



# Guide for Building a Gluten Free Meal

## Breakfast

- Carnation Instant Breakfast (French vanilla; Chocolate)
- General Mills Original Rice Chex
- Envirokidz Organic varieties
- Maple Syrup: Aunt Jemima, Log Cabin, Maple Grove Farms, Mrs. Butterworth's
- Pancake & Waffle Mix: Maple Grove Farms
- Smucker's and Welch's brand jam, jelly, preserve varieties
- Skippy & Jif brand peanut butter varieties
- Nutella

## Baking Needs

- Betty Crocker Gluten Free cake mixes, decorating icing, decors, & nonpareils
- Namaste baking mixes
- Pamela's baking mixes
- Most Duncan Hines icing
- Most Pillsbury icing
- All baking chocolate & chocolate chips
- All dried fruits, canned fruit fillings, nuts
- Corn starch
- Baking powder
- Evaporated milk
- Sweetened condensed milk
- Bob's Red Mill brand
- Gluten-Free Pantry brand

- Yeast brands: Fleishmann's, Red Star
- All McCormick brand spices
- All cooking oils & sprays
- All sugars & sweeteners

## Desserts & Candies

- Jelly Belly jelly beans
- All chewing gum
- Hershey's candy bars & hard candy
- Brach's hard candy & gummy candy
- Jell-o gelatin
- Jell-o instant pudding & pie filling

## Frozen Desserts

- Talenti ice cream varieties
- Stonyfield Farm frozen yogurt varieties
- Edy's Fruit Bars, frozen yogurt, & ice cream varieties
- Haagen Dazs frozen yogurt & ice cream varieties
- All frozen fruit varieties
- Cool Whip (all varieties)

## Side Dishes

- Instant Potatoes: Betty Crocker, Hungry Jack, Idahoan, Spartan
- Rice: Rice Select, most Uncle Bens
- All plain frozen vegetables
- Green Giant flavored frozen vegetables with cheese or butter sauces
- Ore Ida frozen potato varieties

While we at Martin's Super Markets have done the best that we can to assure that all items listed are free from gluten, we cannot be held responsible for any individual reactions to products. It is important to note that ingredients in products may change and we cannot be guaranteed that there was no cross contamination of products while being manufactured. If you are uncertain about a certain ingredient or product do not hesitate to email or call the manufacturer.



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### Dairy Products

- Sour cream
- Yoplait yogurt varieties
- Stonyfield Farm Organic yogurt varieties

### Soups & Broths

- Swanson broth varieties
- Emeril's stock varieties
- Kitchen Basics stock varieties
- Most Health Valley brand soups, most Progresso brand soups (without noodles)

Note: if soups contain wheat products, they are not gluten free

### Snacks

- Quaker Rice Cakes
- Kettle Chips
- Terra
- David brand sunflower and pumpkin seed varieties
- Planter's brand snack nut varieties
- Popcorn: Act II, Orville Redenbacher's, Pop Secret, Spartan
- Seyfert's chips, pork rinds, and puffs
- Jay's chip varieties
- O-KE-DOKE popcorn varieties

### Pastas, Pizzas, & Sauces

- Schar pasta varieties
- Tinkyada brown rice pasta varieties
- Pasta Sauce brands: Clasico, Hunt's, Prego, Spartan
- Pizza Sauce brands: Contadina, Chef Boyardee
- Chebe pizza crust & buns (frozen)

### Condiments, Dressings, and Dips

- Hidden Valley Ranch (all varieties)
- Dressing brands: Ken's Steak House, Kraft, Marzetti, Wishbone
- All distilled vinegars (avoid malt vinegars)
- Cooking Wine: Holland House, Reese
- All ketchup, horseradish, mayonnaise, mustard, relish, pickles, and tartar sauce
- Arribai dips and salsas

Note: Check BBQ sauce for malted barley from beer

Note: Check Asian-style sauces for wheat

### Beverages & Drink Mixes

- Gatorade and Powerade (all flavor varieties)
- All juice varieties
- Red Bull energy drink
- Almond Breeze almond milk
- Rice Dream rice milk
- Silk brand soy and almond milk varieties
- Hot Cocoa Mix: Ghiradelli, Land-O-Lakes, Nestle, Spartan, Swiss Miss
- Coffee
- Red Bridge beer
- All bottled sodas, waters, tea beverages, & other non-carbonated drinks
- Coffee Creamers: Nestle Coffee-Mate
- Tea (except for a few dessert teas which have malt as an ingredient)
- All frozen juice concentrates