



Sprouts Farmers Market
Gluten-Free Grocery Guide is a great tool to gain
a basic understanding of what “*Gluten-Free*” means
and what Sprouts has to offer.



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Information and ideas for a gluten-free diet.

Whether it is a medical necessity or a matter of personal preference, there are many reasons to adopt a gluten-free diet.

Who should consider a gluten-free diet?

Experts say that 20% of Americans are interested in gluten-free products and are exploring the relationship of eliminating gluten from their diets and its effect on their health. For people who have been diagnosed with celiac disease, a gluten-free diet is a medical necessity. For others, it may be a personal choice.

Possible reasons for eliminating gluten are:

- **Celiac disease**
- **Digestive disorders**
- **Dermatitis herpetiformis and/or other skin disorders**
- **Wheat allergies**
- **Gluten insensitivities or intolerances**
- **Autism and related disorders (A gluten-free, casein-free diet has been used as an adjunct intervention treatment). See resources for more information.**

Please consult your healthcare practitioner to discuss whether a gluten-free diet is appropriate for your personal health and lifestyle.

“For people who have been diagnosed with celiac disease, a gluten-free diet is a medical necessity.”

What is gluten?

Gluten is the general name for one of the proteins found in wheat, rye, barley, and other related grains. This elastic protein (part of the family of prolamines) provides the “glue-like” structure that holds flour products together. People who suffer from celiac disease cannot tolerate gluten when it comes in contact with the small intestine. For patients with celiac disease, gluten injures the lining of the small intestine. This injury results in weight loss, bloating, diarrhea, gas, abdominal cramps or vitamin and mineral deficiencies. When patients totally eliminate gluten from their diet, the lining of the intestine has a chance to heal. Others have noticed that following a gluten-free diet helps them feel better and have more vitality.

Where is gluten found in nature?

Removing gluten from the diet can be challenging. Grains are used in the preparation of many foods. It is often hard to tell by an ingredient's name what may be in it, so it is easy to eat gluten without even knowing it. See chart for commonly known gluten-containing grains.

“The problem with oat products is not the grain but rather the manufacturing process.”

Oats are a grain that merits special attention. Oats are thought to be allowed for those affected by gluten intolerance; however, common advice is to avoid or use caution. The problem with oat products is not the grain but rather the manufacturing process. When oats are processed in the same facilities as wheat, contamination can occur even with the best cleaning protocol. It is best to check with the manufacturer to verify any concern of cross-contamination.

Common sources of gluten

Gluten-containing grains

- Barley
- Barley malt/extract, maltodextrin
- Bran
- Bulgur
- Couscous or tabouli
- Durum
- Einkorn
- Farina
- Faro
- Graham flour/crackers
- Kamut
- Matzo flour/meal
- Orzo
- Panko
- Rye
- Seitan
- Semolina
- Spelt
- Triticale
- Udon
- Wheat, wheat bran, hydrolyzed wheat protein

Other foods/ingredients that may contain gluten

- Beer and lagers
- Breading and stuffing
- Brown rice syrup
- Dry soup mixes or soup bases
- Hot dogs
- Meat sauces/tomato sauces
- Monosodium glutamate
- Nondairy creamers
- Some herbal teas and instant coffees
- Sour cream, ice cream, puddings
- Soy sauce or teriyaki sauce (unless labeled gluten-free)

“Even lipsticks, vitamin or herbal supplements or prescription medications can contain gluten.”

Tips for a gluten-free lifestyle

Foods you can eat, and foods to avoid

Use cautiously! Some people can tolerate the following foods and some people cannot. Gluten can be present in many other types of products, especially in additives, seasonings, sauces and soups. When following a gluten-free diet these ingredients need to be investigated as to whether they contain gluten.

Wheat, barley, and rye are grains that have been shown to trigger a negative response when consumed by people with celiac disease. Even though there may not be overt negative symptoms from consuming these grains, the gluten may negatively affect the digestive tract.

Many “wheat alternatives” (such as kamut and spelt) also contain gluten and should be eaten with caution if you are avoiding gluten in your diet. For more information see the Resources list.

What you can eat on a gluten-free diet

Gluten-free grains and starches

- Amaranth
- Arrowroot
- Buckwheat
- Corn
- Flax
- Flours made from nuts or seeds
- Millet
- Potato starch or flour
- Quinoa
- Rice and rice bran
- Sago
- Sorghum
- Soy
- Tapioca
- Teff

Other gluten-free foods

- Fruits
- Vegetables
- Dried fruits (unsulfured)
- Fresh meats and fish
- Milk
- Eggs
- Cheese (except Roquefort)
- Butter
- Beans
- Peas
- Cooking oils
- Tofu, soy milk, soy cheese
- Almonds and other nuts
- Carob
- Corn/blue corn – cornmeal
- Polenta

Sprouts Farmers Market strives to keep customers informed and makes every effort to be as accurate as possible; however manufacturers may change ingredients, which may or may not include adding gluten-containing ingredients.

“Please always read the label and/or contact the manufacturer if you have any questions.”

Foods or ingredients to avoid

Foods/ingredients that contain gluten

- Grains and grain products
- Wheat, durum
- Tabouli
- Oats
- Flour tortillas
- Wheat germ
- Ramen noodles of any type
- Durum semolina
- Pasta made from wheat flour
- Couscous
- Soy sauce or teriyaki sauce (unless labeled gluten-free)
- Graham flour, crackers
- Malt
- Breaded foods, bread crumbs
- Bouillon cubes

Foods/ingredients to use CAUTIOUSLY

- Modified corn starch
- Hydrolyzed vegetable protein
- Canned soups
- Frankfurters
- Commercially prepared meats
- Baking powder
- Stuffings
- Vegetable protein
- Distilled white vinegar
- Fillers and seasonings (check ingredients on label)

SUBSTITUTIONS

For 1 cup wheat (all-purpose) flour use:

- 1 cup corn flour
 - 1 cup potato flour
 - 3/4 cup cornmeal
 - 7/8 cup rice flour
 - 3/4 cup soy flour
- Add flour carefully.
Amount to use may vary.

For 1 TBSP wheat (to thicken sauces, gravies, puddings):

- 1 TBSP arrowroot
- 1/2 TBSP tapioca (quick cooking)
- 1/2 TBSP potato starch flour
- 1 TSP xanthan gum

Gluten-free products and brands

Sprouts Farmers Market offers this guide for educational purposes only. Please consult your healthcare practitioner for any specific health and nutrition concerns.

All items featured in this guide may not be available in all Sprouts locations. Please check with your friendly Sprouts department manager for questions on availability and any special-order requests. Sprouts employees are happy to help you find particular food products.

Food labeling laws as of January 1, 2006 indicate that any food products manufactured and labeled after this date must comply with the "Food Allergen Labeling and Consumer Act." This law requires companies to identify clearly the eight most prevalent food allergens – eggs, fish, milk, peanuts, shellfish, soybeans, tree nuts and wheat. If wheat protein or any derivative of wheat protein is used as an ingredient, even in small amounts, it must be declared in the allergy statement. Currently, this does not apply for barley, rye or oats. Therefore, careful label reading is needed. The FDA is in the process of developing rules for use of the term "gluten-free."

Partial list of gluten-free grocery items available at Sprouts as of June 2010

(listed alphabetically by category)

GROCERY

ASIAN

Annie Chun's

- Rice Noodles, Maifun
- Rice Noodles, Pad Thai

Edward & Sons

- Miso Soup Cup, Organic Tofu
- Miso Soup Cup, Japanese Restaurant

Mori-Nu

- Lite Tofu Silken, Firm
- Organic Tofu, Firm
- Silken Tofu, Extra Firm
- Silken Tofu, Firm
- Silken Tofu, Soft

San-J

- Szechuan Sauce, Hot And Spicy

- Organic Tamari Sauce, Reduced Sodium
- Organic Tamari Sauce, Whole Bean, Wheat-Free
- Thai Peanut Sauce

Soy Vay

- Dressing, Toasted Sesame

Tasty Bite

- Thai Cuisine, Massaman Vegetables

Thai Kitchen

- Green Curry Paste
- Red Curry Paste
- Sweet Red Chili Sauce
- Noodle Bowl, Hot & Sour
- Noodle Bowl, Lemongrass & Chili
- Instant Rice Noodles, Garlic & Veggie
- Instant Noodles, Lemongrass & Chili
- Noodle Bowl, Mushroom

- Noodle Bowl, Spring
- Noodle Bowl, Roasted Garlic
- Instant Rice Noodles, Curry
- Instant Rice Noodles, Onion
- Instant Rice Noodles, Thai Ginger
- Fish Sauce, Extra Virgin
- Coconut Ginger Soup

BABY

Happy Baby

- Happy Bellies Oatmeal, Brown Rice

BAKING

Ah!Laska

- Bakers Cocoa
- Ah!Some Syrup, Chocolate, Organic

Arrowhead Mills

- Organic Flour, Brown Rice
- Organic Flour, Buckwheat
- Yellow Commeal, Organic
- Baking Mix, All Purpose, Wheat Free
- Brownie Mix, Wheat-Free
- Pizza Crust Mix
- Vanilla Cake Mix
- Pancake & Waffle Mix

Bob's Red Mill

- Almond Meal
- Baking Powder
- Baking Soda
- Bread Mix
- Stone Ground Flour, Brown Rice
- Coconut Flour, Organic
- Corn Starch
- Flax Seed Meal
- Flax Seed Meal
- Organic Flax Seeds, Golden
- Organic Flour, Quinoa
- Baking Flour
- Garbanzo Bean Flour
- Golden Flaxseed Meal
- Guar Gum
- Organic Flax Seed Meal
- Potato Starch
- Textered Vegetable Protein (TVP)
- White Rice Flour
- Xanthan Gum

- Tapioca Flour
- Brownie Mix
- Biscuit & Baking Mix, Wheat-Free
- Pancake Mix

Cherrybrook

- Brownie Mix
- Chocolate Frosting Mix
- Chocolate Cake Mix
- Cookie Mix, Chocolate Chip
- Cookie Mix, Sugar
- Frosting Mix, Vanilla

Energy Foods

- Brown Rice Mix
- Egg Replacer
- Pure Rice Bran
- Tapioca Flour
- Flour-Rice/Sweet

Enjoy Life

- Chocolate Chips, Semi Sweet

Fearn's Soya products

- Baking Mix, Brown Rice

Gluten-Free Pantry

- Brownie Mix, Chocolate Truffle
- Crumble Top Mix
- Bake Mix, French Bread
- Bake Mix, Sandwich Bread
- Bake Mix, Muffins and Scones
- Cake & Cookie Mix

Hain Featherweight

- Baking Powder, Sodium-Free

Kinnikinnick

- Bread & Bun Mix
- Cake Mix, Chocolate Wheat-Free
- Cake Mix, White
- Chicken Coating Mix
- Pancake Mix

Let's Do Organic

- Unsweetened Coconut

Lundberg

- Brown Rice Syrup, Premium
- Brown Rice Syrup

Pamela's Products

- Bread Mix
- Cake Mix, Classic Vanilla

- Brownie Mix, Wheat-Free
- Chocolate Chip Cookie Mix
- Chocolate Cake Mix
- Frosting Mix, Confetti
- Frosting Mix, Dark Chocolate
- Frosting Mix, Vanilla
- Pancake & Baking Mix

Red Star

- Active Dry Yeast

Rumford

- Baking Powder, Aluminum-Free

Southern Homestyle

- Corn Flake Crumbs, Oven Style Breading
- Tortilla Crumbs, Authentic Mexican Flavor

Spectrum

- All Vegetable Shortening, Organic

Walden Farms

- Chocolate Dip
- Marshmallow Dip
- Caramel Dip, Low Carb
- Chocolate Syrup

XyloSweet

- Xylitol Sweetener

BEANS

Amy's

- Organic Baked Beans, Vegetarian
- Organic Refried Beans, Traditional
- Organic Refried Beans, Traditional Low Sodium
- Organic Refried Beans, With Chiles
- Organic Refried Beans, Black
- Organic Chili, Medium Black Bean
- Organic Chili, Medium W/ Veggies
- Organic Chili, Medium

Shelton's

- Chicken Chili, Mild
- Chicken Chili, Spicy
- Turkey Chili, Mild With Beans
- Turkey Chili, Spicy

St. Dalfour

- Gourmet On The Go, Three Bean
- Gourmet On The Go, Wild Salmon
- Gourmet On The Go, Pasta And Vegetables
- Gourmet On The Go, Couscous

BEER

RedBridge

- Gluten-Free Beer made from Sorghum

BEVERAGES

Oogavé

- Agave Soda, Cola
- Agave Soda, Ginger Ale
- Agave Soda, Grapefruit
- Agave Soda, Mandarin Key Lime
- Agave Soda, Rootbeer
- Agave Soda, Watermelon Cream

Virgil's

- Cream Soda
- Root Beer

BOXED MEALS

Annie's Homegrown

- Rice Pasta, Cheddar

Mrs. Leeper's

- Beef Lasagna
- Beef Stroganoff
- Cheeseburger
- Creamy Tuna

CANDY

Enjoy Life

- Boom CHOCO Boom Bar, Dark Chocolate
- Trail Mix, Mountain Mambo
- Trail Mix, Beach Bash

Glenney's

- Marshmallow Treats, Brown Rice Vanilla
- Marshmallow Treats, Brown Rice Chocolate
- Marshmallow Treats, Brown Rice Peanut Butter
- Marshmallow Treats, Brown Rice Raspberry

Glutino

- Candy Bar, Dark Chocolate
- Candy Bar, Milk Chocolate
- Candy Bar, Chocolate Peanut Butter

Yummy Earth

- Organic Lollipops, Assorted
- Organic Lollipops, Hot Chili
- Organic Lollipops, Strawberry
- Organic Lollipops, Super Sour
- Organic Lollipops, Vitamin C
- Candy Drops, Assorted
- Candy Drops, Cheeky Lemon

- Candy Drops, Pomegranate
- Candy Drops, Wild Peppermint
- Organic Candy Drops, Ginger Zest

CEREAL

Arrowhead Mills

- Organic Cereal, Maple Buckwheat Flakes

Bakery On Main

- Granola Bar, Cranberry Maple Nut
- Granola Bar, Peanut Butter Chocolate Chip
- Granola Bar, Extreme Trail Mix
- Granola, Apple Raisin Walnut
- Granola, Cran Orange Cashew
- Granola, Extreme Fruit And Nut
- Granola, Nutty Cranberry Maple

Barbara's

- Brown Rice Crisps Cereal
- Puffins Honey Rice Cereal

Bob's Red Mill

- Mighty Cereal
- Farina

Eco-Planet

- 7 Whole Grains Hot Cereal, Apple And Cinnamon
- 7 Whole Grains Hot Cereal, Maple & Brown Sugar
- 7 Whole Grains Hot Cereal, Original

Enjoy Life

- Granola, Cinnamon Crunch
- Granola, Cranapple Crunch
- Granola, Very Berry Crunch

EnviroKidz

- Organic Cereal, Gorilla Munch
- Organic Cereal, Koala Crisp
- Organic Cereal, Leapin Lemur
- Organic Cereal, Panda Puffs

Erewhon

- Crispy Rice Cereal, Mixed Berries
- Rice Twice Cereal, Wheat-Free, Fat-Free

Nature's Path

- Corn Flakes, Fruit Juice Sweetened
- Honey'd Corn Flakes
- Whole O's

New Morning

- Organic Cereal, Cocoa Crispy Rice

Perky's

- Nutty Flax Cereal

- Nutty Rice Cereal, Low Salt

Pocono

- Cream Of Buckwheat, Organic/Fat-Free

Udi's

- Granola

CEREAL BARS

Enjoy Life

- Snack Bar, Caramel Apple
- Snack Bar, Cocoa Loco
- Snack Bar, Sunbutter Crunch
- Snack Bar, Very Berry

EnviroKidz

- Crispy Rice Bar, Koala Chocolate
- Crispy Rice Bar, Panda Peanut Butter
- Crispy Rice Bar, Lemur Peanut Choco Drizzle
- Crispy Rice Bar, Cheetah Berry

Glutino

- Organic Bars, Chocolate Banana
- Organic Bars, Wild Berry
- Breakfast Bar, Apple Wheat-Free
- Breakfast Bar, Blueberry
- Breakfast Bar, Chocolate

Jungle Grub

- Berry Bamboozle Bar
- Chocolate Chip Cookie Bar

CHIPS/SNACKS

Arico

- Cassava Chips, BBQ Bliss
- Cassava Chips, Ginger On Fire
- Cassava Chips, Original

Boulder

- Potato Chips, Hickory BBQ
- Potato Chips, Parmesan
- Potato Chips, 5% Reduced
- Potato Chips, Balsamic Vinegar & Rosemary
- Potato Chips, Jalapeño
- Potato Chips, Original
- Potato Chips, Spinach & Artichoke
- Potato Chips, Tomato And Basil
- Potato Chips, Sea Salt & Cracked Pepper
- Rice & Adzuki Bean Chip, Chipotle Cheese
- Rice & Adzuki Bean Chip, Natural Sea Salt
- Rice & Adzuki Bean Chip, Sun-Dried Tomato

Ener-G

- Pretzels

Food Should Taste Good

- Tortilla Chips, Buffalo
- Tortilla Chips, Jalapeño
- Tortilla Chips, Lime
- Tortilla Chips, Multigrain
- Tortilla Chips, Olive
- Tortilla Chips, Potato And Chive
- Tortilla Chips, Sweet Potato
- Tortilla Chips, The Works

Lundberg

- Rice Cakes, Brown-No Salt
- Rice Cakes, Buttery Caramel
- Rice Cakes, Sesame
- Rice Cakes, Sesame Tamari
- Rice Cakes, Apple-Cinnamon
- Rice Cakes, Brown

Glutino

- Pretzels, Sticks
- Pretzels, Wheat-Free
- Pretzels, Sesame Rings
- Pretzels, Sticks
- Pretzels, Twists
- Pretzels, Unsalted Twists
- Pretzels, Twists

Kettle

- Bakes, Salt And Pepper
- Bakes, Sea Salt And Vinegar
- Bakes, Aged White Cheddar
- Bakes, Hickory Honey BBQ
- Bakes, Lightly Salted
- Potato Chips, Backyard BBQ
- Potato Chips, Honey Dijon
- Potato Chips, Jalapeño
- Potato Chips, No Salt
- Potato Chips, New York Cheddar
- Potato Chips, Regular
- Potato Chips, Seasalt Vinegar
- Potato Chips, Sweet Onion
- Potato Chips, Tuscan 3 Cheese
- Potato Chips, Yogurt & Green Onion
- Krinkle Cut Chips, Classic BBQ
- Krinkle Cut Chips, Salt & Pepper

- Krinkle Cut Chips, Lightly Salted
- Krinkle Cut Chips, Salt & Fresh Ground Pepper
- Krinkle Cut Chips, Buffalo Bleu

Michael Season's

- Potato Chips, Salt And Pepper
- Potato Chips, Honey Barbeque
- Potato Chips, Lightly Salted
- Potato Chips, Yogurt & Green Onion
- Potato Chips, Unsalted
- Potato Chips, Ripple
- Cheese Curls, Lite Cheddar
- Cheese Puffs, Lite Cheddar

Miguel's

- Tortilla Strips, 3 Pepper
- Tortilla Strips, Everything
- Tortilla Strips, Vegetable & Seed

Mr. Krisper's

- Rice Krisps, Barbeque
- Rice Krisps, Nacho
- Rice Krisps, Sour Cream And Onion
- Rice Krisps, Sea Salt And Pepper

Newman's Own

- Soy Crisps, White Cheddar
- Soy Crisps, Lightly Salted
- Soy Crisps, Barbeque
- Soy Crisps, Cinnamon Sugar

Snikiddy Snacks

- Snikiddy Puffs, Mac N' Cheese
- Snikiddy Puffs, Nacho Cheese

COFFEE

Ah!aska

- Instant Cocoa Mix, Low-Fat Chocolate

Pacific Foods

- Ready-To-Drink Iced Coffee, Latte
- Ready-To-Drink Iced Coffee, Mocha
- Ready-To-Drink Iced Coffee, Vanilla

CONDIMENTS

Annie's Natural

- Organic Ketchup
- Organic Mustard, Dijon
- Organic Mustard, Honey
- Organic Mustard, Yellow

Nasoya

- Nayoanaise, Fat-Free

- Mayonnaise

Organicville

- Organic Ketchup
- Organic Mustard

Spectrum

- Canola Mayonnaise
- Lite Canola Mayonnaise, Eggless
- Mayonnaise, Organic
- Olive Oil Mayonnaise, Organic

Walden Farms

- Ketchup, Low Carb
- Mayonnaise

COOKIES

Arico

- Almond Cranberry
- Chocolate Chunk
- Double Chocolate
- Lemon Ginger
- Peanut Butter

Enjoy Life

- Chewy Chocolate Chip
- Gingerbread Spice
- Happy Apple
- Lively Lemon
- No Oats Oatmeal
- Snickerdoodle
- Cookie Snack, Chewy Chocolate Chip

Glenny's

- Oatmeal Cookies, Chocolate Chip
- Oatmeal Cookies, Raisin
- Gluten-Free & Fabulous
- Brownie Bites
- Cookie Bites, Butterscotch
- Cookie Bites, Chocolate Chip
- Cookie Bites, Shortbread

Glutino

- Sandwich Creme Cookies, Chocolate Vanilla
- Sandwich Creme Cookies, Vanilla
- Chocolate Chip
- Sandwich Creme Cookies, Vanilla
- Wafers, Chocolate
- Wafers, Lemon
- Wafers, Vanilla Chocolate

Ian's

- Cookie Buttons, Chocolate Chip
- Cookie Buttons, Cinnamon

Jennie's

- Macaroon Canister, Almond
- Macaroon Canister, Coconut

Kinnikinnick

- Animal Cookies

KinniToos

- Chocolate Sandwich
- Vanilla Sandwich

MI-DEL

- Ginger Snap

Pamela's

- Biscotti, Almond Anise
- Biscotti, Chocolate Walnut
- Biscotti, Lemon Almond
- Wheat-Free Cookies, Chocolate Chip Walnut
- Wheat-Free Cookies, Chunky Chocolate Chip
- Wheat-Free Cookies, Double Choc Chunk
- Wheat-Free Cookies, Lemon
- Wheat-Free Cookies, Peanut Butter Choc Chip
- Wheat-Free Cookies, Spicy Ginger
- Wheat-Free Cookies, Peanut Butter
- Wheat-Free Cookies, Shortbread Pecan
- Mini Cookies, Extreme Chocolate
- Mini Cookies, Chocolate Chip
- Mini Cookies, Ginger Snapz

Snikiddy Snacks

- Chocolate Chip Bites

CRACKERS

Blue Diamond

- Nut Thins, Almond
- Nut Thins, Cheddar Cheese
- Nut Thins, Country Ranch
- Nut Thins, Hazelnut
- Nut Thins, Pecan
- Nut Thins, Smoked

Crunch Master

- Multiseed, Roasted Garlic
- Multiseed, Rosemary And Olive Oil
- Multiseed, Sweet Onion
- Multiseed, Original

Edward & Sons

- Brown Rice Snaps, Unsalted-Organic
- Brown Rice Snaps, Vegetable-Organic
- Rice Snaps, Onion Garlic
- Rice Snaps, Sesame-No Salt
- Rice Snaps, Tamari Sesame

Health Valley

- Rice Bran

Mary's

- Gone Crackers, Organic Gluten/Wheat-Free
- Herb Crackers
- Onion Crackers
- Original Crackers

San-J

- Polynesian Sauce, Sweet And Tangy

Snikiddy Snacks

- Snikiddy Puffs, Grilled Cheese
- Snikiddy Puffs, Pizza Pie

FRUIT

Bare Fruit

- Organic Apple Chips, Apple Cinnamon
- Organic Dried Cherries
- Organic Dried Apples, Fuji
- Organic Dried Apples, Granny Smith
- Organic Dried Pears

Funky Monkey

- Freeze Dried Fruit, Carnival Mix
- Freeze Dried Fruit, Jive-A-Lime
- Freeze Dried Fruit, Purple Funk

Made In Nature

- Organic Raisins, Canister
- Organic Raisins, 1.5 oz individual boxes

INDIAN

Devy

- Organic Pappadums, Plain
- Organic Ready Meal, Channa
- Organic Ready Meal, Dhal Tadka

Tasty Bite

- Indian Cuisine, Agra Peas And Beans
- Indian Cuisine, Bengal Lentils
- Indian Cuisine, Bombay Potatoes
- Indian Cuisine, Jaipur Vegetables
- Indian Cuisine, Jodphur Lentils
- Indian Cuisine, Kashmir Spinach

- Indian Cuisine, Kerala Vegetables
- Indian Cuisine, Madras Lentils
- Indian Cuisine, Paneer Makhani
- Indian Cuisine, Punjab Eggplant
- Indian Cuisine, Spinach Dhal
- Indian Cuisine, Spinach Soy
- Simmer Sauce, Good Karma
- Simmer Sauce, Pad Thai
- Simmer Sauce, Rogan Josh
- Simmer Sauce, Satay Partay
- Simmer Sauce, Tikka Masala

World Foods

- Curry Paste, Green
- Curry Paste, Red
- Noodle Sauce, Xin Zhou
- Ready To Pour Sauce, Green Curry
- Ready To Pour Sauce, Masaman Curry
- Ready To Pour Sauce, Red Curry
- Ready To Pour Sauce, Rendang Curry
- Stir Fry Sauce, Basil Curry
- Stir Fry Sauce,
Cambodian Pineapple Lemongrass
- Stir Fry Sauce, Creamy Chili Kaffir Lime
- Stir Fry Sauce, Coconut Galangal
- Stir Fry Sauce, Galangal Lemon Grass
- Stir Fry Sauce, Sweet Chili Coconut
- Stir Fry Sauce, Sweet Chili
- Stir Fry Sauce, Sweet Chili With Kaffir Lime

JAM/JELLY

Nature's Hollow

- Sugar-Free Jam, Apricot
- Sugar-Free Jam, Mountain Berry
- Sugar-Free Jam, Peach
- Sugar-Free Jam, Strawberry
- Sugar-Free Jam, Wild Blueberry

Walden Farms

- Fruit Spread, Apricot
- Fruit Spread, Blueberry
- Fruit Spread, Grape
- Fruit Spread, Orange Marmalade
- Fruit Spread, Raspberry
- Fruit Spread, Strawberry
- Fruit Spread, Apple Butter

NON-DAIRY

Almond Dream

- Almond Beverage, Original
- Almond Beverage, Unsweetened

Blue Diamond

- Almond Breeze, Chocolate
- Almond Breeze, Original
- Almond Breeze, Unsweetened Chocolate
- Almond Breeze, Unsweetened Original
- Almond Breeze, Unsweetened Vanilla
- Almond Breeze, Vanilla

Edensoy

- Eden Blend, Rice And Soy

Living Harvest

- Hemp Milk, Chocolate
- Hemp Milk, Original
- Hemp Milk, Unsweetened Original
- Hemp Milk, Unsweetened Vanilla
- Hemp Milk, Vanilla

Pacific Foods

- Low-Fat Almond Beverage, Original
- Low-Fat Almond Beverage, Vanilla
- Low-Fat Rice Drink, Plain
- Low-Fat Rice Drink, Vanilla
- Hazelnut Beverage, Original

Rice Dream

- Enriched Rice Drink, Chocolate
- Enriched Rice Drink, Original
- Enriched Rice Drink, Vanilla
- Enriched Rice Drink 3 Pack, Original
- Enriched Rice Drink 3 Pack, Vanilla
- Rice Drink, Carob
- Rice Drink, Original
- Rice Drink, Vanilla
- Horchata

Whitewave

- Silk Soy Beverage, Chocolate
- Silk Soy Beverage, Vanilla
- Organic Silk Soymilk, Chocolate
- Organic Silk Soymilk, Plain
- Organic Silk Soymilk, Unsweetened
- Organic Silk Soymilk, Vanilla

NUT BUTTERS/SPREADS

Choco Dream

- Natural Choco Dream Spread, Dark
- Natural Choco Dream Spread, With Hazelnut

Earth Balance

- Almond Butter, Creamy
- Peanut Butter, Creamy
- Peanut Butter, Crunchy

Justin's

- Almond Butter Jar, Classic
- Almond Butter Jar, Honey
- Almond Butter Jar, Maple
- Almond Butter Squeeze Pack, Classic
- Almond Butter Squeeze Pack, Honey
- Almond Butter Squeeze Pack, Maple
- Peanut Butter Jar, Classic
- Peanut Butter Jar, Honey
- Peanut Butter Squeeze Pack, Sinfully Cinnamon
- Peanut Butter Squeeze Pack, Classic
- Peanut Butter Squeeze Pack, Heavenly Honey

Natural Nectar

- Choco Dream, Natural
- Choco Dream, Dark

SunButter

- Natural SunButter, Creamy
- Natural SunButter, Crunchy
- Natural SunButter, Omega 3

Walden Farms

- Peanut Spread

NUTRITIONAL BARS

Bumble

- Organic Energy Bar, Awesome Apricot
- Organic Energy Bar, Chunky Cherry
- Organic Energy Bar, Chocolate Crisp
- Organic Energy Bar, Original

Kind

- Almond & Apricot
- Almond & Apricot Yogurt
- Almond & Coconut
- Fruit & Nut Delight
- Fruit & Nut Yogurt
- Macadamia & Apricot

- Nut Delight
- Sesame & Peanut Chocolate
- Walnut & Date
- Plus Bar, Almond Cashew
- Plus Bar, Almond Walnut Macadamia
- Plus Bar, Cranberry Almond
- Plus Bar, Mango Macadamia
- Plus Bar, Passion fruit And Mango
- Plus Bar, Strawberry Nut Delight

Lara Bar

- Apple Pie
- Banana Cookie Dough
- Cashew Cookie
- Cherry Pie
- Chocolate Coconut
- Cinnamon Roll
- Coconut Cream Pie
- Key Lime Pie
- Lemon
- Peanut Butter Cookie
- Pecan Pie
- Pistachio

Pure Bar

- Organic, Cherry Cashew
- Organic, Chocolate Brownie
- Organic, Cranberry Orange
- Organic, Wild Blueberry

Renew Life

- Fiber Bar, Lemon Burst

Soyjoy

- Soy Bar, Apple
- Soy Bar, Berry
- Soy Bar, Blueberry
- Soy Bar, Peanut Chocolate Chip
- Soy Bar, Mango & Coconut
- Soy Bar, Strawberry

Think

- ThinkThin, Brownie
- ThinkThin, Chocolate Fudge
- ThinkThin, Chunky Peanut Butter
- ThinkThin, Peanut Butter

FitSmart

- FitSmart, Chocolate Chunk
- FitSmart, Cranberry Apple

- Fitsmart, Lemon Poppy

Ian's

- Go Bar, Cinnamon Bun
- Go Bar, Apple Pie

Renew

- Fiber Bar, Lemon Burst
- Fiber Bar, Awesome Apple
- Fiber Bar, Chocolate Dream
- Fiber Bar, Cranberry Craze

PASTA

Ancient Harvest

- Quinoa, Organic
- Quinoa Grain
- Wheat-Free Quinoa, Linguine
- Wheat-Free Quinoa, Elbows
- Wheat-Free Quinoa, Garden Pagodas
- Wheat-Free Quinoa, Rotelle
- Wheat-Free Quinoa, Shells
- Wheat-Free Quinoa, Supergrain Spaghetti

DeBoles

- Rice Pasta, Angel Hair
- Rice Pasta, Spaghetti

Food Merchant

- Italian Polenta, Basil Garlic
- Italian Polenta, Traditional
- Italian Polenta, Tomato Garlic

Mrs. Leeper's

- Rice Pasta, Vegetable Twists

Tinkyada

- Brown Rice Fettucini, Wheat-Free, Organic
- Brown Rice Elbows, Wheat-Free
- Brown Rice Penne, Wheat-Free
- Brown Rice Shells
- White Rice Spaghetti, Wheat-Free
- Spaghetti, Brown Rice-Spinach
- Spaghetti, Brown Rice
- Spiral, Brown Rice-Organic
- Spiral, Brown Rice

PASTA SAUCE

Enrico's

- Pizza Sauce

Mayacamás

- Gourmet Sauce Mix, Hollandaise
- Sauce Mix, Alfredo

- Pasta Sauce Mix, Creamy Clam
- Skillet Pasta Mix, Garden
- Skillet Pasta Mix, Pesto-Black Olive
- Skillet Pasta Mix, Tomato

Organicville

- Italian Herb Pasta Sauce
- Marinara Pasta Sauce
- Portabella Pasta Sauce
- Tomato Basil Pasta Sauce

Walden Farms

- Pasta Sauce, Alfredo
- Pasta Sauce, Scampi

RICE

Annie Chun's

- Rice Express, Black Pearl Rice
- Rice Express, Multigrain
- Rice Express, Sprouted Brown
- Rice Express, Sticky White Rice

Lundberg

- Eco-farmed Rice, White Arborio
- Eco-farmed Rice, Brown Basmati
- Eco-farmed Rice, White Basmati
- Eco-farmed Rice, Long Grain Brown
- Eco-farmed Rice, Short Grain Brown
- Eco-farmed Rice, Jasmine
- Organic Rice, Brown Basmati
- Organic Rice, Long Grain Brown
- Organic Rice, Short Grain Brown
- Organic Rice, Sweet Brown
- Organic Rice, Golden Rose
- Organic Rice, Sushi
- Organic Rice Bowl, Country Wild
- Organic Rice Bowl, Long Brown
- Organic Rice Bowl, Short Brown
- Rice, Brown Jasmine
- Rice, Long Grain White
- Black Japonica Rice
- Country Wild Rice
- Jubilee Rice
- Wehani Rice
- Wild Blend Rice
- Risotto, Creamy Parmesan
- Risotto, Garlic Primavera
- Organic Risotto, Alfredo

- Risotto, Butternut Squash
- Organic Risotto, Porcini
- Organic Risotto, Tuscany

Tasty Bite

- Pilaf, Mexican Fiesta
- Pilaf, Pesto
- Pilaf, Tandoori
- Ready To Eat Rice, Basmati
- Ready To Eat Rice, Brown
- Ready To Eat Rice, Jasmine
- Ready To Eat Rice, Long Grain

SALSA

505 Southwest

- All Natural Salsa, Hot
- All Natural Salsa, Mild
- All Natural Salsa, Chunky Chile Medium
- All Natural Salsa, Medium
- Chile Sauce, Medium
- Green Chile Sauce, Hot

Drew's

- Organic Salsa, Hot
- Organic Salsa, Medium
- Organic Salsa, Mild

SAUCES AND MARINADES

Annie's Naturals

- BBQ Sauce, Hot Chipotle
- BBQ Sauce, Original
- BBQ Sauce, Smokey Maple

Native Forest

- Organic Chutney, Hot Mango
- Organic Chutney, Mango Passion
- Organic Chutney, Papaya
- Organic Chutney, Pineapple

Organicville

- Organic BBQ Sauce, Hot And Spicy
- Organic BBQ Sauce, Sweet And Smokey
- Organic Teriyaki Sauce, Island Teriyaki
- Organic Teriyaki Sauce, Sesame Teriyaki

Robbie's

- Steak Sauce
- Sweet & Sour Sauce, Hawaiian Style

San-J

- Grilling & BBQ Sauce
- Teriyaki Sauce, Stir Fry Marinade

Walden Farms

- BBQ Sauce, Hickory Smoked
- BBQ Sauce, Honey
- BBQ Sauce, Original
- BBQ Sauce, Thick 'N Spicy
- Cocktail Sauce, Seafood

SOUP/BROTH/GRAVY

Amy's

- Chunky Tomato Bisque, Low-Sodium
- Organic Soup, Chunky Tomato Bisque
- Organic Soup, Lentil Vegetable
- Organic Soup, Cream Of Tomato Low-Sodium
- Organic Soup, Lentil Vegetable Low-Sodium
- Organic Soup, Curried Lentil
- Organic Soup, Summer Corn And Vegetable
- Organic Soup, Chunky Vegetable
- Organic Soup, Fire Roasted Southwest Vegetable
- Organic Soup, Black Bean Vegetable
- Organic Soup, Cream Of Tomato
- Organic Soup, Lentil
- Organic Soup, Organic Split Pea

Imagine Foods

- Soup, Creamy Portabello Mushroom
- Organic Soup, Creamy Butternut Squash
- Organic Soup, Creamy Corn And Lemongrass
- Organic Soup, Creamy Tomato
- Organic Soup, Creamy Potato Leek
- Organic Soup, Creamy Broccoli
- Organic Soup, Creamy Sweet Corn
- Organic Soup, Creamy Sweet Pea
- Organic Soup, Creamy Tomato Basil
- Organic Soup, Creamy Acorn Squash & Mango
- Organic Soup, Sweet Potato
- Organic Soup, Low-Sodium Creamy Corn
- Organic Soup, Low-Sodium Creamy Red Potato
- Organic Soup, Low-Sodium Creamy Tomato
- Organic Soup, Low-Fat Creamy Tomato
- Organic Broth, Free Range Chicken
- Organic Broth, No Chicken
- Organic Broth, Vegetable
- Organic Broth, Low-Fat Vegetable
- Organic Broth, Low-Sodium Chicken
- Organic Broth, Low-Sodium Vegetable

Mayacamás

- Gravy, Brown
- Gravy, Chicken
- Gravy, Savory Herb
- Gravy, Turkey

Pacific Foods

- Organic Soup, Buttery Sweet Corn
- Organic Soup, Cashew Carrot Ginger
- Organic Soup, Cream Of Tomato
- Organic Soup, Curried Red Lentil
- Organic Soup, Creamy Roasted Carrot
- Organic Soup, Creamy Tomato
- Organic Soup, Creamy Butternut Squash
- Organic Soup, Creamy Red Pepper Tomato
- Organic Soup, French Onion
- Organic Soup, Low-Sodium Creamy Butternut Squash
- Organic Soup, Low-Sodium Roasted Red Pepper
- Organic Soup, Low-Salt Creamy Tomato
- Natural Soup, Cashew Ginger
- Natural Soup, Buttery Corn
- Organic Broth, Chicken
- Organic Broth, Mushroom
- Organic Broth, Vegetable
- Organic Broth, Beef
- Organic Broth, Low-Sodium Vegetable
- Organic Broth, Low-Salt Chicken
- Natural Broth, Beef
- Natural Broth, Chicken

Shelton's

- Chicken Broth, Fat Free Low Sodium
- Chicken Broth, With Salt & Spices
- Organic Chicken Broth, Original
- Organic Chicken Broth, Fat Free
- All Natural Soup, Chicken Tortilla
- All Natural Soup, Chicken Rice

Wolfgang Puck

- Organic Broth, Beef
- Organic Broth, Chicken
- Organic Broth, Vegetable

SALAD DRESSING

Annie's Naturals

- Balsamic Vinaigrette
- Cowgirl Ranch

- Artichoke & Parmesan
- Balsamic Vinaigrette
- Italian Vinaigrette
- Raspberry
- Lite-Honey Mustard Vinaigrette
- Lemon & Chive
- Honey Mustard
- Roasted Red Pepper Vinaigrette
- Organic, Green Garlic
- Organic, Caesar
- Organic, Buttermilk
- Organic, Papaya Poppy
- Organic, Red Wine & Olive Oil
- Organic, Green Goddess
- Organic, Balsamic Vinaigrette
- Organic, Cowgirl Ranch
- Organic, French
- Organic, Garlic Vinaigrette
- Organic, Oil & Vinegar
- Organic, Thousand Island
- Organic, Vinaigrette

Drew's

- Garlic Italian
- Romano Caesar
- Buttermilk Ranch
- Kalamata & Caper
- Poppy Seed
- Raspberry
- Rosemary Balsamic
- Garlic & Peppercorn
- Smoked Tomato

Organicville

- Olive Oil & Balsamic Vinaigrette
- French
- Herbs De Provence
- Miso Ginger
- Non Dairy Ranch
- Orange Cranberry
- Pomegranate Vinaigrette
- Sesame Goddess
- Sesame Tamari
- Sun-Dried Tomato & Garlic
- Tarragon Dijon

Seeds of Change

- Organic, Greek Feta
- Organic, French Tomato
- Organic, Italian Herb

Walden Farms

- Coleslaw
- Creamy Italian
- Creamy Bacon
- Bacon Ranch
- Balsamic
- Bleu Cheese
- Caesar
- Creamy Bacon
- French
- Honey Dijon
- Italian
- Jersey Sweet Onion
- Thousand Island
- Oriental
- Ranch
- Raspberry Vinaigrette
- Russian
- Sun-Dried Tomato
- Zesty Italian
- Dip, Onion
- Dip, Ranch

SYRUP

Nature's Hollow

- Sugar-Free, Raspberry
- Sugar-Free, Maple

Walden Farms

- Blueberry
- Strawberry
- Pancake

VINEGAR

Bragg

- Liquid Aminos

Fleischmanns

- Organic Unfiltered, Apple Cider
- Organic Unfiltered, Red Wine
- Organic Unfiltered, White

FROZEN

DIP

Cedarlane Frozen Foods

- 5-Layer Mexican Dip Organic

BREAD/BAGELS

Glutino

- Cinnamon Raisin Bagels
- Bagels
- Bagels Premium Poppy Seed
- Flax Seed Bread
- Corn Bread
- Bread Cinnamon Raisin
- Baguettes Premium
- Bagels Premium Sesame
- English Muffins

Kinnikinnick

- Plain Bagels
- Tapioca Rice Tray Buns
- White Sandwich Bread
- Tapioca Rice Cinnamon Raisin Bagel
- Italian White Sandwich Bread
- Hamburger Buns
- Hot Dog Buns
- Bread Sunflower Flax
- Bread Honey Brown
- Bread Cheese Tapioca
- Tapioca Rice English Muffins

Udi's Gluten-Free Foods

- Whole Grain Bread
- White Bread

BURRITO

Gluten-Free Pantry

- Burrito Vegan
- Burrito Chicken & Cheese
- Burrito Breakfast
- Burrito Bean & Cheese

CHICKEN

Applegate Farms

- Chicken Nuggets

Ian's Natural Foods

- Chicken Fingers
- Chicken Nuggets

S'Better Farms

- Chicken Fingers

DESSERTS

Kinnikinnick

- Brownie Squares

FISH

Dr. Praeger's Sensible Foods

- Fish Sticks Potato Crust
- Fish Fillets Crunchy

Henry & Lisa's Natural Seafood

- Fish Nuggets Wild Alaskan

Ian's Natural Foods

- Fish Sticks

MEAT

Amy's Kitchen

- Burger Bistro

Shelton's Poultry

- Turkey Franks
- Chicken Franks

MEALS

Amy's Kitchen

- Vegetable Korma
 - Tofu Indian Mattar
 - Stir Fry Thai
 - Bowl - Brown Rice & Vegetables
 - Bowl - Baked Ziti
 - Bowl - Teriyaki Organic
 - Bowl - Santa Fe Enchilada
 - Bowl - Mexican Casserole
 - Bowl - Brown Rice & Vegetable
 - Bowl - Black-Eyed Pea & Veggies
 - Whole Meal - Enchilada Cheese
 - Whole Meal - Enchilada Black Bean
 - Whole Meal - Cheese Tamale Verde
 - Whole Meal - Black Bean Tamale
 - Paneer Tikki
 - Paneer Mattar Light Sodium
 - Macaroni & Cheese Rice
 - Rice Garden Lasagna
 - Palak Paneer Indian Meal
 - Mattar Paneer Indian Meal
 - Enchilada Cheese
 - Enchilada Black Bean Vegan
- #### **Caesar's Pasta Products**
- Stuffed Shells Pasta
 - Pasta Manicotti
 - Vegetable Lasagna

- Cheese Lasagna

Cedarlane Frozen Foods

- Garden Veggie Enchilada

Conte's Pasta

- Stuffed Shells
- Ravioli Cheese
- Ravioli Cheese & Spinach
- Pierogies Cheese & Onion
- Pierogies
- Gnocchi

Gluten-Free Creations

- Asian Noodles
- Pasta Primavera Entrée
- Lemon Basil Chicken Entrée
- Fettuccini Alfredo Entrée

Glutino

- Penne Alfredo Entrée
- Macaroni & Cheese Entrée
- Chicken Ranchero
- Chicken Pomodoro
- Chicken Pad Thai
- Chicken Alfredo

Ian's Natural Foods

- Popcorn Corn Dogs

Nature's Path

- Homestyle Waffles

S'Better Farms

- Corn Dogs

The Organic Bistro

- Wild Salmon Dinner
- Sockeye Salmon Cakes
- Savory Turkey
- Pescado Veracruz
- Pasta Puttanesca
- Moroccan Chicken
- Jamaican Shrimp Cakes
- Ginger Chicken Dinner
- Chicken Citron Dinner

MUFFINS/DONUTS

Kinnikinnick

- Vanilla Glazed Donuts
- Maple Glazed Donuts
- Double-Dipped Chocolate Donuts
- Cinnamon & Sugar Donuts
- Chocolate Chip Muffins

- Carrot Muffins
- Blueberry Muffins

Udi's

- Lemon Muffins
- Blueberry Muffins

PIZZA

Amy's Kitchen

- Rice Crust Spinach Pizza
- Rice Crust Pizza

Glutino

- Spinach & Feta Pizza
- Duo Cheese Pizza

Kinnikinnick

- Pizza Crust

Nathlight

- Pizza Crust Brown Rice

Udi's

- Pizza Crust

POT PIE

Amy's Kitchen

- Shepherd's, Organic
- Shepherd's, Low Sodium
- Mexican Tamale, Organic

RICE

Rice Expressions

- Thai Jasmine Organic
- Tex Mex Organic
- Pilaf Organic
- Long Grain Organic
- Indian Basmati Organic
- Brown Rice Organic

WAFFLES/FRENCH TOAST/PANCAKES

Dr. Praeger's Sensible Foods

- Sweet Potato Pancakes

Glutino

- French Toast Cinnamon

Ian's Natural Foods

- French Toast Stick

Kinnikinnick

- Cinnamon Waffles
- Waffles

Nature's Path

- Buckwheat Berry Waffles

Van's Natural Foods

- Homestyle Pancakes

- Original Waffles
- Mini Waffles
- Flax Waffles
- Cinnamon Apple Waffles
- Buckwheat Waffles
- Blueberry Waffles
- Cinnamon French Toast Sticks

DAIRY

BAR

Cascade Fresh

- Probiotic Bar Peanut Butter Crunch
- Probiotic Bar Goji Berry Crunch
- Probiotic Bar Cherry Vanilla
- Probiotic Bar Blueberry Açai

CHEESE

Follow Your Heart

- Alternative Cheese, Mozzarella
- Alternative Cheese, Cheddar

Galaxy Nutritional Foods

- Alternative Cheese, Vegan Slices Mozzarella
- Alternative Cheese, Vegan Cheddar
- Alternative Cheese, Low-Fat Slices, American
- Rice Cheese Shreds, Mozzarella
- Rice Cheese Shreds, Cheddar

Lisanatti Foods

- Almond Cheese, Mozzarella
- Almond Cheese, Jalapeño Jack
- Almond Cheese, Cheddar
- SoySation Shreds, Mozzarella
- SoySation Shreds, Cheddar

CREAMER

Whitewave Foods

- Silk Soy Creamer, Hazelnut
- Silk Soy Creamer, Organic
- Silk Soy Creamer, French Vanilla
- Silk Creamer, Vanilla
- Silk Creamer

DRINK

Bolthouse Farms

- Strawberry Banana Sm
- Strawberry Banana Lg
- Amazing Mango Smoothie
- Perfectly Protein Sm
- Perfectly Protein Med
- Mocha Cappuccino Sm
- Mocha Cappuccino Lg

- Juice Perfect Protein Lg
- Juice Fruit Smoothie Mango
- Juice Fruit Smoothie Green Goodness
- Hazelnut Latte Protein Sm
- Green Goddess Sm
- Green Goddess Lg
- Carrot Juice 100% Sm
- Carrot Juice 100% Med
- Carrot Juice 100% Lg
- Blue Goodness Lg
- Berry Boost Sm
- Berry Boost Lg

Cascade Fresh

- Low-Fat Strawberry Smoothie
- Low-Fat Raspberry Smoothie
- Low-Fat Peach Smoothie
- Low-Fat Açai Smoothie

High Country Kombucha Tea

- Kombucha Wild Root
- Kombucha Tea, Passion Flower
- Kombucha Tea, Original
- Kombucha Tea, Lemon
- Kombucha Tea, Honeysuckle
- Kombucha Tea, Goji
- Kombucha Tea, Ginger
- Kombucha Tea, Elderberry
- Kombucha Tea, Chai
- Kombucha Tea, Aloe

ZENSOY

- Soy On The Go, Vanilla
- Soy On The Go, Chocolate
- Soy On The Go, Cappuccino

KEFIR

Lifeway Kefir

- Fat-Free Strawberry
- Plain
- Organic Whole Milk Wildberry
- Organic Whole Milk Strawberry & Cream
- Organic Whole Milk Plain
- Organic Low-Fat Strawberry
- Organic Low-Fat Raspberry
- Organic Low-Fat Pomegranate
- Organic Low-Fat Plain
- Organic Low-Fat Peach
- Organic Low-Fat Blueberry
- Low-Fat Vanilla

- Low-Fat Strawberry
- Low-Fat Raspberry
- Low-Fat Pomegranate
- Low-Fat Plain
- Low-Fat Peach
- Low-Fat Cherry
- Low-Fat Blueberry
- Low-Fat Banana Strawberry
- Fat-Free Raspberry
- Fat-Free Plain
- Fat-Free Blueberry
- Orange
- Lime
- Berry
- Chocolate Bars
- Pomegranate Bars
- Peanut Bars

So Delicious

- Kefir Coconut Milk, Strawberry
- Kefir Coconut Milk, Plain

MILK

Almond Breeze

- Unsweetened Vanilla
- Vanilla (half gallon)
- Original (half gallon)

Redwood Hill Farm

- Goat Milk Kefir, Plain
- Goat Milk Kefir, Blueberry

Rice Dream

- Rice Milk, Vanilla
- Rice Milk, Original

RYZA

- Whole Grain Brown Rice Milk, Vanilla
- Whole Grain Brown Rice Milk, Original

So Delicious

- Coconut Milk, Vanilla (1/2 gallon)
- Coconut Milk, Unsweetened (1/2 gallon)
- Coconut Milk, Original (1/2 gallon)

Whitewave Foods

- Soymilk, Very Vanilla (1/2 gallon)
- Soymilk, Vanilla (quart)
- Soymilk, Vanilla (1/2 gallon)
- Soymilk, Plus Omega (1/2 gallon)
- Soymilk, Plain (quart)
- Soymilk, Plain (1/2 gallon)

- Soymilk, Organic Vanilla (1/2 gallon)
- Soymilk, Organic Unsweetened (1/2 gallon)
- Soymilk, Organic Plain (1/2 gallon)
- Soymilk, Light Vanilla (1/2 gallon)
- Soymilk, Light Plain (1/2 gallon)
- Soymilk, Light Chocolate (1/2 gallon)
- Soymilk, Chocolate (quart)
- Soymilk Chocolate (1/2 gallon)

Wildwood Organics

- Soymilk Probiotic, Vanilla
- Soymilk Probiotic, Pomegranate
- Soymilk Probiotic, Blueberry

PUDDING

ZENSOY

- Soy Pudding, Swirl
- Soy Pudding, Chocolate

SPREAD

Cascade Fresh

- Sour Cream, Natural

Earth Balance

- Soy Garden Buttery Spread, Non-GMO
- Buttery Sticks
- Organic Buttery Spread, Whipped
- Natural Margarine

Follow Your Heart

- Vegenaïse Organic, Sm
- Vegenaïse Flaxseed & Olive Oil

SMART

- Margarine Natural

TOFU

House Foods

- Tofu Soft, Lg
- Tofu Noodles Shirataki Fettucini
- Tofu Noodles Shirataki
- Tofu Medium Firm, Lg
- Tofu Firm, Lg
- Tofu Extra Firm, Sm

Wildwood Organics

- Tofu Sprouted, Firm

YOGURT

Cascade Fresh

- Fat-Free Lime
- Whole Milk, Vanilla Lg
- Whole Milk, Plain Lg
- Whole Milk, Orange Cream Lg

- Tub Fat-Free, Plain
- Organic Low-Fat, Plain
- Organic Fat-Free, Plain Lg
- Low-Fat Strawberry Sm
- Low-Fat Rainier Raspberry Sm
- Low-Fat Peach Sm
- Low-Fat Cherry Sm
- Low-Fat Boysenberry Sm
- Low-Fat Blackcap Cherry Sm
- Fat-Free Very Vanilla Sm
- Fat-Free Vanilla Lg
- Fat-Free Strawberry Sm
- Fat-Free Strawberry
- Fat-Free Rainier Raspberry Sm
- Fat-Free Plain Sm
- Fat-Free Peach Sm
- Fat-Free Orange Cream Sm
- Fat-Free Marionberry Sm
- Fat-Free Lemon Chiffon Sm
- Fat-Free Lemon Chiffon Lg
- Fat-Free Green Apple Pie Sm
- Fat-Free Cherry Vanilla Sm
- Fat-Free Boysenberry Sm
- Fat-Free Blueberry Sm
- Fat-Free Blueberry Lg
- Fat-Free Apricot Mango Sm
- Fat-Free Plain Lg

Mountain High Yoghurt

- Tub Original Plain Lg
- Tub No-Fat Plain
- Tub Low-Fat Plain
- Strawberry Lg
- Original Vanilla Lg
- Original Plain Lg
- Low-Fat Vanilla Lg
- Low-Fat Raspberry Lg
- Low-Fat Lemon Lg
- Low-Fat Plain Lg
- Fat-Free Vanilla Lg
- Fat-Free Plain Sm

Redwood Hill Farms

- Goat Milk Yogurt, Vanilla
- Goat Milk Yogurt, Strawberry
- Goat Milk Yogurt, Plain
- Goat Milk Yogurt, Cranberry Orange

- Goat Milk Yogurt, Blueberry
- Goat Milk Yogurt, Apricot Mango

So Delicious

- Coconut Milk Yogurt, Raspberry
- Coconut Milk Yogurt, Vanilla
- Coconut Milk Yogurt, Strawberry Banana
- Coconut Milk Yogurt, Plain
- Coconut Milk Yogurt, Passion Fruit
- Coconut Milk Yogurt, Blueberry

WholeSoy & Co.

- Soy Yogurt, Vanilla
- Soy Yogurt, Strawberry
- Soy Yogurt, Strawberry Banana
- Soy Yogurt, Raspberry
- Soy Yogurt, Plain
- Soy Yogurt, Peach
- Soy Yogurt, Mixed Berry
- Soy Yogurt, Lemon
- Soy Yogurt, Cherry
- Soy Yogurt, Blueberry
- Soy Yogurt, Apricot Mango

BAKERY

BREAD

Ener-G

- Brown Rice Lite Loaf
- Brown Rice Loaf
- Brown Rice Yeast-Free Loaf
- Raisin Loaf
- Tapioca Loaf
- Tapioca Loaf Light
- White Rice Loaf

Food For Life

- Bhutanese Red Rice
- Brown Rice, Fruit Juice Sweetened
- Millet
- Raisin Pecan
- Rice Almond, Fruit Juice Sweetened
- Rice Bread
- Rice Pecan, Fruit Juice Sweetened
- White Rice

OTHER

Ener-G

- English Muffins
- Pizza Shell

French Meadow

- Brownie, Fudge
- Cookie, Chocolate Chip

DELI

PIZZA

Sprouts

- Gluten-Free Pizza
- Gluten-Free Pizza, Frozen

MEAT

Seltzer's

- Smoked Honey Bologna
- Lebanon Bologna
- Lean Beef
- Freybe
- Braunschweiger
- Liver Sausage
- Liver Sausage Herb
- Canadian Bacon

CHEESE

Andrew & Everett

- Muenster, Thin Sliced
- Provolone, Thin Sliced
- Colby Jack, Thin Sliced
- Pepper Jack, Thin Sliced
- Mild Cheddar, Thin Sliced
- Swiss, Thin Sliced
- Havarti, Thin Sliced
- Sharp Cheddar, Shredded
- Mexican Mix, Shredded
- Italian, Shredded

Friendship

- Farmer Cheese, Plain
- Farmer Cheese, Unsalted

PICKLES

Bubbies

- Kosher Dill
- Bread and Butter

CONDIMENTS

Bubbies

- Green Tomatoes
- Sauerkraut
- Relish Dill

GUACAMOLE

Wholly Guacamole

- Classic

- Snack Pack

- Spicy

MEAT

SAUSAGE

Sprouts

- Hot Links Smoked Sausage with Jalapeños
- Mozzitalian Italian Style Sausage with Mozzarella Cheese
- Uncured Smoked Polska Kielbasa
- Smoked Sausage
- Spicy Andouille Sausage
- Cocktail Smokies
- Beef Snack Sticks
- Hot Links
- Beef Summer Sausage

Freybe

- Braunschweiger Liver Sausage

HBA

BABY POWDER

Nature's Baby Organics

- Silky Dusting Powder

BATH SOAP

Jason

- Kids Only Bath Gel, Tropical Twist
- Kids Only Bath Gel, Berry Burst

Nature's Baby Organics

- Bubble Bath, Tangy Tangerine
- Bubble Bath, Lovely Lavender

CLEANSERS

Skin Organics

- Gentle Cleanser, Mellow Melon
- Exfoliating Cleanser, Peppermint Tea
- Face and Body Scrub, Lavender Silk

Desert Essence Organics

- Facial Cleansing Gel, Pomegranate

SHAMPOO

Desert Essence Organics

- Red Raspberry
- Italian Red Grape
- Green Apple and Ginger

Head Organics

- Clearly Head

Jason

- Kids Only, Extra Gentle
- Kids Only, Daily Detangle

CONDITIONER

Desert Essence Organics

- Red Raspberry
- Italian Red Grape
- Green Apple and Ginger

Head Organics

- Leave in Spray

Jason

- Kids Only, Extra Gentle
- Kids Only, Daily Detangle

HAIR STYLING

Head Organics

- Extra Hold Hair Gel
- Extra Hold Hair Spray
- Natural Styling Wax

LOTION

Desert Essence Organics

- Hand and Body, Spicy Citrus
- Hand and Body, Coconut

- Hand and Body, Bulgarian Lavender

- Hand and Body, Vanilla Chai

- Hand and Body, Almond

Pure and Basic

- Hand and Body, Natural

MOISTURIZER

Nature's Baby Organics

- Face and Body Moisturizer

Skin Organics

- Hydrating Cleanser, Peppermint Milk
- Calming Mist, Cucumber Sage
- Shade Booting Moisturizer, Pomegranate
- Moisture Drench, Coffee Cherry

SUNSCREEN

Desert Essence Organics

- Mineral

TOOTHPASTE

Bee Rescued

- Propolis

VITAMINS

The wide variety of vitamins and supplements Sprouts offers is simply staggering. Equally amazing is how many are, naturally, gluten-free. Below are companies with entire gluten-free product lines that we stock. Please do ask your in-store vitamin manager for guidance on others.

• **Country Life**

• **Biochem**

• **Iron-Tek**

• **Bluebonnet**

• **Himalaya**

• **Gaia Herbs**

• **Jarrow Formulas**

• *and many more!*

Important

Sprouts Farmers Market offers this guide only as educational literature. Please contact your healthcare practitioner for your individual medical needs. We hope this guide assists you in your shopping, however, Sprouts Farmers market cannot be held responsible for your individual reactions to particular food products nor can we guarantee the total absence of gluten as it may occur in cross-contamination.

NO GRAIN, NO PAIN

If you are a careful observer of the supermarket scene, you might be wondering what the deal is with all of these “gluten-free” products that seem to be popping up everywhere.

“Gluten” is the general name for one of the proteins found in wheat, rye, barley, and other related grains. This elastic protein (part of the family of prolamines) provides the “glue-like” structure that holds flour products together.

Glutens are commonly associated with wheat, but in fact they are found in many, many grains including spelt, udon, faro, kamut, orzo, couscous, farina, barley, bran and rye. Glutens are sometimes hiding in products where you would never expect them, like hot dogs, ice cream and lipstick.

Glutens have been in the news a lot in recent years because of studies about their effects on health. People who suffer from celiac disease cannot tolerate gluten when it comes in contact with the small intestine, resulting in a variety of maladies including weight loss, bloating, diarrhea, gas, abdominal cramps or vitamin and mineral deficiencies. When patients totally eliminate gluten from the diet, the lining of the intestine has a chance to heal.

But increasingly, even non-celiacs are turning to gluten-free products. That’s because many people have noticed that following a gluten-free diet helps them feel better and have more vitality. And this increased demand has led to a veritable explosion of gluten-free products in the marketplace. There are now better quality, better tasting gluten-free products than ever before, and they are available in every department in the store — even the bakery!



RESOURCES

American Celiac Disease Alliance:

americanceeliac.org

Celiac Disease Foundation:

celiac.org

Celiac Disease and Gluten-Free Diet Support Center:

celiac.com

Food Allergy Anaphylaxis Network:

foodallergy.org

Gluten Intolerance Group:

gluten.net

Gluten Freedom:

glutenfreedom.net

Gluten-Free Living:

www.glutenfreeliving.com

**Gluten-Free, Casein-Free Diet, Dietary Intervention
for Autistic Spectrum Disorders:**

gfcfdiet.com

**National Institutes of Health,
Celiac Disease Awareness Campaign:**

celiac.nih.gov

It is important for you to know the resources available to you on a gluten-free diet. Sprouts book and magazine departments carry an assortment of materials dedicated to gluten-free living. Please check with your favorite Sprouts Farmers Market location for these resources.



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