

Gluten Free Products List 2008 Table of Contents

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Guide Information

The following foods are expected to be gluten free at the date indicated beside the brand name. Sources include lists provided by food companies, ingredients lists in-store and online. Some sources, such as gluten-free product lists obtained from companies may have been compiled at previous dates, but were taken to be current as provided by the company.

The list is arranged in the Table of Contents according to the type of product and then alphabetically according to the brand name within the product grouping. The date the product information was obtained is noted alongside the brand name. Directly beneath the brand name is the name of the company that distributes the product (if different from the actual brand name).

Contact information of distributors and companies can be found at the end of the main list. The companies can also be reached online through company websites and email, which were not included in the list but can often be found through internet search engines.

Any special considerations and disclaimers provided by the companies and distributors are included in the **Distributors' Gluten Status List** and any need to make reference to this list is indicated throughout.

The product list, although extensive, is by no means complete and absolute. Many distributors carry a wide range of products for which information was not available. Although a product may not be included, this does not mean that it is not safe.

Consumers are always encouraged to read the list of ingredients on products before purchasing, as formulas may change without indication.

Distributor's Gluten Status List

Cadbury/Neilsen (status as of Aug 2008)

The company indicates ingredients containing gluten and products of these including wheat, rye, barley, triticale, spelt, kamut, and oats, but not corn, rice, sorghum, or buckwheat.

Coca-Cola Company (status as of July 2008)

Coca-Cola is able to confirm that their products meet Codex's definition of Gluten Free (under 200 ppm), but are unable to confirm that they are completely Gluten Free at this time.

ConAgra Foods (status as of July 2008)

If gluten-containing ingredients are present in any of their products, it is indicated independently in the list of ingredients. If Natural Flavors, Artificial Flavors, or Spices listed in the ingredients list contain wheat, oat, barley, or rye, these ingredients would be listed in parenthesis immediately following the ingredient.

Club House (status as of July 2008)

Labels will indicate if gluten is present.

Effem (Mars) (status as of July 2008)

The ingredient statement on each wrapper is the best source for this information. The Food Allergy & Anaphylaxis Network advises consumers to rely on ingredient labels, not lists that can become outdated when products change.

General Mills (status as of July 2008)

If the ingredient label does not list wheat, barley, rye, oats or gluten-containing ingredients sourced from these grains, then the product would be gluten-free. Sources of gluten are listed on the label even if the source of gluten is part of another ingredient (such as flavoring or spice). Because ingredients may vary from one package to another due to product reformulation, you should use the product's ingredient label to provide you with current and accurate information.

Hain Celestial Group (status as of July 2008)

Sources of gluten will be indicated on the ingredient list

Heinz (status as of July 2008)

No gluten-free list available as of Aug 2008 as they are currently updating their allergen list. Check ingredient list.

Hershey (status as of July 2008)

The product label includes an accurate listing of the ingredients in the products. However, on occasion, the list of ingredients can change. They encourage you to check the ingredient label on the package before you making a purchase. This label provides accurate, current information about all the ingredients in the package.

Kraft (status as of July 2008)

No longer offers a list of gluten free foods and advises consumers to check the ingredient line on the package. It has been a long standing policy for all Kraft and Christie products to list ingredients that contain gluten on the ingredient statement. These items will be listed using commonly known terms such as Wheat, Barley, Oats or Rye. For other ingredients that contain gluten, the grain source will be declared in parenthesis after the ingredient name. For example, if the ingredient "natural flavour" contains a gluten source, the label would read: natural flavour (contains rye). Other ingredients that contain gluten are: Triticale, Spelt, Kamut, Mir or Farina (also known as Far or Farro).

For Kraft branded products that contain vinegar, information from our vinegar suppliers assures us that the vinegar we use in our products is gluten free. All vinegar is distilled and through the distilling process the protein gluten is removed.

La Siembra (status as of July 2008)

None of their products contain Gluten (or gluten-containing ingredients) but cannot guarantee gluten-free status as their manufacturing facilities handle gluten-containing products.

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Maple Leaf Foods (status as of Aug 2008)

They do not run products on dedicated lines. They take precautions in order to prevent cross contamination, however, trace amounts can occur. For the prepared meat products produced, wheat is the primary gluten source used. If wheat has been added to the product, it will show up in the list of ingredients as follows:

Wheat flour or modified wheat flour; toasted wheat crumbs, bread crumbs, cracker crumbs; wheat gluten, wheat germ; wheat starch (the origin of any other starches used should be specified. For example: modified corn starch, potato starch, tapioca starch); hydrolyzed vegetable protein (while this ingredient is rarely used in our products, when used, the source of the vegetable is identified. The usual sources of HVP are soy, corn and wheat). Flavours sometimes contain allergens but those will always be labeled in brackets.

McCormick (status as of July 2008)

All single ingredient spices, herbs, extracts and food colours are gluten-free. Some products do contain gluten, and this will be clearly listed in BOLD type within the ingredient statement. They do not maintain a list of gluten-free products, as formulas change from time to time.

Nestle (status as of Aug 2008)

All products are labeled with the presence of specific allergens either in the Ingredient Declaration and/or in the Allergen Statement.

Loblaw's (status as of Aug 2008)

There is no gluten free list available. Please call 1-888-495-5111 with the UPC code (barcode number) for ingredient inquiries

Schneider's (status as of Aug 2008)

They do not run products on dedicated lines. They take precautions in order to prevent cross contamination, however, trace amounts can occur. For the prepared meat products produced, wheat is the primary gluten source used. If wheat has been added to the product, it will show up in the list of ingredients as follows:

Wheat flour or modified wheat flour; toasted wheat crumbs, bread crumbs, cracker crumbs; wheat gluten, wheat germ; wheat starch (the origin of any other starches used should be specified. For example: modified corn starch, potato starch, tapioca starch); hydrolyzed vegetable protein (while this ingredient is rarely used in our products, when used, the source of the vegetable is identified. The usual sources of HVP are soy, corn and wheat). Flavours sometimes contain allergens but those will always be labeled in brackets.

Unilever (status as of July 2008)

Ingredients containing gluten will always be listed separately on all ingredient labels.

Because our products are formulated for use by the majority of consumers (and not specifically for those on restricted diets) it is possible for our product formulations to change at any time. Therefore, we suggest reading all ingredient labels carefully.

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

BABY FOOD PRODUCTS

Baby Mum-Mum (July 2008)

Baby Mum-Mum Rice Rusk
Original, Vegetable Flavour, Carrot Flavour
Toddler Mum-Mum Organic Cereal

Baby's Only Organic (July 2008)

Baby's Only Organic Dairy Formula
Baby's Only Organic Lactose Free Formula
Baby's Only Soy Formula
Baby's Essentials DHA and ARA Fatty Acid
Supplement
PediaVance Oral Electrolyte
PediaSmart Complete Organic Nutrition

Beech Nut (July 2008)

Stage 1:

| | |
|------------------------------|-------------|
| Applesauce | Peaches |
| Bananas | Pears |
| Beef & Beef Broth | Prunes |
| Butternut Squash | Rice Cereal |
| Chicken & Chicken Broth | |
| Tender Golden Sweet Potatoes | |
| Tender Sweet Carrots | |
| Tender Sweet Peas | |
| Tender Young Green Beans | |
| Turkey & Turkey Broth | |

Stage 2:

Apples & Bananas
Apples & Blueberries
Apples & Mango
Apricots
Bananas & Strawberries
Bananas with Pears & Apples
Beef & Macaroni with Vegetables
Blueberries & Cream
Carrots & Peas
Chicken & Rice Dinner
Dutch Apple Dessert
Fruit Salad

Good Evening Creamy Chicken Noodle Dinner
Good Evening Ginger Chicken & Vegetables Dinner
Good Evening Ham Dinner
Good Evening Hearty Vegetable Stew
Good Evening Whole Grain Brown Rice
Good Evening Turkey Tetrazzini
Mixed Vegetables
Plums with Apples & Pears
Prunes with Pears
Rice & Golden Delicious Apples
Strawberries
Sweet Corn Casserole
Sweet Potatoes & Apples
Vanilla Custard Pudding with Apples
Vegetables & Beef
Vegetables & Chicken

Stage 3:

Apples & Cherries
Apples & Strawberries
Applesauce
Bananas
Butternut Squash
Carrots & Peas
Carrots, Chicken & Pink Beans
Fruit Salad
Green Beans & Corn
Peaches
Pears
Pears & Rice Cereal
Strawberries
Sweet Potatoes
Sweet Potatoes & Beef
Sweet Potatoes with Chicken & Rice
Vegetables & Chicken
Vegetables with Turkey & Rice

Table Time:

Apple Dices
Carrot Dices
Green Bean Dices
Pear Dices
Hearty Vegetable Soup
Vegetable Soup with Beef

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
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Beverages:

Apple Juice
Apple Prune Juice Blend
Pear Juice

[Heinz \(July 2008\)](#)

[Check Distributor's Gluten Status List](#)

Beginner Fruit:

Applesauce
Bananas
Bartlett Pears
Peaches

Beginner Vegetables:

| | |
|--------------------|------------------|
| Carrots | Squash |
| Green Beans | Sweet Potatoes |
| Peas | Wax Beans |
| Vegetable & Turkey | Peas & Carrots |
| Vegetable Beef | Butternut Squash |

Junior Desserts:

| | |
|---------------------------|--------------------------|
| Apricot | Peach |
| Banana | Strawberry |
| Blueberry | Mixed Fruit with Oatmeal |
| Banana with Coconut Cream | |

Junior Fruit:

Apples & Blueberries
Apples & Strawberries
Applesauce
Bartlett Pears
Mixed Fruit

Strained Meats:

Beef with Broth
Chicken with Broth
Veal with Broth
Lamb with Broth

Junior Vegetable and Meat Combos:

Chicken Casserole with Vegetables & Rice
Vegetables & Chicken

Junior Vegetables:

| | |
|---------|------------------|
| Carrots | Mixed Vegetables |
|---------|------------------|

| | |
|-------------------|--------|
| Garden Vegetables | Peas |
| Green Beans | Squash |
| Sweet potatoes | |

Strained and Junior Juices & Drinks:

Apple
Apple Cherry
Apple Prune
Pear

Strained Desserts:

| | |
|--------------------------|-------------|
| Apricot | Banana |
| Strawberry | Fruit Salad |
| Blueberry | Custard |
| Hawaiian Delight Dessert | |

Strained Fruit:

Apple Mango Kiwi
Apple Raspberry
Apples & Blueberries
Apple Plum with Raisins
Apples & Strawberries
Bananas & Applesauce
Banana Grape Plum
Bananas & Mandarin Orange
Mixed Fruit
Prunes
Applesauce & Bananas with Rice Cereal

Strained Vegetable & Meat Combos:

Broccoli Potatoes & Cheese Casserole
Chicken Casserole with Vegetables & Rice
Creamed Corn
Ham & Egg Casserole
Mixed Vegetables
Vegetable Rice & Chicken
Vegetable Beef
Vegetables & Chicken
Vegetables & Turkey

Strained Vegetables:

Creamed Corn
Mixed Vegetables
Peas & Carrots

Toddler Dessert:

Traditional Rice Pudding

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
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Toddler Meat & Vegetable Combos:

Country Casserole with Chicken
Spanish Chicken with Rice
Turkey Rice with Vegetables

Infant/Toddler Cereals:

Soya Cereal

Toddler Cuisine:

Veggie stew with Beef

Mead Johnson (July 2008)

Enfalac Infant/Pediatric Products (all)
Enfamil Infant/Pediatric Products (all)

BAKING INGREDIENTS & MIXES

Arrowhead Mills (June 2008)

All Purpose Baking Mix
Brownie Mix
Chocolate Chip Cookie Mix
Pancake & Waffle Mix
Pizza Crust Mix
Vanilla Cake Mix
Wild Rice Pancake & Waffle Mix

Cornmeal Flour (Blue, Yellow)
Buckwheat Flour
Millet Flour
Organic Flax Seed Meal
Soy Flour
White Rice Flour

Authentic Foods (July 2008)

All Flours
All Flour Blends
All Baking Mixes
All Baking Supplies

Baker's (July 2008)

Chocolate:
Semi-Sweet Squares
White Squares
Bittersweet Squares
Sweetened Squares
Unsweetened Squares
Semi-Sweet Chocolate Chips
Unsweetened Chocolate Chips
Dark Chocolate Chips

Betty Crocker (July 2008) General Mills

Decorating Icing (Blue, Red, Green)

Bob's Red Mill (June 2008)

Cinnamon Raisin Bread Mix
Hearty Whole Grain Bread Mix
Homemade Wonderful Bread Mix
Corn Bread Mix

Almond Meal/Flour
All Purpose Baking Flour
Garbanzo & Fava Bean Flour
Buckwheat Flour
Sweet White Sorghum Flour
Teff Flour
Organic Coconut Flour
Tapioca Flour
Xanthan Gum
Potato Starch

Cadbury (status as of July 2008)

Fry's Cocoa

Canada/Benson (July 2008)

Corn Starch

GLUTEN FREE PRODUCTS LIST 2008

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Certo (July 2008)

Kraft

Fruit Pectin Liquid & Crystals
Light Fruit Pectin Crystals

Chi-Chi's (July 2008)

Hormel

Fiesta Sweet Corn Cake Mix

Club House (July 2008)

McCormick

Labels on all products will indicate if gluten is present

Minute Tapioca, carton
Potato Flour, carton
Rice Flour, carton

Food Colours:

Neon Food Colour (4 colours)
Green Food Colour
Red Food Colour
Yellow Food Colour
Blue Food Colour

Cocoa Camino (July 2008)

La Siembra

None of their products contain gluten (or gluten-containing ingredients) but cannot guarantee Gluten-Free status as their manufacturing facilities handle gluten-containing products.

Cocoa Powder
Semi-Sweet Chocolate Chips
Golden Cane Sugar (Turbinado)

Compliments (Aug 2008)

Sobeys

Semi-Sweet Chocolate Chips & Chunks

Corn Starch
Coconut (all)
Ground Pecans
Sliced Almonds
Soya Almonds
Cocoa
Poppy Seeds

Compliments Value:

White Frosting

Crisco (July 2008)

J.M Smucker

Shortening
All Cooking Sprays
EXCEPT Non Stick Cooking Spray with Flour

Duinkerken (Gluten-free Company)

White Sandwich Bread Mix
Muffin Mix
Waffle/Pancake Mix
Cookie Mix
Premium Potato Flour
Premium Potato Starch
Premium Tapioca Flour
Premium Rice Flour

Duncan Hines (July 2008)

Pinnacle Foods

Frosting:

| | |
|------------------------|------------------------|
| Classic Vanilla | Lemon Supreme |
| Milk Chocolate | French Vanilla |
| Classic Chocolate | Coconut Supreme |
| Dark Chocolate Fudge | White Chocolate Almond |
| Chocolate Butter-Cream | Whipped Vanilla |
| Caramel | Fluffy White |
| Strawberry Cream | Whipped Cream Cheese |
| Cream Cheese | Whipped Chocolate |

El Peto (Gluten-free Company)

| | |
|---------------|---------------|
| Baking Powder | Icing Sugar |
| Baking Soda | Potato Starch |

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
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Bread Crumbs
Chia (Black, White)
Yeast
Pie Dough
Perfect Pie Dough Mix

Flour:

Garfava
Organic Amaranth
Organic Quinoa
Whole Bean Flour

Mixes:

Brownie
Chocolate Cake
Muffin
Pancake
Old Fashioned Sugar Cookie Mix
All Purpose Flour Mix

El Torito (July 2008)

Hormel

Sweet Corn Cake Mix

Ener-G (Gluten-free Company)

G.F. Baking Powder

Enjoy Life (Gluten-free Company)

Chocolate Chips

Fleischmann's (June 2008)

ConAgra Foods

See Distributor's Gluten Status List

All yeasts are gluten free

Traditional Yeast (8g 3-strip, 113g & 227g jar)

Bread Machine Yeast (113g jar)

Quick-Rise Yeast (8g 3-strip, 113g & 227g jar)

Glutino (Gluten-free Company)

Rice Flour (Brown, White)

Tapioca Starch
Guar Gum
Stuffing

Sorghum
Sweet Rice
White Rice

Sugar Cookie
White Cake
Marble Cake
Lemon Cake

Yeast
Baking Powder
Guar Gum
Xanthan Gum
Pancake Mix
Muffin Mix

Hershey (July 2008)

See Distributor's Gluten Status List

Chipits:

Semi-Sweet Baking Chocolate
Semi-Sweet Chocolate Chips
Skor Toffee Bits
White Chocolate Chips

Knox (July 2008)

Kraft

See Distributor's Gluten Status List

Knox Gelatin (all)

Kingsmill (Gluten-free Company)

Rice Bread & Baking Mix
Cake & Cookie Mix

Kinnikinnick (Gluten-free Company)

Icing Sugar
Graham Crumbs
Crispy Chicken Coating Mix

Mixes:

Kinni-Kwick Bread & Bun
Tapioca Rice Bread
Chocolate Cake
White Cake
Angel Food
Sponge Cake
Pancake & Waffle
All Purpose Mix

Sweet Rice Flour
All Purpose Celiac Flour
Graham Style Cracker Crumbs

GLUTEN FREE PRODUCTS LIST 2008

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Chocolate Cooke Crumbs

Heartland's Finest (Gluten-free Company)

Navy Bean Flour
Pinto Bean Flour
Performance Blend
Expandex Modified Tapioca Starch

Lundberg (June 2008)

Rice Flours and Grinds (all)

Maple Leaf (Aug 2008)

See Distributor's Gluten Status List

Sno'flake Shortening
Domestic Shortening
Tender flake Lard
Regular Mincemeat
Dark Rum and Brandy Mincemeat

McCormick (Aug 2008)

See Distributor's Gluten Status List

Extracts:

Baker's Imitation Vanilla
Clear Imitation Vanilla
Premium Imitation Vanilla
Imitation Vanilla Butter & Nut Flavor
Imitation Almond Imitation Banana
Imitation Butter Imitation Cherry
Imitation Coconut Imitation Maple Flavor
Imitation Rum Imitation Strawberry
Pure Anise Pure Almond
Pure Mint Pure Lemon
Pure Peppermint Pure Orange
Raspberry Pure Vanilla
Cinnamon Root Beer Concentrate
French Vanilla Blend

Food Colours:

Assorted Food Colors & Egg Dye
Assorted NEON! Food Colors & Egg Dye
Black Yellow
Green Red

Namaste (Gluten-free Company)

Brownie Mix Cookies
Blondie Mix Vanilla Cake
Spice Cake (with Carrot Cake option)
Chocolate Cake

Waffle & Pancake Mix
Muffin Mix
Sugar-free Muffins
Pizza Crust

NorQuin Brand

Golden Quinoa Flour
Amaranth Flour
Chana Dhal Flour (Desis)
Cici Flour (Garbanzo)
Crimson Lentil Flour
Green Lentil Flour
Green Pea Flour
Yellow Pea Flour

Oetker (June 2008)

Baking Powder
Vanilla Sugar
Natural Vanilla Sugar
Cheesecake Aid
Whip it
Gelatine Sheets
Gustin Fine Food Starch
Vanilla Sauce Powder
Gelling Powder
Red & Green Sprinkles

Glazes:

Chocofix
Cake Glaze- Clear & Red

Flavorings:

Almond, Lemon, Orange, Rum, Vanilla, Arrack

Organic Icing Mix:

GLUTEN FREE PRODUCTS LIST 2008

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Vanilla Chocolate

Pamela's Products (Gluten-free Company)

Amazing Wheat-Free Bread Mix

Baking & Pancake Mix

Chocolate Brownie Mix

Chocolate Cake Mix

Classic Vanilla Cake Mix

Dark Chocolate Frosting Mix

Vanilla Frosting Mix

Confetti Frosting Mix

Chocolate Chunk Cookies

Frosting (Vanilla, Dark Chocolate, Confetti)

President's Choice (status as of June 2008)

Loblaws's (Superstore)

See Distributor's Gluten Status List

No Name Baking Powder

Schar (Gluten-free Company)

Mix A

Mix B (Bread)

Mix C (Multipurpose)

Farina/Mehl (all purpose)

Sun-Maid (July 2008)

All Sun-Maid dried fruit is gluten free.

There is no Gluten Free list available. Consumers are encouraged to check the ingredient list- common allergens will be listed.

Some of their dried fruits are packaged at other plants that also produce products that contain wheat. These products are labeled where appropriate with the statement "Packed in a facility that also packs..." which can be found just below the ingredient statement on the package.

Figs

Golden Raisins

Natural Thompson Seedless Raisins

Raisins

Specialty Fruits

Sunsweet Prunes

Zante Currants

Tone's/Durkee/Spice Islands

ACH Foods

Liquid Flavourings (all)

Food Colouring (all)

Apple Pie Spice

Arrowroot

Baking Powder

Baking Soda

Watkins (June 2008)

Baking Powder

Baking Cocoa

Cooking Spray

Grapeseed Oils

Peanut Butter Extract

Cinnamon (all)

BEVERAGES

Bacardi Mixers (June 2008)

Coca-Cola

See Distributor's Gluten Status List

All Beverages

Barq's (June 2008)

Coca-Cola Company

See Distributor's Gluten Status List

Crema Sodas

Diet Crema Sodas

Caffeine Free Root Beer

Diet Root Beer

Root Beer

Blue Diamond Almond Growers

(July 2008)

Almond Breeze Non-Dairy Beverages (all)

GLUTEN FREE PRODUCTS LIST 2008

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Campbell's (June 2008)

Campbell Soup Company

V8 Vegetable Cocktail
V8 Splash Berry Blend
V8 Splash Citrus Blend
V8 Splash Fruit Medley
V8 Splash Strawberry Banana
V8 Splash Strawberry Kiwi
V8 Splash Tropical Blend

Capri Sun (Aug 2008)

Kraft

[See Distributor's Gluten Status List](#)

| | |
|----------------|-----------------|
| Lemonade | Mountain Cooler |
| Orange | Strawberry Kiwi |
| Grape | Coastal Cooler |
| Strawberry | Red Berry |
| Tropical Punch | Splash Cooler |
| Fruit Punch | Surfer Cooler |
| Wild Cherry | Pacific Cooler |

Roarin' Waters:

Grape
Strawberry Kiwi
Tropical Fruit
Wild Cherry

Sports Drink:

Berry Ice
Thunder Punch
Light Speed Lemon

Carnation (Aug 2008)

Nestle

[See Distributor's Gluten Free List](#)

Coffee-Mate:

Powder:

| | |
|----------------|----------|
| French Vanilla | Light |
| Original | Hazelnut |

Liquid:

| | |
|-----------------|----------------|
| Caramel Vanilla | French Vanilla |
| Hazelnut | Irish Cream |

Hot Chocolate:

| | |
|----------------|-----------------|
| Dark Chocolate | White Chocolate |
| Light | After Eight |
| Marshmallow | Rich Chocolate |
| Milk Chocolate | |

Breakfast Anytime:

Powder:

Chocolate
Strawberry
Vanilla

Ready To Drink:

Chocolate
Strawberry
Vanilla
No Sugar Added Chocolate

Celestial Seasonings Teas (Aug 2008)

Hain Celestial Group

[See Distributor's Gluten Status List](#)

All Herbal Teas **EXCEPT** Roastaroma
All Black Teas **EXCEPT**
Canadian Vanilla Maple Decaf Black Tea
(may contain gluten)
All Green Teas
All White Teas
All African & Rooibos Teas
All Wellness Teas **EXCEPT** Detox AM
Ginseng Energy
All Cool Brew Iced Teas
All Chai Teas **EXCEPT**
Decaf Sweet Coconut Thai Chai
All Latin Flavors Teas

Special Occasion Teas:

Candy Cane Lane Holiday Tea
Nutcracker Sweet Holiday Tea
Vanilla Hazelnut Dessert Tea

Go Stix:

| | |
|---------------------|--------------|
| Fruit Punch | Triple Berry |
| Orange Citrus Punch | Wild Cherry |

GLUTEN FREE PRODUCTS LIST 2008

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Cider:

Apple Caramel Kiss
Harvest Apple
Honey Vanilla Apple

Coca-Cola Company (June 2008)

[Coca-Cola Company](#)

[See Distributor's Gluten Status List](#)

Coca-Cola Classic
Coca-Cola Classic Caffeine Free
Coca-Cola BlaK
Coca-Cola Black Cherry Vanilla
Coca-Cola with Lime
Coca-Cola Zero
Coca-Cola C2
Diet Coke
Diet Coke Caffeine Free
Diet Coke Sweetened with Splenda
Diet Coke with Lime
Vanilla Coke
Diet Vanilla Coke
Cherry Coke
Diet Cherry Coke
Fresca
Full Throttle Energy Drink
TAB Energy
100% Juice Products

Cocoa Camino (July 2008)

[La Siembra](#)

[See Distributor's Gluten Status List](#)

None of their products contain Gluten (or Gluten-containing ingredients) but cannot guarantee Gluten-Free status as their manufacturing facilities handle gluten-containing products.

Hot Chocolate:

| | |
|--------------------|--------------------|
| Chili & Spice | Drinking Chocolate |
| Milk Hot Chocolate | Dark Hot Chocolate |

Compliments (accessed Aug 2008)

[Sobey's](#)

Apple Cider Cocktail
Tomato Juice
Regular & Diet Cranberry-Raspberry Soda
Cherry Sparkling Water
Diet Cherry Sparkling Water
Tangerine Lime Sparkling Water
Diet Tangerine Lime Sparkling Water
Diet Raspberry Sparkling Water
Cranberry-Raspberry Sparkling Water
Fruit Fusion Grape Apple Pineapple
Fruit Fusion Strawberry Passionfruit
Orange Juice

Cocoa

Wild Jumbleberry Herbal Tea

Compliments Balance:

100% Pomegranate Juice Blend
Raspberry, Orange & Mango Juice Blend
Cranberry Juice
Vanilla Soy Milk
Original Soy Fortified Beverage

Compliments Junior:

Mini Orange Juice- Pulp Free

Compliments Organic:

Orange Juice (with Pulp from Concentrate)

Compliments Value:

Mango Punch Frozen Concentrate

Country Time (Aug 2008)

[Kraft](#)

[See Distributor's Gluten Status List](#)

Lemonade
Lemonade Flavour
Raspberry Lemonade
Pink Lemonade
Lemonade Lite
Strawberry Lemonade

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Lemonade Iced Tea Classic
Lemonade Iced Tea Raspberry
Lemonade On The Go
Ready to Drink Lemonade

Crystal Light (Aug 2008) Kraft

All Iced Teas
All Drink Mixes
All Bottled Drinks

Dasani (June 2008) Coca-Cola Company [See Distributor's Gluten Status List](#)

All Products

Del Monte (June 2008) CanGro Foods (Canada)

100% Fruit Juices (all)

Dream Brand (July 2008) Hain Celestial Group

Rice Dream Shelf Stable Non-Dairy Beverage (all)
Rice Dream Refrigerated Non-Dairy Beverage (all)
Soy Dream Shelf Stable Non-Dairy Beverage (all)
Soy Dream Refrigerated Non-Dairy Beverage (all)

Fanta (June 2008) Coca-Cola Company [See Distributor's Gluten Status List](#)

All Products

Five Alive (June 2008) Coca-Cola Company [See Distributor's Gluten Status List](#)

All fruit beverages are gluten free

Four O'Clock (July 2008) Transherbe

No wheat or gluten is used as ingredients but herbs and flavours come from various suppliers all over the world and may have come into contact with gluten-related products therefore they cannot guarantee that they are 100% gluten free.

All Teas are gluten free

Fruitopia (June 2008) Coca-Cola Company [See Distributor's Gluten Status List](#)

All are gluten free

Gatorade (June 2008) Pepsi-QTG Canada

Gatorade Thirst Quencher (all)

General Foods International (Aug. 2008) Kraft [See Distributor's Gluten Status List](#)

Coffees:

Vanilla:
French Vanilla Café
DeCafe French Vanilla Café
Sugar Free Decaf French Vanilla Café
Sugar Free French Vanilla Café
French Vanilla Nut
Chocolate:
Dark Mayan Chocolate
Suisse Mocha
Sugar Free Suisse Mocha
Sugar Free Decafe Suisse Mocha
Swiss White Chocolate
Viennese Chocolate Café

Café Francais
Pumpkin Spice
Café Vienna
Sugar Free Café Vienna
Crème Caramel

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Hazelnut Belgian Café
Italian Cappuccino
Orange Cappuccino

Vanilla Crème Drink Mix
Sugar Free Vanilla Crème Drink Mix
Chai Latte
Sugar Free Chai Latte

100 Calorie Hot Cappuccinos:

Cappuccino French Vanilla
Cappuccino Café Mocha

Cappuccino Coolers:

French Vanilla
Hazelnut

Good Karma (July 2008)

Organic Ricemilk (Original, Vanilla, Chocolate)

Hi-C (Aug. 2008)

Coca-Cola Company

[See Distributor's Gluten Status List](#)

All fruit drinks

Kiju Organics (July 2008)

Nothing But Nature Inc.

All juices are Gluten Free

King Cole (Aug 2008)

Barbour's

All Teas are gluten free

Knorr (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Vie Shot:

Apple, Carrot & Strawberry
Orange, Carrot & Banana

Kool Aid (Aug 2008)

Kraft

[See Distributor's Gluten Status List](#)

Unsweetened, Sugar-Sweetened, Sugar-Free

Bursts:

Cherry
Grape
Lime

Invisible:

Raspberry Reaction
Changin' Cherry
Grape Illusion
Slammin' Strawberry Kiwi
Wild Watermelon Kiwi

Jammers:

Blue Raspberry
Cherry
Grape
Green Apple
Kiwi Strawberry
Orange

Soft Drink Mix:

Blastin' Berry Cherry
Cherry
Grape
Lemonade
On the Go Cherry
On the Go Tropical Punch
Orange
Strawberry
Tropical Punch
Raspberry Lemonade
Soarin' Strawberry Lemonade

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

La Courtisane (July 2008)

Transherbe

No wheat or gluten is used as ingredients but herbs and flavours come from various suppliers all over the world and may have come into contact with gluten-related products therefore they cannot guarantee that they are 100% gluten free.

All Teas are gluten free

Lassonade (July 2008)

Lassonade

All Juices, Cocktails and Drinks
Oasis Health Break (all)

Lipton (Aug 2008)

Unilever

See Distributor's Gluten Status List

Maxwell House Café (Aug 2008)

Kraft

See Distributor's Gluten Status List

Maxwell House Singles & Filters:

Regular
Decaf

Maxwell House Ground Coffee:

| | |
|---------------------|-----------------|
| Master Blend | Original |
| Colombian Supreme | Slow Roast |
| French Roast | Breakfast Blend |
| Lite | Dark Roast |
| Master Blend- Decaf | |
| French Roast- Decaf | |
| Original- Decaf | |
| Vanilla Flavoured | |
| Hazelnut Flavoured | |

Maxwell House Instant Coffee:

Original Roast
Decaffeinated
Sanka Decaf
Yuban

Hot Cappuccino:

Mocha (Regular, Sugar Free)
Vanilla (Regular, Sugar Free)
Irish Cream
Amaretto

McCain (July 2008)

Coca-Cola Company

See Distributor Gluten Status List

All Juices are gluten free.

Meßmer (Messmer) (Aug 2008)

All Teas are gluten free

Milford (Aug 2008)

All Teas are gluten free

Minute Maid (June 2008)

Coca-Cola Company

See Distributor Gluten Status List

All Minute Maid products

Morse's (Aug 2008)

Barbour's

All Teas are gluten free

Mother Parker's (July 2008)

Coffees:

All Roasted whole bean or grounded coffee

Mott's (June 2008)

All Juice Products

(EXCEPT Mr. & Mrs. T Pina Colada and Clamato)

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Nabob Coffee (Aug 2008)

Kraft

[See Distributor's Gluten Status List](#)

Full City Dark (all grinds)
Breakfast Blend (all grinds)
Espresso
Summit 100% Colombian (all grinds)
Tradition (all grinds)
Tradition Swiss Water Decaffeinated (all grinds)
Golden Java Sumatra (all grinds)
Organic Gourmet Blend (all grinds)
Organic Whole Bean

Nescafe (Aug 2008)

Nestle

[See Distributor's Gluten Status List](#)

Rich:

| | |
|--------------------|----------------|
| Rich | French Vanilla |
| Colombian | Hazelnut |
| Rich Decaffeinated | |

Taster's Choice:

Classic
Colombian
Decaffeinated

Encore
Espresso

Cappuccino:

Original
Mocha
Vanilla

Latte:

Original
Caramel

Ice Java:

French Vanilla
Cappuccino

Nestea (June 2008)

Coca-Cola Company

[See Distributor Gluten Status List](#)

All products

Newman's Own (status as of July 2008)

Newman's Own Inc.

Lemonade
Pink Lemonade
Lemon Aided Iced Tea
Gorilla Grape
Razz-Ma-Tazz Raspberry Juice Cocktail
Orange Mango Tango
Apple Juice
Grape Juice

Oasis (July 2008)

Lassonade

Oasis Health Break Juice/Cocktails (all)

Ocean Spray (June 2008)

Ocean Spray

All Juices:
Cranberry Juice Cocktails
Cranberry Blends
White Cranberry Juice Drinks
Grapefruit Juice & Juice Drinks
Light Juice Drinks
100% Juice

Onno Behrends (Aug 2008)

All Teas are gluten free

Organic Eden Soy (July 2008)

Eden Organic

EdenBlend
EdenSoy Unsweetened
All Teas
All Organic Fruit Juices

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Pepsi Cola (June 2008)

Pepsi-QTG Canada

All products are GF:

| | |
|--|-----------------------|
| Pepsi- all products | AMP |
| Sierra Mist | Mug Root Beer |
| Aquafina | Slice |
| Lipton Iced Tea | Mirinda Orange |
| Lipton Brisk | Tropicana- all juices |
| Mountain Dew | Frappuccino |
| Code Red | Starbucks Double Shot |
| Gatorade Thirst Quencher- all flavours | |

PG Tips (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Loose Tea
One Cup
Decaffeinated
Special Blends
Tea Bags
Tea Granules

POWERaDE (June 2008)

Coca-Cola Company

[See Distributor's Gluten Status List](#)

All Products

President's Choice (Aug 2008)

Loblaw's (Superstore)

[See Distributor's Gluten Status List](#)

PC Memories of Loose Leaf Tea:

Jasmine Green Tea
Rooibos Citrus Spice
Masala Chai
English Breakfast

Ryza (July 2008)

Soyworld

Rice Beverages

Refrigerated:

Original
Vanilla

Shelf Stable:

Original
Vanilla
Chocolate

Scottish Blend (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Loose Tea

Silk (July 2008)

WhiteWave Food Co.

Soy Beverages- all Gluten Free
Creamer- all

Slimfast (status as of Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Ready to Drink Meal Replacement:

| | |
|-----------|------------|
| Banana | Strawberry |
| Chocolate | Vanilla |
| Coffee | |

Smoothie:

Fruits of the Forest
Peach & Mango
Raspberry

So Nice (July 2008)

SoyWorld Inc.

Soy Beverages- all Gluten Free

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Sprite (June 2008)

Coca-Cola Company

See [Distributor Gluten Status List](#)

Diet
Regular
Sprite Remix Berry Clear

Stash Tea (Aug 2008)

All Teas are gluten free

Sunny Delight (June 2008)

All Drinks

Sun-Rype (Aug 2008)

All Sun-Rype Products are gluten free

100% Juices & Blends:

Pure Apple Juice
Apple Orange Passionfruit
Apple Orange Peach
Apple Pineapple Banana

Pure Orange Juice
Citrus Combo
Rio Red Grapefruit
Ruby Red Grapefruit

Peach Pear
Melon Mango
Banana Berry
Raspberry
Tropical Blend
Mango Tangerine
Strawberry Kiwi
Grape
Wild Berry
Fruit Medley

Fruit Plus (all flavours)

Fruit Plus Vitamins & Minerals (all flavours)

Fruit Plus Veggies (all flavours)

Fruit Plus Calcium (all flavours)

Tang (Aug 2008)

Kraft

See [Distributor's Gluten Status List](#)

Grape
Orange
Orange Strawberry
Tropical Passionfruit
Orange Kiwi
Orange Pineapple
Tangerine Strawberry
Wild Berry
Orange Sugar Free
Watermelon Wallop

Tazo (July 2008)

Teas with the ingredient "Natural Flavours" listed
may be at risk for cross-contamination.

Teabags (all)
Organic Iced Tea

Tetley (Aug 2008)

All Teas gluten free

Twinings (Aug 2008)

All Teas are gluten free

Typhoo (Aug 2008)

Standard Typhoo Teabags
Standard Typhoo Loose Leaf Tea
Decaffeinated Tea

Fruit Creations:

| | |
|------------------------|------------------|
| Black Currant | Cherry |
| Lemon Twist | Orange & Ginseng |
| Strawberry & Raspberry | Superfruits |
| Fruit Selections | |

Herbal Creations:

Green Rooibos & Honey

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Peppermint

Heath & Heather:

| | |
|------------------------------------|---------------------|
| Apple & Cinnamon | Camomile |
| Camomile & Spearmint | Fennel |
| Ginger & Lemon | Green Tea & Jasmine |
| Lime & Lemon | Mango & Apple |
| Morning Time | Nettle |
| Night Time | |
| Cranberry, Raspberry & Elderflower | |
| Organic Chamomile | Organic Echinacea |
| Organic Green Tea | Organic Nettle |
| Organic Peppermint | |
| Pomegranate | Raspberry Leaf |
| Rosehip & Hibiscus | Rosemary |
| St. John's Wort | Wild Blackcurrant |

London Fruit & Herb:

| | |
|-----------------------------|-----------------------|
| Apple & Cinnamon Twist | |
| Banana & Cinnamon | |
| Green Tea & Jasmine Flowers | |
| Green Tea & Blackcurrant | |
| Blackcurrant Bracer | Blueberry Bliss |
| Ginger & Lemon | Golden Slumber |
| Green Tea & Peach | Green Tea & Raspberry |
| Lemon & Lime Zester | Orange Spicer |
| Organic Peppermint | Peach Paradise |
| Raspberry Rendezvous | Strawberry & Vanilla |
| Sweet Camomile | Sweet Peppermint |

Lift Instant:

| | |
|------------------------------|-----------|
| Apple Tea | Peach Tea |
| Lemon Tea- Sweetened Mix | |
| Lemon Tea- Reduces Sweetness | |

Watkins (June 2008)

Aloe Vera Juice (both)
Cocoa Mix- French Vanilla
Cocoa Mix- Irish Creme
Thera Teas - Mint & Lemongrass

Welch's (July 2008)

| | |
|-------------------|------------------|
| All varieties: | |
| 100% Grape Juices | Drinks |
| 100% Juice | Sparkling Juices |

| | |
|------------------------|------------------|
| Refrigerated Cocktails | Concentrates |
| Light Juices | Cocktails |
| Naturals | Fruit Juice Bars |

Yoplait (June 2008)

All Drinkable Yogurts- Yop

YoSo (July 2008)

Wave Soy Beverages:

| | |
|-----------|-------------|
| Chocolate | Vanilla |
| Original | Unsweetened |

BREADS AND CRACKERS

Bi-Aglut (Gluten-free Company)

| | |
|----------|---------------|
| Crackers | Fette Tostate |
|----------|---------------|

Ener-G (Gluten-free Company)

Tapioca Thin Slice Loaf
Crackers (Regular, Onion)

Enjoy Life (Gluten-free Company)

Cinnamon Raisin Bagels
Classic Original Bagels

El Peto (Gluten-free Company)

Bread:

Millet Bread
Multigrain Bread
Brown Rice Bread (regular, large)
White Rice Bread (regular, large)
Cheese Bread
Flax Seed Loaf
Raisin Bread
Italian Style
Supreme Italian Style
Potato Bread
Tapioca Bread

Hamburger Buns:

White, Brown, Millet, Potato, Tapioca, Multigrain

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Italian Buns with Sesame Seeds

Hotdog Buns:

White Rice, Millet, Potato

Gourmet Mini Subs

Italian Hotdog Buns with Sesame Seeds

Dinner Rolls:

White, Brown, Italian, Gourmet, Multigrain

Raisin Buns

Fruit Buns

Cheese Rolls

Pizza Crust (pre-baked):

Basil Pizza Crust

White Pizza Crust

Millet Pizza Crust

Waffles:

Belgium Style Waffles

Belgium Style Waffles Corn & Milk Free

Food For Life (July 2008)

Wheat & Gluten Free White Rice Bread

Wheat & Gluten Free Rice Almond Bread

Whole Grain Brown Rice Bread

Whole Grain Pecan Bread

Whole Grain Bhutanese Red Rice Bread

White Rice Bread

Whole Grain Brown Rice Bread

Whole Grain Flourless Tortillas

Whole Grain Brown Rice Tortillas

Whole Kernel Flourless Corn Tortillas

Glutano (Gluten-free Company)

Crackers

Baguettes

Rolls

Glutino (Gluten-free Company)

Premium:

Corn Bread Bread with Flax

Cinnamon Raisin Bread

Bread with Fiber (no seeds)

English Muffins

Hamburger Buns

Baguettes

Pizza Crust

Premium Bagels:

Sesame Plain

Cinnamon Raisin Poppy Seed

Corn Bread

Cheese Bread

Crackers (Regular, Cheddar, Multigrain, Vegetable)

Bread Sticks (Sesame, Pizza)

Kingsmill (Gluten-free Company)

Brown Rice Bread

Flaxseed Rice Bread

Raisin & Cinnamon Rice Bread

White Rice Bread

White Rice Pizza Crust

Kinnikinnick (Gluten-free Company)

White Sandwich Bread

Brown Sandwich Bread

Cheese Tapioca Rice Bread

Italian White Tapioca Rice Bread

Many Wonder Multigrain Rice

Raisin Tapioca Rice Bread

Robins Honey Brown Rice Bread

Sunflower Flax Rice Bread

Tapioca Rice Bread

True Fibre Multigrain Rice Bread

Festive Bread

Tapioca Rice:

English Muffins

Hamburger Buns

Hot Dog Buns

Multigrain Seed & Fibre Buns

Tray Buns

Hot Cross Buns

Cinnamon Raisin Bagels

New York Style Plain Bagels

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Sesame Bagels

Pizza Crusts (7 in., 10 in.)

Original Homestyle Waffles

Cinnamon & Brown Sugar Homestyle Waffles

Nature's Path (June 2008)

Lifestream Mesa Sunrise Waffles

Lifestream Buckwheat Wildberry Waffles

Schar (Gluten-free Company)

Crackers

Grissini (Bread Sticks)

Bread crumbs (Pan Grati)

Classic White Bread

Classic White Rolls

Pizza Crusts

Ciabattine

Sunna

Pain Campagnard

Baguette

Bon Matin

Duo

Ertha

Focaccia

Pan Carre

Panini

Rustico

Solena:

Fette Croccanti

Whole Grain Bread

Biscuits

CANDY

Cadbury (Aug 2008)

[See Distributor's Gluten Status List](#)

Cocoa Camino (status as of July 2008)

La Siembra

[See Distributor's Gluten Status List](#)

Chocolate Bars:

Dark

Milk

Bittersweet

Orange

White with Nibs

Espresso

Almond

Mint

Moccachino

Compliments (Aug 2008)

[Sobey's](#)

Milk Chocolate & Nougat

Belgian Dark Fondue Chocolate

Mini Fruit Marshmallows

Large Marshmallows

Mini Marshmallows

Scotch Mints (Tub, Candies)

Spearmint Gum

Wintergreen Gum

Peppermint Gum

Dare Foods Ltd (June 2008)

Hard Candy:

Chocolate Mints

Clear Mints

Striped Mints

Scotch Mints

Pillow Mints

English Mints

Crystal Fruit

EXCEPTION-Butterscotch Candy is NOT GF

Soft Candy:

Ju Jubes

Gumdrops

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Jelly Beans
Gummies
Juiced Up Gummies
RealFruit Gummies
Marshmallow products

Effem Foods (June 2008)
[See Distributor's Gluten Status List](#)

Enjoy Life (Gluten-free Company)
(847) 260-0300 1-888-503-6569

Chocolate Bars:
Crispy Rice Bar
Dark Chocolate Bar
Rice Milk Bar

Ferrero (Aug 2008)

Kinder Surprise
Mon Cheri
Schoko-Bons
Tic-Tac

Ganong (Aug 2008)

All Chocolates and Candies are gluten free

Glutino (Gluten-free Company)

Dark Chocolate Candy Bar
Milk Chocolate Candy Bar
Chocolate Peanut Butter Candy Bar

Hershey's (Aug. 2008)
[See Distributor's Gluten Status List](#)

Neilson (Aug 2008)
Cadbury
[See Distributor's Gluten Status List](#)

Nestle (Aug 2008)
[See Distributor's Gluten Status List](#)

Aero (all sizes):

Chunky
Caramel
Dark
Peppermint

Singles:

Caramel
Dark Chocolate
Milk Chocolate

After Eight (all varieties)
Butterfinger

Nestle NOIR:

Eclat NOIR
NOIR Cerise
NOIR Intense
NOIR Eclat Caramel

Turtles:

Regular
No Sugar Added
Bar
Dark
Egg
Collector Spring Tin

No Name Brand (Aug 2008)
Loblaw's (Superstore)
[See Distributor's Gluten Free Status List](#)

| | |
|------------------------|-------------|
| Peach Slices | A.B Gums |
| Sweet Berries | Chewy Bears |
| Strawberry Twists | Jelly Beans |
| Gummy Worms | Sour Worms |
| Sour Watermelon Wedges | |

Sweet 'N Low
Cumberland Packing Corp

All Sweet 'n Low Candies are gluten free

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Tootsie Roll (June 2008)

Tootsie Rolls
Flavor Roll Twisties
Frooties
Dots
Tropical Dots
Tootsie Pops
Tootsie Peppermint Pops
Caramel Apple Pops
Mutant Fruitant Pops
Orange Cream Pops
Child's Play
Charms Company:
Blow Pops
Super Blow Pops
Charms Pops
Zip-A-Dee-Doo-Da Pops
Fluffy Stuff
Sugar Daddy
Sugar Babies
Charms Squares
Charms Sour Balls
Family Fun
Pops Galore
Andes
S'Moresels

Cella's Confections:

Cella's Dark Chocolate Covered Cherries
Cella's Milk Chocolate Covered Cherries

Cambridge Brands:

Junior Mints
Charleston Chew
Caramel-A-Lot

Wrigley (June 2008)

Wrigley brands contain no wheat, oats, rye, or barley gluten. Several of their brands use corn syrup which may have trace amount of corn gluten in it (one stick is less than 0.2 mg). No packaging material directly next to their products contains gluten sources. The starch used on the label around each individual stick of gum is produced from corn or potatoes.

Wrigley's Spearmint Gum

Wrigley's Doublemint Gum
Wrigley's Winterfresh Gum
Altoids (Mints, Gum, Sours)
Big Red Gum
Juicy Fruit Gum
Lifesavers (all)
Eclipse
Extra Gum (regular, sugar-free)
Excel Gum (regular, sugar-free)
Orbit
5 Gum
Hubba Bubba Gum (all)
Velamints (Chocolate, Peppermint, sugar-free)

BAKED GOODS

El Peto (Gluten-free Company)

Cinnamon Hazelnut
Chocolate Chip Cookies
Almond Shortbread Cookies
Carob Chip Cookies
Hazelnut/Raspberry Cookies
Chocolate/Hazelnut Cookies
Cinnamon/Hazelnut Cookies
Coconut Macaroons
Chocolate Coconut Macaroons
Gingersnaps
Old Fashioned Sugar Cookie Mix

Enjoy Life (Gluten-free Company)

Chocolate Chip Cookies
Double Chocolate Cookies
Gingerbread Spice
Happy Apple
Lively Lemon
No Oats "Oatmeal"
Snickerdoodle

Glutano (Gluten-free Company)

Cakes:

Chocolate Cake Marble Cake

Cookies:

Chocolate O's Apricot Biscuit

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Chocolate Chip Chocolate Hazelnut Bar
Custard Cream Biscuits Wizard Cookies
Half-Covered Chocolate Cookie
Short Cake Rings

Glutino (Gluten-free Company)

Cookies:

Chocolate Dreams Vanilla Dreams
Shortcake Dreams Zebra Dreams
Dream Bites (Vanilla, Chocolate)

Wafers:

Chocolate Covered (Vanilla, Chocolate)
Strawberry Flavoured
Lemon

Jennie's (July 2008)

Traditional Jennies Macaroons
Zero Carbs Jennies Macaroons

Kingsmill (Gluten-free Company)

G.F. Low Protein Cinnamon Coconut
G.F. Low Protein Coconut
G.F. Low Protein Orange

Kinnikinnick (Gluten-free Company)

Cookies:

KinniKritters Animal Cookies
KinniToos Chocolate Vanilla Sandwich Cookies
KinniToos Vanilla Crème Sandwich Cookies
Montana's Chocolate Chip Cookies
Double Chocolate Almond Cookies
Lemon Cranberry Cookies
Graham Style Wafer Cookies
Ginger Snap Cookies
Almond Biscotti
Chocolate Covered Almond Biscotti
KinniBetik Chunky Chocolate Cookies

Muffins (Blueberry, Carrot, Chocolate Chip)
Fruit Cake
JB Brownie Squares
Tapioca Rice Cinnamon Buns

Donuts:

Glazed Chocolate Maple Glazed
Chocolate Dipped Cinnamon Sugar
Vanilla Glazed

Nature's Path (status as of June 2008)

Envirokidz Vanilla Animal Cookies

Mi-del (Gluten-free Company)

Ginger Snaps
Cinnamon Snaps
Arrowroot Cookies
Mini Pecan
Royal Vanilla Sandwiches
Double Chocolate Sandwiches
Mint Chocolate Sandwiches
Chocolate Sandwiches

Pamela's (Gluten-free Company)

Traditional Cookies:

Butter Shortbread
Chocolate Chip Walnut
Chunky Chocolate Chip Cookies
Ginger Cookies with Sliced Almonds
Lemon Shortbread
Peanut Butter Cookies
Pecan Shortbread
Shortbread Swirl

Organic Cookies:

Chocolate Chunk Pecan Shortbread
Dark Chocolate Chocolate Chunk
Espresso Chocolate Chunk
Old Fashioned Raisin Walnut
Peanut Butter Chocolate Chip
Spicy Ginger with Crystallized Ginger

Simple Bites:

Extreme Chocolate Mini Cookies
Ginger Mini Snapz
Chocolate Chip Mini Cookies

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Biscotti:

Almond Anise Biscotti
Chocolate Walnut Biscotti
Lemon Almond Biscotti

Patsy Pie (Gluten-free Company)

All Cookies
All Biscotti

Schar (Gluten-free Company)

Wafers (Chocolate, Vanilla)
Chocolate Covered Biscotti
Frollini
Schar Snack

Sunstart (Gluten-free Company)

All Cookies
All Desserts

| |
|---|
| <p>CONDIMENTS Mustards, Relishes, Pickles, Ketchup, Olives</p> |
|---|

Aylmer (Aug 2008))

ConAgra (Canada)

[See Distributor's Gluten Status List](#)

Pickles
Relishes
Olives
EXCEPT Mustard Pickles
Tomato Ketchup

Baxter's Food Group (status as of July 2008)

Chutney:

Albert's Victorian
Cranberry & Caramelised Red Onion
Crushed Pineapple & Sweet Pepper
Mango with Ginger
Spiced Fruit

Tomato with Red Pepper
Spanish Tomato & Black Olive
Sweet Caramelised Onion with Orange

Dipping Relishes:

Cucumber Shallot & Mint
Crushed Tomato & Pesto
Spicy Red Onion & Coriander

Beetroot Pickle
Horseradish Sauce

Bick's (July 2008)

All Bick's products do not contain gluten.

Pickles:

| | |
|-----------------|------------|
| Dill Pickles | Crunch'Ems |
| Baby Dills | Yum Yum |
| Gourmet | Sweet Mix |
| Sandwich Savers | |

Other:

Hamburger Slices
¼ Dills-Garlic
Icicles- Sweet
Sweet Mustard Pickles

Relish:

| | |
|-------------|----------------|
| Sweet Green | Savoury Tomato |
| Sweet Corn | Hot Dog |
| Zesty Onion | Hamburger |
| Hot Pepper | Tangy Dill |

Specialties:

| | |
|----------|------------------|
| Beets | Sauerkraut |
| Peppers | Onions |
| Gherkins | Mixed Vegetables |

Cattleman's (July 2008)

Classic Barbecue Sauce
Gold Barbecue Sauce
Original Barbecue Sauce
Smoky Barbecue Sauce
Sweet & Bold Barbecue Sauce

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Compliments (Aug 2008)

Sobey's

Extra Hot Prepared Horseradish
Original Dijon Prepared Mustard
Creamy Dijon Prepared Mustard
Ketchup

Honey Garlic Barbecue Sauce
Honey Garlic Sauce
Regular Barbecue Sauce
Louisiana Hot sauce
Dry Garlic Sauce
Fireball Hot Sauce
Cilantro Chili Lemon Grilling Sauce
Hot & Spicy Seafood Sauce
Seafood Sauce
Sweet & Sour Dipping Sauce

Stuffed Manzanilla Olives
Plain Queen Olives
Sliced Green Olives
Pitted Black Olives (canned)
Sliced Ripe Olives
Pickled Onions

Compliments Organic:

Ketchup- Organic

Compliments Value:

Prepared Mustard
Squeeze Ketchup
Original Barbecue Sauce

Crosse & Blackwell (Aug 2008)

Smuckers

Capers
Chow Chow Mustard & Pickle Relish
Cocktail Onions

Di Lusso (July 2008)

Hormel

Honey Mustard
Jalapeno Mustard

Deli Style Mustard
Dijon Mustard
Chipotle Mustard
Cranberry Honey Mustard
Sweet Onion Sauce
Horseradish Sauce
Buffalo Wing Sauce

Eden Foods (July 2008)

Brown Mustard (all)
Yellow Mustard
Dulse Flakes
Gomasio- Sesame Salt (Regular, Garlic, Seaweed)
Sea Salt (all)
Genmai (Brown Rice) Miso
Shiro Miso

French's (July 2008)

Classic Yellow Mustard
Honey Dijon
Bold n' Spicy Deli
Dijon Mustard
Honey Mustard
Horseradish Mustard
Worcestershire Sauce

Grey Poupon (July 2008)

Kraft

[See Distributor's Gluten Status List](#)

Dijon
Harvest Coarse Ground
Savoury Honey
Mild & Creamy
Hearty Spicy Brown
Country Dijon
Deli

Heinz (Aug 2008)

[See Distributor Gluten Status List](#)

Sweet Relish
Large Kosher Style Dill Pickles
Dill Spears Pickles with Garlic

GLUTEN FREE PRODUCTS LIST 2008

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Hamburger Relish
Hamburger Pickle Slices
Hot Dog Relish
Hot Ketchup w/ Tabasco Sauce
Large Kosher Style Dill Pickles
Light Ketchup
Sweet Relish
Tomato Ketchup

Jack Daniels (Aug 2008)

Unilever

See Distributor's Gluten Status List

Horseradish Mustard
Hickory Smoke Mustard
Spicy Southwest Mustard
Stone Ground Dijon Mustard
Honey Dijon
Olde No.7 Mustard

Maille (July 2008)

Dijon Original
Dijon "Extra Forte"
Honey Dijon
A l' Ancienne
Horseradish
Provençal

Organicville (July 2008)

Ketchup
BBQ Original
BBQ Hot & Spicy

Strub's (July 2008)

All Strub's pickles, herring and horseradish do not have glutens added but some spice ingredients may have come into contact with glutens prior to arriving at the production facility.

Pickles
Herring
Horseradish products

Vlasic (July 2008)

Pinnacle Foods

No gluten is used in the plant

Crunchy Pickles (all)
Zesty Peppers (all)
Tasty Relish (all)

DAIRY PRODUCTS

Apetina (July 2008)

Feta Cheese (all)

Arla (July 2008)

Cheese (all)

Arla Organic (July 2008)

Arla

Cheese (all)

Baxter's, Dairyland, Nutrilait (June 2008)

Saputo

All White Milk
All Flavoured Milk
Chocolate milk
Lactose Free
Microfiltered Milks (Skim, 1%, 2%)
Omega Milk
Ice Cream Mix/Milkshake Mix
California Yogurt Mix
Crema (fat free, 10%, 18%, flavoured)
Butter (salted & unsalted)
Buttermilk
Calcium Plus
Cereal Cream
Creamer and Milker cups
Egg Nog
Egg Nog Lite
Meadowvale Margarine
Light Sour Cream

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
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Sour Cream (has corn gluten)
Whip Cream
18% cream

Becel/Flora (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Semi-Skimmed Milk
Skimmed Milk
White

Pro-Activ Yoghurt:

| | |
|-----------------------|------------|
| Apricot | Prune |
| Blackberry | Rhubarb |
| Cranberry & Raspberry | Strawberry |

Mini Drink:

Orange
Original
Pomegranate & Raspberry
Strawberry
Tropical

Buko (July 2008)

Arla

Cream Cheese (all)

Compliments (Aug 2008)

Sobey's

[See Distributor's Gluten Status List](#)

Grated Parmesan Cheese Light
Sliced Provolone Cheese
Two Year Old Canadian Cheddar Cheese
Shredded & Mozzarella Cheeses

2% Partly Skimmed Evaporated Milk

European Flavour Cultured Butter
Butter- Semi-Salted
Butter- Salted

Compliments Balance:

Mild Cheddar Cheese Light
Medium Cheddar Cheese Light
French Vanilla Stirred Yogurt (Regular, Fat Free)

Blueberry Stirred Yogurt (Regular, Fat Free)
Strawberry Stirred Yogurt (Regular, Fat Free)
Plain Yogurt (Regular, Fat Free)
Raspberry

Dofino (July 2008)

Arla Foods

Havarti Cheese (all)

Follow Your Heart (July 2008)

Vegan Gourmet Mozzarella Cheese Alternative
Vegan Gourmet Cheddar
Vegan Gourmet Monterey Jack
Vegan Gourmet Nacho

Kraft (Aug 2008)

Kraft

[See Distributor's Gluten Status List](#)

Cracker Barrel:

Cheddar (Old, Medium, Mild)
Marble Cheddar
Light Cheddar
White (Old, Medium, Mild)

Lactaid (June 2008)

All Lactaid products are gluten-free

Liberte (July 2008)

All Yogurts are Gluten Free
EXCEPT- Six Grains Line
Minimix Line
Muesli Organic Line

The following are made with glucose syrup from wheat:

Mocha (all)
Mediterranean Caramel Dulce de Leche
Dessert Coconut
Dessert Marzipan

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Mediterra (July 2008)

Feta Cheese (all)

Organic Meadow (July 2008)

Milk (all)

Cheese (all)

Butter (all)

Yogurt (all)

Ice Cream is **NOT** Gluten Free

Philadelphia (Aug 2008)

Kraft

See Distributor's Gluten Status List

Available in:

Brick Cream Cheese

Dips

Tub Cream Cheese

Tub Cream Cheese-Flavours

Whipped Cream Cheese

Rosenborg (July 2008)

Cheese (all)

Saputo (June 2008)

Cheese- Ricotta, Cheddar, Light Cheddar
Mozzarella, Feta, Nibblers,
Slices (processed, Provolone),
Fat Free Slices, Parmesan Grated Cheese,
Cheese Strings, Cheese Heads

Silk (July 2008)

All Soy Yogurts are Gluten Free

So Nice (July 2008)

All Soy Yogurts are Gluten Free

TGTBT (June 2008)

Loblaws Superstore

See Distributor's Gluten Status List

Yoplait (June 2008)

All Minigo (**EXCEPT** Minigo with Fruit and Cereal)

Yoplait Crème & Fruit Stirred

Yoplait Basket Fat Free Stirred

Yoplait Source Fat Free stirred yougourts

Yoplait Delicieux (including "Mousse" and set style
yogourts)

Spring Valley Stirred

Yop- Drinkable Yogourt

Yoplait Tubes

Fresh Cheese Minigo

YoSo (July 2008)

Soy Yogurt (Blueberry, Strawberry, Vanilla)

MEATS & MEAT PRODUCTS

Always Tender (July 2008)

Hormel

Flavored Fresh Beef- Peppercorn

Flavored Fresh Chicken:

Roast, Italian, Lemon Pepper

Flavored Fresh Pork:

Original Citrus

Lemon-Garlic Mesquite

Mojo Criollo Onion-Garlic

Adobo Pork Cubes Fajita Pork Strips

Raspberry Chipotle Sun-Dried Tomato

Non-Flavoured Fresh Pork

Non-Flavored Fresh Beef

Flavored Fresh Pork (contain vinegar):

Honey Mustard Peppercorn

Apple Bourbon

GLUTEN FREE PRODUCTS LIST 2008

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Compliments (Aug 2008)

Sobey's

See Distributor's Gluten Status List

Naturally Smoked Bacon
Bacon- Regular
Flakes of Turkey
Italian Style Sausage
100% Beef Burgers
Seasoned Sirloin Burgers
3-Cheese Beef Burgers
Chicken Tournedos
Extra Lean Chicken Breasts
Sweet & Mild Jumbo Barbecue Chicken
Buffalo Style Chicken Wings (**NOT** Value Brand)

Compliments Balance:

Extra Lean Mediterranean Chicken Breasts

Compliments Value:

Bacon
Bacon- 33% Less Salt
Flakes of Ham

Hormel (July 2008)

Bacon Bits & Pieces
Chunk Meats:
 Breast of Chicken Chicken
 Ham Turkey
Corned Beef
Corned Beef Hash
Dried Beef
Natural Choice Uncured Bacon
Natural Choice Uncured Lower Sodium Bacon
Natural Choice Canadian Bacon
Canadian Style Bacon
Fully Cooked Bacon
Ham Patties
Microwave Bacon
Party Tray (**crackers do contain gluten**)
Pepperoni
Pillow Pack Pepperoni:
 Turkey Pepperoni Dried Beef
 Hard Salami Canadian Bacon
Smokies
Snack Size Meats and Cheese:

Summer Sausage Hard Salami
Italian Dry Salami
Crumbled Sausage

Luncheon Meat
Black Label Chopped Ham
Deli Sliced Black Forest Ham
Deli Sliced Cooked Corned Beef
Deli Sliced Cooked Ham
Deli Sliced Cooked Pastrami
Deli Sliced Double Smoked Ham
Deli Sliced Oven Roasted Turkey Breast
Deli Sliced Prosciutto Ham
Deli Sliced Seasoned Roast Beef
Deli Sliced Smoked Turkey Breast
Diced Ham
Julienne Turkey
Julienne Ham
Homeland Hard Salami
Natural Choice Honey Deli Ham
Natural Choice Cooked Deli Ham
Natural Choice Smoked Deli Ham
Natural Choice Honey Deli Turkey
Natural Choice Oven Roasted Deli Turkey
Natural Choice Smoked Deli Turkey
Natural Choice Grilled Chicken Strips
Natural Choice Roast Beef

The following contain vinegar:

Party Tray- Pork Rib Tips in Barbecue Sauce
Pickled Pigs Feet
Pickled Pork Hocks
Pickled Tidbits

Jennie-O (July 2008)

Hormel

Prime Young Turkey- Fresh, Frozen
(gravy contains GLUTEN)
Turkey Store Oven Ready Turkey:
 Homestyle, Garlic Herb
Frozen Turkey Breast (**gravy contains GLUTEN**)
Turkey Store Fresh Ground Turkey:
 Lean, Extra Lean, Italian
Turkey Store Fresh Lean Turkey Patties
Turkey Store Fresh Breakfast Sausage:
 Mild Links, Mild Patties, Maple Links

GLUTEN FREE PRODUCTS LIST 2008

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Turkey Store Fresh Dinner Sausage:
Sweet Italian
Hot Italian
Cheddar Turkey Bratwurst
Lean Turkey Bratwurst
Turkey Store Flavoured Tenderloins:
Lemon-Garlic
Seasoned Pepper
Tequila Lime
Refrigerated Turkey Ham
Refrigerated Honey Cured Turkey Ham
Refrigerated Dark Turkey Pastrami
Festive Tender Cured Turkey
Refrigerated Quarter Turkey Breast
Oven Roasted Honey Cured
Hickory Smoked Cracked Pepper
Cajun-Style Sun-Dried Tomato
Extra Lean Turkey Bacon
Turkey Bacon
Turkey Franks
Extra Lean Smoked Turkey Sausage
Extra Lean Smoked Kielbasa Turkey Sausage
Smoked Turkey Wings and Drumsticks
Turkey Store So Easy Slow Roasted Turkey Breast
Turkey Store So Easy Glazed Breast Filets:
BBQ
Honey Glazed
Frozen Ground Turkey
Frozen Ground Seasoned Turkey
Frozen Turkey Burgers
Breakfast Lover's Turkey Sausage

Turkey Store Deli Chicken Breast
Buffalo Style
Oven Roasted
Mesquite Smoked
Turkey Store Smoked Turkey Breast
Mesquite
Hickory
Honey Cured
Turkey Store Oven Roasted Turkey Breast
Turkey Store Hickory Smoked Turkey Breast:
Cracked Pepper Sun Dried Tomato
Garlic Pesto Honey Cured
Turkey Store Barbecue Turkey Thighs
(contain vinegar)
Natural Choice Turkey Breast:

Oven Roasted Peppered
Tender Browned
Grand Champion Turkey Breast:
Oven Roasted Tender Browned
Mesquite Smoked Homestyle Pan Roasted
Hickory Smoked Honey Cured
Turkey Breast
Oven Roasted Peppered
Smoked Tender Browned
Italian Style Honey Maple
Honey Mesquite Maple Spiced
Apple Cinnamon Tomato Basil
Mesquite Smoked Garlic Peppered

Lloyd's (July 2008)

Hormel

Pork or Beef Ribs with Original BBQ Sauce
Original BBQ Sauce with Seasoned Chicken Wings
Mild Buffalo Sauce with Seasoned Chicken Wings
Original BBQ Sauce with Cocktail Smokies

Maple Leaf (Aug 2008)

Maple Leaf

[Check Distributor's Gluten Status List](#)

Norwestern (July 2008)

Hormel 1-800-523-4653

Deli Turkey:

Oven Roasted
Turkey Pastrami
Hickory Smoked

Oscar Mayer (Aug 2008)

Kraft

[See Distributor's Gluten Status List](#)

Bacon:

Canadian Bacon
Center Cut
Hearty Thick Cut
Lower Sodium
Naturally Hardwood Smoked
Naturally Smoked Uncured
Ready to Serve

GLUTEN FREE PRODUCTS LIST 2008

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Ready to Serve Thick Cut
Real Bacon Bits

Beef:

Beef Bologna (regular, light)
Roast Beef Slow
Roasted Shaved

Bologna:

Bologna
Cheese

Chicken:

Chicken Breast Cuts-Honey Roasted
Breast-Oven Roasted
Breast-Oven Roasted Thin Sliced
Breast-Rotisserie Style Shaved
White Chicken-Oven Roasted

Ham:

Boiled
Brown Sugar Shaved
Brown Sugar Thin Sliced
Chopped
Chopped Honey
Chopped with Smoked Flavour
Cooked
Honey
Honey 95% Fat Free
Honey Shaved
Smoked
Smoked Shaved
Smoked 96% Fat Free
Virginia Brand Shaved

Hot Dogs:

Little Wieners & Little Smokies
Beef Franks
Turkey Franks
Turkey Wieners- light
98% Fat Free Little Cheese Smokies
Wieners (regular, bun length, jumbo)
Wieners-Turkey Franks
Cheese Dogs

XXL Hot Dogs:
Beef

Cheese-The Cheesiest
Deli Style Beef Franks
Hot & Spicy
Premium Beef
Smoked

Louis Rich & Oscar Mayer:

Turkey Ham
Turkey Ham-Smoked Chopped 50% Less Fat
Turkey Bologna
Turkey Bologna 50% Less Fat
Turkey Franks
Turkey Franks-Bun Length
Turkey Franks-Cheese Dogs
Turkey White Smoked
White Chicken Oven Roasted

Sausage:

Summer Sausage
Beef Summer Sausage
Smokies Sausage (Beef, Beef Jumbo_

Turkey:

Oven Roasted
Oven Roasted White
Oven Roasted (shaved, thin sliced)
Breast-Smoked
Breast-Honey Smoked Shaved
Breast-Smoked Thin Sliced
Breast-Mesquite Shaved
Mesquite Thin Sliced
Smoked White
Smoked White 95% Fat Free
Honey Smoked Lean White
Honey Smoked Thin Sliced
Turkey Bologna
Turkey Bologna 50% less fat
Turkey Ham
Turkey Cotta Salami 50% Fat Free

Variety Packs:

Bologna/Turkey/Ham
Salami/Bologna/Ham
Ham/Turkey/Canadian Style Bacon
Fat Free Ham & Turkey
Turkey
Turkey Breast

GLUTEN FREE PRODUCTS LIST 2008

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Schneiders (Aug 2008)

See Distributor's Gluten Status List

SPAM (July 2008)

Hormel

All Products:

| | |
|---------------------|-----------------|
| Classic | Lite |
| Less Sodium | Smoke Flavoured |
| Oven Roasted Turkey | |

DESSERT, FRUIT DIPS

Bird's (Aug 2008)

Custard Powder- Original

Compliments (Aug 2008)

Sobey's

See Distributor's Gluten Status List

Frozen Whipped Topping (Regular, Light)

Raspberry Jelly Powder (Regular, Light)

Chocolate Pudding- Low Fat
Tapioca Pudding- Low Fat
Butterscotch Flavoured Pudding
Rice Pudding

Cool Whip (Aug 2008)

Kraft

See Distributor's Gluten Status List

Cool Whip:

| | |
|------------------------|----------------|
| Regular | French Vanilla |
| Chocolate | Strawberry |
| Extra Creamy | |
| Free, Lite, Sugar Free | |

Dream Whip

Whipped Topping Mix

Dream Brand (June 2008)

Rice Dream Non-Dairy Frozen Desserts & Novelties:

| | |
|--------------------|----------------------|
| Vanilla | Strawberry |
| Cocoa Marble Fudge | Orange Vanilla Swirl |
| Carob Almond | Neapolitan |

Soy Dream Non-Dairy Frozen Desserts & Novelties:

| | |
|-------------------|---------------------|
| French Vanilla | Green Tea |
| Butter Pecan | Strawberry Swirl |
| Mocha Fudge Swirl | Vanilla Fudge Swirl |
| Vanilla | Chocolate |

El Peto (Gluten-free Company)

3" Tarts (6/pkg):

| | |
|--------------|-----------------|
| Butter Tarts | Pecan Tarts |
| Lemon Tarts | Raspberry Tarts |

8" Pies:

| | |
|------------------------|------------|
| Strawberry/Rhubarb Pie | Peach Pie |
| Apple Pie | Cherry Pie |
| Blueberry Pie | Walnut Pie |

GoBio (July 2008)

Cherry Jelly
Lemon Jelly
Almond Pudding
Chocolate Pudding
Vanilla Pudding

Good Karma (July 2008)

Frozen Desserts:

Organic Rice Divine

| | |
|-------------------------------|---------------|
| Carrot Cake | Vanilla |
| Mudd Pie | Banana Fudge |
| Mint Chocolate Swirl | Coconut Mango |
| Chocolate Peanut Butter Fudge | |

Sundae Cups:

Fudge Swirl
Strawberry Swirl

Chocolate Covered Bars:

Very Vanilla
Chocolate Chocolate

GLUTEN FREE PRODUCTS LIST 2008

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Hunt (July 2008)

ConAgra

[See Distributor's Gluten Status List](#)

Jell-O (Aug 2008)

Kraft

[See Distributor's Gluten Status List](#)

Gelatin Desserts:

All Gelatin Jell-O desserts are gluten free
(includes Sugar-free, Fat free & Snack varieties)

Instant Pudding & Pie Filling:

(includes Sugar-Free, Fat-Free & Snack varieties)

| | |
|-----------------|-----------------|
| Banana Cream | French Vanilla |
| Butterscotch | Lemon |
| Cheesecake | Pina Colada |
| Chocolate | Pistachio |
| Chocolate Fudge | Pumpkin Spice |
| Creamy Caramel | Rice Pudding |
| Devil's Food | Vanilla |
| French Vanilla | White Chocolate |

Cook & Serve:

| | |
|-----------------|---------------|
| Banana Cream | Coconut Cream |
| Butterscotch | Lemon |
| Chocolate | Tapioca |
| Chocolate Fudge | Vanilla |

Refrigerated Jell-O Snacks

Pudding Sundaes Chocolate Fudge
Crème Savers Strawberry
Vanilla with Chocolate Topping
Vanilla with Caramel Topping
Cheesecake Snacks
Double Chocolate

Whip N' Chill Mousse

Chocolate
Strawberry
Vanilla

Maple Leaf (Aug 2008)

[See Distributor's Gluten Status List](#)

Old Fashioned Mincemeat
Regular Mincemeat
Rum & Brandy Mincemeat

Marzetti's (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Blueberry Glaze
Peach Glaze
Sugar Free Strawberry Glaze
Glaze For Strawberries

Caramel Apple Dip:

Fat Free
Old Fashioned
Light
Peanut Butter

Chocolate Fruit Dip
Light Yogurt French Vanilla Fruit Dip
Cream Cheese Fruit Dip
Strawberry Cream Cheese Fruit Dip

Pack-a-Snack Fat Free Caramel Apple Dip
Pack-a-Snack Original Caramel Apple Dip

Mott's (July 2008)

Fruitsations Fruit Sauces (all)

No Name Brand (Aug 2008)

Loblaws (Superstore)

[See Distributor's Gluten Status List](#)

Gelatin Mix:

| | |
|------------|--------|
| Raspberry | Cherry |
| Strawberry | Peach |
| Orange | Lemon |
| Lime | Grape |

Dessert Topping

GLUTEN FREE PRODUCTS LIST 2008

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Pudding Mix:

Banana Crème
Butterscotch
Chocolate

Pudding & Pie Mix:

Chocolate
Vanilla
Lemon

Nutri Whip (Aug 2008)

Maple Leaf

[See Distributor's Gluten Status List](#)

Oetker/ Shirriff (June 2008)

Puddings: Raspberry, Cream, Chocolate

Mousse: Strawberry, Milk Chocolate, French
Vanilla, Mocha Chocolate, Dark Chocolate Truffle

Light Mousse: Dark Chocolate, Milk Chocolate,
Strawberry, French Vanilla

Premium Desserts:

Panna Cotta
Crème Caramel
Milk Chocolate Crème Brulee
Crème Brulee
Chocolate Chip Delight
Pistachio Delight

Organic Pudding Mix:

Vanilla, Chocolate, Coconut

Pie Filling:

Lemon Pie Filling
Lemon Light Pie Filling
Key Lime Pie Filling

Pudding & Pie Filling:

Butterscotch, Banana, Coconut, Chocolate, Vanilla,
Crème Caramel

Pud'n Fun:

Vanilla with Pop Rocks
Chocolate with Mini M&M's

Watkins (July 2008)

Dessert Mixes (All)

DRESSINGS, MAYONNAISE VEGGIE DIPS & HUMMUS

Baxter's Food Group (July 2008)

| | |
|-------------------|------------------|
| Basil Mayonnaise | Mayonnaise |
| Garlic Mayonnaise | Lemon Mayonnaise |
| Horseradish Sauce | |

Cardini's (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Pear Vinaigrette
Raspberry Pomegranate Vinaigrette
Original Caesar
Fat Free Caesar
Light Caesar
Italian
Balsamic Vinaigrette
Honey Mustard

Club House (Aug 2008)

McCormick

[See Distributor's Gluten Status List](#)

Salads & Dips Dip Mix:

| | |
|----------------|---------------|
| Country Herb | Italian |
| Creamy Dill | Ranch |
| Greek Tzatziki | Toasted Onion |

Simulated Bacon Bits
Simulated Bacon Chips

Compliments (Aug 2008)

Sobey's

Hummus

3 Mushroom Asiago Dip
Spinach & Roma Tomato Dip Mix
Coleslaw Dressing

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Roasted Red Pepper Tapenade
Pourable Salad Dressing Caesar Light
Creamy Caesar Salad Dressing
Salad Dressing Creamy Ranch
Ranch Light Salad Dressing
Roasted Garlic & Bacon Dressing
Sun dried Tomato & Oregano Salad Dressing
Blue Cheese Dressing
Salad Dressing Pouch- Honey Dijon
Mayonnaise Style Dressing

Compliments Balance:

Raspberry Vinaigrette Dressing
Light Caesar Dressing
Ranch Dressing
Light Thousand Island Dressing
Light Mayonnaise Style Dressing

Compliments Sensations:

Black Berry Cabernet Sauvignon Vinaigrette
Raspberry Vinaigrette

Compliments Organic:

Organic Balsamic Salad Dressing
Organic Ranch Dressing

Compliments Value:

Classic Herb Salad Dressing
French Dressing (Original, Light)
Italian Dressing (Original, Light)
Thousand Island Dressing (Original, Light)

Follow Your Heart (July 2008)

Original Vegenaïse
Expeller Vegenaïse
Grapeseed Vegenaïse
Organic Vegenaïse

Sesame Dijon Dressing
Sesame Miso Dressing
Honey Mustard Dressing
Thousand Island Dressing
Creamy Garlic Dressing
Lemon Herb Dressing
Caesar with Parmesan Dressing
Spicy Southwest Ranch Dressing

Low Fat Ranch Dressing

Organic Creamy Caesar Dressing
Organic Balsamic Vinaigrette Dressing
Organic Creamy Miso Ginger Dressing
Organic Italian Vinaigrette Dressing
Organic Creamy Ranch Dressing
Organic Chipotle Lime Ranch Dressing
Organic Chunky Bleu Cheese Dressing

Girard's (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

All Dressings are gluten free

EXCEPT Chinese Chicken Salad Dressing
Honey Dijon Peppercorn Dressing

Good Seasons (Aug 2008)

Kraft

[See Distributor's Gluten Status List](#)

Salad Dressing Mix:

| | |
|---------------------------|------------------|
| Zesty Italian | Garlic & Herb |
| Cheese Garlic | Italian 5-Pack |
| Mild Italian | Italian Fat Free |
| Asian Sesame | |
| Cruet Kit- Italian 2-Pack | |

Dressing:

Red Raspberry Vinaigrette with Poppy Seed
Italian Vinaigrette with Extra Virgin Olive Oil
Light Honey Dijon with Grey Poupon Mustard
Classic Balsamic Vinaigrette
with Extra Virgin Olive Oil
Sun Dried Tomato Vinaigrette
with Roasted Red Pepper
Light Greek Vinaigrette
with Oregano & Athenos Feta

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Hellmann's (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Original Ranch Spritzer
Balsamic Breeze Spritzer
Simply Caesar Spritzer
Zesty Italian Spritzer

Dijonnaise Mustard Blend
Real Mayonnaise
Light Mayonnaise
Extra Light Mayonnaise
½ The Fat Mayonnaise
Roasted Garlic Mayonnaise
Cholesterol Free Mayonnaise
Olive Oil Mayonnaise
Thousand Island Dressing
Fat Free Vinaigrette
French Dressing
Creamy Lemon Dressing
Garlic & Herb Dressing
Honey & Mustard Dressing

Hidden Valley (Aug 2008)

All major allergens will be listed on the label.

The Original Ranch

Kraft (Aug 2008)

Kraft

[See Distributor's Gluten Status List](#)

Kraft Dressings:

| | |
|------------------|--------------------|
| Catalina | Ranch with Bacon |
| Coleslaw | Russian |
| French | Thousand Islan |
| Golden Italian | Three Cheese Ranch |
| Oil & Vinegar | Zesty Italian |
| Rancher's Choice | |

Kraft Organics:

Balsamic Vinaigrette
Raspberry Vinaigrette
Zesty Italian

Kraft Signatures:

Balsamic Vinaigrette
Classic Herb
Creamy Poppy Seed
Crumbled Blue Cheese
Greek with Feta & Oregano
Mandarin Orange with Sesame
Raspberry Vinaigrette
Roasted Red Pepper & Parmesan
Sweet Onion Vinaigrette

Extra Virgin Olive Oil Signatures:

Aged Balsamic Vinaigrette
Red Raspberry
Sundried Tomatoes
Tuscan Italian

Kraft Calorie Wise:

Balsamic Vinaigrette
Catalina
Creamy Poppy Seed
French
Greek with Feta & Oregano
Italian
Sundried Tomatoes & Oregano
Three Cheese Ranch

Miracle Whip Salad Dressing (all)

Marzetti's (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Veggie Dips:

| | |
|---------------|--------------------|
| Blue Cheese | Horseradish |
| Ranch | French Onion |
| Light Ranch | Light French Onion |
| Dill | Guacamole |
| Fat Free Dill | Spinach |
| Light Dill | |

Organics:

Organic Ranch Veggie Dip
Organic Balsamic Vinaigrette
Organic Blue Cheese Dressing
Organic Caesar
Organic Parmesan Ranch

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Refrigerated Dressings:

All are gluten free

EXCEPT Asian Ginger Dressing
Ginger Mango Vinaigrette Dressing

Dressings:

All are gluten free

EXCEPT Sesame Ginger Dressing

Hummus:

Roasted Red Pepper Hummus
Roasted Garlic Hummus
Original Humus

Newman's Own (July 2008)

Balsamic Vinaigrette
Caesar
Creamy Caesar
Creamy Italian (Parmesanio Italiano)
Light Balsamic Vinaigrette
Light Caesar Dressing
Light Italian
Light Raspberry & Walnut
Light Red Wine & Vinegar
Olive Oil & Vinegar
Parmesan & Roasted Garlic
Ranch
Two Thousand Island

Organicville (July 2008)

Organic Vinaigrettes:

Orange Cranberry
Olive Oil and Balsamic Vinaigrette
Herbs de Provence
Sesame Tamari
Miso Ginger
Sundried Tomato and Garlic
Tarragon Dijon
Sesame Goddess
Pomegranate

Non Dairy Ranch Dressing

President's Choice (June 2008)

Loblaws (Superstore)

[See Distributors Gluten Status List](#)

Theresa's Select Recipes (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Balsamic Vinaigrette
Fat Free Honey Dijon
Roasted Garlic Vinaigrette
Sundried Tomato Vinaigrette
Asiago Pepper Crème
Blackberry Poppseed
Raspberry White Balsamic
Strawberry Chardonnay

Tone's/Durkee/Spice Islands (Aug 2008)

ACH Food Co.

Buttermilk Ranch Dressing
Cream of Tartar

Veganise (July 2008)

Mayonnaise Alternative- Gluten Free

FISH/SEAFOOD

Brunswick (July 2008)

Sardines (all)
Fish Steaks (all)
Seafood Snacks (all **EXCEPT** those containing
Teriyaki Sauce)
Anchovies
Smoked Oysters

Compliments (Aug 2008)

Sobey's

Pacific Pink Salmon
Red Pacific Sockeye Salmon
Flaked Light Tuna in Water

GLUTEN FREE PRODUCTS LIST 2008

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Chunk Light Tuna in Water
Flaked Light Tuna
Chunk Light Tuna
Whole Smoked Oysters

Frozen:

Salmon Pinwheel with Spinach & Cream Cheese
Ocean Perch Fillets
Sole Fillets
Cod Fillets
Alaskan Pollock Fillets

Highliner Fish Fillets (June 2008)

Highliner conforms to all government food safety standards to ensure that cross-contamination does not occur, however, they cannot ensure that ingredients or food products do not contain trace amounts of allergens.

All plain unprocessed fish (i.e. raw fillets):

| | |
|-----------------|---------------------|
| Alaskan Pollock | Wild Pacific Salmon |
| Boston Bluefish | Sole |
| Cod | Haddock |

All other processed foods (i.e. battered or seasoned products) - **consult ingredient list**

RainCoast Trading Company (July 2008)

Canned Salmon (all varieties)
Canned Albacore Tuna

StarKist (July 2008)

All StarKist Tuna
EXCEPT Tuna Creations Herb & Garlic
Tuna Fillet Teriyaki
Lunch Kits

FRUIT

Aylmer (Aug. 2008) CanGro Foods

Fruit Cocktail
Peach (slices, halves)
Pear Halves

Compliments (Aug 2008) Sobey's

Mandarin Orange Segments
Crushed Pineapple in Pineapple Juice
Pineapple Slices in Pineapple Juice
Frozen Jumbleberries

Bite-Sized Prunes, Pitted
Turkish Apricots
Dried Apricots
Dried Blueberries
Dried Cranberries
Dried Cherries
Turkish Sultana Raisins (Tub)
Thompson's Raisins- seedless
Sultana Raisins

Del Monte (June 2008)

Prunes (Stewed, Dried)
Canned/Jarred Fruits (all)
Fruit Snack Cups and Chilllers (all)
Fruit Snacks
 Chunky Mixed Fruit
 Chunky Peaches
Fruit Medley
Tropical Fruit Medley
Raspolicious Peach
Tropical Twist
Orchard Peach Fruit Bowls
Very Cherry Fruit Cocktails (all)
Mandarin Magic (all)
Pineapple (all)

GLUTEN FREE PRODUCTS LIST 2008

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Dole (July 2008)

Mixed Fruit Parfait
Apples & Caramel Parfait
Mandarins in Orange Gel
Mixed Fruit in Cherry Gel
Apples in Raspberry Gel
Peaches in Strawberry Gel

Canned Fruit (all)
Fruit Bowls (all)
Fruit in Jars (all)
Frozen Fruit (all)
Dried Fruit (all)

EdenFoods (July 2008)

| | |
|--------------------------------|------------------------|
| Apple Butter | Apple Strawberry Sauce |
| Apple Cherry Butter | Cherry Butter |
| Apple Cherry Sauce | Apple Sauce |
| Dried Monmorency Tart Cherries | |

Graves (Aug 2008)

Apple Sauce

Ocean Spray (June 2008)

Cranberry Sauce
Fresh Cranberries

Sun-Rype (Aug 2008)

All 100% Fruit Snacks are gluten free

Fruit To Go (all varieties):

Original
Funbites
Squiggles

Fruit Source (all varieties)

Fruit Source Plus Veggies (all varieties)

Apple Sauce (Regular, Unsweetened)

Welch's (July 2008)

Dried Fruit (all)
Fruit Snacks (all)
Fruit 'n Yogurt (all)
Fresh Grapes

GRAINS & CEREALS

Arrowhead Mills (June 2008)

Amaranth
Buckwheat Groats
Cornmeal- Blue, Organic
Flax Seeds
Millet
Quinoa
Sesame Seeds, mechanically hulled
Sesame Seeds, unhulled
Sunflower Seeds
Golden Flax Seeds

Barbara's Bakery (July 2008)

Honey Rice Puffins Cereal
Cornflakes, Organic

Compliments (Aug 2008)

Sobey's

Compliments Balance:

Maple & Brown Sugar Flavour Instant Oatmeal
Apple & Cinnamon Instant Oatmeal
Regular Instant Oatmeal

Eden Foods (as of July 2008)

Quinoa
Buckwheat (hulled)
Millet
Wild Rice

GLUTEN FREE PRODUCTS LIST 2008

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El Peto (Gluten-free Company)

Apple/Cinnamon Cream of Rice
Cream of Brown Rice
Cream of White Rice
Coco Balls
Corn Balls
Sweetened Corn Flakes
Unsweetened Corn Flakes

Enjoy Life (Gluten-free Company)

Cinnamon Crunch Granola
Cranapple Crunch Granola
Very Berry Crunch Granola

Glutino (Gluten-free Company)

Cold Cereals (Apple Cinnamon, Honey Nut)

Heartland's Finest (Gluten-free Company)

CerO's Cereaal

Nature's Path (status as of June 2008)

**Puffed bagged cereals not gluten-free due to
chance of cross-contamination in the separate factory
where they are produced

Honey'd Corn Flakes
Fruit Juice Corn Flakes
Crispy Rice
Envirokidz:

Leapin' Lemurs- Peanut Butter & Chocolate
Gorilla Munch
Amazon Frosted Flakes
Koala Crisp
Peanut Butter Panda Puffs

Mesa Sunrise Flakes

NorQuin Brand (Gluten-free Company)

Golden Quinoa Fully Processed
Golden Quinoa Flour
Cold Rolled Quinoa
Black Quinoa
Quick Quinoa Powder- Extra Fine
Quick Quinoa Flakes
Crispy Quinoa

Amaranth Grain
Amaranth Flour

Pearled Barley
Purple Hullless Barley

Kasha (Toasted Whole Groats- Buckwheat)
Whole Groats (Buckwheat)

Canola
Ground Canola

Milled Brown Flax
Brown Flax
Golden Flax
Golden Milled
Roasted Golden Flaxseed

Millet Groats

Rolled Oats (Regular, Instant, Quick)
Steel Cut Oats
Whole Groats Oats

Perky's (June 2008)

Perky O's:
Original
Apple Cinnamon
Frosted
Nutty Flax Cereal
Nutty Rice Crunchy Cereal

GLUTEN FREE PRODUCTS LIST 2008

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Primo (Aug 2008)

ConAgra (Canada)

See Distributor's Gluten Status List

Fine Corn Meal
Coarse Corn Meal
Arborio Rice
Originatio Rice

FROZEN TREATS

Compliments (Aug 2008)

Sobey's

Raspberry Sherbet
Orange Sherbet
Cranberry Raspberry Sorbet
Strawberry Sorbet

Ice Cream:

Chocolatey Coated Ice Cream Bars
Strawberry & Champagne
Double Chocolate Truffle
Praline & Clusters
Vanilla
Rich Chocolate
Butterscotch Wave
Neapolitan Twist
Cherry Vanilla
Heavenly Hash

Strawberry Patch
Maple Walnut
French Vanilla
Chocolate Chip
Black Cherry
Mint Chocolate Chip
Natural Vanilla
Coffee
Lactose Free Mango

No Sugar Added Ice Cream:

Vanilla
Dutch Chocolate
Butterscotch Ripple

Compliments Value Ice Cream:

| | |
|------------------|---------------------|
| Orange Pineapple | Strawberry |
| Chocolate Ripple | Neapolitan |
| Butterscotch | Butterscotch Ripple |
| Chocolate | Vanilla |

Twin Pops
Ice Milk Fudge Bar
Fudge Bar- No Sugar Added

Frozen Yogurt:

Dutch Chocolate
Peach Mango
Cappucino Swirl- Low Fat
Strawberry- Low Fat
Black Forest
Wild Jumbleberry
French Vanilla

Strawberry Fruit Bar
Tropical Fruit Bar
Raspberry Swirl

Compliments Balance:

Cherry Vanilla Frozen Yogurt
Low Fat Fudge Bars
Orange Swirl Bar

GLUTEN FREE PRODUCTS LIST 2008

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Cows Ice Cream (June 2008)

Ice Cream

| | |
|-----------------------|-----------------------|
| Almond Joy | Apple Pie |
| Chocolate | Chocolate Mud |
| Chunky Chocolate Mint | Coffee |
| English Toffee | Goopy Mooey |
| Maple Walnut | Mocha Almond Fudge |
| Mud Puddle | Pecans & Toffee |
| Pralines & Cream | Sticky Toffee Pudding |
| Strawberry | Turtle Cow |
| Vanilla | Strawberry Sorbet |

It's Soy Delicious (July 2008)

Pint:

| | |
|-------------------------|------------------|
| Almond Pecan | Green Tea |
| Awesome Chocolate | Mango Raspberry |
| Black Leopard | Pistachio Almond |
| Carob Peppermint | Raspberry |
| Chocolate Almond | Tiger Chai |
| Chocolate Peanut Butter | Vanilla |
| Espresso | Vanilla Fudge |

Multipack:

Fudge Bar

Novelties:

Fudge Bar

Mango Raspberry Bar

Organic So Delicious Dairy Free (July 2008)

Quart:

| | |
|-------------------------|-------------------|
| Butter Pecan | Creamy Vanilla |
| Chocolate Peanut Butter | Dulce de Leche |
| Chocolate Velvet | Mint Marble Fudge |
| Creamy Lemon | Mocha Fudge |
| Creamy Orange | Neapolitan |
| Creamy Raspberry | Strawberry |

Multipack:

Creamy Fudge Bar

Novelties:

Creamy Fudge Bar

Creamy Vanilla Bar

Vanilla & Almonds Bar

Creamy Orange Bar
Creamy Raspberry Bar
Assorted Fruit Pops
Fudge Pops

Purely Decadent Dairy Free (July 2008)

Pint:

Cherry Nirvana
Chocolate Obsession
Coconut Craze
Cookie Dough (Gluten Free)
Mint Chocolate Chip
Mocha Almond Fudge
Peanut Butter Zig Zag
Pomegranate Chip
Praline Pecan
Purely Vanilla
Rocky Road
So Very Strawberry
Turtle Trails

Novelties:

Purely Vanilla Bar
Vanilla Almond Bar

Smuckers (July 2008)

All Ice Cream Toppings

EXCEPT -Strawberry Topping
-Magic Shell S'mores
-Magic Shell 3 Musketeers
-Magic Shell Twix
-Magic Shell Milky Way

GLUTEN FREE PRODUCTS LIST 2008

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JAMS, JELLIES, PEANUT BUTTER, SPREADS & MARGARINE

Arrowhead Mills (June 2008)

Almond Butter (Creamy, Crunchy)
Cashew Butter (Creamy, Crunchy)
Honey Sweetened Peanut Butter (Creamy, Crunchy)
Valencia Peanut Butter (Creamy, Crunchy, Organic)
Sesame Tahini

Baxter's Food Group (July 2008)

Beetroot in Red Currant Jelly
Cranberry Jelly
Cranberry Sauce
Mint Jelly
Mint Sauce
Apple Sauce
Red Currant Jelly

Conserves:

Country Berry Raspberry
Rhubarb & Ginger Strawberry

Marmalade:

Orange, Lemon & Grapefruit
Thin Cut Lemon
Thin Cut Seville Orange

Becel/Flora (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Spreads:

Buttery Omega 3 Plus
Extra Light Original
Light
No Salt

Bertolli (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Olive Oil Spread

Blue Bonnet (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Margarine

Butter Buds (Aug 2008)

Cumberland Packing Co.

Butter Buds Butter Substitute

Compliments (Aug 2008)

Sobey's

Pure Jam- Strawberry Orange Brandy
Peach Ice Wine Jam
Seedless Black & Red Raspberry Jam
Pure Apricot Jam
Pure Blueberry Jam
Pure Wild Jumbleberry 5 Fruit Jam
Strawberry Jam With Pectin
Pure Raspberry Jam
Light Raspberry Jam-Type Spread
Chocolate Hazelnut Spread
Chocolate Hazelnut Spread- Crunchy
Pure Orange Marmalade

Canola Margarine

Margarine

Margarine Spread 20/80

Garlic Margarine

Soya Margarine

Compliments Balance:

Non-Hydrogenated Margarine

Non-Hydrogenated Calorie Reduced Light

Smooth Peanut Butter

GLUTEN FREE PRODUCTS LIST 2008

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Compliments Organic:

100% Smooth Peanut Butter
100% Natural Crunchy Peanut Butter
100% Natural Peanut Butter
Raspberry Jam

Crofter's Organics (July 2008)

| | |
|---------------------|---------------------|
| Strawberry | Mango |
| Raspberry | Black Currant |
| Concord Grape Jelly | Morello Cherry |
| Wild Blackberry | Apricot |
| Wild Blueberry | Blood Orange |
| Apple Jelly | Four Fruit |
| Pomegranate | Peach Passion Fruit |

Sweetened with Grape Juice:

| | |
|-----------------|---------------|
| Apricot | Black Currant |
| Wild Blackberry | Raspberry |
| Wild Blueberry | Strawberry |
| Superfruit | |

Crosse & Blackwell (Aug 2008)

Smucker

Orange Marmalade
Red Currant Jelly
Mint Flavoured Apple Jelly
Guava Jelly

Derlea (Aug 2008)

0 Trans Fat Garlic Spread
0 Trans Fat Jalapeno Garlic Spread

Double Fruit (July 2008)

Smucker's

All Regular
All Light
All Reduced Sugar

E.D. Smith and Sons (June 2008)

Black Currant Pure Jam
Seedless Raspberry Pure Jam
Seedless Strawberry Pure Jam
Mint Jelly
Blueberry/Raspberry Pectin Jam
Strawberry Pure Jam
Strawberry Pectin Jam
Strawberry/Blackberry Pectin Jam
Raspberry Pure Jam
Raspberry Pectin Jam
Apple & Strawberry Spread
Apple & Raspberry Spread
Apricot Peach Passionfruit Spread
Lemon Spread
Strawberry Spread
Light Strawberry Spread
Raspberry Spread
Light Raspberry Spread
Blueberry Cherry Spread
Light Blueberry Spread
Seedless Strawberry Raspberry Spread
Raspberry Blueberry Blackberry Spread
Orange Spread
Orange Lemon Grapefruit Spread

Orange Marmalade
Pure Orange Marmalade
3 Fruit Marmalade

Berry Box Apple Strawberry Spread
Berry Box Apple Raspberry Spread
Berry Box Grape Apple Spread

No Sugar Added

Table Syrup
Butter Syrup
Strawberry Spread
Raspberry Spread
Seedless Strawberry Raspberry Spread
Apricot Peach Passionfruit Spread
Orange Lemon Lime Marmalade Spread
Strawberry with Raspberry & Red Plum
Raspberry with Strawberry & Blackberry

GLUTEN FREE PRODUCTS LIST 2008

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Triple Fruit Spread

Strawberry with Raspberry & Red Plum
Raspberry with Strawberry & Blackberry
Apricot with Peach & Passionfruit
Wildberry with Raspberries, Blueberries &
Blackberries

Ferrero (Aug 2008)

Nutella Hazelnut Spread

Fleischmann's (June 2008)

ConAgra

See Distributor's Gluten Status List

Margarine

Guest Spreads (Aug 2008)

Smucker's

All Spreads are Gluten Free.

I Can't Believe It's Not Butter

(Aug 2008)

Unilever

See Distributor's Gluten Status List

Original Spread

Light Spread

Jiff (July 2008)

Peanut Butter

Kraft (Aug 2008)

See Distributor's Gluten Status List

Pectin Products:

Certo Fruit Pectin Liquid & Crystals

Certo Light Fruit Pectin Crystals

Kraft Pure Jams:

Red Raspberry Jam

Cherry Jam

Peach Jam
Strawberry Jam
Apricot Jam
Blueberry Jam

Kraft Double Fruit Light Fruit Spread:

Double Spiced Peach Light
Double Raspberry Light
Double Strawberry Light

Kraft Pure Jellies:

Apple
Red Raspberry
Strawberry

Kraft Pure Marmalade:

Orange Marmalade
3-Fruit Flavored Marmalade

Peanut Butter:

Light Smooth
Smooth
Light Crunchy
Crunchy
Extra Creamy
Unsweetened, unsalted
100% Peanuts

Maranatha (July 2008)

Almond Butters (all) Peanut Butters (all)
Cashew Butters Macadamia Nut Butter
Cashew Macadamia Butter

Marzetti's (Aug 2008)

Unilever

See Distributor's Gluten Status List

Cocktail Sauce
Horseradish Sauce
Tartar Sauce

GLUTEN FREE PRODUCTS LIST 2008

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President's Choice (Aug 2008)

Loblaws (Superstore)

See [Distributor's Gluten Status List](#)

Skippy (Aug 2008)

Peanut Butter:

Creamy

Super Chunk

Reduced Fat Creamy

Reduced Fat Chunk Roasted

Honey Nut Creamy Roasted

Honey Nut Super Chunk

Natural Creamy

Natural Super Chunk

Skippy Squeez' It

Smucker's (July 2008)

All Jams, Jellies and Spreads

Fruit Butters Preserves

Jam Simply Fruit

Jelly Squeeze

Low Sugar Sugar Free

Organic

Goober PB & J

Natural Peanut Butter

Organic Peanut Butter

Stork (Aug 2008)

Unilever

See [Distributor's Gluten Status List](#)

Margarine

TGTBT (Aug 2008)

Loblaws (Superstore)

See [Distributor's Gluten Status List](#)

Welch's (July 2008)

Squeezables (all)

Jelly (all)

Jam (all)

Spreads (all)

Reduced Sugar Jelly (all)

YoSo (July 2008)

Spreadables:

Cream Cheese

Jalapeno

Sundried Tomatoes

Garlic & Onion

COSMETICS

Avon (June 2008)

Avon does not publish a gluten-free list. Consumers are asked to call 1-800-265-2886 for product information.

Burt's Bees (July 2008)

Lip Balm Tin

Lip Balm Tube

Honey Lip Balm

Lipshimmer (all shades)

Lipsticks (all shades)

Lifeguard's Choice Lip Balm

Lip Gloss (all shades)

Eyeshadow (all shades)

Tinted Moisturizer (all shades)

Blushing Crème (all shades)

Concealing Crème (all shades)

Powdered Facial Tissue

Eye & Brow Liners

Vanishing Powder

Pomegranate Lip Balm

Medicated Lip Balm

Super Shjny Lip Gloss (all shades)

Revlon Canada Ltd. (June 2008)

Please call 1-800-473-8566 with product inquiries and they will research it for you. They do not publish a gluten free list.

GLUTEN FREE PRODUCTS LIST 2008

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NUTRITIONAL PRODUCTS

A.Voegel (July 2008)

All Pharma Products
EXCEPT Santasapina Bonbons

Bambu Products:

| | |
|-----------------|---------------|
| Instant | Filter |
| Instant Frappe | Instant Cacao |
| Instant Vanilla | |

BOOST (July 2008)

Nestle Nutritionals

Boost Shake- Vanilla, Chocolate, Chocolate Mocha
Boost Plus-Vanilla, Chocolate, Strawberry
Boost Benefibre- Vanilla, Chocolate
Boost High Protein- Vanilla, Chocolate, Strawberry
Boost Smoothie- Strawberry, Peach, Raspberry

ChlorEssence (July 2008)

All Products are Gluten Free

Genuine Health (July 2008)

All powders are gluten free:

| | |
|---------|-------------|
| adrena+ | memory+ |
| grapes+ | satisfibre+ |
| greens+ | serenity+ |
| joint+ | transform+ |
| lean+ | nutrilean+ |

Jamieson (June 2008)

Most products Gluten Free
Products that are Gluten Free will carry the statement
"NO GLUTEN"

The following products are **NOT** Gluten Free:

PMS Smart Chocolate
De-Stress Vitamin E Eye Cream
Slim Down Low Calorie Cereal Bar
Vit A Retinol

Kyolic (July 2008)

All Kyolic Formulas are Gluten Free
EXCEPT Formula 102 (may contain gluten)

Land Art (July 2008)

All Nutritionals are Gluten Free

MacaSure (July 2008)

All Products are Gluten Free

North Coast Naturals (July 2008)

Veganique Bars
Hemp Protein Powder
Rice Protein Powder
Soy Protein Powder
100% Whey Protein Powder
Fermented L-Glucosamine Powder
Organic Greens Powder
ORAC 12,000
Glucosamine-V
Gesundheit Marine Phytoplankton
Grens+1 with Marine Phytoplankton

Omega Nutrition (July 2008)

Apple Cider Vinegar
Nutri-Flax
Flax of Life Cold-Milled Flax Seeds
Flax of Life Whole Flax Seeds

Omega Alpha (July 2008)

All Nutritional Products are Gluten Free

SISU (July 2008)

All Products are Gluten Free
EXCEPT: Multi Enzymes
Multi Enzymes Plus
Multi Enzyme Extra Strength
Milk Thistle

GLUTEN FREE PRODUCTS LIST 2008

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Spectrum (July 2008)

Organic Essential Flaxseed

Vega (July 2008)

All Products are Gluten Free

| |
|--|
| OILS, VINEGARS & COOKING SPRAYS |
|--|

Bertolli (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

| | |
|------------------------|--------------------|
| Extra Virgin Olive Oil | Gentile Olive Oil |
| Extra Light Olive Oil | Classico Olive Oil |

Balsamic Vinegar
Red Wine Vinegar
White Wine Vinegar

Carapelli (July 2008)

Hormel

Olive Oil

Compliments (Aug 2008)

Sobey's

[See Distributor's Gluten Status List](#)

Sunflower Oil
Butter Flavour Non-Stick Cooking Spray
Red Wine Vinegar
White Vinegar

Compliments Value:

Canola Oil

Compliments Organic:

Sunflower Oil
Extra Virgin Olive Oil

Crisco Oil (July 2008)

Cooking Spray

(all EXCEPT No-Stick Cooking Spray with Flour)

Oil (all varieties)

| | |
|-------------------------------------|--------------------|
| Frying Oil Blend | Pure Peanut Oil |
| Natural Blend Oil | Pure Vegetable Oil |
| Pure Canola Oil | Pure Corn Oil |
| Puritan Canola Oil with Omega-3 DHA | |

Olive Oil (all varieties)

Shortening

(all varieties: All-Vegetable, Butter Flavour)

Di Lusso (July 2008)

Hormel

Red Wine Vinegar

EdenFoods (July 2008)

Apple Cider Vinegar
Brown Rice Vinegar
Red Wine Vinegar
Ume Plum Vinegar

Hot Pepper Sesame Oil
Olive Oil- Extra Virgin- Spanish
Safflower Oil
Sesame Oil
Soybean Oil

Mirin Rice Cooking Wine

Filippo Berio (Aug 2008)

All Olive Oils are gluten free

Gallo (Aug 2008)

Olive Oil

House of Tsang (July 2008)

Hormel

Hot Chili Sesame Oil
Mongolian Fire Oil

GLUTEN FREE PRODUCTS LIST 2008

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Sesame Oil
Wok Oil

Mazola (July 2008)

Canola Oil
Corn Oil
No Stick Cooking Spray
Sunflower Oil

Omega Nutrition (July 2008)

Coconut Oil
Olive Oil
High-O Sunflower Oil
Pumpkin Seed Butter
Extra Virgin Italian Olive Oil
Italian Balsamic Vinegar

Pam (July 2008)

| | |
|----------------|--------------|
| Grilling | Professional |
| Butter Flavour | Original |
| Olive Oil | |

President's Choice (Aug 2008)

Loblaws' (Superstore)

See Distributor's Gluten Status List

Roasted Garlic Olive Oil
Spicy Herb & Peppers Olive Oil
Splendido Cold-Pressed Extra Virgin
Splendido 100% Italian Extra Virgin

PASTA

Bi-Aglut (Gluten-free Company)

Fusilli
Dittalini
Penne
Sedani
Spaghetti

Glutano (Gluten-free Company)

Animal Shapes
Macaroni
Spaghetti

EdenFoods (July 2008)

Traditional Japanese Bifun (Rice) Pasta
Traditional Japanese Harusame (Mung Bean) Pasta
Kuzu Pasta

ENER-G (Gluten-free Company)

White Rice Pasta:
Lasagna
Macaroni
Spaghetti
Vermicelli
Small Shells

Glutino (Gluten-free Company)

Spaghetti
Penne
Macaroni
Fusilli

Heartland's Finest (Gluten-free Company)

All Pastas

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Lundberg (July 2008)

Brown Rice Pasta

Penne, Rotini, Spaghetti

Risotto:

| | |
|--------------------------|--------------------|
| Butternut Squash | Italian Herb |
| Cheddar Broccoli | Organic Alfredo |
| Creamy Parmesan | Organic Florentine |
| Garlic Primavera | Organic Tuscan |
| Organic Porcini Mushroom | |

Mrs. Leepers (Gluten-free Company)

Gluten Free Corn Pasta:

Spaghetti
Elbows
Vegetable Radiatore
Rotelli

Lasagne Box Dinner
Cream Tuna Box Dinner

Gluten Free Rice Pasta:

Spaghetti
Vegetable Twists
Alphabets
Kids Shapes
Penne
Elbows
Beef Stroganoff Box Dinner
Cheese Burger Box Dinner
Alfredo Box Dinner

Namaste (Gluten-free Company)

Namaste Noodles Say Cheez Pasta Meal
Namaste Noodles Taco Shells Pasta Meal
Namaste Noodles Pasta Primavera Pasta Meal
Namaste Noodles Taco "Shells" Pasta Meal

NorQuin Brand (Gluten-free Company)

Quinoa Pasta Elbows
Quinoa Pasta Spaghetti
Quinoa Pasta Spirals

Rizopia (Gluten-free Company)

Brown Rice Pasta (all)
Spinach Brown Rice Pasta (all)
Vegetable Brown Rice Pasta (all)
White Rice Pasta (all)
Organic Wild Rice Pasta (all)

Schar (Gluten-free Company)

Anellini
Capelli d'Angelo
Conchigliette
Penne
Pipette (elbows)
Lasagne
Rigatoni
Tagliatelle
Solena:
Fusilli
Penne Rigate

Tinkyada (Gluten-free Company)

White Rice Pasta- Spaghetti
Brown Rice Pasta:
Elbows
Fettuccini
Lasagna
Penne
Spaghetti
Spirals
Shells
Grand Shells
Little Dreams

PHARMACEUTICALS

Please check with the pharmacist
regarding safe products to use.

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
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PIE FILLINGS

Crosse & Blackwell (Aug 2008)

Smucker

Mincemeat

Mincemeat with Rum & Brandy

Hard Sauce

E.D. Smith & Sons (status as of June 2008)

Apple

Cherry

Lemon

Wildberry

Pure Pumpkin

Raspberry

Light & Fruity Cherry Filling

Mincemeat with Rum & Brandy

Blueberry

Cherry Cranberry

Mincemeat

Peach/Passionfruit

Raisin

Rhubarb/Strawberry

Jello See "Dessert, Fruit Dip" Section

Kraft

See [Distributor's Gluten Status List](#)

Oekter-Shirriff (June 2008)

Pudding & Pie Filling:

Lemon Pie Filling

Lemon Light Pie Filling

Key Lime Pie Filling

Butterscotch

Banana

Coconut

Chocolate

Vanilla

Crème Caramel

ENTREES

Rice & Potato Dishes, Chili, Tofu

Alexia (July 2008)

All Potato products are Gluten Free

Arrowhead Mills (status as of June 2008)

Brown Basmati

White Basmati

Long Grain Brown

Short Grain Brown

Compliments (Aug 2008)

Sobey's

Compliments Sensations:

Tuscan Mushroom Risotto

Country Chicken Seasoned Rice

Butter & Herb Mashed Potatoes

Chicken Tournedos

100% Beef Burgers

Seasoned Sirloin Burgers

3 Cheese Beef Burgers

Buffalo Style Chicken Wings (UPC 0 55742 33862)

Sweet & Mild Barbecue Jumbo Chicken

Beef Back Ribs in Barbecue Sauce

Dainty (July 2008)

Regular Rice is Gluten Free

Canned Flavoured Cooked Rice:

Delmonico

Pilaf

Beef

Primavera

Cheese & Broccoli

Mexican

Spanish

Mushroom

GLUTEN FREE PRODUCTS LIST 2008

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Hormel (July 2008)

Hormel

Compleats Microwave 10 oz Meals:

- Sweet & Sour Rice
- Chicken & Rice
- BBQ Beef & Beans

Chili with Beans:

Regular, Hot, Chunky

Refrigerated Entrees:

- Beef Roast Au Jus
- Pork Roast Au Jus
- Glazed Ham with Maple & Brown Sugar

Microwave Cups- Southwest Style Rice

Microwave 10oz. Trays- SW Black Beans & Rice

Ian's (July 2008)

- Chicken Cutlets
- Crunchy Breaded Fish
- Sweet Potato Fries
- Alphatots
- Kid's Chicken Cutlet Meal

Kraft (Aug 2008)

Kraft

See Distributor's Gluten Status List

Minute Rice

Lundberg (June 2008)

Rice:

- Gourmet Rice & Rice Blends (all)
- Whole Grain Brown Rice (all)
- White Rice (all)
- Wild Rice Blends (all)

RiceXpress:

- Classic Herb
- Classic Beef
- Santa Fe Grill

Minute Rice (July 2008)

All Minute Rice is considered Gluten-Free

Mori-Nu (July 2008)

All Mori-Nu Silken Tofu
Mori-Nu Chocolate Pudding Mix
(Chocolate, Vanilla Crème, Vanilla)

NorQuin Brand (Gluten-free Company)

Canadian Lake Grown Wild Rice

Oekter/ Shirriff (June 2008)

- Mashed Potatoes
- Flavored Mashed Potatoes:
 - Butter & Herb
 - Roasted Garlic
 - Sour Cream & Chives
- Sliced Potatoes:
 - Scalloped
 - Au Gratin
 - Sour Cream & Cheese
- Skin on Potatoes:
 - Broccoli & Cheese
 - Sour Cream & Chives

Old El Paso (July 2008)

General Mills

See Distributor's Gluten Status List

Taco Shells (Regular, Super)
Hard Taco Kit
Stand & Stuff Taco Shells

Pete's Brand (July 2008)

Tofu2Go:

Sesame and Ginger with Jazzed Ginger Soy Sauce
Thai Tango with Mango Wasabi Sauce

Tofu n' Sauce:

Teriyaki Flavor
Szechuan Flavor

GLUTEN FREE PRODUCTS LIST 2008

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Primo (Aug 2008)

ConAgra (Canada)

See [Distributor's Gluten Status List](#)

Arborio Rice
Originatio Rice

Sunrise Brand (July 2008)

All Sunrise Products are Gluten Free
EXCEPT: Dried Flavored Pressed Tofu
Marinated Pressed Tofu
Crazy Hot Marinated Tofu

Stagg (July 2008)

Hormel

Chunkero Chili
Classic Chili
Dynamite Hot Chili
Ranch House Chicken Chili
White Chicken Chili
Silverado Beef Chili
Steak House Chili
Turkey Ranchero Chili
Vegetable Garden Chili

Uncle Ben's (July 2008)

White Rice:

Original Converted
Boil in a Bag
Instant Rice

Wholegrain Brown Rice:

Natural
Fast & Natural
Chicken Whole Grain
Mushroom Recipe
Wholegrain Medley Vegetable Harvest
Wholegrain & Wild Rice Mushroom Recipe
Country Inn- Chicken & Broccoli

Ready Rice:

Original (all)
Wholegrain Brown
Roasted Chicken (all)

Spanish Style
Garden Vegetable
Chicken Flavoured Wholegrain Brown
Butter & Garlic
Rice Pudding Mix:
Smooth & Creamy Cinnamon Raisin
French Vanilla

SAUCES, MARINADES GRAVIES & SALSAS

A1Steak Sauces & Marinades (Aug 2008)

Kraft

See [Distributor's Gluten Status List](#)

Steak Sauce:

Steak Sauce
Carb Well Steak Sauce
Sweet Hickory with Bull's Eye BBQ Sauce
Teriyaki (**NOT** Steakhouse)
Roasted Garlic
Thick & Hearty
Smoky Mesquite
Bold & Spicy with Tabasco

Steak House:

Cracked Peppercorn
Chicago
New Orleans Cajun
Jamaican Jerk
New York Steakhouse

Bertolli (Aug 2008)

Unilever

See [Distributor's Gluten Status List](#)

Family Pasta Sauce:

Basil
Creamy
Garlic
Original
Spicy

Pasta Sauces:

Grilled Vegetable

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
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Mushroom & Roasted Garlic
Chilli & Peppers
Pecorino Cheese & Garlic
Red Wine & Shallots
Sundried Tomato and Oregano
Tomato & Basil

Pesto Rosso
Pesto Verde

Rustico Pasta Sauce:

Mediterranean Veg
Mushroom, Garlic & Oregano
Olive & Capers
Sweet Chilli & Red Onion
Sweet Red & Yellow Peppers

Billy Bee (Aug 2008)

Mustards:

Honey Mustard
Honey Dijon
Honey Deli
Golden Yellow with a Hint of Honey

Barbeque Sauce
Honey Garlic Sauce
Honey Sake Teriyaki Sauce

Bull's Eye (accessed Aug 2008)

Kraft

[See Distributor's Gluten Status List](#)

Bold Original
Blazin' Chipotle
Old West Hickory Smoke
Honey Garlic Bonanza
Chicken & Rib Renegade
Steakhouse
Sweet & Sticky

Canton (July 2008)

Fondue Broth:

| | |
|---------------------|-----------------|
| White Wine | Delice D'Orient |
| Bourguignonne | Oriental |
| Chinese | 3-Peppers |
| Wild Honey & Garlic | Dijonnaise |
| Bearnaise | |

Chocolate Fondue:

| | |
|----------------|----------------|
| Milk Chocolate | Dark Chocolate |
|----------------|----------------|

Grill Sauces:

| | |
|--------------------|----------------|
| Garlic & Honey | Ribs & Chicken |
| BBQ Chicken Spices | Steak Spices |
| Dijon Spices | |

Marinades:

Red Wine Marinade
White Wine Marinade

Canadian Club BBQ Sauces:

| | |
|----------------|----------------|
| Honey & Garlic | Chicken & Ribs |
| Smoke Honey | Original Smoke |

Catelli (July 2008)

Heinz

[See Distributor's Gluten Status List](#)

Garden Select Chunky Pasta Sauce:

Fine Herbs
Zucchini Primavera
Parmesan and Romano
Diced Tomatoes & Basil
Country Mushroom
Garlic & Onion

Pizza Sauce:

Spicy Garlic and Onion
Tomato and Basil

Thick 'N Chunky Pasta Sauce:

Tomato Basil Blast

Thick 'N Rich:

Original
Roasted Garlic & Herbs

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
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Mushroom & Basil
Four Cheese
Spicy Red Pepper & Chilies

Chi-Chi (July 2008) Hormel

| | |
|----------------------|----------------|
| Con Queso | Original Salsa |
| Garden Salsa | Fiesta Salsa |
| Picante | |
| Roasted Tomato Salsa | |
| Taco Sauce | |

Classico (July 2008)

Red Sauces:

Triple Mushroom
Tomato & Basil
Roasted Garlic
Four Cheese
Organic Spinach & Garlic
Organic Tomato, Herbs & Spices
Italian Sausage with Pepper & Onions
Traditional Sweet Basil
Vodka Sauce
Mushroom & Ripe Olives
Caramelized Onion & Roasted Garlic
Spicy Tomato & Basil
Fire-Roasted Tomato & Garlic
Spicy Red Pepper
Sun Dried Tomato
Spicy Tomato & Pesto
Florentine Spinach & Cheese
Cabernet Marinara with Herbs

White Sauces:

Roasted Red Pepper Alfredo
Roasted Garlic Alfredo
Creamy Alfredo
Four Cheese Alfredo
Sun-Dried Tomato Alfredo

Bruschetta:

Basil & Tomato Bruschetta
Extra Garlic Bruschetta

Pesto:

Sun-Dried Tomato Pesto
Basil Pesto

Club House (Aug 2008)

McCormick
[See Distributor's Gluten Status List](#)

La Grille Marinades:

Greek
Mesquite

La Grille Rub Marinades:

| | |
|------------------|--------------------------|
| Cajun | Montreal Steak |
| Mesquite | Roasted Garlic & Peppers |
| Montreal Chicken | Spicy Hickory Rub |

Chicken Rub
Pork Rub
Steak Rub

Golden Dipt:

Cajun Style Seafood Marinade
Ginger Teriyaki Seafood Marinade
Lemon Butter Dill Seafood Cooking Sauce
Lemon Herb Seafood Marinade

Pasta Prima Mixes:

Herb & Garlic Sauce Mix
Primavera Sauce Mix
Rose Sauce Mix

Colman's (Aug 2008)

Unilever
[See Distributor's Gluten Status List](#)

American Mild Squeezy
Classic Mint
Fresh Mint
Horseradish Sauce
Seafood Sauce
Tartare Sauce

GLUTEN FREE PRODUCTS LIST 2008

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Compliments (Aug 2008)

Sobey's

Medium Chunky Salsa
Medium Roadhouse Salsa
Mild Salsa
Mild Chunky Salsa

Tomato Paste
Tomato Sauce
Pizza Tomato Sauce

Pasta Sauce:

| | |
|------------------------------------|-------------------|
| Garden Vegetable | Mushroom & Garlic |
| Tomato & Herbs | Mushroom |
| Seafood | Primavera |
| 4-Cheese | Tomato & Basil |
| Roasted Portobello Mushroom/Garlic | |

Compliments Organic:

Organic Salsa Mild
Tomato & Basil Pasta Sauce

Crosse & Blackwell (Aug 2008)

Smuckers

Zesty Shrimp Sauce
Seafood Cocktail Sauce

Chutney:

| | |
|-----------------|---------------|
| Major Grey's | Apple Curry |
| Peach Zinfandel | Apricot |
| Hot Mango | Pear Cardamom |
| Cranberry | |

Sweet & Sour Sauce
Remoulade Sauce
Creole Sauce
Scampi Sauce
Lemon Dill Sauce
Tartar Sauce
Ham Glaze

Diana's (Aug 2008)

Marinades:

Red Wine & Cracked Pepper
Spicy Southwest
Steak Spice
Teriyaki

Eden Foods (July 2008)

Pizza Pasta Sauce
Spaghetti Sauce (all)

Frank's Red Hot (July 2008)

Frank's Red Hot Original Cayenne Pepper Sauce
XTRA Hot
Buffalo Wing Sauce (**NOT** Buffalo Sandwich Sauce)
Chili n'Lime Hot Sauce
Ceasar Spicer
Gold Fever Zing Sauce

Glutino (Gluten-free Company)

Brown Gravy Mix
BBQ Sauce Mix

Heinz (July 2008)

See Distributor's Gluten Status List

Hormel (July 2008)

Hormel

Not-So-Sloppy-Joe Sloppy-Joe Sauce

Knorr (Aug 2008)

Unilever

See Distributor's Gluten Status List

Beef Tonight:

Goulash

Chicken Tonight:

Country French
Creamy Mushroom
Honey & Mustard

GLUTEN FREE PRODUCTS LIST 2008

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Low Fat Creamy Mushroom
Korma
Low Fat Country French
Low Fat Honey & Mustard
Spanish Chicken
Stir Fry Tomato & Vodka
Stir Fry Wild Mushroom

Sizzle & Stir:

Chilli Con Carne
Korma
Tikka Bhuna

Stir It Up:

Fajita
Jamaican Jerk

Kraft (July 2008)

1-800-572-3806

[See Distributor's Gluten Status List](#)

Lawry's (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Marinades:

| | |
|----------------------|----------------------|
| Baja Chipotle | Louisiana Red Pepper |
| Caribbean Jerk | Mesquite |
| Havana Garlic & Lime | Mexican Chile & Lime |
| Herb & Garlic | Tequila Lime |
| Lemon Pepper | |

McCormick's (Aug 2008)

[See Distributor's Gluten Status List](#)

Sauces & Marinades:

Caribbean Citrus Seafood Marinade Mix
Lemon Butter Dill Seafood Sauce
Lemon Pepper Seafood Marinade Mix
Santa Fe Style Seafood Sauce
Cajun Seafood Sauce
Fat Free Lemon Butter Dill Seafood Sauce
Mediterranean Seafood Sauce
Scampi Seafood Sauce

Seafood Sauce:

Extra Hot Cocktail Sauce
Golden Dipt Seafood Cocktail Sauce Serving Jar
Original Tartar Sauce
Fat Free Tartar Sauce
Original Cocktail Sauce

Mott's (July 2008)

All Sauces

Newman's Own (July 2008)

Pasta Sauce:

Bombolina (Basil)
Diavolo (Spicy Simmer Sauce)
Garlic & Peppers
Marinara with Mushrooms
Marinara (Venetian)
Pesto & Tomato
Say Cheese
Sockarooni (Mushrooms, Onions, Peppers)
Tomato & Roasted Garlic

Salsa:

| | |
|--------|----------------|
| Mild | Pineapple |
| Medium | Roasted Garlic |
| Hot | Tequila Lime |
| Peach | |

Nutrimax (July 2008)

Alfredo Sauce Mix
Fat Free Curry
Fat Free Pesto

Ocean Spray (July 2008)

Whole Berry Cranberry Sauce
Jellied Cranberry Sauce

Old Dutch (July 2008)

Restaurante- Southwest Style Salsa (all)
Salsa (all)

GLUTEN FREE PRODUCTS LIST 2008

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Old El Paso (June 2008)

General Mills.

[See Distributor's Gluten Status List](#)

Salsa (all)
Taco Sauce
Salsa Toppers (all)

Old Tyme (July 2008)

All Syrups

Organicville (July 2008)

BBQ Original
BBQ Hot & Spicy

Pace (May 2007)

All Pace Products
Specialty Salsas (all)
Original Salsas (all)
Taco Sauce
Enchilada Sauce

Prego (May 2007)

Campbell's Soup Company

Classic Italian Sauces (all)
Chunky Garden Italian Sauces (all)
Organic Italian Sauces (all)
Heart Smart Italian Sauces (all)

President's Choice (status as of Aug 2008)

Loblaws (Superstore)

[See Distributor's Gluten Status List](#)

Primo (Aug 2008)

ConAgra

[See Distributor's Gluten Status List](#)

Pizza Sauce (Traditional, Squeeze, Hot & Spicy)
Basil & Garlic
Hot & Spicy Pasta Sauce
Basil & Roma Pasta Sauce

Original Pasta Sauce
Garden Tomato & Mushroom Pasta
Garlic & Herb Pasta Sauce
Tomato & Basil Sauce
Tomato & Onion Sauce
Tomato Paste

Ragu (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Ragu Sauces:

Aged Parmesan & Romano
Basil & Oregano
For Kids Classic Tomato
For Kids Sweet Red Pepper
For Kids Tomato & Cheese
Onion Roasted Garlic
Original
Original with Mushrooms
Original with Ground Beef
Red Lasagne
Red Wine & Herb
Spicy
Sweet Red Pepper
Traditional
White Lasagne

Tabasco Brand (Aug 2008)

McIlhenny Co

| | |
|------------------------------|-------------------------|
| Pepper Sauce | Green Pepper Sauce |
| Chipotle Pepper Sauce | Garlic Basting Sauce |
| Habanero Pepper Sauce | New Orleans Style Sauce |
| Garlic Pepper Sauce | |
| Carribbean Style Steak Sauce | |

Tostitos (July 2008)

Salsa (all varieties)
Salsa Con Queso

GLUTEN FREE PRODUCTS LIST 2008

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Unico (July 2008)

Pizza Sauce:

Authentic
Garlic & Basil
Hot & Spicy

Original Pasta Sauce
Garlic Pasta Sauce
Zesty Pasta Sauce

V-H (July 2008)

ConAgra

[See Distributor's Gluten Status List](#)

Stir Fry Sauces:

| | |
|---------------|----------------|
| General Tao | Sweet and Sour |
| Orange Ginger | Asian 5 Spice |
| Szechwan | Teriyaki |

Cooking Sauces:

| | |
|-------------------|----------------|
| Teriyaki | Honey Garlic |
| Mild Garlic Rib | Pineapple |
| Medium Garlic Rib | Sweet and Sour |
| Strong Garlic Rib | Butter Chicken |
| Korma | Mango Curry |

Tikka Masala

Dipping Sauce:

| | |
|--------|----------------|
| Plum | Sweet and Sour |
| Cherry | Thai |

Soya Sauces (Regular, Reduced Sodium)

Wild Country (July 2008)

Maple Syrup

SEASONINGS & SPICES

Barbour's (Aug 2008)

The following products **MAY CONTAIN** gluten

| | |
|------------------|----------------------|
| Pure Dry Mustard | Pickling Spice |
| Barbeque Spice | Potato Seasoning |
| Egg Roll Spice | Montreal Steak Spice |
| Curry Powder | Five Spice Mix |

Mixed Spice
East Indian Curry Powder
Meat Tenderizers (Seasoned, Unseasoned)
Ryan Duffy Steak Spice

Bragg (July 2008)

All Purpose Liquid Soy Seasoning

Club House (Aug 2008)

McCormick

[See Distributor's Gluten Status List](#)

| | |
|------------------|------------------------|
| Allspice, Ground | Garlic (all) |
| Alum, Powdered | Ginger, Ground |
| Basil Leaves | Italian Seasoning |
| Bay Leaves | Mace, Ground |
| Celery Salt | Meat Tenderizer |
| Celery Seed | Mustard (all) |
| Chili Powder | Nutmeg |
| Cinnamon, Ground | Pepper (all varieties) |
| Cloves, Ground | Rosemary Leaves |
| Cream of Tartar | Sage, Ground |
| Cumin, Ground | Thyme |
| Curry Powder | Turmeric |
| Dill Weed | |

La Grille Seasonings:

Barbecue Chicken Seasoning
Montreal Chicken Seasoning
Montreal Steak Seasoning
No Salt Added Chicken Seasoning
No Salt Added Steak Spice
Salmon Seasoning
Spicy Mesquite Seasoning
Spicy Pepper Medley Seasoning
Vegetable Seasoning

One Step Seasonings:

| | |
|------------|-------------------------|
| Caesar Rim | Lemon & Herbs |
| Cajun | Roasted Garlic & Pepper |
| Greek | Salad Herbs |
| Italiano | Steakhouse Pepper |

Slow Cooker Seasoning Mix:

Mild BBQ Ribs
Italian Herb Chicken

GLUTEN FREE PRODUCTS LIST 2008

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BBQ Pork
Chili Seasoning Mix

Hot & Spicy Chili Seasoning Mix
Spaghetti Sauce Mix
Stroganoff Seasoning Mix

Veggie Steamers:

Cheddar Cheese
Garlic & Basil

Popcorn Seasoning:

| | |
|-------------|--------------------|
| All Dressed | Ragin' Cajun |
| BBQ | Salt & Vinegar |
| Dill Pickle | Sour Cream & Onion |
| Ketchup | Sweet & Salty |
| Nacho | White Cheddar |

Compliments (Aug 2008)

Sobey's

| | |
|-----------------------------|-----------------------|
| Chili Seasoning Mix | Ground Cumin Seeds |
| Ground Turmeric | Ground Ginger |
| Italian Seasoning | Chili Powder |
| Bay Leaves | Ground Onion Powder |
| Oregano Leaves | Ground Cayenne Pepper |
| Basil Leaves | Rosemary Leaves |
| Paprika (UPC 0 55742 35937) | |

Cumberland Packing Co (Aug 2008)

Nu-Salt

Derlea (Aug 2008)

Chopped/Minced Garlic
Chopped/Minced Garlic & Jalapeno
Garlic Puree
Garlic & Jalapeno Puree
Roasted Garlic Puree
Pickled Garlic Cloves
Roasted Garlic Crunch
Garlic Juice
Roasted Garlic Juice
Organic Chopped/Minced Garlic
Minced Ginger

Garlic & Ginger
Garlic, Ginger & Chili

Chipotle Puree

Chopped/Minced Onion

Lawry's (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Spice Blends:

Black Pepper Seasoned Salt
Garlic Pepper
Garlic Powder with Parsley
Garlic Salt
Lemon Pepper
Salt Free 17
Seasoned Pepper
Seasoned Salt

Seasoning Mixes:

Chicken Fajitas
Chicken Taco
Fajitas
Guacamole
Mexican Rice
Taco
Sloppy Joes
Extra Thick & Rich Spaghetti Sauce
Original Spaghetti Sauce
Tenderizing Beef Marinade Mix
Turkey Gravy

McCormick's (Aug 2008)

[See Distributor's Gluten Status List](#)

Herbs & Spices:

| | |
|-----------------|-------------------------|
| Alum | Ground Nutmeg |
| Anise Seed | Ground Oregano |
| Apple Pie Spice | Ground Sage |
| Basil Leaves | Ground Thyme |
| Bay Leaves | Ground Turmeric |
| Caraway Seeds | Hot Mexican Style Chili |
| Celery Flakes | Italian Seasoning |
| Celery Seed | Italian Tabletop Spices |
| Chili Powder | Marjoram Leaves |

GLUTEN FREE PRODUCTS LIST 2008

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| | |
|--|----------------------------|
| Chives | Mixed Pickling Spice |
| Cilantro Leaves | Mustard Seed |
| Cinnamon Sticks | Oregano Leaves |
| Cinnamon Sugar | Paprika |
| Cream of Tartar | Parsley Flakes |
| Cumin Seed | Poppy Seed |
| Curry Powder | Poultry Seasoning |
| Dill Seed | Pumpkin Pie Spice |
| Dill Weed | Rosemary Leaves |
| Fennel Seed | Rubbed Sage |
| Ground Allspice | Sage Leaves |
| Ground Cinnamon | Sesame Seed |
| Ground Cloves | Tarragon Leaves |
| Ground Cumin | Thyme Leaves |
| Ground Ginger | Traditional Tabletop Spice |
| Ground Mace | Whole Allspice |
| Ground Marjoram | Whole Cloves |
| Ground Mustard | |
| Whole Mexican Oregano (Oregano Entero) | |

Seasoning Blends:

25% Less Sodium Season- All Seasoned Salt
Cajun Seasoning
Celery Salt
Fajita Seasoning
Garlic Season-All Seasoned Salt
Lemon & Pepper Seasoning Salt
Pepper Season- All Seasoned Salt
Salad Supreme Seasoning
Seasoned Pepper Blend
Vegetable Supreme Seasoning
Broiled Steak Seasoning
Caribbean Jerk Seasoning
Chili With Lime Seasoning (Chile con Limon)
Garlic Pepper Blend
Lemon & Herb Seasoning
Original Chicken Seasoning
Rotisserie Chicken Seasoning
Season-All Seasoned Salt
Spicy Season-All

Signature Seasoning Blends:

| | |
|------------------------------|------------------------|
| Basil & Garlic | Smoky Sweet Pepper |
| Herb Garden | Italian Pepper & Onion |
| Parmesan Herb | |
| Roasted Garlic & Bell Pepper | |

Roasting Rub:

Cracked Peppercorn Herb
French Herb
Savory Herb
Turkey Rub

Garlic & Onion:

| | |
|------------------------------------|-----------------------|
| Chopped Onion | Garlic & Italian Herb |
| Garlic Herb Sprinkle | Garlic Powder |
| Garlic Salt | Minced Garlic |
| Minced Onions | Onion Powder |
| Onion Salt | Roasted Garlic Blend |
| Sliced Garlic | |
| Garlic with Extra Virgin Olive Oil | |

California Style Blends:

Crushed Garlic made from Fresh Garlic
Garlic Powder with Parsley
Lemon Pepper with Garlic & Onion
Minced Onion
Pepper with Red Bell & Black Pepper
Garlic Salt with Parsley
Minced Garlic made from Fresh Garlic
Onion Powder

Pepper Products:

Coarse Ground Black Peper
Ground Black Pepper
Ground White Pepper
Smokehouse Ground Black Pepper
Worcestershire Ground Black Pepper Blend
Crushed Red Pepper
Ground Red Pepper
Hot Shot! Black & Red Pepper Blend
Whole Black Peppercorns

Salt Free Blends:

All Purpose Seasoning
Garlic & Herb Seasoning
Lemon & Pepper Seasoning

Flavor Enhancer
Meat Tenderizer (Seasoned, Unseasoned)

Slow Cookers Chili Seasoning

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Grill Mates:

Salmon Seasoning
Montreal Steak Seasoning Grinder
Montreal Chicken Seasoning Grinder

Veggie Steamers:

Garlic & Basil
Cheddar Cheese

Gourmet Collection

Herbs:

Basil Leaves
Bay Leaves
Chervil Leaves
Chives, Chopped
Cilantro Leaves
Dill Weed
Italian Seasoning
Lavender
Lemon Grass
Marjoram Leaves
Marjoram, Ground
Mint Flakes
Oregano Leaves, Mediterranean
Oregano, Ground Mediterranean
Parsley Flakes
Rosemary Leaves
Rosemary, Crushed
Sage Leaves
Sage, Rubbed
Savory, Ground
Tarragon Leaves
Thyme Leaves
Thyme, Ground

Spices:

Allspice, Ground
Allspice, Whole
Anise Seed
Arrowroot
Black Pepper, Coarse Grind
Black Pepper, Cracked
Black Peppercorns, Tellicherry
Caraway Seed
Cardamom Seed
Cardamom, Ground
Celery Seed

Chile Pepper, Ancho
Chile Pepper, Chipotle
Chili Powder
Chili Powder, Mexican Style
Cinnamon Saigon
Cinnamon, Stick
Cloves, Ground
Cloves, Whole
Coriander Seed
Coriander, Ground
Cream of Tartar
Cumin Seed
Cumin, Ground
Dill Seed
Fennel Seed
Garlic Powder
Garlic, Minced
Ginger Crystallized
Ginger, Ground
Green Peppercorns
Jalapeno Peppers, Diced
Lemon Peel, California
Mace, Ground
Mustard Seed, Yellow
Mustard, Ground
Nutmeg, Ground
Nutmeg, Whole
Onion Powder
Orange Peel, Valencia
Paprika
Paprika, Smoked
Peppercorn Melange
Poppy Seed
Red Pepper, Crushed
Red Pepper, Ground Cayenne
Saffron
Sesame Seed
Sesame Seed, Black
Sesame Seed, Toasted
Turmeric, Ground
Vanilla Beans, Madagascar
Wasabi Powder
White Pepper, Ground
White Peppercorns

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
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100% Organic:

Basil Leaves
Bay Leaves, Turkish
Black Pepper, Coarse Grind
Black Peppercorns, Tellicherry
Celery Seed
Cinnamon, Saigon
Cloves, Ground
Coriander, Ground
Cumin, Ground
Curry Powder
Dill Weed
Fennel Seed
Garlic Powder
Ginger, Chinese
Herbes de Provence
Italian Seasoning
Marjoram Leaves
Mustard, Ground
Nutmeg, Ground
Oregano Leaves
Paprika
Parsley Flakes
Poppy Seed
Red Pepper, Cayenne
Red Pepper, Crushed
Rosemary Leaves
Rosemary, Crushed
Sage, Rubbed
Sesame Seed
Thyme Leaves
White Pepper, Ground
Vanilla Extract Pure, Madagascar

Blends:

Bon Appetit
Cajun Seasoning
Celery Salt
Chai Spice Blend
Chinese Five Spice
Cocoa Chile Blend
Curry Powder, Indian (Mild)
Curry Powder, Madras (Hot)
Curry Powder, Red
Garam Masala
Garlic Salt
Greek Seasoning

Herbes de Provence
Jamaican Jerk Seasoning
Lemon & Pepper Seasoning Salt
Pesto Seasoning
Poultry Seasoning
Seafood Seasoning
Szechwan Seasoning

Sea Salts:

Mediterranean Spiced Sea Salt
French Grey Sea Salt
Sicilian Sea Salt

Mr. Spice (July 2008)

| | |
|-----------------|---------------|
| Thai Peanut | Garlic Steak |
| Ginger Stir Fry | Honey Mustard |
| Honey BBQ | Tangy Bang |
| Indian Curry | Hot Wing |
| Sweet & Sour | |

Mrs. Dash (July 2008)

All products are gluten free but are not manufactured in a gluten-free facility therefore there is a risk for cross-contamination.

| | |
|----------------|---------------------|
| Garlic Herb | Table Blend |
| Extra Spicy | Onion & Herb |
| Italian Medley | Southwest Chipotle |
| Lemon Pepper | Tomato Basil Garlic |
| Original | |

Grilling Blends:

Chicken
Mesquite
Hamburger
Steak

NorQuin Brand (Gluten-free Company)

Caraway
Coriander

GLUTEN FREE PRODUCTS LIST 2008

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Old El Paso (July 2008)

General Mills

[See Distributor's Gluten Status List](#)

Taco Seasoning Mix
Taco Seasoning Mix (33% less salt)
Fajita Seasoning Mix
Chicken Taco Seasoning

Pace (July 2008)

Campbell's Soup Company

Taco Seasoning Mix

Spice Islands (Aug 2008)

ACH Food Companies

Specialty:

Beau Monde
Fines Herbs
Crystallized Ginger
Italian Herb Seasoning
Garlic Pepper Seasoning
Old Hickory Smoked Salt
Saffron
Summer Savory
Vanilla Bean

Salt Free:

All are gluten free

Grilling Gourmet & World Flavors:

All are gluten free
Grinder Blends (all)

Tone's/Durkee/ Spice Islands (Aug 2008)

ACH Food Companies

| | |
|-------------------------|-----------------|
| Liquid Extracts (all) | Marjoram |
| Liquid Flavorings (all) | Meat Tenderizer |
| Allspice | Mint Leaves |
| Alum | Mr. Pepper |
| Anise Seed | MSG |
| Apple Pie Spice | Mustard |
| Basil | Nutmeg |
| Bay Leaves | Onion, Minced |

| | |
|-------------------------|---------------------------|
| Caraway Seeds | Onion Powder |
| Cardamom | Onion Salt |
| Celery Flakes | Orange Peel |
| Celery Seed | Oregano |
| Chicken & Rib Rub | Oriental 5-Spice |
| Chicken Seasoning | Paprika |
| Chili Powder | Parsley |
| Chives | Pepper, Black/White (all) |
| Cilantro | Pepper, Cayenne |
| Cinnamon | Pepper, Green Bell |
| Cloves | Pepper, Red Crushed |
| Coriander | Pickling Spice |
| Cumin | Pizza Seasoning |
| Curry Powder | Poppy Seed |
| Crazy Dave's | Poultry Seasoning |
| Lemon Pepper | Pumpkin Pie Spice |
| Pepper & Spice | Rosemary |
| Salt & Spice | Rosemary Garlic |
| Dill Seed/Weed | Sage |
| Fennel | Sesame Seed |
| Garlic Pepper | Six Pepper Blend |
| Garlic Powder | Smokey Mesquite |
| Garlic Minced | Steak Seasonings (all) |
| Garlic Salt | Tarragon |
| Ginger | Thyme |
| Hickory Smoked Salt | Turmeric |
| Italian Seasoning | Salt Free: |
| Jamaican Jerk Seasoning | Garden Seasoning |
| Lemon & Herb | Lemon Pepper |
| Lemon Peel | Orig All Purpose |
| Lemon Pepper | Garlic & Herb |
| Lime Pepper | Vegetable Seasoning |
| Seasoned Pepper | Spaghetti/Pasta Seasoning |
| Mace | Spicy Spaghetti Seasoning |

Watkins (June 2008)

Black Pepper & Pepper Blends (all)
Cinnamon
Sea Salt
Gourmet Whole Peppercorns
Gourmet Herbs & Spices (all)
Liquid Spices (all)
Poultry Seasoning
Seasoning Blends- **ALL EXCEPT:**
 Chili Seasoning
 Meatloaf Seasoning

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
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Snack & Dip Seasonings:

Cucumber & Dill
Garlic & Dill
Salsa & Sour Cream
Tomato & Horseradish
Tomato & Basil
Sesame & Garlic
Blazin' Cajun

SNACKS & FOOD BARS

Barbara's Bakery (July 2008)

Brown Rice Crisps, Organic
Cheese Puffs Bakes, White Cheddar

Blue Diamond Almond Growers (July 2008)

Nut Thins (all- 6 flavours)
Almonds **EXCEPT** Jordan Almonds
Bold Wasabi & Soy Sauce

Clif (July 2008)

The following products do not contain gluten but are
not produced in a gluten free zone.

| | |
|----------------------|------------------|
| Nectar | Splashers |
| Twisted Fruit | LUNA Elixir |
| LUNA Sports Products | CLIF SHOT Gels |
| CLIF SHOT Bloks | CLIF SHOT Energy |
| Drinks | |

Compliments (Aug 2008) Sobey's

Natural Almonds- Tub
Roasted Mixed Nuts
Yellow Corn Restaurant Style
White Corn Bite Sized Rounds
Round Bite Sized Tortilla Chips
Butter Flavour Microwave Popping Corn

Compliments Balance:

Apple Snacks Unsweetened

Compliments Value:

Seasoned Sunflower Seeds
Salted Sunflower Seeds
Original Rice Cakes
Caramel Rice Chips
Cheddar Cheese Rice Chips
Ketchup Rice Chips
Apple & Cinnamon Rice Cakes
Cheddar Cheese Rice Cakes
Dill Pickles Rice Chips

Enjoy Life (Gluten-free Company)

Snack Bars:

Caramel Apple
Cocoa Loco
Sunbutter Crunch
Very Berry

Equibar (July 2008)

Almond
Almond & Carob
All other flavours contain or may contain traces of
gluten.

French's (July 2008)

Potato Sticks

Glutino (Gluten-free Company)

Breakfast Bars:

| | |
|---------------------|--------------------|
| Apple | Blueberry |
| Chocolate | Cranberry |
| Wildberry | Chocolate & Banana |
| Chocolate & Peanuts | |

Pretzels:

Pretzel Twists (8 oz., Family Bag)
Pretzel Sticks (8 oz., Family Bag)
Sesame Ring Pretzels
Unsalted Pretzel Twists

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
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Hostess- Frito Lay (June 2008)

BAKED CHEETOS Crunchy Cheese Flavoured Snacks
BAKED LAY'S Original Potato Chips
BAKED RUFFLES Cheddar & Sour Cream Flavoured Potato Chips
BAKED RUFFLES Original Potato Crisps
BAKED TOSTITOS Scoops! Tortilla Chips
BAKED-ETS Traditional Fried Pork Skins

CHEETOS Crunchy Cheese Flavored Snacks
CHEETOS Corn Twists
CHEETOS Puffs Cheese Flavoured Snacks
CHESTER'S Butter Artificially Flavoured Popcorn
CHESTER'S Cheese Flavoured Popcorn

CRACKER JACK Original Caramel Coated Popcorn & Peanuts

DORITOS Bold BBQ Flavoured Tortilla Chips
DORITOS Cool Ranch Flavoured Tortilla Chips
DORITOS Collisions Hot Wings and Blue Cheese Flavoured Tortilla Chips
DORITOS Jalapeno & Cheddar Cheese Flavoured Tortilla Chips
DORITOS Spicy Nacho Flavoured Tortilla Chips
DORITOS Zesty Cheese Flavoured Tortilla Chips

FRITOS Original Corn Chips
FRITOS SCOOPS! Corn Chips

HOSTESS Potato Chips-Regular
HOSTESS Potato Chips- Salt & Vinegar
HOSTESS Potato Chips- Sour Cream & Onion

LAY'S Classic Potato Chips
LAY'S Dill Pickle Flavoured Potato Chips
LAY'S Ketchup Flavoured Potato Chips
LAY'S Lightly Salted Potato Chips
LAY'S Natural Sea Salt Thick Cut
LAY'S Salt & Vinegar Flavoured Potato Chips
LAY'S Sea Salt & Pepper Flavoured Potato Chips
LAY'S Spicy Indian Masala Flavoured Potato Chips
LAY'S Spicy Curry Potato Chips
LAY'S Sour Cream & Onion Flavoured Potato Chips
LAY'S Wavy Original Potato Chips

LAY'S STAX- All Varieties

MISS VICKIE'S All Varieties
EXCEPT- Vintage Cheddar & Red Onion Sweet Chili & Sour Cream

MUNCHIES BBQ Peanuts
MUNCHIES Honey Roasted Peanuts
MUNCHIES Original Trail Mix
MUNCHIES Pistachios
MUNCHIES Salted Peanuts
MUNCHIES Sunflower Seeds
MUNCHIES Sunflower Seeds In-Shell

MUNCHOS Regular Potato Crisps

RUFFLES Lightly Salted Potato Chips
RUFFLES Natural Reduced Fat Regular Flavour Potato Chips
RUFFLES Onion Dip
RUFFLES Ranch Dip
RUFFLES Regular Potato Chips
RUFFLES Sour Cream & Bacon Flavoured Potato Chips
RUFFLES Sour Cream & Onion Flavoured Potato Chips
RUFFLES Thick Cut Au Gratin Flavoured Potato Chips

SMARTFOOD White Cheddar Cheese Flavoured Popcorn

TOSTITOS Bite Size Rounds Low Sodium Tortilla Chips
TOSTITOS Bite Size Rounds Tortilla Chips
TOSTITOS GOLD Tortilla Chips
TOSTITOS Hot Bean Dip
TOSTITOS Mild Salsa
TOSTITOS Medium Salsa
TOSTITOS Hot Salsa
TOSTITOS Natural Blue Corn Restaurant Style Tortilla Chips
TOSTITOS Natural Yellow Corn Restaurant Style Tortilla Chips
TOSTITOS Rounds Tortilla Chips
TOSTITOS Salsa Con Queso
TOSTITOS SCOOPS! Tortilla Chips

GLUTEN FREE PRODUCTS LIST 2008

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TOSTITOS Spinach Flavoured Dip
TOSTITOS Southwestern Ranch Flavoured Dip

The above products do not contain gluten, however, they are produced on the same line as our products that do contain gluten. Although the lines are washed between batches, a slight residue may remain on the line. Individuals who are extremely sensitive may be affected.

Humpty Dumpty (June 2008)

Products are manufactured on same line as products containing gluten and cleaning procedures are in place to prevent cross-contamination.

Regular Chips
Salt & Vinegar Chips
Ketchup Chips
BBQ Chips
Roastin' Chicken Chips
Dill Pickle Chips
Bacon Chips
Chicken Wings
]Sour Cream & Onion Chips

BBQ Corn Chips
Crunchy Cheese Doodles
Sour Cream & Onion Rings
BBQ Ringolos
Regular Potato Sticks
Bacon Potato Sticks
Cheese Sticks

Jennie's (July 2008)

Jennies Energy Bar
Omega-3 Bar

Jocolat (July 2008)

All Flavours are Gluten Free

Larabar (July 2008)

All Flavours are Gluten Free

Lesser Evil Snacks (July 2008)

All are Gluten Free

Michael Seasons (July 2008)

Reduced Fat:

Lightly Salted Chips
Potato Unsalted Chips
Potato Ripple Chips
Potato Honey Barbecue Chips
Potato Yogurt & Green Onion Chips
Potato Salt & Pepper Chips
Kettle Style Potato Chip- Lightly Salted
Kettle Style Potato Chip- Sea Salt & Cracked Pepper
Kettle Style Potato Chip- Sea Salt & Balsalmic Vinegar

Soy Protein Chip- Original
Organic Corn Tortilla Chips- Blue
Ultimate Cheddar Cheese Puffs
Ultimate White Cheese Puffs
Ultimate Cheddar Cheese Curls
Lite Cheddar Cheese Puffs
Lite Cheddar Cheese Curls
Lite Baked Potato Crisps- Lightly Salted
Lite Baked Potato Crisps- Sour Cream and Onion
Lite Baked Potato Crisps- BBQ

Newman's Own (July 2008)

Microwave Popcorn:

| | |
|--------------|----------------------|
| Butter | Butter Boom |
| Natural | 94% Fat Free |
| Light Butter | White Cheddar Cheese |

Popcorn-Jars (Regular Pop)

Old Dutch (June 2008)

Humpty Dumpty

Regular Chips
Au Gratin Rip-L Chips
Creamy Dill Rip-L Chips
Sour Cream & Green Onion Rip-L Chips

GLUTEN FREE PRODUCTS LIST 2008

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Smokey BBQ Rip-L Chips
Dutch Crunch Regular Chips
Dutch Crunch Mesquite Chips
Chipotle & Lime Dutch Crunch Chips

Tortilla Ariba (all flavours)
Tortilla Restaurant Style
Tortilla Sea Salt & Lime
Tortilla Small Bites
Tortilla Deli Rounds

Salsa (Mild & Medium)

Jiffy Pop (Aug. 2004)
ConAgra
[See Distributor's Gluten Status List](#)

Lundberg (June 2008)

Rice Chips:
Fiesta Lime Santa Fe Barbecue
Honey Dijon Sea Salt
Nacho Cheese Sesame & Seaweed
Pico de Gallo Wasabi

Rice Cakes:
Brown Rice Wild Rice
Brown Rice (salt free) Apple Cinnamon
Caramel Corn Buttery Caramel
Cinnamon Toast Honey Nut
Mochi Sweet Popcorn

Tamari with Seaweed Sesame Tamari
Koku Seaweed
Sweet Green Tea with Lemon

Nature's Path (status as of June 2008)

Envirokidz:
Crispy Rice Bars (Berry, Peanut Butter, Chocolate)

Peperami (Aug 2008)
Unilever
[See Distributor's Gluten Status List](#)

Standard Salami
Wideboy Salami

President's Choice (June 2004)
Loblaw's (Superstore)
[See Distributor's Gluten Status List](#)

Quaker (June 2008)
Pepsi QTG

Rice Cakes (all)
Crispy Minis (all **EXCEPT** Whole Grain)
Crispy Minis Tortillaz

Robert's American Gourmet Snacks
Pirate's Booty (July 2008)

All are Gluten Free **EXCEPT:**
CHAOS Honey Wheat Pretzels
Veggie Tubes
Tubes

Sun-Rype see "Fruit" section

Watkins (July 2008)

Snack & Dip Mix
Cucumber & Dill
Garlic & Dill
Salsa & Sour Cream
Tomato & Horseradish
Tomato & Basil
Sesame & Garlic
Blazin' Cajun

Wild Country (July 2008)

Organic Almond Nougat Bar
Organic Mixed Nut Bar
Mixed Nut Sesame Bar

GLUTEN FREE PRODUCTS LIST 2008

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SOUPS & STOCKS

Baxter's Food Group (July 2008)

Canned Soup

Favourites Range:

| | |
|-------------------------|----------------|
| Chicken Broth | Pea & Ham |
| Cock-a-Leekie | Potato & Leek |
| French Onion | Lentil & Bacon |
| Scotch Vegetable & Lamb | |

Vegetarian Range:

Carrot & Butterbean
Country Garden
Mediterranean Tomato

Tomato & Butterbean

Healthy Choice Range:

Chicken & Vegetable
Spicy Tomato & Rice
Tomato & Brown Lentil
Puy Lentil & Tomato

Healthy Choice Chunky Range:

Carrot, Bean & Quinoa
Chicken & Vegetable Casserole
Chunky Country Vegetable
Smoked Bacon & Three Bean

Luxury Range:

Beef Consommé
Chicken Consommé
Lobster Bisque

Pouch Soup:

Soup Choices:

Rustic Chunky Vegetable & Lentil
Aromatic Chicken with Thai Herbs
Spicy Sweet Potato with Chilli & Ginger

Luxury Chef's Selection:

Carrot Chilli & Mascarpone with Parmesan
Red Lentil & Pancetta

Ambient Soup Pots:

Soup Choices:

Medley of Country Vegetables
Smoked Bacon & Mixed Bean

Bovril (Aug 2008)

Unilever

[See Distributor's Gluten Status List](#)

Beef, Chicken, Stock Cubes

Campbell's (May 2008)

Chunky: Split Pea with Ham

Ready to Serve: Fiesta Vegetable

Red & White Condensed:

Bean with Bacon
Chicken Broth
Chicken with Rice
Chicken with White & Wild Rice
Fiesta Tomato
Tomato with Basil & Oregano
Vegetable Broth with Onions

Gardennay Soups:

Butternut Squash
Golden Autumn Carrot
Herbed Tomato
Red Pepper Black Bean
Habitant Soups:
French Canadian Pea
Pea with Garden Vegetable
Pea with Smoked Ham

Compliments (Aug 2008)

Sobey's

Beef Bouillon Concentrate
Chicken Bouillon Concentrate
Chicken Broth Tetra Pack

El Peto (Gluten-free Company)

Beef Broth Concentrate
Chicken Broth Concentrate
Onion Soup
Tomato Soup
Tomato Vegetable Soup
Vegetable Soup

GLUTEN FREE PRODUCTS LIST 2008

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Glutino (Gluten-free Company)

Soup Bases/Mixes:

Beef Chicken
Onion Cream of Mushroom Soup

Heinz (June 2008)

See Distributor's Gluten Status List

Cream of Tomato

Harvest Sun (July 2008)

Vegetable Bouillion Cubes
Chicken Broth
Vegetable Broth
Yeast-Free Vegetable Broth
Vegetable Soup

Imagine (June 2008)

Garden Natural Broths (all)
Garden Natural Soups (all)
Cooking Stocks

Knorr (Aug 2008)

Unilever

See Distributor's Gluten Status List

Granules: Beef, Chicken, Vegetable

Simply Stock: Beef, Chicken Vegetables

Stock Cubes:

Beef Lamb
Chicken Pork
Fish Vegetables
Ham

Touch of Taste:

Beef
Chicken
Fish
Vegetable

Florida Spring Vegetable Soup

Nutrimax (July 2008)

Soup Mix (Beef, Chicken, Onion)

Watkins (July 2008)

Soup Bases:

Beef
Cheese
Chicken
Cream

| |
|---|
| <h2>SWEETENERS</h2> <h3>Sugar & Substitutes, Syrups, Honey</h3> |
|---|

Aunt Jemima (status as of June 2008)

Aunt Jemima Syrup (all)

Bee Hive (July 2008)

Corn Syrup

Billy Bee (Aug 2008)

All 100% Pure Natural Honey
Liquid White Honey (all)
Creamed White Honey (all)
Creamed Buckwheat Honey (all)

Cocoa Camino (July 2008)

La Siembra

See Distributor's Gluten Status List

Golden Cane Sugar (Turbinado)

Compliments (Aug 2008)

Sobey's

Creamed Honey

GLUTEN FREE PRODUCTS LIST 2008

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Crown (July 2008)

Lily White Corn Syrup
Golden Corn Syrup

Cumberland Packing Co (Aug 2008)

NatraTaste low calorie sweetener
Sugar-In-The-Raw
Sweet One

Eagle Brand (July 2008) Smucker

Sweetened Condensed Milk
Low Fat Condensed Partially Skimmed Milk

Equal (Aug 2008)

All Equal Products are gluten free
Equal Packets
Equal Granular
Equal Tablets

Island Gold (July 2008)

All 100% Pure Honey and Products are gluten free

Karo (status as of Aug 2008) ACH Food Companies

Light Corn Syrup
Dark Corn Syrup
Pancake Syrup

Golden Griddle Syrup

Krisda (July 2008)

Stevia Extract (sugar substitute)

Lundberg (June 2008)

Sweet Dreams Rice Syrup (all)

Old Tyme (Aug 2008) ACH Food Companies

Syrups:
Original Cinnamon
Butter Light

President's Choice (Aug 2008) Loblaw's (Superstore) **See Distributor's Gluten Status List**

Acacia Blossom Honey
Alfalfa Honey
Manuka Honey
Honey & Ginger Honey
Organics Pure Honey

100% Pure Maple Syrup
Organics 100% Pure Maple Syrup
Table Syrup with Butter Flavour
Table Syrup with 15% Maple Syrup

Redpath (Aug 2008)

All Redpath Sugar is gluten free

Sugar in the Raw (Aug 2008) Cumberland Packing Corp

Partially Refined Sugar

Splenda (Aug 2008)

Made without gluten but cannot guarantee that cross-contamination does not occur

All Splenda Products
Splenda Packets
Splenda Granular
Splenda Brown Sugar Blend

GLUTEN FREE PRODUCTS LIST 2008

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Sugar Twin (Aug 2008)

Alberto Culver

All Sugar Twin products are gluten free
BUT not manufactured in a gluten free facility

Sugar Twin (packets, granulated)
Sugar Twin Liquid
Sugar Twin Granulated Brown

Sweet 'N Low (Aug 2008)

Cumberland Packing Corp.

Original
Kosher for Passover Sugar Substitute
Brown Sugar Substitute
Liquid
Tablets
Tea (lemon)

Wholesome Sweeteners

(July 2008)

Organic Evaporated Cane Juice (all)
Evaporated Cane Juice (all)
Dark Muscovado Sugar
Light Muscovado Sugar
Demerara Sugar
Sucanat (all types)
Organic Sucanat with Honey
Organic Blackstrap Molasses
Organic Cane Syrups, Inverts & Blends (all)
Organic Agave Syrups
Organic Pancake and Waffle Syrup
Powdered Sugar

ORAL CARE

Colgate (July 2008)

Colgate-Palmolive does not intentionally add gluten to any of their products but cannot guarantee that the ingredients used are not exposed to any glutens.

Eden Foods (July 2008)

Dentie Toothpowder

Kiss My Face (July 2008)

All Toothpastes are Gluten Free
All Mouthwashes are Gluten Free

Procter & Gamble Inc.

(July 2008)

No current version of Crest contains any gluten

Sensodyne Toothpaste

(July 2008)

Gluten is not added to the product but they purchase raw materials from outside sources and cannot guarantee that these ingredients are 100% gluten free

Sensodyne Toothpaste (all)

Tom's Naturals (July 2008)

Tom's of Maine

All Toothpastes (Fluoride, Fluoride Free)
All Mouthwashes

GLUTEN FREE PRODUCTS LIST 2008

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VEGETABLES Beans, Frozen Potatoes

[Arrowhead Mills \(June 2008\)](#)

Adzuki Beans
Anasazi Beans
Garbanzo Beans (Chickpeas)
Lentils (Green, Red)
Pinto Beans
Soybeans
Split Peas

[Aylmer \(Aug 2008\)](#)

[ConAgra \(Canada\)](#)

[See Distributor's Gluten Status List](#)

All canned Vegetables
Asparagus Tips

Beets:

Sliced Harvard Diced
Rosebud Whole Medium

Tomatoes:

Whole Diced
Stewed Chili with Herb
Crushed Plum

Spiced

Green Beans
Wax Beans
Corn (Regular, Cream Style)
Assorted Peas
Peas & Carrots
Whole White Potatoes
Accents Tomatoes, Stewed

[Baxter's Food Group \(July 2008\)](#)

Beetroot (all)
Beetroot Pouches (all varieties)

[Compliments \(Aug 2008\)](#)

[Loblaws](#)

[See Distributor's Gluten Status List](#)

Beans with Pork in Tomato Sauce

Beans in Maple Syrup
Chick Peas
Mixed Vegetables
Asparagus Tips
Asparagus Cuts
Whole Mushrooms
Slice Mushrooms
Mushrooms- Pieces & Stems
Stewed Tomatoes
Diced Tomatoes
Crushed Tomatoes
Whole Tomatoes with Herbs & Spices

Straight Cut Frozen Fried Potatoes
Shoestring Frozen Fried Potatoes

Compliments Balance:

Crinkle Cut Frozen French Fried Potatoes
Steak Cut Frozen Fried Potatoes

Compliments Value:

Whole White Potatoes
Sweet Peas

[Del Monte \(June 2008\)](#)

[ConAgra \(Canada\)](#)

[See Distributor's Gluten Status List](#)

Canned Vegetables (all)
Zucchini Italian Style
Spinach
Summercrisp Corn
Corn- Cream Style
Corn- Peaches & Cream
Potatoes- White
Sweet Potatoes
Peas- Assorted
Waxed Beans (whole, cut, French season)
Peas & Carrots
Sweet Peas
Whole Carrots
Tender Sweet Small Peas
Green Beans
Stewed Tomatoes
Chunky Pasta Style Tomatoes
Italian Stewed Tomatoes
Chunky Chili Tomatoes

GLUTEN FREE PRODUCTS LIST 2008

PLEASE READ PACKAGE INGREDIENT LISTINGS PRIOR TO PURCHASE AS
INGREDIENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Derlea (Aug 2008)

Whole Sundried Tomatoes
Julienne Sundried Tomatoes
Whole Sundried Tomatoes in Oil
Sundried Tomato Bits

Dole (June 2008)

All Vegetables
EXCEPT products containing croutons, breadsticks
and noodles

Eden Foods (July 2008)

Crushed Tomatoes (all)
Diced Tomatoes (all)
Whole Tomatoes(all)

Canned Beans:

| | |
|-----------------|----------------------|
| Adzuki Beans | Cannellini Beans |
| Butter Beans | Garbanzo Beans |
| Black Beans | Great Northern Beans |
| Black Eyed Peas | Kidney Beans |
| Navy Beans | Pinto Beans |
| Small Red Beans | |

Seasoned Beans:

Baked Beans with Sorghum & Mustard
Caribbean Black Beans

Refried Beans (all)

Beans with Rice (all)

Bulk Dried Beans (all)

Green Giant (July 2008)

General Mills

[See Distributor's Gluten Status List](#)

Heinz (Aug 2008)

[See Distributor's Gluten Status List](#)

BBQ Style Beans
Beans in Tomato Sauce
Original Beans with Pork Molasses
Chili Style Beans

Chili Style Red Kidney Beans
Dark Red Kidney Beans
Deep Browned Beans in Tomato Sauce
Deep Browned Beans with Pork in Tomato Sauce
Deep Browned Beans with Pork and Molasses
Light Red Kidney Beans
Maple Style Beans
Original Homestyle Kidney Beans
Tomato Products:
Tomato Paste
Tomato Puree
Tomato Sauce
Tomato Sauce- No salt added

No Name (July 2008)

Loblaws's (Superstore)

[See Distributor's Gluten Status List](#)

Canned Beans:

| | |
|--|-------------|
| Navy Beans | Fava Beans |
| Romano Beans | Black Beans |
| Black Eyed Peas | |
| Beans with Pork in Tomato Sauce | |
| Beans with Pork and Molasses (NOT Slow Cooked) | |

NorQuin Brand (Gluten-free Company)

Clear Hilum Soybeans
Black Turtle Beans
Cranberry Beans (Romano)
Small Red Beans
Brown Beans
Pink Beans
Dark Red Kidney Beans
Light Red Kidney Beans
Pinto Beans
Great Northern Beans

Desi Brown or Green Chick Peas
Chana Dhal Chick Peas (Split Desi)
Garbanzo Chick Peas (Kabuli)

Black Lentils
Crimson Lentils
Crimson Split Lentils
Eston Lentils
French Green Lentils

GLUTEN FREE PRODUCTS LIST 2008

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Laird Green Lentils
Pardina Lentils

Whole Yellow Peas
Yellow Split Peas
Green Whole Peas
Green Split Peas

Old El Paso (June 2008)

General Mills

[See Distributor's Gluten Status List](#)

All ingredients and those containing Gluten or
traces of are always listed

Refried Beans
Jalapenos (contain vinegar)
Green Chilies

President's Choice (June 2004)

Loblaw's (Superstore)

[See Distributor's Gluten Status List](#)

No Name Beans in Tomato Sauce
No Name Beans with Pork in tomato Sauce

Primo (Aug 2008)

ConAgra (Canada)

[See Distributor's Gluten Status List](#)

Artichoke Hearts
Chick Peas
Black Beans
Mixed Beans
Red Kidney Beans
White Kidney Beans
Romano Beans

Tomatoes:

| | |
|-------------|------------------|
| Roasted | Spicy Red Pepper |
| Ground | Whole |
| Plum | Diced Plum |
| Ground Plum | |

Puritan (July 2008)

Beans with Bacon:

Molasses
Homestyle
Maple

Unico (July 2008)

Canned Beans:

Romano
Chick Peas
Lentils
Black Beans

RESTAURANTS

**Please check with your restaurant
regarding gluten free food items when
dining.**

GLUTEN FREE PRODUCTS LIST 2008

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Company Contact Information

| | |
|--------------------------------------|--------------------------------------|
| ACH Food Companies Inc. | 1-800-691-1106 |
| Arla | 1-800-243-3730 |
| Arrowhead Mills (Hain Celestial) | 1-800-434-4246 |
| Authentic Foods | (310) 366-7612 |
| AVON | 1-800-265-2866 |
| Baby Heinz | 1-800-565-2100 |
| Baby's Only | (740) 927-2207 |
| Barbour's (Canada) | (506) 432-2300 |
| Beech Nut | 1-800-233-2468 |
| Billy Bee | (416) 789-4391 |
| Blue Diamond Almond Growers | (916) 442-0071 |
| Bob's Red Mill | 1-800-553-2258 |
| Cadbury | 1-800-524-2854 |
| Campbell's Soup Company | 1-800-410-7687 |
| Canada/Benson | 1-888-373-2300 |
| Canadian Celiac Association | 1-800-363-7296 |
| Canadian Restaurants & Food Services | 1-800-387-5649 |
| CanGro | 1-866-829-1132 |
| Cattleman's | 1-800-841-1256 |
| Classico | 1-888-337-2420 |
| ClubHouse (McCormick Canada) | 1-800-265-2600, (519) 432-1166 |
| Coca-Cola Foods Canada | 1-800-438-2653 |
| Compliments | 1-866-672-0061 |
| ConAgra | 1-800-988-7808 |
| Cow's Ice Cream | 1-800-565-2697 |
| Crofter's Organics | (705) 746-6301 |
| Dainty | (905) 624-2528 |
| Dare Foods | 1-800-668-3273 |
| Derlea | 1-888-430-7777 |
| Diana's | 1-800-268-6641 |
| Dole Foods of Canada | 1-800-541-2349 |
| Duinkerken | (902) 569-3604 |
| ED Smith & Sons | 1-800-263-9246 |
| Eden Foods | 1-888-424-3336 |
| Effem (Mars) | 1-800-627-7852 |
| El Peto | 1-800-387-4064, (519) 650-4614 |
| Ener-G | 1-800-331-5222 |
| Enjoy Life | 1-800-503-6569 |
| Equal | 1-800-323-5316, 1-888-848-6911 |
| Fleischmann's | 1-800-777-4959 |
| Follow Your Heart | (818) 725-2820, (818) 348-3240 |
| Frank's Red Hot | 1-800-888-0192 |
| | 78 |
| French's | 1-800-888-0192 (CAN), 1-800-841-1256 |
| Ganong | 1-888-270-8222 |

GLUTEN FREE PRODUCTS LIST 2008

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| | |
|-----------------------------|---------------------------------|
| Gatorade (US) | 1-800-884-2864 |
| General Mills | 1-800-446-1898 |
| Genuine Health | 1-877-500-7888 |
| Glutino | 1-800-363-3438 |
| Good Karma | (412) 749-9805 |
| Hain Celestial Group | 1-800-351-8175 |
| Heartland's Finest | 1-888-658-8909 |
| | 1-877-574-3469, 1-800-361-8998, |
| Heinz | 1-800-565-2100 |
| Hellman's | 1-800-418-3275 |
| Hershey | 1-800-468-1714 |
| Highliner | 1-902-634-8811 |
| Hormel | 1-800-523-4635 |
| Hostess Frito-Lay Co. | 1-800-376-2257 |
| Humpty Dumpty/ Old Dutch | 1-877-228-2273 |
| Jamieson | 1-800-265-5088 |
| JM Schneider | 1-877-567-5326 |
| JM Smucker Company | 1-800-550-9555 |
| Johnson & Johnson | 1-877-223-9807 |
| Kingsmill | (416) 755-1124 |
| Kinnikinnick | 1-877-503-4466, (780) 424-2900 |
| Kraft | 1-800-572-3806 |
| Kyolic | 1-877-929-2548 |
| La Siembra | (613) 235-6122 |
| Lactaid | 1-800-265-7323 |
| Land Art | (450) 929-1933 |
| Laura Secord | 1-800-268-6353 |
| Loblaws Products | 1-888-495-5111 |
| Lundberg | (530) 882-4551 |
| Maple Leaf | 1-800-268-3708 |
| McCain's | 1-866-622-2461 |
| McCormick | 1-800-632-5847, 1-800-265-2600 |
| Mead Johnson | 1-800-361-6323 |
| Minute Rice | 1-888-646-8831 |
| Mother Parkers | 1-800-387-9398 |
| Mott's | 1-800-263-1425 |
| | |
| Nabob | 1-800-661-4063 |
| Namaste | 1-888-437-2425 |
| Nature's Path | 1-888-808-9505 |
| Neilson Dairy | 1-800-263-6455 |
| | |
| Nestle | 1-800-387-4636 |
| Nestle Nutrition | 1-800-565-1871 |

GLUTEN FREE PRODUCTS LIST 2008

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| | |
|-----------------------|--------------------------------|
| NorQuin Brand | 1-866-368-9304 |
| Nothing But Nature | 1-866-494-5458 |
| Ocean Spray | 1-800-662-3263 |
| Oetker- Shirriff | 1-800-387-6939, (905) 678-1311 |
| Omega Alpha | 1-800-651-3172 |
| Omega Nutrition | 1-800-661-3529 |
| Pamela's Products | (707) 462-6605 |
| Patsy Pie | 1-877-287-9743 |
| Pepsi Cola | 1-800-433-2652 |
| Pepsi QTG | 1-888-794-2864 |
| Perky's | 1-888-473-7597 |
| President's Choice | 1-888-495-5111 |
| Revlon | 1-800-473-8566 |
| Rizopia | (416) 609-8820 |
| Saputo | (604) 420-6611 |
| Schneiders | 1-877-567-5326 |
| Sequel Naturals | 1-866-839-8863 |
| SISU | 1-800-663-4163 |
| Skippy | 1-866-475-4779 |
| Sobey's (Compliments) | 1-866-672-0061 |
| Soyworld Inc. | 1-866-473-5411 |
| Splenda | 1-800-561-0070 |
| StarKist | 1-800-252-1587 |
| Strubs | 1-800-387-8782 |
| Sun Rise Brand | (306) 931-4576 |
| Sunmaid | (559) 896-8000 |
| Sunny Delight | 1-800-395-5849 |
| Sun-Rype | 1-800-786-7973 |
| Tazo | 1-888-436-2673 |
| Tootsie Roll | (737) 838-3400 |
| Transherbe | (450) 441-0779 |
| Turtle Mountain | 1-866-388-7853 |
| Twinings | 1-800-803-6695 |
| Unilever (General) | 1-800-665-3837 |
| Watkins | 1-800-267-1454 |

| | |
|---------------------|----------------|
| Welch's | 1-800-340-6870 |
| White Wave Food Co. | 1-888-820-9283 |
| Wrigley Canada | 1-800-974-4539 |
| Yo So | (519) 650-0914 |
| Yoplait | 1-866-724-4466 |