

**PARTIAL LISTING OF GLUTEN-FREE  
“MAINSTREAM” PRODUCTS  
AVAILABLE IN THE CHICAGO AREA  
OR THROUGH THE INTERNET**

Updated March 5, 2005

Wheaton Gluten-Free Support Group

**The list is available through the celiac support page at the Naperville Gastroenterology web site, <http://www.napervillegi.com> under the celiac link. Email may be sent to Stephen Holland, M.D.**

This list was compiled from lists and postings on celiac and autism organizations' websites and from information provided by manufacturers and retailers. In addition to products in this list, a wide variety of gluten-free specialty products are available, clearly labeled "gluten free."

This list is based on available information and does not claim to be complete. Its accuracy depends on the accuracy of the information provided by the product manufacturers. Information verification dates are given in parentheses. **INGREDIENTS OF SOME PRODUCTS CHANGE OFTEN. FOR CURRENT INFORMATION, CHECK THE INGREDIENT LIST ON THE PRODUCT LABEL.**

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**There are many specialty companies with products labeled “gluten-free” that are not included in this listing. Mainstream brands that claim to clearly mark wheat, rye, or barley content on product labels may not be included in the list: Ben & Jerry’s, Blue Bunny, Cascadian Farms, ConAgra Healthy Choice, Farley’s, General Mills, Haagen Daz, Hain, Kraft, Lawry’s, Lipton, Lloyd’s Barbeque, M&M Mars, McCormick, Nabisco, Nestle, Pillsbury, and Progresso. Products with identified contamination problems are not included in the listing.**

## **BAKERY/BREAD/TACOS/TORTILLAS**

Azteca Corn Tortillas ([www.AztecaFoods.com](http://www.AztecaFoods.com)) (8/02)

Bearitos: taco shells, tostada shells (12/04)

Best Little Baker [www.carousefoods.com](http://www.carousefoods.com): cheesecake (2/04)

Casa Mamita Taco Shells (Aldi's) (502.772.2500) (1/03)

Charra's (888-217-4053) ([www.charras.com](http://www.charras.com)): Tostadas (10/03)

Chebe Bread (800 217-9510) [ww.chebe.com](http://ww.chebe.com): all products (10/03)

Cheenies Cheese Bite Rolls (6/03)

Chi-chi's Tortillas (ConAgra Foods) (502 772-2500) (1/03)

David's Cheesecake (847) 854-4861 (11/03)

Don Pancho [www.DonPancho.com](http://www.DonPancho.com): tortilla wraps (9/04)

Food for Life bread: rice almond, rice pecan, white rice, brown rice, China black rice, Buthanese red rice

Goya (800 275-4692 x2218): corn tortilla—3 doz. (1/04)

Gringo Pete's Corn Tortillas: (9/04)

Jere's Creamy Cheesecake (12/04)

Little Bear taco shells-corn (10/03)

Manny's Authentic Corn Tortillas (1/04).

Meijer Brand Taco Shells (ConAgra Foods) (502 772-2500) (1/03)

MexAmerica [www.mexamericafoods.com](http://www.mexamericafoods.com) (814 781-1447): stone ground corn tortillas and tortilla chips (8/03)

Mission Foods [www.missionfoods.com](http://www.missionfoods.com): corn tortillas (9/04)

Missy's Cheesecake [www.carousefoods.com](http://www.carousefoods.com) (2/04)

Nature's Highlights (800 313-6454): pizza crust--brown rice, soy rice (11/04)

NuWorld [www.nuworldfoods.com](http://www.nuworldfoods.com): flatbread—amaranth-garbanzo, amaranth-buckwheat, amaranth-sorghum (1/04)

Ole Mexican Foods ([www.olemexicanfoods.net](http://www.olemexicanfoods.net)): Corn Tortillas (3/04)

Ortega (800 225-2270): Yellow corn taco shells; tostada shells; Tostada Shells; White Corn Taco Shells

Patak's pappadums: black pepper, garlic, plain (10/03)

Que Pasa ([www.quepasafoods.com](http://www.quepasafoods.com)): corn tortillas and tacos (1/04)

Sharwood's (<http://www.sharwoods.com>): COOK TO EAT PUPPODUMS--Plain, Spiced, Garlic & Coriander, Green Chilli & Garlic; READY TO EAT PUPPODUMS: Plain, Spiced, Garlic & Coriander, Lime Pickle, Veggie Ghee (10/03)

Tamexico's white corn tortillas (10/04)

Trader Joe's Gluten Free Rolls (located in the fresh bread section) Cinnamon Raisin Loaf, Caramelized Onion Loaf, corn tortillas (12/03)

Walmart Great Value Brand Taco Shells (ConAgra Foods) (502 772-2500): (1/03)

Whole Foods 365 organic corn tortillas (11/04)

### ***Waffles***

Custom Cuisine (7/04)

Lifestream (Nature's Path) toaster waffles: Mesa Sunrise, buckwheat wildberry (11/04)

Oro West: wheat-free flax (7/04)

Van's ([www.vansintl.com](http://www.vansintl.com)) Waffles—original, apple cinnamon, blueberry, flax (11/04)

Waffle Heaven: blueberry, homestyle (7/04)

Wheatsone: wheat-free homestyle, wheat-free blueberry (1/04)

## BAKING PRODUCTS

### *Chocolate*

Baker's (Kraft's Foods): Chocolate Chips, Semi-Sweet Chocolate Flavored Milk, Semi-Sweet Bittersweet, Unsweetened White, German (3/02)

Barry Callebaut: semi-sweet choc chips (9/04)

B. Manischewitz Co: Chocolate Morsels (5/03)

Chatfield's ([www.ans-natural.com](http://www.ans-natural.com)): Carob Powder; Cocoa Powder (04/02)

Guittard: real milk choc, semi-sweet, [semi-sweet choc decorative sprinkles (9/04)]

Hershey's (800 468-1714) ([www.hersheys.com](http://www.hersheys.com)) Chocolate Syrup, lite chocolate syrup; Cocoa, Unsweetened and Semi-sweet Baking Chocolate, Semi-sweet chocolate chips (6/03)

Nestle: Semi-sweet chocolate morsels, semi-sweet chocolate mini morsels, semi-sweet chocolate mega morsels, milk chocolate morsels , mint chocolate morsels , premier white morsels , premier white baking bar , semi-sweet baking bar, choco bake , semi-sweet chocolate covered raisins , unsweetened chocolate baking bar

Oppenheimer: white choc chips (9/04)

Paskesz chocolate chips DF (3/04)

Saco [www.sacofoods.com](http://www.sacofoods.com) (800-373-7226): Dolci Frutta melting wafers, baking cocoa, chunks

Select Chocolate Chips (3/04)

Scharffen Berger [beantobar@scharffenberger.com](mailto:beantobar@scharffenberger.com): choc bars, natural cocoa powder (6/04)

Tropical Source [www.nspiredfoods.com](http://www.nspiredfoods.com): Baking Chips semi-sweet DF (12/04)

Whole Foods 365 Chocolate Chips, Semi Sweet (11/04)

Yamate: sugar free choc. (11/04)

### *Coconut*

BAKER'S ANGEL FLAKE Coconut (Bag and Can), Premium Shred Coconut

Let's Do Organic ([www.edwardandsons.com](http://www.edwardandsons.com)): shredded, lite (5/04)

Safeway (877 723-3929): sweetened coconut (3/04)

### *Cooking Spray and Oils*

Crisco Shortenings and Oils

International Home Foods Inc: Naturally CanoIa Cooking Spray

Jewel/Albertson's: cooking/pan sprays (9/03)

Mazola non-stick cooking sprays: orig (6/04)

Pam (800 544-5680) Cooking Spray—orig, butter flavor, olive oil (**not Pam for baking**) (10/04)

Watkins [www.watkinsonline.com](http://www.watkinsonline.com): cooking spray (11/03)

### *Décor*

Ateco Gel Colors (Americolor) (714 996-1820) (11/01)

Betty Crocker/Signature Brands: real choc dessert décor, gel food color, neon, dinosaur sprinkles, candy sprinkles

Cake Mate: all

Dancing Deer: all natural food colors (9/04)

DecACake: all gels, sugar crystals, non-pariels, icings

Decor Selects Sprinkles (Betty Crocker)

Duncan Hines Frostings - All varieties NOT containing Malt

Let's Do Organic ([www.edwardandsons.com](http://www.edwardandsons.com)): Chocolate Sprinkelz (12/04)

Pillsbury: choc, cream cheese, dk choc, funfetti choc, straw, banana cream, hot fudge, choc fudge, creamy candy, french van, lemon, milk choc, choc mocha (**NOT VANILLA**)

Tones: all food coloring

Wilton: paste and liquid colors, flavorings, white white, dry icing mix, meringue powder, color flow, piping gel, decorating ready to use icings (not aerosol) glucose, gum-tex, glycerin, candy flavors, candy melts, colored sugars, whipped icing, icing

decorations, rolled fondant, cake release

### ***Leavening Agents***

Arm and Hammer Baking Soda

Better'N Eggs (Michael Foods) (877-727-3884) ([www.michaelsfoods.com](http://www.michaelsfoods.com)): in the fresh Dairy Case only. (10/03)

Calumet (800-543-5335) [www.kraftfoods.com](http://www.kraftfoods.com): Baking Powder

Clabber Girl [www.clabbergirl.com](http://www.clabbergirl.com): Baking Powder (8/04)

Davis Baking Powder ([www.jelsert.com](http://www.jelsert.com)) (2/03)

Egg Beaters (ConAgra) (800 988-7808): all **except garden vegetable** (10/04)

Oetker Baking Powder

SAF Instant Yeast , High Activity Yeast (9/04)

Fleischmann's Yeast: Active Dry, Bread Machine, Compressed

Morningstar Farms (Kelloggs): Scramblers (8/02)

Red Star (800.4CELIAC) Yeast: Quick Rise, Active Dry

Rumford [www.hulman.com](http://www.hulman.com): Baking Powder (7/04)

Tone's/Durkee/Spice Islands: Baking Powder, Baking Soda

### ***Sugar and Sweeteners***

Brer Rabbit (B&G Foods) (973-401-6500) ([www.bgfoods.com](http://www.bgfoods.com)): Molasses (Mild, Full and Blackstrap) (1/04)

C&H Sugars (800 234-5708): all sugar products (7/04)

Crystal Sugars (United Sugars) (218-236-4740) white, brown, and powdered (8/03)

Dixie Crystals: light brown Sugar (3/03), Powdered Sugar (7/02)

Domino's: white sugar (7/04) Brown Sugar (light or dark), confectioner's sugar

Equal (800 323-5316) [www.equal.com](http://www.equal.com): All sizes and types (6/04)

Grandma's Molasses (800 426-4891): (6/04)

Karo Corn Syrups: light, dark (6/04)

Lundberg [www.lundberg.com](http://www.lundberg.com): brown rice syrup (4/04)

Now Foods: stevia extract (8/04)

Nutrasweet

SAFEWAY (877 723-3929): Aspartame Sweetener; Sugar (Granulated, Powdered, and Brown) (3/04)

Splenda (800 – 7-SPLENDA) [www.splenda.com](http://www.splenda.com): all varieties (6/04)

Sugar in the Raw [www.sugarintheraw.com/index.html](http://www.sugarintheraw.com/index.html) (8/04)

Sweet 'N Low

Twin sugar (9/04)

Wax Orchards: Fruit sweet (9/04)

### **BARS**

AllerEnergy: allergen-free nutrition bars—choc chip, apple cinnamon, cherry blossom, wild berry DF (8/04)

Allgoode Organics: banana nut nirvana, chocolate peanut pleasure, nutty chocolate apricot (10/03)

Alpsnack [www.alpsnack.com](http://www.alpsnack.com) (760-743-2211) plum & currant, fair trade expresso choc, fair trade dark choc, apricot & cranberry, coconut, mango & pineapple (9/04)

ANDI high protein bars [www.autismndi.com](http://www.autismndi.com): all DF (12/04)

Aunt Candice: apple berry, choc. Almond, choc. Peanut butter, choc mint (12/04)

Balance Bar: Almond Brownie (does not have actual brownie), Chocolate, Chocolate Raspberry Fudge, Mocha, Yogurt Honey Peanut, Yogurt Berry Plus (1/03)

Be Natural Bars ([www.benaturalbars.com](http://www.benaturalbars.com))

Boomi Bars (Mt. Govardan Products) [www.ramabar.com](http://www.ramabar.com): all (12/04)

Bumble Bars [www.bumblebar.com/index.php](http://www.bumblebar.com/index.php): all (12/04)

Carbolite Chocolate Almond Bars, Chocolate Crisp Bars (11/03)

Doctor's Carbrite Diet Bars (Universal Nutrition): all (11/03)

Ensure: Chewy Chocolate peanut butter, chocolate maple nut, cinnamon oat, cookies n cream (10/03)

EnviroKids Snack Bars [www.naturespath.com](http://www.naturespath.com): Cheetah Berry Crispy Rice Bars, Peanut Butter Crispy Rice Bar, chocolate crispy rice (12/04)

Genisoy (888-GENISOY) [www.genisoy.com](http://www.genisoy.com): chunky peanut butter fudge, creamy peanut yogurt (1/04)

Gorge Delights: pear, pear blueberry, pear cranberry (8/04)

Govinda [www.govinda-foods.com](http://www.govinda-foods.com) (800 900-0108): almond cashew sublime, sunflower power, brazil pine, cosmic combo, fig date delight, heavenly hazel, macadamia madness, pumpkin pleasures, peanut perfection, omega, walnut date the great, sesame sensation (**not Pistachio Planet**) (9/04)

Health Valley Snack Bars: Fat-Free Healthy Crisp Rice Bars: Tropical Fruit, Apple Raisin

Heaven Scent marshmallow bars: crispy rice, crispy rice & choc. Chip, crispy rice with soy protein (12/04)

Just Pears snack bars (3/04)

Larabar: cherry pie, apple pie, cashew cookie, choc coconut chew, banana cookie dough (9/04)

Luna Glow Bars (800-884-5254) (2/04)

Lyme Regis: Organic seven seeds and nut bar, kidz organic fruit bar, organic marzipan bar (10/03)

MaryJanesFarm [www.maryjanesfarm.org](http://www.maryjanesfarm.org) (888 750-6004) Internet ordering: food bars—All soy free, DF (5/04)

NuBasics - Complete Nutrition Bar-- Mocha Berry

O2Day's Natural Snacks: real berry bar, real green bar, real tropical (8/04)

Omega Smart Nutritional Bar (516-338-8690) ([www.omegasmartbar.com](http://www.omegasmartbar.com)): all (12/04)

Organic Food Bar [www.organicfoodbar.com](http://www.organicfoodbar.com): labeled GF (10/04)

Oskri Organics [www.oskri.com](http://www.oskri.com): bars--sesame w/date syrup, w/molasses, w/date syrup & black cumin, w/molasses & black cumin, w/date syrup and fennel, molasses and fennel (4/04)

Premier Protein Bar: Chocolate Peanut Butter, Double Chocolate Crunch (11/03)

Save the Forest: banana choc nut trail mix bar (7/04)

Slim Fast Snack Bars: chocolate chip crunch, cocoa almond crunch, chewy caramel crunch, peanut butter crunch (7/02)

Slim for Le\$\$ oat/raisin (10/03)

Think Thin Low Carb Protein bars: all (7/04)

Tiger's Milk Bars (800-695-7888) Weider Nutrition International: **except peanut butter crunch** (2/03)

TruFruit Bars [www.healthylivingfoods.com](http://www.healthylivingfoods.com): apricot, plum, peach, mixed fruit (7/04)

Whole Foods 365 Everyday –choc fudge, choc raspberry, honey peanut, yogurt honey peanut; Ella bar—choc pecan, huckleberry, Meyer lemon, peanut butter choc; organic food bar, organic vegan food bar (11/04)

Wild Country: nut, seed, and honey bars (2/04)

Worldwide Nutrition Pure Protein Bar, Chewy Chocolate Chip, Peanut Butter, White Chocolate Mousse (11/03)

## BEVERAGES

Amazake (800 472-4697) [www.grainaissance.com](http://www.grainaissance.com): rice shakes—almond shake, gimme green, go hazelnuts, tiger chai, vanilla gorilla (3/05) DF

Better Than Milk (800 227-2320) [www.ans-natural.com](http://www.ans-natural.com): Powdered Soy and Rice beverages

Blue Diamond Co: Almond Breeze--original, vanilla, chocolate DF (9/02)

Borden (800 426-7336) Cremora Non-dairy Creamer (original)

CoffeeMate (Nestle) ([www.nestleusa.com](http://www.nestleusa.com)): Liquid and Powdered--all (1/04)

Coffee Rich Coffee Creamer

Eden Foods [www.edenfoods.com](http://www.edenfoods.com) (888 441-3336): EdenBlend (rice & soy), Edensoy unsweetened (11/04)

Emer'gen-C (Alacer Corp): Vitamin Drinks (all varieties) (6/03)

Fred Meyers (800 632-6900): Dutch Hot Cocoa Mix (no sugar/reduced calorie) (4/02)

Gatorade (800-884-2867): All Thirst Quenchers and Propel Fitness Water (5/04)

Gourmet Du Village: Apple Cider and Hot Chocolate. (1/04)

Hain Non-Dairy Beverages: Rice Supreme Original; Rice Supreme Cinnamon

Harmony Farms Rice Beverages (Original, Vanilla, Enriched Original, and Enriched Vanilla)

Hershey's (800.468.1714) [www.hersheys.com](http://www.hersheys.com): Chocolate Syrup; Cocoa (4/02)

Stephens Gourmet Hot Sipping Cocoa (Indulgent Foods) (801-934-1630): All (12/03).

International Delight Creamer (5/03)

Kashi GoLean Shake, Chocolate and Vanilla (11/03)

Kemps: white and choc skim, 1%, 2%, and whole milk; coffee creamer, half & half, whipping cream, buttermilk, eggnog (2/04)

Kids Balanced Drink (TreeOfLife) ([www.ans-natural.com](http://www.ans-natural.com)): Very Vanilla; Choco-Chocolate

Lundberg (530 882-4551) [www.lundberg.com](http://www.lundberg.com): Rice Drinks--Vanilla, Original (8/03)

Napa Valley (888 887-3633) ([www.nvbev.com](http://www.nvbev.com)): Sparkling Beverages: Peach, Black Cherry, Strawberry

Nestle hot cocoa mix (1/04)

Nesquik ([www.nestleusa.com](http://www.nestleusa.com)): Powder, Ready-to-Drink, and Syrups (all flavors) (11/03)

Odwalla (800 658-4635) ([www.odwalla.com](http://www.odwalla.com)) Odwalla-Milk Original

Ovaltine (800 442-0099) Rich Chocolate Flavor only (4/02)

Pacific Foods (503 692-9666): Hazelnut Milk, Almond—all, rice--all (1/04)

PowerAde (Coca-Cola) [www.powerade.com](http://www.powerade.com): All flavors (3/02)

Produce Partners (McCormick) Banana Frost; Strawberry Frost Drink Mix

Rice-Um (11/03)

Rich's Coffee Rich Non-Dairy Creamer; Farm Rich Non-Dairy Creamer

Saco [www.sacofoods.com](http://www.sacofoods.com) (800 373-7226): mix'n drink, buttermilk blend, (3/03)

SAFEWAY (877 723-3929): Sugar Free Mixes (Iced Tea, Lemonade, and Raspberry); Hot Cocoa Mix (with and w/o Marshmallows and Fat Free); Milk Drinks (Mocha Cappuccino, Chill'n Chocolate, Very Berry Strawberry, Marvelous, Vanilla Shake) (3/04)

Samantha (800 658-4635): Classic Carrot Orange; Classic Lemonade; Energizer Ginseng; Banana Strawberry Smoothie; Raspberry Dream Smoothie; Mango Mama Smoothie; Desperately Seeking C; Super Juice; Protein Blast; Vanilla Almond Shake (4/02)

Snow's/Doxsee, (800-459-0396x400): Clam Juice (12/03)

Sovex Foods (423-396-3145): Rice Moo

Stewart's Beverages (866 789-2787): All, including Fountain Classics

Vance's DariFree (800 497-4834) (9/04)

Westsoy (Westbrae) Rice Drink—plain and vanilla only

Whole Foods 365 Rice Beverage Original, Vanilla (11/04)

Whyte's (800 399-3113) DariFree

Yoo Hoo (800-966-4669) [www.drinkyoo-hoo.com](http://www.drinkyoo-hoo.com) Original Chocolate (11/04)

### *Coffee*

**Note: Decaf or flavored coffees are not GF unless specifically listed.**

America's Best Iced Coffee Cappuccino, Viennese Mocha, Hazelnut (11/03)

Bustelo (3/03)

Café Westbrae: Coffee; French Vanilla; Mocha

Caffè D’Vita Cappuccino (Brad Barry Co.) (909-591-9493): All (1//03)

Chase and Sanborn (3/03)

Chock Full of Nuts **except 100% Columbian** (3/03)

Coffee Bean and Tea Leaf (800 832-5323): all coffees, Special Dutch choc and French Deluxe vanilla powders (9/04)

Dunkin Donuts Coffee (800 859-5339) All plain and flavored coffees (11/02)

Eight O’Clock (3/03)

Folgers (800 937-9745) Cafe Latte Mixes (modified food starch is tapioca); Coffee (all varieties and all instant coffees) (8/04)

Frapuccino (Pepsi) (800 433-2652) All varieties (4/02)

General Foods International: Instant--Regular-sugar free, fat free; Decaf Sugar free, fat free

Gevalia Coffee [www.gevalia.com](http://www.gevalia.com) (800 438-2542): Regular and Decaf--Unflavored only (1/03)

Goya espresso (3/03)

Green Mountain [www.gmcr.com](http://www.gmcr.com): all coffee, including flavored (4/04)

Hills Brothers (800 606-0695): all (3/03)

Jewel (3/03)

Kava coffee: all (8/04)

Maxwell House (Kraft) (800543-5335): gluten ingredients indicated on label

Maxim (Kraft) (800 543-5335): gluten ingredients indicated on label

Medaglia D’oro (3/03)

Meijer (3/03)

Melitta (3/03)

Millstone: all (8/04)

Nescafe café mocha, Blend 41 Instant Coffee

President’s Choice (3/03)

Sanka (Kraft Foods): Naturally DeCaf, Instant DeCaf

Select Flavored Coffees (3/04)

Starbucks: All varieties, Cappuccino, Frappuccino. (2/04)

Taster’s Choice (3/03)

Trader Joe’s coffee beans, ground coffee (11/03)

Tully's Coffee) ([www.tullys.com](http://www.tullys.com)): All (6/02)

Yuban (Kraft Foods): Instant Regular & Decaf

### ***Drink Mixes***

Carnation [www.nestleusa.com](http://www.nestleusa.com): all hot chocolate mixes, all Instant Breakfast **EXCEPT choc malt**; all creamers (2/02)

Country Time: All

Crystal Light (800 543-5335) [www.kraftfoods.com](http://www.kraftfoods.com): Low Calorie Soft Drink All Flavors (7/00)

Kirkman [www.kirkmanlabs.com](http://www.kirkmanlabs.com): fortified tropical punch drink mix (3/04)

KooI-Aid (800 543-5335) ([www.kraftfoods.com](http://www.kraftfoods.com)): Unsweetened Soft Drink All Flavors ; Sugar Sweetened Soft Drink All Flavors; Sugar Free Low Calorie Soft Drink All Flavors

On the Border [www.trucoenterprises.com](http://www.trucoenterprises.com): all drink mixes (7/04)

Rose's (800-696-5891) [www.rosesinfusions.com](http://www.rosesinfusions.com): Natural Infusions Cocktail Mixes (8/04)

Swiss Miss (877 528-0745): All (12/02) cocoa mix—milk choc w/marshmallows (10/04)



Tang (800 543-5335) [www.kraftfoods.com](http://www.kraftfoods.com): All (7/00)

VIP: Ready to Blend Smoothie Mixes (8/04)

Wylers's (Jel Sert Co.): reg and Lite (4/04)

### ***Fruit Drinks***

Bright & Early: Orange Breakfast Bvrge

Capri Sun (800 543-5335) (Kraft Foods): All (6/00)

Citrus Bay Lemonade (631-673-7274) [www.citrusbay.com](http://www.citrusbay.com): All (08/03)

Country Time (800 543-5335) (Kraft Foods): All (6/00)

Dole Food Company: All

Five Alive: All Fruit Beverages

Flavor Aid (Jel Sert Co) [www.jelsert.com](http://www.jelsert.com): all (4/04)

Fruit<sub>2</sub>O [www.fruit2o.com](http://www.fruit2o.com): all (4/04)

Fruitopia Juices (Coca-Cola) (800-438-2653): All (4/02)

FruitWorks (Pepsi) (800 433-2652) (4/02)

Hawaiian Punch [www.dpsu.com](http://www.dpsu.com) (800 426-4891): All (07/03)

Health Quenchers (800 543-5335) (Kraft): all powdered, ready to drink, (6/00)

Hi-C: All Fruit Drink

Kemps: all fruit drinks (2/04)

Kool-Aid (Kraft Foods): All flavors -Sweetened, Unsweetened, Low Calorie (6/00)

Lincoln: grape drink (9/04)

Market Day (877-632-7753): Strawberry Banana Fruit Smoothies, Quencherz Variety Pack (9/03)

Napa Valley (888.887.3633) [www.nvbev.com](http://www.nvbev.com): Sparkling Beverages--Peach, Black Cherry, Strawberry (4/02)

Newman's Own (800 444-8705): Lemonade, Pink lemonade, gorilla grape, razz-ma-tazz raspberry juice cocktail, orange mango tango (3/04)

Renee California Sparkling Juice (707-253-1550) Chardonnay and White Zinfandel

Select: Winners Thirst Quencher (Lemon Lime, Lemon Ice, Orange, Lemon, Tropical, Fruit Punch, Glacier Wave, Tangerine Freeze, Amazon Freeze) (3/04)

SoBe: (800 588-0548) ([www.sobebev.com](http://www.sobebev.com)): Exotic Teas & Fruit Juice Blends; Powerline; 3c Elixirs; Love Bus Brew; Lizard Line; Lean Line; Adrenaline Rush; Liz Packs; Lemonade. **NOT SPORTS SYSTEMS**

Snapple (800 964-7842 x7856) DIET: All ; Regular: all (5/03)

Sunkist fruit punch—carb & noncarb (11/04)

Sunny Delight ([www.sunnv.com](http://www.sunnv.com)): all (8/04)

Tropicana Smoothies (800 237-7799) ([www.tropicana.com](http://www.tropicana.com)): All

### ***Juices***

After the Fall Products Inc: all juices (4/04)

Apple & Eve (800 969-8018) All 100% juice (4/02)

Bolthouse (800-467-4683) [www.bolthouse.com](http://www.bolthouse.com): 100% Carrot Juice, 100% Valencia Orange, Vedge (tomato, carrot & celery), Strawberry Banana Fruit Smoothie, Passion Fruit Apple Carrot Juice, Perfectly Protein and Mango Lemonade (9/04)

Campbells: all Tomato, V-8 (4/03)

Ceres juices [www.ceresjuices.com](http://www.ceresjuices.com) (858-455-6998): all in TETRA boxes (1/04)

Citrus Bay Lemonade (631 673-7274) [www.citrusbay.com](http://www.citrusbay.com): All.

Del Monte (800 543-3090): All 100% Fruit Juices (**except prune w/extra calcium&fiber**) (5/02)

Dole Juices: Orange/Strawberry/Banana; Orange/Peach/Mango; Orange/Pineapple/Banana; pineapple and all 100% juices (7/02)

Eden Foods [www.edenfoods.com](http://www.edenfoods.com) (888 441-3336): Apple Juice, apple cherry juice, cherry juice (11/04)

Florida's Natural: All (4/03)

Florida's Natural Growers' Pride: All (4/03)

Goya (800 275-4692 x2218): coconut milk, cream of coconut (1/04)

Hansen's (800 426-7367) ([www.hansens.com](http://www.hansens.com)): all (9/04)

J.C. Meier Juices (800-346-2941) [www.meierswinecellars.com](http://www.meierswinecellars.com):  
Pink, White, Wild Berry, Country Raspberry, Chablis, Cranberry Apple, Cabaret Red,  
Apple, Burgundy, Spumante, Cold Duck (10/03)

Juicy Juice (Nestle) ([www.nestleusa.com](http://www.nestleusa.com)): All (11/03)

Kemps: all juices (2/04)

Kerns Nectar ([www.nestleusa.com](http://www.nestleusa.com))—all flavors (11/03)

R. W .Knudsen [www.knudsenjuices.com](http://www.knudsenjuices.com): Juice; Concent; Bottles; Cans; Boxes  
Apple Juice, Papaya Nectar , Apple Banana , Apple Apricot , Black Cherry , Natural  
Breakfast Drink , Just Cranberry, Creamed Papaya, Concord Grape , Pomegranate ,  
Gravenstein, Just Concord , Prune Pear, Tomato , Cranberry , Grapefruit ,Orange  
Champagne Style: Sparkling Crisp Apple Cider, Sparkling Organic Grape

Lakewood Organic-- Apple Juice, Cranberry Lemonade, Concord Grape, Carrot Orange,  
Pineapple, White Grape (11/03)

Langers fruit juices: all (9/02)

Martinelli: Sparkling Apple, Apple-cranberry

Minute Maid: All (800 438-2653): all 100% juice products w/o added flavors (5/04)

Mott's (800 426-4891) all apple juices (6/04); **not Clamato** (4/04)

Muir Glen Vegetable Juice (including with spices)

Musselman's: apple, cidar, frozen apple concen, grape, lemon, nat apple, prem apple,  
prune, sparkling apple cidar, bc orange-apricot, bc orange-pineapple

Nantucket Nectars (800 896-8667): All (8/03)

Native Forest Coconut Milk ([www.edwardandsons.com](http://www.edwardandsons.com)): reg, light (11/04)

Newman's Own (800 444-8705): apple, grape (3/04)

Northland (715-424-4444) ([www.northlandcran.com](http://www.northlandcran.com)) 100% Juice blends (9/03)

Ocean Spray (800 662-3263): Cranberry Juice Cocktail, Cranberry Juice Cocktail with  
Calcium; 100% White Grape Fruit Juice; 100% Apple Juice; 100% Orange Juice (5/04)

Odwalla (800 658-4635) [www.odwalla.com](http://www.odwalla.com): all (2/04)

Old Orchards (800-330-2173) [www.oldorchardjuice.com](http://www.oldorchardjuice.com): All—frozen, bottled (03/04)

POM Wonderful ([www.pomwonderful.com](http://www.pomwonderful.com)): Pomegranate Juice (2/04)

ReaLemon and ReaLime (800 426-4891) [www.mottsinteractive.com](http://www.mottsinteractive.com): (6/03)

Rubicon Exotic Juices [www.rubiconexotic.com](http://www.rubiconexotic.com): all (1/04)

SAFEWAY (877 723-3929) juices: Tomato, Lemonade, Pineapple, Apple, Orange,  
Prune, White/Pink Grapefruit, Ruby Red, Grape, Cranberry, Cranberry/Raspberry,  
Cranberry/Apple, Cranberry/Grape, Limeade, Lemon (3/04)

Seneca (also Treesweet, Northland and Meadow Valley): all 100% juice and juice  
cocktails

Simply Orange (800.871.2653) ([www.simplyorangejuice.com/](http://www.simplyorangejuice.com/)): 100% juices (7/04)

Spea's Farm: old fashioned apple cider (9/04)

Sun Rype Juices (800 533-8933) ([www.sunrype.com](http://www.sunrype.com)) : All flavors (8/03)

Thai Kitchen ([www.thaikitchen.com](http://www.thaikitchen.com)): Coconut Milk—Lite, Premium (05/03)

Trader Joe's 100 % Cranberry Juice, Apricot Peach Medley, Berry Patch, Blackberry  
Crush, Dixie Peach, Dynamo, Grape Juice, Grapefruit Groove, Gravenstein Apple Juice,  
Macintosh Apple, Organic Cranberry Apple Juice, Organic Cranberry Harvest, Organic  
Mango Nectar, Organic Morello Cherry Reserve, Organic Taming of the Blue, Vitality  
(11/03)

Treetop Juices (800 542-4055): All (04/02)

Tropicana (800 237-7799) ([www.tropicana.com](http://www.tropicana.com)): Ruby Red Orange; Orange Banana;  
Orange Pineapple; Orange Tangerine; Orange Strawberry; and all “pure premium” 100%  
juices (as long as Natural Flavors is not listed) (8/04)

Vruit Apple Carrot Blend, Berry Veggie Blend (1/03)

Welches (800 340-6870 ): 100% Juices: all (8/04)

Whole Foods 365 100% Fruit Juices, Garden Vegetable Medley Juice (6/03)

Wild Oats juices: organic apple, natural apple, organic cranberry, organic cranberry apple, organic berry blend, organic blueberry, cranberry, cranberry raspberry, ruby red grapefruit, pure cranberry, pure blueberry, pure concord grape, black cherry, carrot fruit blend, mango papaya blend, black raspberry, organic lemonade, orange juice, natural pomegranate (1/04)

### ***Soft Drinks***

Big K (800-697-2448): All regular and diet Sold at Fred Meyer Stores. (8/04)

Cadbury Products (800 527-7096) [www.dpsu.com](http://www.dpsu.com): A&W—all; Canada Dry—all varieties; Dr Pepper—all, Hires Root Beer—all varieties; Orangina, Orange Crush, Schweppes Ginger Ale—all varieties; Schweppes wild rasp. Seltzer; Sunkist—all; RC Cola—all varieties, Squirt—all, Vernor's (4/04)

Coca-Cola (800 438-2653): Barq's—all (04/02); Coke—classic, diet, diet w/lemon, caffeine free diet, diet vanilla, cherry, diet w/lime; ReMix Berryclear (5/04); Fresca; Sprite—all (9/04)

Cott: all seltzers (11/03)

Diet Rite: all (6/00)

Hansen's (800 426-7367) ([www.hansens.com](http://www.hansens.com)): Natural and Diet Sodas; Signature Sodas (9/04)

Health Valley: Old Fashioned root Beer, Sarsaparilla root beer

Henry Weinhard root beer (3/02)

IBC (800 270-9905) (7/02)

Jewel/Albertson's: A+ soda—all, seltzers, sparkling water (9/03)

Mug Root Beer (800.433.2652) [www.mugrootbeer.com/faq/](http://www.mugrootbeer.com/faq/): (2/04)

Pepsi (800 433-2652) All: Slice—all, 7 Up, Mirinda; Mountain Dew—all; Sierra Mist—all varieties (10/02)

Red Bull energy drink (2/04)

Reed's Ginger Brew (800 99-REEDS, ext. 10) ([www.reedsgingerbrew.com](http://www.reedsgingerbrew.com)): All Products (all flavors) (8/03)

Select Carbonated Beverage, Clear Sparkling Water (all varieties) (3/04)

Safeway (877 723-3929) [www.safeway.com](http://www.safeway.com): Diet and Regular Sodas; Splash (Tropical, Strawberry/Kiwi, Berry) (3/04)

Shasta: all (3/03)

Stewart's (866 789-2787): all (9/02)

Waist Watchers (800 316-6096): all (1/02)

Whole Foods 365 Soft Drinks (6/03)

Winners Thirst Quencher (Lemon Lime, Lemon Ice, Orange, Lemon, Tropical, Fruit Punch, Glacier Wave, Tangerine Freeze, and Amazon Freeze)

### ***Soy Beverages***

8th Continent Soymilk (all varieties) (10/01)

Better Than Milk (800.227.2320) [www.ans-natural.com](http://www.ans-natural.com): Powdered Soy and Rice Beverages (04/02)

Dixie Diners' Club [www.dixiediner.com](http://www.dixiediner.com) (800 233-3668) Internet ordering: mixes—moo not! Soy milk, low sugar moo not!; fat not! Shakemate (3/04)

Hain Non-Dairy Beverages: Soy Supreme Original; Soy Supreme Vanilla

Hansen's (800 426-7367) ([www.hansens.com](http://www.hansens.com)): soy smoothies (9/04)

Pacific Foods (503 692-9666): Soy/Soymilk Drinks all varieties, Ultra Soy (1/04)

Silk (White Wave) (800 488-9283) ([www.silksoy.com/index.php?id=17&cid=2#10](http://www.silksoy.com/index.php?id=17&cid=2#10)) Soymilk—Organic Plain; Vanilla; Chocolate; Coffee SoyLatte; Mocha; Chai; Spice Latte; Nog; Soymilk Creamer; Soymilk French Vanilla Creamer; Soymilk Hazelnut Creamer (10/03); Silk Live Smoothies—mango, peach (9/04)

So Good (888 401-0019) Soy milk

So Nice (888 401-0019) Organic Soy Drink—Natural, Regular, Vanilla, Chocolate

Soy Dream (800 333-6339) [www.imaginefoods.com](http://www.imaginefoods.com): Non-Dairy Beverages (all varieties)

Power Dream Soy Energy Drinks: all varieties (12/03)

Soy Um, Chocolate, Original, Vanilla, Coffee, Fat Free Vanilla, Strawberry (11/03)

Trader Joe's soy milk, vanilla, chocolate, organic original (11/03)

Westsoy (Westbrae) 100% Organic Unsweetened Soy Beverage, Original Lite Soy Beverage, Vanilla-made with barley modified to be GF (7/04)

Whole Foods 365 Soy Beverage Original, Vanilla, choc, refrig orig, refrig vanilla; Whole Kids Organic soy milk—choc, vanilla (11/04)

Wild Oats: soymilk—original, vanilla; ricemilk-original, vanilla (1/04)

### ***Tea***

Arizona (800 227-3775): all (2/04)

ASHBYS of London Teas (800-334-6485) (08/04)

Big Train Chai (800 682-5047) ([www.chaitea.com](http://www.chaitea.com)): Spiced, Vanilla, Raspberry, Chocolate, Green Tea, Decaf and No sugar added Chai. (1/03)

Bigelow Teas (888-244-3569): all (**except Blueberry Harvest, chamomile mango, cinnamon spice**) (9/04)

Crystal Light (Kraft Foods): Ready-to-Drink (7/00)

Celestial Seasoning's Teas (800 351-8175) gluten ingredients indicated on label

Choice Organic Teas: all (1/04)

Coffee Bean and Tea Leaf (800 832-5323): all teas (9/04)

Eden Foods [www.edenfoods.com](http://www.edenfoods.com) (888 441-3336): Teas--genmaicha, hojicha, bancha green, kukicha, lotus root tea powder, matcha powdered green (11/04)

Good Earth Teas ([goodearth.com](http://goodearth.com)): all (01/04)

Hansen's (800 426-7367) ([www.hansens.com](http://www.hansens.com)): Iced Teas; Gold Standard Teas (5/04)

Lipton (800.697.7897): Regular Tea, Decaf (3/03); Herbal Teas - all varieties; instant iced tea mix—reg and decaf (11/04)

Luzianne [www.luzianne.com](http://www.luzianne.com): all (5/04)

Nestea (800 225-2270) [www.nestleusa.com](http://www.nestleusa.com): gluten ingredients indicated on label

Newman's Own (800 444-8705): lemon aided ice tea (3/04)

Red Rose Tea : All (11/02)

Republic of Tea (800-298-4832) [www.republicoftea.com](http://www.republicoftea.com): all (2/05)

SAFEWAY (877 723-3929): Iced Tea Mix (3/04)

Salada Teas (Redco Foods) ([www.greentea.com](http://www.greentea.com)): all varieties (7/03)

Snapple: iced-teas (5/04)

Stash Teas ([www.stashtea.com/teafaq](http://www.stashtea.com/teafaq)): All Varieties (5/03)

Tazo (800-299-9445) [www.tazo.com](http://www.tazo.com): Filterbags –Refresh, Awake, organic tazo chai, Organic Darjeeling, China Green Tips, Organic Envy; Organic Iced Tea Ready-to-Drink (2/04); zen, calm, wild sweet orange (9/04)

Tetley: all (5/03)

Thai Kitchen ([www.thaikitchen.com](http://www.thaikitchen.com)): Thai Iced Tea (loose Leaves) (5/03)

Trader Joe's Oregon Chai Caffeine Free, Iced Tea, Original; Lemon ginger Echinacea, bagged teas (11/03)

Twinings ([www.twinings.com](http://www.twinings.com)): Teas, infusions and fruits (2/02)

Wissotsky Tea [www.wtea.com](http://www.wtea.com): all (1/04)

### **CANDIES**

Airheads (859.283.1234) [www.airheads.com](http://www.airheads.com): (1/04)

Almond Roca (Brown and Haley) (800.445.9020) (9/02)

Allan (800 262-3960) Candy Canes

Allen's Gourmet licorice: black, Belgian choc. licorice (12/04)

Andes Mints (10/04)

Barton's: fruit slices, milk chocolate lollycones, dark chocolate almond bark, milk

chocolate matzos (no matzo), dark chocolate matzos, seder crème mints, fruit drops, dark chocolate bar, milk chocolate bar; Bartonettes—milk & dark, dark parve, crème mints (3/02)

Beech-Nut Gum: Cinnamon 5-stick; peppermint; spearmint

Big League Chew Gum: Original; grape; strawberry

Bobs ([www.bobscandies.com](http://www.bobscandies.com)): all (10/02); peppermints (4/03)

Breath Saver Mints (800 468-1714): Sugar-free: iced mint, mint cinnamon, peppermint, spearmint, vanilla mint, wintergreen

Brookside Foods: Chocolate Bowl products - all flavors (5/02)

Bubble Yum (800-468-1714): All flavors

Bubblicious (2/05)

Cadbury Trebor Allan ([www.ctai.ca/faq\\_q2.htm](http://www.ctai.ca/faq_q2.htm)) **Regular Bars:** Jersey Milk, Caramilk, Caramilk Rolls, Burnt Almond, Jersey Milk Buds, Dairy Milk Rolls, Caramilk Dark, Pep, Cerises, Sweet Marie, Coconut, Dairy Milk, Fruit and Nut, Fruit et Noix, Hazelnut, Gold Mine, Ivory Mountain, Amazon Brittle, Nut Supreme, Almond, Crunchie, Yogurt, Crunchie Crush,

**Family Bars:** Hazelnut, Fruit et Noix, Fruit and Nut, Dairy Milk, Caramilk, Gold Mine, Ivory Mountain, Amazon Brittle, Nut Supreme, Almond, Orange, Jersey Milk, Burnt Almond, Premium Dark, Mint, Caramilk Dark, Jersey Almond, Jersey Toffee, Raspberry

**Miniature Bars:** Caramilk 1 bite, Dairy Milk 1 bite, Jersey Milk 2 bite, Caramilk 2 bite, Crunchie 2 bite, Dairy Milk 2 bite,

**Sharing bars:** Dairy Milk, Fruit and Nut, Fruit et Noix, Hazelnut, Caramilk,

**Fundraising Bars:** Almond, Caramilk,

**SnackBoxes/Willopack:** Golden Buds, Coconut, Coolmints, Nut Fudge Clusters, Macaroons, Dark Buds, Golden Buds

**Cadbury Easter Products:** Mini Eggs, Crème Eggs, Caramilk Eggs, Truffle Eggs, The Great Bunny, Magic Hollow Eggs, Hunting Eggs, Peter Rabbit, Wishing Well Hen, Solid Bunny Pops, Rabiteers,

**Starch /Jelly Candy:** Cherry Blasters, Fuzzy Peach, Gummi Bears, Gummi Worms, Jujubes, Sour Patch Kids, Sour Patch Keys, Swedish Berries, Wild Strawberries, Wine Gums

**Other Candy:** Candy Canes, Karnival Pops, Halloween Kisses (1/03)

Cambridge (800 877-7655): Junior mint, Charleston chew, junior caramels (10/04)

Campfire (847-437-2100) marshmallows (11/03)

Canada Mints (Necco [www.necco.com](http://www.necco.com)) (9/04)

Candy Stix (Necco [www.necco.com](http://www.necco.com)) (9/03)

Carbolite: all candybars and bagged candy (9/02)

Care Free Gum: Sugarless Only: bubble gum, cinnamon, peppermint, spearmint

Cella's Chocolate Covered Cherries (800 877-7655): Milk, Dark (11/04)

Certs (2/05)

Charms (800 877-7655): Blow Pops; Charms Squares; Super Blow Pops; Charms Sour Balls; Charms Pops; Family Fun; Zip-A-Dee-Doo-Da Pops; Pops Galore; Fluffy Stuff Cotton Candy; Sugar Daddy Pops; Sugar Babies (10/04)

Chicklets (Warner Lambert): DF (1/04)

Chocolate Emporium (888-CHOCLAT) [www.chocolat.com](http://www.chocolat.com) (10/03)

Christopher's (800 421-8448): Assorted Fruit Jellies (11/03)

Clark Bars ([www.necco.com](http://www.necco.com)) (10/04)

Cloud Nine: butter nut toffee bar, sun-dried cherries bar, milk choc. Bar, espresso bean crunch bar, vanilla dark bar, peanut brittle bar, cool mint crisp bar, toasted coconut crisp bar, Australian orange peel bar, Oregon red raspberry bar, double dark chocolate chips (10/03)

CVS: candy canes (12/04)

Dagoba Organic Chocolates (541-664-9030) [www.dagobachocolate.com](http://www.dagobachocolate.com): milk, dark 59% cocoa, Brasilia (12/04)

Denman Island Chocolate ([www.denmanislandchocolate.com](http://www.denmanislandchocolate.com)): all Bars (7/03)

Dentyne Gums (Pfizer) (800 223-0182): All (2/05)

Dove chocolates: all (11/04)

Droste Chocolates: All Chocolates **EXCEPT Pastilles de Luxe Praline** (12/02)

Dubble Bubble: All

Dum Dum pops (6/04)

Elmer's (800 843-9537): Small Talk Conversation Hearts

English Bay dairy free choc (9/04)

Extreme Pops (Extreme Creations) ([www.extremepops.com](http://www.extremepops.com)) (916-941-0444) (9/02)

Fannie May [www.fanniemay.com/healthandchocolate/gluten.asp](http://www.fanniemay.com/healthandchocolate/gluten.asp): all candy bars, all solid choc novelties, apricot bon bon, apricot cream, assorted nuts, cashews, choc. & pastel meltaways, choc. Toffee, choc wafers, citrus peel, dark filbert cluster, English toffee, hostess mints, Irish toffee, ivory & choc bark, milk & dark walnut clusters, milk & dark almond clusters, milk peanut butter crunch bar, pastel toffee, pastel wafers, peanut cluster (1/05)

Fantazzmo: cotton candy bits (3/03)

Farley (800 533-0330, ext. 340) ([www.farleyandsathers.com](http://www.farleyandsathers.com)): Chuckles, JuJu Fruit, Jujubes, Red Raspberry Dollars, Amazin' Fruit Gummi Bears (2/03)

Farley's Fruit Snacks (Favorite Brands International) (847-374-0900) Valentine Candies

Ferrara Pan (708 405-3050) [www.ferrarapan.com](http://www.ferrarapan.com): all, including red hots, lemonheads, jaw busters, Boston baked beans, atomic fireballs, black forest gummies, grape heads, jelly beans (8/04)

Fireside marshmallows - Walgreens Drugstore brand

Fruit Stripe Gum: Bubble gum only

Ghirardelli: all but white choc chips and choc masterpiece collection (possible contamination)

Gimbals: all (12/04)

Glee Gum: tangerine, cinnamon, peppermint (9/04)

Goelitz: all **Except: licorice product, dimples, chocolate malted balls, bridge mix, deluxe Christmas mix**

Goldenberg Peanut Chews ([www.goldenbergcandy.com](http://www.goldenbergcandy.com)) (10/02)

Guittard: all (1/05)

Gummy products (bears, worms, etc.)

Hain Kidz Marshmallow Crisp Bars (800 423-4846): reg, choc. chip

Haribo [www.haribo.com](http://www.haribo.com): all **except licorice, fruity pasta, sour spaghetti** (10/02)

Haviland [www.necco.com](http://www.necco.com): Peppermint Patties, Wintergreen Patties (2/04); thin mints (9/04)

Heide: All. JuJy Fruits...

Hershey's (800 468-1714) Kisses chocolates, milk chocolate bar, milk chocolate bar with almonds, (9/03) Kisses with Almonds, Classic caramels, [Jolly Rancher (hard candy and lollipops) (9/03)]; Tasteations (hard candy); Milk Duds, Mr. Goodbar, Almond Joy, Reeses Bites; [sugar free—dark chocolate, chocolate w/almonds, chocolate (3/03)]

Honey Acres: Honey Gummies, Acres Honey Mints (9/03)

International Chocolate Co. Chocolate bars: Ecuador Milk, Ivory Coast Milk, Mexico Milk, Ecuador Dark, Ivory Coast Dark, Mexico Dark (10/03)

Jelly Belly Candy (800 522-3267) [www.jellybelly.com](http://www.jellybelly.com): Jelly beans - All flavors (3/02)

Jet Puffed (800 244-4596) [www.kraftfoods.com](http://www.kraftfoods.com): Marshmallows, Crème (4/04)

Jolly Rancher (800 468-1714): lollipops-regular, hard candies—apple, cherry, watermelon (11/04), fruit chews (3/04)

Junior Mints

Just Born Candies (800 445-5787) All (3/03)

Let's Do Organic (805 684-8500): classic gummi bears, jelly gummi bears, black licorice bears, super sour gummi bears, fruity gummi feet, ginger gummi guys, bruity bears (12/04)

Liberty Orchard Candies (800 888-5696) ([www.libertyorchards.com](http://www.libertyorchards.com)): fruit delights, applets and cotlets (10/02)

Life Savers (Nabisco): all (9/03)

M&M's (800 551-0702): M&Ms –plain **not crispy** (1/04)

Manischewitz Raspberry Jell, milk and dark choc coins (5/03)

Manischewitz for Passover: Caramel Cashew Patties , Chocolate Frolic Bears, Chocolate

Lollycones, Mallo Cups, Peppermint Patties, Raspberry Jell Bars, Swiss Chocolate Mints, Tender Coconut Patties (5/03)

Maple Grove Farms of Vermont: pure maple candy—all (8/04)

Market Day (877-632-7753): Almond Bar, Caramel Bar, Peanut Butter Bar, Chocolate Eggs, Chocolate Pecan Caramels, Coconut Droplets, Cuddles Solid Chocolate Rabbit (9/03)

Marvel candy sticks (candy cigarettes) (9/04)

Mary Jane [www.necco.com](http://www.necco.com) : Peanut Butter Kisses (9/03), Mary Janes (9/04)

Mega WarHeads Candy [www.megawarheads.com](http://www.megawarheads.com): Hard Candy; Sour Pops; Sour Gummy Wallys; Sour Gum; Ooze Chewz; Grubs. (10/02)

Melt Away Mints [www.hickoryfarms.com](http://www.hickoryfarms.com): (12/02)

MilkyWay Midnight (**not Popables or other MilkyWays**) (9/02)

Mike & Ikes Candies (all) (2/02)

Necco (800 258-6728) ([www.necco.com](http://www.necco.com)): Necco Wafers; Sweethearts Conversation Hearts (valentines only); Wintergreen Lozenges; Necco Candy Eggs (Easter); Talking Pumpkins (Halloween); Peach Blossoms (Christmas); ultramints (9/03)

Newman's Own Organics: Sweet Dark Chocolate Products; milk chocolate bar, milk chocolate with butter toffee crunch bar (1/04)

Nestle ( 800 NESTLES): candy bars—Baby Ruth, Butterfinger, chunky, Milk chocolate (all items), Oh Henry!; candy pieces—Nestle Turtles, Sno-Caps, Butterfinger BB's, Goobers, Raisinets, Nestle Treasures, Bit-O-Honey; Spree, Nips, SweeTarts; seasonal—Milk choc NestEggs, caramel NestEggs, Peanut butter NestEggs, Butterfinger NestEggs, Baby Ruth Crème Egg, Milk Choc jingles, Baby Ruth Winter Wobbler, spree and SweetARTS candy canes, Butterfinger in milk choc jingles, milk choc hearts, Butterfinger in milk choc hearts, Butterfinger in milk choc solid Tigger, SweetARTS lollipop (9/04)

Organic Candy Co. ([www.edwardandsons.com](http://www.edwardandsons.com)): assorted fruit flavors, sour fruit flavors, butterscotch, cool peppermints, intense breath mints, fruit juicy gummi bears, exotic jelly fruits, sour gummi worms (5/04)

Plamil: martello milk choc bar, organic expressions milk choc bar (9/04)

Paskesz: nutty chews, fizzers (3/02) choc foil wrapped coins (9/04)

Pay Day (Hershey Foods) (800-468-1714)

Pearson Candies: Butter Rum Nips; Caramel Nips; Chocolate Parfait Nips; Chocolate Mint Nips; Coffee Nips; Peanut Butter Parfait Nips

Peeps: Jelly Beans, Marshmallows (2/02)

Peerless ([www.peerlesscandy.com](http://www.peerlesscandy.com)) All (12/03)

Pez Candies (203-795-0531) (6/04)

Planter's Original Peanut Bar

Pure De-Lite: sugar-free low carb bars—caramel pecan, dark choc, milk choc (9/04)

Raisinets (9/03)

Reed's Ginger Candies (800 99-REEDS, ext. 10) ([www.reedsgingerbrew.com](http://www.reedsgingerbrew.com)): All (8/03)

Reese (800 468-1714): Crunchy Peanut Butter Cups; Miniatures Peanut Butter Cups; Pieces; Peanut Butter Cup, [Sugar free peanut butter cups miniatures (3/03)]

Rolo Caramels in milk chocolate

Running Rabbit: licorice—black cherry, black, raspberry, citrus lemon with honey (12/04)

Russell Stover Candies ([www.russellstover.com](http://www.russellstover.com)) all **except if labeled wheat** (2/04)

SAFEWAY (877 723-3929): Marshmallows (3/04)

St. Claire's (877 684-5195) [www.econaturalsolutions.com](http://www.econaturalsolutions.com): Sweets, organic tarts, aromatherapy pastilles (3/05)

Scharffen Berger candy bars, mocha bar

Seattle Chocolates ([www.seattlechocolates.com](http://www.seattlechocolates.com)): All truffles and truffle bars, **EXCEPT hazelnut biscotti truffle bar** (10/03)

Sees: almond royal, toffee-ettes, asst sugar sticks, sugar twists, dark choc with almonds candy bar, candycanes (1/03)

Select Truffles (Chocolate/Raspberry, Mocha, Butterscotch, Milk Chocolate) (3/04)

Shari's Candies ([www.sharicandies.com](http://www.sharicandies.com)) gummy products

Scharffenberger [www.scharffen-berger.com](http://www.scharffen-berger.com) chocolates (3/02)

Sharkies (877 427-5233): berry blast (9/04) fruit splash, citrus squeeze (10/03)

Shufra Gourmet Layered Halvah (11/03)

Skittles: Regular; tropical; wild berry

Skor English Toffee Bits (Hershey) (800-468-1714) (01/04)

Small Talk Conversation Hearts (800 843-9537)

Smarties ([www.smarties.com](http://www.smarties.com)) (3/03)

Smints: all (9/02)

Snickers: Snickers Munch, Snickers Almond (1/04)

Sno Caps Chocolate Pieces (9/03)

Spangler ([www.spanglercandy.com](http://www.spanglercandy.com)): all candycanes, xmas shop pops, Dum dums, astro pops, picture pops

Speakeasy: mints—peppermint, spearmint, lemonmint, vanillamint, wintergreen; gum—peppermint, spearmint, wintergreen, tangerine, cinnamon (10/03)

Starburst fruit chews (1/04)

Sunkist (800.421.8448): FRUIT SLICES: all varieties (4/04)

Sunspire organic: jumpin' java, chocolate haystacks, peanut clusters, chocolate sundrops (10/03)

the ginger people Ginger Chews

Three Musketeers (M&M Mars) (800-627-7852): Full size, Snack Size, and Bite Size (1/04)

Tootsie Products (800 877-7655): Tootsie Rolls; Tootsie Pops, Flavor Roll Twisties; Tootsie Peppermint Pops; Frooties; Caramel Apple Pops; Dots; Crows; Tropical Dots; Child's Play; Fruit Smoothie Pops; Hot Chocolate Pops (10/04)

Totally chocolate candy bars (4/02)

Trader Joe's Almond Clusters, Belgian Ganache, Candy O's, Chocolate Orange Sticks, Chocolate Pound Plus Bars, Chocolate Raspberry Sticks, Cocoa Almonds, Coffee Rio's, Dark Chocolate Covered Espresso Beans, Dark Chocolate Raisins, Dark Chocolate Seashells, Dutch Process Chocolate Chips, English Toffee, Fruit Juice Flavored Gummi Cubs, Fruitti Gummi Chewies, Imported Belgian Sea Shells, Milk & Dark Chocolate Covered Cashews, Milk Chocolate Cranberries, Milk Chocolate Peanuts, Miniature Pralines, Pastilles alla Ghirardelli, Peanut Butter Cups, Pecans Praline, Pound Plus White Chocolate Bar, Pound Plus Dark Chocolate Bar, Premium Milk & Dark Chocolate Covered Almonds, Raspberry Truffles, Tub of Truffles, Yogurt Covered Blueberries, Yogurt Covered Cherries, Yogurt Covered Cranberries, Yogurt Covered Raisins (11/03)

Trebor Allen: Sour Patch Kids, Swedish fish

Trident Gums (Pfizer) (800 223-0182) ([www.tridentgum.com](http://www.tridentgum.com)): All (2/05)

Trolli Gummi: all, including Peachie O's, Squiggles, Sour bite crawlers, octopus

Tropical Source ([www.nspiredfoods.com](http://www.nspiredfoods.com)) Hard Candies; Candy Bars (Note: maple almond granola contains oats) DF (12/03) chocolate bars—all (7/04)

Truffles with Dark Chocolate; with Milk & Dark Chocolate; with Milk Chocolate

Werthers: orig and chewy caramels

Whizzers: choc eggs, choc mint balls, choc soccer balls (9/04)

Whole Foods 365 organic choc bars—dark, dark w/almonds, milk choc, milk choc w/almonds, milk choc w/hazelnuts (11/04)

Willie Wonka (Nestle): Nerds, Laffy Taffy, Gobstoppers, Pixie Sticks, Tangy Taffy, bottlecaps, runts, mix ups, shock tarts, tart n tiny, Fun Dip (lick m aid) (9/04)

Wrigley's Gum (312-644-2121) ([www.wrigley.com](http://www.wrigley.com)): Spearmint, Freedent, Doublemint, Extra, Big Red, Eclipse, Juicy Fruit, Eclipse, Flash breath strips, Winterfresh, Orbit, Winterfresh Thin Ice breath strips, Orbit White gum (6/04)

Yankee Grocery Maple Candy [www.yankeegrocery.com](http://www.yankeegrocery.com): All (9/03)

York Peppermint Patties (Hershey's) (800 468-1714): (9/02)

## CEREALS AND GRAINS

**All are GF except wheat, rye, barley, and forms of wheat such as spelt, triticale,**



**semolina, kamut, durum, etc. Any GF grain could become contaminated if not processed separately.**

Alf's Natural Nutrition Corn Puffs (available at Wal-mart)

Altiplano Gold [www.altiplanogold.com](http://www.altiplanogold.com): quinoa hot cereal variety pack (individual serving packs), Oaxacan choc., chai almond, spiced apple raisin, orange date, regular (3/05)

Ancient Harvest Quinoa Flakes

Barbara's: Rice Cereal--Original, Cinnamon, and Frosted Corn Flakes; Brown Rice Crisp, Corn Flakes (12/04)

Bob's Red Mill: Mighty Tasty hot cereal, brown rice farina (11/04)

Breadshop Puffs-n-Honey, Crispy rice n corn flakes

Earth Song [www.earthsongwholefoods.com](http://www.earthsongwholefoods.com): Gluten free Omega-3 Muesli (4/04)

Enviro-Kidz: Amazon Frosted Flakes, Gorilla Munch, Peanut Butter Panda Puffs, Koala Crisp (12/04)

Erewhon (800 422-1125) [www.usmillsinc.com](http://www.usmillsinc.com)., cocoa crispy rice, creamy brown rice (7/04); Crispy Brown Rice (Only boxes labeled GF), Crispy brown rice w/mixed berries, Rice Twice (Only boxes labeled GF), Corn Flakes (12/04)

Food Club Brand (847-676-3030) Butter Flavor Instant Grits

Jowar Jo-Krisp cereal

Health Valley: Corn Crunch-ems, Rice Crunch-ems, Blue Corn Flakes (11/04)

Kashi: Cranberry Sunshine (11/03)

Lundberg Family Farms (530-882-4551) [www.lundberg.com](http://www.lundberg.com): [Nutra-Farmed Cinnamon-Raisin Hot Rice Cereal; Nutra-Farmed Sweet Almond Hot Rice Cereal; Purely Organic Hot Brown Rice Cereal (11/04)], Hot'n Creamy rice cereal

Malt-o-meal: puffed rice, corn bursts, fruity dyno bites (11/04)

Mother Soy nutlettes

Nabisco Cream of Rice Cereal

Nature's Path: Crispy Rice, Honey'd Corn Flakes; corn puffs, millet puffs, rice puffs, and Mesa Sunrise Multigrain, Panda Puffs (11/04)

New Morning Cocoa Crispy Rice (12/04); Corn Flakes; Crispy Brown Rice; Crunchy Almond Raisin; Honey Frosted Flakes

Nu-World [www.nuworldfoods.com](http://www.nuworldfoods.com): amaranth cereal snaps—orig., cinnamon, cocoa; puffed amaranth; amaranth berry delicious hot cereal; Amaranth-O's—orig, peach, strawberry (9/04)

Perky's Nutty Rice (12/04)

Pocono Cream of Buckwheat (11/04)

President's Choice Ancient Grains golden maize multigrain corn flakes (1/04)

Quaker (800 367-6287): Instant and Quick grits –Plain (3/03)

Ralston Sun Flakes.

SAFEWAY (877 723-3929): Instant Breakfast; Whole Cereal (Corn Nuggets, Corn Flakes and Fruity Nuggets) (3/04)

Soy Creations: soy-rice nuggets (10/03)

Stow Mills Corn Flakes. (2/04)

Top's Golden Corn Nuggets.

Whole Foods 365 Honey Frosted Flakes (11/04)

Zumbro River [www.getmorsoy.com](http://www.getmorsoy.com): SoyYos: orig., raspberry rally, coconut crunch (7/04)

## CHIPS AND SNACKS

### All unseasoned potato or corn products

Act II [www.actii.com/company/faqs.jsp](http://www.actii.com/company/faqs.jsp): Microwave popcorn—all; popcorn balls—all (1/04)

AlpineAire [www.aa-foods.com](http://www.aa-foods.com): fruit nuggets—apple-cinnamon, lime, orange, raspberry; wild rice crunch—apple-cinnamon, lime, orange, raspberry (7/04)

Alpsnack: original, hempnuts & fruits (10/03)

Arrowhead Mills: popcorn (10/03)

Awesome Almonds [www.yankeegrocery.com](http://www.yankeegrocery.com): orange vanilla, cocoa java, cinnamon vanilla (3/04)

Bachman's : popcorn—regular, lite, butter flavor, lite butter flavor; tortillas—chipitos, unflavored corn chips, restaurant style, unsalted restaurant style, reg traditional unflavored, unsalted tradition style; potato chips—unflavored, unsalted kettle, groovy, flats, ridges; vinegar flavored potato chips (7/02)

Barbara's: Potato chips-all; Cheese Puffs, Jalapeño Cheese Puffs; cheese puff bakes-original, white cheddar (11/04)

Barrel O' Fun (800 346-4910): Potato Chips--Dill Pickle, Barbecue, plain, ripple, plain kettle fried; tortilla chips—plain, restaurant style, tostadas, mini rounds, corn chips; Corn Pops, Caramel Corn Pops; popcorn—white, kettle, Caramel (9/02)

Bearitos Popcorn Bars - Caramel, Chocolate

Bearitos: tortilla chips--Blue salt, blue no salt, white no salt, white salted, yellow not salt, yellow salted; crunchitos, lite cheddar puffs (10/03)

Bearitos Air Popped White cheddar popcorn, Crunchitos, Lite Cheddar Puffs (6/03)

Beer Nuts Brand: Almonds, Peanuts, Kettle cooked peanuts

Blue Diamond Whole Natural Almonds; Roasted Salted; Honey Roasted (9/02)

Boston's Lite popcorn (10/03)

Calbee Snapea Crisps (11/03)

Cape Cod (508 775-3358) ([www.capecodchips.com](http://www.capecodchips.com)): potato chips: salted, no salt, reduced fat, golden russet, dark russet, sea salt & vinegar, Nantucket spice, jalapeno & cheddar (7/04)

Cheechea Krackles (877- CHEECHA): Original Potato Flavor only (12/04)

Coronilla Qrunchies with quinoa: orig, cinnamon, chocolate, lightly frosted (8/04)

Crunch n Munch (Conagra): all (1/04)

Diamond of California ([www.diamondnuts.com](http://www.diamondnuts.com)): All nuts (8/04)

Eden Foods [www.edenfoods.com](http://www.edenfoods.com) (888 441-3336): brown rice chips, tamari roasted almonds, tamari roasted spicy pumpkin seeds, All Mixed Up, All Mixed Up Too

(11/04)

Fiddle Faddle (203 329-4545): (6/04)

French's Potato Sticks (800 841-1256): original, barbecue, pizza party, cheeze cheddar flavors (1/04)

Frieda's [www.friedas.com](http://www.friedas.com): soy nuts—all (8/02)

Frito-Lay Smoked Almonds, Cashews, Honey Roasted Peanuts, salted peanuts

Frontera Kitchens [www.fronterakitchens.com](http://www.fronterakitchens.com): all (2/05)

Garden of Eatin' [www.gardenofeatin.com](http://www.gardenofeatin.com) (800 434-4246): Original Potato Chips, Onion & Garlic Potato Chips; Tortilla Chips-- Blue Corn, Blue salted, red hot blue, sesame blue, White, Yellow Corn, Black Bean, Black bean chili, little soy blues, red, mini round yellow, tamari, pico de gallo; Mini Yellow Rounds, Mini White Rounds, Mini White Strips, Cornillas (10/03)]

Genisoy [www.genisoy.com](http://www.genisoy.com) (888 436-4769): Roasted Soy Nuts--Salted and Plain varieties (NOT Hickory Smoked) (3/04) TRAIL MIX: Happy Trails, Mountain Medley, Tropical Trails; SOY CRISPS: BBQ, Garlic & Onion, Tangy Salt 'n' Vinegar, Apple Cinnamon (10/03)

Glad Corn snacks (G.E.F. Gourmet Foods) (800 692-6762): all (**except BBQ**) (9/04)

Glenny's Soy Crisps: Apple Cinnamon, Onion & Garlic, Salt & Pepper; veggie chips, creamy ranch potato crisps, salted potato chips (11/03)

Golden Flake Snack Foods, ([www.goldenflake.com](http://www.goldenflake.com)): All Potato Chips, Corn Chips, Tortilla Chips, Cheese Curls, Cheese Puffs (3/04)

Good Health (631-261-2111) Potato Chips [www.e-goodhealth.com](http://www.e-goodhealth.com): Olive Oil Potato Chips -Cracked Pepper and Olive oil Chips with Rosemary (1/04) Crispy Original Apple Chips (12/03)

Good Sense: pistachios, almonds—raw, slivered blanched, natural slivered, walnuts, pecan halves, jumbo cashew, fancy deluxe nut mix, macadamias, sunflower nuts—raw, unsalted; sunflower seeds, nutty bananas, fruits 'n more, dietary snack, cranberries 'n more, canyon mix, cross n country, choc raisin, milk choc double dip peanut, milk choc jumbo cashews, brotherhood mix, yogurt soynuts, yogurt flvd raisins, butter toffee peanuts, pinenuts, farmer's mix, soynuts (**not flavored**), pumpkin seeds (9/04)

Goya (800 275-4692 x2218): plantain chips—salted, no salt, garlic, plantain strips (1/04)

Grainaissance [www.grainaissance.com](http://www.grainaissance.com) (800 GRAIN-97): Rice Snacks- Raisin Cinnamon, Sesame Garlic, Cashew Date, Super Seed, Pizza, chocolate brownie (11/03); mochi—original, raisin-cinnamon, sesame garlic, choc brownie, super seed, cashew-date, pizza & wheatgrass-mugwort (3/05)

Gram's Gourmet (512-989-9775) ([www.gramsgourmet.com](http://www.gramsgourmet.com)): Fried Pork Rinds - Sweet Cinnamon & Butter Flavor Crunchies (2/04)

Green Mountain Gringo: tortilla strips (12/04)

Guy's Potato Chips (816-931-2512) ([www.guys-snacks.com](http://www.guys-snacks.com)): Original, Wavy, Ridgies (3/04)

Hain (626 334-3241) Mini rice cakes: plain, ranch, apple cinnamon, popcorn, peanut butter crunch, banana split (6/03); Mochi sweet rice cakes (10/03)

Health Valley (800 434-4246): Low-Fat Health POTATO PUFFS: Zesty Ranch; Roasted Garlic w/Romano Cheese; Cheddar Cheese; PUFFS: Cheddar Lites (**NOT Cheddar lites with green onion**) Cheese Puff Bakes

Healthy Choice (Conagra): microwave popcorn—all (1/04)

Herr's (800 523-5030): baked cheese curls, [nacho cheese tortilla chips (2/03)]

Hol-Grain Rice Crisps

Inka Plantain Chips (1/03)

Jewel Rice cakes, buttered popcorn, caramel popcorn, and plain unsalted (3/04)

Jiffy Pop (Conagra) Popcorn: all

Jolly Time Popcorn (712 239-1232) ([www.jollytime.com](http://www.jollytime.com)): All (1/04)

Just Tomatos All Natural Snacks (800 537-1985): all (9/04)

Kirkland (Costco) ([www.costco.com](http://www.costco.com)): Cashew Caramel Popcorn

Lincoln Snacks Co [www.loncolnsnacks.com](http://www.loncolnsnacks.com): all (1/02)

Lundberg Family Farms: rice cakes--Apple Cinnamon; Brown Rice--Lightly Salted, Salt Free; Buttery Caramel; Honey Nut; Mochi Sweet (Lightly Salted); OG Brown Rice (Lightly Salted); OG Brown Rice, Unsalted; OG Lemon Sesame; OG Mochi Sweet (Lightly Salted); OG Popcorn (Lightly Salted); OG Sesame Tamari; OG Tamari w/seaweed; OG Wild Rice, Lightly Salted; Sesame Tamari; Toasted Sesame; Wild

Rice (Lightly Salted), organic koku seaweed, salted popcorn rice  
Lundberg Rice Chips—all (12/04)

Lyme Regis [www.lymeregisfoods.com/glutfree.htm](http://www.lymeregisfoods.com/glutfree.htm): La Fruit, Fruit Break, Marzipan Bars, Organic Seven Seeds and nut bar, Kidz organic fruit bars, organic marzipan bars (3/04)

Market Day (877-632-7753): Popz Popcorn (9/03)

Masuya Naturally [www.masuyanaturally.com](http://www.masuyanaturally.com): rice sembei snacks—tamari soy, Dijon mustard, orig, sun dried tomato & cheese (3/05)

Michael Season's: kettle cooked potato chips, kettle cooked mesquite BBQ potato chips, cheese curls (12/04), white corn chips

Mission: Tortilla Chips, corn tortillas, taco shells, tostadas (11/04)

Mr. Krispers Rice Chips (815-9500 x 223) (4/03)

Mrs. May's [www.mrs.mays.com](http://www.mrs.mays.com): snack mixes--almond crunch, cashew crunch, pumpkin crunch, cashew crunch, black sesame crunch, blueberry peanut crunch, banana peanut, peanut crunch, sesame crunch, walnut crunch, sunflower crunch (9/04)

Natural High [www.richmoor.com](http://www.richmoor.com): crunchies—corn snack, edamame (12/04)

Nature's Highlights (800 313-6454): rice sticks (6/04)

Newman's Own: [microwave Popcorn—butter, natural, light butter, butter boom 94% ff, white cheddar cheese; popcorn jars—regular (5/04)]; jalapeno tortilla chips, yellow corn tortilla chips (1/04) microwave popcorn no salt or butter (11/04)

Nu-World [www.nuworldfoods.com](http://www.nuworldfoods.com) (630-369-6819): Amaranth Snackers - Bar BQ Sweet & Sassy, Bar BQ Hot & Spicy, French Onion, Garden Burst, Chili Lime; Mini-Ridges—sun-dried tomato basil, rosemary basil, cheddar (8/04)

Old Dutch (800.989.2447) Potato Chips--Original Regular; Rip-L; Original Ripples, Bar-B-Q; Dutch Crunch; Restaurante Tortilla Chips-Tostados, White Corn Tostados; Bite Size Tortilla Chips; Restaurante Style; Popcorn--White; Yellow Cheddar Cheese; White Cheddar; Puffcorn Curls; Caramel Puffcorn; Bac'N Puffs; Northern Lites Fat Free Caramel Corn; Caramel Corn with Peanuts (5/04)

On the Border Products ([www.truco.com](http://www.truco.com)) (800 471-7723 x318): All chips **except natural cheese tortilla chips and guacamole tortilla chips** (7/04)

Orville Redenbacher (800 328-6286) Microwave Popcorn all varieties **EXCEPT**

**Ultimate Theatre Style w/BBQ Flavor Pouch**; Popcorn Cakes—all; Drizzlers, Gourmet popcorn kernels; buttery flavor popping and topping oil (1/04)

Planters: Nuts (roasted & salted only; no "flavors" except Honey Roasted); Trail Mix Caramel Nut Crunch; cheez balls, cheez curls

Poppycock: orig, just the nuts (7/04)

President's Choice rice cakes: brown rice with basmati, brown rice with wild rice

Pringles (P&G): fat free (**not regular or reduced fat**) (8/04)

Pumpkorn: pumpkin seeds—chili, curry, orig. (11/04)

Pure Snax: Zionk, Zionks butter, crudite orig., crudite sour cream, kettle corn, soy munchies cheddar, soy munchies ranch (10/03)

Quaker (800 856-5781) Quakes corn rings (Quaker) (800-856-5781) All (5/03) Crispy Mini's Rice Snacks Quakes Caramel Corn, Chocolate Crunch, Creamy Ranch, Nacho, and Sour Cream & Onion Crispy Rice Snacks. (1/03)

Que Pasa ([www.quepasafoods.com](http://www.quepasafoods.com)): Corn chips (plain, lightly salted, unsalted) (1/04)

Real Foods [www.realfoods.com.au](http://www.realfoods.com.au): orig popper corn thins, ff corn thins, multigrain corn thins, corn thins w/sesame (8/04)

Robert's American Gourmet Snacks (800 526-9426): all snacks (10/04)

Rosencrunch and Guildenpop Popcorn (11/03)

SAFEWAY (877 723-3929): Cheese Curls & Cheese Puffs; Microwave Popcorn (all varieties); Tortilla Strips, Nacho Cheese, and Golden Chips (Casa del Pueblo); popcorn cakes (3/04)

Season's Snacks (630-628-0211) ([www.seasonssnacks.com](http://www.seasonssnacks.com)): POTATO CHIPS--Lightly Salted, Unsalted, Ripple, Yogurt & Green Onion, Chili Picante, Ranch, Lightly Salted Kettle; CORN CHIPS--Sesame Blue Organic, Mini Yellow Organic, Lightly Salted White Organic; SWEET ORGANIC TWISTS--Old Fashioned Kettle Corn, Caramel Corn (10/03)

Skinny: Natural Corn Chips—Original, BBQ; sour cream & onion corn chips, island lime & chili potato sticks, original potato sticks (10/03)

Snakatas (Sakata Rice Snacks) (6/04)

Snyder's of Hanover (800 233-7125) EatSmart Veggie Crisps; Cheese Twists; Buttered Popcorn; EatSmart Cheddars, White Corn Tortillas; Yellow Corn Tortillas; Regular Potato Chips (1/03)

Sunspire organic cocoa almonds (10/03)

Suzie's(718 768-0821): soy crisps (12/04)

Terra Snacks: stix, sweet potato chips (9/04)

TGIF (Poore Bros.): all snack foods are gluten free **except barbeque flavor** (5/04)

Tim's Cascade Snacks : Potato Chips: All (**except Alder Smoked, Mesquite, Maui Onion**); Cheese Curls: All (**except Jalepeno**); Popcorn: All (1/04)

Torengos ([www.torengos.com](http://www.torengos.com)): All (8/04)

Trader Joe's Adirondack Trail Mix, Chocolate Cranberry Crunch Trail Mix, Coconut cashews, Cranberry Trail Mix, Diced Fruit Medley, Dried Fruits (**not Dates**), honey roasted soynuts, Island Paradise Sunset Trail Mix, Raw and Roasted Nuts, Soynut Trail Mix, Tempting Trail Mix (11/03)

Trader Joe's Chili & Lime White Corn Tortilla Chips, organic baked blue corn tortilla chips, blue corn tortilla chips—salted and unsalted, Cosmic Potato Puffs, Reduced Fat Cheese Crunchies, Soy Crisps-- BBQ, White Cheddar; Spiced Tortilla Chips, Unburied Treasures, White Cheddar, Veggie Chips, Veggie Chip Mix (11/03)

Trader Joe's Fat Free Caramel Popcorn, Gourmet White Popcorn (1/03)

Tropical Source: yogurt almonds, yogurt raisins, unsweetened carob raisins, unsweetened carob almonds, hazelnut espresso crunch bar, sundried jungle banana bar, California raisins & currants bar, wild rice crisp bar, toasted almond bar (12/03)

Uncle Ray's (313-834-0800): potato chips--BBQ, Onion & Garlic, Salt & Vinegar, Ripple, Sour cream & Onion; corn chips--BBQ, Tortilla (8/04)

Utz [www.utzsnacks.com](http://www.utzsnacks.com) (800 367-7629): POTATO CHIPS--Regular, plain, barbeque, sour cream & onion, salt & vinegar, Carolina style barbeque, salt & pepper, cheddar & sour cream, and red hot, Delites reduced fat, YES! fat free; Kettle Classics kettle cooked, plain, Old English malt vinegar, Smokin' Sweet barbeque and plain Dark Russet; Mystic kettle cooked, plain, sea salt & vinegar, and plain Dark Russet; Home Style kettle cooked, plain and Susquehanna Valley barbeque; Grandma Utz kettle cooked, plain and barbeque. tortilla chips --White round. · Restaurant style, Cheesier Nacho, Creamy Ranch; Corn chips--plain and barbeque; Butter popcorn; Cheddar cheese

popcorn. Premium white cheddar cheese popcorn. · Baked cheese curls; Baked cheese balls; Crunchy cheese curls. (1/04)

Vic's Gourmet popcorn (800 346-4910): White, Half Salt White, Lite White Popcorn, Lite White Half Salt, Kettle Corn, Regular Caramel, Fat Free Caramel, Lite Yellow Cheddar Cheese (9/02)

Weaver Popcorn Company (800-634-8161): ALL (available at Wal-Mart) (12/03)

Whole Foods 365 Cheese Puffs and Cheese Curls, Veggie Chips, tortilla chips—white no salt, white salted; 365 organic popcorn—angel fluffs white cheddar, cheddar, lightly salted; tortilla chips—blue salted, white salted (11/04)

Wild Oats: organic microwave popcorn—plain, buttered; potato chips—salted kettle, honey barbeque kettle, jalapeno kettle, salt & vinegar kettle, cheddar kettle, honey barbeque kettle, salted kettle, regular, ripple; tortilla chips—white salted, white unsalted, blue corn, spicy blue corn, sesame blue corn (1/04)

Wise (800 426-7336) Cheese popcorn;

Zapp's Potato Chips: Regular ,Cajun, No Salt, Honey Mustard, Salt & Vinegar, Cajun Dill, Pepperoni Pizza. (**NOT BBQ**) (9/03)

### *Dips and Salsa*

505 Southwestern (888 505-2445) [www.505chile.com](http://www.505chile.com): organic green chile sauce (9/04), organic salsa, organic chunky chile salsa (10/03)

Amy's Kitchen [www.amyskitchen.com](http://www.amyskitchen.com) (707 578-7188): Organic Salsa—Medium, mild, Black Bean & Corn Salsa (12/04)

Athenos Hummus (10/03)

Autumn Harvest [www.yankeegrocery.com](http://www.yankeegrocery.com): dip mixes—old Mexico, smoked Jalapeno, green chile & onion, Southwest ranch, smoke Jalapeno salsa, wild west salsa, chunky chipotle, chunky jalapeno, wildfire, country cucumber, dill and horseradish, garden spinach, mesquite smoke onion, roasted garlic, cheddar & broccoli, dill & toasted onion, ranch, broccoli, toasted onion, sweet country spice (3/04)

Betts cheddar cheese & horseradish spread (11/03)

Cabot [www.cabotcheese.com](http://www.cabotcheese.com): Dips—ranch, French onion, Bac N Horseradish, salsa grande, New England clam (2/02)

Cantare: Olive Tapenade, Olive Tapenade with Goat Cheese Feta (11/03)

Casbah (800 434-4246): Hummus (6/03) Baba Ganoush (5/04)

Cedars Foods [www.cedarsfoods.com](http://www.cedarsfoods.com): hommus (8/04)

Cederlane [www.cedarlanefoods.com](http://www.cedarlanefoods.com): 5-layer Mexican dip (1/04)

CHI-CHI'S Garden Salsa, Picante, Original Salsa, Fiesta Salsa, Natural Salsa, Roasted Tomato Salsa, Taco Sauce (8/03)

Creamland Dairies: sour cream dips (7/04)

Del Monte (800 543-3090): Salsa

Desert Pepper (888 4.SALSAS) ([www.desertpepper.com](http://www.desertpepper.com)): Salsas

Drew's [www.chefdrew.com](http://www.chefdrew.com) (800 228-2980): all natural salsa (5/04)

Fantastic Foods [www.fantasticfoods.com](http://www.fantasticfoods.com): original Hummus, spinach & parmesan hummus (4/04)

Frieda's [www.friedas.com](http://www.friedas.com): hummus—all (8/02)

Garden of Eatin' [www.gardenofeatin.com](http://www.gardenofeatin.com) (631 730-2200): Baja Black Bean Dip, chipotle dip (11/03)

Garden of Eatin' [www.gardenofeatin.com](http://www.gardenofeatin.com) (631 730-2200): Garlic Salsa, Corn Salsa, Medium Salsa, mild salsa, (11/03)

Garden Valley: organic black bean medium, roasted garlic—hot, medium, mild; sundried tomato medium, tomatillo medium (10/03)

Gold [www.goldshorseradish.com](http://www.goldshorseradish.com): all salsas (12/02)

Gourmet Du Village Dips (1/04)

Green Mountain Gringo Salsa: all (10/02)

Heluva Good Dips: sweet onion, buffalo wing, dinosaur BBQ (7/04)

Jewel/Albertson's: refrigerated dips (made w/corn)—avocado, clam, French onion, guacamole, ranch (9/03)

LaVictoria: salsas and taco sauces: all (10/04)

Litehouse Veggie Dips—ranch, dilly, jalapeno cheddar, salsa ranch, onion, avocado

Fruit Dips—premium caramel apple, ff caramel apple, vanilla cream, cinnamon vanilla crème, strawberry crème , chocolate (3/04)

Marie's (Dean/Morningstar Foods): all **except dill, French onion, and lite ranch** (10/03)

Market Day (877-632-7753): Guacamole (9/03)

Mother's Mountain (207 781-4658); New England Chili Salsa (11/03)

Muir Glen Salsa (800 832-6345) [www.muirglen.com](http://www.muirglen.com): fat free, roasted garlic, medium garlic cilantro, mild and medium salsa, mild and medium picante sauce, medium black bean & corn, medium garden pepper medley, medium roasted onion & pepper, medium chipotle salsa, fire roasted tomato

Newman's Own: mild, med, hot, roasted garlic, peach, pineapple, tequilla lime (5/04)

Old Dutch (800.989.2447) Mild Cheddar Dip; Bean Dip; Restaurante Style Mild Salsa; Restaurante Style Medium Salsa (5/04)

Old Home (800 628-8700): Vegetable Dips—Ranch, Garden Dill (5/01)

On the Border [www.trucoenterprises.com](http://www.trucoenterprises.com): all salsas (7/04)

Ortega (800 225.2270): Thick & Chunky Salsa—Medium, Mild , Hot; Green Chili Picante Sauce—Mild, Medium; Thick & Smooth Taco Sauce—Hot, Mild, Medium; Garden Style Salsa—Mild, Medium; Medium Homestyle Prima Salsa; Mild Homestyle Prima Salsa; Mild Mexican-Style Prima Salsa; Medium 3 Bell Pepper Prima Salsa; Medium Roasted Garlic Prima Salsa

Ortega (800 225-2270): hearty bean dip; spicy cheese dip; cheddar cheese spread;

Pace (800 433-PACE): all (4/02); thick & chunky—hot, med, mild, xmild (11/04)

PATAK'S (800-523-4635) [www.pataks.co.uk](http://www.pataks.co.uk): DIPS--Cucumber & Mint Raita, Takali Dip, (10/03)

Road's End Organics [www.chreese.com](http://www.chreese.com) (877-247-3373): Nacho Chreese--mild, spicy DF (9/04)

S. Hurwitz (800-541-0798): All Star Dips (dry mixes) (5/04)

Safeway (877 723-3929): French onion, clam, bacon onion, green onion, ranch, avocado, guacamole (3/04)

Sam's/Walmart (501 273-4000) Sam's Choice Salsa (11/03)

Seeds of Change (888 762-4240): salsas--black bean and tomato medium, garlic and cilantro mild, garlic and cilantro spicy, tomato and onion spicy, traditional picante medium, traditional picante mild (4/03)

Seeds of Change: salsa—all (7/04)

Select Southwest salsa: all varieties (3/04)

Trader Joe's Black Bean & Roasted Corn Salsa, Tropical Fruit Salsa, Fresh Salsa, Hot and Mild, Hot (chunky) , Party Size Mild Salsa, Pico de Gallo Salsa, Roasted Garlic Salsa, Medium; Spicy, Smoky Peach Salsa, Salsa Autentica, Salsa Verde, Pineapple Salsa (Salsas use vinegar derived from corn.) (11/03)

Trader Joe's Fat Free Smoky Black Bean Dip, Fat Free Spicy Black Bean Dip, Garlic hummus, guacamole, hummus, kalamata hummus, roasted red pepper hummus, sun dried tomato hummus, chili con queso (11/03)

Tribe of Two Sheiks ([www.tribeoftwosheiks.com](http://www.tribeoftwosheiks.com)) (800-S HUMMUS) hummus (2/04)

Wild Garden Hummus: ([www.wildgarden.biz](http://www.wildgarden.biz)) All (12/03)

## COOKIES

Aunt Candice: choc chip, sugar, sweet lemon (12/04)

Banducci & Daughters: Angel Kiss Cookies

Better Batter [www.betterbatter.com](http://www.betterbatter.com) Batter-Up Tolehouse (11/03)

Blue Sky (888 877-2110) Meringue Cloud Cookies (raspberry, strawberry, vanilla) (1/03)

Envirokids: vanilla animal crackers (12/04)

Fortitude [www.fortitudebrands.com](http://www.fortitudebrands.com): cinnamon & orange, vanilla & lemon, ginger & spice (2/04)

Frookies ( 888-FROOKIE): Peanut Butter, Chocolate Chip, Double Chocolate (12/04), Sandwich Cremes

Glenny's Chocolate Chip Meringues, Fudge Brownie Cookies (11/03)

Health Valley: rice bran graham crackers (9/04)

Jennies macaroons: carob, coconut—all; low-carb-coconut, carob, choc. (9/04)

Liv-n-Well [www.liv-n-well.com](http://www.liv-n-well.com) (877 270-8479): Emily's Edibles Raisin Spice; Loprofin Flavour Cream Wafers—Chocolate, Orange, Vanilla (11/03)

Manischewitz for passover: Macaroons—all (5/03)

MiDel: Arrowroot animals, choc. Sandwich, Chocolate Chip, ginger snaps, Pecan, (12/04)

Miss Meringue Cookies (800-561-6516) ([www.missmeringue.com](http://www.missmeringue.com)): All (5/03)

Nature's Highlights (800 313-6454): Cherry crumble, peach crumble (10/03), double choc brownies (6/04)

Nutballz [www.nutballz.com](http://www.nutballz.com): peanut butter, almond butter DF, SF (9/04)

Pamela's (650 952-4546) [www.pamelasproducts.com](http://www.pamelasproducts.com): All (except oatmeal), gourmet organic (12/04)

Panderos [www.panderosdelights.com](http://www.panderosdelights.com): Panderos Delights (9/04)

Sorella Bakery Biscottines: hazelnut anise, choc chip, marble, vanilla, cinnamon swirl, orange almond DF (9/04)

Streit's (212-475-7000) ([www.streitsmatzos.com](http://www.streitsmatzos.com)): Macaroons (3/04)

Sun Flour Baking Co.: choc. Chip, peanut butter, lemony lemon, mocha java, banana nut, German choc., cinnamon twist, chocolatey golden brownie (5/04)

Sunstart [www.sunstartbakery.com](http://www.sunstartbakery.com): cookies (10/04)

Trader Joe's Belgian Chocolate almond leaves, bruitini, Mini Macaroons; Meringues—**Cappuccino only** (11/03)

Wild Oats chocolate chip (1/04)

Yuca Delights (USTI Foods): lemon, vanilla, almond (9/04)

## CRACKERS

Blue Diamond Nut Thins: almond, hazelnut, pecan, smokehouse almond (12/04)

Casabe Rainforest Crackers: Original, Garlic, Wild Onion

Crunch Toons (Poore Brothers): regular, cheddar, nacho cheese, barbecue (5/04)

Edward & Sons (805 684-8500) [www.edwardandsons.com](http://www.edwardandsons.com): Brown Rice Snaps—sesame, Tamari Seaweed, garlic, cheddar low salt/fat, no salt, Toasted Onion, Vegetable low salt/fat (11/04) Parmesan, Onion, buckwheat tamari, (5/04) Onion Garlic, Tamari Sesame, Unsalted sesame, Unsalted plain, cheddar (12/04)

Fortitude [www.fortitudebrands.com](http://www.fortitudebrands.com): casabe crackers (2/04)

Health Valley (800 434-4246): Rice Bran Crackers (11/04)

Hol Grain [www.holgrain.com](http://www.holgrain.com): Rice thins—low salt, no salt (3/05)

Hot Kid ([www.hot-kid.com](http://www.hot-kid.com)): Rice Crisp Crackers--Natural, Sesame, BBQ, Cheese, Onion, Hot Wasabi, Sno-Crisps--all (10/03)

Kitchen Table Bakers [www.kitchentablebakers.com](http://www.kitchentablebakers.com) (800 486-4582): aged parmesan, sesame, onion, poppy, caraway, garlic, Italian herb (11/04)

Liv-N-Well [www.liv-n-well.com](http://www.liv-n-well.com) (877-270-8479): Taipan Rice Crunch Crackers--Onion & Garlic, Plain, Sesame (11/03)

Mary's Gone Crackers (888-258-1250) [www.marysgonecrackers.com](http://www.marysgonecrackers.com): herb, caraway, orig, onion, curry (3/05)

Matter of Flax (888 541-flax) [www.matterofflax.com](http://www.matterofflax.com): Flax Krisps—all flavors (10/04)

San-J International [san-j.com](http://san-j.com) : Sesame Brown Rice Crackers, Tamari Brown Rice Crackers (10/03)

San Guseppe: rice crackers—black sesame, sesame brown rice (11/04)

Sesmark rice thins brown rice (10/03)

Shemura [www.ubaccess.com](http://www.ubaccess.com): Oat Matzos (tested gluten free) (11/03)

Trader Joe's Organic Brown Rice Cakes, Savory Thins, Savory Thins-- Mini (11/03)

Vong: sesame rice crisps (7/04)

Wasa Corn Crispbreads

## DAIRY PRODUCTS AND SUBSTITUTES

AlmondRella Cheese (TreeOfLife) ([www.ans-natural.com](http://www.ans-natural.com)): Cheddar; Mozzarella; Garlic Herb (04/02)

Alpine Lace cheese: all **except fat-free spreads**

Alouette (717 355-8503): all potted cheese; [Crème Fraîche (9/02)]

Applegate havarti cheese (1/04)

Athenos: all block cheese

Axelrod sour cream—plain, nonfat, light (7/04)

Belgioioso (877 863-2123): all **(except Blue Cheese, creamy gorg, and crumbly gorgonzola)** (6/03)

Bel/Kaukauna: Cold pack Cheese cups, logs, balls in sharp, extra sharp cheddar, smoky cheddar, port wine, swiss almond regular, lite

Bel Laughing Cow [laughingcow.com/lc/lc.nsf/CustomerserviceL2-FAQs#q5](http://laughingcow.com/lc/lc.nsf/CustomerserviceL2-FAQs#q5)): all products (9/04)

Biazzo: MOZZARELLA CHEESE--Whole Milk; Part Skim RICOTTA CHEESE--Whole Milk; Part Skim (5/04)

Blue Bunny: reg, lite sour cream; YOGURT--all Lite 85, all regular **except banana cream pie, lemon berry, those with crispy rice**

Boar's Head (800.352.6277) ([www.boarshead.com](http://www.boarshead.com)): all **(except hickory smoked pasteurized process Gruyere)** (8/04)

Borden (800 426-7336) all dairy products; Egg Nog in a Can (8/04)

Boursin Cheese (800 290-5266) ([www.boursincheese.com/](http://www.boursincheese.com/)): All cheese products (8/03)

Breakstone Cottage Cheese, regular only; sour cream-regular only

Brown Cow Yogurt ([www.browncowfarm.com](http://www.browncowfarm.com)): plain yogurt (10/04)

Cabot's Cheese ([www.cabotcheese.com](http://www.cabotcheese.com)) All cheese, sour cream, cottage cheese, yogurt (2/02) Cabot's Creamery Dairy Products--all (found at Sam's Club, Wal-Mart, Cub Foods, and Costco)

Calabro Cheese ([www.calabrocheese.com](http://www.calabrocheese.com)): Ricotta, Mozzarella (9/04)

Carnation (800 851-0512): instant nonfat dry milk (4/04)

Colombo (General Mills) (800 967-5248) ([www.yoplait.com](http://www.yoplait.com)): Yogurt and Gogurt

**(except those containing crunchy granola or graham crackers)** (6/03)

Continental ([www.continentalyogurt.com](http://www.continentalyogurt.com)): all yogurt varieties and flavors (3/04)

Cool Whip (Kraft) (800 268-7808) Whipped Topping; Lite Whipped Topping; Cool Whip Free Whipped Topping; Extra Creamy Whipped Topping; (7/00)

Cracker Barrel Natural Cheddar: extra sharp, sharp, medium, mild, swiss, colby, mozzarella, parmesan, romano, monterey jack

Creamland Dairies: cottage cheese (6/04)

Crystal Farms Natural Cheeses: All. **(not cheese loaf, singles, hot pepper)**

Dairy Ease 100 (2% milk) (800 626-3932 x662) (4/04)

Daisy Sour cream (877 292-9830) [www.daisybrand.com](http://www.daisybrand.com) ): (9/03)

Dannon (USA only) [www.dannon.com](http://www.dannon.com): ONLY Plain Low Fat, Plain NonFat, and Plain Natural (6/04)

Darigold: all Yogurt; Cottage Cheese; Sour Cream, cheddar cheese (9/02)

Dean's sour cream (800 395-7004): (3/03)

Dixie Diners' Club [www.dixiediner.com](http://www.dixiediner.com) (800 233-3668) Internet ordering: mixes--vanilla yogurt not!, yogurt not! plain style (3/04)

Dream Whip (Kraft) (800 268-7808) (7/02)

Eagle sweetened condensed milk (8/04)

Eden Foods [www.edenfoods.com](http://www.edenfoods.com) (888 441-3336): dried tofu (4/04)

Follow Your Heart: soy cheese (11/04)

Friendship Dairy [friendshipdairies.com](http://friendshipdairies.com): all **except flavored sour creams** (2/00)

Frijo (Saputo) (800 824-3373) ([www.saputo.com](http://www.saputo.com)) Blue Cheese; Cheddar Shred; Feta; Gorgonzola; Grated Parmesan; Grated Romano; Mozzarella Chunks; Mozzarella Shred; Parmesan Shred; Parmesan Wedges; Pizza Shred; Provolone Shred; Provolone Slices; Ricotta (all types); Romano Shred; Romano Wedges; String Cheese; Taco Shred

Gardenia (800 808-2325): Soy Mage (all cheeses); Soy Co (all cheeses)



Han's Cheddar and Port Wine Spread, Swiss Almond Spread (11/03)

Healthy Choice Cheeses, all varieties

Helava Cheese (6/04)

Helios Nutrition [www.heliosnutrition.com](http://www.heliosnutrition.com): kefir (9/04)

Hickory Farms (419 893-7611 x 340) cheeses: all (12/02)

Hillshire Farms: Double Cheese Log; Smokey Cheddar Cheese Log

Hood ([www.hphood.com](http://www.hphood.com)) (800 662-4468): Premium Chocolate Milk (full fat and low fat), Simply Smart Milks (fat free and low fat) (7/04), [All Cottage Cheese (11/04)]; Golden Egg Nog, All Sour Cream

Horizon [www.horizonorganic.com](http://www.horizonorganic.com) (888 494-3020): reg sour cream, All bar, shred and string cheeses (7/04)

Jewel (920 437-7601) Natural and processed cheeses, including processed american, shredded cheese, and processed cheese food

Kemps: cottage cheese, Yo-J, sour cream; YOGURT: all **except gluten mix-ins such as granola**; Yo-Stix; whipped cream; coffee creamer (8/04)

Kerrygold Dairy [www.kerrygold.com](http://www.kerrygold.com): all butter, all cheese (7/04)

Kraft natural cheese: cheddar, brick, blue, feta, Swiss, colby, mozzarella, ricotta, parmesan, romano, Monterey Jack; Velveeta (7/00)

Lactaid brand milks (800 LACTAID): All

Land O Lakes (800 328-4155) ([www.landolakes.com](http://www.landolakes.com)) All natural products and processed cheese, yogurt, **NOT Am. Cheese** (11/03)

Lightlife: tempeh—garden veg, flax, wild rice, soy; tofu pups (11/04)

Lucerne (877 723-3929): yogurt—pre-stirred low fat/nonfat, cream cheese—reg., fat free Neufchatel, egg not, sourcream--low fat, nonfat, string cheese (3/04)

Market Day (877-632-7753): American Cheese, String Cheese (9/03)

Meijer Cream Cheese; Sour Cream; Shredded Cheddar; Shredded Mozzarella

Mid-America Farms (Dairy Farmers of America) cheeses--even Am. Cheese (available at

Sam's Club)

Morningstar Farms Scramblers

Mountain High Yoghurt ([www.mountainhighyoghurt.com](http://www.mountainhighyoghurt.com)): All varieties (3/04)

Nasoya: Thai peanut baked tofu, tofu—firm, extra firm, soft (11/04)

Nouriche Yogurt Smoothie (Yoplait) (800 967-5248): all (4/03)

Old Home (800 628-8700): All Cottage Cheese; Sour Cream; Sour Lean; Fat-free Sour Cream; Potato Topping; Yogurt for Kids; Velvet Delight; 100 Yogurt; Yogurt—Light, Original, Plain, Plain Non-fat, Vanilla, Vanilla Non-fat (5/01)

Organic Valley (608 625-2602) ([www.organicvalley.com](http://www.organicvalley.com)): Lactose-Free Milk (11/02), Chocolate Milk (3/04)

Papetti's: Quick Whites, all whites (6/04)

Penn Maid: cottage cheese, yogurt (7/04)

Philadelphia Cream Cheese—unflavored block (7/00)

Prairie Farms (217-854-2547): All cottage cheese, sour cream, etc.(3/03)

Publix Brand Yogurt: All (8/04)

Reddi-Whip: All toppings (10/04)

Rondele Gourmet Cheese Spreads [www.rondele.com/faq.shtml](http://www.rondele.com/faq.shtml): All varieties (2/04)

SAFEWAY (877 723-3929): Aerosol whipping cream—light, nondairy, cheese—processed sliced, cream cheese—soft, bars, onion/chive, strawberry, garden vegetable, light, Neufchatel, Fat free, whipped spread, whipped topping—reg., light (3/04)

Saputo (800.824.3373) [www.saputo.com](http://www.saputo.com): Whole milk ricotta (4/02)

Sargento [www.sargento.com](http://www.sargento.com) (800 CHEESES): All Natural Cheeses, **not imitation mozzarella shredded cheese** (5/04)

Schulberg cheese: all (2/03)

Snackwells yogurt: all

Soya Kaas soy cheese: cheddar, Monterey Jack, mozzarella, Jalapeno Jack (1/04)

Soyco [www.galaxyfoods.com/soyco.html](http://www.galaxyfoods.com/soyco.html): Rice chunk cheese in mozzarella and cheddar, rice grated parmesan, rice sour cream, rice cream cheese; almond chunk cheese in mozzarella and American (3/05)

Soymage [www.galaxyfoods.com/soyco.html](http://www.galaxyfoods.com/soyco.html): vegan singles, vegan chunk cheese, vegan sour cream, vegan cream cheese, vegan grated parmesan (3/05)

St. Clemens Blue Cheese: (1/04)

Stella Asiago; Blue Cheese; Feta; Fontinella; Gorgonzola; Grated Parmesan; Grated Romano; Italian Sharp; Kasseri; Mozzarella; Parmesan Wedges; Provolone; Quattro Formaggi; Romano Shred; Romano Wedges

Stonyfield Farm [www.stonyfield.com](http://www.stonyfield.com): plain yogurt—nonfat, lowfat, whole milk (1/04)

Swiss Rose Blue Cheese [www.swissrose.com](http://www.swissrose.com): (5/04)

Syco (284-584-1398): American Cheese (6/04)

Tillamook: cheese—all (7/04), yogurt, butter, and sour cream products

TofuRella Cheese ([www.ans-natural.com](http://www.ans-natural.com)): Cheddar; Mozzarella; Jalapeno Jack; Hickory Smoked; Garlic Herb (4/02)

Trader Joe's Whipped Cream Cheese, Regular and Lite; cheese—**except blue cheese**, Yogurt: All flavors **except Vanilla and Vanana**; Soy Yogurt; Veggie Slices, Provolone, Swiss, and Pepper; (11/03)

White Wave Silk (800 488-9283) ([www.silksoy.com/index.php?id=17&cid=2#10](http://www.silksoy.com/index.php?id=17&cid=2#10)): tempeh—orig soy, sea veggie (11/04); creamer—all varieties, yogurt—all (10/03)

Whole Foods 365 cream cheese, 365 neufchatel cheese (6/03) Whole Kids organic string cheese; 365 organic tofu—firm, extra firm (11/04)

WholeSoy: drinkable cultured soy—all, cultured soy yogurt—all (10/03)

Wildwood Harvest: yogurt—all (9/04)

Yoplait Yogurt (General Mills) (800 967-5248) All products (**except those containing crunchy granola or graham crackers**)

## DESSERTS

**All frozen and canned fruits in 100% fruit juice without additives**

Ah!aska chocolate syrup [www.nspiredfoods.com](http://www.nspiredfoods.com) DF (9/04)

Almondy [www.almondy.com](http://www.almondy.com): frozen torte—chocolate, almond (12/04)

Ambrosia creamed rice (10/03)

Barkat ice cream cones (12/04)

Belgian Chocolate Dessert Cups ( 888 515-7117) (at Sam's Club)

Belsoy Pudding: Chocolate, Vanilla (11/03)

Best Little Baker: cheesecakes - NY orig, strawberry, key lime

Betty Crocker Parlor Perfect: all sundae toppings

Birds Eye [www.birdseye.com](http://www.birdseye.com): Pie Fillings (5/02)

Cerrone waffle cones (12/04)

Cloud 10 pudding [www.cloud10desserts.com](http://www.cloud10desserts.com): all (2/04)

Comstock Pie Fillings (Birdseye) ([www.birdseyefoods.com/comstock](http://www.birdseyefoods.com/comstock)): all (11/03)

Crosse & Blackwell [www.nestleusa.com](http://www.nestleusa.com): Mincemeat (all); Cherry, Blackberry Pie Filling (12/03)

Del Monte (800 543-3090) All Snack Cups;

Desserts of Distinction: blueberry cheesecake, New York style cheesecake, pumpkin swirl cheesecake (7/04)

Duncan Hines ([www.duncanhines.com](http://www.duncanhines.com)) (800 362-9834): Frostings—all (8/03)

Echo Farm [www.echofarmpuddings.com](http://www.echofarmpuddings.com): puddings (12/04)

Ensure puddings: all

Grainaissance Amazake Puddings [www.grainaissance.com](http://www.grainaissance.com) (800 472-4697): Almond, Chocolate (11/03)

Hain (Kidz) Foods [www.hain-celestial.com](http://www.hain-celestial.com): Superfruits Jello®-type Dessert Mix—Cherry, Orange, Raspberry, Strawberry, Berry Medley, Tropical Fruit, Orange Pineapple, Kiwi Pineapple; Super Pudding Mix –Chocolate, Vanilla (11/03)

Hershey's Chocolate Shoppe Candy Bar Sprinkles; Hershey's Syrups - All (**Except Hersheys Chocolate Shoppe Fudge Topping**)

Hershey's portable pudding (800 957-3339): all flavors including cookies and cream (5/03)

Home Run Pies (All Divisions **except No. California and Vons**)

Hunts Snack Pack: Juicy Gels--Lemon Lime, Mixed Berry, Strawberry, Raspberry, Orange; Snack pack Pudding—all (10/03)

Imagine Natural Puddings (800 333-6339) [www.imaginefoods.com](http://www.imaginefoods.com): all (12/03)

Island Tapioca (6/03)

Jell-O Brand Gelatin Desserts (dry gelatin mixes): Sugar Sweetened Gelatin (all flavors); Sugar Free Gelatin (all flavors) (7/00); Gelatin Snacks (Ready to Eat Gelatin): Sugar Sweetened Gelatin Snacks (All flavors), Sugar Free Gelatin (All flavors); Jell-O Cheesecake

Kozy Shack Puddings ([www.kozvshack.com](http://www.kozvshack.com)) All Rice, Chocolate, Tapioca, French Vanilla, Banana and Flan (11/04)

Litehouse: glazes—blueberry, peach, strawberry, apple cinnamon (3/04)

Lucky Leaf pie fillings: apple, apricot, blackberry, blueberry, cherry, lemon, peach, pineapple, raisin, strawberry, dark sweet cherry

Lundberg Family Farms ([www.lundberg.com](http://www.lundberg.com)): Cinnamon Raisin Rice Pudding; Coconut Rice Pudding; Honey Almond Rice Pudding (11/04)

Minute Tapioca (Kraft)

Missy's All Natural rice pudding [www.carousefoods.com](http://www.carousefoods.com) (2/04)

Mondo fruit squeezers (Jel Sert Co): all (4/04)

Mori-Nu Mates [www.morinu.com](http://www.morinu.com): pudding mix—chocolate, lemon low-fat, lemon crème (11/04)

Mrs. Richardson's (815 464-9994): ice cream topping-- hot fudge, strawberry, butterscotch caramel, ff caramel, dark choc. Fudge, butterscotch, ff hot fudge (5/04)

Musselman's [www.knousefoods.com](http://www.knousefoods.com): PIE FILLINGS--Apple; Apricot; Blackberry; Blueberry; Cherry; Lemon; Peach; Pineapple; Raisin; Strawberry; Dark Sweet Cherry (01/03)

My T Fine pudding and pie filling--all ([www.Jelsert.com](http://www.Jelsert.com)) (4/04)

Oetker Mousse - all flavours, Creamy Delights (Chocolate & Pistachio), Mousse Light - all flavours, Crème Caramel; Puddings - all flavours; Regular Vanilla Sauce Powder (**not Instant**); Rote Grütze jelly style dessert mix; Bavarian Cream; Regular and Instant Glazes; Whip it

Royal (Nabisco) (630 231-7590): Puddings –INSTANT, COOKED; gelatins, flan, go-gels (4/04)

Saco [www.sacofoods.com](http://www.sacofoods.com) 800 373-7226: baking cocoa, chunks, dolci frutta, kwik kream (3/03)

SAFEWAY (877 723-3929): Instant Puddings, Instant Gelatins; Pudding Snack Cups (Banana, Butterscotch, Chocolate Fudge, Tapioca, Chocolate, and Vanilla) (3/04)

Scharffen Berger: chocolate sauce (7/04)

Shaw's pudding: lowfat dairy, rice, tapioca, choc (7/04)

Simple Organics: pudding & pie filling mixes—choc., van, mocha, coconut DF (8/04)

Smucker's (330 682-3000): Hot Fudge Topping (**EXCEPT Sundae Syrups**); squirtable choc. Ice cream topping (11/04)

Soy Delicious Non-Dairy Dessert: all **EXCEPT for one with cookies in it.** (4/03)

Swiss Miss (877 528-0745): Gels--Lemon Lime, Mixed Berry, Strawberry, Raspberry, Orange (12/02); Puddings: All varieties (10/03) choc pudding (10/04)

Thank You pie fillings

Trader Joe's Rice Pudding, Tapioca Pudding, Chocolate Sauce, Organic Chocolate Midnight Moo, Crème Brulee, Crème Brulee aux fruits rouges (11/03)

Wax Orchards Fruit Sweetened Fudge Sauces: classic fudge, fudge fantasy, Oh Fudge, amaretto fudge, peppermint stick fudge, orange passion fudge (8/04)

Wilderness [www.birdseyefoods.com/comstock](http://www.birdseyefoods.com/comstock): pie fillings--all (04/03)

Zen-Soy pudding cups (11/03)

Zone [www.zoneperfect.com](http://www.zoneperfect.com): puddings (8/02)

***Frozen, Non-Dairy***

Ben and Jerry's [www.benjerry.com](http://www.benjerry.com) Doonesberry Sorbet

Better Than Ice Cream (TreeOfLife) ([www.ans-natural.com](http://www.ans-natural.com)) (4/02)

Breyers/Good Humor Popsicle Ice Pops -all fruit flavors; No Sugar added Popsicle Ice Pops

Columbia's Best Coffee Ices (Jel Sert Co) (4/04)

Cool Fruits [www.nspiredfoods.com](http://www.nspiredfoods.com): fruit juice freezer pops (12/03)

Dole Fruit Juice Variety & No Sugar Added 12-pack, Fruit 'N Juice Bars (Coconut, Lime, Raspberry, Strawberry), Sorbet Cups

Double Rainbow Gourmet Ice Creams [www.doublerainbow.com](http://www.doublerainbow.com) (800 489-3580) Sorbets (Chocolate, Coconut, Mandarin Orange, Mango Tangerine, Marion Blackberry, Meyer Lemon, Passion Pineapple, Raspberry); Soy Cream (Blueberry, Butter Pecan, Coffee Almond Fudge, Egg Nog [seasonal], Vanilla Bean); dulce de leche (7/03)

Flavor-ice (Jel Sert) : all including Lite, Super Sours (4/04)

Fruit Floe—Strawberry, Caribbean, lime juice (11/03)

Hi-C Frozen Fruit Bars: Boppin Berry, Fruit Punch, Orange

Howler Sorbet ([www.howler.com](http://www.howler.com)) (1/03)

Kemps: santas and christmas trees, twin pops, sherbet (12/02)

Little Dippers Chocolate Covered Bananas (11/03)

Luigi Italian Ices (800 294-4196 ext #18) All Varieties (8/04)

Minute Maid Soft Frozen Lemonade Squeeze Tubes (800-486-9533) (5/04)

Nestle: flintstones pushups, quick pops, cool creations, gargoyles exploding pops, movie ice cream cups, mickey mouse bars, baby ruth bars, bon bons, butterfinger

Pop Ice ([www.JelSert.com](http://www.JelSert.com)): all (4/04)

Popsicle Ice Pops: all fruit flavors

Purely Decadent Soy Delicious non-dairy frozen dessert: cherry nirvana, choc obsession, mocha almond fudge, praline pecan, peanut butter zig zag, swinging Anna Banana, turtle

tracks, vanilla, vanilla Swiss almond (7/04)

Rice Dream (800 333-6339) [www.imaginefoods.com](http://www.imaginefoods.com): carob (plain)-pint, chocolate-pint, vanilla-pints & quarts, cappuccino, carob almond, cocoa marble fudge, orange vanilla swirl, strawberry, Neapolitan, pralines n dream (12/03)

Rita's Italian Ice: all **except cookies 'n cream** (6/02)

Sharon's Sorbet, Coconut, Passion Fruit, Raspberry (11/03)

Soy Dream (800 333-6339) [www.imaginefoods.com](http://www.imaginefoods.com): all flavors **except chocolate fudge brownie pint** (12/03)

Sunshine Sorbet: all (1/04)

Sweet Nothings [www.soydelicious.com](http://www.soydelicious.com) (866 388-7853): organic Soy Delicious qts—all; organic soy delicious bars—creamy vanilla, vanilla almond, creamy fudge; sweet nothings pints—all; sweet nothings bars—fudge, raspberry mango; purely decadent soy delicious pints—vanilla, chocolate obsession, praline pecan, peanut butter zig zag, cherry nirvana (1/03)

Tofutti Chocolate Fudge Treats, Totally Fudge (11/03)

Trader Joe's frozen Crème Brulee, Crème Brulee Aux Fruits Rouges, Double Rainbow Dulce de Leche, Chocolate, Meyer Lemon Note:Double Rainbow uses vanilla derived from corn. Fruit Floe, Strawberry, Caribbean, Lime Juice (1/03)

Welch's frozen juice bars: grape, rasb, straw

Whole Foods 365 Frozen Fruit Bars (11/04)

Wyler's ([www.JelSert.com](http://www.JelSert.com)): Authentic Italian Ice, Lite Sorbet Bars (4/04)

***Ice Cream***

Barq's frozen root beer & vanilla isce cream floats (J&J Snack Foods) (4/04)

Baskin Robbins (800 331-0031) Ice Creams; Ices; Sorbets; Yogurts (**EXCEPT those with gluten ingredients, such as cookies, etc**) ; Toppings: butterscotch, chocolate syrup, hot fudge (reg, no sugar added, fat free), praline caramel, strawberry

Ben & Jerry's (800 726-6748) Ice Cream (all flavors not listing gluten ingredients); World's Best™ Vanilla Ice Cream

Blue Bunny (800 942-3800): check label. All (includes Carb Freedom line) **except those with gluten ingredients, such as cookies, etc.** (9/04)

Bon Bons, Dark and Milk Chocolate

Breyers/Good Humor Creamsicle Cream Pops - all flavors

Creamsicle Cream Pops: all

Dairy Queen ([www.dairyqueen.com](http://www.dairyqueen.com)): Vanilla and Chocolate Soft Serve; Misty Slush. Lemon Freez'r; Cherry Lime Freez'r; DQ Fudge Bar; DQ Vanilla Orange Bar; DQ Vanilla Fudge Bar; DQ Raspberry Vanilla Bar; StarKiss Bars  
DQ nonfat frozen yogurt

Double Rainbow Gourmet ([www.doublerainbow.com](http://www.doublerainbow.com)) (800 489-3580): Ice Cream-- Butter Pecan, Dulce de Leche, French Vanilla, Hazelnut Truffle Latte, It's a Goody, Praline Supreme, Ultra Chocolate, White Pistachio & Chocolate (7/03)

Dove (M & M Mars/Master Foods) (800-551-9985): all **except Crunchy Cookie** (1/04)

Edy's Ice Cream (888 590-3397) ([www.edys.com](http://www.edys.com)) All flavors but **those with gluten ingredients, such as cookies, etc.** Searchable listing on website; fruit bars—all (8/04)

Eskimo: dk choc ice cream bar, milk choc, stickless dk choc, almond, crispy

Haagen Daz Ice Cream Bars: Vanilla with Milk Chocolate and Almonds, Milk Chocolate and vanilla (2/03)

Healthy Choice ([www.healthychoice.com](http://www.healthychoice.com)) Low-Fat Fudge Bars (6/03)

Hood (800-343-6592) [www.hphood.com/default.asp](http://www.hphood.com/default.asp): **Regular Ice Cream flavors:** Butterscotch Blast, Chippedy Chocolate, Chocolate, Classic Trio, Creamy Coffee, Fudge Twister, Golden Vanilla, Holiday EggNog , Maple Walnut, Natural Vanilla Bean, Patchwork, Peppermint Stick , Strawberry. **Light Ice Cream flavors:** Creamy Vanilla, Raspberry Swirl. Almond Praline Delight, Caribbean Coffee Royale, Butter Toffee Crunch, Butter Pecan. **Frozen Novelty Items:** Hoodsie Cups, Hoodsie Pops (6 flavor assortment Twin pops), Hood Ice Cream Bars, Hood Orange Cream Bars, Hood Juice Coolers, Hood Fruit Smoothies, Hendries NSA Citrus 'n Berry, Hendries Kid Stix, Hendries Pop Stix, Hendries Mix Stix, Hendries Citrus Stix, Lifesaver Flavor Pops, Lifesaver Sugar Free Flavor Pops (7/04)

Keebler Fudge Shoppe Pops (Jel Sert) (4/04)

Flintstones Push-Up: Fred 9-pack, Orange 6-pack, Pebbles Variety w/Laffy Taffy, Rainbow Sherbert 9-pack. Baby Ruth Ice Cream Bars. Bon Bons Dark & Milk Chocolate. Butterfinger Ice Cream Bars.

Frostsicle Ice Milk Bars: all

Fruit a Freeze (800427-7510) Freezer bars - all varieties

Godiva (877 463-4821): Belgian dk choc, choc w/choc hearts, classic milk choc, vanilla caramel pecan, van&choc caramel hearts, white choc raspberry (6/02)

Haagen Daaz Ice Creams: all (**except those with obvious gluten ingredients, for example - cookies, etc.**) (1/04)

Kemps: all sherbert, frozen yogurt, light ice cream, or ice cream **w/o gluten mix-ins like malt, toffee, cookies, pie** (8/04)

Klondike Original Ice Cream Bars

Lactaid Premium ice cream: all flavors (6/04)

Oberweis Dairy Ice Creams (all varieties that don't obviously contain gluten)

Philly Swirl (813 477-4159) [www.phillyswirl.com](http://www.phillyswirl.com): all (7/04)

Prairie Farms (217-854-2547): All ice cream (other than add ins such as cookie dough) (3/03)

President's Choice: banana gelato ice cream (2/02)

Reed's Ginger Ice Cream (800 99-REEDS, ext. 10) ([www.reedsgingerbrew.com](http://www.reedsgingerbrew.com)): All varieties (8/03)

Revello Ice Cream Bars: all

Richard D's After Dinner Milk Chocolate Ice Cream Bars, Ice Cream Bars, After Dinner Bars with almonds, Sorbet Bars

Roberts: all **except those with gluten ingredients, such as cookies, etc**

Skinny Cow [www.skinnycow.com](http://www.skinnycow.com): Low fat sundae cup, fat free fudge bars (4/03)

Skondra's: butter brickle, butter pecan, choc chip, choc, french vanilla, ny vanilla, peppermint bon bon, praline pecan, strawberry, tin roof sundae, toasted almond fudge, vanilla. Lite: caramel pecan, choc almond, french silk, van almond fudge, vanilla

Snickers (800 551-9985): ice cream bar (2/04)

Starbucks (800 558-7328): all except those with gluten add-ins (7/03)

Stoneyfield: ice cream—cherry vanilla, crème caramel, chocolate; yogurt—caramel, vanilla, chocolate, raspberry (10/03)

TCBY (The Country's Best Yogurt) 96% FAT-FREE: Blueberry Cheesecake, Cheesecake, Chocolate, Chocolate Mint, Coffee, Golden Vanilla, Peanut Butter, Raspberry, Strawberry, Strawberry Cheesecake, White Chocolate Mousse  
NON-FAT: Banana Macadamia Nut, Bosenberry, Butterscotch, Dutch Chocolate, Old Fashioned Vanilla, Strawberries and Creme, Hand-dipped Ice Cream, Butter Pecan, Chocolate, Cotton Candy, Pralines and Cream, Strawberry, Rainbow Cream, Rocky Road, Vanilla

SORBET: Juicy Orange, Key Lime, Ripe Raspberry, Tropical Citrus, Watermelon  
NO SUGAR ADDED NON-FAT: Banana, Butter Pecan, Chocolate, Coconut Cream Pie, Coffee, Irish Cream, Peach, Strawberry, Vanilla, White Chocolate Macadamia Nut

Turkey Hill: premium ice cream (11/04)

Whole Foods 365 Ice Cream: choc, choc chip, vanilla, vanilla bean (rounds) (11/04)

## FRUIT

### Frozen and canned fruit in 100 % fruit juice is GF.

Del Monte: all dried fruit **except yogurt raisins, sierra trail mix**

Dole (800-232-8888): All canned fruits; Fruit Bowls; Dried Fruits (10/02)

Eden [www.edenfoods.com](http://www.edenfoods.com): apple cherry sauce, apple sauce, dried montmorency cherries (11/04)

Fred Meyer (800 632-6900): Whole Berry Cranberry Sauce (4/02)

Goya (800 275-4692 x2218): guava paste (1/04)

Jewel/Albertson's: applesauce, fruit cocktail (9/03)

Libby's: Solid Pack Pumpkin; Pumpkin Pie Mix

Lucky Leaf: spiced apple rings (9/04)

Mariani Packing Co. (800 672-8655) ALL dry fruit products including yogurt covered raisins

Market Day (877-632-7753): fruit singles (9/03)

Motts (800 426-4891): All Applesauce flavors (6/04)

Musselmans: all applesauce. Fruit 'n Sauces: apple apricot, apple cherry, apple peach, apple pineapple Other: Sliced apples, dutch baked apples, spiced crabapples, fried apples, spiced apple rings, blueberries [red tart pitted cherries (9/04)]

Natural High [www.richmoor.com](http://www.richmoor.com): crunchies—blueberry, mango, mixed fruit, pineapple, strawberry, tropical fruit (12/04)

Ocean Spray (800.662.3263): all cranberry sauce: Craisins—orig (5/04)

Safari raisins and dried fruit (3/03)

SAFEWAY (877 723-3929): Cranberry Sauce (Whole and jellied); Dried Fruit (Prunes, Raisins, Apricots, Peach, Apple, and Cherry) (3/04)

Sun-Maid Raisins ([www.sunmaid.com](http://www.sunmaid.com)): Sun-dried raisins; Zante Currants; Golden Raisins

Sunsweet (800 417-2253): all dried fruit, Fruitlings--All flavors, Fruit Morsels (11/03)

Whole Foods 365 jellied cranberry sauce, cinnamon applesauce, unsweetened applesauce; Whole Kids Organic 4-packs—cinnamon apple, mixed berry apple, peach apple, strawberry banana apple, unsweetened apple (11/04)

Wild Oats: organic cranberry sauce-jellied, whole berry (1/04)

Wild Thymes [www.wildthymes.com](http://www.wildthymes.com) (888-724-2877): cranberry sauce (11/03)

### *Fruit Snacks*

General Mills Fruit Roll Ups (all flavors) (800 328-1144) (11/03)

Good Sense: cranberries, cantaloupe, cherries, pineapple chunks, prunes, med apricots, fruit nibbler (9/04)

Jewel/Albertson's: fruit snacks (9/03)

Kettle Valley Fruit Leather (888 297-6944) [www.kettlevalley.net](http://www.kettlevalley.net): 100% Fruit Bars: Apricot, Strawberry, Raspberry, Wildberry, Sour Apple, Tropical Blend, Watermelon, and Grape; Organic Fruit Snacks: Okanagan Organic Blend, Rocky Mountain Berry Blend, Fraser Valley Cranberry (11/03)

Lyme Regis: La Fruit, Fruit Break (10/03)

Nabisco Fruit snacks (800 862-2638): Blues Clues Blueberry, Digi Dinosaurs, Gamesters Jumbler Strawberry (11/03)

Real fruit bars [www.everydayfruit.com](http://www.everydayfruit.com) (888 262-3997): all flavors (3/04)

SAFEWAY (877 723-3929): Fruit Snacks (3/04)

Sensible Foods Cracklin' Fruit Snacks (707 769-0170) [www.sensiblefoods.com](http://www.sensiblefoods.com): Cherry Berry, Tropical, Orchard, Natural Corn, Mixed Fruit (11/03)

Sharkies organic energy fruit chews: fruit splash, berry blast, citrus squeeze (8/04)

Stretch Island 100% Fruit Snack—apricot, berry blackberry, great grape, rare raspberry (11/03)

Sun-Rype Fruit Snacks [www.sunrype.com](http://www.sunrype.com) (800 533-8933): Fruits To Go, Fruit Punch, Tropical, Apple Raspberry, Apple Cherry, Apple Strawberry (11/03)

Welch's Fruit Snacks (800 340-6870): White Grape Raspberry, White Grape Peach, Concord Grape, Strawberry, Mixed Fruit (11/03)

## MEATS AND SUBSTITUTES

ALWAYS TENDER Flavored Fresh Beef: Peppercorn, Homestyle Pot Roast  
Flavored Fresh Chicken: Roast, Italian, Lemon-Pepper; Flavored Fresh Pork: Lemon-Garlic, Mesquite, Mojo Criollo, Porketta, Onion-Garlic, Salsa; Non-Flavored Fresh Pork; Flavored Fresh Turkey: Roast, Italian (3/04)

Best Choice (913 288-1488): frozen turkeys (10/04)

Boar's Head: spareribs, ovengold roast breast of turkey (8/04)

Bridgford Beef Jerky [www.bridgford.com](http://www.bridgford.com) (800 621-4241): All **except teriyaki flavor or turkey jerky** (5/03)

Brookfield Farms (Costco): corned beef (2/02)

Butterball (800 BUTTERBALL): Turkeys (**Gravy packets are not GF**) (11/04); All Butterball Chicken Products (10/02)

Cook's (402 475-6700): corned beef (11/03)

Diestel (888 446-2253): turkey meatloaf, turkey burgers, whole turkeys- fresh or frozen (11/04)

Dietz and Watson (800 333-1974): all **except rotisserie style chicken, scrapple, bockwurst, fat free beef franks, gourmet lite franks, gourmet lite beef franks, chicken cordon bleu, chicken florentine, chicken portabella** (10/04)

Empire Kosher Poultry ([www.empirekosher.com](http://www.empirekosher.com)) (800-367-4734): Barbeque chicken, rotisserie chicken, barbeque turkey, cooked turkey breast, white turkey roll, turkey bologna roll, turkey salami roll, organic wise chickens (3/03); All raw turkeys and chickens including frozen whole turkey, turkey breasts, frozen chicken, individually quick frozen chicken, and frozen ground turkey. (3/04)

Giant Eagle: corned beef (3/03)

Grandpa's Beef Jerky [www.grandpasjerky.com](http://www.grandpasjerky.com) (11/03)

Hebrew National Kosher Foods Products: All

Honeysuckle White turkey products: all (10/04)

Hormel (800 523-4635): Fully Cooked beef roast au jus, pork roast au jus; beef & ckn; Reg & low fat beef jerky; SHELF STABLE: Bacon Bits and Pieces, Chunk Meats (Breast of Chicken, Chicken, Ham, Turkey), Corned Beef, Dried Beef, Vienna sausage; Pickled Pigs Feet, Pickled Pork Hocks, Pickled Hot Sausages, Pickled Tidbits, Pickled Smoked Sausages; Corned Beef; Dried Beef; Snack Size Meats and Cheese-- Cooked Ham, Smoked Ham, Honey Ham, Summer Sausage, Smoked Turkey, Roasted Turkey, Hard Salami, Italian Dry Salami, Colby & Monterey Jack Cheese, Cheddar Cheese (3/04)

Ian's Natural Foods [www.iansnaturalfoods.com](http://www.iansnaturalfoods.com): chicken nuggets (12/04)

JENNIE-O TURKEY STORE (800 621-3505) Seasoned Pepper Turkey Breast Roast, Barbecue Turkey Thighs; Flavored Tenderloins--Lemon-Garlic, Seasoned Pepper; Flavored Roasts--Lemon-Garlic, Tequila-Lime, Cajun  
SO EASY Entrees: Shredded Turkey in Barbecue Sauce, Slow Roasted Turkey Breast, Turkey Breast Chunks in Alfredo Sauce; Prime Young Turkey: fresh or frozen (**gravy packet contains gluten**); Frozen Turkey Breast (**gravy packet contains gluten**) Fresh Ground Turkey--Lean, Extra Lean, Mexican, Italian  
Festive TENDER CURED Turkey; Refrigerated Qtr Turkey Breasts-- Oven Roasted, Honey Cured, Hickory Smoked; Smoked Turkey Wings and Drumsticks; Pan Roasts with Gravy--White, White/Dark Combo; Frozen Ground Turkey, Frozen Ground Seasoned Turkey, Frozen Turkey Burgers (10/04)

Jewel (708 531-6811): rotisserie chicken (4/03)

John Morrell (800 722-1127): Chicken in tequila, meatloaf

Laura's Lean Beef (800-Its-lean): all (2/04)

Libby's CANNED MEATS: Spreadables: chicken, turkey, tuna, ham, lite lunch tuna, lite lunch chicken; Corned Beef, Corned Beef Hash, Potted Meat, Roast Beef Hash, Vienna Sausage, Chicken Vienna Sausage

Manor House turkey (3/04)

Market Day (877-632-7753): Angus Chopped Beef Steak, Baby Back Ribs, 1/4 pound patties, Bone-In Pork Chop, Corned Beef Brisket, Premium Petite Filets, ChicNSteaks, Diced Chicken, Ground Beef, Ranch Steaks, Vesuvio ChicNSteaks, Portillo's Beef & Gravy (9/03)

Marval turkeys (Cargill) (11/02)

Mosey's corned beef (3/03)

Nathan's corned beef (3/03)

No Name Steaks (888 387-1152): all (5/04)

Norbest Turkeys (www.norbest.com): All (**EXCEPT Norbest Raw Boneless Turkey Roast and Raw Boneless Turkey Breast Roast removable gravy packets contain gluten**) (11/03)

Oberto (877 453-7591) jerky: all **except Teriyaki** (8/02)

Pacific Gold Beef Jerky (877-453-7591): Natural Style Beef Jerky--Original, Pepered, Hot & Spicy (**not Teriyaki**) (5/03)

Perdue Farms (888.473.7383) (www.perdue.com ): MISCELLANEOUS: Basted Whole Turkey; Fully Cooked Whole Turkey; Hot N'spicy Chicken Wings Traypack; Individ. Frozen Boneless/Skinless Chicken Breast; READY-TO-COOK: Netted Chicken Breast Roast; Netted Turkey Breast Roast Buttery Herb; Sliced Chicken Breast (oil fried) DELUCA: Buffalo Style Chicken Wings -- Sausage Peppers and Onions FROZEN: Chicken Burgers (Broccoli and Mushroom, Savory Chicken, Spicy Vegetable)

GROUND: Chicken (Original, Breast, Burgers) -- Turkey (Original, Breast, Burgers) ROTISSERIE: Chicken (Italian Style, Lemon Pepper, Oven Roasted) -- Turkey Breast SEASONED: Boneless Skinless Chicken Filet (Italian Style, Lemon Pepper, Homestyle, Teriyaki) -- Thin Sliced Chicken Breast (Rosemary Garlic Thyme, Tomato Herb); [chicken burgers—broccoli and mushroom (9/04)]

SHORT CUTS: [Honey Roasted (9/04)] -- Italian Style -- Lemon Pepper -- Original Roasted -- Southwestern Seasoned -- Three Pepper Blend SHORT CUTS ENTREES: Fillets in BBQ Sauce -- Strips in Garlic Herb Sauce -- Strips in Marinara Sauce

SIMPLY SAUTE: Classic Flavor -- Parmesan Garlic -- Spicy Fiesta  
TURKEY SAUSAGE: Hot Italian -- Sweet Italian

Riverside turkey (11/03)

Saz [www.sazs.com](http://www.sazs.com) (414 256-8779): barbecued baby back ribs, barbecued pork, barbecued chicken (9/04)

Shady Brook Farms Turkey products ([www.shadybrookfarms.com](http://www.shadybrookfarms.com)): **ALL EXCEPT Turkey Meatballs** (8/03)

Sheltons ([www.sheltons.com](http://www.sheltons.com)): Turkey burgers, Pepperoni turkey sticks, Regular turkey sticks, beef sticks, turkey jerky—reg, hot, beef jerky (10/04)

Spam (Hormel) (800 523-4635): Luncheon Meat, Classic, Lite, Less Sodium, Smoked and Oven Roasted Turkey (3/04)

Swanson (800 410-7687) Premium Chunk Chicken-3 oz. (4/04)

Sweet Sue: premium chicken breast (11/04)

Thomas E Wilson (877 994-9960): Italian seasoned pork roast, seasoned beef sirloin roast (9/02)

Tillamook (800-325-2220) ([www.tillamook.com](http://www.tillamook.com)): Jerky (**NOT Teriyaki**) (6/04)

Tyson's (800 233-6332): CHICKEN: Fresh and Individually Fresh Frozen (1/04)  
Seasoned Beef Sirloin Roast (4/03)

Underwood (973 401-6500) [www.bgfoods.com](http://www.bgfoods.com): Spreads--Deviled Ham (1/04)

Valley Fresh [www.valleyfresh.com](http://www.valleyfresh.com): Canned Chicken--all, Canned Turkey--all (10/03)

Yorkshire Farms [yorkshirefarms.com](http://yorkshirefarms.com): chicken nuggets, dinosaur nuggets (3/02)

### **Breakfast Meats**

Applegate Chicken and apple breakfast sausage (1/04)

Black Label Bacon (800 523-4635): (3/04)

Boars Head Bacon

Burns/Maple Leaf Bacon (800.268.3708) All (6/02)

Diestel (888 446-2253): breakfast chubs, turkey bacon (11/04)



Farmland: all "all natural" bacon

Hatfield Farms Bacon –Regular, thick sliced, reduced sodium

Hillshire Farm Bacon

Hormel Bacon, Canadian style, fully cooked, microwave (8/03)

JENNIE-O TURKEY STORE Fresh Breakfast Sausage: Mild Links, Mild Patties, Maple Links, Extra Lean Turkey Bacon, BREAKFAST LOVER'S Turkey Sausage (3/04)

Jimmy Dean (800 925-3326): breakfast sausage—all **except sandwiches** (10/04)

John Morrell bacon: all (9/03)

Jones Bacon: SLICED BACON:Regular; Thick, Rock River Sliced Bacon; Slab Bacon; LEAN CHOICE: Sliced Canadian Style Bacon (8/02)

Jones Dairy Farm ([www.jonesdairyfarm.com](http://www.jonesdairyfarm.com)) ALL NATURAL: Little Pork Sausages; Dinner Pork Sausages; Light Pork Sausage & Rice Links; Pork Sausage Patties; Original Pork Sausage Roll; GOLDEN BROWN: Mild Fully-cooked and Browned Sausage Links; Made from Beef Fully-cooked and Browned Sausage Links; Spicy Fully-cooked and Browned Sausage Links; Light Fully-cooked and Browned Sausage & Rice Links; Fully-cooked and Browned Sausage Patties

Johnsonville Sausage (888 556-2728) [www.johnsonville.com](http://www.johnsonville.com): most (check label)

LITTLE SIZZLERS Sausage Links and Patties (8/03)

Morrell bacon

Neuske Bacon ([www.nueske.com](http://www.nueske.com)) (2/04)

North Country Smokehouse Fruitwood Smoked Uncured Bacon (11/03)

OLD SMOKEHOUSE (800 523-4635): Bacon (3/04)

Oscar Meyer: Bacon, regular, 1/8" Thick Cut, Center Cut, Lower Sodium, Ready to Serve, Bacon Bits, Real Bacon Pieces, Real Pork Sausage Links, Pork Sausage

Plumrose bacon (10/04)

RANGE BRAND Bacon (8/03)

Rath Blackhawk Bacon

RED LABEL (800 523-4635): Bacon (3/04)

Sheltons ([www.sheltons.com](http://www.sheltons.com)): Turkey sausage patties, Turkey breakfast strips, turkey breakfast sausage (10/04)

Swanson Great Starts: scrambled eggs w/sausage & hashbrowns

Traders Joe's Chicken Breakfast Sausage, Uncured Bacon (11/03)

VALUE BRAND (800 523-4635): Sliced Bacon (3/04)

Wellshire Farms [www.wellshirefarms.com](http://www.wellshirefarms.com): bacon—all (2/04)

Yorkshire Farms Pork and Turkey Bacon, (11/03)

### ***Cold Cuts***

Abraham Prosciutto (11/03)

Aldi premium cuts: turkey, roast beef

Applegate Farms [www.applegatefarms.com](http://www.applegatefarms.com) : all (9/03)

Boar's Head (800.352.6277) ([www.boarshead.com](http://www.boarshead.com)): garlic bologna, Bologna, Lebanon bologna, liverwurst, liverwurst light, lower sodium bologna, Old-fashioned bologna, pepperoni, turkey pastrami, BarBq chicken breast, beef bologna, Bianco D'oro salami, Cajun roast beef, Cajun turkey breast, capocollo, cracked pepper turkey breast, deluxe oven roasted choice beef, golden classic oven roasted chicken breast, hickory smoked turkey breast, honey maple turkey breast, Italian roast beef, mesquite smoked turkey, mortadella, oven gold turkey breast, pancetta, salsalito turkey breast (**not olive loaf, Dutch loaf, pickle and pepper loaf**) (8/04)

Busseto Premium Genoa Salami (11/03)

Carando Prosciutto, Thin Sliced (11/03)

Carl Buddig Meats (888 633-5684) [www.buddig.com](http://www.buddig.com): All (4/03)

Carving Board: CKN: classic baked, grilled, honey glazed Turkey: oven ready, smoked

Ciao Pepperoni (11/03)

Diestel (888 446-2253): turkey breast—oven roasted, honey, no-salt, peppered, herbed,

chipotle (11/04)

Empire: all (2/02)

Frederick Usinger Pastrami (11/03)

Hatfield Farms Ring Bologna

Hillshire: all deli select products (4/04)

Honeysuckle White turkey Deli products: All (12/03)

JENNIE-O (800 621-3505) Refrigerated Turkey Ham, Refrigerated Honey Cured Turkey Ham, Refrigerated Dark Turkey Pastrami, Refrigerated Turkey Bologna, Refrigerated Sliced Lunchmeat--Oven Roasted Turkey, Smoked Turkey, Turkey Bologna, Turkey Salami

JENNIE-O TURKEY STORE Deli Chicken Breast--Buffalo Style, Oven Roasted, Mesquite Smoked; Smoked Turkey Breast--Mesquite, Hickory, Honey Cured; Oven Roasted Turkey Breast; Hickory Smoked Turkey Breast--Cracked Pepper, Sun Dried Tomato, Garlic Pesto, Honey Cured

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

JENNIE-O Turkey Breast: Oven Roasted, Peppered, Smoked, Tender Browned, Italian Style, Honey Maple, Honey Mesquite, Maple Spiced, Apple Cinnamon, Tomato Basil, Mesquite Smoked, Garlic Peppered, Hot Red Peppered, Smoked Peppered (3/04)

John Morrell: all (1/03)

Jones Dairy Farm ([www.jonesdairyfarm.com](http://www.jonesdairyfarm.com)): CHUB BRAUNSCHWEIGER LIVERWURST—Original, 20% Bacon, With Onion; Light CHUNK BRAUNSCHWEIGER—Original, Light; SLICED BRAUNSCHWEIGER (8/02)

Kayem Deli Bologna, Deli Sliced Honey Cured Ham, Honey Smoked Turkey Breast, Roast Beef, Turkey Breast (11/03)

NORWESTERN Deli Turkey (800 523-4635): Oven Roasted, Turkey Pastrami, Hickory Smoked (3/04)

Oscar Mayer read label. Gluten will be listed as wheat, rye, barley: Bologna, made with chicken & pork, Bologna, Light Brand made with chicken, pork, & beef Bologna, Beef, Bologna, Beef Light Brand; Bologna, Garlic, made with Chicken, pork Braunschweiger Liver Sausage; Canadian Style Bacon made from pork sirloin hips Ham and Cheese Loaf, Old fashioned Loaf; Liver cheese, pork fat wrapped Salami, Cotto, made with chicken, beef, pork; Salami, Beef Cotto, Beef Machiaeh

Brand, Genoa, Hard, Salami, for Beer, Summer Sausage, Summer Sausage, Beef; Turkey, White, Oven Roasted, Turkey, White, Smoked

Perdue Farms DELI: Bologna -- Chicken Breast -- Chicken Wings BBQ -- Chicken Wings Hot 'n Spicy -- Ham -- Ham Sliced -- Ham Tavern Style -- Pan Roasted Honey Smoked Turkey Breast -- Pan Roasted Oven Roasted Turkey Breast -- Pan Roasted Peppered Turkey Breast -- Pastrami (1/04) -- Pickups Sliced Turkey Breast (Golden Browned, Honey Smoked, Mesquite Smoked, Oven Roasted, Smoked, Ham Honey Smoked) -- Salami -- Turkey Breast (Natural, Honey Smoked, Browned, Golden Browned, Healthsense Fat-Free Low-Sodium, Hickory Smoked, Mesquite Smoked, Oil Browned) -- Turkey Ham Honey Smoked; [turkey bologna (9/04)]

Prosciutto Di Italia (1/03)

Russer: braunschweiger, bologna, cooked salami, hot cooked salami, spiced ham, Dutch loaf, kielbasa loaf, roast beef, pastrami, wunderbar German bologna, smoked turkey, oven roasted turkey, old fashioned loaf (11/02)

Sara Lee [www.saralee.com](http://www.saralee.com): All prepackaged meats; Deli meats--oven roasted breast of chicken, mesquite smoked breast of turkey, peppered breast of turkey, oven roasted breast of turkey, honey roasted breast of turkey, hardwood smoked breast of turkey, honey roasted turkey ham, honey ham, brown sugar ham, and oven roasted pork roast (6/04).

Sheltons ([www.sheltons.com](http://www.sheltons.com)): Uncured chicken bologna, uncured turkey bologna (4/04)

Shofar Kosher Beef Salami (11/03), 97% Fat Free Salami, 97% Fat Free Bologna

Taylor Provisions Co. (800 772-7126): pork roll (4/04)

Thumanns [www.thumanns.com](http://www.thumanns.com): all deli products (2/05)

Trader Joe's Mesquite Smoked Turkey Breast Sliced (11/03)

Yorkshire Farms sliced deli meats

### ***Fish***

#### **Fish that are packed in water or oil alone are GF**

Beach Cliff [www.beachcliff.info](http://www.beachcliff.info): sardines, fish steaks (7/04)

Bumble Bee [www.bumblebee.com](http://www.bumblebee.com): canned salmon, tuna—all (7/04)

Captains Table: Fillets almondine with rice, Shrimp in garlic butter sauce with wild

rice (10/03)

Chicken of the Sea [www.chickenofthesea.com](http://www.chickenofthesea.com): All **except Tuna Salad Kits** (10/04)

Connors Brunswick Sardines (6/02)

Gorton's' [www.gortons.com](http://www.gortons.com) (800-222-6846): Grilled Lemon Pepper Fillets (including Club Pack) (3/04)

Healthy Catch: Shrimp New Orleans in zesty sauce with vegetables and wild rice, Shrimp in Scampi style sauce with rice garlic seasoned (10/03)

Ian's [www.iansnaturalfoods.com](http://www.iansnaturalfoods.com): allergen free fish sticks (12/04)

King Oscar: All Sardines **EXCEPT in Mustard Sauce** (7/02)

Ma Cohen's herring products (5/04)

Market Day (877-632-7753): Smoked Salmon, Tilapia Fillets (9/03)

Omega Foods: salmon patties, tuna patties (7/04)

Snow's/Castleberry ([www.snows.com](http://www.snows.com)): Chopped Clams 6.5 oz., Minced Clams 6.5 oz., Manhattan Clam Chowder 15 oz., White Clam Sauce 10.5oz., Red Clam Sauce 10.5 oz. (2/03)

Starkist (800.252.1587) ([www.starkist.com](http://www.starkist.com)): all tuna (1/04)

Underwood (973-401-6500) ([www.bgfoods.com](http://www.bgfoods.com)): SARDINES--Olive Oil, Springwater, Soybean Oil, Mustard Sauce (1/04)

Ungar's (3/03)

### **Hams**

BLACK LABEL (Hormel) (800 523-4635): Canned Hams (remove any glaze packets) (1/04)

Boar's Head (800.352.6277) ([www.boarshead.com](http://www.boarshead.com)): sweet slice boneless smoked ham (7/04)

Canadian Maple Brand

Celebrity (908 351-8000) Honey-Cured Healthy Ham (11/03)

Cook's (402 475-6700): all (10/04)

CURE 81 (Hormel) (800 523-4635) Ham: Bone-in, Boneless, Old Fashioned Spiral (3/04)

Farmland: all "all natural"

Hatfield Farms country made boneless ham and all Ham Steaks

Hillshire Farms (800 328-2426): all honey ham, pork roast, spiral honey ham, spiral glazed honey ham, (10/04)

HORMEL (800 523-4635): Ham Patties (8/03) Cure 81—bone in, boneless, old fashion spiral (10/04)

John Morrell Hams (1/03)

Jones Dairy Farm: steak, slices, ham

Market Day (877-632-7753): Spiral Sliced Ham (9/03)

Oscar Mayer read label for wheat, rye, barley: Ham Slice, Dinner, water added Ham, Baked Cooked, water added; Ham, Boiled, water added; Ham, Lower Sodium, water added; Ham, Honey, Water added; Ham, chopped, water added; Ham Slice, Dinner, water added; Ham, Smoked Cooked, water added

Purdue: ham, ham sliced, tavern style

Russer: honey & maple, cooked, honey cured, Canadian maple, Black Forest, old fashioned, hot, baked (11/02) Virginia smoked (2/05)

Safeway (877 723-3929): cooked ham, 95% fat free (3/04)

Smithfield Ham (757 357-1376) (**except honey glazed, honey BBQ**) (10/04)

Thomas E Wilson: baked ham w/swt glaze&honey, glazed ham w/maple brown sugar (9/02)

Thornapple Valley

Trader Joe's Healthy Ham (11/03)

Yorkshire Farms hams

### **Meat Substitutes**

Dixie Diners' Club [www.dixiediner.com](http://www.dixiediner.com) (800 233-3668) Internet ordering: roasted chicken not!, down home barbeque, turkey not!, tenderloin tips'n mushroom sauce

(3/04)

Franklin Farms (800 204-1508) veggiburgers (7/02)

Frieda's [www.friedas.com](http://www.friedas.com): tofu—all (8/02)

Heartline Meatless Meats (800 256-2253): ground beef-8 oz, Canadian bacon-8 oz, Italian sausage-8 oz (4/04)

Hearty & Natural (800 297-5997): veggie burger patties, veggie chick-n (4/04)

Light Life: Tempeh-orig. soy, garden vegetable; tofu pups; smart menu chicken strips (1/04) wild rice tempeh, smokey tempeh (10/03)

MoriNu [www.morinu.com/product/glutenfree.html](http://www.morinu.com/product/glutenfree.html): all tofu (1/04)

Nasoya tofu—all (10/03)

Sunrich Veggie Burgers (877 237-4374) [www.sunrich.com/hn/veggieburgers](http://www.sunrich.com/hn/veggieburgers)): All: Veggies & Grain, Wild Mushroom, Mexican Red Bean, Veggie Burger Patties, Ground Veggie Burger, Veggie Chik-N Patties (7/00)

Tempeh (Turtle Island) ([www.tofurky.com](http://www.tofurky.com)) all--**Except Tempeh Superburgers**

Trader Joe's Organic Extra Firm Tofu, Organic Firm Tofu (11/03)

Vitasoy Tofu: silken, regular, firm (10/03)

White Wave (800 488-9283) ([www.silksoy.com/index.php?id=17&cid=2#10](http://www.silksoy.com/index.php?id=17&cid=2#10)): Tempeh and Tofu: all (3/02)

### ***Sausage, Hot Dogs***

Aidells (510 347-6222): smoked ckn apple, smoked sun-dried tomato, smoked artichoke, smoked Habanero, smoked mango, Cajoun style andouille (4/02)

Applegate Farms [www.applegatefarms.com](http://www.applegatefarms.com): all

Armour (800 528.0849): Vienna Sausage—regular, Smoked (10/02)

Ballpark Franks [www.ballparkfranks.com](http://www.ballparkfranks.com) (888-317-5867): all Grillmaster products **except corndogs and beer brats** (1/04)

Bell and Evans ([www.BellandEvans.com](http://www.BellandEvans.com)): Fresh Chicken products **not Frozen Chicken products** (2/04)

Best's Kosher (800 823-7746) (Available at Costco): Beef Frankfurters, Mild Beef Frankfurters, Beef Dinner Franks, Reduced Fat and Sodium Beef Franks, Beef Knockwurst, Lower Fat Beef Frankfurters, Beef Deli Frankfurters, Lower Fat Beef Knocks, Beef Polish Sausage, Lower Fat Beef Bologna, Beef Hot Polish Sausage, Lower Fat Beef Salami, Beef Bologna, Lower Sodium Beef Salami, Beef Salami, 97% Fat Free Beef Frankfurters, Beef Salami Sticks, 97% Fat Free Beef Salami, Beef Summer Sausage, 97% Fat Free Beef Bologna, Beef Thuringer Sausage, Beef Cocktail Franks, Cooked Corned Beef, Smoked Beef Cocktail Sausage, Beef Frye, Beef Liverwurst

Bilinski Kielbasa (7/02)

Boar's Head (800.352.6277) ([www.boarshead.com](http://www.boarshead.com)): Beef Franks, beef knockwurst, beef & pork frankfurters, cooked bratwurst, light frankfurters, natural casing beef frankfurters, kielbasa (7/04)

Casual Gourmet (727-298-8307) [www.cgfoods.com](http://www.cgfoods.com): All sausages **except Teriyaki Turkey Sausage** (7/04)

Coleman: franks (7/04)

Diestel (888 446-2253): turkey—ground chubs, turkey franks; sausage-apple/cranberry, bratwurst, Italian mild or hot, kielbasa, linguica, sun-dried tomato/basil (11/04)

Empire: chicken franks, turkey franks (3/03)

Evergood Kielbasa Polish Sausages [www.evergoodfoods.com](http://www.evergoodfoods.com): all **except British Syle Bangers** (9/04)

Fat Freddie Pepperoni Stick (Smokie Products) (09/02)

Hatfield original hotdog; franks, beef Franks; reduced sodium Franks, Sweet Italian Sausage;

Hebrew National [www.hebrewnational.com](http://www.hebrewnational.com): all **except Franks in a Blanket** (9/03)

Healthy Choice: hot dogs (10/02)

Hickory Farms Summer Sausage Beef Stick (12/03)

Hillshire Farms (Sara Lee) (800 328-2426) All **except Corn Dogs and Beer Brats**. (10/04)

Hormel: Summer Sausage, Smoked Turkey, Peppered Turkey, Roasted Turkey, Hard Salami, Pepperoni, Turkey pepperoni, Italian Salami, Genoa, Smokies, Vienna sausage (8/03)

JENNIE-O TURKEY STORE Fresh Dinner Sausage: Sweet Italian, Hot Italian, Cheddar Turkey Bratwurst, Lean Turkey Bratwurst, Turkey Franks, Extra Lean Smoked Turkey Sausage, Extra Lean Smoked Kielbasa Turkey Sausage (3/04)

Jimmy Dean (800 925-3326) SMOKED SAUSAGES: Chicken Apple; Sun-dried Tomato; Artichoke; Habanero; Mango; Cajun Style Andouille (11/02)

Johnsonville (888 556-2728) ([www.johnsonville.com](http://www.johnsonville.com)) all (**except Beer 'n Bratwurst, cooked beer brat, and Brown Sugar and Honey Links**) (10/03)

Jones Dairy Farm ([www.jonesdairyfarm.com](http://www.jonesdairyfarm.com)): ALL NATURAL Sausages--Little Pork, Dinner Pork, Light Pork & Rice Links, Pork Patties, Original Pork Roll; GOLDEN BROWN--Mild Fully-cooked and Brownd Links, Made from Beef Fully-cooked and Brownd Links, Spicy Fully-cooked and Brownd Links, Light Fully-cooked and Brownd Sausage & Rice Links, Fully-cooked and Brownd Patties (8/02)

Kahn's (Sara Lee) (800 328-2426): all franks and hot dogs (10/04)

Klement's ([www.klements.com](http://www.klements.com)): All Summer Sausages (12/03)

Market Day (877-632-7753): Deli Style Hot Dogs (9/03)

Old Wisconsin (877-451-7988): Beef Deli Sticks (Ends and Curls) (01/04)

Oscar Meyer: Links, Beef Franks, Bun Length Brand, Jumbo, Light Brand Cheese Hot Dogs made with turkey, pork, beef  
Ring Bologna, Wisconsin Made  
Smokies: Sausage, Beef, Little Cheese, a pork, turkey & cheese product  
Smokies, Sausage, Little made with pork and turkey  
Weiners, made with turkey & pork, Bun Length brand made with turkey & pork  
Weiners, Jumbo made with turkey & pork, Light brand made with turkey, pork & beef  
Weiners, little made with turkey & pork

Russer: Frey's natural casing franks (11/02)

Select Sausage: Chicken (Apple, Parmesan, Basil, Tomato); Turkey (Italian) (3/04)

Shaw's chicken hot dogs (7/04)

Sheltons ([www.sheltons.com](http://www.sheltons.com)): Turkey franks, Chicken franks, Smoked turkey franks, Smoked chicken franks, turkey Italian sausage, spicy turkey dogs, spicy chicken dogs (10/04)

Shofar Kosher: Beef Frankfurters, Beef Knockwurst, Beef Hot Franks, Lower Salt &

Lower Fat Beef Franks, Beef Cocktail Franks, Beef Bologna, Beef Polish Sausage, Cooked Corned Beef,

Sinai Kosher: Beef Frankfurters, Beef Dinner Franks, Beef Deli Frankfurters, Beef Knockwurst, Beef Polish Sausage, Beef Bologna, Beef Salami, Lower Fat Beef Franks, Cooked Corned Beef

Thumanns: hot dogs (9/04)

Trader Joe's Roasted Garlic Chicken Sausage, Spicy Jalapeño Chicken Sausage, Sun Dried Tomato Chicken Sausage, Sweet Italian Chicken Sausage, Turkey Kolbasa (1/03)

Usinger's cooked bratwurst, cooked corned beef, knackwurst (11/03)

Wellshire [www.wellshirefarms.com](http://www.wellshirefarms.com): smoked sausage—all (2/04)

Wrangler's Franks (Hormel) (800 523-4635): (3/04)

Yorkshire Farms hot dogs, smoked sausages, roasted sausages

## MISCELLANEOUS

A Taste of Thai (800 243-0897): rice noodles, Pad Thai for two, garlic basil rice, coconut ginger rice, soft jasmine rice (4/04)

Adriana's Caravan: rice paper wraps (spring roll wraps) (8/04)

Amy's [www.amyskitchen.com](http://www.amyskitchen.com) (707 578-7188): Mexican Tamale Pie, Cheese Enchilada, cheese enchilada whole meal, shepherd's pie, black bean veg. enchilada, blk bean enchilada whole meal, brown rice & veg. bowl, Asian noodle stir fry, family size black bean veg. enchilada, Thai stir fry, garden veg. lasagne, Indian matter paneer meal, rice crust pizza, rice mac & cheese, Santa Fe enchilada bowl, teriyaki bowl, cheese & bean enchiladas, rice & bean enchiladas, med chili, chili w/veg, black bean chili, spicy chili (11/04) enchilada dinner, family size enchilada dinner, teriyaki stir-fry skillet meal, (10/03)

Ancient Harvest Polenta ([www.quinoa.net/Food\\_Merchants/food\\_merchants.html](http://www.quinoa.net/Food_Merchants/food_merchants.html))

Annie Chun's: Rice Noodles--tomato, mushrooms, Thai basil, and garlic flavors (**sauce mixes CONTAIN gluten**)

Banh Trang: spring rolls skin (7/04)

Barkat: pot meats—Mexican rice, rice & tomato (12/04)

Bearitos low fat premium black bean chili (10/03)

Casbah Perfect Dolmas (6/03)

Cascadian Farms: organic stir fry—Chinese, Thai (11/04); Cascade veggies au gratin; fiesta casserole; organic Santa Fe blend; veggie bowl Madras curry; Organic Vegetable Meal—Cajun, Indian, Oriental; (10/03)

Castleberry: Cattle drive chicken chili w/beans, beef stew, brunswick stew, chili w/beans, chili no beans, corned beef hash, barbecue pork, barbecue beef, hot dog chili sauce (5/03)

Cedarlane [www.cedarlanefoods.com](http://www.cedarlanefoods.com): 3 layer enchilada pie (11/04)

China Bowl: cellophane noodles (7/04)

Costco (Delimex): beef tamales 15 ct, 20 ct, taquitos—beef, chicken 66 ct (1/05)

DeliMex (800 DELIMEX): beef tamales—6 ct, 12 ct; chicken & cheese tamales—12 ct; Taquitos: beef—12 ct, 25 ct, 36 ct, 60 ct, taquitos: chicken (**not grilled**)—60 ct, 36 ct, 25 ct, 12 ct; taquitos: 3 cheese—25 ct; taquitos: smart & final beef 24 ct; taquitos deli-pak beef, tamales deli bulk pack—beef, chicken, cheese, mini tawuitos 40 ct beef snack tray w/salsa (1/05)

Dennison's Chili [www.conagrafoods.com](http://www.conagrafoods.com) (877 528-0745): Chili con carne with beans, chili without beans (12/02)

DINTY MOORE (800-523-4635) [www.hormel.com](http://www.hormel.com): Beef Stew (11/04), Chicken & Rice; Beef or Chicken Stew; Microwave Meals: Scalloped Potatoes & Ham, Beef Stew, Corned Beef Hash (3/04)

El Monterey Taquitos (Ruiz Foods) ([www.elmonterey.com](http://www.elmonterey.com)): Shredded Beef Corn Taquitos, Chicken Taquitos (5/03)

Ethnic Gourmet: bean masala, chicken korma, chicken tandoori, chicken tikka, masala, dal bahaar, eggplant bharta, palak paneer, shahi paneer, vegetable korma, vegetable kofta (7/04)

Fantastic Foods [www.fantasticfoods.com](http://www.fantasticfoods.com): Polenta, 3 bean chili ready meal, Spanish paella ready meal, (4/04)

Frieda's [www.friedas.com](http://www.friedas.com): organic polenta—all; soyriso, soytaco, veggieloaf (8/02)

GeniSoy (MLO Products): PROTEIN POWDERS: Natural, Vanilla, Chocolate, Strawberry (10/03)

Health Valley chili: mild, mild no salt, lentil no salt, spicy, spicy no salt, 3 bean mild ff, black bean ff, enchilada chili ff, fajita chili ff, meatless chili—mild, no salt; mild turkey chili, spicy black bean ff (11/04) turkey chili w/beans, lentil

Healthy Advantage (Dominick's) Vegetarian Chili

Holland House Cooking Wines (800 426-4891)

HORMEL Bacon Bits and Pieces (3/04)

Hormel: Beef & Chicken Tamales, chili with beans (reg, hot, and chunky) (3/04)

Huxtable's: beef shepherd's pie, beef enchilada casserole (3/03)

Ian's [www.iansnaturalfoods.com](http://www.iansnaturalfoods.com) (781 284-1999): beef shepherds pie; alphantots (12/04)

Instant Gourmet: Texas BBQ chicken cup, Stroganoff w/beef and rice, hearty vegetarian mountain chilli (8/04)

La Choy Bi-pack dinners: beef chow mein, pork chow mein

Libby's Chili w/Beans, Sloppy Joe Sauce, beef stew

MARY KITCHEN: Hash --Corned Beef, Sausage (11/04)

Mrs. Fearnow's Brunswick Stew 20 oz. and 29 oz. ([www.snows.com](http://www.snows.com)) (2/03)

Nature's Highlights: soy cheese & veg. bean tostada rice crust pizza (11/04), soy cheese style rice crust pizza (10/03)

Nu-World Foods [www.nuworldfoods.com](http://www.nuworldfoods.com): Amaranth side serve—Spanish tomato, savory herb, garlic herb (11/04)

Patak's Foods (<http://www.pataks.co.uk>): Tikka Masal & Rice, Veggie Biryani & Rice, Veggie Tikka Masala & Rice, Chicken Korma & rice, Chicken Tikka Masala & Rice, Chicken Balti Snackpot, Chicken Tikka Masala Snackpot, Veg Tikka Masala Snackpot

FROZEN READY MEALS (400g): Chicken Biryani, Chicken Jalfrezi & Basamati Rice, Chicken Korma Take Away, Chicken Korma & Basamati Rice, Chicken Tikka Masala Take Away, Chicken Tikka Masala & Basamati Rice, Pilau Rice Take Away, Chicken Korma & Basamati Rice Snack Bowl, Tikka Masala and Basamati Rice Snack Bowl (10/03)

Quick-N-Easy Dinners ([www.rmhf.com](http://www.rmhf.com)): Meatloaf; Prime Rib Slices; Tequila Lime Chicken; Beef BBQ.

Rice Expressions [www.riceandrecipes.com](http://www.riceandrecipes.com): organic brown rice, organic long grain rice, Indian basmati rice, organic Tex Mex rice, organic rice pilaf (12/03)

SAFEWAY (877 723-3929): Instant Rice; Corned Beef Hash, Pork & Beans (3/04)

Sam's Club (Delimex): beef taquitos 60 ct, beef tamales 20 ct (1/05)

San Gennaro Polenta, Basil and Garlic (11/03)

Schwann's (Delimex): beef taquitos with salsa 22 ct, beef tamales 6 ct (1/05)

Seeds of Change (888 762-4240): frozen meals: four bean chili, mushroom wild pilaf, teriyaki stir-fried rice; RICE AND GRAIN DISHES: French herb quinoa blend, tomato basil quinoa blend, zesty cilantro quinoa blend (4/03)

Sheltons ([www.sheltons.com](http://www.sheltons.com)): turkey chili—Mild, Spicy, chicken chili—Mild, Spicy (10/04)

Shoku Asian cuisine (800 247-5251): meal kits (1/04)

Smart and Final (Delimex): taquitos beef 24 ct (7/04)

Sovex Natural Foods: Really, Chilli! (6/03)

STAGG CHUNKERO Chili, CLASSIC Chili, DYNAMITE HOT Chili, RANCH HOUSE Chicken Chili, SILVERADO Beef Chili, VEGETABLE GARDEN Chili, RIO BLANCO Chicken Chili (3/04)

Streit's gravy mixes: brown gravy, brown gravy with onions (3/04)

Sure-Jell Fruit Pectin; Sure-Jell for Lower Sugar Recipes Slim Set

Taj Frozen Dinners: Dal Makhni; Channa Bhaji; Chicken Tandoori w/Spinach; Chicken Tikka Masala; Vegetable Kofta; EG Chicken Biryani Rice [Palak Paneer w/brown rice; Bean Masala; Chicken Korma; Dal Bahaar; chicken masala, eggplant Bhartha DF, Tandoori chicken w/Veg, shani paneer, veg korma (11/04)]

Tamale Molly [www.tamalemolly.com](http://www.tamalemolly.com): all (10/04)

TofuMate eggless salad (10/03)

Trader Joe's Beef Chili with Beans, Black Bean Chili, Four Bean Chili, Organic Chili (11/03)

Trader Joe's salads: Chicken Caesar Salad **The croutons are NOT GF** (easily

removed). Chicken Curry Salad, Gorgonzola & Walnut Salad, Greek Salad, Chinese Chicken Salad **The fried noodles are NOT GF** (easily removed). (11/03)

Trader Joe's Sushi Veggie Rolls **The soy sauce packet is NOT GF** (11/03)

Trader Joe's Biryani, Chicken Biryani, Chicken Masala, Chicken Tandoori Rice Bowl, Nasi Goreng (11/03)

Trader Joe's [Handcrafted Chicken & Cheese Tamales, Beef tamales, Handcrafted Green Chile & Cheese Tamales (1/05)] Handcrafted Chicken Taquitos, Triple Decker Enchilada Pie (11/03)

Trader Joe's Shrimp Stir-Fry (11/03)

Whole Foods 365: frozen Cheese Enchilada, frozen chick enchilada, frozen chicken taquito; Whole Kids Organic taquitos—mini chicken, mini pinto bean (11/04)

Zevito Zenith Dolmales (11/03)

Zone [www.zoneperfect.com](http://www.zoneperfect.com): Meals—salmon and vegetables, beef lentil (8/02)

### ***Breading/Crums***

Aunt Candace breading mix (12/04)

Casabe Bread Crumbs

Dakota Lakes: Gourmet food coating natural herbs and spices (12/04)

Hol Grain: rice bread crumb mix (1/04)

Nu-World Amaranth: amaranth bread crumbs (12/04)

Southern Homestyle: corn flake crumbs, tortilla crumbs (12/04)

SoyNut Butter Co.: tortilla crumbs, Southern homestyle corn flake crumbs (8/04)

Tony Chachere's Creole Foods [www.tonychachere.com](http://www.tonychachere.com): seasoned fish fry, crispy fish fry (10/03)

Zatarain Seasoned Breading Mix (504 367-2950)

### ***Shelf-Stable Entrees/Travel Foods***

AlpineAire Foods [www.aa-foods.com](http://www.aa-foods.com) (866 322-6325) Internet ordering: Meal in a cup-- Mountain Chili, Santa Fe Chicken, N'oleans chicken gumbo, Texas BBQ Chicken, Stroganoff w/beef and rice; breakfasts: roast beef hash, bandito scramble, hash browns reds & greens, scrambled eggs, scrambling & omelet egg mix; low-carb soups—bay shrimp bisque, beefy veg, broccoli cheddar, chicken veg, chicken w/asparagus, mushroom chicken w/garlic; hearty soups—cream of broccoli, creamy potato cheddar,

Kernel's corn chowder; entrees-- Western style tamale pie w/beef, chicken gumbo, Texas BBQ chicken, mashed potatoes and country gravy w/turkey, mountain chili, Santa Fe black beans & rice; side dishes—brown rice, French cut green beans almondine, garlic mashed potatoes, mashed potatoes, Mexican rice w/cheese, potatoes & cheddar w/Chives; bananas Foster, diced peaches, whole strawberries, whole blueberries, pineapple chunks (7/04)

DINTY MOORE Microwave Meals: Scalloped Potatoes & Ham, Beef Stew, Corned Beef Hash (3/04)

KID'S KITCHEN Beans & Weiners (3/04)

MaryJanesFarm [www.maryjanesfarm.org](http://www.maryjanesfarm.org) (888 750-6004) Internet ordering: organic foods for travel and back-packing in various portion sizes—Instant black bean flakes, reg., hot& spicy; instant pinto bean flakes; bac'un & egg scrambler; breakfast frittatas; Bavarian chocolate mousse; coffee and decaf coffee (**not Wireless coffee**); hot cocoa—reg. and non-dairy; instant black bean hummus; falafel- both varieties; Sicilian polenta; Nick's couch potatoes; Spuds w/spinach & cheese; creamy potato soup; curried lentil bisque; East African pea soup; kettle chili; instant lentil soup; peasant tomato soup; sweet corn & black bean chowder; velvety black bean soup; corn salsa; instant creamy dill sauce; curry roll; Italian roll; Mexican roll; pineapple-nut roll; sesame-mango roll (2/04)

My Own Meals [www.myownmeals.com](http://www.myownmeals.com) (847 948-1118) (Boil-in-bag or microwave meals): My Kind of Chicken, Chicken Mediterranean, Chicken & Black Beans, Beef Stew, Old World Stew (11/03)

Natural High [www.richmoor.com](http://www.richmoor.com): Caribbean black beans and rice (12/04)

Osem Meals on the Go: mashed potatoes & mushrooms, mashed potatoes and vegetables (3/04)

Tamarind Tree [www.tamtreetree.com](http://www.tamtreetree.com) (781 224-9639) Entrees: Alu Chole (Curried Garbanzos and Potatoes with brown rice), Channa Dal Masala (Golden lentils with vegetables with brown rice, Navrattan Korma (11/03); dhingri mutter (9/04)

Taste Adventure Quick Cuisine Entrees: black beans & rice Santa Fe fiesta, lentil & rice Bombay curry, Louisiana red bean jambalaya; quick cooking chilies: black bean, five bean, lentil, red bean

Tasty Bite Meals ([www.tastybite.com](http://www.tastybite.com)): all (**Except Indian meats, Stir Fry Sauce & noodles, and Vegetable Kofta Pilaf**) (12/04)

## MIXES

A Taste of Thai: Peanut sauce mix, peanut salad dressing mix (4/04)

Annie Chun's: Hunan spicy rice noodles, Thai basil Pad Thai noodles, orig. pad thai noodles, basil rice noodles (11/04)

Breezecake Italian cheesecake mix [www.yankeegrocery.com](http://www.yankeegrocery.com) (3/04)

Carolina [www.carolinarice.com/faq/allergygluten.shtml](http://www.carolinarice.com/faq/allergygluten.shtml): authentic Spanish rice mix, long grain and wild rice mix, saffron yellow rice mix (2/04)

Casbah Nuted Pilaf, Spanish Pilaf, Lentil Pilaf (3/02)

Chi-Chi's Fiesta Sweet Corn Cake Mix (800-523-4635) [www.hormel.com](http://www.hormel.com): (03/04)

Epicurean International Red Curry Rice Mix (3/02)

Fantastic Foods: Basmati Rice Pilaf, Instant Black Beans, Instant Refried Beans; Rice and Bean Cups—Bombay Curry w/ lentils, Cajun w/red beans, Spicy Jamaican w/ black beans, Tex-Mex w/pinto beans (4/04)

Fran Gare: New York cheese cake mix, choc dessert, almond dessert (sugar free) (10/04)

Lundberg Family Farms (530 882-4551) [www.lundberg.com](http://www.lundberg.com): all mixes **except Italian Herb Risotto** (7/04)

Mahatma [www.mahatmarice.com](http://www.mahatmarice.com) (800 226-9522): Authentic Spanish Rice Mix, Long Grain Wild Rice Mix, Southwestern Pinto Beans & Rice Mix, Saffron Yellow Rice Mix; Jasmine Rice; Valencia; Broccoli and Cheese Rice Mix (10/02)

Manischewitz: Lentil Pilaf Mix, Spanish Pilaf Mix; Mini Potato Knish Potato Kugel, Potato Pancake, Sweet Potato Pancake, Latke Mix (5/03)

Mayacama's Skillet Toss: dried tomato, garden style recipe, black olive pesto, green olive pesto, seafood pasta recipe, spicy pasta recipe, alfredo, pesto (12/04)  
Gravy mixes: brown, chicken, savory, turkey: Hollandaise sauce mix

Organic Gourmet (800 400-7772) [www.organic-gourmet.com](http://www.organic-gourmet.com): vegetarian Brown Gravy Mix (11/03) béarnaise sauce mix (11/04)

Oskri falafel mix (2/04)

Penguin Natural Foods Curry Basmati Rice, Southwest Basmati Rice, Mexican Basmati Rice (3/02)



Roads's End Organics: Gravy Mixes-- Golden, savory herb, shitake mushroom (7/04); DF brown rice penne & cheese (11/04)

Seeds of Change: herb quinoa pilaf, org tomato basil quinoa, org zesty cilantro quinoa (11/04)

Seitenbacher chicken gravy mix (12/04)

Streit's [www.streitsmatzos.com](http://www.streitsmatzos.com): Potato Pancake mix, vegetable potato pancake mix (3/04)

Taste Adventure instant refried beans: pinto, black bean (10/03)

Thai Kitchen [www.thaikitchen.com](http://www.thaikitchen.com): Noodle bowls—mushroom medley, roasted garlic, spring onion, Thai ginger, lemongrass and chili (12/04); dinner mixes—lemongrass & ginger, Thai yellow curry, roasted garlic & chili, green chili & garlic, sweet chili & onion, spicy Thai chili (1/04); Instant Rice Noodles Garlic & vegetable, lemon grass & chili, spring onion, Bangkok curry, Thai ginger & vegetable; noodle carts--Pad Thai with chili, Thai peanut, roasted garlic (12/04); Spice Thai Pilaf, Jasmine Rice, Thai Curry Pilaf (5/03)

Tone's (800-247-5251) ([www.spiceadvice.com](http://www.spiceadvice.com)): Cheese Sauce Mix (3/04)

Trader Joe's Santa Fe Rice, Spanish Rice (11/03)

Uncle Ben's (800 548-6253) [www.unclebens.com](http://www.unclebens.com): original converted rice, instant rice, original brown rice, instant brown rice, boil-in-bag rice, long grain & wild rice (**discard seasoning packet**) (12/03); Ready Rice--Original, Spanish, Whole Grain Brown (7/04); Rice Bowls and Breakfast Bowls--Honey Dijon Chicken Rice Bowl, 8 Cheese & Salsa breakfast bowl, Ham, Egg & Peppers Breakfast Bowl (1/03)

Vigo Rice Side Dishes (800-282-4130) RICES--Yellow, Paella, Mexican, White & Wild, Black Beans & Rice, Santa Fe Rice, Risotto with Broccoli, Primavera, Pilaf (7/04)

Zatarain's Jambalaya, Brown rice jambalaya, dirty rice, brown rice dirty rice, yellow rice, long grain and wild rice

## PICKLES AND OLIVES

Most kosher for Passover pickles are GF.

B&G (973 401-6500) [www.bgfoods.com](http://www.bgfoods.com): Pickles, Peppers, Relishes, Green Olives, Black Olives, Capers (1/04)

Black Pearl: black and green olives, olives with pimentos; Green/Spanish variety (3/03)

Bubbies pickles [www.bubbies.com](http://www.bubbies.com) : all **except horseradish** (2/04)

Cain's (Oxford Foods): pickles—all (11/04), Sweet Relish (2/04)

Claussen pickles (8/04)

Early California Olives ([www.olives.com/OlivesWeb/Index.asp](http://www.olives.com/OlivesWeb/Index.asp)): black and green olives, olives with pimentos; Green/Spanish variety (3/03)

Eden Foods [www.edenfoods.com](http://www.edenfoods.com) (888 441-3336): pickled ginger slices, pickled daikon radish (11/04)

Gefen black olives, green olives (3/03)

Lindsay olives (800 252-3557) (2/03)

Louisiana Peppers [www.brucefoods.com](http://www.brucefoods.com) (800-299-9082): All (8/04)

Mario Black Olives ([www.westinfoods.com](http://www.westinfoods.com)) (3/03)

Messetta pickled pepper, pickled vegetables (4/02)

Mt. Olive (919 658-2535) ([www.mtolivepickles.com](http://www.mtolivepickles.com)): all **EXCEPT: hot dog relish, sweet India relish, and sugar free gherkins** (7/04)

New Morning kosher spears (10/03)

Patak's [www.pataks.co.uk](http://www.pataks.co.uk): pickles--chilli, garlic, lime hot, lime medium, mango hot, mango medium, mixed, Brinjal (10/03)

PELOPONNESE (800-523-4635) ([www.hormel.com](http://www.hormel.com)) Kalamata Olives and Roasted Sweet Peppers (3/04)

Pickles Eaters: relish, baby dills (2/04)

Safeway (877 723-3929): black olives (3/04)

Santa Barbara olives (800 624-4896): all (11/04)

Trader Joe's pickle relish; colossal olives--stuffed with garlic cloves, with jalapeno peppers; mingling olives, pitted Moroccan oil cured olives, stuffed Queen Sevilliano olives, pitted kalamata olives, sliced Kosher half sour dill pickles (1/03)

Vlasic (800 421-3265) Pickles: ALL (3/04)

## SALAD DRESSINGS

Alberts: all **except BLUE CHEESE**

Annie's Naturals DRESSINGS & VINIAGRETTES Balsamic, Basil & Garlic w/Extra Virgin Olive Oil, Black Olives & Truffle w/Extra Virgin Olive Oil, Caesar, Cilantro and Lime, Cowgirl Ranch, French, Garlic Parmesan Tofu, green goddess, Low Fat Honey Mustard, Low Fat Raspberry, Organic Non-Fat Yogurt with Dill, Organic Buttermilk, Organic Green Garlic, Organic Horseradish with Echinacea, Organic Sesame Ginger with Chamomile, Roasted Red Pepper, Organic Thousand Island, Tuscany Italian, Yellow Peppers & Sun-Dried Tomatoes w/ Extra Virgin Olive Oil, gardenstyle (vinegar free), red wine and olive oil vinaigrette (some flavors available in 2-oz packets) organic pizza pie dressing, organic zoom, tutti fruttati (10/03)

Benecol (888 236-3265): all, including Ranch, Thousand Island, Creamy Italian, French Style

Benji's Kosher Dressings (S&B Gezunt, Inc)

Blanchard & Blanchard (800-334-0268) [www.vermontspecialtyfoods.com](http://www.vermontspecialtyfoods.com): Classic—Garlic, Lemon Pepper Vinaigrette, Honey Mustard & Tarragon, Tomato Basil, Northern Italian, Balsamic Caesar, Black Olive, Poppy Seed; Low Fat—Country Italian, Russian Tomato, Honey Dijon, Caesar Parmesan, Balsamic Italian; Fat Free—Balsamic Tomato Herb, Balsamic Roasted Garlic, Balsamic Cracked Pepper (3/04)

Brianna's: Poppseed; Santa Fe; Lemon Tarragon; Blush Wine Vin; Blue Cheese; Zesty French; Dijon Honey Mustard; Real French Vin. (**not Asiago or Chipotle Cheddar**) (5/02)

Cain's: Italian, raspberry vinaigrette, country light, peppercorn (11/04)

Classico (800 255-5750) Heinz: creamy Caesar, balsamic vinaigrette (1/05)

Drew's Romano Caesar dressing, garlic Italian, Kalamata olive & capers, rosemary balsamic vinaigrette, smoked tomato (11/04)

Emeril's (973 401-6500) ([www.bgfoods.com](http://www.bgfoods.com)): House Herb Vinaigrette

ENLIGHTEN Dressings (Honey Mustard, Roasted Sweet Pepper & Garlic Vinaigrette, Garden Italian, Balsamic & Red Wine Vinaigrette) (3/04)

Garlic Expressions Salad Dressing (LaMar Foods) (800 683-4483)

Hain Salad Dressings: Creamy Italian, 1000 Island, Poppseed, Buttermilk, Fat Free Raspberry, Fat Free Italian

Hellmann's (800 338-8831) Salad dressings all (4/03)

Hendrickson's [www.hendricksons.com](http://www.hendricksons.com): sweet vinegar & olive oil dressing-- bottles and packets (4/04)

Henri's (800 338-8831) Salad dressings: all (**except Roasted Tomato, Balsamic Vinaigrette**)

Ken's Steak House: Lite—olive oil vinaigrette, ranch, country French w/Vermont honey, Italian, chunky blue cheese, Northern Italian, balsamic & basil, raspberry walnut, sweet Vidalia onion, creamy parmesan w/cracked peppercorn, caesar, red wine vinegar, Russian, creamy French, creamy Italian, honey mustard; Regular- sett Vidalia onion, ranch, balsamic & basil, creamy tomato bacon, Russian, red wine vinegar & olive oil, 3 cheese Italian, Greek, creamy parmesan w/cracked peppercorn, creamy Italian, Italian w/aged Romano, creamy French, country French w/Vermont honey, thousand island, caesar, Italian honey mustard, chunky blue cheese; fat free—raspberry pecan, sun dried tomato, Italian (6/04)

Kraft: Seven Seas, reg (7/00)

Lily's Gourmet Dressings: balsamic vinaigrette, northern Italian, poppyseed (6/04)

Litehouse: lite salsa ranch, fat free ranch, ff honey bacon, ff raspberry vinaigrette, ff vinaigrette, ff huckleberry vinaigrette, ff cranberry vinaigrette, Bleu Cheese (3/04)

Maple Grove Farms of Vermont DRESSINGS: Parmesan & Pepper; Sun-Dried Tomato; Balsamic Vinaigrette w/Pure Maple Syrup; All Natural Caesar; Greek Dressing; Lite Lemon & Dill; FF Raspberry Vinaigrette; FF Balsamic (9/02)

Marie's Dressings (Dean Foods) (800 395-7004): all **except coleslaw, honey mustard and Italian vinaigrette** (10/03)

Moosewood Restaurant Salad Dressing (607 273-9610) (12/02)

Mother Teresa's Italian dressing [www.italian-food.us](http://www.italian-food.us) (3/04)

Nasoya dressings: creamy dill veggie, creamy Italian veggie, garden herb veggie, sesame garlic veggie, thousand island veggie (11/04)

Newman's Own (800 444-8705) : olive oil & vinegar, light Italian, ranch, Caesar, balsamic vinaigrette, Parisienne Dijon lime, creamy Caesar, parmesan & roasted garlic,

two thousand island, creamy Italian parmesano Italiano, red wine & vinegar, light raspberry & walnut, light red wine & vinegar, light balsamic vinaigrette, light Caesar dressing (3/04)

SAFEWAY (877 723-3929): Salad Dressing (Light & Regular Zesty Italian, Creamy Italian, Light & Regular Ranch, Ranch w/Bacon, Fat free & Regular 1000 Island, California) (3/04)

Satay Honey Garlic Dressing & Marinade (3/02)

Seeds of Change (888 762-4240): vinaigrettes: balsamic, Italian herb, Mediterranean tomato, roasted garlic, roasted red pepper, sweet basil, Greek Feta, sweet Dijon mustard, zesty dill; French tomato salad dressing (4/03)

Select Dressings (Basil Ranch, Roasted Red Pepper & Garlic Vinaigrette, Raspberry Vinaigrette, Blue Cheese, Cranberry/Orange, Harvest Vegetable) (3/04)

Spectrum organic: garlic lovers, Greek goddess, porcini mushroom, Rocky Mountain (11/04)

The Spice Hunter Garlic & Herb Salad Dressing, Caesar Salad Dressing (w/Cider vinegar) (3/02)

Trader Joe's Caesar Salad Dressing, Creamy Cilantro, Low Fat Parmesan Ranch, Old Fashioned Blue Cheese Dressing, Balsamic Blast, Fat Free Balsamic Vinaigrette, (11/03)

Uncle Dan's salad dressing mixes: all (2/05)

Up Country Naturals: Raspberry Vinaigrette; Maple Balsamic; Great Caesar; Sun-Dried Tomato; Creamy Italian; Really Ranch; Tahini Goddess (2/04)

Virginia Brand (800.974.4778) ([www.virginiabrand.com](http://www.virginiabrand.com)): Vidalia Onion Vinaigrette; Vidalia Onion Honey Mustard; Royale; Vidalia Onion Raspberry Vinaigrette; Vidalia Onion Creamy Italian; Vidalia Onion Thousand Island. (2/04)

Walden Farms calorie free (800 229-1706): thousand island, classico Italian, honey Dijon, Italian with sun-dried tomatoes, raspberry vinaigrette, balsamic vinaigrette, country Italian, red wine vinaigrette, hot bacon, Russian, French, bacon ranch (4/02)

Whole Foods 365 organic: balsamic vinaigrette, Italian vinaigrette, roasted garlic ranch; fresh dressings—balsamic vinaigrette, miso, ranch, wasabi (11/04)

Wild Thymes [www.wildthymes.com](http://www.wildthymes.com) (888-724-2877): vinaigrettes (11/03)

Wish-Bone (800 697-7887) Fat-Free Salad Dressings: Caesar, Chunky Blue Cheese, Deluxe French, Honey Dijon, Italian, Ranch, Sweet n' Spicy French, Thousand Island, Red Wine Vinaigrette; Lite: Ranch, Thousand Island, Italian, French Regular: Chunky Blue Cheese, Creamy Italian, Red Wine Vinaigrette, Olive Oil Vinaigrette, Olive Oil Italian, Italian, Caesar, Robusto Italian, Classic House Italian, Sweet N' Spicy French, Deluxe French, Thousand Island, Oriental, Ranch

## SAUCES/CONDIMENTS

Allegro [www.allegromarinade.com](http://www.allegromarinade.com): Marinades--all (10/03)

Annie's Naturals: organic smokey campfire marinade (12/04)

Beaverton Foods [www.beavertonfoods.com](http://www.beavertonfoods.com) (800 223-8076): Shrimp Cocktail Sauce, [Original Cream Style Horseradish (12/03)]

Boar's Head (800.352.6277) [www.boarshead.com](http://www.boarshead.com): Pub Style Horseradish Sauce, Brown Sugar & Spice Ham Glaze (7/04)

Cain's (800 225-0601): Tartar Sauce (4/04)

CHI-CHI'S (800-523-4635) ([www.hormel.com](http://www.hormel.com)): Taco Sauce--Garden Salsa, Picante, Original Salsa, Fiesta Salsa, Natural Salsa, Roasted Tomato (3/04)

Cholula [www.cholula.com](http://www.cholula.com) Hot Sauce (3/00)

Crosse & Blackwell [www.nestleusa.com](http://www.nestleusa.com): Seafood Cocktail Sauce, Zesty Shrimp Sauce, Ham Glaze, Worcestershire Sauce, Capers (12/03)

Crystal (504-482-5761x427) [www.baumerfoods.com](http://www.baumerfoods.com): SAUCES: Hot, Extra Hot, Steak (Original & Bold), Worcestershire, Soy, Teriyaki, Sweet-n-Sour, Wing (Original & Hot), Barbecue, Chef's Recipe Hot Sauce; CLASSICS: Habanero Sauce, Mexican Salsa Picante, Cayenne Sauce, Cayenne Sauce w/Garlic (3/04)

Daddy Sam's [www.daddysams.com](http://www.daddysams.com): salmon glaze (9/04)

Dei Fratelli [www.hirzel.com](http://www.hirzel.com): sloppy Joe sauce (1/02)

Del Monte: Chili Sauce; [seafood Cocktail sauce (11/04)]

Delicae Gourmet ([www.delicaegourmet.com](http://www.delicaegourmet.com)) (800-942-2502): All (5/04)

Demos Brand (800 428-9502) Sauces: Lemon Herb Sauce; Hot and Spicy Sauce; Steak Sauce

Durkee's (800-247-5251): Grill Creations Marinades: White Wine and Herb, Black Peppercorn, Smoky Chipotle, (2/04)

Emerils (973 401-6500) ([www.bgfoods.com](http://www.bgfoods.com)): Orange Herb w/ Poppy Seed Basting Sauce, herbed lemon pepper marinade, orig, Asian, Italian, SW, BabyBam, and BayouBlast Essence; chicken, fish, rib, and steak rubs (10/03)

French's (800 247-5251): grill n glaze sauce, Worcestershire sauce (1/04)

Gefen Foods (718-369-1395): Sauce--Duck, Barbecue (2/04)

Gold [www.goldshorseradish.com](http://www.goldshorseradish.com): horseradish, sauce-- wasabi, duck, cocktail, rib, steak (8/04)

Heinz (800 255-5750) [www.heinz.com](http://www.heinz.com): EZ Marinader—teriyaki (1/05)

Hellman's [www.bestfoods.com](http://www.bestfoods.com): Dippin' Sauces--all: Spoonable Spreads--all (4/03)

Ken's Steak House marinades: herb & garlic, lemon & pepper; cocktail sauces—both blue and green labels (6/04)

LaVictoria (800-725-7212) [www.lavictoria.com](http://www.lavictoria.com): All (1/04)

Las Palmas (973 401-6500) [www.bgfoods.com](http://www.bgfoods.com): Red Chile Sauce; Red Enchilada Sauce, Crushed Tomatillos (1/04)

Lea & Perrins (800 987-4674) ([www.lea-perrins.com/contacts.php#qe](http://www.lea-perrins.com/contacts.php#qe)) Original Worcestershire Sauce, bold 'n spicy, tomato, garlic & herb; traditional steak sauce (1/04)

Litehouse: BBQ sauce, lemon garlic herb sauce, mesquite grill marinade, Jamaican jerk marinade, fajitas marinade, cocktail sauce, tartar sauce (3/04)

Louisiana Hot Sauce (800 299-9082) [www.brucefoods.com](http://www.brucefoods.com): all (8/04)

Maggi (Nestle) Sweet Chili sauce (1/01)

Manischewitz Horseradish (5/03)

Maple Grove Farms of Vermont: MARINADES--Lemon w/Cracked Peppercorn; FF Mesquite; Mountain Mango (9/02)

McCormick (800 632-5847) [www.mccormick.com](http://www.mccormick.com): Golden Dipt Tartar, Cocktail, and Scampi Sauces (12/02); All Grill Mates Grilling Sauces (7/04)

Mother's Mountain (207 781-4658): New England chili salsa (11/03)

Organic Gourmet: organic tartar sauce and dip (8/04) Hollandaise sauce mix (11/04)

Pace (Campbells): Mild Enchilada Sauce, PICANTE SAUCE - Hot, Medium, Mild, X-Mild; THICK & CHUNKY FLAVORED Salsa - Chipotle Medium, Chipotle Mild, Cilantro Medium, Cilantro Mild, Fire-Roasted Tomato Mild, Grande Garlic Mild, Lime & Garlic Medium, Lime & Garlic Mild, Roasted Pepper Garlic Med., Roasted Pepper Garlic Mild; THICK & CHUNKY SALSA - Hot, Medium, X-Mild, Thick & Chunky Salsa Dip, Medium and Mild (12/03)

Select gourmet dipping sauces: plum, honey mustard; steak sauce (3/04)

Shaw's ([www.shaws.com](http://www.shaws.com)): Steak Sauce, chili sauce (2/02)

The Wizard's (805 684-8500) [www.edwardandsons.com](http://www.edwardandsons.com): hot stuff, wheat-free veg. Worcestershire (5/04)

Tony Chachere's Creole Foods [www.tonychachere.com](http://www.tonychachere.com): all marinades (10/03)

Tracklements: strong horseradish and cream sauce (12/04)

Trader Joe's Baba Gannouj, (11/03)

Trappey's (973.401.6500) ([www.bgfoods.com](http://www.bgfoods.com)): Hot Sauces--all (9/02)

Up Country Naturals of Vermont: MARINADES--Garlic & Herb (9/02)

Walden Farms calorie free (800 229-1706): cocktail sauce (4/02)

Watkins [www.watkinsonline.com](http://www.watkinsonline.com) tartar sauce mix (11/03)

Wax Orchards: tangy plum sauce (9/04), tangy tomato sauce (11/03)

Westbrae Organic Tahinis: Raw Sesame, Toasted Sesame, and Mid-Eastern Sesame

Whole Foods:365 organic tartar sauce (11/04)

Wild Thymes [www.wildthymes.com](http://www.wildthymes.com) (888-724-2877): chutneys, meat sauces and marinades (11/03) chili ginger honey sauce (11/04)

Willamette Hot-n-Creamy Horseradish ([www.mustardpeople.com](http://www.mustardpeople.com)) (1/03)

Wizard's (Edward & Son's) vegetarian Worcestershire, hot stuff hot sauce (12/04)

Woebers (800 548-2929): horseradish sauce; Pure Ground Horseradish; Horseradish Sauce Sandwich Pals (3/04)

Wright's (973 401-6500) ([www.bgfoods.com](http://www.bgfoods.com)): Liquid Smoke—Hickory, Mesquite (1/04)

### *Asian/Soy Sauces*

A Taste of Thai: Pad Thai sauce, fish sauce, sweet red chili, garlic chili pepper, peanut satay (4/04)

Angostura Soy sauce (2/04)

Annie Chun's Cranberry & Ginger Stir Fry Sauce [lemon grass sauce (11/04)]

Archer Farms (800-440-0680) ([www.target.com](http://www.target.com)): Wasabi Powder (3/04)

Bragg's Liquid Aminos (12/04)

Chung King: Soy Sauce, Teriyaki Sauce

Crosse & Blackwell [www.nestleusa.com](http://www.nestleusa.com): Major Grey's mango chutney, hot mango chutney (12/03)

Eden Foods [www.edenfoods.com](http://www.edenfoods.com) (888 441-3336): tamari—Imported organic, organic, umeboshi paste, umeboshi plums, wasabi powder (11/04)

Geeta's mango chutney (12/04)

Kame (201-843-8900): Oyster Sauce, Hoisin Sauce (3/04)

Kauai Naturals Island grill sauce (3/02)

Kinjirushi Wasabi (All Natural Powdered) (4/03)

La Choy (877.528.0745) Teriyaki (9/02)

Lee Kum Kee: ginger and shallot; Sauces: Portuguese (coconut), Sa Cha, Sweet & Sour Spare Ribs (2/03), duck (6/04) Minced garlic, minced ginger, Sriracha Chili, Fine Shrimp, Choy sun oyster flavored sauce, chicken bouillon powder (2/05)

Litehouse Thai peanut dressing (3/04)

Miso Master: organic miso—mellow white, traditional red (11/04)

Mr. Spice (800 SAUCE-4-U) Ginger Stir Fry Sauce; Thai Peanut Sauce; Sweet & Sour

Sauce; Indian Curry Sauce (12/04)

PATAK'S (800-523-4635) [www.pataks.co.uk](http://www.pataks.co.uk): SAUCES & CURRIES: Med. Hot Balti, Mild Balti, Black-Eyed Bean Dhal, Lentil Dhal, Tikka Masala Veg. Curry, Chick Pea Dahl, Lemon Dahl; CHUTNEY'S: Prem. Hot Mango, Ginger & Lime, Prem. Mango; COOKING SAUCES: Korma w/Orange Zest, Tikka Masala w/ Saffron, Rogan Josh w/Red Wine, Jalfrezi w/Grilled Peppers; PASTES: Balti, Bhuna, Biryani, Extra Hot, Garam Masala, Kashmiri Masala, Korma Curry, Madras Cury, Mild Curry, Rogan Josh, Tandoori, Tikka Masala, Tikka, Vindaloo; FAMILY COOKING SAUCES (540g): Doplaza, Madras, Kashmiri Butter, Balti, Korma, Pasanda, Jalfrezi, Rogan Josh, Tikka Masala, Goan Pineapple, Karai; ORGANIC COOKING SAUCES: Balti, Tikka Masala, Korma, Rogan Josh (10/03)

Premier Japan (805 684-8500) [www.edwardandsons.com](http://www.edwardandsons.com): wheat-free hoisin sauce, wheat free teriyaki sauce (9/04)

Rainforest Organic (805 684-8500) [www.edwardandsons.com](http://www.edwardandsons.com): Papaya pepper sauce, mango sauce, ginger curry sauce (5/04)

Robbie's sweet and sour sauce (3/02)

San-J International (800 448-5500): Wheat-Free Organic Tamari Soy Sauce, low-sodium tamari (12/04), gold label tamari (11/03)

Sushi Chef: mirin, nori, wasabi powder, pickled ginger (12/04)

Thai Kitchen [www.thaikitchen.com](http://www.thaikitchen.com): lemon grass salad splash, light plum spring roll sauce, original recipe peanut satay sauce, pad Thai sauce, red chili dipping sauce, spicy Thai chili sauce, spicy Thai peanut satay sauce, Thai barbecue sauce, fish sauce, red curry paste, green curry paste, roasted red chili paste, Thai table red curry sauce, yellow curry sauce (1/04)

Trader Joe's Masala Simmer Sauce, Punjab Spinach Sauce, Curry Simmer Sauce, Peach Sauce, Fire Roasted Green Chili Sauce, Thai Green Curry Simmer Sauce, Thai Peanut Sauce (11/03)

Troy's (805 684-8500) [www.edwardandsons.com](http://www.edwardandsons.com): ginger sauce, peanut sauce (5/04)

Wax Orchards: apricot ginger chutney, cranberry chutney (9/04)

Westbrae Miso: mellow white, brown rice (11/04)

Wild Oats: organic sesame tahini-raw, roasted (1/04)

Y&Y: Plum Sauce, Hoisin Sauce, Satay Sauce, Pure Sesame Oil, Hot Chili Oil, Extra

Hot Chili Sauce, Sour/Sweet Chili Sauce(4/03)

### ***Barbecue Sauces***

Annie's Naturals: Original Recipe, Smokey Maple (12/04)

Boar's Head BBQ sauce: vadalina onion, jalapeno (7/03)

Bone Suckin' Sauce (800 446-0947) [www.bonesuckin.com](http://www.bonesuckin.com): Hot Sauce, Rib-Rib and hot Bar-B-Que (2/03)

Cattlemen's Barbecue sauces (8/03)

Daddy Sam's [www.daddysams.com](http://www.daddysams.com): Bar-B-Que Sauce—all (7/04)

Frank's (800 841-7256): original red hot sauce, xtra red hot sauce, red hot buffalo wing sauce, red hot chile n lime hot sauce (1/04)

Gold [www.goldshorseradish.com](http://www.goldshorseradish.com): BBQ sauce (12/02)

Grill Chef (Muir Glen) original, garlic mesquite, hot & smoky barbeque sauce

Head Country Bar-B-Que Sauce: (3/03)

Kraft's Bull's Eye Original, Old West Hickory, Raging Bull, Honey Smoke, Thick and Spicy Original, Onion and Honey

Maple Grove Farms of Vermont MARINADES: Lemon w/Cracked Peppercorn; FF Mesquite; Mountain Mango Marinade

Mother's Mountain (207 781-4658): honey hickory barbecue sauce (11/03)

Mr. Spice (800 SAUCE-4-U): Honey BBQ Sauce; Tangy Bang! Hot Sauce; garlic steak sauce, Honey Mustard Sauce; (12/04); Hot Wing! Sauce

Original Cattleman's - all varieties.

Saz [www.sazs.com](http://www.sazs.com) (414 256-8779): original, sassy, vidalia onion 12/04)

Select honey mustard barbeque sauce (3/04)

Sweet Baby Ray [www.Kensfoods.com](http://www.Kensfoods.com) (800 645-5707): all (6/04)

Texas Pete (TW Garner Food Co) (800 476-7383) Buffalo Style Chicken Wing BBQ Sauce

Walden Farms calorie free (800 229-1706): original, thick and spicy (4/02)

Wax Orchards smoky barbecue sauce (11/03)

Yorkshire Farms [www.yorkshirefarms.com/index.html](http://www.yorkshirefarms.com/index.html): all natural bbq sauce (5/03)

### ***Catsup and Mustard***

Annie's: Organic mustard-- honey, raspberry, horseradish, yellow, Dijon; organic ketchup (12/04)

Beaverton Foods (800 223-8076): Beaver Dijon Mustard Squeeze Bottle; Beaver Yellow Mustard Squeeze Bottle; Inglehoffer Stone Ground Mustard; Napa Valley Whole Grained Mustard; Napa Valley Dijon Mustard; Old Spice Dijon Grained Mustard; Old Spice Dijon Mustard; Shrimp Cocktail Sauce B (9/02)

Boar's Head: delicatessen style mustard w/ white wine, honey mustard, (7/04) catsup (2/04)

Colman's: Mild, Dijon, DSF Mustard and Whole grain mustards (8/04)

Del Monte Ketchup (11/04)

Eden Foods [www.edenfoods.com](http://www.edenfoods.com) (888 441-3336): mustard--brown, yellow (11/04)

French's (800 841-1256): all mustards (1/04)

Gold [www.goldshorseradish.com](http://www.goldshorseradish.com): onion/regular/deli mustard, ketchup (12/02)

Heinz (800 255-5750) [www.heinz.com](http://www.heinz.com): One Carb Ketchup, No Sodium Added Ketchup, Tomato Ketchup, Hot and Spicy Ketchup Kick'rs (1/05)

Heinz-UK: ketchup (12/04)

Hellman's (888-338-8831) [www.bestfoods.com](http://www.bestfoods.com): Dijonnaise Creamy Mustard (2/04) Mustards (all varieties) (6/03)

Maile Dijon Mustard (11/03)

Mother's Mountain [www.mothersmountain.com/elegantsauces.html](http://www.mothersmountain.com/elegantsauces.html): cat chup, classic honey mustard, zesty honey mustard (11/03)

Muir Glen (800-832-6345): organic ketchup (9/04), spicy ketchup

Orphee mustard: dijon, yellow, old fashioned (9/04)

Plochman's [www.plochman.com](http://www.plochman.com): Premium Mustard –all

SAFEWAY (877 723-3929): Ketchup, Mustard (3/04)

Seeds of Change ketchup (4/03)

Select mustard: classic, country Dijon (3/04)

Stokeley's Ketchup (11/03)

Stonewall Kitchen: mustard—basil pesto, Maine maple champagne, martini, red chili & honey, roasted garlic, sesame ginger, sun-dried tomato (7/04)

Tree of Life: ketchup, yellow mustard (2/04)

Tracklements: pourable ketchup-mustard (12/04)

Trader Joe's Dijon mustard (1/03)

Uncle Dave's ketchup (2/04)

Walden Farms (800 229-1706): calorie free ketchup (4/02)

Westbrae fruit sweetened catsups (3/02) Carb Fit ketchup (8/04)

Whole Foods 365: mustard—Dijon, German, honey, Whole Kids organic yellow mustard (11/04)

Wild Oats: organic ketchup, organic mustards—yellow, Dijon, stone ground (1/04)

Wild Thymes [www.wildthymes.com](http://www.wildthymes.com) (888-724-2877): mustard-all (11/03)

Woebers ( 800 548-2929) mustard: all (3/04)

### ***Mayonnaise***

Best Foods [www.bestfoods.com](http://www.bestfoods.com): Mayonnaise (Real, Light and Just 2 Good) (6/04)

Cain's (800 225-0601): All Natural Mayonnaise (11/04)

GOURMAYO (French's) (800 841-1256): sun-dried tomato, wasabi horseradish (1/04)

Heinz-UK: salad cream (12/04)

Hellmann's ([www.bestfoods.com](http://www.bestfoods.com)): Mayonnaise (Real, Light, and Just 2 Good) (4/03)

Kraft Mayonnaise Regular, Miracle Whip Regular,

Mrs. Filberts Mayonnaise: Light, Regular & Yolks Only

Nasoya (Vitasoy) (800 848-2769): Nayonnaise, Fat free Nayonnaise, (11/04) Dijon Nayonnaise (9/02)

Select mayonnaise: reg. reduced fat, fat free (3/04)

Spectrum Organic Canola mayonnaise—regular, lite (1/04) light eggless mayo (11/04)

Trader Joe's Real Mayonnaise (11/03)

### ***Vinegar***

#### **All apple cider vinegar, distilled vinegar, and wine vinegar**

Eden Foods [www.edenfoods.com](http://www.edenfoods.com) (888 441-3336): apple cider vinegar, brown rice vinegar, Ume Plum vinegar (11/04)

Heinz [www.heinz.com](http://www.heinz.com) (800 255-5750): vinegar—distilled white, red wine, apple cider (**not apple cider flavored**) (1/05)

Nakano Seasoned Rice Vinegar: All

Lee Kum Kee rice vinegar

Marukan (562 229-1000 x104): rice vinegar (2/05)

Nakano Seasoned Rice Vinegar: All (2/05)

Oorezi balsamic vinegar (11/04)

Marukan Genuine Brewed Rice Vinegar (Green Trim Label)

Regina (973 401-6500) ([www.bgfoods.com](http://www.bgfoods.com)) All Vinegars and Cooking Wines (1/04)

Spectrum organic brown rice vinegar, balsamic vinegars (1/04)

Sushi Chef: rice vinegar, sushi vinegar (12/04)

Trader Joe's Genuine Balsamic Vinegar, Raspberry Vinegar (11/03)

Whole Foods 365 Balsamic Vinegar, balsamic 5 yrs old, (11/04)

## SOUPS

A Taste of Thai: coconut ginger soup base (4/04)

AlpineAire Foods [www.alpineairefoods.com](http://www.alpineairefoods.com): Chicken Broth Soup Mix (11/03)

Amy's Kitchen [www.amyskitchen.com](http://www.amyskitchen.com) (707 578-7188): Black Bean Vegetable Soup; Chunky tomato bisque, organic Cream of Tomato Soup; organic Lentil Soup; organic lentil veg., org Split Pea Soup, org Vegetable Broth (11/04)

Arrowhead Mills Red Lentil Soup, Tomato Vegetable, Smoky Bean, Chicken Broth, Mushroom Broth (3/02)

Aunt Patsy's Pantry Plentiful Pea Soup, Red Lentil Soup (3/02)

Baxter's Potato & Leek (3/02)

Bowman & Landes: chicken broth, turkey broth (7/04)

Butterball (800 288-8372) Chicken Broth, reg and low-sodium (mod. Food starch is corn or potato unless stated otherwise) (10/04)

Campbell's (800 410-7687) CHUNKY Chicken Broccoli Cheese (11/04); SELECT:, Savory Lentil (12/03)

Celifibr bouillon cubes-- beef , chicken, vegetable (12/04)

College Inn [www.collegeinn.com/faq.php](http://www.collegeinn.com/faq.php): vegetable broth (2/04)

Cook in the Kitchen: Welsh potato soup, Harvest Garden, Mediterranean Lentil, Dilled Tomato (11/03)

Dixie Diners' Club [www.dixiediner.com](http://www.dixiediner.com) (800 233-3668) Internet ordering: mixes—old world lentil, meatless lentil chili, gourmet herb lentil, country vegetable lentil, zesty tomato, wild rice & herbs, green split pea, Cajun/brown rice, crème of potato and bacon chowder; broth—beef not/chicken not, beef not/chicken not onion flavored (3/04)

Edward & Sons [www.edwardandsons.com](http://www.edwardandsons.com) (805) 684-8500: Miso Cup—original golden, savory Seaweed; organic country--veg. harvest bouillon cubes, herb medley bouillon cubes (5/04) miso cup-- rich red seaweed, reduced sodium, organic traditional w/ tofu (11/04)

Fairfield Farm Kitchens, Moosewood Soups: creamy potato & corn chowder, hearty mushroom barley, mediterranean tomato & rice, Tuscan white bean & vegetable, Texas two bean chili

Fantastic Foods (707-254-3700) [www.fantasticfoods.com](http://www.fantasticfoods.com): Soup and Dip mixes— Onion, vegetable, onion mushroom, garlic herb (9/04); simmer soups—split pea, creamy potato; hearty soup cups--cha-cha chili, split pea (4/04); Creamy soup Cups—broccoli & cheddar, cha cha chili (12/04) soup cups—five bean, jumpin black bean (11/04)

Garden Vegetable Organic: creamy broccoli, creamy potato leek, creamy tomato, creamy sweet corn, creamy portobello mushroom, creamy butternut squash, no chicken broth, veg. broth (10/03)

Gold [www.goldshorseradish.com](http://www.goldshorseradish.com): Kosher borscht (12/02)

Hain Healthy Natural Soups: ONLY Wild Rice (milk-free), Black Bean, Vegetarian Lentil, Vegetarian Lentil-NSA, Vegetarian Split Pea, Vegetarian Split Pea-NSA, Vegetarian Broth, Vegetarian Broth-NSA; Home Style Natural Soups: ONLY Chicken Broth, and Chicken Broth-NSA

Health Valley (800 423-4846): [Lentil; Split Pea; Chicken broth-cans only (10/03)] no salt Black Bean, Chicken Rice, tomato; FAT-FREE: Garden Veg.; Country Corn Veg.; Lentil & Carrots; Black Bean & Veg., Tomato Veg.; carotene super broccoli, Split Pea & Carrots; ORGANIC: Vegetable, no salt veg, Tomato, no salt tomato; Potato Leek, no salt potato leek, lentil, no salt lentil, split pea, no salt split pea, no salt black bean, chunky tomato (11/04) ff beef flavored broth

Healthy Advantage (Dominick's) Corn Chowder, Split Pea w/Ham, Vegetarian Chili (3/04)

Healthy Choice (800 544-5680) Country Vegetable; Split Pea and Ham; Lentil, Turkey with wild rice, chicken with Rice, Bean & Ham

Healthy Request (Campbell's) Chicken Broth Ready to Serve—Hearty Chicken with White & Wild Rice, NE Clam Chowder, Hearty Country Vegetable; Condensed—Bean with ham and bacon, chicken with rice (3/03)

Heinz-UK: creamy tomato (available at Cost Plus World Market) (12/04)

Herb-Ox (800 523-4635) Bouillion, both granulated and cubes. Beef, Chicken, Vegetable, Spicy Chicken, Garlic Chicken (3/04)

Hormel Microwave Bean & Ham Soup (3/04)

Imagine Foods (800 333-6339) [www.imaginefoods.com](http://www.imaginefoods.com): Natural Organic Soups and Broths (all varieties) (12/03)

Instant Gourmet: low-carb soups--chicken w/asparagus, broccoli cheddar, bay shrimp



bisque, mushroom & chicken w/garlic, beefy vegetable, chicken vegetable (12/04)

Kitchen Basics (440 838-1344): broth—chicken, beef, [organic vegetable broth (11/03)]

Knorr Potato Leek Instant Soup (6/03)

Legumes Plus: country vegetable lentil, gourmet herb lentil, green split pea, olde world lentil, red curry lentil, wild rice & herbs lentil, zesty tomato lentil

Lifesource: soup bases—veg beef, veg chicken, veg onion, veg tomato (9/04)

Lipton Recipe Selections: Onion, Onion –Mushroom

Lipton Cup-a-Soup: Tomato ,Broccoli & Cheese, Hearty Harvest Vegetable, Chicken Broth, Cream of Chicken, Cream of Mushroom AND ONLY IN PACKAGES FLAGGED 'NEW RECIPE or MORE CHEESE': Broccoli & Cheese, Cream of Chicken, Cream of Mushroom, Hearty Harvest Vegetable Soup Secrets

Maggi Cubes (hvp is from corn or soy).

Manischewitz: Chicken broth clear condensed, Borscht-all, 18 Bean Homestyle Soup Mix , Hearty Bean Cello Soup Mix, Homestyle Mediterranean Black Bean Soup Mix, Split Pea With Seasoning, Cello Soup Mix; Cup Of Soup--Chicken Rice, Lentil (5/03)

Mayacamas soups: creamy potato leek, creamy mushroom, tomato, lentil, french onion

Mori-Nu [www.morinu.com/product/glutenfree.html](http://www.morinu.com/product/glutenfree.html): creamy tomato soy, creamy butternut squash soy, creamy corn soy (1/04)

Nutrimax (800.291.8386): Vegetarian Beef and Chicken, Onion, and Tomato Bouillons

Organic Gourmet (800 400-7772) [www.organic-gourmet.com](http://www.organic-gourmet.com): Just Like Chicken Soup 'n Stock Concentrate, wild mushroom and vegetable flavors. (11/03)

Pacific Foods (503 692-9666): broth-- mushroom, Vegetable, beef, organic free-range chicken, free range chicken; organic creamy tomato, organic creamy butternut squash, creamy broccoli, roasted red pepper and tomato (1/04)

Pritikin Chicken Broth (3/02)

Progresso (800-200-9377) ([www.generalmills.com](http://www.generalmills.com)): Rich & Hearty New England Clam Chowder chunky style (**NOT Traditional New England Clam Chowder**) (8/04)

Rokeach condensed cabbage soup, condensed mushroom soup (for passover), potato (4/03)

SAFEWAY (877 723-3929): Chicken Broth, Onion Soup Mix; potato leek, fire roasted tomato, hearty vegetable beef, New England clam chowder (3/04)

Savory Soup Sack [www.yankeegrocery.com](http://www.yankeegrocery.com) : country bean, hot lava vegetarian (3/04)

ShariAnn's Organics: [Spicy French Green Lentil w/Chili; Spicy Mexican Bean, , (10/03)] Cream of Tomato; Indian Black Bean Soup; Italian white bean, Vegetarian French Onion; tomato with roasted garlic, French green lentil, split pea (11/04) Vegetable Broth; Roasted Garlic Chicken Broth, Potato & Cheddar;

Shelton's [www.sheltons.com](http://www.sheltons.com): Black bean & chicken soup, Chicken tortilla soup, chicken veg, Chicken rice soup, chicken broth—Regular, Fat free, low salt; organic chicken broth—Regular, Fat free (11/04)

Snow's/Castleberry ([www.snows.com](http://www.snows.com)): Healthy Values New England Clam Chowder 15 oz., (2/03)

Superior Touch (909-923-4733) ([www.superiortouch.com](http://www.superiortouch.com)): Better Than Bouillon (2/04)

Swanson's (800 442-7684) Ready-to-Serve BROTH-- Beef 14-1/2 oz., Chicken 14-1/2 oz., 49-1/2 oz.; Natural Goodness Chicken Broth—14 oz, 32 oz, 49 oz (3/03); vegetable broth 14 oz (12/03)

Sweet Sue (800 682-7272) chicken broth—99% FF, beef broth (10/04)

Taste Adventure's Sweet Corn Chowder, Black Bean Chili (low fat), Five Bean Chili (low fat), Split Pea (low fat) , Curry Lentil

Thai Kitchen [www.thaikitchen.com](http://www.thaikitchen.com) (800 967-THAI): Coconut Ginger Soup, Hot and Sour Soup - can , Instant Rice Noodle Soups: Garlic and Vegetable, Onion, Lemongrass & Chili, Bangkok Curry, Thai Ginger & Vegetable; Rice Noodle Soup: Hot & Sour Rice Noodle Soup, Curry Rice Noodle Soup (5/03)

Trader Joe's Butternut Squash Soup, Curry Split Pea (Dry), creamy corn chowder (potbelly), gazpacho, Lentil Soup w/ veg, onion (potbelly), Organic Black Bean Soup, Pea Soup, Salmon Chowder, Thai Tom Kha Soup (11/03)

Valley Fresh ([www.valleyfresh.com](http://www.valleyfresh.com)) Canned Chicken Broth--all (10/03)

Westbrae: Louisiana Bean Stew, Great Plains Savory Bean, Spicy Southwest Vegetable, Unchicken Broth (3/02) navy bean ff, spicy Southwestern veg ff (11/04)

Whole Foods 365 organic--Chicken Broth; 365 tomato w/roasted garlic, split pea, three

bean chili, corn chowder (11/04)

Williams tortilla soup mix (12/03)

Wolfgang Puck: roast chicken with wild rice, hearty lentil and veg., chicken tortilla, spicy 7 bean with Italian sausage; organic hearty lentil, organic chicken w/wild rice (1/04)

Zoup: Chunky Tomato Chili, Spicy Italian, Fire Roasted Tomato Bisque, Lentil, Ginger Squash, Black Bean, Gazpacho, Vegetarian Split Pea Soups (4/04)

## SPICES

A Taste of Thai: chicken and rice dinner seasoning, red curry base, Panang curry base, spicy Thai peanut bake, green curry base (4/04)

Accent [www.bgfoods.com](http://www.bgfoods.com) (973 401-6500) (1/04)

Bearitos: taco seasoning, Mexican rice seasoning (10/03)

Cajun's Choice Seasonings ([www.cajunschoice.com](http://www.cajunschoice.com)): Blackened and Creole Seasonings (7/02)

Cali Fine Foods: spicey fiesta, herb medley, dill delight, garlic gusto (9/04)

Charles Baldwin Extracts ([www.baldwinextracts.com](http://www.baldwinextracts.com)) (2/04)

Chef Paul Seasonings [www.chefpaul.com](http://www.chefpaul.com), Meat Magic, Vegetable Magic, Poultry Magic, Blackened Redfish Magic, Seafood Magic, Seasoned Salt, Pork & Veal Magic Salt Free Seasoning, BBQ Magic, Blackened Steak Magic

CHI-CHI'S Fiesta Restaurante Seasoning Mix (3/04)

Cookbook Vanilla (11/03)

DAVE'S Gourmet ([www.davesgourmet.com](http://www.davesgourmet.com)) dry spices (3/03).

Durkee's (800-247-5251): All Food Colorings, Liquid Flavorings, Extracts (4/02); Garlic Cheese Bread blend (does not contain any bread), Six Pepper Blend; Grill Creations: Smokey Seasoning, Lemon Garlic Seasoning, Gourmet Chicken & Fish,; Latin Flavors: Ancho Chile Seasoning; Ancho-Citrus Seasoning; Ancho Chile Pepper, Ground; Chipotle Chile Pepper, Ground; Lime Pepper Seasoning; Cuatro Chile Blend; Pasilla Chile Pepper, (2/04)

Eden Foods (888-441-3336) [www.edenfoods.com](http://www.edenfoods.com): Gomasio Seasoning (7/03)

Elements of Spice [www.elements-of-spice.com](http://www.elements-of-spice.com) (425.432.4300): All (1/03)

Emeril's (973-401-6500) [www.bgfoods.com](http://www.bgfoods.com): Essence Seasonings: Original, Asian, Italian, Southwest, Baby Bam, Bayou Blast (1/04)

Flavorganics [www.flavorganics.com](http://www.flavorganics.com): extracts—vanilla, almond, choc, coffee, hazelnut, lemon, orange, peppermint (9/04)

Gourmet Du Village [www.gourmetduvillage.com](http://www.gourmetduvillage.com): Seasonings Blend. (1/04); all (1/03)

Goya (800 275-4692 x2218): Adobo, Sazon, chicken bouillion cubes and consomme, beef bouillion cubes, ham flavored concentrate, salad and vegetable seasoning, sofrito, flor de tilo, oregano—ground and leaf, allspice, anise, whole cloves, black peppe—whole and ground, garlic salt, star anise bay leaf, cinnamon stick and ground, chili powder, Jamaican curry powder, cumin seed and ground, garlic powder, onion powder, camomile manzanilla, crushed peppers, paprika, comino molido, salt (1/04)

Jewel: chili powder, cinnamon, garlic powder, Italian seasoning, onion powder, pure vanilla extract (9/03)

McCormick & Co (800 632-5847): All McCormick spices, other than seasoning mixes; All Extracts—pure and imitation (1/04); fajita seasoning marinade mix (1/04) Montreal chicken seasoning mix (9/03) Grill Mates mesquite, Grill Mates hamburger seasoning (7/04)

Mrs. Dash [www.mrsdash.com](http://www.mrsdash.com) : all (9/04)

Nantucket Off-Shore Seasonings: bayou rub, dragon rub, garden rub, holiday turkey rub, Mt. Olympus rub, prairie rub, Pueblo rub, raj rub, rasta rub, renaissance rub, St. Remy rub, Nantucket rub, summer shellfish boil (9/04)

New Menu Tofu Mate (6/03)

Nielsen-Massey: Madagascar vanilla extract (9/04), vanilla powder (10/03)

Old Bay Seasonings (McCormicks) (800-632-5847) (6/04)

Patak curry paste: biryani, hot curry, Madras, mild curry, tandoori, tikka, vindaloo (10/03)

Paul Prudomme Magic Seasonings (800 457-2857): all

Penzy's: all spice and spice blends **except taco seasoning** (9/04)

Phillips (888 234-CRAB) [www.phillipsfoods.com](http://www.phillipsfoods.com): seafood and blackening spices (8/04)

Rodelle Gourmet Vanilla Extract (2/05)

Schilling (McCormick) (800-632-5847): All single ingredient spices and herbs and all extracts (10/03)

Spice Hunter: pure spices (**not blends**) (10/04)

Spice Islands ([www.spiceadvice.com](http://www.spiceadvice.com)) (800-247-5251): pure spices are GF (2/04)  
Pasta Gourmet: Roasted Garlic and Herb, Abruzzi, Alfredo (contains GF Blue Cheese); Louisiana Style Cajun Seasoning; Liquid Flavorings/Extracts, All Food Coloring, Crazy Dave's Lemon Pepper, Crazy Dave's Pepper & Spice, Crazy Dave's Salt & Spice, Mr. Pepper, Presti's Pizza Seasoning, Presti's Spicy Pizza, Presti's Spaghetti, Presti's Spicy Spaghetti; Spice Islands Specialty, Beau Monde, Chervil, Chili Powder, Chinese Five Spice, Fines Herbs, Garlic Seasoning Powder, Crystalized Ginger, Italian Herb Seasoning, Garlic Pepper Seasoning, Saffron Powder, Old Hickory Smoked Salt, Summer Savory, Vanilla Bean, Spice Islands, Salt-Free, Original, Lemon-Herb, Spicy-Pepper (1/04)

Spices of the World: 21 Seasoning Salute, Garlic Powder, Savory 4 Pepper Blend (11/03)

Tone Brothers (800-247-5251) [www.tones.com](http://www.tones.com): all extracts; Lime Pepper Seasoning, Southwest Seasoning Chipotle (ve=5/28/04) Ground Cinnamon (9/03) Garlic Romano Sprinkle, Canadian Chicken Seasoning, Steak Seasoning, Rosemary Garlic Seasoning (2/04) Buffalo Wings Seasonings Pak (8/04)

Tony Chachere's Creole Foods [www.tonychachere.com](http://www.tonychachere.com): all seasonings (10/03)

Trader Joe's Vanilla: Tahitian Blend, Madagascar (Alcohol is from corn.) (11/03)

Watkins [www.watkinsonline.com](http://www.watkinsonline.com): caramel, peanut butter and peach extracts; chili powder (11/03)

Woeber's: spice blends—all (3/04)

## SPREADS

Dickinson's (Smucker) (920 745-6119): lemon fruit curd (4/03)

Eden Foods [www.edenfoods.com](http://www.edenfoods.com) ( 888 441-EDEN): Organic Apple Butter, apple cherry butter, Organic Cherry Butter (11/04)

Knouse Foods (717 677-8181) [www.knouse.com](http://www.knouse.com): Apple Butter (11/03)

Trader Joe's Red pepper and goat cheese spread (1/03)

Wax Orchards butters: peach, raspberry, marionberry, strawberry, apple, apricot, blueberry (9/04)

## Margarine

Benecol (McNeil-PPC) (888-BENECOL) ([www.benecol.com](http://www.benecol.com)): all (9/03)

Blue Bonnet (ConAgra) (800 988-7808) All (5/02)

Brummel & Brown Spread

Canola Harvest (800 635-3296) [www.canolaharvest.com](http://www.canolaharvest.com): all (2/04)

Canoleo 100 % Canola Margarine

Country Crock

Corman Light! Butter

Earth Balance Natural Buttery Spread (201.568.9300) (01/01)

Fleischman's (ConAgra) (800 988-7808) All (10/02)

Hain Margarine: Soft Safflower; Safflower; Unsalted Safflower

Heart Beat Foods - Smart Balance Margarine

I Can't Believe It's Not Butter (800 444-6101 ext 2115) All (9/02)

Imperial (800 735-3610): all (4/04)

Land of Lakes: salted, unsalted (**not light**) (11/04)

Mazola

Molly McButter (9/04)

Move Over Butter (800-444-6101 ext 2115) All (2/02)

Mrs. Filberts (Unilever BestFoods) All (11/02)

Nucoa

Parkay (ConAgra) (800 988-7808): all (5/02)

Promise

Safeway (877 723-3929): margarine, vegetable oil spreads (3/04)

Shamrock Margarine: Both retail type and type used by restaurants

Shedd's (800 735-3610) (4/04)

Smart Balance: all (8/04)

Smart Beat: all (2/04)

Soy Garden (11/03)

Soyco [www.galaxyfoods.com/soyco.html](http://www.galaxyfoods.com/soyco.html): Rice butter (3/05)

### ***Nut Butters***

Arrowhead Mills: peanut butter—creamy, crunchy, sesame tahini (11/04) creamy almond butter, organic peanut butter-creamy, crunchy (1/04)

Butter & Co [www.ilovepeanutbutter.com](http://www.ilovepeanutbutter.com): flavored peanut butters (8/04)

Erewhon peanut butter

I M Healthy Soy Nut Butter [www.soynutbutter.com](http://www.soynutbutter.com) (800 288-1012) Original Creamy or Chunky Soy Nut Butter, Chocolate Flavor Soy Nut Butter, Honey Soy Nut Butter (9/04)

Jewel/Albertson's: peanut butter (9/03)

Jiff Peanut Butter (P&G) [www.jif.com](http://www.jif.com) (800 283-8915): Regular, Smooth Sensations; creamy, extra crunchy (11/04)

Maranatha [www.nspiredfoods.com](http://www.nspiredfoods.com): all nut butters, sesame tahini (11/04)

Meijer's - Creamy and Crunchy peanut butter

Morningstar Farms Roasted Soy Butter

Natural Touch Roasted Soy Butter

Nutella (800 Nutella): Hazelnut/Chocolate Spread

Peanut Wonder [www.peanutwonder.com](http://www.peanutwonder.com): Regular creamy Peanut Butter, Low Sodium Peanut Butter, Chocolate Peanut Butter

Peter Pan (800 222-7370) creamy & crunchy (regular, very low-sodium, Smart Choice Spread, Whipped)

Planters - Creamy and Crunchy peanut butter

Reese's peanut butter all varieties

S&W Nutradiet—no salt added

SAFEWAY (877 723-3929): Peanut Butter (Reg. & Reduced Fat Smooth and Crunchy) (3/04)

Skippy (800 338-8831): peanut butter - Creamy, Crunchy, (11/04) Super Crunchy, Roasted Honey Nut

Smuckers (888 550-9555) Natural Peanut Butters (11/03)

Soy Wonder

Sunbutter (800 437-5539) [www.sunbutter.com](http://www.sunbutter.com): (sunflower seed butter) (8/04)

Teddy's All Natural

Trader Joe's Peanut Butter-- Creamy Salted, Creamy Unsalted, Crunchy Salted, Crunchy Unsalted, Honey Roasted Crunchy, Roasted Unsalted Organic Creamy (11/03)

Walnut Acres: all

Whole Foods [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com): 365 Organic Smooth Almond Butter, 365 Peanut Butter (creamy & crunchy) (11/04)

Wild Oats: peanut butter- natural creamy, natural crunchy, organic creamy salted, organic crunchy salted; natural almond butter-creamy; natural cashew butter, creamy; almond butter-organic raw, organic roasted creamy (1/04)

### **SYRUP**

Aunt Jemima Syrup (Quaker) (800 407-2247) All varieties (1/03)

Brer Rabbit (B&G Foods) (973 401-6500) [www.bgfoods.com](http://www.bgfoods.com): corn Syrup (Light & Dark) (1/04)

Da Vinci [www.davincigourmet.com](http://www.davincigourmet.com): flavored syrups--sugar free, regular

Golden Griddle: All (7/04)

Jewel/Albertson's: choc syrup, pancake syrup (9/03)

Karo (800 338.8831): Dark and Light Syrup; Pancake Syrup (4/02)

Kirkman [www.kirkmanlabs.com](http://www.kirkmanlabs.com): flavoring syrup—maple, wild cherry, strawberry (3/04)

Log Cabin Syrup: country kitchen only (1/05)

Lundberg [www.lundberg.com](http://www.lundberg.com): brown rice syrup—organic, premium (11/04)

Maple Grove Farms of Vermont: SYRUPS: Pure Maple Syrup; Sugar Free Syrup (Cozy Cottage & Vermont); Flavored Syrups (Blueberry, Raspberry, Strawberry, Boysenberry) (9/02)

Mrs. Buttersworth (314-801-2300) [www.aurorafoods.com](http://www.aurorafoods.com): Original only (3/04)

S&S Maple Camp: maple syrup (9/04)

SAFEWAY (877 723-3929): Syrup (Old Fashioned, Light, and Butter Light) (3/04)

Torani Italian Syrups (800-775-1925) ([www.torani.com](http://www.torani.com)): All syrups **EXCEPT Sugar-Free French Vanilla** (3/04)

Trader Joe's 100% pure maple syrup, maple syrup grade A dark amber (11/03)

Up Country Naturals of Vermont: SYRUPS--Organic Pure Maple; Flavored Syrups (Blueberry, Raspberry, Strawberry, Boysenberry) (9/02)

Vermont Maid (973 401-6500) [www.bgfoods.com](http://www.bgfoods.com): Syrup and Light Syrup (1/04)

Walden Farms calorie free (800 229-1706): chocolate syrup, pancake syrup (4/02)

Wax Orchards "only fruit": marionberry, raspberry, blueberry, strawberry (9/04)

Whole Foods 365 organic: maple syrup (11/04)

## TOMATO AND SPAGHETTI SAUCES

Amy's Premium Organic Pasta Sauce: low sodium marinara, organic marinara (11/04), mushroom and onion (10/03) wild mushroom, roasted veggie, puttanesca, family marinara, pomadora zucca, tomato basil, garlic mushroom (12/04)

Annie's Naturals: Pasta Magic—Roasted Veggie, Vermont Cheddar Cheese (12/04), Mushroom

Aunt Millie's Pasta Sauces (800 255-5750) Heinz: all (1/05)

Bella Sun Luci Sun Dried Tomatoes (530-899-2661): all (4/04)

Boboli Pizza Sauce (4/04)

Classico (800 727-8260) ([www.heinz.com](http://www.heinz.com)): All Pasta Sauces (1/05)

Contadina (888 668-2847): Stewed Tomatoes (regular, Mexican style, Italian style); Pizza Squeeze (original, Italian); Pizza Sauce (original, Italian, pepperoni); Pasta Ready-all (**except mushroom**); Chunky Pizza Sauce (basic, mushroom, 3 cheese, red peppers), Whole Tomatoes, Tomato Sauce (regular, Italian, Thick & Zesty), Sweet & Sour Sauce, Recipe Ready; Tomato Paste-all **except Italian w/Italian seasonings** (1/04); Tomato Puree, Crushed Tomatoes

Del Monte [www.delmonte.com](http://www.delmonte.com) (800 543-3090): Tomatoes & Tomato Products (**except Spaghetti Sauce flavored w/Meat**) (10/03)

Eden Foods [www.edenfoods.com](http://www.edenfoods.com) (888 441-3336): crushed tomatoes, pizza pasta sauce, diced tomatoes, diced tomatoes w/green chilies, spaghetti sauce—reg, no salt (11/04)

Emerils Pasta Sauces: Kicked-up Tomato; Roasted Garlic; Roasted Red Pepper; Puttanesca;odka; Home Style Marinara; Sicilian Gravy; Mushroom & Onion (1/04)

Five Brothers Pasta Sauce: all (**except Roasted Garlic and Onion**)

Frutti Di Bosco Organic Pasta Sauces: Puttanesca, Marinara, Chanterelle, Truffle Porcini (5/03)

Garden Valley organic pasta sauces—all (10/03)

Jewel/Albertson's: reg. tomato paste, tomato sauce, canned tomatoes (9/03)

Juanita's Foods red enchilada sauce (3/02)

Mayacamas: alfredo, pesto, creamy pesto, creamy clam

McCormick's (800 632-5847): Thick and Zesty Spaghetti Sauce

Muir Glen: Tomato Paste Sauce: all (10/03)

Newman's Own (800 444-8705) Pasta Sauce: say cheese, garlic & peppers, tomato & roasted garlic, vodka sauce, pesto & tomato, marinara Venetian, marinara with mushrooms, sockarooni-mushrooms, onions, peppers, bombolina-basil, diavolo-spicy simmer sauce (3/04)

Pomi marinara sauce (6/03)

Prego (Campbells): PASTA SAUCE - Traditional Sauce), Three Cheese Sauce, Mushroom; PASTA BAKES SAUCE - Hearty Meat Sauce, 3 Cheese Marinara, Tomato, Garlic & Basil (12/03)

Red Gold Tomato Products (877 748-9796) ([www.redgold.com/index.html](http://www.redgold.com/index.html)) All (9/02)

Safeway (877 723-3929): all canned tomato products (3/04)

Seeds of Change organic pasta sauce: all (10/03)

Select Refrigerated Pasta Sauces (Classic Pesto, Creamy Parmesan Basil, Garden Vegetable & Herb, Light Alfredo, Roasted Garlic & Mushroom): enchilada sauce; Verdi marinara (3/04)

S&W Fine Foods [www.swfinefoods.com](http://www.swfinefoods.com): Canned Tomato products (11//02)

Trader Joe's Artichoke Marinara, Burgundy & Porcini Mushroom Sauce, Burgundy Wine Marinara Sauce, Caponata Marinara, Chianti Marinara, Creamy prosciutto, Marinara di Napoli, Marinara Sauce ; No Salt Added Organic Fat Free Marinara Sauce, Organic Marinara Sauce, Organic Pesto with Dried Tomatoes and Basil, Organic Tomato Basil Marinara, Organic Tuscano Marinara, Roasted Garlic Marinara, Sausage Pasta Sauce, Sun-Dried Tomato Pesto, Sun-Dried Tomato & Balsamic Vinegar Sauce, Tomato Alfredo Sauce, Tomato & Mascarpone Sauce, Tomato Basil Marinara, Tomato Sauce Starter, Tuscano Marinara Sauce , Pizza Sauce (11/03)

Whole Foods 365 diced tomatoes, crushed tomatoes—w/basil, w/rosemary, whole tomatoes, tomato paste, tomato sauce; 365 pasta sauce—pesto/sun dried tomato, roasted garlic, roasted red pepper; 365 organic pasta sauce, nonfat pasta sauce, Whole Kids Organic pasta sauce (11/04)

Wild Thymes [www.wildthymes.com](http://www.wildthymes.com) (888-724-2877): pasta toppings (11/03)

## VEGETABLES

**Canned or frozen vegetables without breading or sauce are generally GF.**

Aunt Nellie [www.senecafoods.com](http://www.senecafoods.com): Harvard Beets, Pickled, Brined (10/03)

Boar's Head (800 352-6277): Sauerkraut (3/03)

Bruce's Yam's [www.brucefoods.com](http://www.brucefoods.com) (800-299-9082): all (8/04)

Casa Fiesta Diced/Whole Green Chilies (800.299.9082) (12/02)

Del Monte (800-543-3090) [www.delmonte.com](http://www.delmonte.com): SAVORY SIDES: All (**except Green Bean Casserole**) (7/04)

Eden Foods [www.edenfoods.com](http://www.edenfoods.com) (888 441-3336): sauerkraut (11/04)

Franks ([www.sauerkraut.com](http://www.sauerkraut.com)): all sauerkraut (5/02)

Jewel/Albertson's: creamed corn (9/03)

Lohmann [www.senecafoods.com](http://www.senecafoods.com): BEETS: Harvard, Pickled, Brined, Cream Style Corn (10/03)

Ortega (800 225-2270): Whole Green Chilies; Diced Green Chilies

SAFEWAY (877 723-3929): Cream Style Corn, Sauerkraut (3/04)

Vlasic: sauerkraut (11/04)

### ***Baked Beans***

Amy's Kitchen vegetarian baked beans (11/04)

B&M (973 401-6500) [www.bgfoods.com](http://www.bgfoods.com): all (11/04)

Bush's: Best Baked Beans (865 558-5445): **ALL EXCEPT: Chili Beans, Chili Magic** (3/04)

Eden Foods [www.edenfoods.com](http://www.edenfoods.com) (888 441-3336): baked beans w/ sorghum (11/04)

Hormel Chili with Beans, reg, chunky, hot (8/03)

S&W: BBQ, brick oven, honey mustard, swt baked bacon, Chili Makin's: original, sauce with pinto beans, Texas style, sauce with small red beans, sauce and chipotle peppers, black bean, homestyle kidney, Sante Fe,

Trader Joe's organic baked beans (11/03)

VanCamp's Pork and Beans (ConAgra Foods) (800 826-2267)

## **Beans**

Amy's: vegetarian baked, organic refried beans: black beans, refried w/green chilies (11/04) traditional refried (12/03)

Eden Foods [www.edenfoods.com](http://www.edenfoods.com) (888 441-3336): all plain canned beans, Caribbean black beans, refried black beans, refried black soy & black beans, refried kidney, refried pinto, spicy pinto, refried spicy black, refried spicy pinto (11/04)

Fantastic Foods [www.fantasticfoods.com](http://www.fantasticfoods.com): Instant Black Beans, instant refried beans (4/04)

Goya (800 275-4692 x2218) [www.goya.com](http://www.goya.com): canned peas and beans (1/04)

Joan of Arc (B&G Foods) (973-401-6500) [www.bgfoods.com](http://www.bgfoods.com): Light & Dark Red Kidney Beans, Red Beans, Black Beans, Pinto Beans, Butter Beans, Great Northern Beans, Garbanzo Beans, Black Eyed Peas (1/04)

Ortega (800 225-2270): refried beans; Refried Beans with Spicy Jalapenos; Refried Beans with Green Chilies & Lime; Fat-Free Refried Beans

ShariAnn's Organics: Refried Black Beans; Refried Pinto Beans; Refried Pinto Beans w/Roasted Garlic (8/02)

Trader Joe's Fat Free Refried Black Bean with Jalapeño Peppers, Organic Refried Pinto Beans, Cuban black beans, marinated bean salad (1/03)

## **Potatoes**

Alexia Foods ([alexiafoods.com/why\\_alexia.htm](http://alexiafoods.com/why_alexia.htm)): All frozen potatoes and French fries (1/04)

Barbara's mashed potato flakes (11/04)

Betty Crocker Potato Buds (10/02)

Cascadian Farms ([www.cfarms.com](http://www.cfarms.com)) Spud Puppies; Frozen Potato Products

Fantastic Foods [www.fantasticfoods.com](http://www.fantasticfoods.com): creamy mashed Potato Cups--broccoli & cheddar, white cheddar cheese, garlic & herbs, sour cream & chives (4/04)

Ian's [www.iansnaturalfoods.com](http://www.iansnaturalfoods.com) (781 284-1999): sweet potato fries (12/04)

Idaho Supreme (800-627-1724 ext 129): Mashed Potatoes (potato flakes) (2/03)

Idaho(an) Foods (800-635-6100) ([www.idahoan.com](http://www.idahoan.com)): Original Mashed Potatoes; Real

Premium Mashed Potatoes; Hash Browns; Scalloped Potato casserole; flavored mashed--Herb & Butter, 4 cheese, roasted garlic, buttery homestyle, Southwest, naturally garlic; naturally mashed (flakes), naturally scalloped potato casserole (1/04)

Kineret (800 434-4346): potato latkes (11/02)

Larrys (Schwan's) (800.544.6855): frozen potato side dishes-- Stuffed Potatoes: Broccoli and Cheese, Cheddar Cheese, Combination (Bacon, Onion, and Tomato), Old Fashioned Butter, Roasted Garlic, Sour Cream and Chives. Mashed Potatoes with Skins: Creamy Ranch, Parmesan and Garlic, Parmesan and Herbs. Mashed Potatoes with Gravy: Classic Beef Gravy (made with cornstarch) (2/04)

Lynden Farms (J.R. Simplot) (800-572-7783): All potato products. (3/04)

Market Day (877-632-7753): Mashed Potato Patties, Praline Sweet Potato Casserole, Quick N Crispy Fries (9/03)

Mrs. Pauls (Aurora Foods) (314-801-2300) ([www.aurorafoods.com](http://www.aurorafoods.com)): Frozen Sweet Potatoes in Sauce (3/04)

Ore-Ida (800 255-5750): golden patties, snackin fries, golden fries, golden crinkles, pixie crinkles, cottage fries, Southern style hash browns, extra crispy fast food fries, potatoes O'Brien, French fries, country style hashbrowns, shoestrings, crunch time classics—straight cut, crinkle cut; deep fries crinkle cuts, hash browns, potato wedges w/skins, steak fries (1/05)

Pacific Northwest Crinkle Wedges (11/03)

Safeway (877 723-3929): frozen Hash Browns (Shredded and Southern Style); Potatoes (Crinkle Cut, French Fried, O'Brien, Restaurant style Crinkle Cut, Shoestring, Steak Cut, Twice Baked) (3/04)

Simply Potatoes (800 259-7335) [www.michaelfoods.com/nstar.htm](http://www.michaelfoods.com/nstar.htm) : refrigerated raw potatoes (12/03)

Sysco (284-584-1398): Instant Mashed Potatoes (6/04)

Terra Firms Potatoes (11/03)

Trader Joe's Potato Medley, Herb Roasted Potatoes, Sweet Potato French Fries (11/03)

Whole Foods 365 reg French fried, taters, shredded hash browns (11/04)