

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
Flourless Chocolate Walnut Cookies
Food For Life Brown Rice Bread
Gluten Free Bagels (Midwest)
Gluten Free Crispy Crunchy Choc. Chip Cookies
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
Bagels/Breads (East Coast)

BARS

Lara Bars (All)
Pure Bars (Cherry Cashew, Chocolate Brownie)
Promax L/S Protein Bar (Peanut Butter)
Think Thin Bars (All)
Tiger's Milk Peanut Butter
Tiger's Milk Protein Rich

BEVERAGES

Non-Dairy Beverages

Almond Smooth Non-Dairy Beverages
(Chocolate, Original, Vanilla, Unsweetened
Vanilla)
Coconut Milk Beverage (Unsweetened, Vanilla)
Hemp Drink (Original, Vanilla)
Rice Milk
Organic Whole Grain Drinks
(Regular and Unsweetened)
Soy Beverages (All)

Refrigerated (Dairy Case)

Dairy Free Cream Cheese Alternative
Juices* (All)
Non-dairy Coffee Creamers (Original,
Hazelnut, Vanilla)
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)
Refreshers (Blueberry, Pomegranate,
Tangerine – Seasonal)
Vintage Sodas (All)

Other

Fast Flavor Sticks (Iced Tea with Lemon,
Lemonade, Pomegranate Cherry)
French Market Sparkling Beverages
Green Tea Unsweetened
Juice in a Box, Pomegranate and Lime
Juice in a Box, Tropical Fruit
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% Belgian Dark Chocolate Seashells
70% Dark Chocolate. Bar, Caramel

70% Dark Chocolate. Bar, Toffee
72% Swiss Chocolate Bar
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
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
Dark Chocolate Nutty Bits
Dark Chocolate Peanut Butter Cups
Dark Chocolate with Almonds
English Toffee
Fair Trade Swiss Chocolate Bars (Dark, Milk)
Fruit Jellies
Green Tea Mints
Milk Chocolate Covered Raisins
Milk Chocolate Covered Toffee Popcorn
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
Organic Stone Ground 70% Cacao Extra Dark
Chocolate
Organic Stone Ground Salt & Pepper Dark
Chocolate
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

Barbara's Multigrain Puffins
Bob's Red Mill Flaxseed Meal
Envirokids Organic Gorilla Munch

CEREAL Cont.

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)
Caffe Latte
Caffe Mocha
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)
Cheese (All shredded, blocks, and wedges except for cheeses containing beer)
Cream Cheese (All)
Cultured Coconut Milk (Blueberry & Vanilla)
Dairy Ease Lactose Free Milk (East Coast)
Egg Nog (Seasonal)
Garelick Fresh Extra Heavy Whipping Cream (East Coast/ Midwest)
Garelick Naturals Colossal Coffee Lowfat Milk
Garelick Ultimate Chocolate Lowfat Milk (East Coast)
Kefir
Kemp's Chocolate Milk (East Coast/ Midwest)
Puddings (Chocolate, Rice, Tapioca)
Sour Cream (All)
Yogurt (All)

DRIED FRUITS, NUTS & SEEDS

Almond Nut Meal
Almonds, Cranberries, Pistachio & Cherry Mix
Chia Seeds
Cinnamon Almonds
Dried Fruit (All except Black Currants)
Fiberful Fruit Bar
Fruit Leathers (All)
Go Raw Trek Mix
Happy Trekking Trex Mix
Marcona Almonds (All)
Nutty American Trek Mix
Peanut Butter Cup Trax Mix
Pumpkin Seeds And Pepitas
Rainbows End Trail Mix
Roasted Coconut Chips
Raw and Roasted Nuts (All)

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
Whole Organic Sweetened Dried Cranberries

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 except Avocado Salas)**
Genova Pesto
Guacamole (All Varieties)
Hummus (All *except* White Bean Hummus and White Bean & Basil Hummus)
Hummus Dressing
Italian Vinaigrette Salad Dressing
Low Fat Parmesan Ranch Dressing
Organic Red Wine & Olive Oil Vinaigrette
Pear Champagne Vinaigrette
Rising Sun Farms Pesto Dried Tomato Cheese
Spinach & Sour Cream Dip
Sun-Dried Tomato Pesto Torta
Sweet Chili Sauce
Tahini Sauce
Torta (Seasonal)
Tomato Basil Pasta Sauce

* *Earth Balance natural flavors are gluten free.*

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

Deli/Meat

Abraham Prosciutto
All Natural Jumbo Uncured Beef Franks
All Natural Uncured Chicken Hot Dogs
Baby Back Pork Ribs
Busseto Premium Genoa Salami
Celebrity Healthy Ham
Cheesy Cheddar Dogs
Chicken Artichoke Patties
Chicken Salad
Columbus Meats (All)
Fully Cooked & Seasoned Prime Rib of Beef or Roasted Chicken

REFRIGERATED Cont.

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 All Beef Hot Dogs

Uncured Bacon

Uncured Bacon Ends & Pieces

Uncured Black Forest Ham

Uncured Pastrami

Unprocessed Raw Meat (All)

Wellshire Farms Natural Bacon

Seafood

Crabmeat

Fresh Haddock Fillets

Fresh Sea Scallops

Fresh Swordfish

Smoked Salmon

Salads & Other

Baby Spinach Salad

Bistro Salad

Chef Salad

Classic Greek Salad

Cobb Salad

Dolmas

Eggs (All)

Egg White Salad

Eggless Egg Salad

Garden Salad

Gazpacho

Gel Cups (Black Cherry)

Gorgonzola Walnut Salad

Greek Salad

Grilled Chicken Salad with Orange Vinaigrette

Krinos Imported Kalamata Olives

Nulaid Egg Substitute

Pickles (All)

Pitted Kalamata Olives

Powerhouse Salad

Quick Scrambled Egg Whites

Southwest Salad

Soy Cheese Slices

Soy Yogurt (All)

Super Spinach Salad

Steamed Beets

Steamed Lentils

FROZEN

Desserts

Coffee Latte & Cream Bars

Blissful Ice Cream Bar

Crème Brulee in Chocolate Cups

Fruit Floes

Four Fruit Frenzy Bars

Gone Bananas Chocolate Dipped Bananas

House Whip (A Leader Among Whipped Toppings)

Mango Vanilla Ice Cream Bars

Non-Dairy Frozen Dessert Made with Coconut Milk (Chocolate & Strawberry)

Peach Pops

Pomegranate Blueberry Sherbet

Raspberry Vanilla Ice Cream Bars

Sorbet (All)

Soy Creamy Cherry Chocolate Chip

Soy Creamy Organic Chocolate

Soy Creamy Organic Vanilla

Strawberry Pops

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

Brown Rice

Channa Masala

Chicken Enchiladas In Salsa Verde

Chicken Gorgonzola

Chicken Pomodoro

Chicken Taquitos

Chili Lime Chicken Burgers

FROZEN Cont.

Cod Provençale
Concentrates (Lemon And Orange)
Creamy Polenta with Spinach & Carrots
Crinkle Wedge Potatoes
Chicken Masala
Curried Lentils w/ Basmati Rice
Enchilada – Organic Black Bean And Corn
Flame Grilled Buffalo Patties
Gluten Free 3 Cheese Pizza
Gluten Free Homestyle Pancakes
Handcrafted Green Chile And Cheese Tamales
Handsome Cut Potato Fries
Marinated Ahi Tuna Steaks
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)
Shredded Hash Browns
Tamales (Cheese, Beef, Chicken)
Thai Jasmine Rice
Trader Potato Tots
Uncooked, Uncured Bacon Wrapped Mahi
Vegetable Panang Curry
Wheat Free Toaster Waffles

GROCERY

Baking And Cooking Supplies

Canola Oil Spray (All)
Coconut Cream
Crushed Garlic
Fleur de Sel Caramel Sauce
Gluten Free Brownie Mix
Light Coconut Milk
Natural Rice Vinegar
Oils (All)
Orange Muscat Champagne Vinegar
Organic Cocoa Powder (Seasonal)
Organic Virgin Coconut Oil
Organic Maple Sugar
Sugar (All)
Spices (All Private Labeled Spices)
Vanilla Extract (All)

Whipping Cream

Chilies, Chowders, & Soups

Butternut Squash Soup
Carrot Ginger Soup
Chicken Chili With Beans*
Creamy Corn And Roasted Red Pepper Soup

Creamy Vegetable Medley Bisque
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 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
Fig Butter
Fire Roasted Tomato Salsa
Garlic Chipotle Salsa
Green Olive Tapenade
Honey (All)
Honey Apple Butter
Hot And Smoky Chipotle Salsa
Lemon Curd
Mayonnaise (Real or Reduced Fat)
Mango Butter
Mango Ginger Chutney
Mustard (Dijon, Whole Grain or Organic Yellow)
Nut Butters (All)
Olive Green Tapenade
Organic Tomatillo & Roasted Yellow Chili Salsa
Organic Sweet Relish
Pineapple Salsa
Pumpkin Butter (Seasonal)

GROCERY Cont.

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)
Apple Banana Fruit Sauce Crushers
Apple Strawberry Fruit Sauce Crushers
Apple Carrot Fruit Sauce Crushers
Arrabiata Sauce
Balsamic Vinaigrette (Regular, Fat Free or Organic)
Bruschetta
BBQ Sauce
Barbecue Sauce, Kansas City
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
Raspberry Lowfat Salad Dressing
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

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 Great Northern Beans
Organic Kosher Sandwich Pickles
Organic Mixed Fruit Cups
Organic Sweet Butter Pickles
Red Pepper Spread With Garlic And Eggplant
Red Split Lentils
Stuffed Queen Sevillano Olives
Sun-Dried Tomatoes (All)
Sun-Dried Tomato Bruschetta

**Stuffed Olives use vinegar derived from corn*

Grains

Corn Pasta (Penne, Spaghetti)
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
Stone Ground White Grits
Thai Style Lime Pilaf
Wild & Basmati Rice Pilaf

All Jams, Jellies, And Preserves

Other

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

SNACKS

Chips

Baked Potato Chips (Salted, Salt & Vinegar)
BBQ Chips
Blue Corn Tortilla Chips
Cassava Chips
Crunchy Curls
Falafel Chips
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
Quinoa and Black Bean Infused Tortilla Chips
Red Bliss Potato Chips
Reduced Guilt Tortilla Strips
Restaurant Style Organic White 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
Contemplates Inner Peas
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)
Movie Theater Popcorn
Organic Popcorn with Olive Oil
Organic Popping Corn
Popcorn with Herbs & Spices
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