

TRADER JOE'S®

NO GLUTEN INGREDIENTS USED



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

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

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

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

BAKERY, BREADS, COOKIES

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

BARS

Lara Bars
Pure Bars (Cherry Cashew, Chocolate Brownie)
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
Almond Smooth Non-Dairy Beverage
(Chocolate, Original, Vanilla, Unsweetened
Vanilla)

Coconut Milk Beverage (Unsweetened, Vanilla)

Hemp Drink (Original, Vanilla)
Rice Milk
Trader Joe's Organic Whole Grain Drinks
(Regular and Unsweetened)

Refrigerated (Dairy Case)

Lassi (Alfonso Mango, Plain)
Non-dairy Coffee Creamers (Original,
Hazelnut, Vanilla)
Juices* (All)
Soymilks (All)

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

Soda

Hansen's Sodas (All)

Other

Fast Flavor Sticks (Iced Tea with Lemon,
Lemonade, Pomegranate Cherry)
French Market Sparkling Beverages
Green Tea Unsweetened
Kettle Brewed Unsweetened Green & White Tea
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% Dark Chocolate Bar, Caramel with Black
Sea Salt
70% Dark Chocolate Bar, Toffee with Walnuts
and Pecans
Almond Clusters
Black Licorice Scottie Dogs

Brown Rice Marshmallow Treats
CarbSafe Sugar Free Chocolate Bars (Milk,
Dark)
Chocolate Chips (Semi-Sweet, White
Chocolate)
Chocolate Covered (Blueberries)
Chocolate Sunflower Seed Drops
Coffee Rio's
Dark Chocolate Almonds Sea Salt and Sugar
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 Peanut Butter Cups
English Toffee
Fair Trade Swiss Chocolate Bars (Dark, Milk)
Green Tea Mints
Milk Chocolate Covered Raisins
Milk Chocolate Peanut Butter Chips
Milk Chocolate Peanut Butter Cups
Milk And Dark Chocolate Covered Almonds
Mini Milk Chocolate Peanut Butter Cups
Organic Chocolate Bars
Organic Pops
Ounce Plus 3pk Chocolate Bars
Pecans Praline
Pound Plus Chocolate Bars
The Ginger People Ginger Chews
Unsweetened Belgian Baking Chocolate
Yogurt Covered Almonds
Yogurt Raisins

CEREAL

Bob's Red Mill Flaxseed Meal
Envirokids Organic Gorilla Munch
Envirokids Peanut Butter Panda Puffs
Gluten Free Granola
Gluten Free Rolled Oats
Golden Roasted Flaxseed With Blueberries
Golden Roasted Whole Flaxseed

COFFEE, TEA & COCOA

Tea And Coffee (All)
Organic Conacado Cocoa
Sipping Chocolate (Seasonal)

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)

DAIRY PRODUCTS cont.

Cream Cheese (All)
Cheese (All shredded, blocks, and wedges
except for blue cheeses and cheeses
containing beer)
Dairy Free Cream Cheese Alternative
Egg Nog (Seasonal)
Kefir
Sour Cream (All)
Yogurt (All)
Dairy Ease Lactose Free Milk (East Coast)
Garelick Fresh Extra Heavy Whipping Cream
(East Coast/ Midwest)
Kemp's Chocolate Milk (East Coast/ Midwest)
Garelick Ultimate Chocolate Lowfat Milk (East
Coast)
Puddings (Chocolate, Rice And Tapioca)

DRIED FRUITS, NUTS & SEEDS

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

REFRIGERATED

Spreads, Salsas, Dips & Dressings

Balela (East Coast/ Midwest)
Black Bean & Roasted Corn Salsa
Bruschetta Sauce
Cilantro And Chive Yogurt Dip
Earth Balance Natural Buttery Spread*
Fresh Salsa (except Avocado Salsa)**
Masala Lenti Dip
Guacamole (All Varieties)
Guacamole w/ Spicy Pico de Gallo
Hummus (All *except* White Bean Hummus and

White Bean & Basil Hummus)
Hummus Dressing
Low Fat Parmesan Ranch Dressing
Organic Red Wine & Olive Oil Vinaigrette
Pear Champagne Vinaigrette
Spinach & Sour Cream Dip
Sun-Dried Tomato Pesto Torta
Tahini Sauce

* *Earth Balance natural flavors are gluten free.*

***Mild and hot fresh salsa use apple cider
vinegar*

Deli/Meat

All Natural Uncured Chicken Hot Dogs
All Unprocessed Raw Meat
Baby Back Pork Ribs
Busseto Premium Genoa Salami
Celebrity Healthy Ham
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)
Prosciutto Di Italia
Sausage (All)
Tofu (Organic Firm or Extra Firm)
Tofu Veggie Burger
Turkey Bacon
Uncured Bacon
Uncured Bacon Ends & Pieces
Uncured All Beef Hot Dogs
Wellshire Farms Natural Bacon

Seafood

Crabmeat
Smoked Salmon

Salads & Other

Baby Spinach Salad
Chef Salad
Classic Cole Slaw

REFRIGERATED cont.

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

FROZEN

Desserts

Chile Mango Fruit Floes
Crème Brulee in Chocolate Cups
Fruit Floes
Four Fruit Frenzy Bars
Gateau Concorde
Gone Bananas Chocolate Dipped Bananas Bites
Mango Vanilla Ice Cream Bars
Non-Dairy Frozen Dessert Made with Coconut Milk (Chocolate, Strawberry)
Peach Pops
Pomegranate Blueberry Sherbet
Soy Creamy Cherry Chocolate Chip
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

Authentic Indian Masala Dosa
Beef Pho Soup

Biryani Curried Rice
Channa Masala
Chicken Enchiladas In Salsa Verde
Chicken Gorgonzola
Chicken Pomodoro
Chili Lime Chicken Burgers
Cod Provençale
Concentrates (Lemon And Orange)
Chicken Masala
Creamy Polenta with Spinach & Carrots
Curried Lentils with Basmati Rice
Enchilada – Organic Black Bean And Corn
Gluten Free Homestyle Pancakes
Handsome Cut Potato Fries
Marinated Ahi Tuna Steaks
Minted Peas
Organic Rice (All)
Palak Paneer
Paneer Tikka Masala
Peruvian Style Chimichurri Rice w/ Vegetables
Premium Salmon Patties
Seasoned Rack Of Lamb
Seasoned Mahi Mahi Fillets
Shepherds Pie (Beef)
Tamales (Cheese, Beef, And Chicken)
Taqitos (Black Bean And Chicken)
Trader Potato Tots
True Thai Green Papaya Salad
Uncooked Uncured Bacon Wrapped Mahi Mahi Fillets
Vegetable Panang Curry
Wheat Free Toaster Waffles

GROCERY

Baking And Cooking Supplies

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

Chilies, Chowders, & Soups

Butternut Squash Soup
Carrot Ginger Soup
Chicken Chili With Beans*
Creamy Corn And Roasted Red Pepper Soup
Instant Rice Noodle Soup (Roasted Garlic, Mushroom or Spring Onion)

GROCERY Cont.

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

Artichoke Antipasto
Artichoke Red Pepper Tapenade
Chunky Salsa
Corn And Chili Tomato-less Salsa
Double Roasted Salsa
Fat Free Spicy Black Bean Dip
Fig Butter
Fire Roasted Tomato Salsa
Garlic Chipotle Salsa
Honey (All)
Hot And Smoky Chipotle Salsa
Lemon Curd
Mayonnaise (Organic, Real or Reduced Fat)
Mango Butter
Mango Ginger Chutney
Mustard (Dijon, Whole Grain or Organic Yellow)
Nut Butters (All)
Green Olive 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
Balsamic Vinaigrette (Regular, Fat Free or Organic)
Bruschetta
BBQ Sauce
Barbecue Sauce, Kansas City
Chili Pepper Sauce
Curry Simmer 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

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

GROCERY cont.

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

**Stuffed Olives use vinegar derived from corn*

Grains

Organic Brown Rice (Fully Cooked)
Organic Brown Rice Pasta (All)
Organic Polenta
Organic Quinoa
Rice (All)
Rice Pasta & Cheddar

All Jams, Jellies, And Preserves

Other

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

SNACKS

Chips

Baked Potato Chips (Salted & Salt and Vinegar)
BBQ Chips
Blue Corn Tortilla Chips
Cassava Chips
Crunchy Curls
Jalapeño Cheese Crunchies
Kettle Cooked Olive Oil Potato Chips
Kettle Cooked Potato Chips with Sea Salt
Ode to the Classic Potato Chip
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 Trio
Red Bliss Potato Chips
Reduced Guilt Tortilla Strips
Restaurant Style Organic White Corn Tortilla Chips
Roasted Plantain Chips
Roasted Seaweed Snack
Salsa Tortilla Chips
Sea Salt & Pepper Rice Crisps
Soy & Flaxseed Tortilla Chips (Spicy & Regular)
Super Seeded Tortilla Chips
Sweet Potato Chips
Vegetable Root Chips
Veggie Chips
Veggie & Flaxseed Tortilla Chips
White Corn Tortilla Strips
Yellow Corn Tortilla Chips

Crackers And Rice Cakes

Lundberg Organic Brown Rice Cracker
Lightly Salted Rice Cakes
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)
Organic Popcorn with Olive Oil
Organic Popping Corn
Reduced Fat Cheese Crunchies
Reduced Guilt Popcorn
Wasabi Roasted Seaweed Snack
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