

# 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](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.org](http://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.

### BAKERY, BREADS, COOKIES

Corn Tortillas (Hand Made & Original)  
Flourless Chocolate Cake  
Flourless Chocolate Walnut Cookies  
*Food For Life* Brown Rice Bread  
Gluten Free Bagels (Midwest)  
Gluten Free French Rolls (East Coast / Midwest)  
Gluten Free Ginger Snaps  
Rye-less "Rye" Bread (Midwest)  
Meringue Cookies (All)

### BARS

*Kind Fruit & Nut*  
*Lara Bars*  
*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

All Soy Beverages

*Blue Diamond* Almond Breeze (Chocolate, Original, Vanilla, Unsweetened Vanilla)

Rice Milk

### Refrigerated (Dairy Case)

All Soymilks

All Juices\*

*\*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

*Hansen's* Sodas (All)

Refreshers (Blueberry, Pomegranate, Tangerine)

### Other

*Kettle Brewed* Unsweetened Green & White Tea

French Market Sparkling Beverages

Green Tea Unsweetened

*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, Mojito, Pomegranate)

*Tejava* Unsweetened Tea

Water And Sparkling Waters (All)

*Worldwide* Pure Protein Shakes (All)

## CANDY

*Note: food glaze does not have gluten*

Almond Clusters

Black Licorice Scottie Dogs

Brown Rice Marshmallow Treats

*Carb Safe* Sugar Free Chocolate Bars (Milk, Dark)

Chocolate Chips (Semi-Sweet, Milk, White Chocolate)

Chocolate Covered (Blueberries, Orange & Raspberry Sticks)

Chocolate Covered Spicy Mango Pieces

Chocolate Sunflower Seed Drops

Chocolate Espresso Beans

*Coffee Rio's*

Concerto Dark Chocolate Batons

Dark Chocolate Almonds Sea Salt and Sugar

Dark Chocolate Covered (Almonds, Caramels, Cashews, Cherries, Espresso Beans, Raisins, Salted Nuts, Toffee)

Dark Chocolate Covered Ginger

Dark Chocolate Mint Creams

English Toffee

Fair Trade Swiss Chocolate Bars (milk, dark)

Green Tea Mints

Imported Belgian Chocolate Sea Shells

Lumpy Bumpy Bar

Milk Chocolate Clouds

Milk Chocolate Covered Cranberries

Milk Chocolate Covered Raisins

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

Ounce Plus 3pk Chocolate Bars

Pecans Praline

Peppermint Marshmallows (seasonal)

Pound Plus Chocolate Bars

*The Ginger People* Ginger Chews

*Timothy's Confections* Sugar Free Milk And

Dark Chocolate Covered Almonds

Unsweetened Belgian Baking Chocolate

Vanilla Marshmallows

## 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, TEA & COCOA

Tea And Coffee (All)

Chai No Sugar Added

Matcha Latte

Organic Conacado Cocoa

Sipping Chocolate

## 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)

## **DAIRY PRODUCTS cont.**

Cheese (All shredded, blocks, and wedges except for Blue Cheese\*)  
Egg Nog (Seasonal)  
Kefir  
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)

*\*Due to different methods of Blue Cheese production, please check ingredient lists to determine gluten status.*

## **DRIED FRUITS, NUTS & SEEDS**

All Dried Fruit (except Black Currants)  
All Fruit Leathers  
All Raw And Roasted Nuts  
Almond Nut Meal  
Cinnamon Almonds  
Dry Roasted Edamame  
Fiberful Fruit Bar  
Go Raw Trek Mix  
Marcona Almonds (All)  
Nutty American Trek Mix  
Organic Trek Mix With Chocolate Chips, Almonds, Cranberries, Pistachio, Almond, And Cherry Mix  
Pistachio, Almond & Cherry Mix  
Pumpkin Seeds And Pepitas  
Rainbows End Trail Mix  
Roasted Plantain Chips  
Spicy Almonds, Cashews & Cranberries Trek 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**

### **Spreads, Salsas, Dips & Dressings**

Balela (East Coast/ Midwest)  
*Bett's* Cheddar Cheese & Horseradish Spread  
Black Bean & Roasted Corn Salsa  
Blue Cheese With Roasted Pecan Dip

Bruschetta Sauce  
*Cantare* Olive Tapenade  
*Cantare* Olive Tapenade w/ Goat Cheese Feta  
Cilantro And Chive Yogurt Dip  
*Earth Balance* Natural Buttery Spread\*  
Fresh Salsa (All Varieties)\*\*  
*Rising Sun Farms* Gorgonzola Cheese Torta  
*Rising Sun Farms* Pesto Dried Tomato Cheese Torta  
*Soy Garden* Soy Margarine  
Spinach Dip  
Tomato Basil Pasta Sauce  
*Tofutti* Better Than Cream Cheese  
Guacamole (All Varieties)  
Hummus (All except White Bean Hummus and White Bean & Basil Hummus)  
Italian Vinaigrette Salad Dressing  
Low Fat Parmesan Ranch Dressing  
*Natural* Margarine  
Organic Red Wine & Olive Oil Vinaigrette  
Pear Champagne Vinaigrette  
Sun-Dried Tomato Pesto Torta  
Sweet Chili Sauce

*\* Earth Balance natural flavors are gluten free.*

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

### **Deli/Meat**

*Abraham* Prosciutto  
*Appa* Smoked Salmon Roulade  
*Applegate* Antibiotic Free Andouille Turkey Sausage  
*Applegate Farms* Beef Hot Dogs  
*Applegate Farms* Roasted Turkey Breast  
*Applegate Farms* Turkey Bologna  
*Applegate Farms* Turkey Hot Dogs  
All Unprocessed Raw Meat  
Baby Back Pork Ribs  
BBQ Shredded (Chicken or Pork)  
*Busseto* Premium Genoa Salami  
*Celebrity* Healthy Ham  
Chicken Artichoke Patties  
Chicken Salad  
Chicken Salad With Currants And Almonds  
*Columbus* Meats (All)  
Fully Cooked & Seasoned Prime Rib of Beef or Roasted Chicken  
Grilled Chicken (Strips, Lemon Pepper, Plain, Balsamic & Rosemary Chicken Breast)  
*Gerhards* Deli Sausage (All Flavors)  
Handmade Green Chili And Cheese Tamales  
*Hebrew National* (All)  
Just Chicken (Plain)

**REFRIGERATED cont.**

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)  
Pork in Barbecue Sauce  
Prosciutto Di Italia  
Sausage (All)  
Spiral Ham With Glaze Pack  
Tofu (Organic Firm or Extra Firm)  
Tofu Veggie Burger  
Turkey Bacon  
Uncured Bacon  
Uncured All Beef Hot Dogs  
Wellshire Farms (All Natural Uncured Turkey Bacon, Bacon, Premium Beef Franks)

**Seafood**

Crabmeat  
Smoked Salmon

**Salads & Other**

Baby Spinach Salad  
Butternut Squash Soup  
Chef Salad  
Chicken Caesar Salad\*  
Chicken Curry Salad  
Classic Greek Salad  
Cobb Salad  
Dolmas  
Eggs (All)  
Egg White Salad  
Eggless Egg Salad  
Garden Salad  
Garden Fresh Gazpacho  
Genova Pasta  
Gorgonzola Walnut Salad  
Greek Salad  
Grilled Chicken Salad with Orange Vinaigrette  
Krinos Imported Kalamata Olives  
Nulaid Egg Substitute  
Papetti Foods All Whites & Liquid Egg Whites  
Pickles (All)  
Pitted Kalamata Olives  
Pork Tamale with Salsa Colorado  
Quick Scrambled Egg Whites  
Soy Cheese Slices  
Soy Yogurt (All)  
Steamed Beets

Steamed Lentils

*\*The Caesar salad has gluten-containing croutons that are packed separately and easily removed.*

**FROZEN**

**Desserts**

Ben & Jerry's Cherry Garcia  
Blissful Ice Cream Bar  
Choctal Chocolate Collection  
Dark Chocolate Dipped Strawberries  
Double Rainbow Sorbet (Chocolate, Lemon, Mango Tangerine)  
Fruit Floes  
Gone Bananas Chocolate Dipped Bananas  
Have Your Espresso & Eat It, Too  
Ice Cream Bars (Mango Vanilla, Raspberry Vanilla)  
Mango Passion Exotique  
Mangolicious Fruit Blend  
Soy Creamy Cherry Chocolate Chip Frz Dessert  
Soy Creamy Organic Chocolate Frz Dessert  
Soy Creamy Organic Vanilla Frz Dessert  
Soy Creamy Organic Fudge Bars  
Soy Creamy Orange Vanilla Bars  
Sorbet (All)  
Strawberries N' Crème  
Super Premium Ice Cream (French Vanilla, Mint Chocolate, Ultra Chocolate)  
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 & Feta Crustless Quiche  
Biryani Curried Rice  
Chicken Biryani  
Chicken Chile Verde  
Chicken Enchiladas In Salsa Verde  
Chicken Gorgonzola  
Chicken Pomodoro  
Chicken Tandoori Rice Bowl  
Chicken Taquitos  
Chicken Wings  
Chili Lime Chicken Burgers

## **FROZEN cont.**

Concentrates (Lemon And Orange)  
Crinkle Wedge Potatoes  
Chicken Masala  
Chorizo & Egg Crustless Quiche  
Eggplant Parmesan, Grilled Not Fried  
Enchilada – Organic Black Bean And Corn  
Flame Grilled Buffalo Patties  
Gluten Free Homestyle Pancakes  
Handcrafted Green Chile And Cheese Tamales  
Marinated Ahi Tuna Steaks  
Marinated Fish Tacos  
Marinated Wild White King Salmon Fillets  
Never, Never Angus Beef Burgers  
Organic Frozen French Fries  
Organic Rice (All)  
Pacific Northwest Crinkle Wedge Potatoes  
Peruvian Style Chimichurri Rice w/ Vegetables  
Premium Salmon Patties  
Quinoa Pilaf With Shrimp And Vegetables  
Seasoned Rack Of Lamb  
Seasoned Mahi Mahi Fillets  
Shepherds Pie (Beef)  
Shrimp Scampi  
Shrimp Stir-fry  
Thai Style Lemongrass Chicken w/ Rice  
Tamales (Cheese, Beef, And Chicken)  
Taqitos (Black Bean And Chicken)  
Ultimate Seafood Kabobs  
Wheat Free Toaster Waffles

## **GROCERIES**

### **Baking And Cooking Supplies**

All Private Label Spices  
Canola Oil Spray (All)  
Crushed Garlic  
Gluten Free Brownie Mix  
Gluten Free Pancake & Waffle Mix  
Light Coconut Milk  
Oils (All)  
Orange Muscat Champagne Vinegar  
Organic Cocoa Powder  
Sugar (All)  
Vanilla Extract (All)

### **Chilies, Chowders, & Soups**

3 Bean And Beef Chili\*  
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)  
Lentil Soup With Vegetables (All)  
Miso Soup 4pk  
Organic Black Bean Soup  
Organic Creamy Corn & Roasted Red Pepper 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 Vegetarian Chili  
Pink Salmon, Skinless, Boneless  
Premium Chicken Stew  
Roasted Beef in Beef Broth  
Rich Onion Soup (Potbelly)  
Savory Broth Concentrates, Reduced Sodium  
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  
Apple Cranberry Chutney  
Artichoke Antipasto  
Artichoke Red Pepper Tapenade  
Chunky Salsa  
Corn And Chili Tomato-less Salsa  
Double Roasted Salsa  
Fat Free Spicy Black Bean Dip  
Fire Roasted Tomato Salsa  
Honey (All)  
Hot And Smoky Chipotle Salsa  
Lemon Curd  
Mayonnaise (Real or Reduced Fat)  
Mayonnaise Dressing, Eggless  
Mango Ginger Chutney  
Mustard (Dijon or Organic Yellow)  
Nut Butters (All)  
Olive Green Tapenade  
Organic Sweet Relish  
Pineapple Salsa  
Pumpkin Butter  
Salsa (Autentica or Verde)  
Soybean Butter (Creamy or Crunchy)

## **GROCERIES cont.**

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  
All Natural Turkey Gravy (Seasonal)  
Raspberry Lowfat Salad Dressing  
Balsamic Vinaigrette (Regular, Fat Free or Organic)  
Bruschetta  
BBQ Sauce  
BBQ Sauce, Kansas City  
Cacciatore Simmer Sauce  
Chili Pepper Sauce  
Creamy Prosciutto Pasta Sauce  
Curry Simmer Sauce  
Italian Sausage Pasta Sauce  
Jalapeno Hot Sauce  
Ketchup, Organic  
Korma Simmer Sauce  
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  
Piccata Simmer Sauce  
Pizza Sauce, Fat Free  
Pesto Alla Genovese Basil Pesto  
Punjab Spinach Sauce  
Roasted Garlic Marinara  
Romano Caesar Dressing  
Rustico Pasta Sauce  
Seafood Cocktail Sauce  
Sweet And Sour 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  
Vodka Marinara  
Whole Peeled Pear Tomatoes With Basil (All)  
Wild Maine Blueberry Fruit Sauce

### **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  
Organic Kosher Sandwich Pickles  
Organic Sweet Butter Pickles  
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 Brown Rice (Fully Cooked)  
Organic Brown Rice Pasta (All)  
Organic Polenta  
Organic Quinoa  
Organic Southern Style Grits  
Rice (All)  
Rice Noodle  
Rice Pasta & Cheddar  
Rice Sticks Rice Pasta  
Riso Gallo Porcini Risotto  
Spanish Style Rice  
Sprouted Brown Rice Fully Cooked  
Thai Style Lime Pilaf  
Wild & Basmati Rice Pilaf

### **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  
Tuna (All)

## **SNACKS**

### **Chips**

Baked Potato Slims Lightly Salted  
BBQ Chips  
Blue Corn Tortilla Chips  
Blue Potato Chips  
Hemp Tortilla Chips w/ Black Sesame Seeds  
Jalapeño Cheese Crunchies  
Organic Baked Blue Corn Tortilla Chips  
Organic Blue Corn Tortilla Chips  
Organic Corn Chip Dippers  
Organic Tortilla Longboard Chips  
Organic Veggie Strips  
Organic White Corn Tortilla Chips  
Organic Yellow Corn Tortilla Chips, Round  
Popped Potato Chips (Barbecue, Salted)  
Potato Chips  
Red Bliss Potato Chips  
Reduced Guilt Potato Chips  
Restaurant Style Organic White Corn Tortilla  
Chips  
Salsa Tortilla Chips  
Sea Salt & Pepper Rice Crisps  
Sour Cream & Onion Rice Crisps  
Soy & Flaxseed Tortilla Chips (Spicy & Regular)  
Soy Crisps (BBQ, Olive Oil, White Cheddar)  
Spiced 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 or Multiseed with  
Soy Sauce)  
Thai Rice Sweet Sesame Snacks

### **Popcorn & Other**

Buccaneer Joes White Cheddar Corn Puffs  
*Calbee* Snapea Crisps  
Chocolate Drizzled Peppermint Caramel Corn  
Cranberry Nut Clusters Popcorn  
Fat Free Caramel Popcorn  
Gourmet White Popcorn  
Green Bean Snacks  
Kettle Corn  
Lite Popcorn 50% Less Salt  
Macadamia Nut Clusters  
Microwave Popcorn (94% Fat Free, Natural  
Butter)  
Reduced Fat Cheese Crunchies  
White Cheddar Popcorn

### **DIETARY SUPPLEMENTS**

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*