

TRADER JOE'S®

No Gluten Ingredients List

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.com.

- 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)
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)

Soda

Boylan's Soda
Grapefruit Italian Soda
Hansen's Sodas (All)

Beverages cont.

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

Dark Chocolate Covered Soy Nuts

English Toffee

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

Pound Plus Chocolate Bars

Swiss Milk Chocolate Bar

Swiss 71% Dark Chocolate Bar

Shufra Halva

Soft Peanut Toffee

The Ginger People Ginger Chews

Timothy's Confections Sugar Free Milk And Dark

Chocolate Covered Almonds

Yogurt Covered Raisins

Cereal

Bob's Red Mill Flaxseed Meal

Envirokids Organic Gorilla Munch

Envirokids Peanut Butter Panda Puffs

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

Natural Mint Cocoa

Sipping Chocolate

Spicy Chai Latte

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

Dried Fruits, Nuts And Seeds cont.

Antioxidant Nut And Berry Mix
Cinnamon Almonds
Cranberry Trail Mix
Dry Roasted Edamame
Go Raw Trek Mix
Marcona Almonds (All)
Organic Trek Mix With Chocolate Chips, Almonds,
Cranberries, Pistachio, Almond, And Cherry Mix
Pumpkin Seeds And Pepitas
Rainbow Trail Mix
Soy Nuts (Roasted, Salted)
Spicy Almonds, Cashews & Cranberries Trek Mix
Pistachio, Almond & Cherry 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

Refrigerated

Bread And Butter Pickles
Blue Cheese With Roasted Pecan Dip
Classic Greek Salad
Dolmas
Earth Balance Natural Buttery Spread
Eggs (All)
Egg White Salad
Eggless Egg Salad
Fresh Salsa (All Varieties)
Garden Salad
Guacamole (All Varieties)
Hummus (All)
Italian Vinaigrette Salad Dressing
Natural Margarine
Non-Dairy Soy Yogurt (All)
Nulaid Egg Substitute
Papetti Foods All Whites & Liquid Egg Whites
Pickles (All)
Quick Scrambled Egg Whites
Sun Dried Tomato Pesto Torta
Steamed Beets
Steamed Lentils
Note: Earth Balance natural flavors are gluten free.
Mild and hot fresh salsa use apple cider vinegar

Spreads, Salsas & Dips

Balela (East Coast/ Midwest)
Bett's Cheddar Cheese & Horseradish Spread
Black Bean & Roasted Corn Salsa
Cantare Olive Tapenade
Cantare Olive Tapenade With Goat Cheese Feta
Cilantro And Chive Yogurt Dip
Dolmas
Fresh Salsa (Hot & Mild)

Rising Sun Farms Gorgonzola Cheese Torta
Rising Sun Farms Pesto Dried Tomato Cheese Torta
Soy Garden Soy Margarine
Spinach Dip
Spiral Ham With Glaze Pack
Tomato Basil Pasta Sauce
Tofutti Better Than Cream Cheese
Creamy Basil Reduced Fat Dressing
Creamy Cilantro Reduced Fat Dressing
Genova Pasta
Low Fat Parmesan Ranch Dressing
Pear Champagne Vinaigrette

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)
Best In Show Uncured Beef Hot Dogs
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)
Prosciutto Di Italia
Sausage (All)
Tofu (Organic Firm or Extra Firm)
Uncured Bacon
Wellshire Farms All Natural Uncured Turkey Bacon
Wellshire Farms Bacon
Wellshire Farms Premium Beef Franks

Seafood

Crabmeat
Smoked Salmon

Other

Baby Spinach Salad
Blissful Bleu Cheese Potato Salad

Deli / Meat cont.

Bruschetta Sauce
Butternut Squash Soup
Chef Salad
Chicken Caesar Salad*
Chicken Curry Salad
Chinese Chicken Salad**
Cobb Salad
Garden Fresh Gazpacho
Gorgonzola Walnut Salad
Greek Salad
Krinos Imported Kalamata Olives
Pitted Kalamata Olives
Poppy Seed Slaw
Soy Cheese Slices
Tofu Shirataki Noodles
Tuscan White Bean Dip
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

Authentic French Crème Brulees
David Glass Ultimate Chocolate Truffle Cake
**David Glass 77% Less Fat Version Is Not Gluten Free*
Ice Cream (Blueberry or Chocolate)
French Vanilla Ice Cream
Mango Tangerine Sorbet
Soy Cream (Mango Vanilla, Very Cherry 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 Tandoori Rice Bowl
Chicken Taquitos

Organic Rice (All)
Chicken Masala
Eggplant Parmesan, Grilled Not Fried
Enchilada – Organic Black Bean And Corn
Flame Grilled Buffalo Patties
Handcrafted Chicken And Cheese Tamales
Chicken Wings
Concentrates (Lemon And Orange)
Crinkle Wedge Potatoes
Eggplant Parmesan
Fries (Garlic or Chipotle)
Marinated Ahi Tuna Steaks
Marinated Wild White King Salmon Fillets
Organic Frozen French Fries
Premium Salmon Patties
Quinoa Pilaf With Shrimp And Vegetables
Handcrafted Green Chile And Cheese Tamales
Pacific Northwest Crinkle Wedge Potatoes
Peruvian Style Chimichurri Rice
Shepherds Pie (Beef)
Shrimp Stir-fry
Southwest Style Turkey Burger
Stuffed Poblano Peppers
Sweet Potato French Fries
Thai Style Lemongrass Chicken With Seasoned Rice
Wheat Free Toaster Waffles
Seasoned Rack Of Lamb
Seasoned Mahi Mahi Fillets
Shrimp Scampi
Tamales (Cheese, Beef, And Chicken)
Taquitos (Black Bean And Chicken)
Ultimate Seafood Kabobs

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
Pink Salmon, Skinless, Boneless
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

Groceries cont.

Instant Rice Noodle Soup (Roasted Garlic or Spring Onion)
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 Vegetable Broth
Organic Vegetarian Chili
Portuguese Bean And Sausage Soup
Premium Chicken Stew
Rich Onion Soup (Potbelly)
Spanish Chicken Stew
Sweet Potato Bisque
Vegetarian 3 Bean Chili
**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

Aglio 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
Mexican Red 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
Pinjur
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
Tuscan Italian Dressing With Balsamic Vinegar
Tuscan Marinara Sauce, Low Fat
Vodka Marinara
Whole Peeled Pear Tomatoes With Basil (All)

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
Pitted Moroccan Oil Cured Olives

Groceries cont.

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 Quinoa
Organic Brown Rice Pasta (All)
Organic Polenta
Pad Thai Noodles And Sauce
Rice (All)
Rice Noodle
Rice Pilaf
Rice Sticks Rice Pasta
Riso Gallo Porcini Risotto
Spanish Style Rice

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)
Buttermilk Garlic Mash Potato Chips
Inka Roasted Plantain Chips
Kettle Krisps, Low Fat
Mini White Rounds, Bite Size Tortilla Chips

Organic Baked Blue Corn Tortilla Chips, Salted
Organic Tortilla Chips, Round
Papadums, Tandoori Masala
Potato Chips
Reduced Guilt Potato Chips
Restaurant Style Tortilla Chips
Salsa Tortilla Chips
Soy And Flaxseed Tortilla Chips (Spicy & Regular)
Soy Crisps (BBQ or Olive Oil)
Spiced Tortilla Chips
Terra Exotic Vegetable Chips
Vegetable Root Chips
Veggie Chips
White Corn Tortilla Chips, Restaurant Style
White Corn Tortilla Strips, Salted

Crackers And Rice Cakes

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

Popcorn & Other

Cranberry Nut Clusters Popcorn
Fat Free Caramel Popcorn
Gourmet White Popcorn
Lite Popcorn 50% Less Salt
Macadamia Nut Clusters
Rosencrunch and Guildenpop Popcorn
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)