

GLUTEN FREE DIET: BRAND NAME LIST

Tested to be tasty!



These are gluten free “replacement” foods, which means that these are the breads, crackers, pastas, etc., which are gluten free and will replace products that traditionally contain gluten. You will find lots of options here and become familiar with other gluten free foods made by these brands for an even wider of products than are listed here.

“Gluten free” is specifically noted on foods coming from companies that also make gluten-containing products. Make sure that you pick the gluten free option for these brands.

Baking Mixes:

- Arrowhead Mills Gluten Free Organic all-purpose baking mix
- Betty Crocker Gluten Free mixes (variety)
- Bisquick Gluten Free Baking Mix
- Bob’s Red Mill Gluten Free mixes (variety)
- Chebe (pizza, breadsticks and rolls)
- Cherrybrooke Kitchen (variety)
- Gluten Free Pantry
- Pamela’s Products (variety)
- Trader Joe’s Gluten Free Brownie Mix
- Namaste Foods
- Cornstarch (Bob’s Red Mill FG Argo)

Bars:

- Bora Bora Bar
- Kind Bar
- Lara Bar
- Nature Valley Gluten Free Roast Nut Crunch
- Trio Bar

Breads:

- Food For Life White Rice Bread, Brown Rice Bread, Pecan Bread, Red Rice Bread, Millet Bread or Raisin and Pecan Bread
- Food For Life Brown Rice or Multi-Seed Muffins
- French Meadow Multi Grain (higher fiber content) or Cinnamon Raisin Bread
- Rudi’s Gluten Free
- Udi’s Multi Grain Bread
- Udi’s Bagel

Buns, hamburger and hot dog:

- Kinnikinnick Hot Dog and Hamburger Buns
- Rudy’s Gluten Free Buns
- Udi’s Hamburger and Hot Dog Buns

Chips:

- Lundberg Farms Brown Rice Chips
- Food Should Taste Good Sweet Potato Chips, and others
- Tostitos Tortilla Chips
- Garden of Eatin’ Tortilla Chips
- Mission Tortilla Chips

Cold Cereals:

- Barbara’s Bakery Gluten Free Puffins
- Chex
- Enjoy Life Perky’s Crunchy Flax
- Gluten Free Rice Crispies
- Glutino Berry Sensible Beginnings (enriched) and Honey Nut Rings
- Nature’s Path Organic Mesa Sunrise and Corn Flakes (also has “sugary” cereals)
- Gluten Free Rice Krispies
- Arrowhead Mills Maple Buckwheat Flakes

Crackers:

- Back to Nature Gluten Free Multi-Seed, White Cheddar, or Sesame Seed Rice Thins
- Blue Diamond Nut Thins
- Crunchmaster Gluten Free Crackers
- Glutino Crackers
- Kinnikinnick Smoreables Graham Style Crackers
- Mary’s Gone Organic Brown Rice Crackers (100% whole grain)
- Orgran Buckwheat or Quinoa Crispbread (100% whole grain, GMO free)



This is a gluten free certification by the Gluten Intolerance Group. Foods with this certification are “safe” to eat on a gluten-free diet.

NUTRITION COUNSELING - CAMPUS HEALTH SERVICE - HEALTH PROMOTION

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www.health.arizona.edu/hpps_nutrition.htm 3/2012

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Frozen Meals:

- Amy's Gluten Free frozen meals and rice bowls
- Amy's Gluten Free Meals
- CedarLane Gluten Free frozen omelet and frittatas
- Dr. Praeger's Gluten Free Potato Crusted Fish Fillets
- Ethnic Gourmet Gluten Free frozen meals
- Glutino frozen meals
- Ian's frozen foods (chicken nuggets, corn dogs, fish sticks—fun foods, not every day foods!)
- Kettle Cuisine soups
- Organic Bistro frozen meals
- Sunshine Patty's (organic, vegetarian falafel and veggie burgers)
- Tucson Tamale Company tamales
- Tai Kitchen Gluten Free

Frozen pizza:

- Amy's Gluten Free pizza (frozen)
- Glutino pizza (frozen)
- Udi's Pizza Crust
- Chebe Pizza Dough Mix

Granolas:

- Bakery on Main (choose high fiber granolas)
- Enjoy Life Foods Granola (allergen free)
- Gluten Freeda Granola (made with oats)
- Udi's (made with oats)
- Kind

Hot Cereals:

- Ancient Harvest Quinoa Flakes
- Arrowhead Mills Rice and Shine Gluten Free Cereal and Gluten Free Yellow Corn Grits
- Bob's Red Mill Gluten Free Oats, Gluten Free Creamy Buckwheat, Gluten Free Cornmeal and Mighty Tasty Gluten Free Hot Cereal (some organic)
- Gluten Freeda Instant Oatmeal (packets)

Ice cream:

- Breyer's (except those with obvious gluten, e.g. cookies n' cream)
- So Delicious Dairy Free coconut milk ice cream
- Dreyer's (most, check online)

Pastas:

- Ancient Harvest Quinoa Pasta
- Annie's Naturals Gluten Free macaroni and cheese (box and microwavable)
- DeBoles Gluten Free Mac and Cheese (box)
- DeBoles Gluten Free Pasta Lundberg Farms Organic Brown Rice Pasta
- Tinkyada Brown Rice Pasta

Pretzels:

- Ener-G Pretzels (allergen free)
- Glutino Pretzels (also chocolate covered)
- Snyder's of Hanover GF Pretzels

Rice Cakes:

- Lundberg Farms Organic Rice Chips
- Lundberg Farms Organic Brown Rice Cakes
- Quaker Gluten Free Rice Cakes

Sauces:

- Tamari sauce (wheat-free soy sauce)
- San-J Asian cooking sauces
- Organicville BBQ sauce

Shelf-stable meals:

- Dr. McDougal's Gluten Free lentil and grain bowls (just add water)
- Thai Kitchen Gluten Free Noodle Soup Bowls and Stir Fry Noodle Carts (varying flavors)

Soups:

- Amy's Organic Gluten Free soups (variety of types, includes chilis)
- Kettle Cuisine frozen soups
- Pacific Naturals Soups and Broth

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Sweets and Treats:

- Ener-G Foods Cinnamon Crackers (these are sweet, and surprisingly high in fiber)
- French Meadow Gluten Free Brownies
- Pamela's Products Cookies (box)
- Kinikini Cookie
- Annie's Natural Gluten Free Bunny Cookies and Fruit Snacks

Tortillas:

- Food for Life Brown Rice Tortillas
- French Meadow Tortilla
- Mission Corn Tortillas

Other:

- Annie's Naturals Gluten Free salad dressings
- Glutino Breadsticks
- Lighthouse salad dressings
- Lundberg Farms Brown Rice Couscous (flavored, box)
- OrganicVille Organic Gluten Free salad dressings (also some marinades and sauces)
- Van's Gluten Free Freezer Waffles, Pancakes and French Toast Sticks

Resources - My Personal Favorites:

- www.glutenfreewatchdog.com
- www.glutenfreely.com
- www.glutenfreemail.com
- www.surefoodsliving.com (Candy list)

List your new favorites here:

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