



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](http://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](mailto:cdf@celiac.org) or on the web at [www.celiac.com](http://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)*

## **Beverages *cont.***

### **Soda**

*Boylan's* Soda  
Grapefruit Italian Soda  
*Hansen's* Sodas (All)  
*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  
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  
Gluten Free Granola  
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  
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)  
*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  
Bruschetta Sauce  
Butternut Squash Soup  
Chef Salad  
Chicken Caesar Salad\*

Chicken Curry Salad  
Chinese Chicken Salad\*\*  
Cobb Salad  
Garden Fresh Gazpacho  
Gluten Free Frozen Pancakes  
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  
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

## **Frozen cont.**

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  
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  
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

## **Groceries cont.**

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**

Aglia 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  
Tuscano 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  
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

## **Groceries *cont.***

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  
Veggie Flaxseed Tortilla 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**

Buccaneer Joes White Cheddar Corn Puffs  
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)