

This list is for education only. It is a starting point for finding vendors that publish gluten-free information about their products on their websites. It is not a complete list, and it is not an endorsement of any brand.

Products and ingredients change frequently. Always check the vendor website and read the package label before buying or eating a product — even one purchased before.

GRAIN/BREAD/CEREAL

Bread

- Against the Grain Gourmet: <https://againstthegraingourmet.com>
- Bfree: <https://www.bfreefoods.com>
- Canyon Bakehouse: <https://canyonglutenfree.com>
- Chebe: <https://www.chebe.com>
- Rudi's (select products): <https://rudisbakery.com>
- Schar: <https://www.schaer.com>
- Udi's: <http://udisglutenfree.com>

Cereal

- Chex (Cocoa, Cinnamon, Corn, Honey Nut, Rice) <https://www.chex.com>
- Nature's Path (multiple varieties): <https://naturespath.com>
- Purely Elizabeth: <https://purelyelizabeth.com>
- Seven Sundays: <https://www.sevensundays.com>
- Zego (purity protocol oats): <https://zegofoods.com>

Pancake Mix

- Arrowhead Mills Gluten Free Pancake and Waffle Mix <https://arrowheadmills.com>
- Bisquick Gluten-Free: <https://www.bettycrocker.com>
- King Arthur: <https://shop.kingarthurbaking.com>
- Kodiak Gluten Free Flapjack & Waffle Mix: <https://kodiakcakes.com>
- Namaste: <https://namastefoods.com>
- Pamela's - <https://www.pamelasproducts.com>
- Simple Mills: <https://simplemills.com>
- Trader Joe's: Protein Pancakes: <https://www.traderjoes.com>

Pasta

- A Taste of Thai (rice noodles and Pad Thai) <https://atasteofthai.com>
- Ancient Harvest (quinoa-based): <https://ancientharvest.com>
- Jovial (brown rice pasta): <https://jovialfoods.com>
- Manini's: <https://www.maninis.com>

- Schar: <https://www.schaer.com>
- Trader Joe's (multiple varieties): <https://www.traderjoes.com>

Pizza Crust

- Against the Grain Gourmet: <https://againstthegraingourmet.com>
- Bob's Red Mill: <http://www.bobsredmill.com>
- Chebe: <https://www.chebe.com>
- Manini's: <https://www.maninis.com>
- Schar: <https://www.schaer.com>
- Udi's Pizza: <https://www.udisglutenfree.com>

Rice, Rice Mixes

- Plain rice in all forms: white, brown, wild, basmati, jasmine
- A Taste of Thai (seasoned rice, rice noodles) <https://atasteofthai.com>
- Kevin's Natural Foods <https://www.kevinsnaturalfoods.com>
- Lundberg: <https://www.lundberg.com>
- Minute Rice (original and microwavable) <https://www.minuterice.com>
- Thai Kitchen <https://www.mccormick.com>
- Zatarain's (select flavored rice blends only): <https://www.mccormick.com>

Tortillas

- Bfree: <https://www.bfreefoods.com>
- LaTortilla Factory (gluten-free line): <https://www.latortillafactory.com>
- Mission (select tortillas): <https://www.missionfoods.com>
- Ortega Hard Shells (yellow, white and blue corn taco shells; tostada shells): <http://www.ortega.com>
- Siete: <https://sietefoods.com>
- Trader Joe's corn tortilla: <https://www.traderjoes.com>

DAIRY

Cheese

- Plain cottage cheese and most plain natural cheeses
- Crystal Farms: <http://www.crystalfarmscheese.com>
- Kraft: <https://kraftnaturalcheese.com>
- Land O'Lakes natural cheeses <https://www.landolakes.com>

Milk: All plain, unflavored dairy milk is naturally gluten-free. Flavored milks and malted milk drinks are not.

Yogurt

- Dannon: <http://www.dannon.com>
- FAGE : <https://usa.fage>
- Kemp's: <https://kemps.com>
- Stonyfield (all yogurts and soy yogurts except for YoTot): <https://www.stonyfield.com>

- So Delicious (non-dairy): <http://sodeliciousdairyfree.com>
- Yoplait (multiple varieties): <http://www.yoplait.com>

MEAT/LEGUMES/NUTS

Deli Meat

- Applegate: <http://applegate.com>
- Boar's Head: <https://boarshead.com>
- Butterball (select options): <https://www.butterball.com>
- Carl Buddig (all meat products): <http://www.buddig.com>
- Hormel Natural Choice: <https://www.hormelfoods.com>
- Jenni-O: <https://www.jennio.com/products/special-diets/gluten-free>

Hot Dogs

- Applegate Farms (multiple varieties): <http://applegate.com>
- Foster Farms (select GF corn dogs): <https://www.fosterfarms.com>
- Hebrew National kosher beef franks: <https://www.hebrewnational.com>
- Hormel Cocktail Smokies: <https://www.hormelfoods.com>
- Jennie-O franks, brats, sausages: <https://www.jennio.com>
- Kirkland signature beef hot dogs (Costco): <https://www.costco.com>

Legumes

- Plain dried and canned beans, lentils, and peas (rinse dried legumes and check for stray grains)
- B&M Baked Beans (all varieties): <http://www.bmbeans.com>
- Bush Beans (multiple varieties): <https://www.bushbeans.com>
- Joan of Arc: <https://bgfoods.com>
- Ortega (multiple varieties): <http://www.ortega.com>

Chicken Nuggets

- Applegate GF chicken nuggets: <http://applegate.com>
- Ian's GF chicken nuggets: <https://www.iansfoods.com>
- Jenni-O: <https://www.jennio.com>
- Perdue Simply Smart GF chicken nuggets: <https://www.perdue.com>
- Real Good Foods: <https://realgoodfoods.com>
- Trader Joe's breaded chicken breast nuggets (gluten-free version): <https://www.traderjoes.com>
- Tyson Naturals GF chicken nuggets: <http://www.tyson.com>

Sausage/Meatballs/Bacon

- Al Fresco fully cooked chicken meatballs (not fresh): <https://alfrescoallnatural.com>
- Applegate (multiple varieties): <http://applegate.com>
- Gilbert's Craft Sausages (multiple varieties; bourbon apple is not GF): <https://gilbertssausages.com>

- Hormel Natural Choice bacon <https://www.hormelfoods.com>
- Jennie-O fully cooked meatballs: <https://www.jennieo.com>
- Trader Joe's (select sausages): <https://www.traderjoes.com>

FRUIT/VEGETABLE

Fruit

- All fresh fruit; all canned fruit (not pie filling); all 100% fruit juice
- Del Monte: <http://www.delmontefoods.com>
- Dole: <https://www.dole.com>
- Good & Gather fruit strips and dehydrated fruit (Target): <https://www.target.com>
- Sun-Maid Raisins: <http://www.sunmaid.com>

Vegetables

- All fresh, frozen (plain), and canned vegetables; all vegetable juice
- Ore-Ida Frozen Potatoes (select varieties): <http://www.oreida.com>

SNACKS/DESSERTS

Chips

- Boulder Canyon (most varieties except those with malt vinegar/extract): <https://www.bouldercanyon.com>
- Cape Cod (all products): <http://www.capecodchips.com>
- Frito-Lay (some varieties): <https://www.pepsicoproductfacts.com>
- Glutino: <https://www.glutino.com>
- Kettle Brand (all products): <http://kettlebrand.com>
- Late July (most varieties): <https://www.latejuly.com>
- PopCorners (some varieties): www.popcorners.com
- Schar: <https://www.schaer.com>
- Siete: <https://sietefoods.com>
- Snyder's of Hanover GF pretzel varieties: <https://www.snydersofhanover.com>

Chocolate

- Enjoy Life chocolate chips: <https://enjoylifefoods.com>
- Hershey's (select candies, syrup): <https://www.hersheyland.com>
- HU Kitchen: <https://hukitchen.com>
- Justin's: <https://www.justins.com>
- Nestle Toll House morsels: <https://www.verybestbaking.com>
- Nutella: <https://www.nutella.com>

Cookies

- Glutino: <https://www.glutino.com>
- Mi-Del (multiple varieties): <https://midelcookies.com>
- Pamela's: <https://www.pamelasproducts.com>
- Partake: <https://partakefoods.com>

- Schar: <https://www.schaer.com>
- Tate's Bake Shop: <https://www.tatesbakeshop.com>
- Trader Joe's (multiple varieties): <https://www.traderjoes.com>

Crackers

- Blue Diamond Nut Thins: <https://www.bluediamond.com>
- Crunchmaster: <https://crunchmaster.com>
- Manischewitz GF Matzo-style crackers: <https://manischewitz.com>
- Mary's Gone Crackers: <https://www.marysgonecrackers.com>
- Schar: <https://www.schaer.com>
- Trader Joe's (multiple varieties): <https://www.traderjoes.com>
- Wellaby's: <https://www.wellabys.com>

Dessert Mixes/Pie Crusts

- Betty Crocker Gluten Free Products: <https://www.bettycrocker.com>
- Bob's Red Mill: <https://www.bobsredmill.com>
- King Arthur <https://shop.kingarthurbaking.com>
- Krusteaz Gluten Free Mixes: <https://www.krusteaz.com>
- Mi-Del pie crusts: www.midelcookies.com
- Namaste: <https://namastefoods.com>
- Pamela's: <https://www.pamelasproducts.com>
- Simple Mills: <https://simplemills.com>
- Wholly Gluten Free- <https://www.whollygf.com>

Granola Bars

- Annie's Double chocolate chip granola bars: <https://www.annies.com>
- FODY: <https://www.fodyfoods.com>
- Kashi (select chewy and GoLean bars): <https://www.kashi.com>
- Kind (select varieties): <https://www.kindsnacks.com>
- Larabar: <https://www.larabar.com>
- Made Good: <https://www.madegoodfoods.com>
- Nature Valley (select varieties): <https://www.naturevalley.com>

Granola

- Jessica's: <http://www.jessicasnaturalfoods.com>
- Kind (select varieties): <https://www.kindsnacks.com>
- Made Good: <https://www.madegoodfoods.com>
- Purely Elizabeth: <https://purelyelizabeth.com>
- Trader Joe's (select varieties) <https://www.traderjoes.com>
- Udi's: <http://udisglutenfree.com>

Nuts

- Plain, unseasoned nuts and seeds

- Blue Diamond (most varieties): <https://www.bluediamond.com>
- Emerald (select varieties): <https://www.emeraldnuts.com>

Nutrition Bars

- Aloha: <https://aloha.com>
- Quest (most varieties): <http://www.questnutrition.com>
- RxBar: <https://www.rxbar.com>
- Think!: <https://www.thinkproducts.com>

Popcorn

- Angie's Boom Chicka Pop: <https://boomchickapop.com>
- Jolly Time: <https://www.jollytime.com>
- Newman's Own: <https://www.newmansown.com>
- Skinny Pop: <https://www.hersheyland.com>

MEALS

Chili/Soups

- Amy's (multiple varieties): <https://www.amys.com>
- Herb-Ox Bouillon: <http://www.hormel.com>
- Hormel Chili (multiple varieties): <http://www.hormel.com>
- Kettle Cuisine (multiple varieties): <https://www.kettlecuisine.com>
- Kevin's Natural Foods: <https://www.kevinsnaturalfoods.com>
- Pacific Foods (multiple varieties): <https://www.pacificfoods.com>
- Progresso (multiple varieties): <https://www.progresso.com>
- Thai Kitchen (multiple varieties): <https://www.mccormick.com>
- Trader Joe's (multiple varieties): <https://www.traderjoes.com>

Meals, Microwaveable and Prepared

- Amy's Kitchen (multiple varieties): <https://www.amys.com>
- A Taste of Thai (multiple varieties): <https://atasteofthai.com>
- Evol (multiple varieties): <https://smartlabel.org>
- Feel Good Foods: <https://feel-good-foods.com>
- Hormel (multiple varieties): <https://www.hormelfoods.com>
- Kevin's Natural Foods: <https://www.kevinsnaturalfoods.com>
- Lean Cuisine (multiple varieties): <https://www.goodnes.com>
- Manini's: <https://www.maninis.com>
- Thai Kitchen (multiple varieties): <https://www.mccormick.com>
- Trader Joe's (multiple varieties): <https://www.traderjoes.com>
- Udi's: <http://udisglutenfree.com>

CONDIMENTS/SEASONING

Peanut Butter: All major brands offer at least one gluten-free product: Jif, Peter Pan, Skippy, Smucker's, Justin's

BBQ Sauce

- Heinz (original): <http://www.heinzbbq.com>
- Kevin's Natural Food: <https://www.kevinsnaturalfoods.com>
- Stubbs Legendary - <https://www.mccormick.com>
- Sweet Baby Ray's: <https://www.sweetbabyrays.com>
- Trader Joe's: <https://www.traderjoes.com>

Cooking Spray

- PAM Original, Butter, Olive Oil (PAM Baking is NOT gluten free): <https://www.pamcookingspray.com>

Coffee Creamer

- Coffee Mate (multiple varieties): <https://www.goodnes.com>
- So Delicious (non-dairy): <https://sodeliciousdairyfree.com>

Ketchup

- FODY: <https://www.fodyfoods.com>
- Heinz (multiple varieties): <http://www.heinzketchup.com>

Mayonnaise

- Hellman's: <https://www.hellmanns.com>
- Trader Joe's: <https://www.traderjoes.com>

Mustard

- French's (multiple varieties): <http://www.frenchs.com>

Pasta/Pizza Sauce

- Classico (many varieties): <https://www.kraftheinz.com>
- Contadina (many varieties): <https://www.delmontefoods.com>
- Newman's Own (multiple varieties): <https://www.newmansown.com>

Salad Dressing

- Bolthouse Farms: <https://www.bolthouse.com>
- Brianna's (multiple varieties): <https://www.briannas.com>
- FODY: <https://www.fodyfoods.com>
- Hidden Valley (multiple varieties): <https://www.hiddenvalley.com>
- Newman's Own (multiple varieties): <https://www.newmansown.com>
- Primal Kitchen: <https://www.primalkitchen.com>
- Wish-Bone (multiple varieties): <https://smartlabel.org>

Salsa

- FODY: <https://www.fodyfoods.com>
- Frontera (multiple varieties): <http://www.fronterafoods.com>
- Newman's Own (multiple varieties): <http://www.newmansown.com>

- Siete: <https://sietefoods.com>

Soy Sauce and Tamari

- Kikkoman Gluten-Free: <https://kikkomanusa.com>
- LaChoy: <https://smartlabel.org>
- San-J (multiple varieties including tamari): <https://san-j.com>

Seasoning Mix

- Plain single-ingredient spices and herbs
- FODY: <https://www.fodyfoods.com>
- McCormick (select varieties): <https://www.mccormick.com>
- Smoke n Sanity (all varieties): <https://www.snsspices.com>

DRINKS

Protein Shakes

- Aloha: <https://aloha.com>
- Fairlife Core Power: <https://fairlife.com>
- OWYN: <https://liveowyn.com>
- Quest (some varieties): <https://www.questnutrition.com>

Energy Drinks

- Alani Nu (all energy drinks): <https://www.alaninu.com>
- Celsius (all varieties): <https://www.celsius.com>
- Red Bull (all varieties): <https://www.redbull.com>

Soda and Sparking Water

- Most sparkling waters are naturally gluten-free
- Most sodas are gluten-free. Watch for beverages made with malt flavoring or barley-derived ingredients.

Electrolyte Products

- Liquid IV: <https://www.liquid-iv.com>
- Powerade: <https://www.powerade.com>
- Water Boy: <https://www.waterboy.com>

Bloody Mary Mixes

- Bloody Gerry: <https://www.bloodygerry.com>
- Master of Mixes: <https://www.masterofmixes.com>
- McClure's: <https://mcclures.com>

Margarita and Cocktail Mixes

- Jose Cuervo: <https://cuervo.com>
- Master of Mixes (all varieties): <https://www.masterofmixes.com>
- Tres Agaves (all varieties): <https://www.tresagaves.com>

HEALTH PRODUCTS

Fiber Supplements

- Citrucel (caplets and powder): <https://www.citrucel.com>
- L'il Critters: <https://lilcritters.com>
- Metamucil capsules and powder (Fiber Thins are not GF): <https://www.metamucil.com>

Lip Balm

- EOS (all products): <https://evolutionofsmooth.com>
- SoftLips (multiple products): <https://www.softlips.com>
- SunBum: <https://www.sunbum.com>

Mouth Rinse/Toothpaste

- Arm & Hammer (all toothpaste): <https://www.armandhammer.com>
- Biotene(all products): www.biotene.com
- Colgate (all products): <https://www.colgate.com>
- Crest (all toothpaste): <https://crest.com>
- Desert Essence (multiple varieties): <https://www.desertessence.com>
- Orajel (all kids and baby products): <https://www.oraljelkids.com>
- Tanner's Tasty Paste : <https://www.tannerstastypaste.com>
- Tom's of Maine (all products): <http://www.tomsofmaine.com>