



Dietary Lists

Gluten Free Products

This list is a sampling of the many Gluten Free products we carry. It is designed to help you make informed buying decisions that address your specific dietary concerns.

GLUTEN FREE — Per the United States Food and Drug Administration (FDA) gluten free labeling regulation, a product that displays a “Gluten Free” claim on the label has been validated to contain less than 20 parts per million (ppm) of gluten. If you see “Gluten Free” on a Trader Joe’s product, this means that the product has been validated to contain less than 20 ppm of gluten. Individuals with Celiac Disease or Gluten Sensitivity must avoid gluten for their health.

This guide is not comprehensive and is only intended to serve as a resource, not as a substitute for medical advice or care. We do our best to keep the information on our list relevant, posting updates on a quarterly basis. With that said, we introduce and discontinue products all the time, and some products may be available only seasonally or regionally, so ***it is critical to read all product labels carefully before purchasing and consuming a product to ensure that the current label has a gluten free claim, as ingredients and suppliers may change.***

- ❖ Gluten is a protein found in wheat, barley, rye, and their derivatives.
- ❖ As a general rule of thumb, dairy, juice, meat, nuts and produce do not inherently contain gluten.
- ❖ Use common sense and remember the motto: When in doubt, leave it out.
- ❖ Regional or seasonal availability is noted next to the product in (parentheses).
- ❖ ***Always read the label before purchasing and consuming a product to ensure that the current label has a gluten free claim, as ingredients and suppliers may change.***

Trader Joe’s Gluten Free list was confirmed & validated to be accurate at the time of posting on July 17, 2015.

Bakery (with Regions)

Brown Rice Tortillas (East Coast, West Coast)

Chocolate Almond Horns (Northern California)

Corn Tortillas (East Coast, Southeast)

Corn Tortillas, Original (Southern California)

Bakery (with Regions) Continued

Corn Tortillas, Hand Made (West Coast)
Gluten Free Bagels
Gluten Free Blueberry Muffins
Gluten Free Chocolate Chip Brownie (Midwest)
Gluten Free Chocolate Cupcakes – Seasonal Flavors
Gluten Free Double Chocolate Chip Cookies
Gluten Free English Muffins (East Coast)
Gluten Free French Rolls (East Coast)
Gluten Free Hamburger Buns
Gluten Free Hot Dog Buns
Gluten Free Mini Cupcakes (East Coast)
Gluten Free Multigrain Bread (Arizona, Southern California)
Gluten Free White Sandwich Bread
Gluten Free Whole Grain Bread (Arizona, Southern California)
Rye-Less Rye Bread (Midwest)
White Corn Tortillas (Pacific Northwest)

Beverages

Shelf Stable

Almond Beverage, Unsweetened Original, 32 Fl Oz
Almond Beverage, Unsweetened Vanilla, 32 Fl Oz
Coconut Beverage, Unsweetened, 32 Fl Oz
Coconut Beverage, Vanilla, 32 Fl Oz
Organic Rice Drink, Original, 32 Fl Oz
Organic Rice Drink, Original, 64 Fl Oz
Organic Soy Beverage, Unsweetened, 32 Fl Oz
Rice Drink, Vanilla, 32 Fl Oz
Rice Drink, Vanilla, 64 Fl Oz

Refrigerated, Non-dairy

Almond Beverage, Original, 64 Fl Oz
Almond Beverage, Original Unsweetened, 64 Fl Oz
Almond Beverage, Vanilla Unsweetened, 64 Fl Oz
Creamer Non-dairy, French Vanilla, 32 Fl Oz
Creamer Non-dairy, Hazelnut, 32 Fl Oz

Beverages Continued

Refrigerated, Non-dairy

Organic Soy Beverage, Original, Half Gallon

Organic Soy Beverage, Unsweetened, Half Gallon

Organic Soy Beverage, Vanilla, Half Gallon

Candy

Dark Chocolate Almond Toffee

Dark Chocolate Caramels

Dark Chocolate Covered Mints

Dark Chocolate Nutty Bits

Dark Chocolate Tahitian Vanilla Caramel

Fruit Jellies

Organic Fair Trade Chocolate Baton with Espresso, 60% Cacao

Organic Fair Trade Chocolate Baton with Raspberry, 60% Cacao

Organic Fair Trade Dark Chocolate Baton, 72% Cacao

Organic Gingermints

Organic Peppermints

Organic Pops

Cereal

Gluten Free Ancient Grain & Super Seed Oatmeal

Gluten Free Granola, Cranberry & Maple

Gluten Free Granola, Fruit & Nut

Gluten Free Rolled Oats

Super Seed & Ancient Grain Blend

Super Seed Blend With Cranberry & Coconut Chips

Cookies

Brownie Crisps

Gluten Free Crispy Chocolate Chip Cookies

Gluten Free Joe-Joe's

Organic Brown Rice Marshmallow Treats

Snickerdoodle Soft Baked Cookies

Vanilla Meringues

Deli

Belgian Chocolate Pudding
Cocktail Pups – Seasonal
Jumbo Uncured Beef Franks
Sausage, Chicken & Turkey Pesto
Sausage, Chicken Andouille
Sausage, Chicken Garlic Herb
Sausage, Chicken Italian
Sausage, Chicken Jalapeno
Sausage, Chicken Smoked Apple Chardonnay
Sausage, Chicken Spicy Italian
Sausage, Chicken Spinach Fontina
Sausage, Chicken Sun-Dried Tomato Basil
Sausage, Chicken Sweet Apple
Uncured Chicken Hot Dogs

Dietary Supplements

Alpha Lipoic Acid
Cal/Mag/Zinc
Calcium Citrate with Vitamin D
Chewable Organges & Vitamin C
Children'S Chewable
Co-Enzyme Q10 (Ubiquinone) 100Mg
Coenzyme Q10, 50Mg
Complete Efa
Coq10 Qh Ubiquinol
Effervescence C-1000 Orange Flavor
Effervescence C-1000 Raspberry Flavor
Glucosamine & Chondroitin
Grape Seed Extract
High Potency B "50"
High Potency B "100"
High Potency Muilti Vitamin & Mineral
Joint Support
Milk Thistle
Msm

Dietary Supplements *Continued*

Odorless Omega-3

Papaya & Pineapple Enzyme

Super Vision

Vitamin C, 1000 Mg

Vitamin C Crystals

Vitamin E

Wild Salmon Oil

Women's Formula

Dried Fruit

Apple + Banana Fruit Bar

Apple + Coconut Fruit Bar

Apple + Mango Fruit Bar

Apple + Strawberry Fruit Bar

Roasted Coconut Chips

Fresh

Organic Carrot Coconut & Ginger Soup

Organic Creamy Asparagus Soup

Organic Pea Soup

Organic Roasted Tomatillo Gazpacho Soup

Organic Vegetable Soup with Quinoa & Kale

Frozen

Chicken Tikka Masala

Coconut Non-Dairy Dessert, Strawberry

Coconut Non-Dairy Dessert, Chocolate

Coffee Latte & Cream Bars

Crème Brulee

Gluten Free Battered Halibut

Gluten Free Breaded Chicken Breast Nuggets

Gluten Free Cheese Pizza

Gluten Free, Dairy Free Homestyle Pancakes

Mango Vanilla Ice Cream Bars

Frozen Continued

Mango Sorbet

Organic Fully Cooked Quinoa

Pomegranate Blueberry Sherbet

Raspberry Vanilla Ice Cream Bars

Wheat Free Toaster Waffles

Grocery

Applesauce Fruit Crushers

Apple Banana Fruit Sauce Crushers

Apple Carrot Fruit Crushers

Apple Strawberry Fruit Sauce Crushers

Butternut Squash Soup

Fleur De Sel Caramel Sauce

Gluten Free All-Purpose Flour

Gluten Free Chocolate Chip Brownie Mix

Indian Fare, Palak Paneer

Indian Fare, Punjab Choley

Organic Beef Broth

Organic Brown Rice Pasta, Spaghetti

Organic Brown Rice Pasta, Fusilli

Organic Creamy Tomato Soup

Organic Free Range Chicken Broth

Organic Hearty Vegetable Broth

Organic Low Sodium Chicken Broth

Organic Low Sodium Creamy Tomato

Organic Low Sodium Tomato & Roasted Red Pepper

Organic Low Sodium Vegetable Broth

Organic Polenta

Organic Quinoa

Organic Red Quinoa

Organic Tomatillo & Roasted Yellow Chili Salsa

Organic Tomato & Roasted Red Pepper Soup

Organic Tricolor Quinoa

Reduced Fat Mayo Dressing

Grocery Continued

Reduced Sodium Chicken Broth Concentrate
Rice Noodle Soup Bowl, Garlic
Rice Noodle Soup Bowl, Mushroom
Rice Noodle Soup Bowl, Spring Onion
Rice, Pasta, & Cheddar
Seafood Cocktail Sauce
Taco Shells
Wasabi Mayonnaise

Snacks

Baked Cheese Crunchies
Baked Snack-O'S
Beef & Pork with Cracked Pepper Snack Stick
Caramel + Cheddar Popcorn Mix
Caramel Popcorn
Dill Pickle Flavored Popcorn
Gluten Free Pretzel Twists
Grand Slam Snack
Hawaiian Style Hickory BBQ Potato Chips
Hawaiian Style Salt & Vinegar Potato Chips
Hawaiian Style Sea Salt Potato Chips
Kettle Cooked Olive Oil Potato Chips
Kettle Cooked Potato Chips Six Pack
Kettle Corn, Lite – 6 Snack Bags
Kettle Corn, Regular
Microwave Popcorn, 94% Fat Free
Movie Theatre Popcorn
Nacho Cheese Tortilla Chips
Ode To The Classic Potato Chip
Organic Corn Chip Dippers
Organic Longboard Tortilla Chips
Organic Popcorn with Olive Oil
Organic Reduced-Guilt White Corn Tortilla Chips
Organic Stone Ground Blue Corn Chips
Organic White Corn Tortilla Chips, Unsalted

Snacks Continued

Partially Popped Popcorn

Popcorn with Herbs & Spices

Potato Chips With South African Style Seasoning

Potato Ridge Cut Chips, Lightly Salted

Quinoa & Black Bean Infused Tortilla Chips

Reduced Guilt Popcorn

Rice Crisps, Sea Salt & Pepper

Roasted Seaweed Snack, Salted

Roasted Seaweed Snack, Wasabi

Salted Tortilla Chips made with Stone Ground Yellow Corn

Savory Mini Multiseed Crackers

Savory Mini Thin Crackers

Savory Mini Thin Edamame Crackers

Savory Thin Crackers

Sweet Plantain Chips

Sweet Potato Rounds

Sweet Potato Tortilla Chips

TJ's Salt & Pepper Ridge Cut Potato Chips

White Tortilla Rounds, Salted

World's Puffiest Sour Cream & Onion Snack

World's Puffiest White Cheddar Snack