



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 list at your own risk. Unless a brand name is specified it is Trader Joe's Private Label. Product availability may be based on region and season and could be discontinued at any time. 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.

Bakery, Breads, Cookies

Corn Tortillas (Hand Made & Original)
Flourless Chocolate Cake
Food For Life Brown Rice Bread
Gluten Free Bagels (Midwest)
Gluten Free French Rolls (East Coast / Midwest)
Rice Crispy Bars
Rye-less "Rye" Bread (Midwest)
Meringue Cookies (All)

Bars

Lara Bar Apple Pie
Lara Bar Cherry Pie
Lara Bar Ginger Snap
Organic Food Bar Chocolate Chip
Organic Food Bar Omega-3-flax
Organic Food Bar Vegan
Think Thin Brownie Crunch
Think Thin Chocolate Fudge

Think Thin Chunky Peanut Butter
Think Thin Peanut Butter
Tiger's Milk Peanut Butter
Tiger's Milk Protein Rich

Beverages

Non Dairy Beverages

Blue Diamond Almond Breeze (Chocolate, Vanilla, Unsweetened Vanilla)
All Soy Beverages

Refrigerated (Dairy Case)

All Soymilks
All Juices*
Please 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)

Beverages cont.

Soda

Boylan's Soda
Hansen's Sodas (All)
Villa Italia Soda, Lemon
Villa Italia Soda, Orange

Other

Arizona Diet Green Tea With Ginseng
Arizona Green Tea With Ginseng And Honey
Kettle Brewed Unsweetened Green & White Tea
French Market Lemonade (All Flavors)
Green Tea Unsweetened
Oregon Original Chai Tea Latte
Organic Mango Lemonade
Organic Sparkling Beverages (Lemon & Grapefruit)
Monopolowa Vodka
Margarita Mix
Parisia Sparkling Pink Lemonade
Tejava Unsweetened Tea
Triple Espresso Latte And Mocha
Water And Sparkling Waters (All)
Worldwide Pure Protein Shakes (All)

Candy

Note: food glaze does not have gluten

Almond Clusters
Black Licorice Scottie Dogs
Candy Coated Peanuts
Carb Safe Sugar Free Chocolate Bars (Milk, Dark)
Chocolate Chips (Semi-Sweet, Milk, & White Chocolate)
Chocolate Covered (Blueberries, Orange & Raspberry Sticks)
Chocolate Sunflower Seed Drops
Chocolate Espresso Beans
Chocolate Fondue
Chocolate Truffle
Cocoa Almonds
Coffee Rio's
Dark Chocolate Covered (Caramels or Cherries)
Dark Chocolate Covered (Espresso Beans & Ginger)
Dark Chocolate Covered (Raisins & Pistachio Toffee)
Dark Chocolate Mint Creams
English Toffee
Fair Trade Dark Chocolate Truffles
Figments

Gourmet Chocolate Fudge With Walnuts
Imported Belgian Chocolate Sea Shells
Milk Chocolate Clouds
Milk Chocolate Covered (Banana Chips & Cranberries)
Milk Chocolate Peanut Butter Chips
Milk Chocolate Covered (Peanut Butter Cups & Peanuts)
Milk Chocolate Covered Raisins
Milk Chocolate Pistachios
Milk And Dark Chocolate Covered (Almonds & Cashews)
Mini Fruit Slices
Mini Milk Chocolate Peanut Butter Cups
Organic Dark Chocolate 73% Super Dark Bar
Organic Chocolate Truffle Bars (Milk or Dark)
Ounce Plus 3pk Bars (Milk And Dark Chocolate)
Pecans Praline
Peanut Butter Cups
Peanut Butter Clusters
Peppermint Marshmallows
Pound Plus Chocolate Bars
Swiss Milk Chocolate Bar
Swiss 71% Dark Chocolate Bar
Soft Peanut Toffee
The Ginger People Ginger Chews
Timothy's Confections Sugar Free Milk And Dark
Chocolate Covered Almonds
Unsweetened Belgian Baking Chocolate
Yogurt Covered 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 And Tea

Tea And Coffee (All)
Chai No Sugar Added
Conacado Organic Cocoa
Matcha Latte
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 Blue Cheese
Sour Cream (All)
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)

Dried Fruits, Nuts And Seeds

All Dried Fruit
All Fruit Leathers
Fiberful Fruit Bar
All Raw And Roasted Nuts
Almond Nut Meal
Antioxidant Nut And Berry Mix
Candied Macadamia
Cinnamon Almonds
Cranberry Trail Mix
Dry Roasted Edamame
Go Raw Trek Mix
Marcona Almonds (All)
Nutty American Trek Mix
Organic Trek Mix With Chocolate Chips, Almonds,
Cranberries, Pistachio, Almond, And Cherry Mix
Pistachio, Almond & Cherry Mix
Pumpkin Seeds And Pepitas
Rainbows End Trail Mix
Spicy Almonds, Cashews & Cranberries Trek Mix

Simply Almonds, Cashews & Cranberries Trek Mix
Simply the Best Trek Mix
Sunflower Seeds
Sweet, Savory & Tart Trek Mix
Sweet & Spicy Peanuts
Tempting Trail Mix
Very Crunchy Slightly Sweet Candied Mixed Nuts

Refrigerated

Spreads, Salsas, Dips & Dressings

Balela (East Coast/ Midwest)
Bett's Cheddar Cheese & Horseradish Spread
Black Bean & Roasted Corn Salsa
Blue Cheese With Roasted Pecan Dip
Bruschetta Sauce
Cantare Olive Tapenade
Cantare Olive Tapenade With Goat Cheese Feta
Cilantro And Chive Yogurt Dip
Country Italian Style Dressing
Earth Balance Natural Buttery Spread
Fresh Salsa (All Varieties)
Rising Sun Farms Gorgonzola Cheese Torta
Rising Sun Farms Pesto Dried Tomato Cheese Torta
Soy Garden Soy Margarine
Spinach Dip
Tomato Basil Pasta Sauce
Tofutti Better Than Cream Cheese
Tuscan White Bean Dip
Creamy Basil Reduced Fat Dressing
Creamy Cilantro Reduced Fat Dressing
Guacamole (All Varieties)
Hummus (All)
Italian Vinaigrette Salad Dressing
Low Fat Parmesan Ranch Dressing
Natural Margarine
Organic Red Wine & Olive Oil Vinaigrette
Pear Champagne Vinaigrette
Sun Dried Tomato Pesto Torta
Sweet Chili Sauce
Note: Earth Balance natural flavors are gluten free.
Mild and hot fresh salsa use apple cider vinegar

Refrigerated *cont.*

Deli/Meat

Appa Smoked Salmon Roulade
Columbus Meats (All)
Gerhards Deli Sausage (All Flavors)
Handmade Green Chili And Cheese Tamales
Hebrew National (All)
Just Chicken (Plain)
All Unprocessed Raw Meat
Abraham Prosciutto
Applegate Antibiotic Free Andouille Turkey Sausage
Applegate Farms Roasted Turkey Breast
Applegate Farms Turkey Bologna
Applegate Farms Turkey Hot Dogs
Baby Back Pork Ribs
BBQ Shredded (Chicken or Pork)
Busseto Premium Genoa Salami
Celebrity Healthy Ham
Chicken Salad
Chicken Salad With Currants And Almonds
Fully Cooked & Seasoned Prime Rib of Beef or Roasted Chicken
Grilled (Chicken Strips or Lemon Pepper Chicken Breast)
Grilled Balsamic & Rosemary Chicken Breast
Kayem Deli Bologna (East Coast)
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)
Spiral Ham With Glaze Pack
Tofu (Organic Firm or Extra Firm)
Tofu Veggie Burger
Turkey Bacon
Uncured Bacon
Wellshire Farms All Natural Uncured Turkey Bacon
Wellshire Farms Bacon
Wellshire Farms Premium Beef Franks

Seafood

Crabmeat
Smoked Salmon

Salads & Other

Baby Spinach Salad
Blissful Bleu Cheese Potato Salad
Butternut Squash Soup
Chef Salad
Chicken Caesar Salad*
Chicken Curry Salad
Chinese Chicken Salad**
Classic Greek Salad
Cobb Salad
Dolmas
Eggs (All)
Egg White Salad
Eggless Egg Salad
Garden Salad
Garden Fresh Gazpacho
Genova Pasta
Gorgonzola Walnut Salad
Greek Salad
Grilled Chicken Salad with Orange Vinaigrette
Krinos Imported Kalamata Olives
Non-Dairy Soy Yogurt (All)
Nulaid Egg Substitute
Papetti Foods All Whites & Liquid Egg Whites
Pickles (All)
Pitted Kalamata Olives
Poppy Seed Slaw
Pork Tamale with Salsa Colorado
Quick Scrambled Egg Whites
Soy Cheese Slices
Steamed Beets
Steamed Lentils
Lemon Curry Chicken Soup (East Coast/Midwest)
Green Split Pea Soup (East Coast/Midwest)
**The Caesar salad has gluten-containing croutons that are packed separately and easily removed.*
***The Chinese chicken salad has gluten containing friend noodles that are easily removed.*

Frozen

Desserts

Black Forest Chocolate Cake
Blissful Ice Cream Bar
Dark Chocolate Dipped Strawberries
Ice Cream (Chocolate)
French Vanilla Ice Cream
Mango Tangerine Sorbet
Soy Cream (Mango Vanilla, Cherry Chocolate Chip,
or Vanilla)
Fruit Floes
Gone Bananas Chocolate Dipped Bananas
Mango Passion Exotique
Sorbet (All)
Strawberries N' Crème
Truffle Bites

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

Bacon Wrapped Scallops
Biryani
Chicken Biryani
Chicken Chile Verde
Chicken Enchiladas In Salsa Verde
Chicken Gorgonzola
Chicken Tandoori Rice Bowl
Chicken Taquitos
Chicken Wings
Concentrates (Lemon And Orange)
Crinkle Wedge Potatoes
Chicken Masala
Eggplant Parmesan, Grilled Not Fried
Enchilada – Organic Black Bean And Corn
Flame Grilled Buffalo Patties
Gluten Free Frozen Pancakes
Handcrafted Green Chile And Cheese Tamales
Marinated Ahi Tuna Steaks
Marinated Wild White King Salmon Fillets

Organic Frozen French Fries
Organic Rice (All)
Pacific Northwest Crinkle Wedge Potatoes
Peruvian Style Chimichurri Rice
Premium Salmon Patties
Quinoa Pilaf With Shrimp And Vegetables
Seasoned Rack Of Lamb
Seasoned Mahi Mahi Fillets
Shepherds Pie (Beef)
Shrimp Scampi
Shrimp Stir-fry
Southwest Style Turkey Burger
Stuffed Poblano Peppers
Sweet Potato French Fries
Thai Style Lemongrass Chicken With Seasoned Rice
Tamales (Cheese, Beef, And Chicken)
Taquitos (Black Bean And Chicken)
Ultimate Seafood Kabobs
Wheat Free Toaster Waffles

Groceries

Baking And Cooking Supplies

All Private Label Spices
Canola Oil Spray (All)
Crushed Garlic
Light Coconut Milk
Oils (All)
Orange Muscat Champagne Vinegar
Organic Cocoa Powder
Sugar (All)
Tuna (All)
Vanilla Extract (All)

Chilies, Chowders, & Soups

3 Bean And Beef Chili*
Beef Chili With Beans*
Butternut Squash Soup (Regular or with Apple)
Carrot Ginger Soup
Chicken Chili With Beans*
Creamy Corn Chowder (Potbelly)
Creamy Corn And Roasted Red Pepper Soup
Creamy Vegetable Medley Bisque
Instant Rice Noodle Soup, Mushroom
Instant Rice Noodle Soup (Roasted Garlic or Spring Onion)

Groceries cont.

Inda Sambhar Lentil Stew
Lentil Soup With Vegetables (All)
Miso Soup 4pk
Organic Black Bean Soup
Organic Chicken Broth (Regular or Low Sodium)
Organic Creamy Corn And Roasted Red Pepper Soup
Organic Creamy Tomato Soup
Organic Tomato And Roasted Red Pepper Soup
Organic Sweet Potato Bisque
Organic Hearty Vegetable Broth
Organic Vegetarian Chili
Pink Salmon, Skinless, Boneless
Premium Chicken Stew
Roasted Beef in Beef Broth
Rich Onion Soup (Potbelly)
Skinless & Boneless Sardines in Olive Oil
Spanish Chicken Stew
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 and is gluten free.*

Spreads, Salsas, And Dips

Apple Cranberry Chutney
Artichoke Antipasto
Artichoke Red Pepper Tapenade
Chunky Salsa
Corn And Chili Salsa
Double Roasted Salsa
Fat Free Spicy Black Bean Dip
Honey (All)
Hot And Smoky Chipotle Salsa
India Relish
Lemon Curd
Mayonnaise (Real or Reduced Fat)
Mayonnaise Dressing, Eggless
Mango Ginger Chutney
Mustard (Dijon or Organic Yellow)
Nut Butters (All)
Olive Green Tapenade
Pineapple Salsa
Pumpkin Butter
Salsa (Autentica or Verde)
Soybean Butter (Creamy or Crunchy)
Spicy India Spread

Spicy, Smoky, Peach Salsa
Sunflower Seed Butter
Wasabi Mayo
**Salsas use vinegar derived from corn*

Dressings, Marinades & Sauces

Aglia Olio Pesto Sauce
Raspberry Lowfat Salad Dressing
Balsamic Vinaigrette (Regular, Fat Free or Organic)
Bruschetta
BBQ Sauce
BBQ Sauce, Kansas City
Cacciatore Simmer Sauce
Creamy Prosciutto Pasta Sauce
Cuban Mojito Sauce
Curry Simmer Sauce
Italian Sausage Pasta Sauce
Ketchup, Organic
Korma Simmer Sauce
Mango Sauce
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
Piccata Simmer Sauce
Pizza Sauce, Fat Free
Pesto Alla Genovese Basil Pesto
Punjab Spinach Sauce
Roasted Garlic Marinara
Romano Caesar Dressing
Rustico Pasta Sauce
Seafood Cocktail Sauce
Sweet And Sour 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
Vodka Marinara
Whole Peeled Pear Tomatoes With Basil (All)

Groceries cont.

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
Dolmas In Olive Oil
Eggplant Caponata Appetizer
Eggplant Garlic Spread
Fruit Sauces (All)
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
Mingling Olives
Mixed Olive Bruschetta
Nonpareil Capers
Organic Green Pitted Olives
Organic Kalamata Olives
Organic Kosher Sandwich Pickles
Organic Sweet Butter Pickles
Pitted Moroccan Oil Cured Olives
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
Organic Southern Style Grits
Pad Thai Noodles And Sauce
Rice (All)
Rice Noodle
Rice Pilaf
Rice Sticks Rice Pasta
Riso Gallo Porcini Risotto
Spanish Style Rice
Thai Style Lime Pilaf

All Jams, Jellies, And Preserves

Other

Indian Fare Meals (All)
Organic Chocolate Midnight Moo
Pacific Natural Foods Turkey Gravy
Parmesan And Romano Cheese Blend
Spanish Lentils with Vegetables

Snacks

Chips

BBQ Chips
Blue Corn Tortilla Chips (Salted And Unsalted)
Blue Potato Chips
Buttermilk Garlic Mash Potato Chips
Confused Tortilla Chips
Corn Chips with Flax
Green Beans
Roasted Plantain Chips
Kettle Crisps, Low Fat
Mini White Rounds, Bite Size Tortilla Chips
Organic Baked Blue Corn Tortilla Chips, Salted
Organic Blue Corn Tortilla Chips
Organic White Corn Tortilla Chips
Organic Yellow Corn Tortilla Chips, Round
Potato Chips
Red Bliss Potato Chips
Reduced Guilt Potato Chips
Restaurant Style Tortilla Chips
Rice Sticks
Roasted Plantain Chips
Salsa Tortilla Chips
Soy And Flaxseed Tortilla Chips (Spicy & Regular)
Soy Crisps (BBQ or Olive Oil)
Spiced Tortilla Chips
Stone Ground Jalapeno Tortilla Chips
Sweet Potato Chips
Terra Exotic Vegetable Chips
Vegetable Root Chips
Veggie Chips
Veggie Flaxseed Tortilla Chips
White Corn Tortilla Chips, Restaurant Style
White Corn Tortilla Strips, Salted

Crackers And Rice Cakes

Lundberg Organic Brown Rice Cracker

Snacks cont.

Lightly Salted Rice Cakes

Savory Thins (Original, Minis or Multiseed with Soy Sauce)

Popcorn & Other

Buccaneer Joes White Cheddar Corn Puffs

Chocolate Drizzled Peppermint Caramel Corn

Cranberry Nut Clusters Popcorn

Fat Free Caramel Popcorn

Gourmet White Popcorn

Lite Popcorn 50% Less Salt

Macadamia Nut Clusters

White Cheddar Popcorn

Other

Calbee Snapea Crisps

Reduced Fat Cheese Crunchies

Dietary Supplements

Trader Joe's supplements are gluten free with the following exceptions: Very Green (Drink Powder and/or Capsules)