

Mainstream Brands of Celiac Safe Gluten-Free Foods 2015

Snack/Party Foods-----

---- Candy ----

detailed list attached, but includes:

- Skittles
- Tootsie Roll (*all products*)
- Swedish Fish
- Snickers
- Starburst
- Hershey's Kisses (all flavors)
- Milk Duds
- Dum Dum lollipops
- Jolly Ranchers
- Ring Pops
- Baby Ruth (*original & fun size*)
- Snickers (*not shapes or ice cream*)
- SKOR Bars
- *M&Ms (*except *Crispy*)
- *Hershey's Bar (*plain, 1.55 oz only*)
- *Reese's Peanut Butter Cups **except Unwrapped Minis & all Seasonal and Shaped variations***
- *Reese's Pieces (**except Eggs*)

---- Lays Products ----

MUST be labeled "gluten free" on the back of the package, such as:

- Smartfood; *Classic White Cheddar, Movie Butter, Delight White Cheddar, Delight Sea Salt*
- Lay's Chips; *Classic, Lightly Salted*
- Fritos; *Original and Scoops*
- Cheetos; *Crunchy and Puffs*
- Simply White Cheddar Cheetos
- Simply Sea Salt Thick Cut Chips
- Simply Yellow Corn Tortilla Chips
- Ruffles; *ONLY Original, Baked, Reduced Fat & Simply Reduced Fat*

---- Utz Products ----

- Potato Chips; *regular, plain*
- Chips; *Sour Cream & Onion*
- Chips; *Cheddar & Sour Cream*
- Potato Stix
- Mystic Kettle Cooked
- Popcorn (*see Popcorn for details*)
- White Cheddar Cheese Curls
- Cheese Twists
- Puff 'N Corn; *Original, Cheese, Caramel*
- Utz Mild Cheddar Cheese Dip

----Frozen Novelties----

- Luigi's Italian Ice
- Minute Maid Fruit Juice Bar
- Hood (*Hoodsie Cups, Ice Cream Bars, Orange Cream Bar, Fudge Stix, Red Sox Sports Bars*)
- Nestle Outshine Fruit Bars
- Whole Fruit Frozen Novelties (*all Sorbet and Fruit Bars*)

---- Popcorn ----

- Crunch 'N Munch; *Caramel, Buttery Toffee*
- Fiddle Faddle; *Caramel, Buttery Toffee*
- Act II Microwave Popcorn
- Orville Redenbacher's; *jar, microwave, ready-to-eat popcorn*
- Jiffy Pop
- Smartfood (*see Lay's for specifics*)
- Newman's Own
- Utz Popcorn; *Butter, Cheese, White Cheddar, Caramel with Peanuts*

---- Kraft Products ---- will

always label gluten in ingredients

- Kraft Cheese Sticks, *all flavors*
- Bacon & Cheddar Dip
- Creamy Ranch Dip
- French Onion Dip
- Green Onion Dip
- Jet-Puffed Marshmallows
- Cool Whip
- Miracle Whip
- Cracker Barrel Cheeses

---- Drinks ----

- Apple & Eve Juices
- Capri Sun
- Juicy Juice
- Minute Maid (*juice & lemonade*)
- Hawaiian Punch
- Welches Juices
- Coke, Sprite, Pepsi, Sierra Mist
- Snapple
- Country Time
- Horizon Milk Boxes
- Swiss Miss Cocoa

---- Chewing Gum ----

- Double Bubble (*all*)
- Big League Chewing Gum
- Wrigley's Chewing Gum:
Big Red, Doublemint, Eclipse, Extra, Freedent, Juicy Fruit, Orbit, Spearmint, Winterfresh
- Trident Gum:
Layers, Vitality, Xtra Care, White, Splash

---- Ice Cream ----

- Dove (*all including miniatures except Vanilla with Fudge Brownies*)
- Breyer's (*35 flavors - labeled GF*)
- Hood (*Golden Vanilla, Classic Trio, Red Sox: Comeback Carmel, Fenway Fudge, New England Creamery: Homemade Vanilla, Boston Vanilla, Cape Cod Fudge*)

---- Glutino ----

All Glutino products are safe, such as:

- Pretzels (*incl. Yogurt Covered*)
- Crackers
- Cookies
- Toaster Pastries

Mrs. May's Crunch; *Almond, Cashew, Cran Blueberry, Sunflower*

Popchips; *all flavors*

Kettle Brand Chips (*except TIAS*)

Everyday Foods-----

Anything made in dedicated gluten-free kitchens (gluten-free baked goods/cookies/cakes/bread/pizza/pasta)

***Items made/baked in kitchens using gluten will be contaminated & must be avoided!**

Milk

Juice (*see Drinks*)

Fresh, uncut fruit (*unless prepped on safe gluten-free cutting boards*)

Fresh, uncut veggies (*see above*)

Apple Sauce

Jello & Jello Pudding

GF Cereal (*GF Chex, Envirokids*)

Cheese, individually wrapped (*Kraft, Sargento, Frigo*)

Coke and Pepsi products

Butter, Jelly (*beware contamination*)

Betty Crocker Frostings

Horizon Gluten Free Mac-n-Cheese

*Orelda French Fries & Tater Tots

(*only those labeled gluten free under the ingredients*)

Tinkyada Rice pasta

Applegate Hot Dogs

Applegate Lunchmeats & Cheeses

Applegate Gluten Free Chicken

Nuggets (*be careful - regular boxes look similar*)

Perdue Simply Smart Gluten Free

Chicken Nuggets, Tenders (*same as Applegate - regular packaging looks similar*)

Perdue Short Cuts Carved Chicken Breast (*ONLY Southwestern, Grilled, Honey Roasted, Original Roasted and Carved Turkey Breast, Oven Roasted*)

Heinz Catchup (*not Hunt's*)

Sweet Baby Ray's BBQ Sauce

Swiss Miss Cocoa

Dole Garden Soups

Shar brand (*bread, rolls, pizza, pasta*)

Udi's (*bread, rolls, bagels, muffins*)

Against the Grain (*frozen bread, pizza*)