

TRADER JOE'S®

NO GLUTEN INGREDIENTS USED



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

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

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

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

BAKERY, BREADS, COOKIES

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

BARS

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

BEVERAGES

Non-Dairy Beverages

All Soy Beverages

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

Rice Milk

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

Refrigerated (Dairy Case)

All Soymilks

All Juices*

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

Soda

Hansen's Sodas (All)

Refreshers (Blueberry, Pomegranate, Tangerine)

Other

Kettle Brewed Unsweetened Green & White Tea

French Market Sparkling Beverages

Green Tea Unsweetened

Orangina

Oregon Original Chai Tea Latte

Organic Mango Lemonade

Organic Sparkling Beverages (Lemon & Grapefruit)

Reed's Ginger Beer

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

Tejava Unsweetened Tea

Water And Sparkling Waters (All)

Worldwide Pure Protein Shakes (All)

CANDY

Note: food glaze does not have gluten

70% Belgian Dark Chocolate Seashells

Almond Clusters

Black Licorice Scottie Dogs

Brown Rice Marshmallow Treats

CarbSafe Sugar Free Chocolate Bars (Milk, Dark)

Chocolate Chips (Semi-Sweet, White Chocolate)

Chocolate Covered (Blueberries, Orange & Raspberry Sticks)

Chocolate Sunflower Seed Drops

Chocolate Espresso Beans

Coffee Rio's

Confection Perfection Dark Chocolate Cubes

Dark Chocolate Almonds Sea Salt and Sugar

Dark Chocolate Clouds

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

Dark Chocolate Covered Ginger

Dark Chocolate Covered Pomegranate Seeds

Dark Chocolate Covered Power Berries

Dark Chocolate Mint Creams

Dark Chocolate Mint UFO's

English Toffee

Fair Trade Swiss Chocolate Bars (milk, dark)

Green Tea Mints

Lumpy Bumpy Bar

Milk Chocolate Covered Raisins

Milk Chocolate Peanut Butter Chips

Milk Chocolate Peanut Butter Cups

Milk And Dark Chocolate Covered Almonds

Mini Milk Chocolate Peanut Butter Cups

Organic Chocolate Bars

Organic Pops

Ounce Plus 3pk Chocolate Bars

Pecans Praline

Pound Plus Chocolate Bars

The Ginger People Ginger Chews

Unsweetened Belgian Baking Chocolate

Yogurt Raisins

CEREAL

Bob's Red Mill Flaxseed Meal

Envirokids Organic Gorilla Munch

Envirokids Peanut Butter Panda Puffs

Gluten Free Granola

Golden Roasted Flaxseed With Blueberries

Golden Roasted Whole Flaxseed

COFFEE, TEA & COCOA

Tea And Coffee (All)

Organic Conacado Cocoa

Sipping Chocolate

DAIRY PRODUCTS

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

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

Cream Cheese (All)

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

Egg Nog (Seasonal)

Kefir

Sour Cream (All)

DAIRY PRODUCTS cont.

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

**Due to different methods of Blue Cheese
production, please check ingredient lists to
determine gluten status.*

DRIED FRUITS, NUTS & SEEDS

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

REFRIGERATED

Spreads, Salsas, Dips & Dressings

Balela (East Coast/ Midwest)
Black Bean & Roasted Corn Salsa
Blue Cheese With Roasted Pecan Dip
Bruschetta Sauce
Cilantro And Chive Yogurt Dip
Earth Balance Natural Buttery Spread*
Fresh Salsa (All Varieties)**
Rising Sun Farms Pesto Dried Tomato Cheese
Torta (seasonal)
Spinach Dip
Tomato Basil Pasta Sauce
Guacamole (All Varieties)

Guacamole w/ Spicy Pico de Gallo
Hummus (All except White Bean Hummus and
White Bean & Basil Hummus)
Italian Vinaigrette Salad Dressing
Low Fat Parmesan Ranch Dressing
Organic Red Wine & Olive Oil Vinaigrette
Pear Champagne Vinaigrette
Sun-Dried Tomato Pesto Torta
Sweet Chili Sauce
** Earth Balance natural flavors are gluten free.*
***Mild and hot fresh salsa use apple cider
vinegar*

Deli/Meat

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

Seafood

Crabmeat
Smoked Salmon

Salads & Other

Baby Spinach Salad
Butternut Squash Soup
Chef Salad

REFRIGERATED cont.

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

**The Caesar salad has gluten-containing croutons that are packed separately and easily removed.*

FROZEN

Desserts

Blissful Ice Cream Bar
Chocolate Mousse Collaboration
Crème Brulee in Chocolate Cups
Double Rainbow Sorbet (Chocolate, Lemon, Mango Tangerine)
Fruit Floes
Four Fruit Frenzy Bars
Gone Bananas Chocolate Dipped Bananas
Ice Cream Bars (Mango Vanilla, Raspberry Vanilla)
Mangolicious Fruit Blend
Soy Creamy Cherry Chocolate Chip
Soy Creamy Organic Chocolate
Soy Creamy Organic Vanilla
Sorbet (All)
Super Premium Ice Cream (French Vanilla, Mint Chocolate, Ultra Chocolate)

Fruits And Vegetables

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

All Unprocessed Seafood

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

Other

Biryani Curried Rice
Channa Masala
Chicken Chile Verde
Chicken Enchiladas In Salsa Verde
Chicken Gorgonzola
Chicken Pomodoro
Chicken Tandoori Rice Bowl
Chicken Taquitos
Chicken Wings
Chili Lime Chicken Burgers
Classic Buffalo Burger
Concentrates (Lemon And Orange)
Crinkle Wedge Potatoes
Chicken Masala
Curried Lentils w/ Basmati Rice
Enchilada – Organic Black Bean And Corn
Flame Grilled Buffalo Patties
Gluten Free Homestyle Pancakes
Handcrafted Green Chile And Cheese Tamales
Marinated Ahi Tuna Steaks
Organic Rice (All)
Paneer Tikka Masala
Peruvian Style Chimichurri Rice w/ Vegetables
Premium Salmon Patties
Roasted Poblano Peppers w/ Shrimp, Rice & Cheese
Seasoned Rack Of Lamb
Seasoned Mahi Mahi Fillets
Shepherds Pie (Beef)
Shrimp Stir-fry
Tamales (Cheese, Beef, And Chicken)
Taquitos (Black Bean And Chicken)
Vegetable Panang Curry
Wheat Free Toaster Waffles

GROCERY

Baking And Cooking Supplies

All Private Label Spices
Canola Oil Spray (All)
Crushed Garlic
Gluten Free Brownie Mix
Gluten Free Pancake & Waffle Mix
Light Coconut Milk
Oils (All)
Orange Muscat Champagne Vinegar
Organic Cocoa Powder (seasonal)
Sugar (All)
Vanilla Extract (All)

GROCERY Cont.

Chilies, Chowders, & Soups

Butternut Squash Soup
Carrot Ginger Soup
Chicken Chili With Beans*
Creamy Corn Chowder (Potbelly)
Creamy Corn And Roasted Red Pepper Soup
Creamy Vegetable Medley Bisque
Garden Patch Veggie Soup
Instant Rice Noodle Soup (Roasted Garlic,
Mushroom or Spring Onion)
Latin Black Bean Soup
Lentil Soup With Vegetables (All)
Miso Soup 4pk
Organic Black Bean Soup
Organic Creamy Corn & Roasted Red Pepper
Soup
Organic Creamy Tomato Soup (Reg, Low
Sodium)
Organic Free Range Chicken Broth
Organic Low Sodium Chicken Broth
Organic Hearty Vegetable Broth
Organic Split Pea Soup
Organic Sweet Potato Bisque
Organic Tomato And Roasted Red Pepper Soup
(Reg, Low Sodium)
Organic Tomato Bisque Soup
Organic Vegetarian Chili
Pink Salmon, Skinless, Boneless
Reduced Sodium Chicken Broth Concentrate
Skinless & Boneless Sardines in Olive Oil
Sweet Potato Bisque
Vegetarian 3 Bean Chili
Whole Smoked Oysters in Olive Oil

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

Spreads, Salsas*, And Dips

3 Pepper Salsa
Artichoke Antipasto
Artichoke Red Pepper Tapenade
Chunky Salsa
Corn And Chili Tomato-less Salsa
Double Roasted Salsa
Fat Free Spicy Black Bean Dip
Fire Roasted Tomato Salsa
Garlic Chipotle Salsa
Honey (All)
Hot And Smoky Chipotle Salsa
Lemon Curd
Mayonnaise (Real or Reduced Fat)
Mango Ginger Chutney
Mustard (Dijon, Whole Grain or Organic Yellow)

Nut Butters (All)
Olive Green Tapenade
Organic Sweet Relish
Pineapple Salsa
Pumpkin Butter (Seasonal)
Queso Cheese Dip
Salsa (Autentica or Verde)
Spicy, Smoky, Peach Salsa
Sunflower Seed Butter
Wasabi Mayo
**Salsas use vinegar derived from corn*

Dressings, Marinades & Sauces

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

Fruits, Vegetables, And Legumes

Artichoke Hearts In Water
Beans (All)
Chunky Spiced Apples

GROCERY cont.

Colossal Olives Stuffed With Garlic Cloves
Colossal Olives Stuffed With Jalapeno Peppers
Eggplant Caponata Appetizer
Eggplant Garlic Spread
Fire Roasted Red Peppers (Regular or Sweet & Yellow)
Grilled Vegetable Bruschetta
Hearts Of Palm (All)
Mandarin Oranges In Light Syrup
Marinated Bean Salad
Marinated Mushrooms With Garlic
Marinated Red Peppers
Mixed Olive Bruschetta
Nonpareil Capers
Organic Kosher Sandwich Pickles
Organic Mixed Fruit Cups
Organic Sweet Butter Pickles
Red Pepper Spread With Garlic And Eggplant
Stuffed Queen Sevillano Olives
Sun-Dried Tomatoes (All)
Sun-Dried Tomato Bruschetta

**Stuffed Olives use vinegar derived from corn*

Grains

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

All Jams, Jellies, And Preserves

Other

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

SNACKS

Chips

Baked Potato Chips (Salted & Salt and Vinegar)

BBQ Chips
Blue Corn Tortilla Chips
Crunchy Curls
Roasted Plantain Chips
Honey Plantain Strips
Jalapeño Cheese Crunchies
Organic Baked Blue Corn Tortilla Chips
Organic Baked Nacho Tortilla Chips
Organic Blue Corn Tortilla Chips
Organic Corn Chip Dippers
Organic Tortilla Longboard Chips
Organic White Corn Tortilla Chips
Organic Yellow Corn Tortilla Chips, Round
Popped Potato Chips (Barbecue, Salted)
Potato Chips
Red Bliss Potato Chips
Reduced Guilt Tortilla Strips
Restaurant Style Organic White Corn Tortilla Chips
Roasted Seaweed Snack
Salsa Tortilla Chips
Sea Salt & Pepper Rice Crisps
Sesame Crêpes
Sesame Seaweed Rice Balls
Soy & Flaxseed Tortilla Chips (Spicy & Regular)
Sweet Potato Chips
Vegetable Root Chips
Veggie Chips
Veggie & Flaxseed Tortilla Chips
White Corn Tortilla Strips
Yellow Corn Tortilla Chips

Crackers And Rice Cakes

Lundberg Organic Brown Rice Cracker
Lightly Salted Rice Cakes
Savory Thins (Original, Minis, Edamame or Multiseed with Soy Sauce)

Popcorn & Other

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

DIETARY SUPPLEMENT Trader Joe's supplements and protein powders are gluten free with the following exceptions:

Very Green Drink Powder*
Very Green Capsules*

Chocolate Whey Quick Dissolve Protein Powder*
Vanilla Whey Quick Dissolve Protein Powder*

**NOT Gluten Free*