

Pamela's Cookies  
335 Allerton Ave.  
South San Francisco, CA 94080  
Phone 650-952-4546  
Fax 650-742-6643  
[info@pamelasproducts.com](mailto:info@pamelasproducts.com)

Petaluma Poultry  
[www.healthyhickenchoices.com/products/index.html](http://www.healthyhickenchoices.com/products/index.html)  
Rocky, Rocky Jr. and Rosie  
Antibiotic free, no animal by-products feed only vegetarian

R.W. Knudsen  
530-899-5010  
Fruit Juices

Spectrum Naturals Canola Mayonnaise  
Petaluma, CA 94954  
800-995-2705  
Soy, gluten, casein free  
Lite has casein  
Organic has Soy

Tamari Wheat Free Soy Sauce  
800-446-5500  
Not Gluten Free

Terra Chips. Inc.  
800-434-4246

Tinkyada Rice Pasta  
Food Directions Inc  
<http://www.tinkyada.com/>  
120 Melford Drive, Unit 8  
Scarborough, Ontario Canada M1B 2X5  
Tel: 416-609-0016 Fax: 416-609-1316  
Gluten, egg, soy and casein free

Van's Wheat Free Waffles  
310-320-8611  
[www.vansinti.com](http://www.vansinti.com)  
Soy flour

Veggie Booty  
Robscape.com  
P.O. Box 326  
Sea Cliff, New York, 11579  
Phone: (516)656-4545  
Fax: (516)759-2713  
[info@robscape.com](mailto:info@robscape.com)

Waffle Heaven  
[orowest@cybermesa.com](mailto:orowest@cybermesa.com)

Walnut Acres  
866-492-5688  
[www.walnutacres.com](http://www.walnutacres.com)  
Certified organic Pasta Sauces

Wild Oats Products  
800-494-WILD  
Vanilla rice Milk (gluten and lactose free traces of soy)  
Always lists ingredients used including dairy and soy

Yorkshire Farms, Inc.  
Swedesboro, NJ  
Local (856) 467-2331  
Toll Free (877) 467-2331  
Petaluma, CA 94954  
800-995-2705 Fax (856) 241-9420

## **Whole Foods Favorites**

Pacific Brand Chocolate Low Fat and Fat Free Rice Milk  
Spectrum Naturals Canola Mayonnaise  
Double Rainbow Sorbets  
Howler Organic Sorbet  
Whole Foods Fresh Meat and Fish  
Yorkshire Farms Meats  
Applegate Farms Deli Meats  
Rocky the Free Range Chicken  
Pamela's Chunky Chocolate Chip Cookies  
Hol-Grain Brown Rice Crackers  
Envirokidz Koala Crisp, Gorilla Munch and Organic Peanut Butter Panda Puffs  
Westbrae Organic Beans and Organic Veggies  
Imagine Soups Organic Creamy Potato Leek, Organic Creamy Tomato  
DeBole's Rice Pasta (angel hair)  
Annie's Naturals Balsamic and Basil and Garlic with Extra Virgin Olive Oil Salad Dressings  
Arrowhead Mills Wheat Free Brownie Mix  
Arrowhead Mills Wheat Free Chocolate Chip Cookie Mix  
Arrowhead Mills Gluten Free Pancake and Waffle Mix, Rise and Shine Hot Cereal  
Feather Weight Baking Powder  
Ah! Laska Organic Coco Mix and Chocolate Sauce  
Bob's Red Mill Arrowroot Starch, Brown Rice Flour and Potato Flour,  
Bob's Red Mill Potato Starch and Sweet White Rice flour,  
Bob's Red Mill Tapioca Flour, White Rice Flour and Xanthan Gum  
EnerG Rice Mix, Tapioca flour, Egg Replacer, Brown Rice Flour, Potato Flour,  
White Rice Flour  
Natural Highlights Brown Rice Pizza Crust  
Gluten Free Pantry Muffins and Scones  
Gluten Free Pantry Pancakes  
Glutano Ginger Cookies  
Whole Foods Organic Kids Pasta Sauce  
Peanut Butter-made right before your eyes

## Whole Foods List

### Baking Products

The Hain Food Group

Feather Weight Baking Powder

Ah! Laska Products

Organic Non-Dairy Chocolate Syrup

Bob's Red Mill Products

Amaranth flour and grain

Arrowroot Starch

Black Bean Flour

Brown Rice Flour

Buckwheat Flour

Buckwheat Kernels (Roasted Kasha)

Cornstarch

Fava Bean Flour

Flax Seed Meal

Flax Seed Meal-golden

Flax Seeds

Flax Seeds-Golden

Garbanzo Bean Flour

Millet Flour

Millet Grits

Organic Quinoa Flour

Potato Flour

Potato Starch

Sweet White Rice flour

Tapioca Flour

Teff Flour

White Bean Flour

White Rice Flour

Xanthan Gum

Yeast

Ener-G

Rice Mix

Pure Potato Flour

Rice Bran

Rice Polish

Tapioca flour

Egg Replacer

Brown Rice Flour

White Rice Flour

Arrowhead Mills Inc.

Wheat Free Brownie Mix-soy lecitin

Wheat Free Chocolate Chip Cookie Mix-soy lecitin

All Purpose Baking Mix

Hi-lysine Cornmeal

- Blue Cornmeal
- Buckwheat
- Gluten Free Pancake and Waffle Mix
- Rise and Shine Hot Cereal
- Fearn Natural Foods
  - Rice Flour
  - Rice Baking Mix
- Sylvan Border Farms-uses soy flour and corn flour
- Gluten-Free Pantry
  - Pancakes
  - Muffins and Scones
  - Sandwich Bread
  - French Bread and Pizza Crusts
  - Pie Crusts
- Pamela's Products
  - Pancake and Baking Mix
  - Ultra Chocolate Brownie Mix [www.sylvanborderfarm.com](http://www.sylvanborderfarm.com)
- Authentic Foods
  - Xanthan Gum
  - Guar Gum
  - Vanilla Powder
- Rumford
  - Baking Powder
- Red Star
  - Rapid Rise and Active Dry Yeast
- Fleischmann's
  - Rapid Rise and Active Dry Yeast
- Lundberg Family Farms
  - Brown Rice Syrup (ONLY AS MARKED GLUTEN FREE)

**Condiments**

- Westbrae
  - Fruit Sweetened Ketchup

**Oils**

- Spectrum Naturals
  - All Oils
- Walnut Acres
  - All Oils

**Salad Dressings**

- Annie's Naturals
  - Balsamic
  - Basil and garlic with Extra Virgin Olive Oil
  - Black Olives and Truffles with Extra Virgin Olive Oil
  - Oil

Cilantro and Lime  
French  
Low Fat Honey Mustard  
Low Fat Raspberry  
Organic Horseradish and Echinacea  
Organic Sesame ginger with Chamomile  
Roasted Red Pepper  
Smokey Tomato and Porcini  
Yellow Peppers and Sun-dried Tomatoes with Extra Virgin Olive Oil

## **Soups**

Amy's Kitchen

Lentil Soup  
Split Pea Soup  
Black Bean Vegetable Soup  
Vegetable Broth

\*Not all Amy's Kitchen items that are listed dairy free are free of casein.  
Anything that contains soy cheese has casein in it.

Healthy Valley

Split Pea  
Veggie  
Lentil  
Tomato  
Black Bean  
Chicken and Rice  
\*Soy free as well

Westbrae

\*All soups gluten free except French County Onion, Unbeef Broth, and Wellington Unbeef Broth.

Pacific Brand

Organic Vegetable Broth  
Organic Mushroom  
\*Both gluten, dairy, corn and egg free

**\*Organic Chicken Broth is not okay contains dairy and gluten.**

Imagine Soups

Organic Creamy butternut Squash-soy  
Organic Creamy Potato Leek  
Organic Creamy Tomato  
Organic No-Chicken Broth  
Organic Vegetable Broth

## **Canned Beans and Chili's**

Amy's Kitchen

Spicy Chili  
Medium Chili with Vegetables  
Medium Chili

Black Bean Chili  
Vegetarian Baked Beans  
Healthy Valley  
Mild Chili  
Mild Chili no salt  
Spicy Chili  
Spicy chili no salt  
Lentil  
Lentil no salt  
Westbrae  
Organic Beans  
Organic Veggies  
\*All except soup beans are free of gluten and dairy  
Muir Glen  
Diced tomatoes

### **Pasta Sauces**

Annie's Naturals  
Roasted Veggie  
Walnut Acres  
Tomato and Basil  
Marinara and Herbs  
Garlic-Garlic  
Roasted Garlic  
Muir Glen  
Fire Roasted Sauce  
Organic Pasta Sauces  
\*Will list top 8 allergens and gluten if in product and does not disguise ingredients  
Amy's Kitchen  
Tomato Basil Sauce  
Family Marinara Pasta Sauce  
Wild Mushroom Pasta Sauce  
Low Sodium Marinara Pasta Sauce  
Pomodoro Zucca Pasta Sauce

### **Pasta**

DeBole's  
Rice Pasta (spaghetti, angel hair, fettuccini, penne)  
Lundberg Family Farms  
Brown Rice Spaghetti  
Papadini Hi-Protein Pure Lentil Bean Pasta  
Orgran 100% Buckwheat Pasta  
Tinkynda Rice Pasta  
Ener-G Foods  
Rice Lasagne  
Thai Kitchen

Pad Thai Noodles

**Rice**

Casbah  
Nuttled Pilaf  
Spanish Pilaf  
Lentil Pilaf  
Fantastic Foods  
Jasmine Rice  
Arbono Rice  
Lundberg Family Farms  
Tomato Basil Risotto  
Thai Kitchen  
Green Curry

**Breads**

Food for Life  
Rice/Pecan Bread  
Rice/Almond Bread  
White rice Bread  
Brown Rice Bread  
\*Will have a broader selection in about 1 month

**Cereals**

Arrowhead Mills  
Sweetened Rice Flakes  
Barbara's  
Corn Flakes  
Envirokidz  
Koala Crisp  
Gorilla Munch  
Organic Peanut Butter Panda Puffs  
Organic Whole grain Crispy Rice Corn Flakes  
\*may have traces of soy

**Crackers and Chips**

Boulder Potato Co  
Potato chips  
Edward and Sons  
Brown Rice Snaps  
Onion Garlic  
Toasted Onion  
Unsalted Plain  
Unsalted Sesame

**Hain**

Mini Rice Cakes  
Plain

Apple Cinnamon  
Popcorn

Healthy Valley

Rice Bran Crackers

Ho-Grain

Salted and Salt-free Brown Rice Crackers

Lundberg Family Farms

Rice Cakes

Brown Rice

Wild Rice

Mocha Rice

Popcorn with Rice

Westbrae

Natural Organic Potato Chips

Robscape

Dude's chips

American Buds

Potato Flyers-corn

Veggie chips

Tings

\*Soy free as well

## **Desserts**

Lundber Family Farms

Elegant Rice Puddings

Pamela's Cookies

Chunky Chocolate chip Cookies-has soy lecithin

Chocolate Chip Walnut Cookies-has soy lecithin

Ginger cookies-soy free

Peanut Butter cookies-soy free

Ultra Chocolate Brownie Mix-has soy lecithin

Glutano

Ginger cookies

Apricot Biscuits

## **Frozen Food**

Amy's Kitchen

Black Bean Vegetable Enchilada-soy

Asian Noodle Stir Fry-soy

Thai Stir Fry-soy

Family Size Black Bean Veggie Enchilada

Teriyaki Stir-Fry-soy

Black Bean Enchilada Whole Meal

Shepherd's Pie

Mexican Tamale Pie

Brown Rice & Vegetables Bowl-soy

Teriyaki Bowl-soy

\*Not all Amy's Kitchen items that are listed dairy free are free of casein.  
Anything that contains soy cheese has casein in it.

Double Rainbow

All sorbets are dairy and gluten free but all contain corn syrup.

Howler Organic Sorbet

All sorbets are gluten, corn, soy and dairy free.

Not guaranteed because it is produced on same line as dairy.

Van's

Van's Wheat Free Waffles-soy flour

Waffles Heaven

Gluten Free Waffles

Cascadian Farms

Frozen veggies gluten free.

Will always list gluten as an ingredient.

Working on changing labeling to list all 8 allergens and gluten sensitivity.

Natural highlights

Brown Rice Pizza Crust

## **Meats**

Petaluma Poultry

Rocky the Free Range Chicken

Rocky Jr. the Frying Chicken

Rosie Organic Chicken

\*no antibiotics, roam free, humane treatment and ranchers use sustainable farming methods

Applegate Farms

Deli Meats

Sausages all gluten and casein free except Spinach and Feta

\*Will always list all ingredients

\*All Meat Products are gluten free except chicken nuggets and their pot pies.

\*no antibiotics, no growth hormones, certified organic grass and feed, no nitrates or nitrites, no artificial preservatives or coloring agents.

Whole Foods

All Meats and Chicken is hormone and antibiotic free and some meats and chicken are certified organically fed.

Shelton

Frozen Turkey and chicken Hot Dogs

Coleman Hot dogs-gluten, casein and soy free. No nitrates or nitrites added.

## **Drinks**

### Pacific Brand

Plain Low Fat and Fat Free

Vanilla Low Fat and Fat Free

Chocolate Low Fat and Fat Free

\*Soy free as well

### Westbrae

Plain

Vanilla

\*soy free as well

### Whole Foods

Vanilla Rice Milk

### Healthy Valley

Old Fashioned Root Beer

Sarsaparilla Root Beer

Ginger Ale

### R.J. Knudson

Fruit Juices

Fruit Spritzers

## **Whole Foods Private labels**

### **Whole Kids Organic**

- Apple Juice
- Fruit Spreads
- Honey
- Hot Chocolate Mix
- Juice Boxes
- Pasta Sauce
- Peanut Butter
- Raisins

### **Whole Foods**

- Bagged Tea
- Beans in Glass
- Bread Dipping Oil
- Fire Roasted Salsa
- Fruit Essence
- Honey
- Italian-style Pasta Sauce
- Jam
- Juices
- Maple Syrup
- Mayonnaise
- Organic Apple Juice
- Organic Applesauce
- Organic Balsamic Vinegar
- Organic Mustard
- Organic Olive Oil
- Organic Olives
- Organic Roasted Red Piquillo Peppers
- Organic Tomatoes in Glass
- Sparkling Cider
- Vinegar

### **365 Products**

- 365 Arborio Rice
- 365 Balsamic Vinegar
- 365 black, garbanzo, kidney and pinto beans
- 365 Body Care Products (Shampoo, Conditioner, Body Lotion, shower Gel)
- 365 Canola Oil
- 365 Chicken Taquitos
- 365 Chocolate Chips-soy lecithin
- 365 Crinkle Cut French Fried Potatoes and Tater Puffs
- 365 Frozen Vegetables

365 Frozen Fruits  
365 Frozen Fruit Bars  
365 Frozen Orange Juice  
365 Fruit Spread  
365 Garden Vegetable Medley Juice  
365 Honey Frosted Flakes  
365 Jellied Cranberry Sauce  
365 Olive Oil, Italian Extra Virgin  
365 NFC Orange Juice  
365 Peanut Butter  
365 rice Beverage and Original and Vanilla 1 LT  
365 Tomato, split pea and three bean chili and corn chowder  
365 Sparkling Water  
365 Spring Water  
365 soft Drinks  
365 tomatoes, canned  
365 Veggie Chips

## Whole Foods Manufacturer Contact Listing

Ah! Laska Products  
P.O.Box 940 Homer  
Alaska, 99603  
Organic coco Mix-non-dairy

Annie's Naturals  
[www.anniesnaturals.com](http://www.anniesnaturals.com)  
800-434-1234  
Salad dressings  
Website information

Amy's Soup  
Amy's Kitchen  
P.O Box 449  
Petaluma, CA 94953  
[www.amyskitchen.com](http://www.amyskitchen.com)

Applegate  
10 County Line Rd. #22  
Branchburg, NJ 08876  
866 587 5858  
<http://www.applegatefarms.com/>  
Gluten and Casein free  
Nitrites and Nitrates free

Arrowhead Mills Inc.  
Box 2059  
Hereford, TX 79045  
Contact: Boyd Foster  
Telephone: (806) 364-0730  
800-749-0730  
Products: Flours & Natural Foods

Authentic Foods  
<http://www.authenticfoods.com/>  
Our address: 1850 W. 169th St. Suite B  
Gardena, California 90247  
Tel: 310-366-7612 Fax: 310-366-6938  
Email: [sales@authenticfoods.com](mailto:sales@authenticfoods.com)

Barbara's  
[http://www.barbarasbakery.com/contact\\_us/index.html](http://www.barbarasbakery.com/contact_us/index.html)  
3900 Cypress Drive  
Petaluma, California 94954  
www.barbarasbakery.com

Bob's Red Mill Products  
Tested gluten free  
www.bobsredmill.com  
Flours and baking products

Boulder Potato Company  
Owned by Poore Brothers Company  
<http://www.poorebrothers.com/index.shtml>  
(800) 279-2250 ext. 128.

Burt's Bee's  
Mailing Address:  
P.O. Box 13489  
Durham, NC 27709  
Toll Free Phone (800) 849-7112  
Some products are okay  
Some products are not  
Do have a gluten free list that you can request.

Casbah  
800-434-4246  
Rice gluten free

Cascadian Farms  
800-624-4123  
www.cfarm.com  
800-624-4123  
5:30 am to 3:30 pm  
Mon-Friday  
Consumer Services  
Small Planet Foods  
719 Metcalf Street  
Sedro-Woodley, WA 98284-1456  
Frozen veggies  
\*will always list gluten as ingredient so if it is not listed it is safe  
Working on listing all top 8 allergens on product but not there yet.

California Baby  
877-576-2825  
[www.californiababy.com](http://www.californiababy.com)  
Great Shampoos and conditioners  
Bath products and skin care.  
All gluten, casein and soy free  
Many acceptable on the Feingold Program

Celestial Seasonings  
1-800-351-8175  
Herb Teas

Coleman  
[www.colemannatural.com](http://www.colemannatural.com)  
1-800-442-8666  
Denver, CO

De Boles Rice Fettuccini  
Angel Hair Pasta  
800-749-0730  
Gluten, egg, soy and casein free

Diestel Family Turkey Ranch  
209-532-4950  
FAX: 209-532-5059  
P.O. Box 576 Sonora, CA 95370  
22200 Lyons Bald Mountain Road, Sonora, CA 95370  
[info@diestelturkey.com](mailto:info@diestelturkey.com)

Double Rainbow  
Double Rainbow® Gourmet Ice Creams, Inc.  
275 South Van Ness Avenue  
San Francisco, CA 94103  
Telephone: 415-861-5858  
Toll Free: 800-489-3580  
Facsimile: 415-861-5872  
800-489-3580

Edwards and Sons  
Product of Japan  
Guaranteed gluten Free  
Brown Rice Snaps  
Brown Rice toasted Onion Snaps  
Brown Rice Onion and Garlic Snaps

EnerG  
800 331 5222  
All gluten and casein free  
Rice Mix, Tapioca flour, Egg Replacer

Envirokidz  
www.envirokidz.com  
Natural's Path Foods  
consumerservices@naturalspath.com  
Koala Crisp  
Gorilla Munch  
Organic Peanut butter Panda Puffs  
Organic Whole Grain Crispy rice corn Flakes  
\*traces of soy and has corn in most of them.

Fantastic Foods  
<http://www.fantasticfoods.com/>  
Fantastic Foods  
580 Gateway Drive  
Napa, CA 94558  
(800) 288-1089  
askus@fantasticfoods.com

Feather Weight Baking Powder  
The Hain Food Group  
States gluten free on bottle

Fleischmann's-see regular grocery manufacturer list

FOOD FOR LIFE BAKERY  
Phone:  
1-800-797-5090  
www.food-for-life.com  
www.glutenfreemall.com (online shopping)  
E-mail:  
info@food-for-life.com

Glutano LTD  
Located in UK  
[www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk)  
[info@glutenfree-foods.co.uk](mailto:info@glutenfree-foods.co.uk)  
State on products that they are gluten free  
Many contain corn  
Some contain casein.  
Website lists all ingredients for all products.

Gluten-Free Pantry  
<http://www.glutenfree.com/>  
Inquiries & Customer Service  
(860) 633-3826  
The Gluten-Free Pantry  
P.O. Box 840  
Glastonbury, CT 06033

The Hain Celestial Group  
Westbrae Consumer Affairs  
734 Franklin Ave, # 444  
Garden City, NY 11530  
Or call us at:  
1-800-434-4246

Healthy Valley  
The Hain Celestial Group  
800-423-4846

HOL Grain Cracker  
[www.holgrain.com](http://www.holgrain.com)  
Conrad Rice Mill  
PO Box 10640  
New Iberia, LA  
70562-0640 USA  
Phone: 337-364-7242  
Fax: 337-365-5806

Howler Organic Sorbet  
2211 Quesada Avenue  
San Francisco, CA 94124  
Monkey@Howler.com  
[www.howler.com](http://www.howler.com)  
1/800-Howlers  
Toll Free in the United States: 800-551-3245

Imagine foods, Inc.  
[Info@imaginefoods.com](mailto:Info@imaginefoods.com)  
Imagine Foods, Inc.  
1245 San Carlos Ave.  
San Carlos, CA 94070  
(650) 595-6300

Kettle Chips

www.kettlefoods.com

info@Kettlefoods.com

Kettle Foods

P.O. Box 664

Salem, OR 97308-0664

Telephone: 503-364-0399

Fax: 503-371-0882

Soy and Corn Free

Will not guarantee gluten free

Tortilla Chips are not Gluten Free

Some flavors of chips have seasonings that are not gluten free.

Do to cross contamination they are not considered gluten free.

Mark does not react to the plain Kettle potato chips.

Lundber Family Farms

5370 Church Street,

Post Office Box 369,

Richvale, CA 95974-0369

Phone (530) 882-4551 ---

Fax (530) 882-4500

Richvale, GA

Quick Brown Rice, Elegant Rice Pudding and Rice cakes

All rice cakes and puddings are gluten free. All quick brown rice except the wild mushroom flavor is gluten free

Muir Glen

800-832-6345

www.muirglen.com

Do not disguise ingredients

Will list top 8 allergens and gluten if in product

Orgran

<http://www.orgran.com/>

<http://www.orgran.com/testframe.html>

Orgran 100% Buckwheat Pasta

OroWest Foods

P.O. Box 50301

Eugene, OR 97405

Pacific Rice Milk and Soups

503-692-9666

<http://www.pacificfoods.com/>

19480 SW 97th Avenue

Tualatin, Oregon 97062

503/692-9666 - phone

503/692-9610 - fax

[pfo@pacificfoods.com](mailto:pfo@pacificfoods.com)

Rice Milks are Gluten and Casein Free

The Mushroom and Vegetable Broths are Gluten and Casein Free

The Chicken Broth is not Gluten or Casein Free

Pamela's Cookies

335 Allerton Ave.

South San Francisco, CA 94080

Phone 650-952-4546

Fax 650-742-6643

[info@pamelasproducts.com](mailto:info@pamelasproducts.com)

Papadini Hi-Protein Pure Lentil Bean Pasta

<http://www.papadini.com/joinus.htm>

[info@adriennes.com](mailto:info@adriennes.com)

Petaluma Poultry

[www.healthychickenchoices.com/products/index.html](http://www.healthychickenchoices.com/products/index.html)

Rocky, Rocky Jr. and Rosie

Antibiotic free, no animal by-products feed only vegetarian

Red Star-see regular grocery manufacturer list

Rumford-see regular grocery manufacturer list.

R.W. Knudsen

530-899-5010

Fruit Juices

Spectrum Naturals Canola Mayonnaise

Petaluma, CA 94954

800-995-2705

Soy, gluten, casein free

Lite has casein

Organic has Soy

SYLVAN BORDER FARMS  
Mendocino Gluten-Free Products Inc.  
DBA: Sylvan Border Farm  
P.O. Box 277  
Willits, CA 95490-0277  
1-800-297-5399  
www.sylvanborderfarm.com  
E-mail: sylvanfarm@pacific.net

Tamari Wheat Free Soy Sauce  
800-446-5500  
Not Gluten Free

Terra Chips. Inc.  
800-434-4246

Thai Kitchen  
<http://www.thaikitchen.com/thaihome.html>  
(800) 967-THAI or 510-268-0209 ext. 103  
email us at info@thaikitchen.com

Tinkyada Rice Pasta  
Food Directions Inc  
<http://www.tinkyada.com/>  
120 Melford Drive, Unit 8  
Scarborough, Ontario Canada M1B 2X5  
Tel: 416-609-0016 Fax: 416-609-1316  
Gluten, egg, soy and casein free

Tom's Of Maine  
Shampoo, toothpaste,  
Deodorant, Mouth Wash  
<http://www.tomsomaine.com>  
Tom's of Maine  
Consumer Dialogue Department  
P.O. Box 710  
Kennebunk, ME 04043  
800-FOR-TOMS (800-367-8667)

All of our natural care products are gluten free. Our natural flavor oils are steam distilled and not grain distilled. Our products are alcohol free, and they do not contain soy, casein or caseinate, MSG, wheat, oats, barley, rye, malt, spelt, kamut, HPP or HVP. We do not use flour of any kind in our manufacturing process for conveyor belts or for any other purpose. Our containers are not dusted with flour before filling. We hope that this provides you with the information you need to make a healthy choice. For more information, check the gluten dietary fact sheet.

Van's Wheat Free Waffles  
310-320-8611  
[www.vansinti.com](http://www.vansinti.com)  
Soy flour

Robscape.com  
P.O. Box 326  
Sea Cliff, New York, 11579  
Phone: (516)656-4545  
Fax: (516)759-2713  
[info@robscape.com](mailto:info@robscape.com)

Waffle Heaven  
[orowest@cybermesa.com](mailto:orowest@cybermesa.com)

Walnut Acres  
866-492-5688  
[www.walnutacres.com](http://www.walnutacres.com)  
Certified organic Pasta Sauces

Whole Foods Market, Inc.  
Research and Support Team  
601 N. Lamar Suite 300  
Austin, Texas 78703  
Corporate office phone: (512) 477-4455  
[www.wholefoods.com](http://www.wholefoods.com)

Yorkshire Farms, Inc.  
Swedesboro, NJ  
Local (856) 467-2331  
Toll Free (877) 467-2331  
Petaluma, CA 94954  
800-995-2705 Fax (856) 241-9420

## **Trader Joe's**

Trader Joe's Chicken Broth  
Trader Joe's Instant Mashed Potatoes  
Trader Joes Corn Tortillas  
Double Rainbow Sorbet Vanilla  
Trader Joe's Sweet Potato French Fries  
Trader Joe's Wheat Free Gluten Free Waffles  
Trader Joe's Herb Roasted Potatoes  
Basmati rice  
Jasmine Rice  
Trader Joe's Olive Oil  
Trader Joes Peanut Butter  
Trader Joe's Tuscan Marinara Sauce  
Trader Joe's Canned Salmon  
Trader Joe's Capers  
Trader Joe's Cashew Butter  
Trader Joe's Chunky tomato Mushroom Marinara  
Cookbook Vanilla  
Trader Joe's Dijon Mustard  
Honey  
All Maple Syrups  
Organic Nuts  
Frozen Chicken

## **Trader Joes**

### **Beverages**

- Fresh Grapefruit Juice
- Fresh Orange Juice
- 100% Cranberry Juice
- Lakewood Organic Juices
  - Apple
  - Cranberry Lemonade
  - Concord Grape
  - Carrot Orange
  - Pineapple
  - White Grape
- Hansen's Soda
- Reed's Brew
- San Pellergrino Sparkling Mineral Water
- Fiji Natural Artesian Water
- Crystal Geyser Juice Squeeze

### **Cereal**

- Gorilla Munch
- Panda Puffs
- Koala Crisps

### **Dried Fruits and Nuts**

- Raw and Roasted Nuts
- Stretch island 100% Fruit Snack, Apricot
- Stretch Island 100% Fruit Snack Berry Blackberry
- Stretch Island 100% Fruit Snack Great Grape
- Stretch Island 100% Fruit Snack Rare Raspberry
- \*Stretch Island Tropical, Cherry and Strawberry Flavors are NOT Gluten Free.
- All Dried Fruit (Date pieces excluded)
- Diced Fruit Medley
- Most of the trail mixes have chocolate in them and can contain casein and soy.

### **Meats**

- Cantella's Turkey Hot Dogs
- Niman Ranch Sweet Italian Sausage
- Niman Ranch Bacon
- Columbus Deli Meats
  - 98% Fat Free Smoked Maple Turkey Breast
  - Honey Cured Turkey Breast
  - Roasted turkey breast
  - Black forest turkey Breast

Napa Valley Gourmet Sausage  
Chicken Italian  
Chicken turkey  
Smoked Chicken and Apple

**Meats Continued**

Trader Joes Chicken Breakfast Sausage  
Trader Joes Just Chicken Plain  
Trader Joes Just Salmon Plain  
All frozen plain seafood and chicken  
All fresh plain meat, chicken and fish

**Frozen**

All plain frozen veggies and fruit are gluten free.  
Biryani Curried Rice Medley  
Chinese Vegetable Stir Fry  
Concentrates (Lemonade, Orange & Cranberry)  
Double Rainbow Sorbet, Vanilla\*\*  
Double Rainbow Sorbet, chocolate  
Pacific Northwest Crinkle Wedges  
Herb Roasted Potatoes or Potato Medley  
Nasi Goreng Rice Medley  
Organic Frozen French Fries  
Sweet Potato French Fries  
Wheat Free Gluten Free Waffles-does have soy  
Lamb Chops  
Fruit Floes Pineapple Passion  
Fruit Floes Strawberry

**Baking Supplies**

100% Canola Oil  
100% Canola Spray  
Extra Virgin Italian Olive Oil Spray  
Florida Crystals Natural Milled Cane Sugar  
Light Coconut Milk  
Wholesome Foods Organic Sugar  
Olive and Canola Oils, Sprays  
Natural Spectrum Shortening  
Clarified Butter

**Sauces and Spreads**

Muffaletta Olive Spread  
Olive Oil or Pesto  
Organic Tomato Basil Marinara  
Peanut Butter

Red Pepper Dip  
Roasted Garlic Spaghetti Sauce  
Roasted Red Pepper Marinara  
Spagh Sauce w/ Mushrm, Peppers  
Stuffed Olives\*  
Marinara Sauce  
Organic Spagetti with Mushroom  
Sundried Tomatoes in Oil  
Sun Dried Yellow Tomatoes  
Tangy Lemon Sauce with Vegetables  
Tuscan Marinara Sauce  
Apple Cider Vinegar  
Apple Sauces (All Flavors)  
Balsamic Vinegars (Gold Quality & Plain)  
California Black Olives  
Capers  
Cashew Butter  
Chunky Tomato Mushroom Marinara  
Classic Vinaigrette  
Cookbook Vanilla  
Cranberry Chutney  
Crushed Garlic  
Dijon Mustard  
Honey  
Ketchup\*  
Maple Syrups (All)  
Marinara Sauce  
Almond Butter  
Annie's Raspberry Lowfat Dressing  
Annie's Tuscany Italian Dressing  
Annie's Organic Red Wine Vinaigrette  
Preserves Made With Fresh Fruit  
100% Spreadable Fruit

### **Soups**

Imagine Creamy Tomato  
Imagine Potato Leek soup  
Kitchen Basics Organic Vegetable Broth  
Trader Joes Organic Chicken Broth  
Pacific Foods Organic Vegetable Broth  
**Pacific Foods Organic Chicken Broth is NOT GLUTEN FREE**  
Annie's Chung's Ginger Chicken Soup

### **Canned Fruit, Veggies and Beans.**

All Natural 100% Hawaiiin Pinapple Chunks  
Apple Apricot Sauce

Apple Raspberry Sauce  
Organic Unsweetened Apple Sauce  
Black Beans  
Organic Pinto, Garbonzo, and Kidney Beans  
Fire Roasted Red Peppers  
Hearts of Palm  
Nonpareilla Capers  
Whole Kernel Corn  
Artichoke hearts in Water  
Colossal Olives Stuffed with Garlic Cloves  
Beef chili with Beans  
Black Bean Chili  
Tuna is casein free but has mercury.

### **Grains and Starches**

Instant Mashed Potatoes  
Arborio Rice  
Basmati Rice  
Basmati Rice Medley  
California Brown Aromatic Rice  
California Rice Trilogy  
Jasmine Rice  
Spanish Rice  
Wild & Basmati Rice Blend  
Wild Rice

### **Breads, Cookies and Bakery**

Corn Tortillas  
Food for Life Rice Almond Bread  
Food for Life Rice Pecan Bread  
Food for Life Rice Brown Bread

### **Snacks**

Corn Chips, Stone Ground  
Cosmic Potato Puffs-discontinued  
Gourmet White Popcorn  
Kettle Corn  
Savory Thins Crackers\*\*  
Terra Chips Original  
Tortilla Chips (Baked & Blue Corn, Spiced,  
White Corn & Puffed)

### **Household Cleaning Products**

Soapworks Laundry detergent  
Soapworks Non-Chlorine Oxygen Bleach  
Soapworks All-Purpose Cleaner

## Trader Joes

Annie's Naturals  
www.anniesnaturals.com  
800-434-1234  
Salad dressings  
Website information

Cantella's  
Turkey Hot dogs  
800-727-2676

Crystal Geyser  
501 Washington Street, Calistoga CA 94515  
Telephone: (707) 942-0500 • FAX: (707) 942-0647  
Consumer Services:  
1-800-4-GEYSER or 1-800-443-9737  
Consumer Inquiries: [cgwconsumers@cgw.oapi.com](mailto:cgwconsumers@cgw.oapi.com)

Columbus Distributing  
30977 San Antonio St.  
Hayward California  
USA 94544  
Tel: 510 429-6860  
Fax: 650 637-8313  
Edgard (quality assurance) 650-745-2366

Double Rainbow  
Double Rainbow® Gourmet Ice Creams, Inc.  
275 South Van Ness Avenue  
San Francisco, CA 94103  
Telephone: 415-861-5858  
Toll Free: 800-489-3580  
Facsimile: 415-861-5872  
800-489-3580

Envirokidz  
www.envirokidz.com  
Natural's Path Foods  
consumerservices@naturalspath.com  
Koala Crisp  
Gorilla Munch  
Organic Peanut butter Panda Puffs  
Organic Whole Grain Crispy rice corn Flakes  
\*traces of soy

Gerhard's Napa Valley Sausage is located at:  
910 Enterprise Way  
Napa, California 94558  
Phone: (707) 252-4116  
Fax: (707) 252-0879  
Email: [gnvs@jps.net](mailto:gnvs@jps.net)

Hansen's  
Hansen Beverage Company  
1010 Railroad St.  
Corona, CA 92882  
1-800-HANSENS (1-800-426-7367)

Imagine foods, Inc.  
[Info@imaginefoods.com](mailto:Info@imaginefoods.com)  
Imagine Foods, Inc.  
1245 San Carlos Ave.  
San Carlos, CA 94070  
(650) 595-6300

KISS MY FACE  
P.O. BOX 224,  
GARDINER, NY 12525  
PH (845) 255-0884  
FAX (845) 255-4312

Lakewood Organic Juices  
[info@floridabottling.com](mailto:info@floridabottling.com)  
(305) 324-5900

Niman Ranch  
510-808-0340 from 7am to 5pm PST.  
1025 East 12th Street  
Oakland, CA 94606

Papa Cantella's Incorporated  
2900 E 44<sup>th</sup> Street  
Vernon, CA 90058  
800-727-2676  
[customerservice@papacantella.com](mailto:customerservice@papacantella.com)

Reed's, Inc.  
13000 South Spring St.  
Los Angeles, CA 90061  
<http://www.reedsgingerbrew.com/info/info.asp>  
1-800-99REEDS  
1-800-997-3337  
310-217-9400  
fax: 310-217-9411

Soapworks  
Natural, Nontoxic, and  
Hypoallergenic Soap Products  
1-800-987-6564  
[productinfo@soapworks.com](mailto:productinfo@soapworks.com)

Terra Chips. Inc.  
800-434-4246  
The Hain Celestial Group

Veggie Booty  
Robscape.com  
P.O. Box 326  
Sea Cliff, New York, 11579  
Phone: (516)656-4545  
Fax: (516)759-2713  
[info@robscape.com](mailto:info@robscape.com)

Most of Trader Joes foods are sold under their label. You can contact a customer service representative at:

Trader Joe's Company  
800 S. Shamrock Avenue  
Monrovia, CA 91016-6346  
626-599-3817  
626-599-3768

Trader Joes is in the process of having all their suppliers provide a list of all 8 allergens and what products they are in. As they get this information it will be reflected in the labeling and their goal is to have all 8 allergens that may be present in any food they sell listed on the ingredients.

## **Our Regular Grocery Store Favorites**

Capri Sun  
Lays Potato Chips  
Fleischmann's Unsalted Soft Margarine  
Red Star Yeast  
McCormick Spices  
Domino Sugar  
Heinz Ketchup  
French's Mustard  
Vlasic Pickles  
Smucker's Jams & Jellies and Preserves  
Pace Picante Sauce  
Whole Fruit Sorbet  
Ore Ida Shoestring French Fries  
Manischewitz Potato Pancakes  
C & W Frozen Veggies

## Regular Grocery Store Products

### Beverages

Coke

Pepsi

Dr. Pepper and 7 Up

Ocean Spray Juice

Cranberry Juice Cocktail gluten free

Cranberry Sauces are gluten free

All juices that have natural flavors on the package could have gluten in them. They may have an alcohol base that should disappear after pasteurization however they can not guarantee gluten free due to this if you are sensitive you should avoid all juices that have natural flavors on the packaging

Capri Coolers

Reeds

Minutemaids Orange Juices

Lemonades are gluten and casein free but contain corn.

### Baking Supplies

Calumet Baking Powder

Rumford Baking Powder

Crisco –soy/corn

Mazola No Stick-soy lecithin

Mazola Pro Chef cooking sprays-soy lecithin.

Mazola Corn Oil

Fleischmann's Unsalted Soft Margarine

Fleischmann's Yeast

Red Star Yeast

McCormick Spices

\*single ingredient spices are gluten free.

Spice Island-single and blend spices gluten free but packaged blends like taco seasonings are not.

Duncan Hines Homestyle Frostings-soy

**Possible cross contamination run on a dairy line but is cleaned between batches**

Lemon, Dark Chocolate, Coconut Supreme

Domino Sugar

Granulated Light Brown Sugar

Golden Light Brown, Domino Brown Sugar

Domino Old Fashioned Dark Brown

Nestle' Chocolate Syrup 800-637-8536 (beverage department)

Does have soy lecithin

Hershey's Chocolate Syrup

C & H Sugar

Jello Cook and Serve Pudding-Chocolate

## **Condiments**

Best Foods Mayonnaise

Gluten free except bacon and tomato twist

Hellmann's Mayonnaise

Hellmann's Mayonnaise is gluten free. The salad dressings are gluten free but not dairy free.

Kraft Regular Mayonnaise-soy

Kraft Regular Miracle Whip -soy

Del Monte Ketchup

Heinz Ketchup

Heinz Wine Vinegar

Heinz Distilled White Vinegar

Heinz Apple Cider Vinegar

**\*Please note that Apple Cider Flavored Vinegar is not gluten-free.**

Tabasco

French's Mustard

Vlasic Pickles

Sweet versions use corn syrup

Vlasic Relishes

Vlasic Peppers

Jet Puffed Marshmallow Cream-corn

Jiff Chocolate Silk Sensations

Skippy Peanut Butter

Welch's Jelly Products are all gluten free except Fruit First.

Smucker's Jams & Jellies and Preserves

Pace Picante Sauce

## **Sauces**

Hunt's Tomato Paste

Hunts Tomato Sauce (no cheese)

**\*Except for dice tomatoes with the diced green chilies**

**\*Ketchup is not gluten free.**

Classico Pasta Sauces (no cheese)

\*all are gluten free however you must read to make sure that there is no dairy or casein.

Tomato and Basil

Mushroom and Ripe Olive

Sweet Basil Marinara

Portobello Mushroom

Fire-Roasted Tomato & Garlic

Spicy Red Pepper

Ragu sauces (no cheese)

Garden Combination Pasta Sauce

Mushroom & Green Pepper Pasta Sauce

Roasted Red Pepper & Onion Pasta Sauce

Sundried Tomato & Sweet Basil Pasta Sauce

7-Herb Tomato Pasta Sauce

\*Most have soy and corn oil in them.

\*Natural flavors do not include gluten. Always list top eight allergens on the label. Modified food starch source is always corn.

Five Brothers Fresh Tomato & Basil Pasta Sauce

Chance of cross contamination as use the same machines to make different flavors though they clean between batches. Bertolli is the new name of this product.

Eden Organic Pizza and Pasta Sauce-guaranteed wheat and casein free but can not guarantee gluten free so much use at your own risk.

### **Canned Goods**

Hormel Chili with beans (note: Chili no beans has oats)

Hormel Dinty Moore Beef Stew

Hormel Spam

\*There are a great deal of Hormel products that are gluten free but you must read label to ensure they are casein free and soy free. Website address for this info in other section.

Old El Paso Refried Beans

Del Monte Canned Fruit

### **Hot Dogs and Meat**

Hebrew National Brand Beef Products-Does contain hydrogen soy protein so they will not guarantee gluten free. Does not contain soy protein during Passover.

Oscar Mayer

Bacon

Oscar Mayer Hot Dogs

Ball Park Beef Franks-gluten, casein and soy free

**\*No Healthy choices Lunch Meats -milk protein as a binder in all lunch meats.**

Hillshire Farms Deli Select 800-328-2426

\*Ingredients such as wheat, milk and eggs are not used as flavorings and are not included in spice mixes

Butterball Turkeys-frozen 800-288-8372

No gluten in the basting material but gravy packet has gluten.

### **Snacks**

Lay's brand Potato Chips

Ruffles brand Potato Chips

Dole Fruit Bowls

Quaker Oats Lightly Salted Rice Cakes

Quaker Oats Carmel Corn Rice Cakes-corn

\*butter flavoring is not okay so the Butter Popped Corn Rice Cakes should be avoided.

Del Monte Fruit To Go

### **Freezer Section**

Whole Fruit Sorbet

\*All fruit bars and sorbets are gluten free and dairy free **except coconut**.

Dole Fruit Juice Bars

Nestlé's Ice Creamers

Ore Ida Shoestring French Fries

Green Giant Veggies

\*The plain frozen vegetables are gluten free and are quick frozen to keep from sticking together.

C & W Frozen Veggies

\*All plain frozen vegetables are gluten free and quick frozen to keep from sticking together. Will always list all ingredients.

### **Packages**

Uncle Ben's original rice

Uncle Ben's Original converted Brand rice

Uncle Ben's Instant Rice

Uncle Ben's Original Brown rice

Uncle Ben's boil In Bag Rice

Uncle Ben's Long Grain and Wild Rice-Do Not Use Seasoning packet

Uncle Ben's Arborio, Basmati, Jasmine Rice

Kraft Minute White rice

Manischewitz Potato Pancakes

Chicken Broth

Chicken Flavor Instant Mashed Potatoes

Condensed Clear Chicken soup

Dark Chocolate Coins

Mini Potato Knish Mix

Potato Pancake Mix

Sweet Mashed Potato Mix

\*all of these ingredients are soy, dairy and gluten free. In addition if any products say PAREVE the product will be dairy and meat free. If the package says kosher for Passover it will also be free of soy.

## **Baby Products**

Johnson and Johnson Baby Products

Bath Bath is gluten free.

Baby Head to Toe gluten free.

Baby Shampoo- Do not add gluten in our products. Can not guarantee that trace amounts in the product due to suppliers of raw materials

Baby Lotion-not dairy-. Do not add gluten in our products. Can not guarantee that trace amounts in the product due to suppliers of raw materials

Huggies Baby Wipes-all kinds are gluten, soy and casein free.

Playtex Baby Magic Products:

All are gluten and casein free.

Pedialyte-gluten, casein and soy free. **Bubblegum flavor has soy.** Dextrose from corn.

All Baby Care Plus-Do not test for gluten but will label if it has it in there. It is not labeled so should be fine.

Tender Harvest Organic Baby Food and Gerber Baby Food

\*most are gluten, casein and soy free. Will always list top eight allergens.

Usually use rice flour but a few products do have wheat flour and it is clearly marked on the label. All the rice cereals contain soy oil.

## **Personal Care Items**

Burt's Bees

Peppermint Shower Soap

Gardener's Soap

Hand Salve

\*List of gluten free products available.

Neutrogena

"Clean Balancing Shampoo

"Clean For Color, Color Descending Shampoo"

"Clean Shampoo

Conditioners are also gluten and casein free.

Pantene

Classic Clean 2 in 1

\*gluten not added to the product but can not guarantee that it is not an ingredient in one of the perfumes used and will not be listed if it is part of the perfume. Can not answer if casein free.

Mary Kay Sunscreen (gluten/casein free!)

Sensible Protection (SPF 15) 4.5 oz.

Intense Protection (SPF 20) 4.5 oz.

Ultimate Protection (SPF 30) 4.5 oz.

Camay-trace amounts of gluten could be in the fragrance of this soap.

Coast- trace amounts of gluten could be in the fragrance of this soap.

Dial-Dial Vitamins, Dial Aloe are both gluten and casein free.

Dove-regular white unscented bar is gluten and casein free, do not test products for gluten but will always list as an ingredient.

Ivory Soap-trace amounts of gluten could be in the fragrance of this soap.

Kiss My Face Products-Kiss My Face Products- All milk products are derived from soy.

All products are gluten free EXCEPT for sun care Oat Proteins, Honey and Calendula products, lip balms and lip repair, new Obsessively Organic line for wheat or oat, organic hair care line for wheat, Repair & Prevent (oat), Chinese Botanically Moisturizer and All Night Crème, Oat and Scrub Masque for cornmeal

### **Toothpaste**

Arm & Hammer Dental products gluten, casein, soy and corn free

Tom's of Maine toothpaste all products are gluten and casein free including all their toothpastes. Moisturizing soaps with vitamin E does have soy.

Mouthwash which has menthol is Brazilian corn mint so may have to avoid. Glycerin is made from palm oil does not come from corn but coconut

Crests Cavity Protection, Tarter Control Protection and Kid's Crest Sparkle Fun Flavor toothpaste is gluten, casein and soy free but does contain corn. Colgate-Colgate toothpaste-all are gluten and casein free but do have corn.

### **Household Cleaning Products (checked for gluten only)**

Tide Detergent

Cheer Powder

Cheer Liquid

Cheer Bleach Powder

Cheer Complete

Cheer Free Flowing

Cheer Free Liquid

Downy fabric softener

Downy wrinkle releaser

Bounce Dryer Sheets

## **Regular Grocery Store Contacts**

### **Beverages**

Coke (800) 438-2653

Pepsi (800) 433-2652

Dr. Pepper and 7 Up(800) 696-5891

Ocean Spray Juice 800-662-3263

[www.oceanspray.com](http://www.oceanspray.com)

Capri Coolers 800-227-7478

Reeds Original Beverage Corporation (800) 997-3337

Minutemaide Orange Juices-888.884.8952

### **Baking Supplies**

Calumet Baking Powder 1-800-543-5335

Rumford Baking Powder 1-800-835-2543

Crisco 1-800-543-7276

Mazola 1-800-338-8831; <http://www.mazola.com/contact.asp>

Fleischmann's Unsalted Soft Margarine 630-353-5200

Fleischmann's Yeast #1-800-777-4959

Red Star Yeast1-800-423-5422

McCormick Spices #1-800-632-5847

Spice Island 800-247-5251

Duncan Hines Homestyle frostings 1-800-362-9834

Domino's Sugar <http://www.dominosugar.com/info/contact.asp>

Nestle' Chocolate Syrup 800-637-8536 (beverage department)

#1-800-441-2525-main customer service line

Hershey's Chocolate Syrup 1-800-468-1714

\*Has a gluten free list that they will mail out to you.

Jello-Kraft 800-431-1001

### **Condiments**

Best Foods Mayonnaise (west coast) #800-338-8831

Hellmann's Mayonnaise

[http://www.mayo.com/faqs.asp#Mayo\\_Ingredients](http://www.mayo.com/faqs.asp#Mayo_Ingredients)

Kraft Regular Mayonnaise #1-800-431-1003

Kraft Regular Miracle Whip #1-800-431-1003

Del Monte Ketchup #1-800-543-3090

Heinz Ketchup #1-800-872-2229/800-255-5750

Tabasco 800-634-9599

French's Mustard 800-841-1256

Vlasic Pickles #1-800-421-3265

Jiff #1-800-283-8915

Jet Puffed marshmallow Cream 800-244-4596

Jiff Chocolate Silk Sensations 1-888-792-

Skippy Peanut Butter 1-800-338-8831/866-4skippy

<http://www.peanutbutter.com/faq.asp>

Welch's #1-800-340-6870

Smucker's Jams & Jellies 1-888- 550-9555

Pace Picante Sauce 800-433-PACE

### **Sauces**

Hunt's (Con Agra) [www.hunts.com](http://www.hunts.com) 1-800-858-6372

Classico Pasta Sauces 1-800-727-8260

<http://www.classico.com/faqs.asp>

Ragu sauces (no cheese) #1-800-328-7248

Five Brothers #1-800-328-7248.

Eden Organics 888-441-3336

### **Canned Goods**

Hormel Foods #1-800-523-4635

<http://www.hormel.com/Hormel/HOME.NSF/LUDocument/D0017?Open>

[Document](#)

Old El Paso Refried Beans 800-300-8664

Progresso Soup 800-200-9377

Del Monte-800-232-888

### **Hot Dogs and Meat**

Hebrew National Brand Beef Products [www.hebrewnational.com](http://www.hebrewnational.com) 1-800-683-6565

Oscar Mayer 800-222-2323

Healthy choices Lunch Meats 800-323-9980-milk protein as a binder in all lunch meats

Hillshire Farms Deli Select 800-328-2426

Butterball Turkeys-frozen 800-288-8372

### **Snacks**

Lay's brand Potato Chips-corn oil

Ruffles brand Potato Chips

Both owned by Frito-<http://www.fritolay.com/nutrition/glutefree.shtml>

\*Note that not all products on this list are appropriate as they have casein or soy.

Dole-800-232-8888

Quaker Oats 800-856-5781

Del Monte-800-543-3090

### **Freezer Section**

Whole Fruit Sorbet-Dreyers 877-437-3937

Dole Fruit Juice Bars 800-441-2525

Nestle's Ice Creamers 800-441-2525

Ore Ida 800-892-2401

Green Giant Veggies-Pillsbury Co 800-998-9996

C & W Frozen Veggies-800-cut-corn

**Packages**

Uncle Ben's

<http://www.unclebens.com/faq.asp>

Kraft Minute White rice

[www.kraftfoods.com](http://www.kraftfoods.com)

.Manischewitz

[www.Manischewitz.com](http://www.Manischewitz.com)

201 333 3700

**Baby Items**

Johnson and Johnson Baby Products

800-526-3967 [www.johnsonsbaby.com](http://www.johnsonsbaby.com)

Huggies 1-800-558-9177

Playtex (Baby Magic Products) 1-800-222-0453

Pedialyte-800-986-8441

All Baby Care Plus-800-598-5005

Tender Harvest and Gerber 800-4-GERBER

**Personal Care Products**

Burt's Bees 1-800-849-7112 [www.burtsbees.com](http://www.burtsbees.com)

Neutrogena - 1-800-582-4048

Pantene 800-945-7768

Mary Kay Sunscreen

[www.marykay.com](http://www.marykay.com)

**Bar Soaps**

Camay 1 800 543-7270

Coast 1-800-262-1637

Dial 1 800 528-0849

Dove 1-800-598-5005

Ivory Soap 1 800 543-7270

**Toothpaste**

Arm & Hammer Dental products 1-800-524-1328

Tom's of Maine toothpaste 1-800-775-2388

Crest (Procter & Gamble) 1-800-492-7378

Colgate-Palmolive 1-800-221-4607

**Household Cleaning Products**

Tide Detergent 1-800-543-0485

Palmolive ultra powder -1-800-221-4607

Palmolive triple action tabs 1-800-221-4607

Ajax laundry detergents - 1-800-221-4607

Fresh Start laundry detergents 1-800-221-4507

Dynamo laundry detergent 1-800-338-8388

Fab laundry detergents - powder and liquids 1-800-221-4607

Cheer laundry products 1-800-543-0485

Downey Products 1-800-543-0485

Bounce 1-800-543-0485

**All Kraft and Nabisco products will always list the top eight allergens and gluten ingredients on the package. If gluten is part of natural flavors it will be declared as follows: natural flavors (source of the natural flavors). If the following ingredients are listed on the package; wheat, barley, rye, oats, spelt, kamut, mir, farina or tricolate are listed on the package it is not gluten free.**

## **School Lunch Ideas**

### **Hot Lunch Idea's**

- chili
- tomato soup
- potato and leek soup
- chicken soup with rice
- pot roast with vegetables
- leftovers from dinner
- hamburger patty
- hot dogs
- spaghetti and meat sauce
- chicken tenders/chicken nuggets (wheat free, of course)

\*Must have a good thermos or a nice school that will reheat.

### **Cold Lunch Idea's**

- chicken salad
- egg salad
- hummus and dipping vegetables
- sliced meat with brown rice crackers
- chips
- fresh fruit
- homemade cookies or brownies
- homemade pancakes with peanut butter and jam
- applesauce
- canned fruit
- celery and peanut butter
- trail mix
- popcorn

## **In A Pinch**

### **My child is attending a birthday party at Chucky Cheese (or any other place my child can not eat at) what do I do?**

I always call and speak with the manager. I give them the opportunity to make a special meal for my child which generally they will refuse because they can not accommodate for so many restrictions. Then I ask if I may bring in a special meal for my child. I have never had a manager say no. I then pack my son's favorite foods which right now is In and Out's hamburger without the bun and French fries. I also remember to bring a favorite cookie or if he is especially sensitive at the moment I will even make a gluten free cake and bring a slice for him to have when the other children are eating the birthday cake. My son understands he can not always eat what others have and as long as I plan ahead and bring things he likes there has never been an issue. We, of course, have a conversation before arriving about the special arrangements I have made so he is not shocked when we arrive at the party.

### **Our school is having a special day such as a pizza party or ice cream social what do I do?**

I speak with the teacher at the beginning of the year and let her know my son's dietary limitations. I inform her in writing what he can and can not have and that this is a diet that is required to be followed. In this letter I ask for 3 days notice before any such party or special occasion so that I can make arrangements for my son. If it is a pizza party I make a special one for him and bring it in at lunch. Same thing if it is an ice cream party. I make Dari Free ice cream at home and bring it in the day of the party. If it is a holiday party I arrange to bring in a couple of dishes that are gluten and casein free. That way my son feels like he has a choice. I usually have him help me prepare them so that he feels like he is sharing something special with his friends.

### **On the road and the kids are starving what do I do?**

Well, if your lucky enough to pass an In and Out pull in and order. They can make a hamburger protein style which is without the bun or you can just order the patty if your child is picky like mine. The French fries are hand cut from potatoes and my child never has a problem. An order of ice tea and you are all set. If that is not possible and we are on a long trip I always pack a cooler of goodies to eat. Look at the school lunch page for ideas. When all else fails I grab a bag of potato chips and call it good. He won't die just because he had potato chips as a meal. I certainly won't win mom of the year but hey we have to do what we can to survive.